



**November 2023**

**BANYAN STREET**  
CAPITAL

**PROPERTY MANAGEMENT**

813.221.7474

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

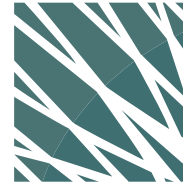
**CBRE LEASING TEAM**

Philip Weber  
Barry Hanerfeld



**DAYLIGHT SAVING TIME ENDS**

Remember to fall back one hour on November 5th.



**BANK OF AMERICA**

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602



**MOST NEEDED HOLIDAY FOOD ITEMS**

**HOLIDAY FOOD ITEMS** Most Needed Items in bold

Turkey	Bagged or Canned Beans	Canned Fruit
Ham	Soup	Canned Vegetables
Cereal	Bags of Rice	Boxed Macaroni & Cheese
Canned Yams	Boxed or Canned Potatoes	
Bagged or Boxed Stuffing	Gravy Packets	
Cranberry Sauce	Dessert Mixes	

**HOLIDAY FOOD DRIVE**

Bank of America Plaza will have a Thanksgiving Food Drive from November 6 - 21 in the 3rd floor lobby. Non-perishable food items only. Thank you for your generosity.



**BLOOD DRIVE**

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



**SALVATION ARMY ANGEL TREE**

Bank of America Plaza will have an Angel Tree in the 3rd floor lobby from November 21 - December 5. Thank you for your generosity.



**VETERANS DAY**

Veterans Day is November 11th. Thank you for your service.

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

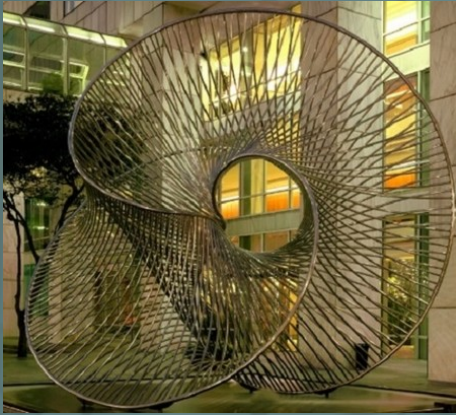
**CHAIR MASSAGE THERAPY**

Corporate Massage of Tampa will offer customized on-site Chair Massage Therapy on November 7th & 21st from 11:00 am - 3:00 pm in Suite 225.



**HAPPY THANKSGIVING**

Bank of America Plaza will be closed on Thursday, November 23rd, in observance of Thanksgiving Day. Happy Thanksgiving 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



**GIFT BASKET WINNER**

Congratulations to Debbie Carlisle with de la Parte, Gilbert, McNamara & Caldevilla, P.A., Suite 3100.



**DASH**

Downtown Tampa's DASH (Downtown Area Shared Hubs) is a hub-to-hub transit service. Rides are requested through an app and cost \$2 per person. Passengers will be able to catch a ride Monday - Saturday from 7:00 am - 11:00 pm. and Sunday from noon - 9:00 pm. The wide-ranging hours are designed to serve the wide range of people who live, work, and play in Downtown Tampa. DASH's vehicles are yellow and black Tesla Model Y SUVs which offer a zero-emission way to travel. Visit [tampasdowntown.com](http://tampasdowntown.com) for more information.



**HAPPY ANNIVERSARY**

Catania & Catania	30 yrs
Verizon	29 yrs
Lockheed Martin	23 yrs
Fisher & Phillips	9 yrs
CS&L	8 yrs
Medical Sales College	4 yrs
Oscar	1 yr



Celebrate the holiday season at Winter Village in Curtis Hixon Park, November 17 - January 1 when the Park is transformed with the sights, sounds and activities of the holidays for children and adults of all ages. Go to [wintervillagetampa.com](http://wintervillagetampa.com) for more information. Or visit their Facebook page [@WinterVillageTampa](https://www.facebook.com/WinterVillageTampa) for real-time updates.



The YMCA Turkey Gobble 5K/1 mile run is Thursday, November 23rd, at Amalie Arena. To register, please visit [raceroster.com](http://raceroster.com).



