



October 2023

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

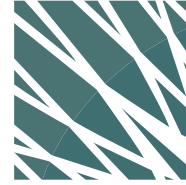
Lynn Vilmar - Sr. Property Manager
Venus Rodriguez - Property Manager
Jennifer Chez - Asst. Property Manager
David Arscott - Chief Building Engineer
Isaac Conrad - Asst. Building Engineer
Mary Anne Quigley - Concierge

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld



The 23rd annual Bolt Run is Saturday, October 21st, at Amalie Arena. To register go to raceroster.com.



BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602



1 in 8 women will be diagnosed with breast cancer in their lifetime. Early detection saves lives, get screened.

• Women ages 40 and older do not need a prescription or referral for your mammogram. Women ages 25-39 will need a prescription from a physician.

• Most major insurance plans accepted. There is no additional fee for 3D.

• Your appointment can be as quick as 10 minutes. Please complete all forms prior to your appointment at AdventHealthMobileMammography.com.

Schedule Today

Location Bank of America Plaza
301 E. Kennedy Boulevard, Tampa, FL
Date Tuesday, October 17, 2023
Time 8:30am - 2:30pm

Schedule Today
AdventHealthMobileMammography.com
813-601-1925



MAMMOGRAPHY MOBILE

In observance of Breast Cancer Awareness month, the Mammography Mobile will be at Bank of America Plaza on Tuesday, October 17th, from 8:30 am - 2:30 pm. Please go to adventhealthmobilemammography.com to schedule your appointment.



The 7th annual Riverwalk Trick or Treat event is on Saturday, October 28th, from 4:00 pm – 7:00 pm. This is a FREE community event! Children in costume and their families are invited to come and trick or treat along the Riverwalk as well as enjoy fun activities. After the event, a movie will be screened in Curtis Hixon Park.



ARTS AND CRAFTS FESTIVAL

Tampa's biggest urban Arts & Crafts Festival is October 28-29 in Perry Harvey Park. This event is free to attend.

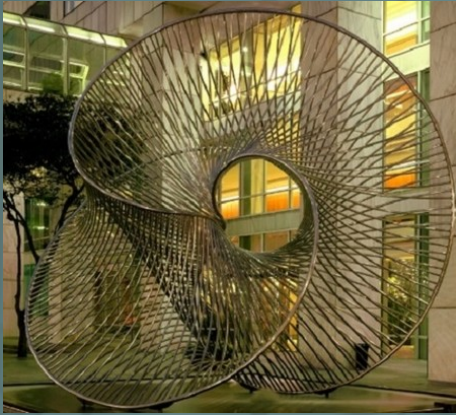
CORPORATE MASSAGE OF TAMPA

On-Site Relief for Stress and Pain

CHAIR MASSAGE THERAPY

Corporate Massage of Tampa will offer customized on-site Chair Massage Therapy on October 3rd and 18th from 11:00 am - 3:00 pm in Suite 225.

FOLLOW US ON FACEBOOK, INSTAGRAM & TWITTER



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 Ryan Jones with Lynx Legal, Suite 4130.



HAPPY ANNIVERSARY

Hill Ward Henderson	36 yrs
Salem	19 yrs
Quarles	13 yrs
Zuckerman Spaeder	12 yrs
Universal Reporting	8 yrs
Carollo	3 yrs
Calloway Tax Advisors	2 yrs
Plenary	1 yr

FEEDING AMERICA

FEEDING AMERICA CAMPAIGN

Thank you to all those who donated to the Feeding America Campaign. Your generosity is greatly appreciated.



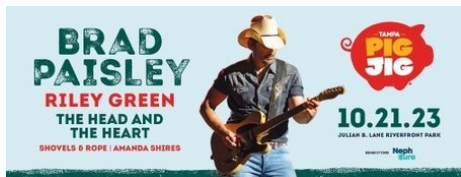
OKTOBERFEST

The 12th annual Oktoberfest Tampa is October 13-15 in Curtis Hixon Park. Come celebrate with German cheer, dancing and singing to cooler weather and colder beer. Oktoberfest Tampa is a time to unwind and make new friends. Learn new customs and sing a few songs. For more information, please visit oktoberfesttampa.com.



POLICE MEMORIAL RUN

The 29th annual Police Memorial 5K/1-Mile Run-Walk is Saturday, October 14th. Run or walk the race, or just come out to cheer on the participants. Proceeds from the event benefit the Police Museum, Memorial Scholarship Program, charitable donations, and Tampa Police Memorial Monument maintenance. For more information, and to register, please go to tampa.gov.



