



# the PERIMETER press

August 2024

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HOW TO REACH US

# Welcome to the Park!



**Rambus**

[rambus.com](http://rambus.com)

4000 Paramount  
4000 Paramount Pkwy.



Steward Ingram & Cooper PLLC  
CERTIFIED PUBLIC ACCOUNTANTS

[stewardingram.com](http://stewardingram.com)

Perimeter One  
3005 Carrington Mill Blvd.



MEET



## Amy Kirk

SENIOR PROPERTY MANAGER

**When you're not working, how do you like to spend your time?**

I love to spend time outside working on the landscaping in our yard.

**What's the first concert you attended?**

I will never forget it. It was REO Speedwagon, in the 80s. My parents were taking my cousin and I, and we didn't really know who they were but were excited to be going. We went for a bike ride to kill time and we had barely gotten started when I wiped out. An emergency room visit, 8 stitches and a tetanus shot later I was at my first concert loving every minute of it!

**What's your favorite 90s show?** Beverly Hills 90210.

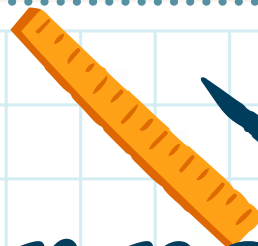
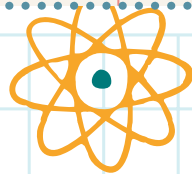
RIP Luke Perry.

**Where's your happy place?** It varies but currently, having coffee in the mornings on the patio. So peaceful and relaxing!

**For what are you most grateful today?** I can't say there is really one thing I am most grateful for, but I feel truly blessed every day for my family, our dogs, our health, and home.



ABC



# Ready or not, it's back to school time!

but we have the secret  
to getting straight A's...

*use a ruler*

# hurricane season.

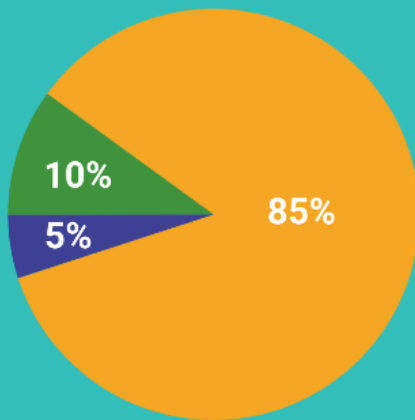
August 2024



THIS HURRICANE SEASON IS PREDICTED TO HAVE ABOVE-NORMAL ACTIVITY. WE ENCOURAGE OUR TENANTS TO REVIEW THE FOLLOWING INFORMATION RELATIVE TO YOUR PREMISES.



## 2024 Atlantic Hurricane Season Outlook



■ Above normal ■ Near normal ■ Below normal

Season probability

Named storms

17 - 25

Hurricanes

8 - 13

Major hurricanes

4 - 7

Be prepared: Visit [hurricanes.gov](https://hurricanes.gov) and follow @NWS and @NHC\_Atlantic on X.

May 2024

### PLEASE NOTE THE FOLLOWING:

- During power outages, the buildings will be closed. For your safety, tenants should not enter buildings during a power outage.
- Back up your systems and turn off non-essential equipment.
- Move items away from windows, off the floor and close interior doors.
- Tenants with generators should ensure their generators are fueled and functioning properly.
- Trinity Partners will send emails with information related to buildings as needed in the event of a hurricane.
- Following a storm, our team will tour all buildings, assess any damage and create response plans as needed.
- Trinity Partners will make efforts to keep our tenant contacts apprised of building conditions and power outages. Please be aware that communication may be delayed or interrupted due to local service interruptions.
- Trinity Partners will follow directives as set forth by the appropriate governing authorities.
- Pursuant to your lease, tenants are responsible for insuring their personal property. Any loss or damage to personal property should be filed by the tenant with their insurer.
- Personnel safety is our top priority. Trinity Partners' building engineers will not be able to respond to tenant calls during dangerous conditions. Any issues reported will be addressed when conditions are deemed safe.

**To report any concerns, please call our customer service number at 919-415-4400 or our backup number 877-349-5446.**

Provide complete information regarding the issue, including your name, location, and telephone number so that we may address your needs promptly.

[National Hurricane Center](#)

[Dept. of Homeland Security](#)



## TRINITY PARTNERS FUN-DRAISER WEDNESDAY, AUGUST 21 | 6PM

@ THE MASON JAR LAGER CO.  
341 BROAD STREET, SUITE 151  
FUQUAY-VARINA, NC 27526

LIVE MUSIC, SILENT AUCTION, AND FIRST TASTE OF OUR UNIQUE BREW  
FOR HOPS FOR HOPE!  
ALL ARE WELCOME! NO TICKETS REQUIRED.

### TRINITY PARTNERS HAS TEAMED UP WITH CHILDREN'S FLIGHT OF HOPE (CFOH) FOR THE 4<sup>TH</sup> CONSECUTIVE YEAR IN THE HOPS FOR HOPE FUNDRAISING EVENT.

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 Altered State.

