



BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

February 2023

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

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

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld



GO RED FOR WOMEN

Go Red for Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. Bank of America Plaza will fly red flags throughout February in support of the Go Red for Women campaign.



HAPPY VALENTINE'S DAY

The Management Team will pass out fresh roses on Tuesday, February 14th, at 8:00 am in the lobby. Happy Valentine's Day from Banyan Street Capital.



SOLO HAIR SALON

Restless Styles is under new ownership. Now called Solo Hair Salon, owners Anny Perkins and Walkiris Lewchenko come to Bank of America Plaza with years of hair styling experience between them. Now that the Salon's renovations have been completed, please feel free to stop in and introduce yourself. New clients receive 20% off of any service. For more information or to schedule an appointment, please call 727-421-0567.

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

CHAIR MASSAGE THERAPY

Corporate Massage of Tampa will be offering customized on-site Chair Massage Therapy on February 15th and 28th from 11:00 am - 3:00 pm in Suite 225.

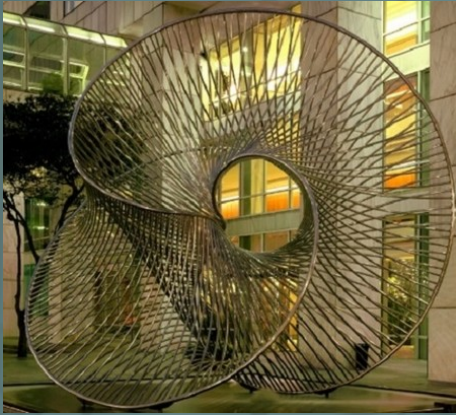


Morgenstern Phifer Messina 33 yrs
Admiral Security 13 yrs
Costar 6 yrs
Orange Legal 5 yrs



GASPARILLA MUSIC FESTIVAL

The Gasparilla Music Festival returns to downtown Tampa on Saturday, February 25th. For more information, please visit gasparillamusic.com.



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



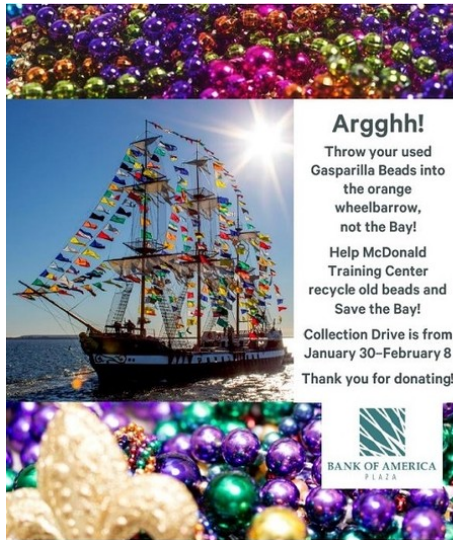
GASPARILLA GIFT BASKET WINNER

Congratulations to Georgette De Salvo, Helios Suite 2050.



GASPARILLA DISTANCE CLASSIC

Argghh you ready? Lace up your shoes and hit the ground running for the annual Gasparilla Distance Classic February 25-26. For more information or to register, please go to www.rungasparilla.com.



Argghh!

Throw your used Gasparilla Beads into the orange wheelbarrow, not the Bay!
 Help McDonald Training Center recycle old beads and Save the Bay!

Collection Drive is from January 30-February 8
 Thank you for donating!

GASPARILLA BEAD COLLECTION

Help Save the Bay! An orange collection wheelbarrow will be located on the 3rd floor to collect beads for the McDonald Training Center recycling program. Thank you for donating!



BEER, BOURBON & BBQ FESTIVAL

The 9th annual Beer, Bourbon & BBQ Festival is Saturday, February 18th, from 9:00 am - 3:00 pm in Curtis Hixon Park. This event will feature a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque eatin'. Your admission buys you a sampling glass so you can enjoy an ALL-YOU-CARE-TO-TASTE sampling of beer and bourbon. For more information, please go to www.tampa.beerandbourbon.com.



Shop 50+ local food and wellness-focused vendors with an array of fresh, local, homemade, handcrafted, fair-trade, vintage or eco-friendly products on Sunday, February 19th, from 10:00 am - 3:00 pm on Water Street Tampa.



