

THE address

2014: NOV-DEC

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Dear Tenants...

Can it really be November? Because that means the holidays are right around the corner! Of all the additional things that the holidays add to your schedule, let me help with some of the shopping by inviting you to shop the shows that we bring to our conference center, Suite 2140. What better way to relieve the stress of your work day, than to shop where you work? A single purchase of any of the items sold from the conference center or the upcoming Book Fair, turns into big dollars for Foster Angels. Ten percent of every sale is donated to this program that supports Foster kids in Hillsborough and Pinellas Counties. So whittle down that list and have some fun at work!

Another way to shorten that gift list – stop by my desk and buy a gift card for Gateway Newsstand or Charlie's Shoeshine, both good ideas for bosses and co-workers. I also sell AMC and Carmike movie passes, discounted tickets to the Florida Aquarium (another great idea for visiting family!) and tickets to most of the Broadway shows appearing at Straz Center for the Performing Arts. Think *Phantom of the Opera* or the *Nutcracker*...

Now that you are in a shopping frame of mind, please choose an Angel from the tree that will go up the end of November by my desk, and make a Foster child's holiday one of his best yet. Read more about this Angel tree on page 2.

I wish you all a blessed holiday season and a safe, peaceful new year. It is my pleasure to work with each of you.

Vicki



CONGRATULATIONS!

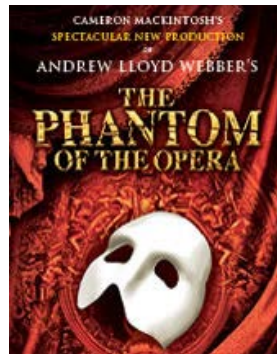
KPMG, our esteemed tenant in Suite 1700, has fulfilled the requirements of LEED for Commercial Interiors, a level of certification established by the U.S. Green Building Council. KPMG has been in 100 North Tampa since the doors opened in July, 1992. They recently completed a full renovation of their office interiors and chose to follow the stringent requirements established by the non-profit U.S. Green Building Council. This organization is the industry-standard agency for determining if applicants are eligible for receipt of this prestigious certification. 100 North Tampa achieved LEED SILVER for Existing Buildings in Operations and Maintenance in 2009 and again in 2014.

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.



BATTLE FOR A HEALTHY BAY

Gather a team together to build a recyclable watercraft to float down the Hillsborough River for this year's "America Recycles the Tampa Bay Way." A festival will be held at Lowry Park Zoo on Saturday, November 15, 9am to 2pm. The festival features the "Battle for a Healthy Bay", a recycle-themed fitness challenge; an environmental expo; the "Recycle Regatta", the infamous two-man floating vessel race and an assortment of recycling collections which will take place throughout Hillsborough County and a few specialized collections at Lowry Park.

To register, visit **Battle for a Healthy Bay**, or visit **Keep Tampa Bay Beautiful** for more information.

100 NORTH NOTICES:

100 North Tampa and Regions Bank will be **CLOSED** Nov. 27th, Dec. 25th and Jan. 1st. Enjoy your Holidays!

DON'T FORGET! Daylight Saving ends November 2nd. Turn your clocks **BACK ONE HOUR** before you go to sleep Saturday.

TAMPA DOWNTOWN MARKET Sunday, 10am - 3pm
Rivergate Tower Plaza, 400 N. Ashley Drive
Downtown Market will run every third Sunday through May 17th. Features local vendors offering product, organic, specialty foods, and artisan wares. Enjoy live music at this family and pet friendly event – brought to you by Tampa Downtown Partnership.

NEED A GIFT IDEA FOR THE BOSS OR A FAVORITE CO-WORKER?
Visit the Concierge desk for gift cards to Gateway Newsstand, Charlie's Shoeshine and AMC & Carmike movie passes.



LOOK FOR THE HUMANE SOCIETY COLLECTION BOX IN THE LOBBY THROUGH DECEMBER 12TH. Donate pet food, toys, beds, leashes and any other pet accessory intended for dogs and cats. The smallest contribution is accepted and greatly appreciated!! Thank you Susan Strandberg, Raymond James, for bringing this opportunity to 100 North Tampa.

When you donate blood with **OneBlood**, you are making an immediate contribution to the health and welfare of your community. **Next Blood Drive, November 13th, 11am - 2pm.** The mobile unit will be parked on Tampa Street outside the front doors. For an appointment, visit www.OneBloodDonor.org or email concierge@100nt.com.

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.