LEARN MORE ABOUT CHILDREN'S FLIGHT OF HOPE



SUPPORT TEAM TRINITY'S EFFORTS

TICKET INFO FOR MAIN BEER TASTING EVENT  
SEPT. 14<sup>TH</sup> AT NORTH HILLS MIDTOWN PARK







## The Perk

CAFÉ & LOUNGE

3025 Carrington Mill Blvd.

### *monthly* SPECIALS

 Peanut Butter 'n' Jelly Smoothie   
&

 Iced Chocolate Chip Cookie Dough Latte   
*with chocolate cold foam*

Check out the Perk Cafe's weekly menu to see daily specials. 



## END-OF-SUMMER CLOSET PURGE

As Summer winds down and back-to-school shopping comes into focus, what better time to clean out the closet and donate your gently used items. The process of cleaning out your closet not only helps organize your space but also promotes sustainable practices by reducing waste and making better use of resources. Here's a guide on how to conduct a closet purge with sustainability in mind:

**If you have the time, the best way to purge your closet is to empty everything out and sort each item one by one. Try on any items you haven't worn in a while — you might find they don't even fit anymore!**

### DONATE ANYTHING THAT:

- Doesn't fit
- You don't like
- Are duplicates or very similar in color and style to something else you own
- Doesn't work with your body type or skin tone


### CLEAR SOME SPACE IN YOUR CLOSET AND ORGANIZE WHAT'S LEFT INTO CATEGORIES:


- Bottoms (non-denim trousers/pants, skirts, and non-denim shorts)
- Denim (long and short)
- Tees and tanks
- Tops and blouses
- Sweaters
- Dresses and jumpsuits
- Coats and jackets

### CHOOSE YOUR CORE PIECES

After eliminating unnecessary items from your wardrobe, look through the remaining items for quality basics that are both functional and versatile. A functional piece of clothing is practical, useful, and suits your current lifestyle. A versatile piece of clothing easily pairs with other clothes, can be styled in different ways, and worn in different contexts.

When evaluating the versatility of a garment, consider how easily it can be mixed and matched with other pieces, colors, and patterns, and whether you can wear it to different events or in different seasons.

 [more info on closet purging](#)

 [more info on capsule wardrobes](#)

# SUMMER MUSIC SERIES at Food Truck Tuesday

8/13



11:30am - 1:30pm

The Patio | 3025 Carrington Mill Blvd

Come enjoy live music and lunch on The Patio.



We're mixing it up!  
Different location.



A **sweet treat on us for the first 50 people** from Magnificent Concessions!

Burkett Farms **fresh bouquet stand** - make a donation benefiting Haven House, take home beautiful locally grown fresh flowers.

FEATURED ARTIST

**DARRIEN RUTHERFORD**

JOINED BY **VANESSA CARRERA**

*Fabulous and heartfelt singer songwriter who has been making his rounds around the Triangle. Darrien will be performing original songs and covers and will be joined by Vanessa Carrera on cajon.*



bloom



# wellness wednesdays

## free group fitness

### 8/7 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](#)*

### 8/14 Yoga - Wind Down Flow

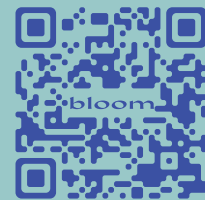
5:15-6:15pm | 3025 Carrington Mill Blvd, Suite 100

*Suitable for all levels. Please bring a mat and bottled water.  
FREE — 35 spaces available. [Click to register](#)  
Hip-notic Hips: Open Hips to Release Tension from Sitting for Prolonged  
Periods of Time.*

### 8/21 Bodyweight Strength and Conditioning

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](#)  
Bottoms Up: Glutes and Hamstrings & Tips on Protein for Muscles*



SCAN TO SIGN UP FOR  
FITNESS CLASSES

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

# AUGUST

bloom at  
Perimeter Park

## event line-up

### Tools4Schools supply drive

8/1  
thru  
8/23

Join us in supporting students and teachers of Wake County as they head back to school.

Donation drop off locations:

- 3025 Carrington Mill Blvd | The Perk Café
- 1600 Perimeter | Lobby
- 3300 Paramount | Lobby
- 3800 Paramount | Lobby
- 3005 Carrington Mill Blvd | Lobby
- 3015 Carrington Mill Blvd | Lobby

Last day to drop off supplies is August 23.

### wellness wednesdays FREE group fitness

Registration required. Scan QR code below. Classes are suitable for all levels. Please bring your own bottled water and mat.

FREE — 35 spaces available for each class.

8/7

#### Zumba

5:15 - 6:00pm

5200 W Paramount, Suite 175

[Click for Zumba Sign-up](#)

8/14

#### Yoga - Wind Down Flow

5:15 - 6:15pm | Please bring a mat

3025 Carrington Mill Blvd, Suite 100

Focus: Hip-notic Hips

[Click for Yoga Sign-up](#)

8/21

#### Bodyweight Strength and Conditioning

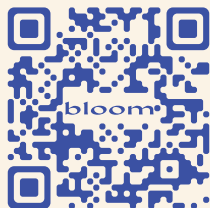
5:15pm - 6:15pm | Please bring a mat

3025 Carrington Mill Blvd, Suite 100

Focus: Bottoms Up - Glutes & Hamstrings

[Click for Sign-up](#)

SCAN TO VIEW THE PERIMETER PARK EVENT CALENDAR. HERE YOU'LL FIND INFO AND LINKS FOR REGISTRATION



### SUMMER MUSIC SERIES at Food Truck Tuesday

8/13

11:30am - 1:30pm

The Patio at The Perk Café  
3025 Carrington Mill Blvd

We're mixing it up!  
Different location.

