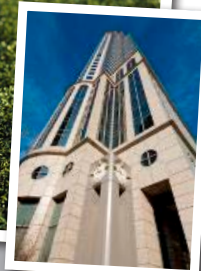
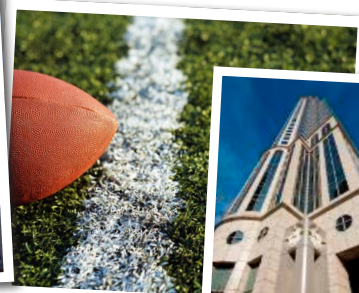


THE Address

2014: SEPT-OCT

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Dear Tenants...

Metropolitan Ministries thanks everyone who so generously donated school supplies to the children in their care. We ended up collecting 8 back packs, and over 150 school supply items (paper, pencils, binders, etc.) for this worthy cause. A second big thank you comes from the folks at Academy Prep who were additional recipients of this generosity. The tenants of 100 North Tampa have always been good to kids in need as further demonstrated by the success of the Foster Angel Program that we have supported for many years. Recipients are grateful, and our Management Team is proud to have you in the building!

Enjoy the end of summer and hope that we will experience a little taste of fall before November. You are invited to celebrate all that is fall at the upcoming tenant hospitality event October 9th.

Savor the long Labor Day weekend and travel safe wherever the fun takes you.

Vicki



RODGERS & HAMMERSTEIN'S CINDERELLA

coming to Straz Center for the Performing Arts

As a tenant in 100 North Tampa, you have access to the best seats in the house for this Tony Award winning Broadway musical that is delighting audiences with its contemporary take on the classic tale. This lush production features all the moments you love, plus some surprising new twists!

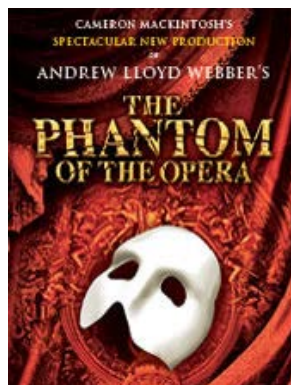
Your Concierge has excellent seating in the Orchestra Section for two performances: Friday night, October 24th, and Saturday's matinee at 2:00 pm, October 25th. Tickets are offered at a reduced price of \$76 or \$85 depending on your choice of performance. Call Vicki, 221-7180, or stop by her desk in the Lobby to reserve your seats.

Cameron Mackintosh's Spectacular Production of Andrew Lloyd Webber's

PHANTOM OF THE OPERA

arrives at Straz Center for the Performing Arts in December for a three week engagement.

Your Concierge is selling tickets to the **December 27th** evening performance. Seating in the front section of the Orchestra sells for \$90. To reserve your seats, call 221-7180, or come down to the Concierge desk in the lobby to select your seats. A 50% deposit is required to hold your seats. The balance is due when you pick up the tickets. Check or cash accepted.



THE LIBRARY TAKES YOU THERE: DISCOVERY PASS

Tampa-Hillsborough County Public Library has launched a pilot program allowing customers to check out FREE passes to three downtown museums and one Ybor City museum. With the help of Tampa Downtown Partnership, the Library enlisted Glazer Children's Museum, Henry B. Plant Museum, Tampa Bay History Center, and Ybor City Museum State Park to participate in this program. Library card holders will have the opportunity to check out a family pass for these destinations with The Library Takes You There: Discovery Pass Program.

The program will be piloted at the downtown library, **John F. Germany Public Library** with a goal to expand to additional libraries and attractions in the near future. For more information about this and other FREE programs @ your library®, call 813-273-3652 or visit HCPLC.

100 NORTH NOTICES

100 North Tampa and Regions Bank will be CLOSED Sept. 1st. Enjoy your Labor Day!

FLU SHOTS AND PNEUMONIA VACCINES will be offered by Walgreens in Suite 2140 from 10am - 1pm Oct. 15th. They accept insurance, cash or credit. The Flu vaccine is \$26. No appointment needed.

CHECK OUT 100NT.COM and experience the difference! Refreshed, redesigned and now mobile friendly, visit 100nt.com for building event dates, amenities, leasing availability and the latest ticket offers.

**JOIN US FOR A CELEBRATION OF FALL
OCT. 9TH AT 2 O'CLOCK IN THE LOBBY**

Indulge in cheesecake pops, apple pie tarts, fresh fruit compotes or gingerbread cupcakes with caramel frosting. Now that I have your attention, put the date on your calendar and be there!

TENANTS OF 100 NORTH TAMPA have exclusive access to purchase individual tickets to Tampa Bay Buccaneer home games. Your Concierge sends frequent updates and details with access codes to tenants currently in her address book, and those who wish to be added. Call Vicki, 221-7180, or email concierge@100nt.com to be included.

ARE YOU REGISTERED TO VOTE IN THE UPCOMING ELECTION?

