

the PERIMETER press

October 2023

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SUSTAINABILITY CORNER

THE BLOOD CONNECTION

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BLOOM

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PERIMETER PERKS

HOW TO REACH US

LET US INTRODUCE... THE QUEEN BEES

The votes are in! We received so many un-bee-lievably great submissions for names for the Queens of our new hives, but the winners are:

Jaimbee Cox

Beeyonce

Abeetha Franklin

*Perimeter Park's hives are in the NC State Fair
'Bees & Honey' competition!*



hives painted by Bee Downtown

The Perimeter Park beehives were designed using North Carolina as the inspiration! Depicting the mountains, cityscape, and beach, the hives celebrate what makes our state so great!

Judging for this category will take place on October 9th and 10th, prior to the start of the fair.

The hive will be on display with any ribbon it wins (fingers crossed!) from October 12th - 22nd in the Agri Supply Exposition Center (#7 on [this map](#)) in the "Bees and Honey" section.

Be sure to check it out!




monthly **SPECIALS**



Caramel Apple Butter Latte

&

Vanilla Bean Matcha Frappe 

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



TIPS FOR A SUSTAINABLE AUTUMN

As we transition from summer sunsets and beach days to crisp evenings and cozy sweaters, we can use this change of seasons as an opportunity to find new methods for incorporating sustainable practices. Here are some easy ways to be more conscience of the environment during the autumn season.



LEAVE THE LEAVES

Dead leaves are an important part of the natural cycles of plants and soil. The removal of dead leaves from this cycle can actually diminish the soil's health. Instead, consider leaving leaves on your lawn.



SAY NO TO DISPOSABLE

It's Pumpkin Spice Latte season! Enjoy your PSL (or other fave fall drink) in a reusable mug or tumbler. Many coffee shops will even offer a discount if you bring your own cup.



DECORATE SUSTAINABLY

Consider using natural decor, like fallen leaves, pinecones, or acorns, for centerpieces and wreaths. Buy quality, durable decorations that can be used for years to come. Find creative ways to convert recycled materials into decorations. All of these will help keep cheap plastic out of landfills.



DIY OR REUSE COSTUMES

Instead of buying a new costume, reuse an old costume or borrow one from a friend. You can even create your own costume out of recycled materials or things you have around the house. Check local thrift stores for costumes or additional props and accessories to finish the look. This can help save materials and money, and you will have a unique, handmade costume to show off!



COZY, CLEAN CANDLES

Candles make us feel cozy during the colder months, but did you know that traditional scented candles can contribute significantly to indoor air pollution? Many scented candles contain hazardous metals that can propagate in the air after only a few hours of burning. Consider buying non-toxic, environmentally friendly candles that are made from all-natural products such as beeswax or soy, are unscented and have paper or 100% cotton wicks.



BRING YOUR PLANTS INSIDE

As the cold temperatures arise, bring your plants indoors! This will protect them from the cold, but also clean the air inside and brighten up the interior of your home. Houseplants can do a lot to improve your indoor air quality, especially in the colder months when we tend not to open our windows so frequently. This can boost productivity, increase levels of calmness and optimism, reduce stress, and lower blood pressure.



BLOOD DRIVE

Perimeter Park/Trinity Partners

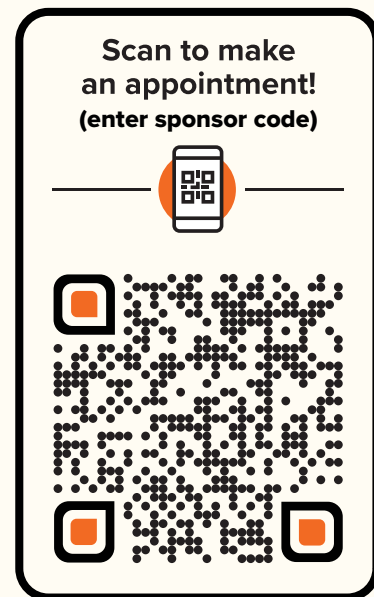
3800 Paramount Pkwy
Morrisville, NC 27560

10/17/2023 | 09:00 AM–02:00 PM

Sponsor Code 55PQ

DONORS GET \$50 IN REWARDS!

