

BANK OF AMERICA

PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

September 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



CRISTO REY HIGH SCHOOL

Bank of America Plaza welcomes Cristo Rey High School student Yazmin Barrios to the Cristo Rey Corporate Work Study Program in partnership with Banyan Street Capital. Through the program, students receive a private, college preparatory education, while gaining invaluable real-world work experience from leading corporations and non-profit organizations in the Tampa Bay area. Students work five full days each month with the school's Partners, who are committed to enriching the lives of the students via coaching, mentoring, and supervision. This distinctive approach to education equips students with the knowledge and skills to transform their lives through rigorous academics, four years of work experience, and support to and through college.



**Easy vaccinations.
Zero frustrations.**

A Publix immunizer will be on-site to offer vaccines for flu, shingles, pneumococcal, and more on

**September 27, 2023
11:30am - 1:30pm
Location: Suite 225**



Pharmacy

FLU SHOT CLINIC

Bank of America Plaza will host a Publix Flu Shot Clinic September 27th from 11:30 am - 1:30 pm in the Tenant Conference Center, Suite 225.



September 7th at 6:30 pm in CHP.



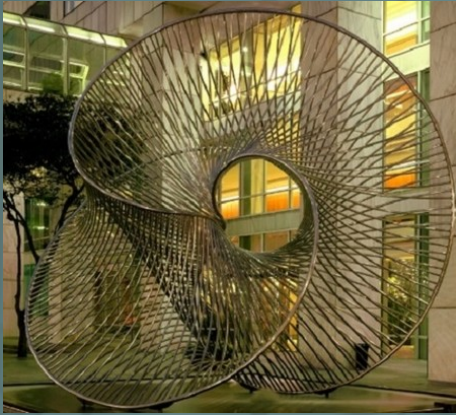
HAPPY ANNIVERSARY

TRENAM	36 yrs
The Tampa Club	33 yrs
Capco	12 yrs
Greenberg Traurig	8 yrs



LABOR DAY HOLIDAY

Bank of America Plaza will be closed on Monday, September 4th, in observance of Labor Day.



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

Sharon Nolan won the Health & Wellness Gift Basket. Sharon works at Black Diamond, Suite 2100.



WE BRING DERMATOLOGY TO YOU

Services

- Skin cancer exams
- Mole & lesion removal
- Eczema and psoriasis treatment
- Botox® and fillers
- And more!

Appointments Recommended

Services

- +** **Full Service**
OnSpot is able to diagnose and treat patients
- \$** **In-Network**
Most major insurances accepted
- #1** **#1 Rated Practice**
OnSpot is the #1 rated dermatology practice in Florida
- +** **Convenient**
Travels directly to you!

Coming to
Bank of America Plaza
101 E. Kennedy Blvd., Tampa 33602
7:30am - 3:00pm
Tuesday, September 26, 2023

(941) 444-0011 | onspotdermatology.com/bofa

DERMATOLOGY MOBILE

The Dermatology Mobile will be at Bank of America Plaza on September 26th from 7:30 am - 3:00 pm. Appointments are recommended.

oneblood

Share your power.

BLOOD DRIVE

Bank of America Plaza will have a Blood Drive on September 13th 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 offer customized on-site Chair Massage Therapy on September 20th from 11:00 am - 3:00 pm in Suite 225.

FALL FAMILY FEST

SATURDAY SEPTEMBER 23RD, FROM 11AM TO 3PM

@ WATER WORKS PARK

INTERACTIVE EXHIBITS, VENDORS, FAMILY RESOURCES, GAMES, FOOD TRUCKS, CHARACTER VISITS, ENTERTAINMENT, GIVEAWAYS & MUCH MORE!

WWW.TAMPABAYHOMSGROUP.COM/FALLFAMILYFEST
ORGANIZED & HOSTED BY

FAMILY FALL FEST

FREE FUN FOR THE WHOLE FAMILY! Come and celebrate the start of Fall in Tampa Bay at the Family Fall Fest on Saturday, September 23rd, from 11:00 am - 3:00 pm in Water Works Park. This year's event will feature local businesses and family resources providing interactive exhibits for guests, giveaways, swag bags and more! Plus great food and entertainment makes this a great way to spend the day. Admission for all guests is free.



90s CON

90s Con is bringing retro fun to The Tampa Bay Convention Center September 15 - 17. For more information, please go to thats4entertainment.com.



