



## New Neighbor

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Welcome, **Holistic Music Education Institute**, 100 Cummings Center, Suite 107-D, to the Cummings community. HMEI specializes in classes for violin, viola, cello, piano, and ukulele students of all abilities aged four and older. Owner **Mary Barba**, M.MEd, B.M.Med is a licensed educator and violist who provides group and private instruction. For additional information, visit the [website](#).



## Upcoming Event

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**Circuitry Recycling**, 100 Cummings Center, Suite 210-E, will host an electronics recycling event on **Tuesday, September 20, from 10:00 AM to noon**, at 100 Cummings Center's 164-K loading dock.

To ensure safety, please deliver items for recycling directly to personnel managing the event; do not leave them on the loading dock. [Review a complete list of recyclable items](#) and learn more by calling Mike Eduardo at 978-969-1472.

## Noteworthy News

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**CrossFit Five Plus**, 100 Cummings Center, Suite 135-C, is pleased to announce the start of its Anchored Athletes youth fitness program. Anchored Athletes is aimed toward middle school-aged students looking to build strength, increase stamina, and improve coordination under the supervision of an experienced coach. Each class is 45 minutes long, and features a variety of resistance training, bodyweight exercises, plyometrics, and cardio. For additional information or to sign up, stop by the suite, call 978-969-6692, or email [info@crossfitfiveplus.com](mailto:info@crossfitfiveplus.com).



**Duchin Productions, Inc**, 100 Cummings Center, Suite 246-G, is competing in this year's Lowell Kinetic Sculpture Race on **Saturday, September 17**. This free, daylong event features artists from around the region driving human-powered, all-terrain art sculptures. The race is a family-friendly event with something for everyone, including live bands, activities for kids, food trucks, and more.

Duchin Productions' entry was built with 95 percent trash in the name of sustainability, and it is committed to an all-women driver crew to promote the need for diversity in the sciences. Supporters can follow the team's progress on its Facebook page, and donate to the team through its GoFundMe account.

## Client News



Congratulations to Nth Cycle, 100 Cummings Center, Suite 151-B, on its recent media attention. The metals processing technology company was

featured in National Geographic, Popular Mechanics, PBS, and Forbes.

## Simple Smiles

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



## Friendly Reminder

**Lockout policy:** Have you provided a spare key to the leasing office? If so, your account manager will be able to loan the spare key to anyone whose name is listed on your company's Emergency Contact form. To update this list, please fill out a new Emergency Contact form, have the updated form signed by an authorized company representative, and return it to the leasing office at 100 Cummings Center, Suite 107-L.

## Call for Submissions

**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, and photos to Helen at [newsbrief@cummings.com](mailto:newsbrief@cummings.com).

Leasing clients who would like to share news or photos in the **September 20** edition are asked to provide their submissions **by 4:00 PM on September 15**.

## Shoe Snippets

*Fun facts about the historic Cummings Center site, formerly known as "The Shoe"*



*Cummings Center general manager **Steve Drohosky** (left) with former United Shoe machine operator **Dave Delorey***

Cummings Center was delighted to host a United Shoe reunion in September 2016 for members of The North East Club and their friends and family members. The Club was founded in 1940 for master members of the Masons who worked at The Shoe.

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