

BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

April 2024

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

Lynn Vilmar - Sr. Property Manager
Jennifer Johnson - Property Manager
Jennifer Chez - Asst. Property Manager
David Arscott - Chief Building Engineer
Isaac Conrad - Asst. Building Engineer
Mary Anne Quigley - Concierge

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld



Sustainable Sips for EARTH DAY

DID YOU KNOW? The average person uses 156 plastic water bottles per year, with 60 million ending up in landfills each day! Stay hydrated and eco-friendly with a complimentary aluminum water bottle* and just say no...to plastic!

**THURSDAY, APRIL 25
11:30AM - 12:30PM
3RD FLOOR LOBBY**

BANYAN STREET CAPITAL

*A 1% FOR THE PLANET product, with 1% of proceeds donated to certified environmental organizations. Banyan Street Capital is proudly donating an additional \$5,000 to showcase our commitment to this cause & preserving our planet. One (1) water bottle per person, while supplies last.

HAPPY EARTH DAY

Earth Day is Monday, April 22nd. In an effort to help reduce the consumption of single-use plastics, Banyan Street Capital will be gifting tenants with a reusable and eco-friendly aluminum/bamboo combination "Sustainable Sips" water bottle on Thursday, April 25th, on the 3rd floor lobby (while supplies last).

Fight For Air Climb

FIGHT FOR AIR STAIR CLIMB

The American Lung Association's Fight For Air Climb is Saturday, April 6th, at 7:00 am, at Bank of America Plaza. When you participate in a Fight For Air Climb event, you are stepping up to make a positive impact for those affected by lung disease. You will raise funds to support the American Lung Association's mission while climbing the stairs of a skyscraper. For more information, visit lung.org.

CORPORATE MASSAGE OF TAMPA On-Site Relief for Stress and Pain

CHAIR MASSAGE THERAPY

Corporate Massage will offer on-site Chair Massage Therapy on Wednesday, April 3rd, from 11:00 am - 3:00 pm, in Suite 225.



BACKYARD MARKET

The Backyard Market will be on the Franklin Street Esplanade on Thursday, April 11th, from 2:30 pm - 5:30 pm.



HAPPY ANNIVERSARY

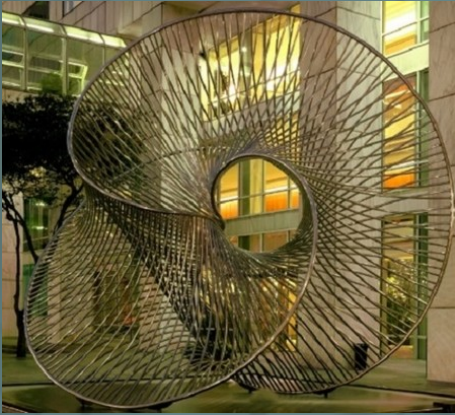
TBEDC
Star Mountain
Clean Earth Systems

ONSPOT DERMATOLOGY

DERMATOLOGY MOBILE

The Dermatology Mobile will be at 201 N. Franklin St. on Thursday, April 11th, from 8:00 am - 3:00 pm. Visit onspotdermatology.com to schedule an appointment.

FOLLOW US ON FACEBOOK, INSTAGRAM & TWITTER



BUILDING AMENITIES

- Bank of America
- Bicycle Repair Station
- Caffe Fresco
- Concierge Services
- Electric Vehicle Charger
- Fitness Center
- Jackson Dental
- KJ's Auto Detailing
- Shoe Shine by Robert
- Stork Parking
- Tenant Conference Center
- The Solo Hair Salon
- The Tampa Club

RETAIL

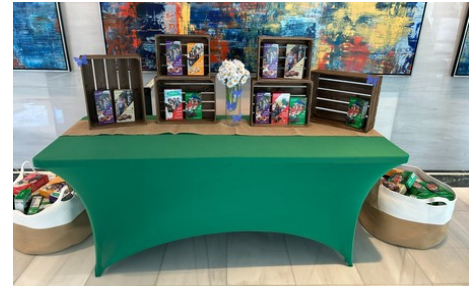
- Designing Eyes
- DeVito's Italian Restaurant
- European Wax
- GenX Tavern
- Hotel Bar
- The Pint & Brew
- Tropical Smoothie



ST. PATRICK'S DAY GIFT BASKET WINNER

Congratulations to Cassie Glover with Boomerang Transportation, Suite 2125.

GIRL SCOUT COOKIES EVENT



TAMPA BAY WINE AND FOOD FESTIVAL

The Tampa Bay Wine & Food Festival, one of the region's most anticipated culinary events, is back from April 9 - 13, as a five-day extravaganza of unforgettable foodie events. This year's festival promises to surpass last year's inaugural edition with an expanded lineup, including the new "Experience Water Street" on Wednesday evening and an even larger grand tasting event that's not to be missed. For more information, visit thelocalpalate.com.



