

WATT PLAZA NEWS

2024

2ND

EDITION

Watt Plaza – Our Vast Array of Retail Tenants

Watt Plaza enjoys a vast array of amenities and services designed to improve our tenants' productivity and quality of life. Please see below list of our Retail Tenants.

Carla Café (Coming Soon in 2025)

Lobby Level, 1925 Century Park East, Suite G (South Tower)
Restaurant featuring sandwich and salad options.
<https://www.carlacafela.com/>

Farmer's Fridge

Lobby Level, Center Lobby (near conference rooms)
The Fridge is restocked several times a week, with an assortment of salads, bowls, wraps & sandwiches and snacks. Download the mobile app for iPhone or Android or order directly from the Farmer's Fridge vending machine.

Mickey Fine

Lobby Level, 1925 Century Park East, Suite E (South Tower)
Hours of Operation: Monday through Friday, 8:00 a.m. to 4:30 p.m.
Wide selection of grab & go sandwiches, snacks, beverages, gifts, and over the counter medications. Ask about their Complimentary Prescription Delivery Service to your office. **310-734-7714**

Starbucks Coffee

Lobby Level, 1875 Century Park East, Suite K (North Tower)
Hours of Operation: Monday through Friday, 5:30 a.m. to 5:00 p.m.
Serving a full line of delicious hot and iced coffees, fresh juices and an assortment of pastries. **310-553-8226**

Sweetgreen Outpost

Lobby Level, Center Lobby (near conference rooms) Simple, seasonal, healthy salads and grain bowls made in-house from scratch, using whole produce delivered that morning. Download the Sweetgreen mobile app for iPhone or Android or order from the Sweetgreen website. Select our Outpost "sg Outpost at Watt Plaza" as your pickup location. Place your order by 10:30 a.m. and your order will be waiting for you by 11:30 a.m. on the Sweetgreen Outpost shelf with your name on it. **310-987-4080**

Allegiate

Lobby Level, 1925 Century Park East, Suite C (South Tower) Hours of Operation: Monday through Friday, 5:30 a.m. to 8:00 p.m. Allegiate, is a group-based fitness concept and gym, which specializes in high-quality strength, conditioning and fitness training. They offer sixty-minute classes including total-body workouts, coaching and a team-like community / environment in the morning, lunch time and evening. Allegiate has classes designed for a variety of experience and fitness levels—from beginner to advanced focused on strength training mobility, and injury prevention. Classes starting at 5:30 a.m. until last class at 7:00 p.m. Call or text **760-413-9407** or email Cody Romness at cody@allegiategym.com.

1st Century Bank

Lobby Level, 1875 Century Park East, Suite D (North Tower) Hours of Operation: Monday through Friday, 9:00 a.m. to 4:00 p.m. **310-270-9500**

Federal Express

Lobby Level, 1925 Century Park East, Suite L (South Tower) Hours of Operation: Monday through Friday, 9:00 a.m. to 7:30 p.m. **310-203-9928**

Mystic Flowers & Gardens

Lobby Level, 1925 Century Park East, Suite M (South Tower) Hours of Operation: Monday through Friday, from 9:00 a.m. to 5:00 p.m. Mystic Flowers and Gardens specializes in custom floral arrangements, orchids, plants and plant maintenance, balloons, unique gifts and gourmet baskets. Delivery is within all Los Angeles areas; out-of-state order can be wired. **310-284-3417**

Noble Cleaners

Lobby Level, 1925 Century Park East, Suite F (South Tower) Hours of Operation: Monday through Thursday, 10:00 a.m. to 4:00 p.m. Dry cleaning service(s), include: alterations, ski wear, formal wear, leather, suede and household items; laundry service(s) include: shirts, fluff and fold, flat finish. Need your shoes repaired/shined? Drop off and pick-up service provided with a very short turn-around time. **310-552-3377**

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EMPLOYEE SPOTLIGHT



Christina Covington

Please join us in welcoming our newest Building Management team member, Christina Covington! She joined the team in August and is the new Property Coordinator for Watt Plaza. Christina has been working in the Property Management field for the past ten years, beginning her career in this field coordinating building maintenance services in San Francisco for a range of commercial properties. Although Christina currently works in Property Management, she received her degree in Culinary Arts, and previously has worked in well-known San Francisco eateries. Christina moved to Los Angeles from the Bay Area in 2019. She was happy to replace foggy and cold weather with So-Cal sun! In her spare time, Christina likes to explore the culinary landscape of Los Angeles, spend time with her pets, and travel with her husband.

We are happy to have her on the Watt Plaza team!

TENANT EVENTS

Summer Fiesta

Thank you to all who attended our Summer Fiesta in June! It was a huge success!



Halloween Spooktacular

Thank you to all who were able to join us for some spooky fun at the Halloween Spooktacular!



