



February 2026

MetWest Team Management

4010 W. Boy Scout Blvd., Suite 275
 (813) 875-7950

All emails:

firstname.lastname@cushwake.com

- Natalie Stoughton, Assoc. Director
- Kimberly Callicot, Property Mgr
- Patrick Verst, Asst. Property Mgr
- Kineta Josinvil, Property Admin
- Shalinda Mangru, Property Accountant
- Kevin Norton, Sr. Chief Engineer
- Gerald Michaels, Chief Engineer
- John Honeycutt, Asst. Chief Engineer
- Francisco Guillen, Engineer
- Ignacio Miguene, Engineer
- Joseph Demitro, Engineer
- Robert Shim, Engineer

Leasing

Office: Angela Odell & Melanie Jackson

Retail: Kalyn Brandewie

Welcome, DeAngelis Diamond

We are excited to welcome DeAngelis Diamond to the third floor of One MetroCenter! Building strong relationships and making a positive impact, their people-first approach has earned them a spot on Florida Trend's "Best Companies to Work for in Florida" list eight times. With expertise spanning automotive, aviation, business office, healthcare, multi-family and more, we are excited to welcome such an accomplished firm to MetWest International!



DEANGELIS DIAMOND

Complimentary Barre Classes

Complimentary barre classes by The Bar Method will continue this month on February 11th and 25th in the MetWest Park from 5:30 p.m. to 6:30 p.m. Please RSVP via MetWest Central. Please email MetWestAdmin@cushwake.com if you do not have a MetWest Central login.



Holiday Toy Drive

Thank you, everyone, who participated in last year's holiday toy drive in partnership with Metropolitan Ministries! Thanks to your generosity, we had over 100 toys donated! These toys went directly to families in need across the Tampa Bay region to help them in celebrating the holidays with their families.

Chair Massages

Wednesday, February 11th
 11:00 a.m. to 3:00 p.m.

Third Floor Conference Room

Posies Flower Truck

Thursday, February 12th
 11:00 a.m. to 2:00 p.m.
 Outside of MetWest One


MetLife
Investment
Management

CUSHMAN & WAKEFIELD

Tenant Anniversary

Wells Fargo 11 years

HAPPY ANNIVERSARY

MetWest Happenings

Bead Collection Begins Feb. 2nd
 Chair Massages Feb. 11th
 Barre Classes Feb. 11th
 Posies Flower Truck Feb. 12th
 Bead Collection Ends Feb. 20th
 Barre Class Feb. 25th

MetWest

Amenities

Dining Options

- Renee's Bistro at One MetroCenter - 443-1377
4010 W. Boy Scout Blvd., Suite 185
Reneesbistro@yahoo.com
- Thai Prime Kitchen & Bar - 302-9168
4142 W. Boy Scout Blvd.
- Texas De Brazil - 981-7157
4112 W. Boy Scout Blvd.
- Kona Grill - 877-5938
4134 W. Boy Scout Blvd.
- Del Fresco's Grille - 878-6890
4138 W. Boy Scout Blvd.
- Coopers Hawk Winery & Restaurant - 873-9463
4110 W. Boy Scout Blvd.
- Starbucks - 303-2323
4146-2 W. Boy Scout Blvd.
- AQ Nails Spa - 450-1064
4146 W. Boy Scout Blvd.

Building Amenities

(all numbers start with 813)

- Building Conference Room (One MetroCenter)
- Fitness Center (MetWest One and One MetroCenter)
- The Bar Method - 304-2644
4102 W Boy Scout Blvd #1
- GolfTec - 202-8516
4142 W Boy Scout Blvd
- Blo Blow Dry Bar Tampa - 877-2639
- AC Hotel by Marriott - 350-4020
4020 W Boy Scout Blvd
- Corona Cigar Co. - 513-7560
4142 W Boy Scout Blvd

Concierge Services

- USPS Stamp Sales
- Notary Services (One MetroCenter suite 275)

MetWest Central

On October 1st, we announced the launch of our new platform powered by Cove—MetWest Central. You can access the platform by visiting mybuilding.cove.is or by downloading the MetWest Central app from the Apple App Store or Google Play Store. The platform offers work orders, mobile access, conference room reservations, property-wide event listings and more. To stay up to date on MetWest happenings, please note that we no longer use the MetWest Rise app. You will use your company email to login to the new platform. Upon your first login, you will receive a six-digit authentication code to complete the process. If you experience any login issues or need assistance getting started, please email MetWestAdmin@cushwake.com and include your name, email address and company name.



MetWest Central
Livelyhood



Happy Hour at AC Hotel

Stop by the AC Lounge Monday - Friday from 5:00 p.m. to 7:00 p.m. for \$5 happy hour specials on their AC-Tini, red sangria, papas bravas, flatbreads and more!



