



August 2026

BANYAN STREET CAPITAL

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Celebrating Older Adults

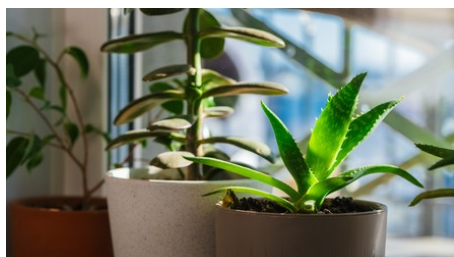
National Senior Citizens Day on Aug. 21 celebrates older generations and their contributions to their families, communities and country. More than 60 million adults in the U.S. are 65 and older, representing nearly 20% of the general population.



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Succulent Survival Tips

Hardy succulents, which store water in their leaves and stems, can survive just about anything—except the indoors, unless you're careful. These three tips can help keep your succulents alive and well, even in air-conditioning.

Go green. Green succulents like aloe vera, crassula and haworthia tend to fare better indoors than their brightly colored cousins.

Watch the water. Too much water will kill succulents, so it's important to keep plants in well-draining pots. Water about once a week, unless the soil is still moist.

Stay sunny. Succulents love the sunlight, so try to keep your plant on a windowsill or in the best-lit place in your home.

A Tall Glass of Coconut Water

Coconut water, sometimes called "nature's sports drink," is full of electrolytes and minerals necessary to staying hydrated. Here are three coconut water "courses" for a hot summer day.

Morning. Start your day right with a green juice made of coconut water, spinach, lemon juice and ginger, blended with ice.

Afternoon. Take a break with lemonade made from coconut water mixed with lemon juice, mint, honey and ice.

Night. Add your favorite frozen or fresh fruits, coconut water and ice to a blender for a delicious cooling dessert.



August by the Numbers

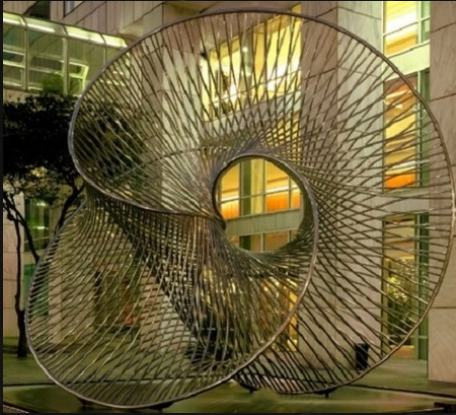
12. The number of lighthouses in the United States in 1776. Aug. 7 is National Lighthouse Day, when many of the approximately 700 lighthouses standing today are open for tours.

135. Chapters in "Moby-Dick," the epic novel by Herman Melville, who was born Aug. 1, 1819.

Save on Supplies

This time of year brings back-to-school sales. Take advantage of seasonal deals to refill your supply of pens, buy a new pair of scissors or replace a worn backpack since these and other office essentials are usually discounted.

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Spread Sunshine

"Those who bring sunshine into the lives of others cannot keep it from themselves." —James Matthew Barrie



Focus on Photography

Celebrate World Photography Day on Aug. 19 with these snapshots of influential photographers.

Ansel Adams (1902-1984). In the early 20th century, a bright San Francisco boy with a crooked nose struggled in school. By the age of 14, the young Adams had traded the classroom for the wild nature of California, spending summers in Yosemite Valley. He became a Sierra Club member as a teen, where his passion for photography bloomed into

an influential commercial and artistic career, eventually earning him the Presidential Medal of Freedom.

Gordon Parks (1912-2006). Born in Kansas during segregation, Parks was a young man when he recognized the power of a camera to effect change. Parks was a magazine photographer and captured acclaimed pictures of the civil rights movement and the lives of African Americans. Parks was also an author, filmmaker, composer and painter.

Mick Rock (1948-2021). "The man who shot the seventies" framed some of the most famous names in rock and roll—including David Bowie, Queen and Blondie—throughout several decades. Some of his works are in the National Portrait Gallery in London, and many more live on as iconic album art.

A Beginner's Guide to Vintage Ephemera

Vintage ephemera is one of the hottest trends in crafting, collecting and decorating. Ephemera, originating from the ancient Greek for "lasting only a day," describes antique items that were originally meant to be disposable (think business cards, receipts or even seed packets) that have become valuable with age. Collectible ephemera ranges from antique (more than 100 years old) to more recent vintage (more than 20 years old).

