



the PERIMETER press

April 2024

in this issue:

BLOOD DRIVE

MARCH FOR BABIES

NAMIWALKS

THE PERK CAFÉ SPECIALS

SUSTAINABILITY CORNER

BEE DOWNTOWN CORNER

BLOOM

DID YOU KNOW?

FOOD TRUCKS

PERIMETER PERKS

HOW TO REACH US



THE BLOOD[®]
CONNECTION
Your Community Blood Center

**DONORS
GET \$50 IN
REWARDS!**

SPRING
into LIFE
SAVING

Blood Drive

Perimeter Park/Trinity Partners

3800 Paramount Pkwy
Morrisville, NC 27560

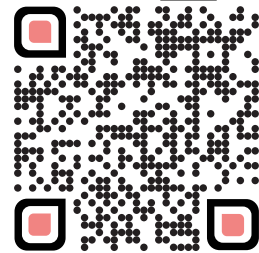
04/16/2024 | 09:00 AM – 02:00 PM

Sponsor Code: 55PQ

Scan to make
an appointment!
(enter sponsor code)



Or click [here](#)



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

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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thebloodconnection.org



MARCH WITH US

Join us for a March for Babies experience in your area.

March for Babies: A Mother of a Movement™ calls on people across the country to unite and make a huge difference for the health of all families by walking, fundraising and spreading the mission of March of Dimes.

As a March for Babies community, we're better together. We're stronger together. We're louder together.

Sign up at marchforbabies.org/signup



Save The Date

March for Babies North Carolina

Saturday, 4/13 - Triangle
Perimeter Park, Morrisville

Saturday, 4/20 - Triad
Triad Park, Kernersville

Sunday, 4/21 - Charlotte
Symphony Park, Charlotte

Platinum Sponsors



National partner

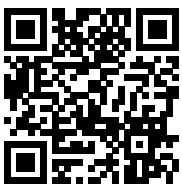
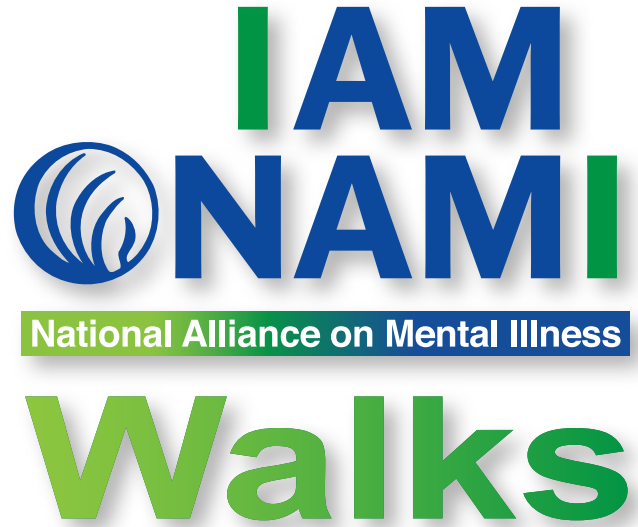


© 2024 March of Dimes

NAMIWalks North Carolina

Saturday,
May 18, 2024 - 9-11:30AM

Perimeter Park
Morrisville, NC



Learn more at
namiwalks.org/northcarolina





monthly
SPECIALS

 Peach Lemonade 
with iced tea
&

 Iced Salted Caramel Macchiato

*Serving hot breakfast sandwiches, delicious pastries,
salad/wraps & hot soup!*



The theme for Earth Day 2024 is Planet vs. Plastics. Earth Day is April 22nd and EARTHDAY.ORG is committed to a goal of 60% reduction in the production of ALL plastics by 2040. Microplastics are seemingly everywhere. But there are some easy actions you can take to reduce microplastic pollution and consumption in your daily life.

WHAT ARE MICROPLASTICS?

Microplastics are small plastic particles less than 5mm wide, which is about the width of a new pencil eraser. From the products we use to the clothes we wear, microplastics are everywhere. Some microplastics are large enough to see, while others are small enough to breathe.