Upcoming events | **December 10:** Tenant Holiday Party, 10am – 1pm

Sustainable Holidays: 15 Ways to Have an Eco-Friendly Christmas

By: Meaghan Weeden | <https://onetreepanted.Org/blogs/stories/sustainable-holiday-ideas>
*Article has been modified for this newsletter. Full article can be found on above weblink.

As we enter the holiday season, you may be wondering how to reduce your impact and still enjoy all your favorite traditions while also having a sustainable holiday season. You can make plenty of wonderful sustainable Christmas memories and have a lower environmental impact.

From DIY wrapping paper to LED Christmas lights, we've gathered some of our favorite eco friendly holiday tips to help you stress less about your Christmas footprint and focus on the important stuff, like making memories with your loved ones!

1. Use Sustainable Holiday Gift Wrap

What looks beautiful under your tree might be less so further down the waste stream. Most mass-produced wrapping paper and gift bags are printed using unsustainable inks and are coated with shiny foils, reducing their recyclability. Get creative and wrap gifts with materials that you already have,



like old magazines, newspapers, comics, or paper shopping bags. You can also use clean fabric like scarves, bandannas, or even dish towels for a reusable wrapping. Create your own bows from strips of colorful paper and accessorize with twine, pressed leaves, and pinecones.

2. Prepare An Eco Friendly Feast

While preparing all your favorite holiday dishes, try to support local farmers that grow sustainable meat and produce. Not only will it be fresh, local ingredients lend an extra vibrancy to your meals. As a bonus, you'll be keeping your dollars in the local community, and supporting businesses that may be struggling in a post-COVID economy. Finally, a local, sustainably farmed roast or ham is always going to be better for the environment than factory farmed meat that has been shipped from thousands of miles away.

3. Get A Real Tree

Real Christmas trees are more environmentally friendly than artificial trees, which are made from plastic that will take hundreds of years to break down. Ask your local Christmas tree grower about their practices or search for a sustainable farm near you. Besides using less pesticides, a sustainable farm will plant more trees than they cut down each year. And those that they do harvest will be selectively cut in patches to maintain a healthy rotation.

4. Switch To Led Holiday Lights

While Christmas lights don't use as much electricity as some other decorations, switching to LED lights can save money on your holiday season energy bills because they use 90% less energy. LEDs release very little heat and last about 200,000 hours, so you won't have to replace them for a long time.



5. Give Sustainable Christmas Gifts

Keep your holiday footprint small by purchasing locally crafted gifts from small businesses. And if you can't find everything on your list close to home, check out our eco-friendly holiday gift guide for plenty of great ideas! Everything on the list is produced by our partners, which means that anything you purchase will plant a tree! From top of the line skincare that's friendly to you and the planet, to stylish, high quality sustainable clothing and unique, well-made toys, there's sure to be something for everyone on your list.

6. Make Sustainable Christmas Decorations

Get creative and use things that you have around the house to create your own unique, adorable Christmas decorations. For example, you can use items from loved ones to create a memento ornament that will remind you of all the beautiful memories you have shared. It's also a great project to keep kids busy when they're on break from school, or a fun excuse to host a crafting party with your friends and family!

7. Send A Card That Plants Trees

Many of us may wish to send a card to commemorate the season. But as appreciated as they are in the moment, cards often get thrown away once the holiday season is over. The solution? Send an eco friendly holiday greeting card that's made from recycled or recyclable paper — or, choose from one of our several e-card options to go zero waste and plant a tree to boot!



8. Gift an Experience They Can Look Forward To

Gift something that can be enjoyed in the future, like tickets to a game, comedy show, play, or concert, a fun day trip, a museum membership, guitar lessons, or even a gift card to a favorite local restaurant or business.

9. Handcraft Some Awesome Diy Gifts

With inflation affecting everyone's budget this year, try creating a gift basket filled with homemade body care products like soaps, lotions, bath bombs, and lip glosses — or one filled with holiday cookies, infused liquors or extracts, fudge, spiced nuts, and more.

10. Donate To Charity

Having trouble finding something for that certain person on your list who has everything?

There are so many awesome nonprofits and charities out there, so find one that resonates, and make a donation in their name!

11. Do A Gift Swap

In the spirit of the season, sometimes we can get caught up in the excitement of buying what we think is the perfect gift. And perhaps you have a few of those "perfect" gifts in the back of your closet. Get a group of friends or neighbors together for a gift swap! You never know what treasures you might find.

12. Recycle Your Christmas Tree

Every year, over 10 million Christmas trees end up in landfills. So, look into what local programs are available, like turning your tree into mulch or wood chips, or even donating it towards an environmental project like stream bank stabilization.



