



**April 2020**

**PROPERTY MANAGEMENT**

813.221.7474

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

Lynn Vilmar - Sr. Property Manager

Karen Mendez - Property Manager

David Arscott - Chief Building Engineer

Jennifer Bautista - Admin Assistant

Mary Anne Quigley - Concierge

**CBRE LEASING TEAM**

Philip Weber

Barry Hanerfeld

**BANYAN STREET**  
CAPITAL

# BANK OF AMERICA PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602



**Famous Firsts: Earth Day**

Protect our planet. That was the simple message of the estimated 20 million people across the nation who took part in the first Earth Day, April 22, 1970. The national day focusing on the environment was the idea of U.S. Sen. Gaylord Nelson of Wisconsin, and today, it is an annual worldwide observance with nearly 200 countries participating.

**EARTH DAY GIFT BASKET**

This month's gift basket drawing will be in honor of the 50th anniversary of Earth Day. Please go to <https://cp.axisportal.com> to register to win. Good luck!



**EARTH DAY SEED PACKETS**

In celebration of Earth Day, Bank of America Plaza will be handing out flower seed packets in the lobby.

**Thank a Tree**

Breathe easy on National Arbor Day, the last Friday in April: One large tree provides a day's supply of oxygen for up to four people.



**HAPPY EASTER**

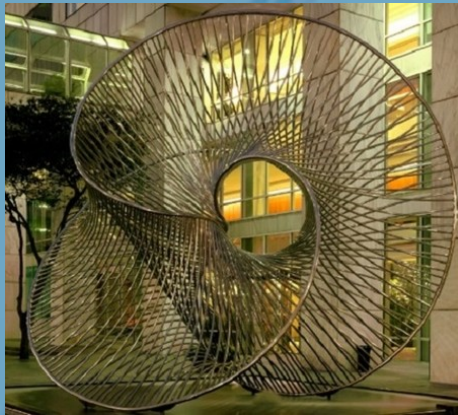
Easter is Sunday, April 12th.  
Happy Easter from Banyan Street Capital.



**LOBBY MUSICIANS**

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

**FOLLOW US ON FACEBOOK & TWITTER**



### 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

ARC Document Solutions  
Designing Eyes  
European Wax  
GenX Tavern  
Hotel Bar  
The Pint & Brew  
Tropical Smoothie



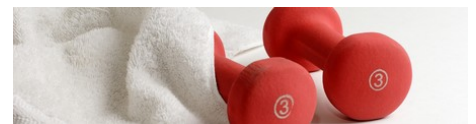
### WELLNESS WEDNESDAY

Feeling a little tense? Corporate Massage of Tampa will be at Bank of America Plaza on Wednesday, April 22nd, from 11:00 am - 3:00 pm in Suite 225 offering customized, on-site Chair Massage Therapy. The cost is \$1 per minute, for as long as you like (plus discretionary gratuity). Relaxing spa music, Aromatherapy, and Bio Freeze pain relief therapy is included and provided complimentary during your appointment time. To request your preferred appointment time, please send an email to [stacey@corporatemassagetampa.com](mailto:stacey@corporatemassagetampa.com).



### STORK PARKING

If you are an expectant mother in your third trimester and have monthly parking garage privileges, you are eligible for Stork Parking. Call the parking garage office at 221-7477 for more information.



### FITNESS CENTER

There is no membership fee to join the Fitness Center. Sign up today!



### Paper or Plastic?

If you forget your reusable shopping bags at the grocery store, you can still do your part to help the environment. Save the grocery store bags for later use. Paper sacks can hold newspaper, glass and plastic items until you're ready to drop them off at a recycling bin—don't forget to recycle the sacks, too. Plastic bags can have a second life as trash bags or packing material. Some stores will recycle returned plastic bags; look for labeled bins near the store entrance.



### TICKETS AT WORK

TicketsatWork is the leading Corporate Entertainment Benefits provider, offering exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more. This unique benefit is offered to all Bank of America Plaza tenants. Go to [ticketsatwork.com](http://ticketsatwork.com) and sign up using company code: BoaPlaza.





