



New Campus Amenity

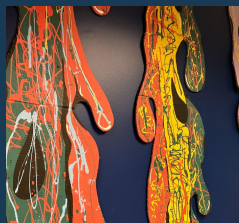
The **Lobby Shop** has opened its doors at 500 Cummings Center, Suite 1640. Stop by weekdays from 8:00 AM to 5:00 PM to sample a variety of takeaway breakfast and lunch items, including coffee, bagels, donuts and pastries, yogurts and parfaits, sandwiches and wraps, soups, and salads.



Client News



Bodiscience Wellness Center & Spa, 100 Cummings Center, Suite 101-D, was recently spotlighted among “4 North Shore Spas to Help You on Your Wellness Journey.” Read the full feature story in *Northshore magazine*.



Goddard Technologies, 100 Cummings Center, Suite 235-M, is sporting some attractive new wall décor, thanks to the creative students at neighboring firm **Express Yourself** (100 Cummings Center, Suite 165-E). View the stunning results of this Cummings client synergy [on LinkedIn](#).



Transform Myofascial Release, 100 Cummings Center, Suite 539-H, strives to reduce pain and improve mobility to allow people to resume the activities they love. Owner **Jessica Eddy-Storey**

OTR/L, LMT notes that she uses a gentle, effective technique to unlock restrictions in the connective tissue and target the root cause of pain. Jessica is licensed in occupational and massage therapy, and recently completed 20 hours of Cervical Thoracic Myofascial Release training in Sedona, AZ with world renowned physical therapist **John Barnes**.

Upcoming Events



Sustainable Biotech Labs

North Shore Technology Council

Wednesday, March 8, noon - 1:00 PM

100 Cummings Center, Suite 223-F

Join **Steven Miller**, of The Lab Project, for a Zoom presentation on successful strategies for reducing laboratory impact on the environment. [Please register online](#) for this complimentary virtual event.



North Shore Business Expo
The North Shore Chamber of Commerce
Thursday, March 23, 9:00 AM – 4:00 PM

Boston Marriott Peabody

8A Centennial Drive, Peabody

Connect with hundreds of prospective clients, colleagues, and professionals in a range of industries during the largest business-to-business expo north of Boston. Enjoy breakfast and luncheon speakers as well as workshops and seminars. Admission to the Expo floor is free. To learn more about Expo sponsorship and

booth opportunities, contact Director of Sales and Marketing **Cheryl Begin** at 978-774-8565, ext. 1 or cheryl.begin@northshorechamber.org.



Free Electronic Waste Collection Event

Tuesday, April 11, 10:00 AM – noon

100 Cummings Center, 164-K loading dock

Recycle old computers, printers, routers, phones, and

more. Sponsored by **Circuitry Recycling** and **Cummings Properties**.



Stories of Shoebert the Seal

Thursday, April 13, 1:00 – 2:00 PM

Community Conference Room

100 Cummings Center, Suite 221-E

Ainsley Smith, marine mammal stranding coordinator at **NOAA Fisheries**, will present a firsthand account of Shoebert the seal's adventures at Cummings Center. This special event will be free and open to the public, with seating available on a first come, first served basis.



Basic Mediation Training

The Resolution Center

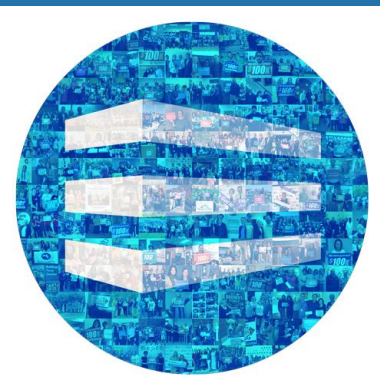
Tuesday, May 2 – Saturday, May 13

100 Cummings Center, Suite 307-J

Experienced coaches will train participants in basic mediation and conflict management via an eight-session course. This seminar includes virtual and in-

person learning, and meets the Commonwealth's requirements to establish mediator confidentiality. Please **register online** by **April 17**.

Cummings Buildings *Power* Charities



In just a couple of months, 150 greater Boston nonprofits will receive the welcome news that they have been awarded multi-year funding through the annual **Cummings \$30 Million Grant Program**. Special thanks are owed to the diverse corps of volunteers who have lent their time and insight to this philanthropic effort.

We are most appreciative of the clients below, who've helped to strengthen relations with existing grantees as well as determine the next class of winners by serving on a Cummings

Foundation **grant cycle committee**.

Cam Brown, *founder and CEO, KingFish + Partners*

Gerard Lynch, *president, System 7*

Paul Manganaro, *president, Manganaro Northeast*

Judith Palmer-Castor, Ph.D., *director of clinical and regulatory affairs, Aphios*

Brian Sisitzky, *president, LH Sisitzky Sales*

And to Cummings' more than 2,000 leasing clients, thank you for your tenancy, which is so enormously helpful in funding all the Cummings organization's good works.

Special Offer



10% discount

North Shore Hauling & Junk Removal

100 Cummings Center, Suite 246-E, Beverly

Whether you're relocating, redecorating, or simply reducing office clutter, let North Shore Hauling do the heavy lifting for you. Call 617-222-0389 or text a photo of what you'd like moved/removed. Cummings clients will receive 10 percent off **through March 31**. [View this flyer](#) for additional details.

