



### Dear Tenants...

Many of you have been enjoying free tickets to Tampa Bay Rays games compliments of SP Plus, our parking garage management company. Place your business card in the designated bowl found at the Concierge desk in the Lobby and maybe you will be a winner, too! Drawings are held at noon, one week prior to the game.

While you are visiting the Concierge desk, place another card in the bowl for monthly drawings. Winners receive AMC movie passes, a dozen roses, compliments of Island Flowers, or a shoe shine by Charlie. Drawings are held at noon on the 15th of every month. Who doesn't like free stuff?

Look for posters in the Lobby advertising the sale of tickets to Broadway shows coming to the Straz Center this season. I purchase advance tickets for a particular performance ensuring the best seats are available to you as a tenant in 100 North Tampa. The volume discount is passed through to you, as well, so you are purchasing the best seats available, at the best price allowed. Don't miss out on this great opportunity to see spectacular Broadway shows at one of the best venues in the Southeast. A 50% deposit reserves the seating you select. Balance is due ten days prior to the show.

Let's hope that the mild hurricane season we have experienced this summer endures. Be prepared and stay vigilant. Hurricane handbooks are available at my desk and throughout the Bay area. Enjoy the rest of the summer, and thank you for choosing to work at 100 North Tampa. We are glad you are here!

**Vicki Mitzel**  
Concierge | DTZ

*Vicki*

# ◆ 100 ◆ NORTH TAMPA

Managed By:



Building Hours:  
Monday-Friday 7am to 7pm  
Special access is required on Saturday & Sunday.

Parking Garage managed by SP Plus  
222-1487 • Rates: \$1.50 per 1/2 hour • \$20 daily max.



**KINKY BOOTS** is the exhilarating Broadway musical that will lift your spirits to new high-heeled heights! Winner of Best Musical, this inspirational story follows a struggling shoe factory owner who works to turn his business around with help from Lola, a fabulous entertainer in need of some sturdy stilettos. Together, this unlikely pair finds that when you change your mind about someone, you can change your whole world.

Inspired by a true story, **KINKY BOOTS** features a joyous winning score by Cindi Lauper, Tony-winning choreography by Jerry Mitchell and a hilarious, uplifting book by Harry Fierstein. Join the audiences who have discovered why – sometimes – the best way to fit in is to stand out!

Your Concierge is selling tickets to the Friday evening performance, December 4th for \$75. Call 221-7180 or email [Vicki.mitzel@dtz.com](mailto:Vicki.mitzel@dtz.com) to reserve your seats.

## THE VAULT OF SOULS

The Vault, Downtown's premier event venue at the 92-year-old Exchange National Bank on Franklin Street, opens its heavily guarded catacombs for the first time, its chambers, the backdrop for an experience that's interactive, personal and very unsettling.

Vault of Souls is a reservations-only, otherworldly performance the likes of which Tampa has never seen. Guests will explore a paranormal reality that transcends time and space, art and theatre, opening their eyes to the darkness of true terror.

Upon exiting The Vault, guests may be relieved to find an elaborate, prohibition-age Gin Joint where they can enjoy a beverage amid the revelry of singers and dancers. Those wishing to stay connected to the world beyond can have a personal reading from a psychic or spiritualist.

**Fridays & Saturdays, October 2 through October 31: Seven to Ten pm.**  
**Brave souls visit [www.thevaultofsouls.com](http://www.thevaultofsouls.com) for reservations and additional detail.**



Join the Tampa Bay Buccaneers and Head Coach Lovie Smith for an exciting 2015 season! Be part of the new era of Buccaneer Football!

As a tenant at 100 North Tampa, you have special access to purchase **single tickets at up to 21% savings** to the 2015 Buccaneers home games. To take advantage of these exclusive savings, visit <http://www.buccaneers.com/krewe> & enter promo code: **100NT**

You also have the chance to win 2 luxury suite tickets for a Buccaneers 2015 home game. Visit <http://bccn.rs/sweeps?c=EHOLLAND> to enter!

For ticket-related questions, or for more information on group tickets or season passes, please feel free to contact our personal Account Executive, Allie, at (813) 870-2700 x2507 or [alewis@buccaneers.nfl.com](mailto:alewis@buccaneers.nfl.com)

### ALL ARE INVITED TO 100 NORTH TAMPA'S FALL FESTIVAL

OCTOBER 8TH FROM 1:30PM TO 3:00PM.