Shredded Paper and the Planet

Many recycling centers won't accept shredded paper, mainly because the fibers in shredded paper are shorter and therefore more difficult to turn back into full sheets of paper. Environmental experts recommend reducing the amount of paper you shred by tearing off the portions that contain sensitive information, shredding those pieces, and recycling the rest. Shredded paper can be used in place of packing peanuts, as animal bedding, or in compost.



Featured Recipe

Cherry Coffee Cake

Sweeten your morning with this easy-to-make breakfast treat.

Ingredients:

- 1 can (12.4 ounces) refrigerated cinnamon rolls with icing
- 1 1/2 cups (21-ounce can) cherry pie filling
- 1/2 cup slivered almonds or pecans (optional)

Directions:

Preheat oven to 375° F.

Spray a 9-inch round cake pan with nonstick cooking spray.

Open the can of cinnamon roll dough and set aside the package of icing. Separate dough into eight rolls; cut each roll into quarters. Place dough rounded-side down in pan.

Spoon pie filling over rolls. If desired, sprinkle slivered almonds or pecans on top of cherry filling.

Bake 25 to 35 minutes, or until golden brown.

Invert pan onto plate or cutting board; invert again onto serving plate.

Open the package of icing and pour into a small bowl. Microwave for 3 to 10 seconds. Stir icing and drizzle over cake. Serve warm.

For more recipes, visit Culinary.net.



Wit & Wisdom

"Diamonds are nothing more than chunks of coal that stuck to their jobs."

—Malcolm Forbes

"True friends are like diamonds—bright, beautiful, valuable and always in style."

—Nicole Richie

"The hues of the opal, the light of the diamond, are not to be seen, if the eye is too near."

—Ralph Waldo Emerson

"Better a diamond with a flaw than a pebble without."

—Confucius

"If wisdom and diamonds grew on the same tree we could soon tell how much men loved wisdom."

—Lemuel K. Washburn

"I never worry about diets. The only carrots that interest me are the number you get in a diamond."

—Mae West

"There are three things extremely hard: steel, a diamond and to know one's self."

—Benjamin Franklin

"It's diamonds in your pockets one week, macaroni and cheese the next."

—Jolene Blalock

"Let us not be too particular. It is better to have old secondhand diamonds than none at all."

—Mark Twain

"The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it."

—B.K.S. Iyengar

February 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11 Beer, Bourbon & BBQ Festival 9:00 am - 3:00 pm
12	13	14 HAPPY Valentine's DAY	15 Corporate Massage 11:00 am - 3:00 pm	16	17	18
19 Market on Water Street 10:00 am - 3:00 pm	20 Presidents Day	21	22	23	24	25 Gasparilla Distance Classic
26 Gasparilla Distance Classic	27	28 Corporate Massage 11:00 am - 3:00 pm	<i>february</i>			

"This Month In History"

FEBRUARY

1903: The first teddy bear, named after President Theodore Roosevelt, goes on sale.

1913: New York City's newly renovated Grand Central Terminal opens. More than 150,000 people visited the train station on opening day.

1935: In a secret demonstration, engineer Robert Watson-Watt uses radio waves to determine the location of nearby aircraft. The experiment led to the development of radar, from the words "radio detection and ranging."

1942: The first-ever gold record is presented to Glenn Miller for his song "Chattanooga Choo-Choo," which had sold 1.2 million copies.

1959: Commonly known as a microchip, the integrated circuit is patented, allowing electronics to become smaller, faster and less expensive.

1964: The Beatles perform in the U.S. for the first time.

1971: Apollo 14 lands on the moon, becoming the third crewed mission to do so, as well as the first to visit the lunar highlands.

1990: In South Africa, Nelson Mandela is released from prison at age 71. He served 27 years for his activism against the government-sanctioned segregation known as apartheid.

2001: Disney's California Adventure Park, a 72-acre attraction next door to Disneyland, opens.

2018: Paul Simon announces his farewell tour. His singing and songwriting career spanned six decades as both a solo artist and as part of the duo Simon & Garfunkel.