Come enjoy **live music and lunch on The Patio.**

**Featuring Darrien Rutherford, joined by Vanessa Carrera, on cajon!**

BONUS

A **sweet treat on us for the first 50 people** from Magnificent Concessions!

Burkett Farms **fresh bouquet stand** - make a donation benefiting Haven House, take home beautiful locally grown fresh flowers.

*Important note: Food Truck Tuesday will be at The Patio (instead of Central Campus) this day only.*

*Summer Music Series finale - 9/10.*

### honey + cheese tasting

8/15

12:00 - 1:00 pm

The Perk Café  
3025 Carrington Mill Blvd

A two-part pairing, unlike anything you've experienced before! **During this tasting, you will enjoy some of the most delicious pairings in the honey and cheese world!** We'll have refreshments and sweets for you to enjoy as well.

**RAFFLE** — "live at the hive" chance to suit up to get up close and personal with the Perimeter Park bee hives in October. 15 spaces available.

*Must be present to enter.*



PERIMETER  
— PARK —

TRINITY  
PARTNERS

bloom

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

  
**FUN FACT**

Pirates wore eye patches to adjust to the light and darkness above and below deck during raids. The eye patch was used to prepare one eye to see in the dark, so when they would go below deck they could swap the eye patch from one eye to the other and see with the eye that has already adjusted to low light conditions. This would allow them to instantly see in the dark.

  
**DAYS TO CELEBRATE & REMEMBER**

- 8/2: International Beer Day 
  - 8/3: Disc Golf Day 
  - 8/3: National Clown Day 
  - 8/8: International Cat Day 
  - 8/10: National S'mores Day 
  - 8/11: Summer Olympics End 
  - 8/12: World Elephant Day 
  - 8/13: Left Hander's Day 
  - 8/16: National Rollercoaster Day 
  - 8/17: Honey Bee Awareness Day 
  - 8/19: World Photography Day 
  - 8/24: National Waffle Day 
  - 8/28: World Daffodil Day 
  - 8/30: Frankenstein Day 
- 
- National Eye Exam Month 
  - Dog Days of Summer 
  - International Pitate Month 

View this [interactive map](#) to find places all over the state to play disc golf!

In countries such as South Korea, Germany, Spain and Portugal, McDonald's serves beer to their patrons.

Rollercoaster loops are never perfectly round. They are always in a teardrop shape to better control the speed of the cars.

The word "photography" comes from the Greek words meaning "to draw with light."

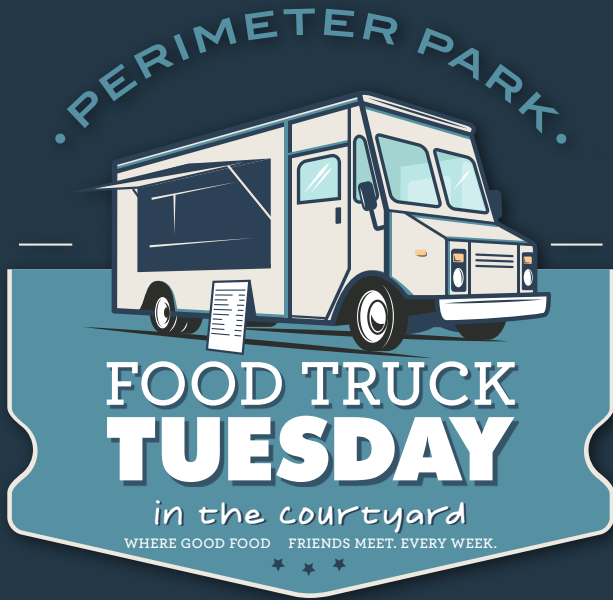
Some say that giving someone a bunch of daffodils is a lucky gift that will bring them happiness, but giving a single daffodil is considered unlucky.

 **TRIVIA**

Who played The Monster in the 1931 film adaptation of *Frankenstein*?

*Look for the answer in next month's newsletter!*

*July's answer: UAP (the new term for UFO) stands for Unidentified Anomalous Phenomena*



## 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!

Aug. 6



Aug. 13

LIVE MUSIC



FIRST 50 TENANTS GET A SWEET TREAT ON US

FOOD TRUCKS WILL BE AT THE PATIO @ 3025 CARRINGTON MILL BLVD

Aug. 20



Aug. 27



**i** Food truck schedule can be found on the digital lobby directories and at [perimeterparkoffice.com/events](http://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](mailto: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](mailto: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.

August 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**

**Amy Kirk**

**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**

**919.415.4400  
or 877.349.5446**

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