These small particles come from a variety of sources. Primary microplastics start small, such as the plastic microbeads used for exfoliation in certain cosmetics. Secondary microplastics start as larger pieces of plastic debris, such as water bottles and plastic pill bottles, which end up degrading over time.

While large amounts of microplastics already exist in the environment, new particles are generated daily. This may not be a surprise, based on the massive increase in plastic production and use since it was first introduced by Belgian chemist, Leo Baekeland in 1907.

HOW TO REDUCE MICROPLASTICS IN YOUR EVERYDAY LIFE

Avoid synthetic fabrics, such as polyester and nylon, and instead try buying clothing and other household fabrics made from organic materials such as cotton, bamboo, silk, wool, cashmere and linen.

Avoid single-use plastics by:

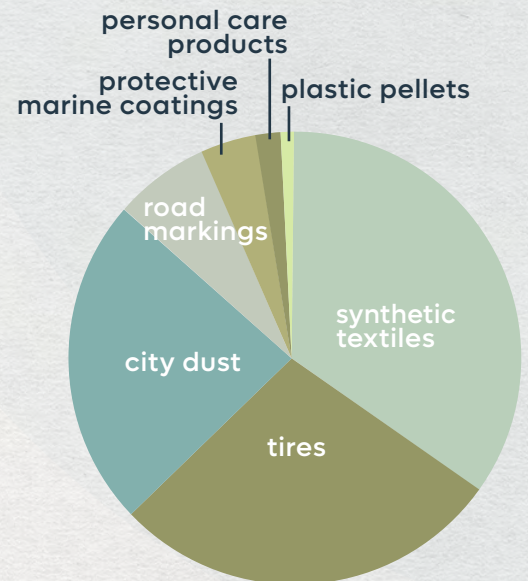
- Bringing your own reusable bags when shopping
- Asking for paper instead of plastic bags
- Swapping disposable plastic straws for reusable ones
- Using a refillable water bottle

Opt for sustainable cosmetics and household products, often listed as "natural" or "plant based" and avoid products with ingredients such as:

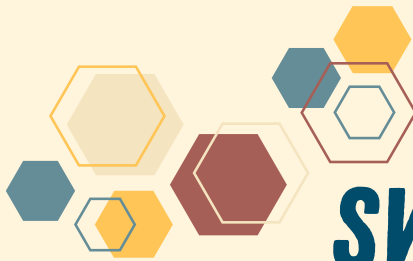
- Polyethylene, abbreviated PE
- Polypropylene, abbreviated PP
- Polyethylene terephthalate, a polyester abbreviated PET or PETE
- Polymethyl methacrylate, abbreviated PMMA

Reduce shellfish consumption, as they ingest microplastics in the ocean

Don't microwave your food in plastic containers, even if the packaging says 'microwave safe'



MAIN SOURCES OF MICROPLASTICS IN THE OCEAN



SWARM SEASON: WHAT TO KNOW & HOW TO PREPARE!

What is swarming?

Honeybee swarming is the seasonal process by which honeybees reproduce & expand their population between the spring & summer (March-June). The queen bee creates & lays an egg in a new queen cell. Bee-fore the new queen emerges, the older queen will depart in a “swarm” with a portion of the colony to create a new home.

What should I do if I see a swarm?

1. Don't panic! Remember that the bees are docile.
2. From a safe distance, take a video & photo of the swarm.
3. Email the video & photo with as many details as possible to info@bee-downtown.com.
 - a. Where is it on campus? Share a map?
 - b. When did you first notice it?
 - c. Is it high enough to need a ladder?
 - d. Phone # for a beekeeper to call for more info.
4. Provide your name & office location so we can bring you a jar of honey!
5. Share your exciting experience with coworkers, family, & friends!

Will I be stung?

