

the PERIMETER press

September 2023

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HAPPY Labor Day

Labor Day is Monday, September 4

LOOKING FOR A DISH TO BRING TO YOUR FRIEND'S LABOR DAY COOKOUT?

This quick and easy layered dessert will have everyone's mouth watering.

The best part? It is completely customizable. Change the flavor of ice cream, add any toppings you want. The possibilities are endless!

OREO ICE CREAM CAKE



12 servings



15 min + freezing

1 package (15½ oz) Oreo cookies, crushed, divided
¼ cup butter, melted
½ gallon vanilla ice cream, softened
1 jar (16 oz) hot fudge ice cream topping, warmed
1 carton (8 oz) frozen whipped topping, thawed

[Click to watch the recipe video.](#)

In a large bowl, combine 3¾ cups cookie crumbs and butter. Press into a greased 13x9-in. dish. Spread with ice cream; cover and freeze until set.

Drizzle fudge topping over ice cream; cover and freeze until set. Spread with whipped topping; sprinkle with remaining cookie crumbs. Cover and freeze 2 hours or until firm. Remove from freezer 10 minutes before serving.

TIP: When transferring your prepared ice cream cake, travel with it in an insulated cooler and with multiple ice packs. You'll want to keep your Oreo ice cream cake in the freezer until 10 minutes before serving.



Trinity Partners' offices will be closed
September 4th in observance of Labor Day.



monthly SPECIALS



Cinnamon Maple Cappuccino

&

Pumpkin Cream Cold Crew



*Serving Hot Breakfast Sandwiches. Cold sandwiches. Salads.
Freshly baked Pastries. Snacks. Cold Beverages. & More.
Plus, now selling Larry's Coffee Products!*





It's the end of the summer and time for the kids to start school. Whether you have a college student moving away from home for the first time or are getting younger kids ready for a new grade, it's time to shop for new clothes, gather up the school supplies and get ready. This year, families are predicted to spend an average of \$597 per K-12 student. With that shopping comes a lot of waste. Typical back-to-school essentials include clothing, textbooks, notebooks, plastic school supplies, and much more. So how do you utilize the three R's (reduce, reuse, and recycle)? To give you a little assistance, we've come up with some eco-friendly tips for kids going back to school.

USE ITEMS TO THEIR FULL POTENTIAL

Instead of getting a new notebook, tear out and recycle the used pages in a half-written-in option stuffed in your desk drawer. Using items until they cannot be used anymore makes sure that the item is fully utilized. Also, consider repurposing items to be used in a different way. For example, an old pencil case can be used as a locker room essentials kit for after gym class? Is last year's backpack still fully functional?



BUY USED TEXTBOOKS

Used textbooks are often available for half off or more in campus bookstores, as well as websites such as eCampus and Amazon Textbook. You can also rent most textbooks. Renting or buying used textbooks is a popular option that helps to reduce the amount of books being created, which can save millions of trees. If the U.S. reduced its paper consumption by 10% annually, we could save enough energy to power 228,000 homes, conserve 11 billion gallons of water, and prevent carbon emissions equivalent to removing 279,000 cars from the road! Choosing used textbooks is one way you can help.

REDUCE LUNCH WASTE

The average elementary school disposes of 20,000 pounds of lunch waste every year. By packing a whole food lunch for your child in a reusable (non-toxic) lunch box with a reusable bottle of water or milk, you will help reduce the amount of paper bags, food packaging and wasted food your child produces, and they will be so much healthier for it too.



CHOOSE NON-TOXIC AND ECO-FRIENDLY

PVC contains chemical additives including phthalates that are linked to asthma, learning disabilities, diabetes and other chronic health problems. Congress banned Phthalates in children's toys, yet they are widespread in school supplies like lunch boxes, backpacks and binders. Try choosing backpacks made of recycled PET or natural canvas, and avoid the shiny, plastic models that often contain PVC. They will last longer, too! Look for brands of binders that are labeled PVC-free. Some crayons that are imported from China have been found to be contaminated with asbestos. Choose crayons that have been manufactured in the United States. Choose recycled pencils and markers, refillable or recycled pens, and 100% recycled, chlorine-free notebooks and printer paper, too. Also try to find companies where sustainability is an important part of their practice and production.