A representative from the office of Supervisor of Elections will be in the lobby September 10th from 11:30am to 1:00pm to assist in registering voters for the general election to be held November 4th. Name and address changes can also be made.

Are you eligible to vote? You must be:

- A citizen of the United States
- A Florida resident
- At least 18 years of age
- Not have been convicted of a felony
- Able to provide your current & valid FL driver's license number OR FL identification card number

◆ 100 ◆ NORTH TAMPA

Managed by: **Cassidy Turley** Commercial Real Estate Services



BUILDING HOURS

Monday-Friday 7am to 7pm

Special access is required on Saturday & Sunday.

Parking Garage managed by

Central Parking System 222-1487

Rates: \$1.50 per 1/2 hour • \$20 daily max.



100 North Tampa Management Office
Suite 2135, 813.221.7195

Senior Property Manager Cal Buikema	Sr. Chief Operating Engineer Paul Baker
Property Manager Venus Rodriguez	Corporate Concierge Vicki Mitzel
Director of Leasing Phil Dinkins	Office Assistant Rachel Hires

Vicki Mitzel Corporate Concierge
221-7180 Main Lobby • 8 am to 4 pm
email: concierge@100nt.com

- HARTline & PSTA Bus Passes
- Dining Reservations
- Hair & Nail appointments
- Floral Delivery
- Catering Assistance
- Notary Services
- Tickets: AMC & Carmike Movie Passes, Busch Gardens, Florida Aquarium, REH, Tampa Bay Times Forum, Straz Center for the Performing Arts, Universal Studios

BUILDING AMENITIES

CONFERENCE CENTER • 221-7180
Suite 2140, available by the hour or week

PARKING GARAGE OFFICE • 222-1487
Level 4, Weekdays: 8 am to noon

SUN COUNTRY CLEANERS • (727) 535-9930
Fourth floor drop locker
www.suncountrycleaners.com

CARWASH BY RAMOS • 549-9036
Parking Garage Entrance
Weekdays: 8 am to 5 pm
www.carwashbyramos.com

YMCA • 222-1334
Lower level, 5:30 am to 7 pm

GATEWAY NEWSSTAND • 228-0259
Parking Garage Lobby • 7am to 4:30pm

CHARLIE'S SHOESHINE • 270-3968
Parking Garage Lobby, 9 am to 4 pm

MARKETPLACE NEWS

New retailer, **LA SUNSHINE BOUTIQUE** relocated from Ybor City into a Woman's Loft located at 406 North Morgan Street. The lofts offer gel manicures/pedicures, facials, and Kiss and Tale Pole Dancing fitness studio. The boutique's motto is Sophisticated Style at Affordable Prices. Don't miss their weekly Happy Hour Shopping on Fridays, 6pm to 8pm, with \$5 off all purchases.

NATURE'S TABLE is the newest addition to the restaurant scene downtown. Find it on Madison at Ashley, formerly Lucky Dill Deli, and enjoy always fresh signature salads, rice bowls, gourmet wraps, veggie smoothies, or a classic sandwich. Open for lunch and waiting for you!

KASHMIR is a group of young professionals targeting other young professionals between the ages of 25 - 45 who work or reside in the growing Downtown Tampa community.

We're starting **WINE DOWN WEDNESDAYS** so that people of the same caliber can come together to socialize and network! With great views of the downtown skyline, a new park and restaurant (Ulele) open now, it's the perfect place to "Wine" Down as the sun sets!

WINE DOWN WEDNESDAYS takes place on the exquisite rooftop of the Beck building located at 220 W. 7th Ave. The event is from 6:30pm to 10:30pm. We play a mixture of genres from R&B, Pop, Neo Soul, Jazz, and coming soon, Live Music!! Entry is \$20, but bring your business card and pay \$17. For parties of 8 or more, it's \$12 per person!! Enjoy all you can drink wine and tapas with a cash bar for those who aren't wine drinkers. And to add icing on the cake, we have free fenced in parking. See you there!

YOU'RE INVITED to shop the shows that we bring to our building Conference Center, Suite 2140.

Ten percent of all sales are donated to the Foster Angel Tree Program that 100 North Tampa has supported since we opened in 1992.

SEPTEMBER 10TH
JONATHAN WOODS PHOTOGRAPHY will be here for individual head shots or group photos. Sessions are 10am to noon and 1:30pm to 3pm. Please email jonathanwoodsphotography@yahoo.com for an appointment and pricing.

SEPTEMBER 12TH 10 am - 2 pm
THE CUPCAKE SPOT will be back with new flavors for fall. These little gems make great gifts for co-workers and friends or keep it for yourself. We won't tell!

SEPT 17TH & OCT 22ND 11 am - 3 pm
MASTER'S TOUCH CHAIR MASSAGE will be available from 11am to 3pm for \$1 per minute as long as you like. Leslie is a licensed massage therapist. Appointments may be made by calling the Concierge, 221-7180, or emailing concierge@100nt.com. Walk-in customers welcome!