Lauro Law Firm .....	26 yrs
Tom Rankin .....	23 yrs
Yerrid Law Firm .....	23 yrs
Esquire Depo .....	21 yrs
Quarles & Brady .....	10 yrs
Clean Earth Systems .....	1 yr
GenX Tavern .....	1 yr

## FIGHT FOR AIR CLIMB

### ALA STAIRCLIMB

The ALA Stairclimb has been postponed until further notice. Please visit [lung.org](http://lung.org) for more information.



### Spring Scents

From blooming flowers to fresh-cut grass, the scents of spring are in the air now. Studies show that getting a whiff of these aromas can make you feel calm and happy.



## One Minute Chef

### Breakfast Casserole

#### Ingredients:

- Nonstick cooking spray
- 3 cups frozen shredded hash browns, thawed
- 3/4 cup shredded Monterey Jack cheese
- 1 cup diced cooked ham, breakfast sausage or Canadian bacon
- 2 green onions, sliced
- 4 eggs, beaten
- 1 1/2 cups milk
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper
- 2 jalapenos, seeded and chopped

#### Directions:

Heat oven to 350° F.

Coat a 2-quart square baking dish with nonstick cooking spray. Arrange hash browns evenly in the bottom of the dish. Sprinkle cheese, meat and green onions over hash browns.

In a bowl, combine eggs, milk, salt, pepper and jalapenos. Pour egg mixture over hash brown mixture.

Bake, uncovered, 50 to 55 minutes or until a knife inserted near the center comes out clean.

Let stand 5 minutes before serving.

Find more recipes at  
[www.BHG.com/recipes](http://www.BHG.com/recipes).



### Wit & Wisdom

"Life isn't about waiting for the storm to pass; it's about learning to dance in the rain."

—Vivian Greene

"There are shortcuts to happiness, and dancing is one of them."

—Vicki Baum

"The beauty of dance is being a part of something that is all you, from creation to performance."

—Misty Copeland

"Life is short and there will always be dirty dishes, so let's dance."

—James Howe

"To watch us dance is to hear our hearts speak."

—Hopi proverb

"The only way to make sense out of change is to plunge into it, move with it, and join the dance."

—Alan Watts

"Dancing is creating a sculpture that is visible only for a moment."

—Erol Ozan

"Every day brings a chance for you to draw in a breath, kick off your shoes, and dance."

—Oprah Winfrey

"Let us read, and let us dance; these two amusements will never do any harm to the world."

—Voltaire

"Any kind of dancing is better than no dancing at all."

—Lynda Barry

## April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Maria Laude 11:30 - 1:30	2	3	4
5	6	7	8 Boris Lebedinsky 11:30 - 1:30	9	10 	11
12 Easter Day	13	14	15 Tax Day Lloyd Burry 11:30 - 1:00	16	17	18
19	20 	21	22 Earth Day Lorna Anderson 11:30 - 1:30 Massage Chair Therapy 11:00 - 3:00	23	24	25
26	27	28	29 Maria Laude 11:30 - 1:30	30		



**LOCAL events**  
explore | go | enjoy

### April 2020

**Through April 26**  
**"Explore the Vaults: Visions of France"**  
 Museum of Fine Arts  
 St. Petersburg  
[www.MFAStPete.org](http://www.MFAStPete.org)

**April 4**  
**Trevor Hall and Brett Dennen**  
 Jannus Live  
 St. Petersburg  
[www.JannusLive.com](http://www.JannusLive.com)

**April 11**  
**Patton Oswalt**  
 Bilheimer Capitol Theatre  
 Clearwater  
[www.RuthEckerdHall.com](http://www.RuthEckerdHall.com)

**April 15-May 17**  
**"Footloose: The Musical"**  
 Demens Landing Park  
 St. Petersburg  
[www.AmericanStage.org](http://www.AmericanStage.org)

**April 23-26**  
**"Singin' in the Rain Jr."**  
 Straz Center for the Performing Arts  
[www.StrazCenter.org](http://www.StrazCenter.org)

**April 27-29**  
**Tampa Bay Rays vs. Cleveland Indians**  
 Tropicana Field  
 St. Petersburg  
[www.MLB.com/rays](http://www.MLB.com/rays)

**Tampa**

Events, dates and venues are subject to change.