BATTERY RECYCLING

All batteries, whether for your phone, camera, or flashlight, contain toxic heavy metals that are a dangerous source of pollution when they get into the landfill. Please make sure that you never throw batteries away in the trash. Bank of America Plaza has a battery recycling bin located in the 3rd floor mailroom.



Sweet Potato Taquitos

Try this twist on PB&J!

Ingredients:

- 1 large sweet potato, peeled and cubed (about 1 cup)
- 1 tablespoon olive oil
- 1/2 cup nut butter
- 8 small flour tortillas
- 1 cup blueberries
- 1 cup raspberries
- Cooking spray

Directions:

Preheat oven to 400° F.

Toss sweet potato cubes in olive oil. Arrange potatoes in a single layer on a baking sheet and roast for 25 to 30 minutes, flipping halfway through. Place cooked potatoes and nut butter in a medium bowl. Stir to combine.

Add a large spoonful or two of the potato mixture to each tortilla, followed by some blueberries and raspberries. Roll each tortilla tightly.

Spray a large skillet with cooking spray and heat on medium. Place rolled tortillas seam-side down in the skillet and spray more oil over the tops—keep spray contained to inside the pan. Cook taquitos until lightly browned, about 2 minutes per side.

Tips:

- Leave the skin on the sweet potatoes for added nutrition.
- Switch up the berries for a personalized flavor.
- Use an air fryer to save time: Roast the potatoes for 10 minutes and cook the assembled taquitos for 6 minutes!

For more recipes, visit HealthyFamilyProject.com.



Wit & Wisdom

“The larger the island of knowledge, the longer the shoreline of wonder.”

—Ralph W. Sockman

“Without knowledge action is useless, and knowledge without action is futile.”

—Abu Bakr

“To acquire knowledge, one must study; but to acquire wisdom, one must observe.”

—Marilyn vos Savant

“What is research but a blind date with knowledge?”

—Will Harvey

“Some people drink from the fountain of knowledge, others just gargle.”

—Robert Anthony

“Be curious always!

For knowledge will not acquire you; you must acquire it.”

—Sudie Back

“They say a little knowledge is a dangerous thing, but it’s not one half so bad as a lot of ignorance.”

—Terry Pratchett

“Knowledge comes, but wisdom lingers.”

—Alfred Lord Tennyson

“Pull and Push are inscribed on the doors of the Temple of Knowledge.”

—James Lendall Basford

“In your thirst for knowledge, be sure not to drown in all the information.”

—Anthony J. D’Angelo

“Any increase in knowledge anywhere helps pave the way for an increase in knowledge everywhere.”

—Isaac Asimov

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>					1	2
3	4 Labor Day	5	6	7	8	9
10	11	12	13 Blood Drive 10:00 am - 3:00 pm	14	15	16 90s Con
17 90s Con	18	19	20 Chair Massage Therapy 11:00 am - 3:00 pm	21	22	23 Fall Family Fest 11:00 am - 3:00 pm
24	25	26 Dermatology Mobile 7:30 am - 3:00 pm	27 Flu Shot Clinic 11:30 am - 1:30 pm	28	29	30

"This Month In History"

SEPTEMBER

1916: The British Army uses the offensive tank in battle for the first time amidst World War I. Ushering in a new era of mechanical warfare, the tanks were unrefined and unreliable during their first battles.

1931: The weekly broadcast "15 Minutes With Bing Crosby" debuts, launching the iconic career of the multimedia superstar.

1947: The U.S. Air Force becomes an official branch of the Armed Forces. The Air Force is the second-youngest branch, just ahead of the Space Force, which was established in 2019.

1956: Play-Doh is marketed and sold as a child's toy for the first time! Originally, it was used to remove soot marks from wallpaper.

1960: The first televised debate between two presidential candidates occurs, with John F. Kennedy and Richard Nixon discussing domestic concerns.

1979: ESPN airs their first broadcast, "SportsCenter." The sports news show remains the network's flagship program, with segments playing multiple times a day.

1986: The House of Representatives votes "aye" on the rose resolution. By the end of the year, President Ronald Reagan would declare the rose the national flower of America.

2020: Norman Lear is the oldest person to ever win an Emmy. First setting the record in 2019, the TV writer and producer surpassed himself the next year, when he won an Emmy for outstanding variety special at age 98.