

# IN & AROUND

# TRUIST PLAZA



## FAST FACTS FOR EVENTS IN APRIL



- Earth Day Expo on Wednesday, April 22nd, in the Garden Atrium from 12 - 2PM
- Fitness Center classes are booming!
- Frederick has some sage advise about sustainability
- It's Distracted Driver Awareness Month.

## Earth Day Expo - April 22nd

Be sure to join in the Garden Offices Atrium on Wednesday, April 22nd, for the Truist Plaza Earth Day Expo! Learn about the many sustainable practices at Truist Plaza, and how you can make an impact at home! Plant your own succulent, enjoy fresh juices and snacks, and drop off electronics for recycling.



## SUMMER IS COMING: Workout for free at Truist Plaza

One of the most popular amenities here at Truist Plaza is our fantastic fitness center, located in the Atrium of the Garden Offices. Tenants who would like complementary access to workout can request access to their badge after filling out a waver available at [www.TruistPlaza.com](http://www.TruistPlaza.com). (Contd page 2)



## MEET YOUR TRUIST PLAZA TEAM: Ryan Trice - Security Supervisor

Each month we profile one of the dozens of individuals who work together to ensure your workplace is safe, enjoyable, and safe. This month we profile Security Supervisor Ryan Trice, whose years of experience contribute to your Truist Plaza Experience. Interview on page 6.



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## Earth Day Expo

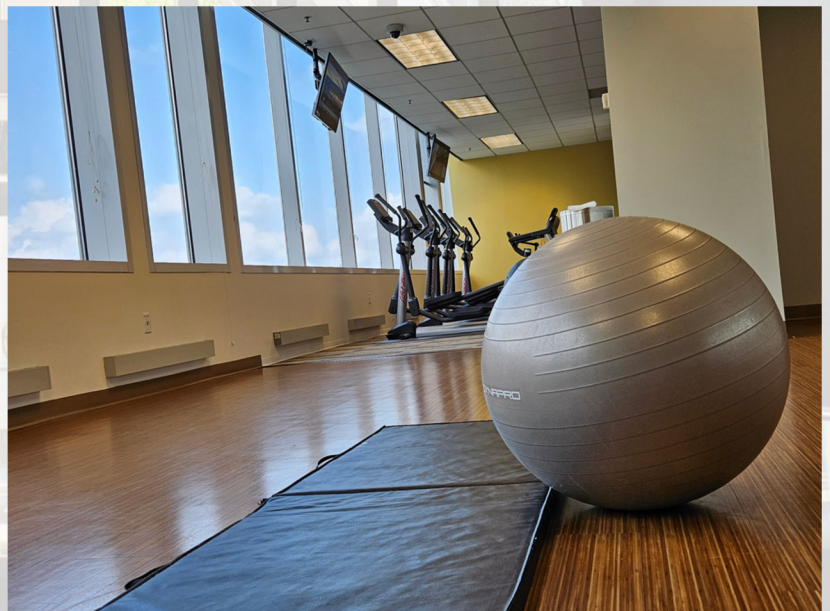


**Wednesday, April 22nd**  
**Garden Offices Atrium**  
**12 - 2 PM**

BUILD YOUR OWN SUCCULENT  
ENJOY FRESH JUICE & SNACKS  
DROP OFF ELECTRONICS FOR RECYCLING  
LEARN ABOUT SUSTAINABLE PRACTICES  
FROM TRUIST PLAZA VENDORS  
& MORE!

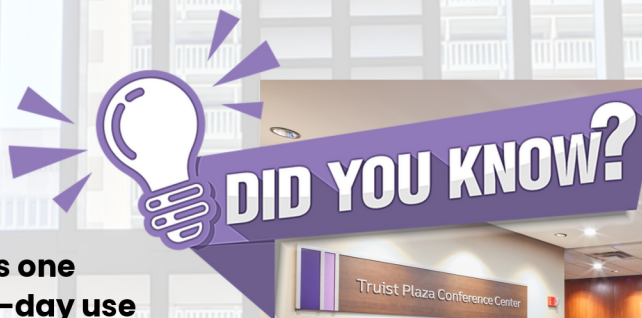
### SUMMER WORKOUT SUPERCHARGE: Complementary Fitness Classes

Are you looking for that boost of encouragement to take your workout regime to the next level? Truist Plaza has partnered with Aja's *The Why Behind You* to bring you complementary weekly fitness center classes, available on a first come first serve basis. Classes are held on Wednesdays, from 12:00 PM to 1:00 PM. Each week will push you further in an environment welcoming to newbies and seasoned fitness gurus alike. Class size is limited, so be sure to visit [www.truistplaza.com/events](http://www.truistplaza.com/events) to reserve your spot.



