

# THE GUILFORD BUILDING NEWS

*in its 13<sup>th</sup> year of publication*



## SPRING FEVER ENERGIZES THE FOURTH FLOOR

A combination of business chemistry and seasonal biology is at work on the fourth floor of The Guilford Building. People there are extremely busy growing their businesses in new directions. A sense of excitement permeates the floor.

Massage therapist, Phil Comstock, started the action when he moved his personal care business called Massage Philosophy from a compact space in 407 to a roomy, secluded, three-room spa at the back of floor 4 (suite 416). With the additional space, Phil is able to offer more services and opportunities for relaxation.

Zen for Ten is a popular new service at Massage Philosophy. "Get a ten-minute chair massage for \$10," reads Phil's business card. Phil invites clients to call 880-0601 for an appointment and to get a free sixth session after the purchase of five Zs.



Phil Comstock, Massage Philosophy



Phil moved out of 407 one day; William Locklear from Charlotte moved in the next. William is a well-established businessman who owns a Charlotte-based company called CITYWIDE Courier Service. In order to satisfy new contracts with Lowes Foods in this area, William set up 407 as an administrative satellite office. William likes Greensboro already and is looking for additional ways to expand his business here.



### Get You Found Internet Marketing Consultants



Peter Raines      Kip Reynolds  
David Mingia

Our internet marketers on the fifth floor called Get You Found outgrew their space upstairs and are expanding into suite 401-403, which now has been painted in a high-energy green. Get You Found specializes in connecting businesses with customers on-line.

At 412-13, we are welcoming back a not-for-profit health provider called Mental Health Associates of the Triad (previously named Mental Health Association in High Point). This group first came to the building in 2006 and helped many clients here. After a hiatus MHA has returned to do more good work.

**Our telecommunication companies continue to bring more fiber and new services into the building. Stay tuned for more Guilford Building telecommunication news in upcoming newsletters.**