13. Ditch The Cheap Stocking Stuffers

Often, stockings are filled with cheap plastic items that end up broken, lost, or discarded once the holiday season ends. Instead, fill them with delicious homemade treats and a few small, thoughtfully chosen gifts to round it out.

14. Adjust Your Thermostat

As the snow falls, we understandably respond by cranking up our thermostats. This year, get cozy with some Christmas themed PJs and a snugly blanket by the fire. Play board games, tell Christmas stories, and take advantage of this chance to slow down and be together with your immediate family and pets.



15. Enjoy An Eco Friendly Nightcap

Look into quality local wines, liquors, and microbrews that are crafted using organic ingredients and sustainable practices. Local vintners, brewers, and distillers often use less additives and preservatives and incorporate regionally available ingredients, so you'll be in for a special treat.

So there you have it! However you're celebrating this year, we wish you a safe and joyful holiday season.

ALLEGiate GYM: 1 MONTH FOR \$1

Want to get back into fitness, but struggling to figure out what to do? Having trouble with consistency and accountability?

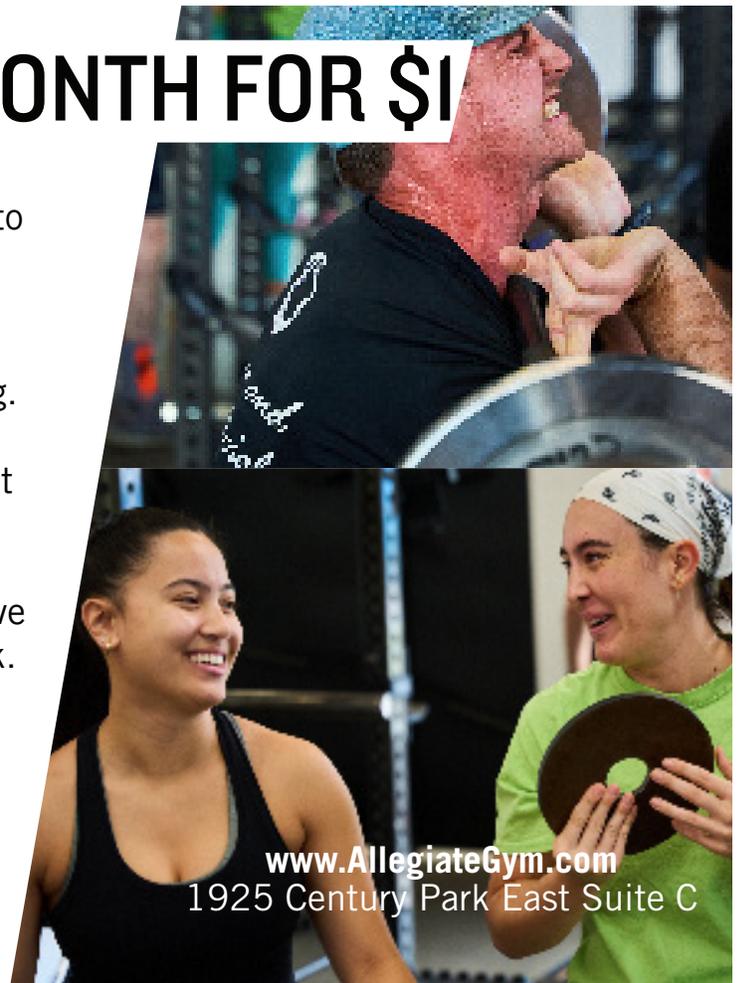
Join Allegiate - the gym in the 1925 Building.

We help people get strong and mobile without getting hurt.

If you want to get strong, lose fat, and improve your mobility – we'll do it or your money back.

Sessions include coaching & programs.

**GET A FREE 1 WEEK TRIAL
EMAIL CC@ALLEGiateGYM.COM**



www.AllegiateGym.com
1925 Century Park East Suite C

REMINDERS

RJ Westmore Training

Watt Plaza is partnered with RJ Westmore to provide our tenants with the most current Emergency Preparedness Training for the following areas/topics:

| | |
|-------------------------|--------------------------|
| FIRE LIFE SAFETY | BOMB THREAT |
| FLOOR WARDEN | MEDICAL EMERGENCY |
| EARTHQUAKE | POWER FAILURE |

Please note in accordance with the Los Angeles Fire Life Safety Code LAMC 57.409.1 it is **mandatory** for all High Rise Occupants to participate in the online training.

You can find more information on our online tenant handbook at the following direct link:

<https://www.wattplaza.info/toc.cfm>

Thank you!

Watt Plaza Building Management would like to extend a special thank you to you, our tenants, for a successful fire drill.



Did you know?

The Building Management Office will provide a dumpster in the commercial parking lot for the disposal of Christmas Trees. Date and instructions will be sent via memo distribution.

