

BANK OF AMERICA P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602

August 2023

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

Lynn Vilmar - Sr. Property Manager
Venus Rodriguez - 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



ICE CREAM SOCIAL TENANT EVENT



BICYCLE STATION

If you ride your bike to work there is a large bicycle rack, repair station and tire pump located on the 3rd floor of the garage by the parking cashier office.

GRAYROBINSON

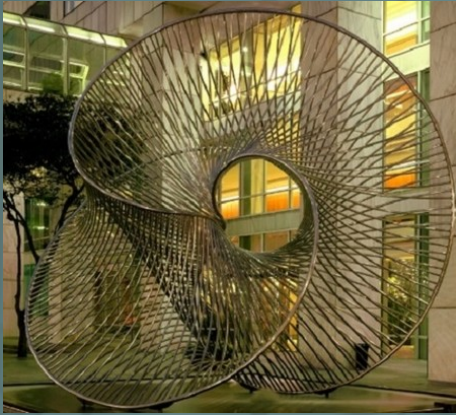
ATTORNEYS | LOBBYISTS | CONSULTANTS

Banyan Street Capital welcomes GrayRobinson to Bank of America Plaza. Located in Suite 4000 GrayRobinson is a multidimensional team of attorneys, advisors, and consultants recognized as one of the

most influential firms in Florida. Its nearly 300 professionals partner with successful businesses and enterprising individuals to resolve disputes, anticipate industry shifts, and harness forward momentum. The firm serves clients nationally from 15 offices across Florida and Washington, D.C.

Learn more at GrayRobinson.com.

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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
- Tenant Lounge
- 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



GIFT BASKET WINNER

The "Ice Cream Sundae Night" gift basket winner is Theresa Hambrick, Ankura, Suite 2250. Congratulations, Theresa!



Hockey and beer? That's a no-brainer! That's why your favorite hockey team, the Tampa Bay Lightning, is bringing back everyone's favorite craft beer event, Bolts Brew Fest on Friday, August 11th at Amalie Arena. Step foot into AMALIE Arena to be greeted by a sea of breweries located throughout the arena concourse and event floor as you sample your way around hundreds of beer options from more than 50 local, national, and international brands. Plus games, photo opportunities, and other fun surprises! For more information, visit boltsbrewfest.com.



CEA	35 yrs
Grant Thornton	29 yrs
Bernstein	17 yrs
Designing Eyes	17 yrs
Jackson Dental	10 yrs

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

CHAIR MASSAGE THERAPY

Corporate Massage of Tampa will offer customized on-site Chair Massage Therapy on August 8th and August 23rd from 11:00 am - 3:00 pm in Suite 225.



BACKPACKS OF HOPE

Thank you to all those who donated school supplies to the Backpacks of Hope drive. Your generosity is greatly appreciated.



ROCK THE PARK

Free concert on Thursday, August 3rd from 6:30 pm - 10:00 pm in CHP.



Environmental Advice

Here are a couple of ways to keep reading your magazines and save trees at the same time. Consider www.Zinio.com, which provides tons of magazine selections (for a cost) via digital publishing. Another avenue is www.AccessMyLibrary.com, where all it takes is a library card and a library that is part of the program. It allows you to read thousands of publications online for free. How does all of this help save trees? According to Co-Op America, 70 percent of newsstand magazines go unsold, which equals about 35 million trees that were chopped down to produce them.



Featured Recipe

Citrus Watermelonade

Summertime is sweet when you're sipping on this fruity beverage.

Ingredients:

- 1 cup water
- 2 cups sugar
- 6 cups cubed watermelon, seeds and rind removed
- 2 cups orange juice
- 1 cup grapefruit juice
- 3/4 cup lemon juice
- 3/4 cup lime juice
- 2 to 3 medium oranges, peeled and diced
- 1/2 cup fresh mint leaves

Directions:

Combine water and sugar in a small saucepan and heat on low until sugar is dissolved. Refrigerate until chilled.

In a blender, puree 4 cups of the cubed watermelon until smooth. Pour into a larger pitcher. Add the chilled sugar syrup, orange juice, grapefruit juice, lemon juice and lime juice. Stir until well combined.

Add remaining 2 cups of cubed watermelon, diced oranges and mint leaves to pitcher. Refrigerate for 2 hours. Serve over ice and garnish with an orange slice and fresh mint.

Find more recipes at
FloridaCitrus.org.



Wit & Wisdom

"My connection to the Earth is reinforced through the rhythm of the waves."

—Mike Dolan

"Life is strong and fragile. It's a paradox ... It's a particle and a wave at the same time. It all exists all together."

—Joan Jett

"If you want to enjoy good music, watch the faces of those who are listening to it, and try to compute the thousands of memories that never ride anything but sound waves."

—Henry Stanley Haskins

"Life is a series of waves to be embraced and overcome."

—Danny Meyer

"Meditation is like going to the bottom of the sea, where everything is calm and tranquil. On the surface there may be a multitude of waves, but the sea is not affected below."

—Sri Chinmoy

"The boisterous sea of liberty is never without a wave."

—Thomas Jefferson

"I pray to be like the ocean, with soft currents, maybe waves at times. More and more, I want the consistency rather than the highs and the lows."

—Drew Barrymore

"Beauty sleeps on the calm dreamy bosom of the ocean, or lives in the dance of its wild waves."

—Thomas Clark Henley

"The winds and the waves are always on the side of the ablest navigators."

—Edward Gibbon

August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August		1	2	3 Rock the Park 6:30 pm - 10:00 pm	4	5
6	7	8 Chair Massage Therapy 11:00 am - 3:00 pm	9	10	11 Bolts Brew Fest	12
13	14	15	16	17	18	19
20	21	22	23 Chair Massage Therapy 11:00 am - 3:00 pm	24	25	26
27	28	29	30	31		

"This Month In History"

AUGUST

1901: Louis Armstrong is born. His rich, gravelly voice and jazzy trumpet-playing made him one of the most influential figures in his genre and generation.

1911: The "Mona Lisa" is stolen from the Louvre! All Vincenzo Peruggia had to do to steal the Leonardo da Vinci painting was hide out in a closet and wait for the museum to close. The famous artwork was recovered two years later.

1936: The Berlin Olympics open with 3,963 athletes. The "hero of the games," African American Jesse Owens won four gold medals in track and field.

1944: The Forest Service authorizes Smokey Bear as the new face of fire prevention.

1955: A trusty source for wonderful, wacky and wild achievements, "The Guinness Book of Records" is published for the first time.

1965: "I Got You Babe" by Sonny & Cher hits No. 1. The duo's signature song would stay there for three weeks.

1978: Ben Abruzzo, Maxie Anderson and Larry Newman complete the first successful transatlantic balloon trip! Piloting the helium balloon Double Eagle II, it took them 137 hours to fly from Maine to Miserey, France, just northwest of Paris.

1981: MTV shows its first music video, "Video Killed the Radio Star" by the Buggles.

2006: Pluto is demoted. The International Astronomical Union voted to change Pluto's official label from ninth planet from the sun to dwarf planet.