

January 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
- Wanda Ijaji, 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

Celebrating the Holidays

Thank you to all who celebrated the festive season with us at our annual holiday brunch in One MetroCenter and MetWest One! We love getting to enjoy some delicious pancakes, sausage and eggs with our tenants!

We wish each of you a season of joy and continued success as we enter the new year!



Notary Services

Do you have a document that needs to be notarized? Please visit the property management office at One MetroCenter suite 275 and ask for Patrick for complimentary notary services.

Bucs' Ticket Drawing

This month, the Tampa Bay Buccaneers will face the Carolina Panthers on Sunday, January 4th, for the final home game of the regular season. The ticket drawing for this game will take place on Tuesday, December 30th.

Complimentary Barre Classes

The Bar Method will host complimentary barre classes on January 14th and 28th from 5:30 p.m. to 6:30 p.m. at the outdoor park located in front of the MetWest office buildings! Classes are limited to 15 people per class. Please register online at MetWest Central and bring your own yoga mat.

Chair Massages

Wednesday, January 28th
 11:00 a.m. - 3:00 p.m.

One MetroCenter
 First-Floor Conference Room
 Contact

Stacey@CorporateMassageTampa.com to reserve your time.


MetLife
Investment
Management

CUSHMAN & WAKEFIELD

Tenant Anniversaries

Ameriprise	13
Ridgeline	4
Osceola Capital	3
Mead & Hunt	2

HAPPY ANNIVERSARY

MetWest Happenings

Bar Method	Jan. 14th
Bar Method	Jan. 28th
Chair Massages	Jan. 28th



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)

Bucs' Ticket Winners

Congratulations to our Bucs' ticket drawing winners in December:

- Mihail with Permira
- Dylan with Aerotek
- Shane with Ameriprise

Thank you to everyone who entered the 2025 Bucs' ticket drawing and congratulations again to all of our winners throughout the year!



Holiday Toy Drive

Thanks to your generosity, we collected nearly 100 toys, games and art supplies to help families most in need celebrate the holiday season!



Martin Luther King Jr.

Martin Luther King Jr. was a Baptist minister and civil rights leader whose vision of equality reshaped America. He championed nonviolent protest and co-founded the Southern Christian Leadership Conference. His most famous moment came at the 1963 March on Washington, where he delivered the "I Have a Dream" speech. King's leadership helped secure the Civil Rights Act of 1964 and the Voting Rights Act of 1965, earning him the Nobel Peace Prize.



MetWest Library

We are excited to offer our tenants a free, miniature library in outdoor park located outside of the MetWest office buildings! Feel free to grab a book to read during your lunch break or after work as you take in our fresh herb garden.

Words From MLK

"Life's most persistent and urgent question is: 'What are you doing for others?'" —Martin Luther King Jr.

Ringling Brothers' Greatest Show on Earth

The Ringling Brothers and Barnum & Bailey's Greatest Show on Earth returns to Benchmark International Arena from January 2nd to 4th with jaw-dropping talent, high-energy stunts, and nonstop family fun. Gone are the animals of the past, this human-powered experience filled with cutting-edge technology, immersive visuals and gravity-defying performances pushes the limits of live entertainment.





Banana Peels as Fertilizer?

Using banana peels in compost is a great way to add both organic material and some very important nutrients to your compost mix, such as calcium, magnesium, sulfur, phosphates, potassium, and sodium. All these assist in healthy growth of flowering and fruiting many different plants. Bananas in compost also help add healthy organic material, which help the compost retain water and make soil lighter when added to your garden. Beyond this, banana peels will break down quickly in compost, which allows them to add these important nutrients to the compost much more quickly than some other compost materials.

Learning how to compost banana peels is easy, but there are a few things you need to be aware of when putting banana in compost to ensure they break down properly and don't attract pests. One possible issue with composting banana peels is that they have a high carbon to nitrogen ration. This can cause a longer than usual length of time to break down and may require additional attention to balance the ratio. Banana peels are also known to attract fruit flies and ants. If these pests frequent your garden, you may want to take additional steps to prevent these pests.