Mobiles Only. Incentive may vary. Rewards=TBC reward points redeemable for eGift cards in the TBC store.



Or click [here](#)



**THE BLOOD[®]
CONNECTION**
Your Community Blood Center



thebloodconnection.org

The Blood Connection is a non-profit organization. Blood can be donated every 56 days. Donors must be 16 years or older and over 110 lbs. to donate. Written parental consent required for 16 year olds in SC and GA, 16 AND 17 year olds in NC. Before you donate blood, make sure that you drink plenty of water and eat a healthy meal. TBC Donor ID Card (preferred) or photo ID required to donate. Rewards are non-transferable.

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CALLING ALL MAKERS



*DO YOU (OR SOMEONE YOU KNOW) HAVE A SIDE-HUSTLE
PAINTING, SEWING, DRAWING, BUILDING, CREATING?
IF SO, LET US KNOW.*

Bloom by Trinity Partners will be hosting a Makers Market at Perimeter Park in the near future and would love to get our tenants involved. If you are interested, please fill out the form in the link below, or forward the link to a creative friend.

INTEREST FORM

fire safety.

October 2023

CHECK YOUR SMOKE DETECTORS

20%

of homes have smoke detectors that **do not** work or are missing batteries.

2x

Working smoke alarms can **double your chances of survival** in a fire.



Replace batteries **twice a year** and keep alarms free of dust.



Smoke alarms should be installed on **every floor** of your home.



KNOW THE RISKS



There is a house fire **every ten seconds** in the U.S.



Home fires can spread in as little as **thirty seconds**.



Make sure that your family has a **fire escape plan** for your home and practice it regularly.



Cooking is the **leading cause** of house fires.



More than **15,000** fires a year are started by clothes dryers. Clean the vents at least once a year.



Remember: If there's ever a fire, **GET OUT, STAY OUT and CALL** for help.

MAINTAIN YOUR ELECTRICAL SYSTEM



Electrical fires can be caused by: broken wires, wire insulation drying out, loose switches or receptacles, and overheating caused by dirt and oil.



Get your electrical system checked by a licensed electrician **every four years**.



Faulty wiring is the number one cause of electrical fires. **The warning signs?** Flickering lights; breakers that always trip; fuses that blow; a burning smell when you plug in appliances; outlets and switches that spark; and discolored wall outlets.

bloom at Perimeter Park

october

EVENT SCHEDULE

coat & blanket drive

10/1
thru
10/31



Raleigh Rescue Mission Donation Drive

Drop-off Locations:

- » The Perk Café | 3025 Carrington Mill Blvd
- » 3800 Paramount Parkway | Lobby
- » Perimeter 1 | 3005 Carrington Mill Blvd | Lobby

Please consider:

- new items only
- heavy blankets or comforters
- heavy coats (preferably with hoods), no jackets

Most needed coat sizes:

- womens sizes M - 5X
- mens sizes L - 5X

All donations will go to Raleigh Rescue Mission—a non-profit dedicated to serving those experiencing homelessness in our community. Donated items must not be used.

pumpkin patch + paint @ food truck tuesday

10/10

11:30am-1:30pm



Central Campus Courtyard | 1009 Think Place

Grab lunch at the food trucks and stop by to pick out and decorate a pumpkin to take home!

FREE — While supplies last.

skillpop halloween hand lettering

10/18

11:30am-1:00pm



The Perk Café | 3025 Carrington Mill Blvd

Get ready to spice up your fall decor and watch your creativity come to life by creating a personalized masterpiece! Your instructor will guide you through the process to learn hand lettering techniques, and you'll get some practice in by making your own spooky creation to take home.

FREE—25 spaces available. Registration required.

[Click for SkillPop Sign-up](#)

free group fitness

Registration required. Scan QR code below.

