



May 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



**CITY OF TAMPA WEBSITE**

Stay informed. For continued updates on city mandates regarding Covid-19, please go to the City of Tampa website at [tampagov.net](http://tampagov.net). For emergency alerts text TAMPAREADY or TAMPALISTA to 888-777. Text TAMPABIZ to 888-777 for business resources and updates. A list of impacted Events and Programs status is also available on the City website. Let's remember we're all in this together.



**Reduce, Reuse, Recycle**

Many stores have bins where customers can return plastic bags for recycling. But did you know that other types of plastic packaging can also be recycled? Most drop-off sites accept polyethylene film, including bread bags, produce bags, dry cleaning bags with the staples removed, deflated air pillows from shipping boxes, and the plastic wrap that covers packs of paper towels and cases of water bottles. Make sure what you place in the bins is clean and dry. The plastic is melted down and turned into pellets, which are used to make something new.



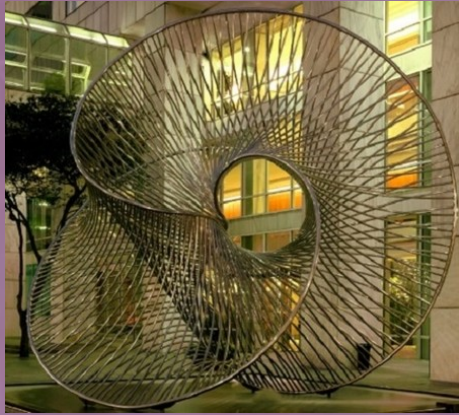
**HAPPY ANNIVERSARY**

- Ford & Harrison ..... 22 years
- Essex Capital Group ..... 8 years
- NJR ..... 7 years
- Wagner Law Group ..... 5 years



**MEMORIAL DAY**

Bank of America Plaza will be closed on Monday, May 25th in observance of Memorial Day.



### 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



### GIFT BASKET WINNER

Congratulations to Lisa Murfield of Hill Ward Henderson. She was the winner of the St. Patrick's Day Gift Basket.



### Word for May: Remembrance

Whether by accident or design, the next 31 days are filled with opportunities to recognize those who've sacrificed for the greater good. At [www.M-W.com](http://www.M-W.com), it defines remembrance as "something that serves to keep in or bring to mind," and May delivers on that premise with Mother's Day, Armed Forces Day and Memorial Day. Both groups—mothers and military men and women—give of themselves so that we may live protected and free. Let us all remember the importance of their contributions this month and beyond.



### WAYS TO PRACTICE MINDFULNESS

Try some of these mindfulness techniques:

- Practice deep breathing. Inhale slowly through your nose for three seconds, hold for one second, then exhale slowly for four seconds.
- Listen to music that makes you feel calm.
- Put on a favorite scented lotion or cologne. Close your eyes and take a few moments to simply

experience the fragrance.

- Enjoy nature—even from indoors. Look out your window to study birds and plants. Notice as much detail as you can. Or look at a nature photo from a book or the internet and gaze at it peacefully.

- Get creative. Many artistic hobbies, including coloring, needlework and carving, are meditative in nature, especially when you focus on the repetitive movement of your fingers and hands.

- Set aside specific times of the day to read a meaningful poem, quotation, mantra or prayer.

- Download a free guided meditation app. Search "meditation" in your device's app store to see available options.





## HAPPY MOTHER'S DAY

**Things my mother taught me:**

**Consequences:** "If you fall out of that tree and break your neck, you can't go to the store with me."

**Genealogy:** "Do you think you were born in a barn?"

**Weather:** "Your room looks like a tornado hit it."

**Wisdom:** "When you get to be my age, you'll understand."

**Anticipation:** "Just wait until your father gets home."

**Conservation:** "Shut the door. Are you trying to heat the whole neighborhood?"

**First aid:** "When that lawn mower cuts off your toes, don't come running to me."

**Logic:** "Because I said so, that's why."

**The circle of life:** "I brought you into this world, and I can take you out."

**Justice:** "One day you will have children, and I hope they turn out just like you."



# One Minute Chef

## Pecan-Topped Raspberry Cake

### Ingredients:

- 3/4 cup granulated sugar, plus 1 tablespoon, divided
- 1/2 cup unsalted butter, softened
- 2 eggs
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla
- 1 bag (12 ounces) frozen raspberries
- 1 tablespoon lemon juice
- 1 teaspoon cinnamon
- 1/2 cup chopped pecans
- Whipped cream

### Directions:

Heat oven to 350° F. Grease a 9-inch round baking pan.

In a bowl, cream 3/4 cup sugar and butter. Add eggs, one at a time, and beat until well incorporated. Add flour, baking powder and vanilla; beat well.

Pour batter evenly into pan. Place frozen raspberries on top of batter. Mix 1 tablespoon sugar, lemon juice, cinnamon and pecans. Sprinkle on top of raspberries.

Bake about 1 hour. Remove from oven and let cool.

Serve with whipped cream.

Find more recipes at  
[www.RedRazz.org](http://www.RedRazz.org).



### Wit & Wisdom

"There is nothing as sincere as a mother's kiss."

—Saleem Sharma

"Mother's love is peace. It need not be acquired, it need not be deserved."

—Erich Fromm

"Being a mother is learning about strengths you didn't know you had."

—Linda Wooten

"It may be possible to gild pure gold, but who can make his mother more beautiful?"

—Mahatma Gandhi

"Youth fades; love droops; the leaves of friendship fall: A mother's secret hope outlives them all."

—Oliver Wendell Holmes Sr.

"The natural state of motherhood is unselfishness."

—Jessica Lange

"There's no way to be a perfect mother and a million ways to be a good one."

—Jill Churchill

"A mother is a person who seeing there are only four pieces of pie for five people, promptly announces she never did care for pie."

—Tenneva Jordan


"When you look at your mother, you are looking at the purest love you will ever know."

—Mitch Albom

"When your mother asks, 'Do you want a piece of advice?' it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway."

—Erma Bombeck

## May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					May Day 1	2
3	4	5	6	7		9
Mother's Day 10	11	12	13	14	15	16
17	18		20	21	22	23
24/31	Memorial Day 25	26	27	28	29	30

## "This Month In History"

### MAY

**1900:** Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

**1916:** The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

**1927:** Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

**1932:** Comedian Jack Benny's first radio show is broadcast.

**1942:** The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

**1952:** Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

**1961:** Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

**1971:** The NPR radio program "All Things Considered" premieres.

**1991:** Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

**2004:** At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

**2014:** The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

**2017:** "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.