Bee-lieve it or not, honeybees are considered to be their most docile when swarming. Before leaving the hive, they fill their tummies with honey to prepare for their journey. Fat & happy, their roundness makes them unable to use their stinger. Additionally, the swarm has nothing to defend until they develop a new hive. Their brood & honey stores now bee-long to the new queen.

What will Bee Downtown do?

Prior to swarm season, Bee Downtown will place a “swarm trap” on campus. This trap is an empty beehive, typically hidden in plain sight. In the event your bees swarm, they may be attracted to the wax in the box, making for an easy catch.

If Bee Downtown receives a call or email about a swarm, a teammate will arrive at their earliest convenience to find the queen & place her in a box to attract the rest of the bees through her pheromones. The bees will be given a new home at a Bee Downtown outyard.





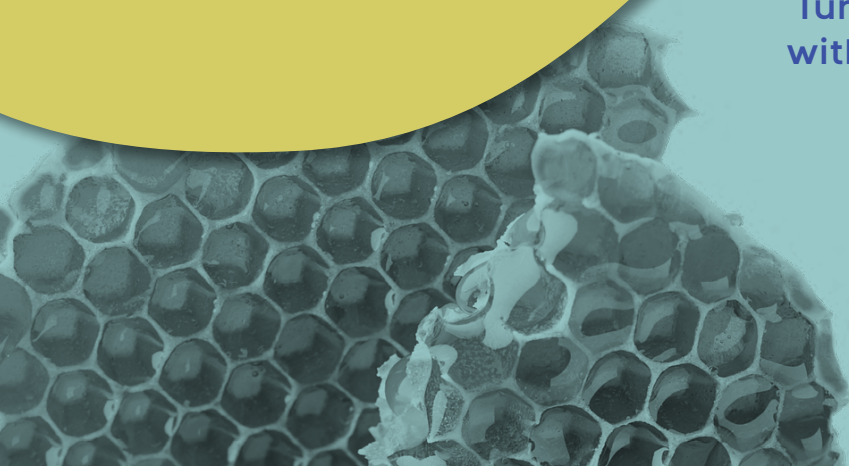
live at the
hive

thursday
04.11
9-10am



Take a deep dive into the secret life of bees.
Tune in for a live virtual hive tour and Q&A
with our expert Bee Downtown beekeeper.

Keep an eye out for a link to watch live,
coming soon!



bloom at Perimeter Park



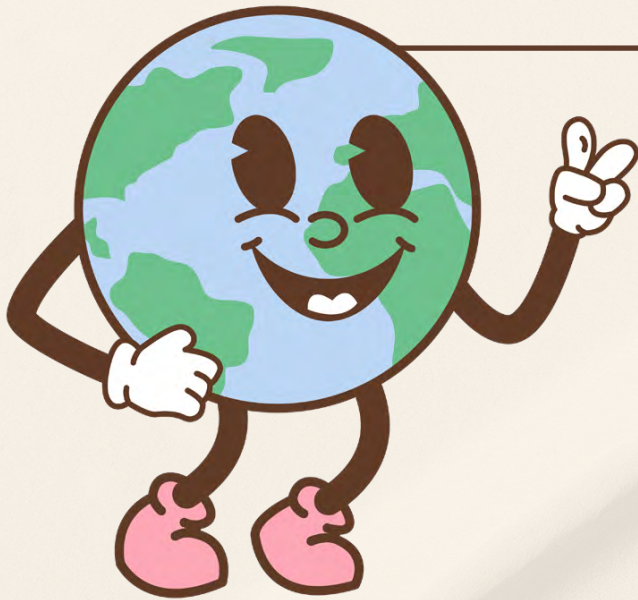
GO GREEN
GO GREEN
GO GREEN

EARTH DAY
CELEBRATION

TUESDAY
04.23

food truck tuesday
central campus • 1009 think place

JOIN US FOR SUNSHINE
AND A GOOD TIME!



rooted plant bus
games, prizes, + freebies

unique obstacle course

food trucks

planting station

+ MORE!

