



March 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



BANK OF AMERICA

P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602



ST. PATRICK'S DAY RIVER O' GREEN FEST

Tampa's River O' Green Fest is Saturday, March 18th at 11:00 am in Curtis Hixon Riverfront Park. River O' Green Fest is an annual, free event to kick off the St. Patrick's Day holiday weekend, as the Hillsborough River is transformed into a bright shade of green. Celebrate with live Irish entertainment, food and beverage vendors, beer, and family-friendly activities. Admission is free and the entire family is welcome, including four-legged members. There's even a River O' Green Gallop 5K run. For more information, please visit tampasdowntown.com.



BLOOD DRIVE

Bank of America Plaza will have a Blood Drive on Wednesday, March 15th from 10:00 am - 3:00 pm. Thank you for donating!



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 March 15th and 21st in Suite 225.



SPRING BEGINS

The first day of Spring is Monday, March 20th.

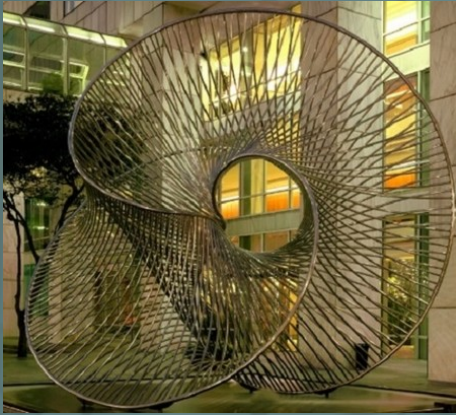


HAPPY ANNIVERSARY

- de la Parte & Gilbert 24 yrs
- Caffe Fresco 18 yrs
- European Wax 8 yrs
- Mosaic 4 yrs
- UBS 2 yrs
- Ryan Hughes Law 2 yrs



St. Patrick's Day is Friday, March 17th. Happy St. Patrick's Day from Banyan Street Capital.



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

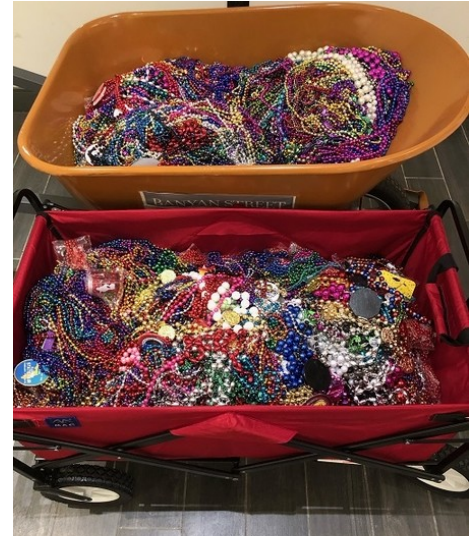
RETAIL

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



VALENTINE'S DAY GIFT BASKET WINNER

Congratulations to Scott Wallace of Hill Ward Henderson, Suite 3700.



GASPARILLA BEADS COLLECTION

Thank you to all those who donated Gasparilla beads to the McDonald Training Center's Recycling Program. Your donations are greatly appreciated.



ALA STAIRCLIMB

The Premier Stair-Climbing Event in Tampa is back at Bank of America Plaza on Saturday, April 1st. The Fight For Air Climb will feature one-of-a-kind views and the best set of stairs in the Bay Area. Challenge yourself and others to climb 42 floors and 914 steps to finish at the historic Tampa Club for the best view in the city. This is the perfect event for a day of fun, challenge, and camaraderie in support of an incredible cause and mission to end lung disease for all. For more information, go to lung.org.

RAYMOND JAMES



Gasparilla Festival of the Arts

GASPARILLA FESTIVAL OF THE ARTS

The Gasparilla Festival of the Arts is March 4-5 in Julian B. Lane Riverfront Park. The annual 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.





Break Down Boxes

Empty boxes eat up space in the recycling bins. To ensure that there's room inside for everyone's recyclables, break down any boxes you're discarding leaving room for others recyclables.