PIG JIG

Tampa Bay's premier philanthropic community event, the Tampa Pig Jig, will welcome GRAMMY-Award winner Brad Paisley to Julian B. Lane Park on Saturday, October 21st. For more information and to purchase tickets, please go to tampapigjig.com.



Plastic Precaution

Before disposing of plastic rings that come with packs of soda cans, applesauce and other packaged goods, use scissors to cut each ring apart. Even if sent to the recycling bin, they can still end up in landfills, where small animals can get trapped in the rings. Avoid cutting the rings into pieces, which can then become choking hazards.



Featured Recipe

Chipotle Chicken Flatbreads

Simple flavors shine in this meal that you can make in under 20 minutes.

Ingredients:

- 2 flatbreads
- 2 cups shredded mozzarella cheese
- 1 clove garlic, diced
- 4 chicken tenders, cooked and cubed
- 1 pint cherry tomatoes, quartered
- Salt and pepper, to taste
- 1/2 cup ranch dressing
- 1 1/2 teaspoons chipotle seasoning
- Chopped fresh cilantro (optional)

Directions:

Preheat oven to 350° F.

Place flatbreads on a parchment paper-lined sheet pan. Sprinkle cheese on flatbreads, and then add garlic, chicken and tomatoes. Season each flatbread with salt and pepper, to taste.

Bake flatbreads for 16 minutes or until cheese is melted.

In a small bowl, mix ranch dressing and chipotle seasoning.

Drizzle dressing over cooked flatbreads and garnish with fresh cilantro, if desired.

For more recipes, visit Culinary.net.



Wit & Wisdom

“Leaves sway sharp, and through the shadow-swallowed tree-tops the low nocturnal music of the wind makes magic of the vast night.”
—James Oppenheim

“Time flies over us, but leaves its shadow behind.”
—Nathaniel Hawthorne

“The poet is like the Earth’s shadow. The sun moves, and the poet writes something down.”
—Eileen Myles

“Hide not your talents. They for use were made. What’s a sundial in the shade?”
—Benjamin Franklin

“Shadow owes its birth to light.”
—John Gay

“Keep your face to the sunshine and you cannot see a shadow.”
—Helen Keller

“My shadow ... is one way I trace who I was and where I have been. My shadow and I have been on a journey for quite a while now!”
—Angela Cartwright

“Character is like a tree and reputation like a shadow. The shadow is what we think of it; the tree is the real thing.”
—Abraham Lincoln

“Poetry is an echo, asking a shadow to dance.”
—Carl Sandburg

“Hope is like the sun, which, as we journey towards it, casts the shadow of our burden behind us.”
—Samuel Smiles

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Chair Massage Therapy	4	5	6	7
8	Columbus Day 9	10	11	12	13	14 Police Memorial Run Oktoberfest Tampa
15 Oktoberfest Tampa	16	17 Mammography Mobile 7:30 am - 2:30 pm	18 Chair Massage Therapy	19	20	21 Bolt Run Pig Jig
22	23	24	25	26	27	28 Riverwalk Trick or Treat Event
29	30	31 HAPPY HALLOWEEN	<h1>October</h1>			

"This Month In History"

OCTOBER

1925: The National Life and Accident Insurance Company introduces its own radio station, WSM. A little over a month later, the station airs the Barn Dance program, and the Grand Ole Opry is born.

1945: The United Nations is established to maintain international peace and security. The UN took the place of the League of Nations after World War II, going into effect on Oct. 24.

1957: The Brooklyn Dodgers announce that the team is moving to Los Angeles. Although this left many New

Yorkers with broken hearts, the move brought the MLB to the Pacific Coast for the first time.

1968: NASA's Apollo 7 launches humans into space. It was the agency's first manned flight in over a year.

1975: "Live from New York, it's Saturday Night!" George Carlin hosts the first episode of "NBC's Saturday Night." Still on air, the sketch comedy show is now known as "Saturday Night Live" or simply "SNL."

1989: Wayne Gretzky becomes the all-time leading point scorer in the NHL. Surpassing Gordie Howe on Oct. 15, Gretzky still holds this record today with 2,857 points.

1993: Beloved novelist Toni Morrison wins the Nobel Prize in Literature. Receiving the prize for her "visionary force and poetic import," she was the first Black woman to earn this honor.

2014: The podcast boom begins with the debut of "Serial." After only a month, the true-crime series had been downloaded and streamed a record 5 million times.