DON'T IMPULSE SHOP

Say no to the locker chandeliers and the cheap markers that run out of ink in a week. These are often impulse buys and usually don't last very long. It's easy to get swept up in trends and sales but trying to avoid the plastic "fashionable" fad items is the sustainable thing to do. Before buying something ask yourself, "Do I really need this?" or "Am I still going to have/want this in six months?" Chances are the answer is "No." Also, look around your home before heading to the store. Do you have extra packs of pencils? Do you really need a new ruler?



august recap.

September 2023

thank you to all
who donated to our
school supply drive!



Tools 4 Schools

[Click to learn more about this organization.](#)

Thank you to everyone who attended the beehive grand opening to welcome our new fuzzy friends to Perimeter Park

NAME THE QUEEN BEES

We received so many un-bee-lievably great submissions for names for the Queens of our new hives, but we need your help narrowing it down. **Vote for your favorite name, and the top three will be crowned our Queen Bees!** Which will it be?

[vote here](#)

CALLING ALL MAKERS



ARE YOU CREATIVE?

*DO YOU PAINT? SEW? DRAW? BUILD? HAVE A SIDE-GIG?
IF SO, LET US KNOW.*

Bloom by Trinity Partners will be hosting a Fall Makers Market at Perimeter Park and would love to include our tenants. If you are interested, please fill out the form in the link below.

INTEREST FORM

hops for hope.

September 2023

LAGER IS LIFE

HOPS FOR HOPE
MAIN
EVENT



SATURDAY, SEPT. 16
2PM - 6PM

North Hills Midtown Park
4011 Cardinal at North Hills Street
Raleigh, NC 27609

Food trucks, live music, kids activities, and more!

All are welcome! Tickets required for entry.

Must be 21 or older to participate in beer tasting.

**Sample over 30 beers specially curated by
corporate teams and the Triangle's best local
breweries for Hops for Hope.**

Trinity Partners-Raleigh has teamed up for the third consecutive year with Children's Flight of Hope (CFOH) in the Hops for Hope fundraising event, and has already raised over \$24,000.

CFOH provides air transportation for young patients and their families giving them access to specialized medical care all over the country that might otherwise be out of reach.

Hops for Hope has become a huge local initiative to support Children's Flight of Hope, and we hope to make a large impact this year with our brewery partner Ancillary Fermentation.

Learn more about Children's Flight of Hope

Support Team Trinity's efforts



[Ticket info for Hops for Hope Main Beer Tasting Event, Sept. 16th](#)

Ancillary*
FERMENTATION

meet our fitness instructor

ANYA HOLLEY | ZUMBA

Hi, I'm Anya and I am a Zumba instructor with 7 years of experience. I absolutely love teaching Zumba as it brings together people from all walks of life, different cultures, and upbringings. We come together to enjoy movement and music, to learn about new sounds and dance moves as well as to simply connect and be a part of the community.

Every class is a judgement free zone where the only thing being asked of you is to let go and let the music move you! I hope to see you at a group Zumba class at Perimeter Park soon!

JOIN ANYA FOR OUR FIRST
THEMED ZUMBA CLASS!

ZUMBA 80s Night! GROUP CLASS

Put on your most radical 80's-inspired outfit and
come bust-a-move with us!

Wednesday, Sept. 20
@ 5:15pm

5200 W Paramount Parkway, Suite 175

bloom at Perimeter Park

bloom at Perimeter Park

september

greenway trail cleanup

9/13 11:30am-12:30pm
The Green in front of 1010 Sync Street



Meet us on The Green and we'll walk over together to clean up the section of The Greenway trail that begins just off the roundabout and runs by the pond. We've adopted this section from the Town of Morrisville to keep tidy!

15 volunteers needed, sign-up preferred.

