

## BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

### September 2021

## BANYAN STREET CAPITAL

### PROPERTY MANAGEMENT

813.221.7474

[101eastkennedyhandbook.com](http://101eastkennedyhandbook.com)

Lynn Vilmar - Sr. Property Manager

Karen Mendez - 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



### DOWNTOWN DOLLAR STIMULUS PROGRAM

The Tampa Downtown Partnership will be passing out one-hundred \$10 vouchers in the Bank of America Plaza first floor lobby on Wednesday, September 1, at 11:30 am. Once all the coupons have been distributed, an additional two-hundred vouchers will be given out in Lykes Gaslight Park. The vouchers are good on September 1-2 at participating restaurants. The list of restaurants will be available at the time of distribution. For more details, check out @tampasdowntown on Facebook. Please note, only one coupon per person.



## CORPORATE MASSAGE OF TAMPA

*On-Site Relief for Stress and Pain*

### CORPORATE MASSAGE

Wellness Wednesday has returned to Bank of America Plaza. Corporate Massage of Tampa will be offering customized, on-site Chair Massage Therapy on Wednesday, September 8, from 11:00 am - 3:00 pm in Suite 225. The cost is \$1 per minute plus discretionary gratuity. A 10-15 minute massage is recommended to achieve beneficial results. Relaxing Spa music, Aromatherapy, and Bio Freeze pain relief therapy is included and provided complimentary during your appointment time. Book today. Appointments are first come, first served. To schedule your preferred appointment time, please send an email request to [Stacey@corporatemassagetampa.com](mailto:Stacey@corporatemassagetampa.com).



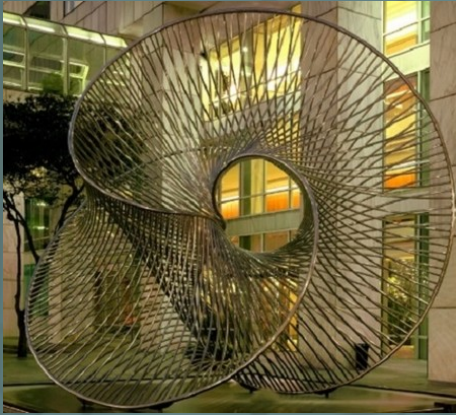
### LABOR DAY HOLIDAY

Bank of America Plaza will be closed on Monday, September 6, in observance of Labor Day.



### LOBBY MUSICIANS

1 ..... Lorna Anderson, piano  
8 ..... Boris Lebedinsky, guitar  
15 ..... Lloyd Burry, piano  
22, 29 ..... Maria Laude, piano



**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
- McNatt's Dry Cleaners
- 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



TRENAM .....	35 yrs
The Tampa Club .....	34 yrs
Bernstein .....	17 yrs
Greenberg Traurig .....	6 yrs
RT Specialty .....	5 yrs



**HAPPY FALL**

The first day of fall is Wednesday, September 22.



The OnSpot Dermatology Mobile will be at Bank of America Plaza on Wednesday, September 22, from 8:00 am - 4:00 pm.

- Services include skin cancer exams, psoriasis & eczema treatments, Botox® & fillers, Mohs surgery and more.
- 3 private exam rooms with virus-killing UVC lighting and HEPA-UVC air filters for COVID-19 prevention.
- Major insurance accepted, including Medicaid and Medicare.

To schedule an appointment, please call 877-2-ONSPOT.



**HEALTH AND WELLNESS GIFT BASKET WINNER**

Congratulations to Erin Aebel with Trenam, Suite 2700. To incorporate wellness into her daily routine, Erin wears a fitness tracker to get her 10,000 steps a day, attends weekly strength training classes, and includes fruit and veggies in her daily diet.



The 10th Annual Chick-fil-A Fall Stampede 10K Run, 5K Run & 1 Mile Family Fun Walk to benefit the Children's Cancer Center is Saturday, September 11, at Amalie Arena. Round up your herd this September during Childhood Cancer Center Awareness Month to make an immediate difference in the lives of local children and families battling pediatric cancer. For more information and/or to register, please go to [www.runsignup.com](http://www.runsignup.com).





