



March 2022

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

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101eastkennedyhandbook.com

Lynn Vilmar - Sr. 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



BANK OF AMERICA

P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602



ST. PATRICK'S DAY RIVER O'GREEN FEST

Get ready to shamrock and roll at the annual River O'Green Fest on Saturday, March 12th, from 11:00 am-5:00 pm in beautiful Curtis Hixon Waterfront Park. The Irish-themed party is centered around the Hillsborough River, which will be transformed into a bright shade of green for the occasion. The river provides a perfect backdrop to the celebration, which includes live entertainment, games, kids' activities, food trucks and, of course, beer! Be sure to sign up for the Leprechaun Costume Contest. Participants are to show up in their best Irish garb and give a contest-winning jig on the dance floor. Cheers!



oneblood

Share your power.

BLOOD DRIVE

Bank of America Plaza will have a Blood Drive on Wednesday, March 9th, from 10:00 am-3:00 pm. Thank you for donating!



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

WELLNESS WEDNESDAY

Wellness Wednesday returns to Bank of America Plaza on Wednesday, March 9th, from 11:00 am - 3:00 pm in suite 250.

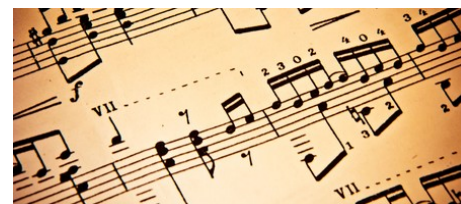


DAYLIGHT SAVING TIME

Spring forward one hour on March 13th.



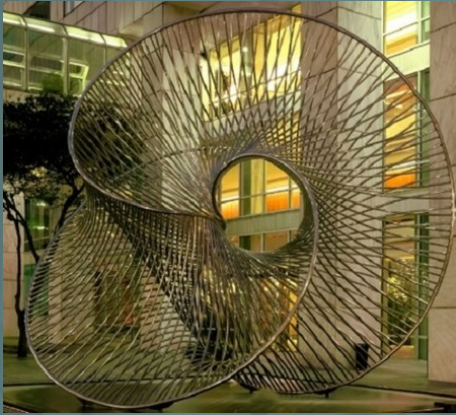
De la Parte & Gilbert
UBS



LOBBY MUSICIANS

2, 16, 30 Maria Laude, piano
9, 23 Lorna Anderson, piano

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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



VALENTINE'S DAY COOKIES



RAYMOND JAMES



Gasparilla Festival of the Arts

The 52nd annual Gasparilla Festival of the Arts is March 5-6 at Julian B. Lane Riverfront Park. Considered to be one of America's finest Arts and Craft shows, the Festival will showcase artists and their work to include ceramic, digital, drawing, fiber, glass, jewelry, mixed media, painting, photography, printmaking, sculpture, watercolor and wood. This event will also feature the works of local young artists and a weekend full of live entertainment. For more information, please visit gasparillaarts.com.



GASPARILLA BEAD COLLECTION

Thank you for donating your Gasparilla Beads to our McDonald Training Center collection drive. One hundred and forty one pounds of beads were collected! The donated beads provide opportunities that will change the lives of your friends and neighbors with disabilities! Individuals with disabilities and volunteers will repackage the beads and keep the bounty out of Tampa Bay!



The Pizza Box Mystery

Oil and grease are a no-no in paper recycling. So after enjoying some pizza, tear off the top of the pizza box for recycling but put the food-stained bottom in the trash.



FRIENDS OF THE RIVERWALK

Unlock endless adventure, culture and history at seven unique attractions for one low price with the Tampa Riverwalk Attraction Pass: 1 Ticket, 7 Unique Attractions. For more information, please check out thetampariverwalk.com.



Rainbow Grain Bowl

This healthy entrée is bursting with color and flavor.

Ingredients:

- 2 cups cooked quinoa
- 2 (5 ounces) cans solid white albacore tuna in water, drained and flaked
- 1/2 cup chopped purple cabbage
- 1/3 cup diced cucumber
- 1/3 cup shredded carrots
- 1/3 cup diced red bell pepper
- 1/3 cup diced mango or pineapple
- 1/3 cup chopped green onions
- 4 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 tablespoon sesame oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon sesame seeds

Directions:

Divide the cooked quinoa between four bowls. Top each with tuna, cabbage, cucumber, carrots, red bell peppers, mango or pineapple, and green onions.

In a small bowl, whisk together apple cider vinegar, olive oil, honey, sesame oil, salt and pepper. Drizzle dressing over each bowl. Garnish with sesame seeds.

For more recipes, visit ChickenOfTheSea.com.



Wit & Wisdom

“There is no personal charm so great as the charm of a cheerful temperament.”

—Henry Van Dyke

“Just as the petals of a flower unfold and open to the warmth and light of the sun, so do we unfold and open to the enchantment of charm.”

—Thokoza

“Charm is the ability to make someone else think that both of you are pretty wonderful.”

—Kathleen Winsor

“Without painting, sculpture, music, poetry, and the emotions produced by natural beauty of every kind, life would lose half its charm.”

—Herbert Spencer

“Perhaps the basic thing which contributes to charm is the ability to forget oneself and be engrossed in other people.”

—Eleanor Roosevelt

“You know what charm is: a way of getting the answer ‘yes’ without having asked any clear question.”

—Albert Camus

“There is no charm equal to tenderness of heart.”

—Jane Austen

“Charm’s key ingredient is consideration for others.”

—Ellen Lubin-Sherman

“We live in a wonderful world that is full of beauty, charm and adventure. There is no end to the adventures we can have if only we seek them with our eyes open.”

—Jawaharlal Nehru

March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 	2 Maria Laude 11:30 - 1:30	3	4	5 Gasparilla Festival of the Arts
6	7	8	9 Blood Drive 10:00 - 3:00 Lorna Anderson 11:30 - 1:30	10	11	12 River O'Green Fest 11:00 - 5:00
13 	14	15	16 Maria Laude 11:30 - 1:30	17 	18	19
20 	21	22	23 Lorna Anderson 11:30 - 1:30	24	25	26
27	28	29	30 Maria Laude 11:30 - 1:30	31	<i>March</i>	

"This Month In History" MARCH

1923: The dance marathon craze kicks off in New York City, after Alma Cummings sets a record by dancing continuously for 27 hours.

1933: President Franklin D. Roosevelt gives his first "fireside chat," broadcast to the nation on radio.

1941: Actor Jimmy Stewart enlists in the U.S. Army Air Corps. During World War II, he rose to the rank of colonel.

1950: Silly Putty goes on sale.

1968: Country music legend Johnny Cash marries singer-songwriter June Carter.

1988: Author Toni Morrison wins the Pulitzer Prize for her novel "Beloved."

1990: To honor the NBA's all-time leading scorer, Kareem Abdul-Jabbar, the Los Angeles Lakers retire his No. 33 jersey.

2006: The English language version of the online encyclopedia Wikipedia reaches 1 million entries.

2011: NASA's Discovery space shuttle completes its 39th and final mission.

2019: England's Queen Elizabeth II makes her first post on Instagram. She shared an image of a letter from inventor Charles Babbage to her great-great-grandfather, Prince Albert.