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Tampa Medical Tower Newsletter

September 2014

Property Manager's Corner:

Hello Tampa Medical Tower Community! I hope this year is going well for you and your practice! I realize a lot of changes are taking place for you all as "going paperless" takes over the medical community and insurance changes settle in for the long haul. I wish your practice continued success as you navigate the new norm.

Update on TMT renovations: We are currently wrapping up the design plans for the interior common area renovations. We are so eager to get the work going and to finally elevate the building interior to the new standards we have set in the lobby and atrium. Floors 4, 6 & 8 will be completed by the end of 2014 and floors 3, 5 & 7 will begin around March 2015. It truly is a tremendous amount of construction but it will all be worth it in the end!!

Have a wonderful September!

Dawn DiPietro
Property Manager

Day Porter Changes

A big welcome to Pedro (Peter) our new full-time day porter.



Holladay Properties



Back To School

☎ CALL CENTER ☎

When you have Maintenance, Janitorial, or Security issues, please notify the

Holladay Properties

**Call Center at
1-888-774-2446**

OR

**Sign up online at
www.holladaymob.com**

Your request will be dispatched to the appropriate department. The Call Center is available 24 hours a day. Please notify the **Call Center** if you see anything in your office suite or the common areas that requires attention.

Your Maintenance Calls

When you submit a maintenance request through the web site or over the phone, the standard response time is 24 hours. Exceptions to this are emergencies, such as any type of leak, power outage in your suite, water coming in your ceiling, etc. Standard items such as burned out lights, loose handles, etc. may take up to 24 hours for a response.



Would you like to have your desk cleaned by the cleaning staff? Why not designate one night per week when everyone cleans off their desk before they leave for the night. Everything but computer, adding machine, phone. When everyone comes back in the next day – desks will have been dusted/cleaned. Why do we ask this? Janitorial and Holladay Properties policy is that cleaners are not to touch/move anything on a desk or counter in order to clean under or around it. This is because of the liability involved. If you move everything off your desk and counters – the cleaners are happy to clean them.

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For your convenience and to help keep the grounds neat and clean, we have located two new ash/trash containers as you walk from the garage to the building. Please – deposit your trash and cigarette butts in these new receptacles.

Thank you!!!!





Zucchini Cornbread Casserole

- 4 C shredded zucchini
- 1 onion, chopped
- 2 eggs, beaten
- ½ tsp salt
- ¼ tsp pepper
- 8 oz Cheddar cheese, shredded
- 1 (8.5 oz) package dry corn muffin mix

1. Preheat oven to 350.
2. Grease a 2 quart casserole dish
3. In a large bowl mix together zucchini, onion, eggs, muffin mix, salt and pepper. Stir in 4 oz of the cheese. Spread this mixture into the greased 2 qt casserole dish and top with remaining 4 oz of cheese.
4. Bake for 60 minutes.

Makes 8-10 servings.

September

7 - Grandparents Day (1st Sunday after Labor Day)

8 - Star Trek premiers on TV (1966)

9 - Elvis Presley first appears on the Ed Sullivan Show (1956)

11 - Beatles record their 1st single - Love Me Do - (1962)

14 - Francis Scott-Key composed lyrics to the Star Spangled Banner (1814).

16 - Mayflower sets sail from Plymouth, England (1620)

24 - Rosh Hashanah (Jewish New Year) begins at sundown.

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Roasted Brisket

- 1 large uncooked onion, sliced
- 2 medium cloves garlic, minced
- 1 lb uncooked baby carrots
- 5 oz fresh mushrooms, sliced (about 2-2-1/2 cups)
- 2-1/2 lbs uncooked lean and trimmed beef brisket

28 oz can crushed tomatoes

1 tsp paprika

¾ tsp table salt

¼ tsp black pepper

¼ tsp crushed red pepper flakes

T tbsp fresh lemon juice

2 tbsp sugar

Preheat oven to 325. Spread onion slices and garlic on bottom of non-stick roasting pan, top with carrots and mushrooms. Arrange beef over vegetables.

In mixing bowl combine tomatoes, paprika, salt, pepper, red pepper flakes, lemon juice and sugar. Stir to dissolve sugar.

Pour tomato mixture over brisket and vegetables. Tightly cover with a sheet of heavy-duty aluminium foil. Roast for 2 hours, remove from oven, uncover, stir and use pan juices to baste meat. Return brisket to oven and roast for 1 more hour, uncovered, basting every 15 minutes.

Remove pan from oven and let stand for 10 minutes before slicing beef into ¼ inch pieces. Cut the meat AGAINST the grain. Serve meat and vegetables with sauce spooned over the top. Yields about 8 servings of 3 oz of meat and ¾ C of vegetables/sauce per serving.

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"The tests show you're not losing your memory. Are you doing anything worth remembering?"



MIKE KEEFE THE DENVER POST 8/20/10

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