Choose an apple from Granny Smith to sweet Fuji and watch it be cored and cut. Then take it to the sweet and tart topping bar to add your favorite candy apple toppings: caramel sauce, Belgium chocolate, walnuts, almonds, coconut, health bar crumbles or M&M's. Then plan to stick around and enjoy the entertainment and get to know your corporate neighbor!



### 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: Lizbeth Strother

**Vicki Mitzel Corporate Concierge** 221-7180 Main Lobby • 8am to 4pm • email: [concierge@100nt.com](mailto: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, Sea World, Amalie Arena, Straz Center for the Performing Arts, Universal Studios

#### Building Amenities

Conference Center • 221-7180  
Suite 2140, available by the hour or week

Sun Country Cleaners • (727) 535-9930  
Fourth floor drop locker  
[www.suncountrycleaners.com](http://www.suncountrycleaners.com)

YMCA • 222-1334  
Lower level, 5:30 am to 7 pm  
Gateway Newsstand • 228-0259  
Parking Garage Lobby • 7 am to 4:30 pm

Parking Garage Office • 222-1487  
Level 4, Weekdays: 8 am to noon

Carwash by Ramos • 549-9036  
Parking Garage Entrance Weekdays: 8 am to 5 pm  
[www.carwashbyramos.com](http://www.carwashbyramos.com)

Charlie's Shoeshine • 270-3968  
Parking Garage Lobby, 9 am to 4 pm

#### 100 NORTH NOTICES...

Walgreens will provide Flu Vaccines in the building conference room, suite 2140, OCTOBER 15th from 10 am to 1pm. Most insurance accepted, cash, check or credit. \$26, no appointment.

100 North Tampa will be closed Monday, September 7th in observance of Labor Day.

One Blood Mobile will be parked outside the Tampa Street doors accepting blood donations from 10am to 12:30pm, Thursday, September 17th. No appointment needed. Please Give the Gift of Life.

Vendor shows in Suite 2140 are BACK! Thank you for shopping these Pop-Up opportunities where a portion of all proceeds benefit Foster kids in Hillsborough County.

## 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.

**SEPT 9TH - 10AM-12:30PM & 2PM-4PM**  
**JONATHAN WOOD PHOTOGRAPHY** will be available for individual head shots or group shots. Packages start at \$50 and include a digital file with 1-2 poses. Appointments preferred: 813.244.5443 or jonathanwoodphotography@yahoo.com

**SEPT 10TH - 10AM TO 2PM**  
**BAUBLI BANGLES**, your favorite vendor, returns with great new looks for fall. Silver or gold, dainty or bold, bangles are best stacked and worn with jeans or dresses. Visit with Jennifer and Lisa.

**SEPT 15TH - 11AM TO 3PM**  
**CHAIR MASSAGE BY FLORIDA WELLNESS** will offer massages for \$1 per minute. Advance appointments may be made by calling 813.221.7180 or emailing concierge@100nt.com.

**SEPT 16TH - 10AM TO 2PM**  
**JL JEWELRY DESIGNS** returns to suite 2140 with new looks for fall. Visit with Michelle, the artist.

**SEPT 17TH - 10AM TO 2PM**  
**TUPPERWARE**, a classic that has reinvented itself, will be on display. Visit Debbie and place your special order or choose from a number of items on sale and available for purchase.

**OCT 13TH - 11AM TO 3PM**  
**CHAIR MASSAGE BY FLORIDA WELLNESS** will offer massages for \$1 per minute. Advance appointments may be made by calling 813.221.7180 or emailing concierge@100nt.com.

**OCT 15TH - 10AM TO 1PM**  
**WALGREENS WILL OFFER FLU VACCINES** for \$26. Most insurance accepted, cash, check and credit. No appointments needed. Call Vicki, 813.221.7180, for employer paid instructions.