Celebrating Black History Month

Each February, the United States observes Black History Month to honor the achievements of African Americans throughout history. Learn more about the man who pushed so hard for this month of recognition, a coal miner turned Harvard-educated historian.

In 1875, Carter G. Woodson was born to two survivors of slavery in Virginia. As a teen, Woodson worked in the local coal mines to help support his family. When he was 20, he started high school, and two years later, he graduated and started teaching high school himself, later earning multiple college degrees, including a doctorate from Harvard.

Woodson wanted the contributions of the heroic Black men and women who helped shape the nation and its culture to be recognized and

celebrated. In 1926, he created an event to promote Black history during the second week in February because it included the birthdays of abolitionist Frederick Douglass and President Abraham Lincoln.

Fifty years later, after decades of support, the event expanded to Black History Month, a national observance, as part of the country's bicentennial. For his efforts, Woodson has been called the father of Black history.





A Bead-Free Bay

The Gasparilla festivities sure are a whole lot of fun to celebrate each winter throughout the Tampa Bay area, but it's important to stay mindful of the waste and pollution that such massive celebrations can create. That's why we're encouraging you to do your part by properly discarding any waste you use during any of the remaining celebrations, such as the Illuminated Knight Parade on February 14th or the Gasparilla Music Festival in April.

Additionally, we are excited to partner with the MacDonald Training Center to collect beads from the community. The MacDonald Training Center, in partnership with the City of Tampa, Florida Aquarium and Keeping Tampa Bay Beautiful, will clean, sort and repurpose the beads to be resold. Proceeds from these sales support life enrichment, vocational, employment and residential services for individuals with disabilities in the Tampa Bay area, helping them lead the life they choose.

This year, bead donation carts will be set up in the MetWest One and One MetroCenter lobbies from February 2nd to 20th for any beads you do not wish to keep. Thank you for doing your part to keep Tampa Bay beautiful, to help maintain a bead-free bay and to help provide opportunities for individuals with disabilities!



Florida State Fair 2026

Get ready for twelve days of pure Florida fun as the Florida State Fair returns February 5th to 16th. Enjoy all the classic fried favorites, thrilling rides and attractions, furry animals and special red, white, and blue surprises in honor of America's 250th Anniversary. Tickets are available at FloridaStateFair.com.



Tampa Bay Lightning Headed to 2026 Winter Olympics

Eleven Tampa Bay Lightning players will compete in the 2026 Winter Olympics for various countries' teams, with Jake Guentzel playing for Team USA.

Feb 12th - USA vs. Lavia

Feb 14th - USA vs. Denmark

Feb 15th - USA vs. Germany

Feb 17th - Qualification Play-offs

Feb 18th - Quarter Finals

Feb 20th - Semi-Finals

Feb 22nd - Gold Medal Game



Science After Dark

The Museum of Science & Industry will host an adults-only night of science, drinks and discovery on Friday, February 6th, from 6:00 p.m. to 9:00 p.m. To purchase tickets, visit Mosi.org

Wit & Wisdom

"A flower cannot blossom without sunshine, and man cannot live without love."
—Max Muller

"Love is sharing your popcorn."
—Charles Schulz

"We love life, not because we are used to living but because we are used to loving."
—Friedrich Nietzsche

"If love is the answer, could you rephrase the question?"
—Lily Tomlin

"Love isn't something you find. Love is something that finds you."
—Loretta Young

"What we have once enjoyed we can never lose. All that we love deeply becomes a part of us."
—Helen Keller

"Love is always bestowed as a gift—freely, willingly and without expectation. We don't love to be loved; we love to love."
—Leo Buscaglia

"It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done."
—Vincent Van Gogh

"To love and be loved is to feel the sun from both sides."
—David Viscott

"At the touch of love everyone becomes a poet."
—Plato

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Bead Collection Begins MW1 & OMC Lobbies	3	4	5	6 Happy Hour @ AC Lounge Monday - Friday 5:00 pm - 7:00 pm	7
8 	9	10	11 *Chair Massages 11 am - 3 pm Conference Room 360 *Barre Class 5:30 pm - 6:30 pm MetWest Park	12 Posies Flower Truck 11 am - 2 pm MetWest One	13 Happy Hour @ AC Lounge Monday - Friday 5:00 pm - 7:00 pm	14 
15	16  PRESIDENTS DAY	17	18	19	20 Bead Collection Ends MW1 & OMC Lobbies	21
22	23	24	25 Barre Class 5:30 pm - 6:30 pm MetWest Park	26	27 Happy Hour @ AC Lounge Monday - Friday 5:00 pm - 7:00 pm	28
 FEBRUARY						

"This Month In History"

FEBRUARY

1903: The first teddy bear, named after President Theodore Roosevelt, goes on sale.

1913: New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

1935: In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

1942: The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

1959: Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

1964: The Beatles perform in the U.S. for the first time.

1971: Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

1990: In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

2001: Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

2018: Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.