[Click to Register](#)

end-of-summer bash

9/19 11:30am-1:30pm
Central Campus Courtyard | 1009 Think Place



Why should kids have all the fun? Join us for an end of summer bash where you can feel like a kid again!



• Challenge your coworkers to a game of **Human Hungry Hungry Hippo**



• **Paint Throwing** to create two unique pieces of art for the Perk Café & Fitness Center

• Kick back and listen to **DJ Cody Daniel** spin tunes

• **Multiple Food Trucks** on site, including CRAVE Hot Dogs & BBQ and Waves Shave Ice!

Dress in comfy clothes you can move around in and bring a picnic blanket to spread out and enjoy it all!

free fall gardening basics class

9/28 11:30am-1:00pm
The Meeting Space | 3025 Carrington Mill Blvd



Calling all aspiring food growers with some good news - gardening isn't just a summer activity! There are tons of delicious things you can plant when the weather gets cooler to sustain you through the winter months. Join Skillpop & Farmer Erin of The Patio Farmer for a fall gardening class to learn the ins and outs of preparing your home food growing space for year-round production. Plus, you'll plant a few seeds to take home as you kick off your fall gardening adventures.

FREE—25 spaces available. Registration required.

[Click to Register](#)

EVENT SCHEDULE

free group fitness

Registration required. Scan QR code below.

9/13 **Yoga - Wind Down Flow**
5:15-6:15pm
3025 Carrington Mill Blvd, Suite 100



Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available.

[Click for Yoga Sign-up](#)

9/20 **Zumba**
5:15-6:00pm
5200 W Paramount, Suite 175



Put on your most radical 80s-inspired outfit and come bust-a-move with us!

Suitable for all levels. Please bring your own bottled water.
FREE — 35 spaces available.

[Click for Zumba Sign-up](#)

9/27 **Bodyweight HIIT**
5:15pm-6:15pm
3025 Carrington Mill Blvd, Suite 100



Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available.

[Click for HIIT Sign-up](#)

**80s
night**
new location









FUN FACT

In March 2005, 110 people won the second-place Powerball prize, meaning they had nailed the first 5 numbers in the sequence. Since the Powerball typically only saw 4 to 5 second-place winners per drawing, 110 obviously stood out as an unnatural occurrence. Investigators discovered that a common denominator was people who had played numbers they had seen in a fortune cookie. The cookies traced back to Wonton Food Inc. in NY. It was determined the numbers had been an ordinary set, and no foul play was involved. There are 10,000 combinations of numbers, all picked by workers drawing from 40 folded papers with numbers placed in a bowl. It was estimated that the factory had produced hundreds of thousands of cookies that carried the winning combination. After this incident, executives decided they would start using computers to pick numbers to reduce the chances of repeat combinations.



DAYS TO CELEBRATE & REMEMBER

- 9/4: Labor Day
- 9/7: Football Season Starts 
- 9/10: Grandparent's Day
- 9/11: 9/11 Remembrance Day
- 9/13: Fortune Cookie Day 
- 9/15: Rosh Hashanah
- 9/16: Mexican Independence Day
- 9/19: National Dance Day
- 9/21: Mini Golf Day 
- 9/22: Native American Day
- 9/23: Autumn Equinox 
- 9/25: National Comic Book Day
- 9/29: Chinese Moon Festival 
- Hispanic Heritage Month 
- National Sewing Month
- Little League Month

CLOSED

Trinity Partners' offices will be **closed**.




Super Bowl LVII champion Kansas City vs Detroit in the NFL Kickoff Game. 

See [this list](#) of 100+ gift and activity ideas for Grandparents Day this year.

Partee Shack in Raleigh puts a whole new spin on mini-golf. With courses that feature crazy obstacles like a pinball machine, a zip-line, and a full-size school bus, it takes putt-putt to a whole new level. [Check it out!](#)



Autumn Equinox is one of two moments in the year when the Sun is exactly above the Equator and day and night are of equal length, and marks the first day of Fall! 