## CURTIS HIXON PARK RENOVATIONS:

Portions of Curtis Hixon Waterfront Park will be temporarily closed for repairs and renovations through October 1. The dog park, children's playground, and the park's terraces will remain open throughout the construction which will take place primarily on The Great Lawn and the paver walkways. This phase of work will improve drainage of the park site and stabilize paver surfaces. The Louver Fountain near Ashley Drive is currently being serviced to repair a pump failure and is scheduled to reopen by Labor Day

## Support the Tampa Bay Rays at 100 North Tampa

Enter the drawing and be eligible to win four tickets to a Tampa Bay Rays home game in September! Tickets are compliments of SP Plus, the folks who manage our parking garage. Drop your business card in the glass bowl located on Your Concierge desk in the Lobby. The drawings will be held at noon from the Concierge desk approximately one week prior to the designated game. Thank you SP Plus, and thanks to all who participate! GO RAYS!!!

## Museum Day Live!

Saturday, September 26, Florida Museum of Photographic Art, Henry B. Plant Museum, Tampa Bay History Museum, and Tampa Museum of Art will participate in this year's Smithsonian Museum Day Live. Download your free tickets today when you visit [www.smithsonianmag.com](http://www.smithsonianmag.com)!

To receive your free Museum Day Live ticket for two people only, you will register for an account. Once registered, you can request a ticket to one participating venue. The ticket will be available to download immediately up to the date of the event. You must print your ticket and present it to receive your free admission or have it accessible on your mobile device.

## Happy Anniversary...

**23 YEARS -**  
 GATEWAY NEWSSTAND  
 MORGAN STANLEY

**21 YEARS -**  
 BROAD AND CASSEL

**19 YEARS -**  
 WICKER SMITH O'HARA  
 MCCOY & FORD

**11 YEARS -**  
 RICHARD LEE COURT REPORTING  
 CONSTANGY, BROOKS, SMITH  
 & PROPHETE, LLC

**10 YEARS -**  
 RYAN LLC  
 JAMES B. MAY, PA  
 HKS ARCHITECTS

**9 YEARS -**  
 PLATINUM WEALTH PARTNERS  
 LUKS SANTANIELLO  
 PETRILLO & JONES

**5 YEARS -**  
 CORDELL & CORDELL

## Music for Lunch...

**MAIN LOBBY - 11:30AM TO 1:30PM**  
 ENJOY THE TALENT WE EMPLOY FOR YOUR LISTENING PLEASURE!

**SEPT 11TH - CAROLINE WETTERLUND, PIANO**

**SEPT 18TH - FRANK WEDER, PIANO**

**SEPT 25TH - SHAWNIE KADAR, PIANO**

**OCT 9TH - MARIA LAUDE, PIANO**

**OCT 16TH - FRANK WEDER, PIANO**

**OCT 23RD - ANDREI CHEINE, PIANO**

### 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.



Charlie's stand is located in the parking garage elevator lobby next to Gateway Newsstand. Charlie is available weekdays 9 am to 4 pm and may be reached by calling 270-3968.

### 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.

### Fitness Focus

### 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](http://www.flaquarium.net)

Glazers Children's Museum, Tampa  
 (813) 443-3861 • [www.glazermuseum.org](http://www.glazermuseum.org)

Lowry Park Zoo, Tampa  
 (813) 935-8552 • [www.lowryparkzoo.com](http://www.lowryparkzoo.com)

Hyde Park Village, Tampa  
 (813) 251-3500 • [www.hydeparkvillage.net](http://www.hydeparkvillage.net)

Ruth Eckerd Hall, Clearwater  
 (727) 791-7400 • [www.rutheckerdhall.com](http://www.rutheckerdhall.com)

Salvador Dalí Museum, St. Petersburg  
 (727) 823-3467 • [www.salvadoralimuseum.org](http://www.salvadoralimuseum.org)

Amalie Arena, Tampa  
 (813) 301-6500 • [www.amaliearena.com](http://www.amaliearena.com)

Tampa Convention Center, Tampa  
 (813) 274-8511 • [www.tampaconventioncenter.org](http://www.tampaconventioncenter.org)

Tampa Museum of Art, Tampa  
 (813) 274-8130 • [www.tampamuseum.com](http://www.tampamuseum.com)

Florida Museum of Photographic Art, Tampa  
 (813) 221-2222 • [www.FMoPA.org](http://www.FMoPA.org)

Tampa Theatre, Tampa  
 (813) 274-8981 • [www.tampatheatre.org](http://www.tampatheatre.org)

Straz Center for the Performing Arts  
 (813) 229-7827 • [www.strazcenter.org](http://www.strazcenter.org)

Tampa Bay History Center, Tampa  
[www.tampabayhistorycenter.org](http://www.tampabayhistorycenter.org)