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



FOSTER ANGEL TREE

You know that Thanksgiving is over and the Holidays are fast approaching when you see the Foster Angel Tree go up next to the Concierge desk in the Lobby. This very special tree is adorned with paper angels, each of which represents one of 1,500 Foster children in Hillsborough and Pinellas County. We invite you to choose an Angel, buy a gift, wrap it, and place it under the tree for collection and distribution by volunteers and guardians of these deserving kids.

Final day for gift collection is December 18th so shop early!
Thank you for participating in this 100 North Tampa tradition.

SHOP THE WINTER BOOK FAIR IN THE LOBBY

November 18th: 9am to 4pm • November 19th: 9am to 2pm

Start your Holiday shopping early!

The object of Books Are Fun Book Fairs is to provide customers with the most exciting, in demand product offerings at incredible values. Shop for that bookworm in your life, or get a little something for yourself, but shop early as popular titles can sell out. Calendars, gift card assortments, toys, and other gift ideas can be found, as well.



JOIN US FOR BREAKFAST DECEMBER 11TH!

Tenants are invited to the final hospitality event of the year. Our Holiday Breakfast is the talk of the town. The buffet opens at 8:00am with Spanish omelets and O'Brien potatoes. Chef attended specialty stations will feature a surprise dish that is guaranteed to bring you back for seconds! Tables close at 10:00am. Celebrate the Season!



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.

NOVEMBER 13TH 10 am - 2 pm
CINDI SAMAHA, nationally recognized jewelry artiste, will be here showcasing very unique, one-of-a-kind pieces for your holiday needs or year round pleasure.

NOV 19TH & DEC 17ND 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!

NOVEMBER 20TH 10 am - 2 pm
JONATHAN WOODS PHOTOGRAPHY will be here for individual head shots or group photos. Sessions are 10am to noon and 1:30pm to 3:00. Please email jonathanwoodsphotography@yahoo.com for an appointment and pricing.

DECEMBER 18TH 10 am - 3 pm
ARGENTUM JEWELRY PARTNERS WITH MARY KAY to bring you the best of Holiday 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 Dali 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.

- 11/7 Andrei Cheine, Piano
- 11/14 Frank Weder, Piano
- 11/21 Boris Lebedinsky, Guitar
- 12/5 Frank Weder, Piano
- 12/11 Joe Lombardo, Piano
- 12/12 Sam Rampello Partnership School Orchestra
- 12/15 Andrei Cheine, Piano
- 12/19 Boris Lebedinsky, Guitar

HAPPY ANNIVERSARY

- 21 YEARS**
YARA NORTH AMERICA
- 18 YEARS**
WALLER & WAX ADVISORS
- 14 YEARS**
SHOOK HARDY & BACON
- 5 YEARS**
FOREX FACTORY

- 4 YEARS**
JPMORGAN CHASE
- 2 YEARS**
KATZ CAPITAL MANAGEMENT
- 1 YEAR**
THIRD LAKE CAPITAL
TEICHMAN LAW GROUP



FITNESS FOCUS: Diabetes & Exercise

November is diabetes prevention month and is a great time to talk about the prevention of this dangerous disease. Diabetes affects nearly one-tenth of the U.S. population - a widening epidemic with more than 5,000 new cases per day and an economic cost of \$245 billion per year!

These alarming statistics and their worrisome health consequences make it imperative for us to understand how to manage or prevent diabetes safely and effectively. Research demonstrates that regular exercise may combat some of the deleterious effects of diabetes and can sometimes prevent it from striking high-risk individuals (Colberg et al.2010). This is another reason to contact an exercise professional. Stop by the 100 North Y and ask about the Diabetes Prevention Program. This program can be an onsite program at your company with a minimum of 5 participants.

SYMPTOMS FOR DIABETES:

- Extreme thirst
- Blurred vision
- Nausea and vomiting
- Fatigue for no apparent reason
- Dehydration
- Frequent need to urinate
- Weight loss even with increased appetite

DANGERS FOR PEOPLE WITH DIABETES:

- Risk for stroke and heart attack
- Leading cause of kidney failure
- Disease is associated with mild to severe forms of nerve disease
- 60% of non-traumatic amputations
- Fatigue for no apparent reason
- Gum disease, hearing loss, liver disease
- 65% have elevated LDL cholesterol

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.

FREE MOVIE PASSES
Susan Strandberg and Damien Bertucelli
won two AMC Movie Passes in last month's drawing.

FREE DOZEN ROSES
Deborah Evans and Juliana Fischer-Girau
won a dozen roses from Island Flowers last month.

FREE SHOE SHINE
Carmen Guzman and Michael McNair
won a shoe shine from Charlie's Shoe Shine stand.