### More Than a Happy Meal

The McDonald's Happy Meal means more than a burger and a toy these days. Saving endangered animals, such as wild pandas, and finding solutions to improve ecology are now on the menu at the fast-food empire's European wing.

In Europe, McDonald's launched an Endangered Animals Happy Meal. On the Happy Meal box is information to make people aware of endangered animals and their habitats, including the wild panda, one of the world's most-threatened species. McDonald's has joined an effort to save the pandas, helping researchers purchase cameras, which are placed in remote areas to track the animals.

As for its European packaging, 80 percent of McDonald's materials are made from 100 percent renewable resources. That includes the packaging and toys that come from the Endangered Animal Happy Meal box. McDonald's, according to the EPA, has spent as much as \$355 million in a year for recycled-content products worldwide.



## What's Cooking

### Bacon-Wrapped Jalapeno Poppers

Spice up game day or movie night with this tasty finger food.

#### Ingredients:

- 2 packages thick-sliced bacon, slices cut in half
- 1 package ready-made refrigerated mashed potatoes, cheese flavored
- 1 package garlic and herb cheese spread
- 20 jalapeno peppers, halved and seeded, membranes removed
- 1/4 cup brown sugar
- 1 teaspoon ground cayenne pepper

#### Directions:

Heat oven to 400° F. Set out bacon so it warms to room temperature.

In a mixing bowl, stir together mashed potatoes and cheese spread. Spread 1 tablespoon of the mixture into each jalapeno half.

Next, wrap each jalapeno with 2 to 3 bacon slices, then place on a lined baking sheet.

In a small bowl, combine sugar and cayenne pepper. Sprinkle the mix over each wrapped jalapeno.

Bake 25 to 35 minutes, until bacon is crispy. Let cool for 5 minutes.

*Find more recipes at [Culinary.net](http://Culinary.net).*



### Wit & Wisdom

"It's only through listening that you learn."

—Drew Barrymore

"Learning is a treasure that will follow its owner everywhere."

—Chinese proverb

"When you make mistakes and you recover from them and you treat them as valuable learning experiences, then you've got something to share."

—Steve Harvey

"I'm a very strong believer in listening and learning from others."

—Ruth Bader Ginsburg

"I never learn anything talking. I only learn things when I ask questions."

—Lou Holtz

"This life is a process of learning."

—Lauryn Hill

"The beautiful thing about learning is that nobody can take it away from you."

—B.B. King

"Every relationship you have, you're learning and growing and taking something from that."

—Blake Lively

"I feel the older I get, the more I'm learning to handle life. Being on this quest for a long time, it's all about finding yourself."

—Ringo Starr

"I am learning all the time. The tombstone will be my diploma."

—Eartha Kitt

## September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September			1 Lorna Anderson 11:30 - 1:30	2	3	4
5	6 HAPPY LABOR DAY!	7	8 Corporate Massage 11:00 - 3:00 Boris Lebedinsky 11:30 - 1:30	9	10	11 Patriot Day
12 National Grandparents Day	13	14	15 Lloyd Burry 11:30 - 1:30	16	17	18
19	20	21	22 Derma Mobile 8:00 - 4:00 Maria Laude 11:30 - 1:30	23	24 	25
26	27	28	29 Maria Laude 11:30 - 1:30	30		

# "This Month In History"

## SEPTEMBER

**1919:** Crowds gather in New York City to welcome home Gen. John J. Pershing and 25,000 soldiers of the American Expeditionary Forces who fought in World War I.

**1949:** The Ladies Professional Golf Association is formed with 13 founding players.

**1953:** With 32 lanes, the world's first four-level highway interchange opens in Los Angeles. Half a million vehicles travel it every day.

**1969:** "Ruh-roh!" The Saturday morning cartoon lineup gets a new addition when the mystery-comedy series "Scooby-Doo, Where Are You!" premieres.

**1978:** After years of lobbying, National Grandparents Day is officially observed for the first time.

**1985:** An American-French expedition locates the wreckage of the long-lost sunken ocean liner Titanic off the coast of Newfoundland, Canada.

**1998:** Internet search engine Google is founded.

**2008:** After its move to Oklahoma City, the NBA team the Seattle SuperSonics is renamed the Thunder.

**2020:** Sales stats show that music fans are buying more vinyl records, outselling CDs for the first time in decades.