GO GREEN
GO GREEN
GO GREEN

We'll have picnic blankets and other seating
on the lawn for you to enjoy lunch and
celebrate World Picnic Day



free
group
fitness

4/10 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 to register](#)*

4/17 Yoga - Wind Down Flow

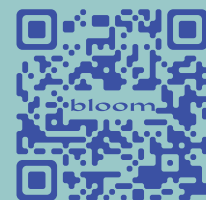
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

*Suitable for all levels. Please bring a mat and bottled water.
FREE — 35 spaces available. [Click to register](#)*

4/24 Bodyweight HIIT

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 to register](#)*



SCAN TO SIGN UP FOR
FITNESS CLASSES



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



bloom at Perimeter Park
april
 EVENT SCHEDULE

greenway trail clean up

4/10 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 sign up](#)

bee downtown live at the hive

4/11 9:00 - 10:00am
 Virtual from Perimeter Park Bee Hives



Take a deep dive into the secret life of bees. Tune in for a live virtual hive tour and Q&A with our expert Bee Downtown beekeeper.

15 lucky tenants will have a chance to suit up for an in-person hive tour on October 10th. Participants selected by raffle. More details to follow.

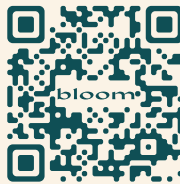
March for Babies

4/13 9:00am
 3005 Carrington Mill Blvd

Join the Triangle March for Babies Chair, Kevin Fitzgerald, and the Executive Leadership Team, plus thousands of members of the community as we join together for the health of all moms and babies!

[Click to register](#)

HERE YOU'LL FIND
 INFO AND LINKS
 FOR REGISTRATION



SCAN TO VIEW THE
 PERIMETER PARK
 EVENT CALENDAR

earth day celebration at Food Truck Tuesday

4/23 11:30am - 1:30pm
 Central Campus Courtyard | 1009 Think Place



- Shop the **Rooted Plant Bus**
- **Sustainability tips, planting station**, and chances to **win earth friendly prizes**
- Get competitive with Bland Landscaping's **unique obstacle course!** You'll have a chance to win prizes and discover interesting **tools and resources** for a greener life
- **Multiple Food Trucks** including Will & Pop's, Crave Hot Dogs, and more

We'll have picnic blankets and other seating on the lawn for you to enjoy lunch and celebrate World Picnic Day.

free group fitness

*Registration required—links below.
 Classes are suitable for all levels. Please bring your own bottled water.
 FREE — 35 spaces available for each class.*

4/10 Zumba
 5:15 - 6:00pm
 5200 W Paramount, Suite 175
[Click for Zumba Sign-up](#)



4/17 Yoga - Wind Down Flow*
 5:15 - 6:15pm
 3025 Carrington Mill Blvd, Suite 100
 * Please bring a mat
[Click for Yoga Sign-up](#)



4/24 Bodyweight HIIT*
 5:15pm - 6:15pm
 3025 Carrington Mill Blvd, Suite 100
 * Please bring a mat
[Click for HIIT Sign-up](#)



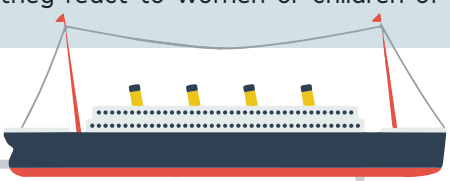


FUN FACT

Researchers in Brighton, UK discovered that African elephants can distinguish differences in human gender, age, and ethnicity purely by the sound of someone's voice. The tested elephants were able to pick out the difference between two different groups of men delivering the same phrase based on the language used. The elephants acted in a defensive manner to the language of the ethnic group more known for poaching elephants. They did not react to men of the other ethnic group, nor did they react to women or children of either group, suggesting they can pick out age and gender as well.