SEPTEMBER 19TH 10 am - 2 pm
MICHELLE'S CUSTOM JEWELRY is handcrafted and includes inspirational items as well. Visit with her 10am to 2pm and find your personal style.

SEPTEMBER 25TH 10 am - 3 pm
ARGENTUM JEWELRY PARTNERS WITH MARY KAY to bring you the best of fall fashion and makeup. Erika creates lovely, signature pieces at very affordable prices. Meet with her and Catarina, the area's leading Mary Kay representative, from 10am to 3pm in suite 2140.

VENUE INFORMATION

Looking for something different to do? Visit the websites below to find out about new and exciting events to attend each month!

Florida Aquarium, Tampa
 (813) 273-4000
 www.flaquarium.net

Glazers Children's Museum, Tampa
 (813) 443-3861
 www.glazermuseum.org

Lowry Park Zoo, Tampa
 (813) 935-8552
 www.lowryparkzoo.com

Hyde Park Village, Tampa
 (813) 251-3500
 www.hydeparkvillage.net

Ruth Eckerd Hall, Clearwater
 (727) 791-7400
 www.rutheckerdhall.com

Salvador Dalí Museum, St. Petersburg
 (727) 823-3467
 www.salvadoralimuseum.org

Tampa Bay Times Forum, Tampa
 (813) 229-1000
 www.tampabaytimesforum.org

Tampa Convention Center, Tampa
 (813) 274-8511
 www.tampaconventioncenter.org

Tampa Museum of Art, Tampa
 (813) 274-8130
 www.tampamuseum.com

Florida Museum of Photographic Art, Tampa
 (813) 221-2222
 www.FMoPA.org

Tampa Theatre, Tampa
 (813) 274-8981
 www.tampatheatre.org

Straz Center for the Performing Arts
 (813) 229-7827
 www.strazcenter.org

Tampa Bay History Center, Tampa
 www.tampabayhistorycenter.org

Music
FOR LUNCH

Join us in the Main Lobby from 11:30am to 1:30pm and enjoy the talent we employ for your listening pleasure.

9/12 Andre Cheine, Piano
 9/19 Boris Lebedinsky, Guitar
 9/26 Frank Weder, Piano
 10/3 Joe Lombardo, Piano
 10/10 Boris Lebedinsky, Guitar
 10/24 Frank Weder, Piano

HAPPY ANNIVERSARY

22 YEARS
 MORGAN STANLEY & CITIGROUP
 GATEWAY NEWSSTAND

20 YEARS
 BROAD AND CASSEL

18 YEARS
 WICKER SMITH O'HARA MCCOY & FORD

10 YEARS
 LEE COURT REPORTING
 CONSTANGY BROOKS & SMITH

9 YEARS
 RYAN LLC
 JAMES B. MAY P.A.
 HKS ARCHITECTS

8 YEARS
 LUKS SANTANIELLO PETRILLO & JONES
 PLATINUM WEALTH PARTNERS

4 YEARS
 CORDELL & CORDELL

2 YEARS
 NOVUMED LLC

FITNESS FOCUS: Flexibility

Although there is continuing controversy over which flexibility exercises are best, whether to stretch before or after exercise, or just how much to stretch, professionals currently agree on certain guidelines that should be incorporated into fitness programs. Most experts recommend stretching before and after intense activity but each for different reasons.

In preparation for activity, stretching would incorporate dynamic movement involving muscles that will be used in the activity. Focus is on decreasing stiffness and increasing body temperature. Exercises should also be specific to each joint and/or muscle group used in the upcoming activity.

Post workout flexibility exercises are lower in intensity and help lower body core temperature that is usually highest just after the aerobic or more intense portions of a training program. It also improves circulation and allows for removal of waste products from the muscle. Stretching after exercise may emphasize and enhance muscle relaxation, as well as elongating muscle length and should include static stretching exercises.

How often one should stretch is still not fully understood. There is agreement that daily stretching is best and at the very least, should be performed before and after activity sessions. Stretches should be held a minimum of 15 seconds and up to 30 seconds, repeated 2 to 4 times for each exercise.

For more information, sign up for a Fit First appointment at the YMCA by calling 222-1334.



MONTHLY DRAWING: Participate in the monthly drawings held at the Concierge desk on the 15th of every month by placing your business card in the designated glass bowl.

<p>FREE MOVIE PASSES Maureen Thorstensen and Tyler Heun won two AMC Movie Passes in last month's drawing.</p>	<p>FREE DOZEN ROSES Stacey Kivisto and Jaime Swank won a dozen roses from Island Flowers last month.</p>	<p>FREE SHOE SHINE Brian Barry and Matthew Presy won a shoe shine from Charlie's Shoe Shine stand.</p>
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