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**Each tenant gets one complementary full-day use of any conference room at Truist Plaza?**

**Reserve your Conference Room space at:**

**Truist Plaza Conference Rooms**



Distracted driving is **any activity** that could divert a **person's attention** away from the primary task of **driving**.

THERE ARE **3** MAIN TYPES OF *distraction*



**visual**

taking your eyes off the road



**manual**

taking your hands off the wheel



**cognitive**

taking your mind off what you are doing

**POTENTIAL DISTRACTIONS WHILE DRIVING**



cellphones



eating & drinking



GPS



talking to passengers

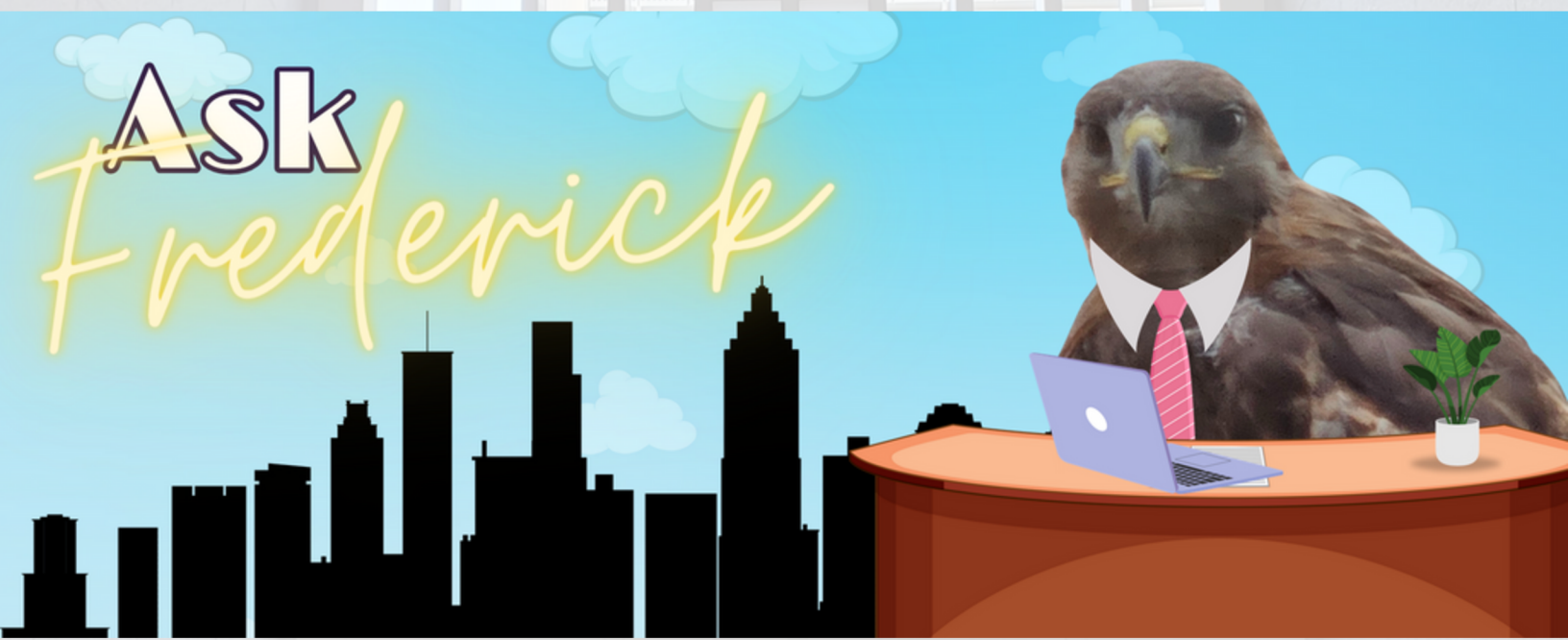
## FOCUS ON SAFETY: Distracted Driver Awareness Month

April is Distracted Driving Awareness Month, a crucial time to recognize the dangers of driving while distracted and for us to commit to safer habits behind the wheel. According to the National Highway Traffic Safety Administration (NHTSA), thousands of accidents each year are caused by distractions such as texting, eating, or adjusting in-car controls. Even a momentary lapse in attention can have severe consequences, endangering drivers, passengers, and pedestrians alike. Staying focused while driving is not just a personal responsibility—it's a commitment to the safety of everyone on the road. Click the infographic for more examples, stats, and ways to keep safe.



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## Ask Frederick



Dear Frederick,

In celebration of Earth Day, what are some easy practices I can implement in every-day life to be more green?