DAYS TO CELEBRATE & REMEMBER

- 4/1: April Fool's Day 
 - 4/2: National PB&J Day
 - 4/7: World Health Day
 - 4/8: Solar Eclipse (partial) 
 - 4/10: National Siblings Day
 - 4/15: Titanic Remembrance Day
 - 4/15: Tax Day
 - 4/16: Stress Awareness Day
 - 4/16: Save the Elephant Day 
 - 4/17: Bat Appreciation Day
 - 4/22: Earth Day 
 - 4/23: National Picnic Day 
 - 4/25: World Penguin Day
 - 4/27: Babe Ruth Day
-
- Keep America Beautiful Month
 - Sexual Assault Awareness Month 
 - Stress Awareness Month



The remains of the Titanic were not found until 1985, about 73 years after the vessel sunk.

Learn about where you can watch the Solar Eclipse in Raleigh [here](#).



Although small like rodents, bats are more closely related to primates and humans than they are to mice or rats!



celebrate earth day with us!

- Shop the **Rooted Plant Bus**
- **Sustainability tips, planting station**, and chances to **win earth friendly prizes**
- Get competitive with Bland Landscaping's **unique obstacle course!** You'll have a chance to win prizes and discover interesting **tools and resources** for a greener life
- **Multiple Food Trucks** including Will & Pop's, Crave Hot Dogs, and more

We'll have picnic blankets and other seating on the lawn for you to enjoy lunch and celebrate World Picnic Day.

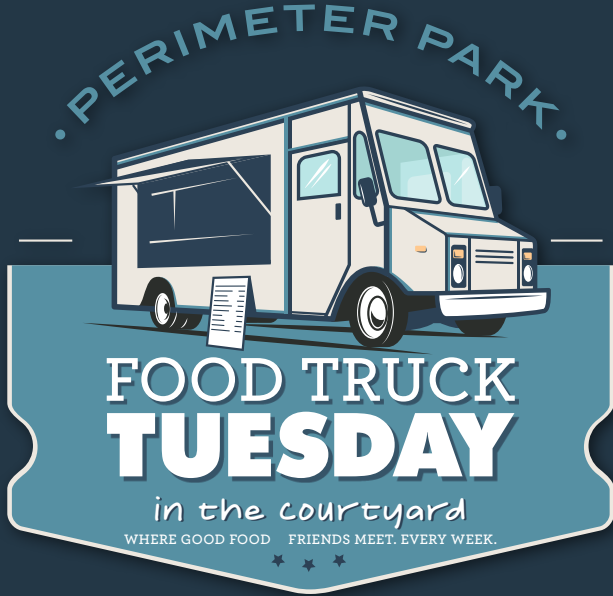
Tuesday, April 23 | 11:30am - 1:30pm
Central Campus Courtyard | 1009 Think Place

TRIVIA

What is the longest documented lifespan of a bat?

Look for the answer in next month's newsletter!

March's answer: Thin Mints are the best-selling Girl Scout cookie, followed closely by Samoas.



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!

Apr. 2

Apr. 9

Apr. 16

Apr. 23

Apr. 30



EARTH DAY CELEBRATION



SERVERS BUFFALO CLASSICS



MR. CHEESESTEAK

Yagg Sii Tenn



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

Meeting space

For use by qualifying companies in Perimeter Park, online reservations must be made and confirmed by Trinity Partners. Book here.
For a additional information, reach out to customerservice@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.



The Patio

3025 Carrington Mill Blvd, outside

Expansive outdoor lounge with WiFi and outlets available.



how to reach us.

April 2024

Managing Partner, Office Leasing

Director, Office Leasing

Partner, Property Management

Senior Property Manager

Senior Property Manager

Property Manager

Assistant Property Manager

Senior Tenant Services Coordinator

Property Management Assistant

Property Management Assistant

Accounting Assistant

Partner, Project Management

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

Rob Hoyt

Mike Landreth

Joey Strickland

919.415.4404

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aminick@trinity-partners.com

rpeterman@trinity-partners.com

rhoyt@trinity-partners.com

mlandreth@trinity-partners.com

jstrickland@trinity-partners.com

customerservice@trinity-partners.com

customerservice@trinity-partners.com