Festa Italiana, featuring Bocce & Bellinis, is April 6 - 7, in Ybor City's Centennial Park. This FREE & family-friendly daytime event includes a Bocce Invitational, delicious food, and frozen Bellinis at the Bellini Bar. Winefest of Italy, Festa Italiana's annual signature event at the Italian Club celebrates Italian culture with food, wine, and a silent auction. For more information, please visit festaitalianatampa.com.



REJECT RECEIPTS

One small way to help the environment is to forgo receipts when you can. Receipts are a common litter item and can clutter up your wallet, backpack or vehicle. Press “no receipt” at ATMs and gas stations, and, if given a choice, tell cashiers you don’t need one.



TASTE At The Straz is Saturday, April 27th, at 6:00 pm, at the Straz Theatre. With Tampa Bay’s best restaurants, craft breweries and live music for one all-inclusive price, TASTE at The Straz is a fun evening of eating and drinking with live entertainment. Visit strazcenter.org for more information.



Roasted Cauliflower and Potato Spring Salad

Ingredients:

- 1 small head cauliflower, cut into florets
- 1 pound fingerling potatoes, quartered
- 3 tablespoons olive oil, divided
- 2 teaspoons Italian seasoning, divided
- 1/2 teaspoon salt, divided
- 1 package (8 ounces) mixed salad greens
- French salad dressing
- Blue cheese crumbles (optional)
- Croutons (optional)

Directions:

Heat oven to 425° F.

In a large bowl, toss cauliflower florets with 2 tablespoons olive oil. Sprinkle with 1 teaspoon Italian seasoning and 1/4 teaspoon salt; mix well. Arrange in a single layer on a sheet pan. Bake cauliflower 30 to 40 minutes, tossing once halfway through, until tender and lightly charred. Let cool.

In a separate bowl, toss potatoes with 1 tablespoon olive oil. Sprinkle with remaining Italian seasoning and salt; mix well. Arrange on sheet pan and bake for 20 minutes, until tender and lightly browned. Let cool.

Place salad greens in a large bowl and add cooled roasted vegetables. Drizzle with French dressing; add blue cheese crumbles and croutons, if desired. Mix well and serve.

Find more recipes at FreshExpress.com.



Wit & Wisdom

“So before long we can open the windows wide and let spring in, and we can go out to the park or sit on a hillside and let spring into us.”

—Hal Borland

“I feel that it is healthier to look out at the world through a window than through a mirror. Otherwise, all you see is yourself and whatever is behind you.”

—Bill Withers

“A smile is the light in your window that tells others that there is a caring, sharing person inside.”

—Denis Waitley

“Falling asleep while the rain is clashing down on the window is nature’s best lullaby.”

—Kim Pape

“Look out of the window and you have a finer sight than any painter has ever placed on a piece of canvas.”

—Iain Pears

“If a window of opportunity appears, don’t pull down the shade.”

—Tom Peters

“It’s hard to look back at the past and feel some regret, but it’s really exciting to look to the future and see a window of hope.”

—Nadine Sadaka Boulos

“My favorite journey is looking out the window.”

—Edward Gorey

“Tomorrow morning, when the sun shines through your window, choose to make it a happy day.”

—Lynda Resnick

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 Chair Massage Therapy 11:00 am - 3:00 pm Suite 225	4	5	Fight for Air Climb ⁶ Bank of America Plaza 7:00 am - 12:30 pm Festa Italiana Ybor City
7 Festa Italiana Ybor City	8	9 Tampa Bay Wine & Food Festival Begins	10	11 Downtown Backyard Market 2:30 pm - 5:30 pm Esplanade	12	13 Tampa Bay Wine and Food Festival Ends
14	15	16	17	18	19	20
21	22 	23	24	25 Earth Day Tenant Event 11:30 am - 12:30 pm	26	27 TASTE at the Straz 7:00 pm
28	29	30	April			

“This Month In History”

APRIL

1860: The first Pony Express rider leaves St. Joseph, Mo.

1908: Home to large sandstone pathways formed over time by flowing water, the Natural Bridges National Monument is established in southeast Utah.

1932: Dr. Charles Glen King, a chemistry professor at the University of Pittsburgh, isolates vitamin C from lemon juice. This breakthrough made it possible to accurately study the nutrient’s properties and benefits in medicine.

1956: Daytime soap opera “As the World Turns” premieres on television. It was the first soap to have a half-hour runtime, rather than just 15 minutes.

1970: Almost 56 hours into a mission to the moon, Apollo 13 commander Jim Lovell reports to ground control, “Houston, we’ve had a problem.” Days later, after a gripping rescue mission, millions around the world watched the spacecraft splash down safely in the Pacific Ocean.

1994: South Africa holds its first multiracial elections, with Nelson Mandela earning 62% of the popular vote to become the country’s first Black president.

2010: Apple debuts its tablet computer, the iPad. Consumers purchased 300,000 units on the first day.

2021: A rare copy of “Action Comics #1,” featuring the debut of Superman, sells for a record-breaking \$3.25 million.