Caw! I love questions related to taking care of the Earth! First off, I would say a "**Minimalist Mindset**" is key. Just look at me, I only hunt for what I need day-of. I don't waste my energy or resources on impulse attacks & only bring home what I truly need.

Second, again like me, buy local & sustainable. As a hawk, I do not have the luxury of having things from far away lands shipped to my roost at Truist Plaza. Everything I own, is homegrown in our wonderful city of Atlanta.

Lastly, I would you give you the tip of energy efficiency. If you are not using the lights, **TURN THEM OFF!!** If you are not using electronics, **UNPLUG** them!! Such simple methods can make such a big difference.

Remember that YOU have the power to make a difference.

Until next time.  
Your Friend, Frederick.

Questions for Frederick?  
Submit to [TPCS@Portmanholdings.com](mailto:TPCS@Portmanholdings.com)

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## EAT LOCAL. SHOP LOCAL.

### RETAIL SHOPS & SERVICES

### OPERATING DAYS & HOURS

BURGERS & FRIENDS	---	Mon - Fri	---	10AM - 3PM
BIG KAHUNA	---	Mon-Fri; Sat	---	11:30AM - 9PM; 4-9PM
CHAMPION AUTO DETAILING	---	Tues-Wed	---	8:30AM - 4PM
CURRY BOWL	---	Mon-Fri	---	7AM - 3PM
DUNKIN' DONUTS	---	Mon-Fri	---	7AM - 1PM
FLAKY NOT FLAKY	---	Mon-Fri	---	7AM - 3PM
GARDEN DELI	---	Mon-Fri	---	8AM - 3PM
MORTON'S THE STEAKHOUSE	---	Mon-Sun	---	4PM - 9PM
PACIFIC RIM BISTRO	---	Mon-Fri;Sat	---	11:30AM - 2PM; 5-9PM
TOUCH OF MOTHERLY LOVE DRY CLEANERS	---	Mon-Fri	---	10AM - 4PM
TOWER LOBBY	---	Mon-Fri	---	8AM - 3PM



**will be temporarily suspended for April & May**

Please reach out to Management with any questions.



- APRIL IS HOME TO ARBOR DAY & EARTH DAY AND IS ALSO CONSIDERED TO BE NATIONAL HUMOR MONTH & NATIONAL POETRY MONTH.
- WILLIAM SHAKESPEARE WAS BORN IN APRIL. THOUGH THE EXACT DATE IS UNKNOWN, IT IS OFTEN RECOGNIZED AS APRIL 26TH. HE WOULD BE 461 YEARS OLD THIS YEAR!
- APRIL 15TH MARKS THE 113TH YEAR SINCE THE SINKING OF THE TITANIC.
- IN THE SOUTHERN HEMISPHERE, APRIL IS THE EQUIVALENT TO OCTOBER.
- ON APRIL 13, 1970, THE ICONIC PHRASE "HOUSTON, WE'VE HAD A PROBLEM" WAS SPOKEN BY APOLLO 13 ASTRONAUTS. IT IS, TO THIS DAY, OFTEN MISQUOTED.



**April 12 – 20th – Passover**

**April 18th – Good Friday**

**April 20th – Easter**

**April 22nd – Earth Day**



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## EAT LOCAL. SHOP LOCAL.

### MEET: Ryan Trice Truist Plaza Security Supervisor

Ryan has been serving Truist Plaza for 5 years (and has been involved in the security industry in Atlanta since 2007). Learn more about Ryan in our newest edition of the Spotlight Interview:



**If you could only have one meal for the rest of your life, what would it be and why?** I love a medium-well T-bone steak from Longhorn Steakhouse and mashed potatoes. I love steak because it soothes my soul from the stresses of life.

**What show on Netflix did you binge embarrassingly fast?** I was a big Brady Bunch fan when I was growing up. Netflix put up 4 seasons of The Brady Bunch and I finished it in 1 day!

**If you were a wrestler what would be your entrance theme song and why?** My entrance song would be "Welcome to Atlanta" by Jermaine Dupri. I was born and raised in Atlanta and rep my city wherever I travel.

**What skill do you think everyone should have and why?** Respecting & treating people with love and respect. A lot of people ask me, "Ryan, why do you stay in such a good mood?". My response is, "You never know people are going through personally," so treat ALL people nice.

**Morning person or night owl?** I am a morning person. I am so blessed that God wakes me up every morning.

**City or Countryside?** I am a City boy!

**Reading or watching movies?** I love watching movies! Reading books puts Ryan Trice to sleep, ha!

**What is your best safety tip for our Truist Plaza tenants?** My best safety tip to all Truist tenants is to always know your surroundings, study unusual body language, and call us if you are uncomfortable.