Plenty of online stores sell genuine ephemera and reproductions. For a more hands-on experience, collectors can search for treasures in antique malls, flea markets and estate sales. Thrift stores can be a budget-friendly alternative since many carry old magazines, books and stationery.

These beginner-friendly projects

are a perfect opportunity to make use of vintage ephemera finds:

Greeting cards. A homemade card with ephemera becomes a keepsake. For a birthday card to a plant lover, glue vintage seed packets and botanical prints to paper, and then add a heartfelt handwritten wish.

Home décor. Add an elegant, whimsical touch to your surroundings by framing an especially interesting ephemera find, such as a vintage playbill or handwritten letter.





A Spider's Lesson

Many attribute the old adage, "If at first you don't succeed, try, try and try again," to the first Scottish king, Robert the Bruce. After being defeated in battle fighting for Scotland's independence in the 14th century, Bruce hid in a cave, where he witnessed a spider trying, failing and trying again at making a web until it had just one silk thread to build from. The experience became a powerful analogy Bruce used to rally troops and secure a victory despite being outnumbered nearly two to one.

Written records of the famous proverb came more than 300 years later in British poet William Edward Hickson's "The Singing Master" and American educator T.H. Palmer's teacher's manual.

Farmers' Market Month

August is Farmers' Market Month. Celebrate crops produced throughout the U.S. with a look at these two important farming regions:

Breadbasket. The Great Plains is famous for its prolific grain and corn crops.

Salad Bowl. In the West, regions including Yuma, Ariz., and the Salinas Valley of California grow most of the country's lettuce and leafy greens all year.

Featured Recipe



Frozen Banana Split Cups

Serve these tasty bites as a mini dessert or a quick grab-and-go treat.

Ingredients:

- 2/3 cup chocolate chips, milk or dark chocolate
- 2 teaspoons vegetable oil
- 1 ripe banana, peeled and thinly sliced
- 3 strawberries, hulled and thinly sliced
- 2 tablespoons chopped roasted peanuts

Directions:

Line a 12-cup mini muffin tin with mini cupcake liners.

In a small, microwave-safe bowl, heat chocolate chips in microwave on high for 1 minute, or until melted, stirring every 20 seconds. Stir in oil.

Fill cupcake liners with half of chocolate mixture, then top each with 1 banana slice and 1 strawberry slice. Fill cups with remaining chocolate mixture and sprinkle each cup with peanuts.

Freeze for at least 1 hour. Store leftovers in an airtight container.

Find more recipes at Dole.com.



Wit & Wisdom

"Hope is like the sun, which, as we journey toward it, casts the shadow of our burden behind us."

—Samuel Smiles

"How glorious a greeting the sun gives the mountains!"

—John Muir

"The sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."

—Galileo Galilei

"The sun lay like a friendly arm across her shoulder."

—Marjorie Kinnan Rawlings

"We sleep, but the loom of life never stops, and the pattern which was weaving when the sun went down is weaving when it comes up in the morning."

—Henry Ward Beecher

"At rest, however, in the middle of everything is the sun."

—Nicolaus Copernicus

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead."

—Louisa May Alcott

"Remember even though the outside world might be raining, if you keep on smiling the sun will soon show its face and smile back at you."

—Anna Lee

"Humans are natural-born scientists.

When we're born, we want to know why the stars shine. We want to know why the sun rises."

—Michio Kaku

August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>August</i>						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27 	28	29

"This Month In History" AUGUST

1926: 19-year-old Gertrude Ederle becomes the first woman to successfully swim the English Channel. Her time of 14 hours and 31 minutes beat the existing men's world record by nearly two hours.

1938: Hollywood dance duo Fred Astaire and Ginger Rogers are featured on the cover of Life magazine.

1964: "A Hard Day's Night," the Beatles first feature movie, debuts in the U.S.

1962: Little Eva travels to the top of the pop music chart with the hit song "Loco-Motion" and inspires a dance craze.

1975: The first nighttime match is played under lights at the U.S. Open tennis tournament in New York City.

1990: The largest and best-preserved Tyrannosaurus rex skeleton ever found is discovered in South Dakota. The 65 million-year-old dinosaur specimen is on display at Chicago's Field Museum.

2015: Facebook hits a milestone, reporting that 1 billion people logged on to the social networking website in a single day. As of August 2025, more than 2 billion people use Facebook daily.