Electric Vehicle Charger Update



We are pleased to offer convenient on-site charging for the many electric vehicle (EV) owners who frequent Cummings Center. These EV chargers operate through the [ChargePoint](#) network, and Cummings does not profit from their use.

To accommodate the prolonged, steep increase in the cost of electricity, the on-campus EV charging fee will be adjusted to \$0.29 per kWh, effective **April 1**. This fee adjustment will allow us to continue offering a helpful amenity at cost.

As a reminder, for the time being, fully charged vehicles may remain parked in charging port spaces at no additional cost. An occupancy fee may be implemented should future demand exceed the available ports. [View our EV charger locations](#).

Local News



A North Shore favorite is expanding to Woburn. The family-owned [Teresa's](#) restaurant brand, of North Reading and Middleton, will launch its fourth eatery this spring at Cummings' landmark TradeCenter 128 business campus. Learn more about **Teresa's Ristorante** via [Boston 25 News](#) and [Boston Real Estate Times](#).

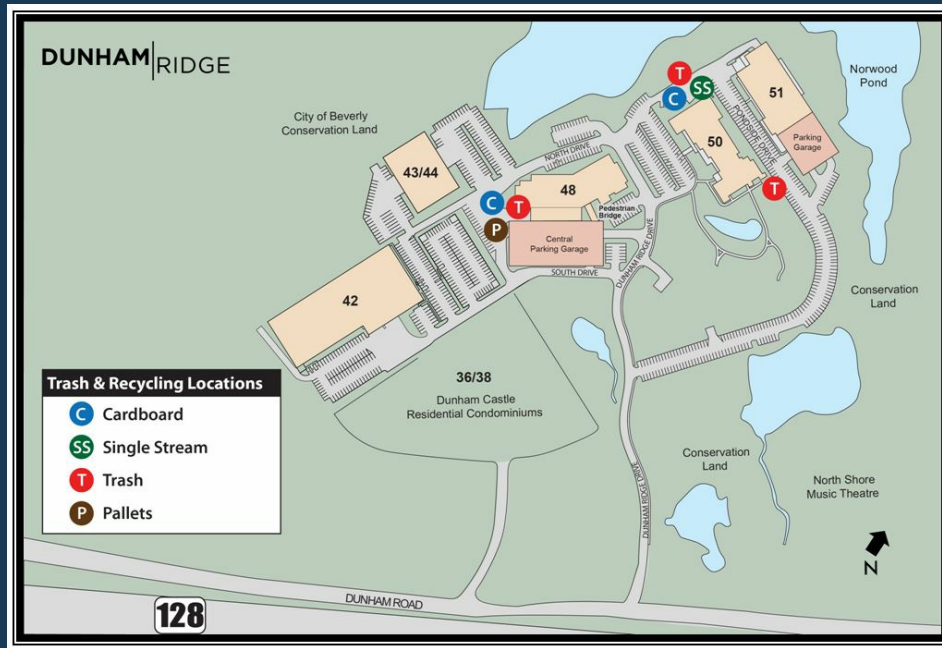


Local traffic patterns may see great improvement in the years to come, thanks to the City's renewed interest in the long-discussed "Brimbal Avenue interchange project." The proposed work aims to reduce residential road congestion by introducing new access points from Route 128 to the business section of Dunham Road. Read more via [The Salem News](#).

Friendly Reminders

Disposal Procedure: Please observe the waste disposal guidelines outlined below.

- Loading docks should be kept clear at all times.
- Building dumpsters are for regular office trash only.
- Common area trash receptacles are a shared convenience intended for incidental items.
- Compactors must be operated through a complete cycle after each trash deposit to prevent jams.
- Thirty-yard, open-top construction dumpsters are for Cummings Properties' construction use *only*.
- Paper and cardboard waste that cannot fit in dockside recycling containers should be broken down and placed in one of the cardboard dumpsters at the 116-J and 141-Q loading areas (Cummings Center) or as indicated on the map below (Dunham Ridge).



Leasing clients at Cummings Center and Dunham Ridge are responsible for the disposal of *all non-regular office trash*, and will be billed directly for improper disposal or abandonment of trash, e-waste, recyclables, furniture, and other inappropriate items. Those seeking to dispose of such items are encouraged to consult the [Client Directory](#) to find a neighboring service provider.

Spring Ahead: Daylight Saving Time starts Sunday, March 12. Remember to set the clocks *ahead* one hour before going to bed on **Saturday, March 11.**



We want to hear from you! Do you have news or a great photo to share? Is there a special you'd like to offer to Cummings clients? Email your news, offers, photos, and more to newsbrief@cummings.com.

Simple Smiles

Simple Smiles was created to help everyone start the week off learning, imagining, and smiling. We invite all MetroNorth News readers to submit photos of something or some place they find interesting, informative, or exciting. Please refrain from sharing photos that feature people.



Earn Cash for Client Referrals



Know someone looking for space? You could earn \$1,000 or more for referring a new client to Cummings Properties. Within our portfolio, which spans 11 cities and towns north of Boston, we have a space for every need. See details [here](#), or speak with your account manager to learn more.

Earn \$1 per square foot for a successful lease with us, with a minimum referral bonus of \$1,000!

[View Featured Suites](#)



If you no longer wish to receive our emails, you may unsubscribe below.
Unfortunately, if you unsubscribe, you will not receive important building notices
such as water and electric shutdowns or fire alarm testing.