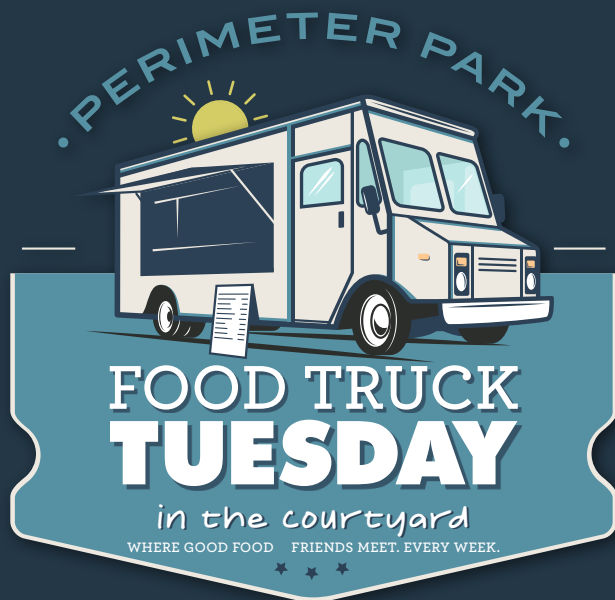


TRIVIA

What is the best selling single-issue comic of all time??

Look for the answer in next month's newsletter!

August's answer: Dogs only sweat through the pads of their feet and their noses.



GET SOME GRUB

11:30 am—1:30 pm

Head on over for some good eats!

Click on the logos for menu options and pricing.



CENTRAL CAMPUS COURTYARD
1009 THINK PLACE

Bring a blanket or folding chair and enjoy your lunch taking in the fresh air and sun on the lawn!

Sept. 5



Food truck schedule can be found on the digital lobby directories and at perimeterparkoffice.com/events

Sept. 12



end-of-summer bash

Sept. 19



Sept. 26



Meeting space

For additional information or a reservation form,
reach out to perimetercc@trinity-partners.com



3800 Paramount Pkwy

Fitness Centers

3025 Carrington Mill Blvd., first floor
+ 3800 Paramount Pkwy., first floor

There are two fitness center locations in Perimeter Park that qualifying employees of tenants can join for a small fee.

Hours: 5am to 11pm
7 days a week
closed major holidays

For questions, reach out to
customerservice@trinity-partners.com



3025 Carrington Mill Blvd

The Perk café + lounge

3025 Carrington Mill Blvd., first floor

The Perk café featuring
Larry's Coffee & lounge
is open for tenant use
with WiFi available.



how to reach us.

September 2023

Managing Partner, Office Leasing

Director, Office Leasing

Partner, Property Management

Senior Property Manager

Property Manager

Property Manager

Assistant Property Manager

Senior Tenant Services Coordinator

Property Management Assistant

Property Management Assistant

Accounting Assistant

Partner, Project Management

Senior Project Manager

Project Manager

Director, Operations

Operations Manager

The Perk Meeting Space

24-Hour Customer Service

William Allen

Alex Dunn

Amy Mayer

Jason Riegle

Melissa Irgens

Vanessa Matto

Candice Place

Nancy O'Melia

Aimee Scott

Denise Leubecker

Ashley Minick

Ryan Peterman

Anna Woody

Rob Hoyt

Mike Landreth

Joey Strickland

919.415.4404

**919.415.4400
or 877.349.5446**

wallen@trinity-partners.com

adunn@trinity-partners.com

amayer@trinity-partners.com

jriegle@trinity-partners.com

mirgens@trinity-partners.com

vtorres@trinity-partners.com

cplace@trinity-partners.com

nomelia@trinity-partners.com

ascott@trinity-partners.com

dleubecker@trinity-partners.com

aminick@trinity-partners.com

rpeterman@trinity-partners.com

awoody@trinity-partners.com

rhoyt@trinity-partners.com

mlandreth@trinity-partners.com

jstrickland@trinity-partners.com

perimetercc@trinity-partners.com

customerservice@trinity-partners.com