The composting process can take anywhere from a few weeks to several months depending on the environment and the materials being composted. During this time, the organic material will decompose and break down into nutrient- rich soil amendment that can be used to improve soil health and plant growth.

Children's Gasparilla Parade

The family-friendly Children's Gasparilla festivities return to Bayshore Blvd on Saturday, January 24th! This year's lineup will feature an air invasion beginning at 12:00 p.m., the preschooler's stroll at 2:00 p.m., the Children's Gasparilla Parade at 4:00 p.m. and a night-time air invasion and fireworks finale beginning at 6:15 p.m. Purchase reserved seating by visiting GasparillaPirateFest.com or find your own spot along the parade route free of charge.



Gasparilla Parade

The 107th annual Gasparilla Invasion and Parade of Pirates will take place on Saturday, January 31st. This year's event lineup features the Gasparilla Invasion at 11:30 a.m. at the Tampa Convention Center, Gasparilla Parade of Pirates along Bayshore Blvd and Downtown from 2:00 p.m. to 5:30 p.m., and live performances at Curtis Hixon Park from 10:00 a.m. until 8:00 p.m. For reserved seating and VIP dining experiences, visit GasparillaPirateFest.com or pick your own place along the parade route for free.



Wit & Wisdom

Remember and reflect on the life, legacy and wisdom of civil rights activist Martin Luther King Jr. with some of his most treasured words:

"Life's most persistent and urgent question is: 'What are you doing for others?'"

"I have decided to stick with love. Hate is too great a burden to bear."

"Peace is not merely a distant goal that we seek, but a means by which we arrive at that goal."

"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

"The function of education is to teach one to think intensively and to think critically. Intelligence plus character—that is the goal of true education."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."

"In the end, we will remember not the words of our enemies, but the silence of our friends."

"Injustice anywhere is a threat to justice everywhere."

"Make a career of humanity. Commit yourself to the noble struggle for equal rights. You will make a better person of yourself, a greater nation of your country, and a finer world to live in."

"Everyone has the power for greatness, not for fame but greatness, because greatness is determined by service."

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>January</i>				New Year's Day 1	2	3 Ringling Brothers Benchmark Arena
4 Bucs vs Panthers	5	6 Lightning vs Avalanche 7:00 PM	7	8	9	10
11 Harlem Globetrotters 3:00 PM Yuengling Center	12	13	14 Barre Class MetWest Park 5:30 PM - 6:30 PM	15	16	17
18	19 <i>I have a dream</i>	20 Lightning vs Sharks 7:00 PM	21	22	23	24 Children's Gasparilla Parade 12 PM - 7 PM Bayshore Blvd
25 Lightning vs Mammoth 7:00 PM	26	27	28 *Chair Massages 11:00 AM - 3:00 PM First-Floor Conference Room *Barre Classes 5:30 PM - 6:30 PM MetWest Park	29 Lightning vs Jets 7:00 PM	30 *National Croissant Day *Bert Kreischer 7:30 PM Benchmark Arena	31 Gasparilla Parade 11:30 AM - 8:00 PM Downtown Tampa

"This Month In History" JANUARY

1901: The American Bowling Congress organizes the first national bowling tournament, held in Chicago.

1938: Benny Goodman plays a sold-out concert at New York City's Carnegie Hall. It was the first time jazz was played at the venue, and the first time that white and Black musicians performed together on a U.S. stage.

1943: Headquarters for the U.S. Department of Defense, the Pentagon building officially opens.

1953: Chevrolet debuts its new sports car, the Corvette.

1986: James Brown, Buddy Holly and Elvis Presley are among the first artists inducted into the Rock & Roll Hall of Fame.

1994: American speedskater Dan Jansen sets a new world record, skating 500 meters in 35.76 seconds at a race in Canada.

2006: An unmanned NASA probe blasts off to begin a 3 billion-mile journey to Pluto.

2010: Apple introduces its first iPad, a touch-screen tablet computer.

2019: A polar vortex sends frigid air across the upper Midwest and Northeast, causing record-breaking low temperatures.