ROAR THROUGH YBOR

The 2023 Roar Through Ybor is Friday, March 31st. This Annual 5K Race and 1-Mile Fun Run event supports organ, eye, and tissue recovery to benefit individuals in need of lifesaving and life-transforming transplantation therapy. To register, please go to runsignup.com.



What's Cooking

Fish With Bok Choy and Rice

Light and flavorful, this meal comes together in minutes.

Ingredients:

- 1 fillet of white fish, such as tilapia, cod or halibut
- Salt and pepper
- 1 tablespoon butter
- 1 teaspoon sesame oil
- 1 teaspoon grated ginger
- 2 baby bok choy, quartered
- 1 teaspoon soy sauce
- 1 cup cooked brown rice

Directions:

Use a paper towel to pat dry each side of the fish fillet. Season both sides with salt and pepper.

In a medium skillet, melt butter over medium-high heat. Add fish and cook for 2 minutes on each side. Remove fish from pan and keep warm.

In the same pan, add sesame oil and ginger. Cook for 1 minute.

Add bok choy to pan and stir-fry for 2 minutes. Add soy sauce and stir to incorporate.

Immediately serve fish over the cooked bok choy and warmed rice.

For more recipes, visit MinuteRice.com.



Wit & Wisdom

“Magic carpets do exist, but they are called library cards.”
—Firoozeh Dumas

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”
—Colin Powell

“There are two magic words to get what you want: please and Grandma.”
—Jeff Keane

“There's just some magic in truth and honesty and openness.”
—Frank Ocean

“If you see the magic in a fairy tale, you can face the future.”
—Danielle Steel

“Real magic in relationships means an absence of judgment of others.”
—Wayne Dyer

“So why not live with the magic? Be a kid again and believe in the fantastical. Life is more fun with a little smoke and mirrors.”
—L.H. Cosway

“Magic will find those with pure hearts, even when all seems lost.”
—Morgan Rhodes

“There's a bit of magic in everything and then some loss to even things out.”
—Lou Reed & Mike Rathke

“Magic is believing in yourself. If you can do that, you can make anything happen.”
—Johann Wolfgang von Goethe

“Genius is another word for magic, and the whole point of magic is that it is inexplicable.”
—Margot Fonteyn

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>March</i>			1	2	3	4 Gasparilla Festival of the Arts
5	6	7	8	9	10	11
12	13	14	15 Blood Drive 10:00 am - 3:00 pm Massage Therapy 11:00 am - 3:00 pm	16	17 HAPPY ST. PATRICK'S DAY 	18 River O' Green Fest
19	20  1ST DAY OF SPRING	21 Massage Therapy 11:00 am - 3:00 pm	22	23	24	25
26	27	28	29	30	31 Roar Through Ybor 5K Race	

"This Month In History"

MARCH

1912: The first parachute jump from a moving airplane takes place. U.S. Army Capt. Albert Berry made the leap over St. Louis, Mo.

1936: The Hoover Dam is complete! After five years of construction, the dam spanning the Colorado River between Arizona and Nevada was able to begin creating hydroelectric power.

1941: Nashville, Tenn., becomes the home of the first FM radio station. WSM-FM was a commercial station for the National Life and Accident Insurance Company.

1958: Elvis Presley enters the U.S. Army. Already a rock 'n' roll star, he remained an active duty soldier for two years.

1964: The first Ford Mustang rolls off the production assembly line.

1977: Scientists discover that Uranus has rings, like its fellow planet Saturn. Dark in color, the rings were only seen because a star blinked repeatedly as the planet's rings passed in front of it.

1981: President Ronald Reagan is shot and wounded in an assassination attempt. At the hospital, Reagan reportedly joked to his wife, "Honey, I forgot to duck."

1998: "Titanic" becomes the highest-grossing movie in box office history, earning over \$2.2 billion worldwide. It was later surpassed by "Avatar" (2009) and "Avengers: Endgame" (2019).

2005: The PlayStation Portable handheld gaming console debuts in North America. In five years, 17 million PSPs were sold in the U.S. alone.