## MILES FOR MOFFITT

Join the thousands of runners and walkers on Saturday, November 18th, for the 18th annual Miles For Moffitt event in downtown Tampa. To register for Moffitt's premier community-wide movement of courage and hope, please go to [moffitt.org](http://moffitt.org).



## Recycle Day

America Recycles Day on Nov. 15 was created to educate people about the importance of recycling to the economy and environment and to motivate occasional recyclers to become everyday recyclers. Events will be held in towns throughout the country. Find out more at [AmericaRecyclesDay.org](http://AmericaRecyclesDay.org) and the Keep America Beautiful website at [www.KAB.org](http://www.KAB.org).



# What's Cooking

## Savory Cheese Balls

Impress holiday guests with these easy and elegant appetizers.

### Ingredients:

- 2 8-ounce packages cream cheese
- 2 tablespoons caraway seeds
- 1 teaspoon poppy seeds
- 2 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 2 teaspoons fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 1/4 cup dried cranberries, chopped
- 2 tablespoons pecans, chopped

### Directions:

Cut each cream cheese block into three sections. Roll each portion into a ball.

In a small bowl, combine caraway seeds, poppy seeds and half of the minced garlic.

In a second bowl, combine parsley, thyme, rosemary and remaining garlic.

In a third bowl, combine cranberries and pecans.

Roll two cheese balls in the seed mixture, another two in the herb mixture, and the last two in the cranberry mixture.

Serve cheese balls with crackers or fresh vegetables.

*For more recipes, visit [Culinary.net](http://Culinary.net).*



## Wit & Wisdom

"I don't spend time wondering what might be next; I just focus on trying to savor every day."

—Trisha Yearwood

"Savor the moments that are warm and special and giggly."

—Sammy Davis Jr.

"Turn the preparing of food into a communal affair ... When the cooking is finished, eat together 'round the table with the electronic gadgets switched off so you can savor the food and let the conversation flow."

—Carl Honoré

"Sometimes we need the salt of tears to remind us how to savor the sweetness of life."

—Lysa TerKeurst

"Photography is about savoring life at 1/100th of a second."

—Marc Riboud

"Savor the day and be good to yourself, love yourself, and then you can be good to others and be of service to others."

—Charlotte Rae

"The way to develop the habit of savoring is to pause when something is beautiful and good ... then totally immerse in the experience of savoring it."

—Tara Brach

"One can never truly savor success until first tasting adversity."

—Ralph Waldo Emerson

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred."

—Rainn Wilson

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	6	7 Chair Massage Therapy 11:00 am - 3:00 pm	8	9	10	
12	13	14	15 Blood Drive 10:00 am - 3:00 pm	16	17 Winter Village Begins	18 Miles for Moffitt
19	20	21 Chair Massage Therapy 11:00 am - 3:00 pm	22		24	25
26	27	28	29	30		

## “This Month In History”

### NOVEMBER

**1929:** Movie star turned Princess of Monaco, Grace Patricia Kelly is born on Nov. 12. She was an iconic actress during the Golden Age of Hollywood and an advocate for children in the arts.

**1930:** The Bank of Italy in San Francisco changes its name to the Bank of America. Currently, the financial company is the second-largest banking institution in the United States.

**1942:** In the midst of World War II, the minimum age for the U.S. military draft is dropped from 21 to 18. This

quickly brought out supporters of lowering the legal voting age, too, with the phrase “Old enough to fight, old enough to vote.”

**1960:** John F. Kennedy becomes the youngest person to be elected U.S. president.

**1989:** The fall of the Berlin Wall occurs on Nov. 9. With the literal destruction of the wall, the figurative “Iron Curtain” between the U.S. and the Soviet Union was dissolved as well, ending the Cold War.

**1994:** Returning to the ring after a 10-year retirement, George Foreman wins the world heavyweight boxing championship—the oldest ever to earn the title, at age 45. “Big George” still holds the record.

**2011:** The creative video game Minecraft is released. It has since become the bestselling video game in history, with 140 million active players.

**2022:** The global population reaches a new high of 8 billion people.