

BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

June 2022

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



CINCO DE MAYO TENANT EVENT



- Atlantic Merchant Capital Suite 4110
- Future Law Firm, LLP Suite 2110
- Star Mountain Capital Suite 3350



FLAG DAY

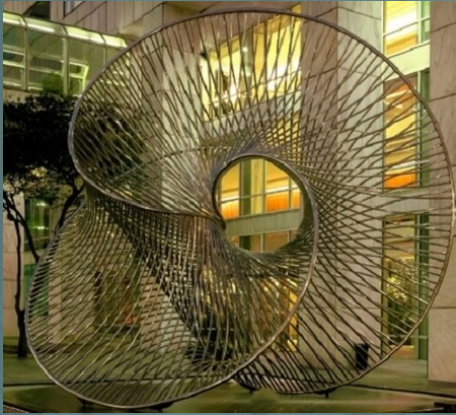
Join millions of Americans as they fly the American Flag on Tuesday, June 14th, in honor of Flag Day.



LOBBY MUSICIANS

- 1 Lorna Anderson, piano
- 8, 15 Maria Laude, piano
- 22, 29 Karen Benjay

FOLLOW US ON FACEBOOK, INSTAGRAM & TWITTER



BUILDING AMENITIES

- Bank of America
- Bicycle Repair Station
- Caffe Fresco
- Caffe Fresco Marketplace
- Concierge Services
- Electric Vehicle Charger
- Fitness Center
- Jackson Dental
- KJ's Auto Detailing
- Live Musical Performances
- Restless Styles
- Shoe Shine by Robert
- Stork Parking
- Tenant Conference Center
- Tenant Lounge
- The Tampa Club

RETAIL

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



HURRICANE SEASON

Hurricane Season officially begins June 1. Are you ready? Sign up to receive alert notifications at Alert Tampa. This system enables the City to provide you with critical information quickly in a variety of situations, such as severe weather, critical law enforcement activity, missing persons, evacuations of buildings or neighborhoods, and boil water notices. You will receive time-sensitive messages wherever you specify. Visit tampa.gov to sign up.

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

WELLNESS WEDNESDAY

Wellness Wednesday returns on Wednesday, June 8th, from 11:00 - 3:00 in Suite 225.



Allstate Insurance	34
Maney Gordon Zeller	29
First Citizens	15
Culpepper Kurland	14
Radiographics	11
European Wax	8
The Wagner Law Group	8
CoStar	6
Toast of Tampa	6



EARTH DAY CELEBRATION

Thank you, Tenants, for showing your love for our planet by planting the seed for a healthier tomorrow. 100 trees will be planted in recognition of someone important in your life.



**MILITARY APPRECIATION
MONTH GIFT BASKET WINNER**

Congratulations to Charles Reynolds with TRENAM, Suite 2700.



Enjoy live music on June 9th from 6:30 - 9:30 in Curtis Hixon Park.



Blue Jeans Go Green

If you've got denim clothing that's past the point of wear, don't just toss them. You can get a discount off a new pair of jeans by dropping off your worn-out denim at several retailers. Or you can directly mail them to Cotton's Blue Jeans Go Green program, which recycles the material into building insulation, and be rewarded with the knowledge that you're keeping clothing out of landfills. Visit BlueJeansGoGreen.org for a list of participating stores and other helpful info.



Chicken Cordon Bleu Kebabs

Serve up fresh flavor with these creative kebabs.

Kebab Ingredients:

- Nonstick cooking spray
- 2 chicken breasts, cubed
- 1 ham steak, cubed
- 6 bamboo skewers
- 1 tablespoon Dijon mustard
- 1 teaspoon pure maple syrup
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon paprika
- 1 teaspoon extra virgin olive oil

Sauce Ingredients:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup milk
- 1 teaspoon Dijon mustard
- 1 cup shredded Swiss cheese

Directions:

Preheat oven broiler to 500° F. Line a broiler pan with foil and spray with cooking spray.

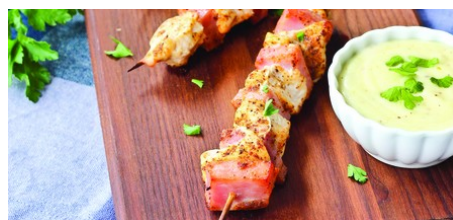
Thread chicken and ham pieces onto skewers.

In a small bowl, combine Dijon mustard, maple syrup, black pepper, paprika and oil. Brush mixture onto skewers.

Broil kebabs about 5 minutes, flip, and cook for 5 more minutes or until chicken is cooked through.

Make dipping sauce: Melt butter in a small saucepan over medium heat. Add flour and whisk constantly for 1 minute. Gradually add milk, whisking constantly. Add mustard and cook 5 minutes, or until thick. Reduce heat to low and stir in cheese, whisking until melted.

Find more recipes at MilkMeansMore.org.



Wit & Wisdom

"As long as you are being true to yourself, you will always find happiness."

—Amber Riley

"Happiness isn't always the big things. Happiness is actually the little things, the little moments that make up our day."

—Sheryl Sandberg

"It is not how much we have, but how much we enjoy, that makes happiness."

—Charles Spurgeon

"Happiness is within. It has nothing to do with how much applause you get or how many people praise you. Happiness comes when you believe that you have done something truly meaningful."

—Martin Yan

"If you're grateful, you can find happiness in everything."

—Pharrell Williams

"If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help someone else."

—Chinese proverb

"One of the secrets of a happy life is continuous small treats."

—Iris Murdoch




"We get to determine our own happily ever after for ourselves."

—Jennifer Aniston

"Do not set aside your happiness. Do not wait to be happy in the future. The best time to be happy is always now."

—Roy T. Bennett

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>June</i>			1 Hurricane Season Begins Lorna Anderson 11:30 - 1:30	2	3	4
5	6	7	8 Wellness Wednesday 11:00 - 3:00 Maria Laude 11:30 - 1:30	9 Rock the Park 6:30 - 9:30	10 	11
12	13	14  Flag Day	15 Maria Laude 11:30 - 1:30	16	17	18
19 HAPPY FATHER'S DAY	20 Juneteenth (Observed)	21 <i>1st Day of Summer</i> 	22 Karen Benjay 11:30 - 1:30	23	24	25
26	27	28	29 Karen Benjay 11:30 - 1:30	30		

"This Month In History"

JUNE

1910: The first statewide celebration of Father's Day is held in Washington. The day honoring fathers was proclaimed a national holiday in 1972.

1928: Louis Armstrong and his Hot Five band record "West End Blues," considered to be one of the greatest jazz songs of all time.

1939: The first Little League Baseball game is played in Williamsport, Pa.

1944: Allied forces storm the beaches of Normandy, France, in the D-Day invasion of World War II.

1956: The last Packard rolls off the production line at the luxury car's manufacturing plant in Detroit.

1978: Comic strip cat "Garfield," created by Jim Davis, debuts in 41 newspapers.

1993: Chuck Berry, Ruth Brown and Billy Joel are among the stars who help break ground for the new Rock & Roll Hall of Fame building in Cleveland.

2007: After recovering from near extinction, the American bald eagle is removed from the endangered species list.

2012: Daredevil Nik Wallenda makes high-wire history after walking a 1,800-foot-long wire suspended over Niagara Falls.

2019: "Jeopardy!" contestant James Holzhauer's winning streak ends at 32 games. He won over \$2.4 million on the TV quiz show.