10/11

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](#)

10/18

Zumba

5:15-6:00pm

5200 W Paramount, Suite 175



Suitable for all levels. Please bring your own bottled water.

FREE — 35 spaces available.

[Click for Zumba Sign-up](#)

10/25

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](#)

visit our event calendar at perimeterparkoffice.com/events for info on upcoming events

Please note: Bloom events are only for tenants in buildings managed by Trinity Partners.



FUN FACT

Halloween started as a pre-Christian Celtic festival called Samhain, which means "summer's end." Held in the beginning of November, the feast recognized the last day of the fall harvest and spirits crossing over, since they believed the veil between the living and spirit world grew thinnest at that time. People in Ireland, the UK and Northern France used to ward off ghosts by lighting sacrificial bonfires, and – you guessed it – wearing costumes to trick the spirits. In medieval times in Scotland and Ireland, young people dressed up in costumes and went door-to-door looking for food or money in exchange for performing songs, poems or other "tricks." When the Irish fled the potato famine that devastated their country in the 1840s, they brought their Halloween traditions with them. The celebration spread across the country, until the observation of Halloween in America reached an all-time high in the 1920s.



DAYS TO CELEBRATE & REMEMBER

• 10/1: International Coffee Day

• 10/5: World Teacher's Day



• 10/9: Indigenous People Day

• 10/11: National Fossil Day



• 10/12: National Gumbo Day

• 10/13: Friday the 13th



• 10/17: National Pasta Day



• 10/21: Pumpkin Cheesecake Day

• 10/22: Mother-in-Law Day

• 10/25: International Artist Day



• 10/27: Black Cat Day

• 10/30: National Candy Corn Day



• 10/31: Halloween



• Breast Cancer Awareness Month



• American Pharmacist Month

• National Pizza Month



Check out [this list](#) of smart gift ideas to show your appreciation for the teachers in your life.



The word "fossil" comes from the Latin word "fossilis" which literally means "dug up".



Check out [this](#) recipe and make your own pumpkin cheesecake!



To celebrate International Artist Day, visit the NC Museum of Art in Raleigh. Visit their [website](#) to read about current and upcoming exhibitions.

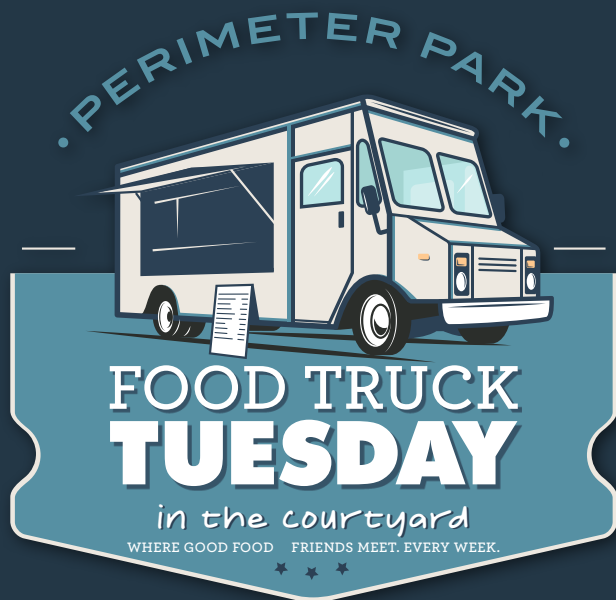


TRIVIA

What country consumes the most coffee per capita?

Look for the answer in next month's newsletter!

September's answer: X-Men #1 (1991) sold around 8.1 million copies & holds the Guinness World Record for best-selling comic, single-edition



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!

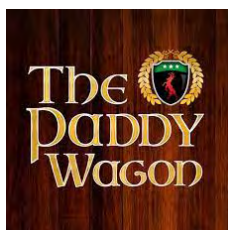
Oct. 3

Oct. 10

Oct. 17

Oct. 24

Oct. 31



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

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.

October 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