



March 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: Kaly Brandewie

National Croissant Day

Thank you to everyone who joined us for National Croissant Day!



Barre Classes in the Park

The Bar Method is hosting complimentary barre classes in the park outside of the MetWest office buildings on the second and fourth Wednesday of each month, from 5:30 p.m. to 6:30 p.m. Please be sure to bring your own yoga mat. To reserve your spot, use your MetWest Central login or email MetWestAdmin@cushwake.com if you do not have a login.



Welcome, Burns & Wilcox

Burns & Wilcox is one of the largest independent wholesale insurance brokers in North America. Their 2,000+ professionals are committed to applying their expertise to their clients' needs. We are excited to welcome Burns & Wilcox to suite 350 of One MetroCenter!



Chair Massages

Wednesday, March 25th

11:00 a.m. to 3:00 p.m.

Please email

stacey@corporatemassagetampa.com to reserve your time.

Nothing Bundt Cakes

Wednesday, March 18th

11:00 a.m. to 3:00 p.m.

MetWest One Lobby

\$7 per individual-sized cake

\$30 per dozen bite-sized cakes



Tenant Anniversaries

Carr, Riggs & Ingram 2 Years
 Aerotek 2 Years



MetWest Happenings

Barre Class March 11th
 Posies Flower Truck March 12th
 St. Patrick's Day March 17th
 Nothing Bundt Cakes March 18th
 Chair Massages March 25th
 Barre Class March 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)

Overnight Parking Reminders

We are happy to offer our tenants free overnight parking in our parking garages to help in easing your travel costs a bit. If you plan to leave your vehicle in the parking garage overnight, please send a completed overnight parking form to MetWestAdmin@cushwake.com. As a friendly reminder, we ask that you please park in a non-reserved parking space on the 3rd floor or above, and please leave a spare key with a coworker or family member in the rare and unlikely event that we need to move your vehicle while you are out of town.

Daylight Saving Time Begins

Be sure to spring your clocks forward one hour at 2:00 a.m. on Sunday, March 8th. Get excited for later sunsets and warmer weather!

International Women's Day

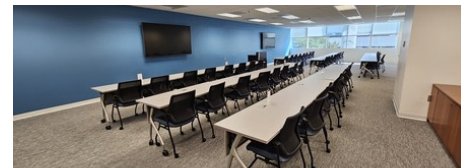
Each year, on March 8th, International Women's Day invites the world to pause and recognize the achievements, leadership and resilience of women everywhere.

This year's theme emphasizes collective action: the idea that meaningful progress happens when individuals, communities and organizations commit to creating more inclusive spaces. From advancing women's representation in leadership to supporting equitable access to education, healthcare and economic opportunity, the day serves as both a celebration and a call to action.



Conference Room Reservations

We are excited to now offer our tenants of One MetroCenter and MetWest One two conference rooms to use at no cost! Our first-floor conference room in One MetroCenter continues to seat up to 25 people and includes full audio-visual capabilities for presentations and video conference calls. Our new, third-floor conference room can seat up to 48 people and includes two television monitors for presentations. Please use MetWestCentral to make a reservation. Contact MetWestAdmin@cushwake.com if you have any questions.



Baseball Spring Training

The arrival of spring also means the return of baseball to the Tampa Bay region. Consider taking in an outdoor baseball game at any of the following teams' spring training facilities:

- New York Yankees - Tampa
- Pittsburgh Pirates - Bradenton
- Philadelphia Phillies - Clearwater
- Toronto Blue Jays - Dunedin
- Detroit Tigers - Lakeland
- Baltimore Orioles - Sarasota

River O' Green Festival

Join thousands of spectators on Saturday, March 14th, from 11:00 a.m. to 6:00 p.m., as the Hillsborough River is transformed into a bright shade of green. Celebrate with live Irish entertainment, food and beverage stands with Irish-themed bites, beer, and family-friendly activities.



Water Conservation

Outdoor water use accounts for a significant portion of household consumption, especially in warm climates. Inefficient watering from outdated systems, leaks or overwatering can strain local water supplies and increase utility costs. Here are a few tips to ensure you are utilizing your irrigation system optimally this dry season:

- Early morning watering reduces evaporation and helps plants absorb moisture more effectively.
- Weather-based controllers and soil moisture sensors adjust watering schedules automatically, ensuring plants get what they need.
- Regular maintenance prevents water loss and keeps irrigation targeted where it's needed. Native and low-water species thrive with less irrigation and support local ecosystems.
- Mulch helps soil retain moisture, reduces runoff and keeps plant roots cool.

Be sure to follow local watering restrictions. Properties inside the Tampa city limits whose lawns are watered with either city water or well water must adhere to the following weekly watering restrictions. House numbers ending in:

- 0 or 1: Mondays
- 2 or 3: Tuesdays
- 4 or 5: Wednesdays
- 6 or 7: Thursdays
- 8 or 9: Fridays

For more information, please visit: tampa.gov/water/conservation stpete.org/residents/sustainability.

Disney on Ice: Mickey's Search Party

Benchmark International Arena invites families to join Mickey Mouse and friends on an adventure packed with acrobatics, skating and interactive moments from March 5th to 8th. Tickets start at \$44 per person and can be purchased at DisneyOnIce.com.



Florida Strawberry Festival

Plant City's annual Florida Strawberry Festival runs through March 8th with live music, thrilling rides and mouthwatering fair food. Enjoy everything from pie-eating contests to pageants, to unique crafts and exhibits. Tickets are \$15 per adult and \$5 per child.



Central Park Jazz Jam

Tampa Downtown Partnership lets the good times roll at the Tampa Black History Museum Courtyard near Encore Tampa for an evening of live performances from local bands and musicians and family-friendly fun from the YMCA. Bring your dancing shoes and a chair to sit on for this free event that will take place on Tuesday, March 17th, from 6:00 p.m. to 7:30 p.m.

Wit & Wisdom

"Diligence is the mother of good luck."
—Benjamin Franklin

"If one is lucky, a solitary fantasy can totally transform one million realities."
—Maya Angelou

"Good luck beats early rising."
—Irish proverb

"I think we consider too much the good luck of the early bird and not enough the bad luck of the early worm."
—Franklin D. Roosevelt

"Luck is believing you're lucky."
—Tennessee Williams

"Luck is not chance; it's toil. Fortune's expensive smile is earned."
—Emily Dickinson

"Nothing is as obnoxious as other people's luck."
—F. Scott Fitzgerald

"People always call it luck when you've acted more sensibly than they have."
—Anne Tyler

"The day you decide to do it is your lucky day."
—Japanese proverb

"I busted a mirror and got seven years' bad luck, but my lawyer thinks he can get me five."
—Steven Wright

"The worst cynicism: a belief in luck."
—Joyce Carol Oates

"In the long run, you make your own luck—good, bad or indifferent."
—Loretta Lynn

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8  SPRING FORWARD	9	10	11 Barre Class 5:30 pm - 6:30 pm MetWest Park	12 Posies Flower Truck 11 am - 2 pm MetWest One	13	14
15	16	17 Happy St. Patrick's Day 	18 Nothing Bundt Cakes 11 am - 3 pm MW1 Lobby	19	20 Happy Spring! 	21
22	23	24	25 *Chair Massages 11 am - 3 pm OMC Suite 360 *Barre Class 5:30 pm - 6:30 pm MetWest Park	26	27	28
29	30	31	March			

"This Month In History"

MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1959: Barbie makes her debut at the American International Toy Fair in New York City.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points

playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.