

BANK OF AMERICA PLAZA

101 E Kennedy Blvd. • Tampa, FL 33602

July 2020

BANYAN STREET
CAPITAL

PROPERTY MANAGEMENT

813.221.7474

101eastkennedyhandbook.com

Lynn Vilmar - Sr. Property Manager

Karen Mendez - Property Manager

David Arscott - Chief Building Engineer

Jennifer Bautista - Admin Assistant

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CBRE LEASING TEAM

Philip Weber

Barry Hanerfeld



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AWARDS

Excellence in Building Management



HAPPY FOURTH OF JULY!

This month, we celebrate our nation's birthday. With the signing of the Declaration of Independence, our forefathers began a series of events that resulted in the freedom and prosperity we treasure today. Celebrate Independence Day in downtown Tampa along the Hillsborough River. It is an afternoon of fun activities for the entire family followed by an amazing fireworks display. Go to tampagov.net/events for more information. Wherever you celebrate please have a happy and safe Independence Day!



BUILDING PROTOCOL

In Bank of America Plaza's continuing efforts to maintain tenant safety:

* Engineering will not be responding to non-emergency work order requests in person. Please log your requests (building or janitorial related) in the building work order system and they will be addressed on a case by case basis.

* Inspections of a non-emergency nature in your suite will remain suspended. Management will not be accepting guests in the management office but are readily available to take your calls and emails.

* The Fitness Center, Conference Facility and Tenant Lounge will remain closed at this time.



BLOOD DRIVE

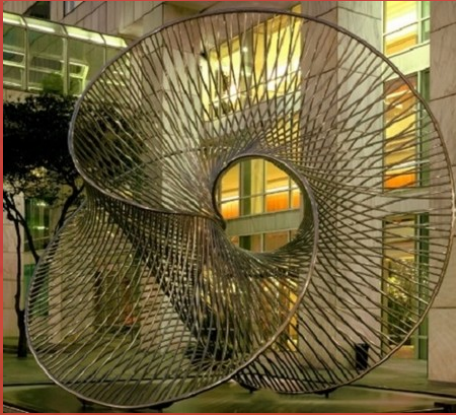
Thank you to all those who donated blood to our June blood drive. Your donations are saving lives!



LOBBY MUSICIANS

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

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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



HOPE IS HERE

BACK TO SCHOOL SUPPLIES

Bank of America Plaza will have a Metropolitan Ministries virtual Backpacks of Hope school supply drive. Your donations will ensure every child is prepared for the school year. Help make an immediate impact. Go to yougivegoods.com/drive-11717. Thank you for your generosity.



HAPPY ANNIVERSARY

Grant Thornton	26 yrs
Shumaker, Loop & Kendrick	25 yrs
Designing Eyes	14 yrs
Tropical Smoothie	10 yrs
CBRE	8 yrs
HFF	8 yrs
Caffe Fresco Marketplace	4 yrs
Helios	3 yrs
Pint & Brew	2 yrs



ALERT TAMPA - GET CONNECTED

The City of Tampa wants to make sure you're in the know when you're on the go! Receive vital updates when a hurricane is threatening our city or about crime trends in your neighborhood. Sign up now at Tampagov.net/AlertTampa



Reduce, Reuse, Recycle: Try the Conversionator

Recycling facts are fun when you go to:

www.nrc-recycle.org/recyclingcalculator.aspx

Drag and drop an item into the "loopy" machine, and it will reward you with some fascinating statistics about how recycling saves our world. It even includes a calculator so you can add up your own recycling numbers and discover your positive impact on the planet.



Dress Up Your Drinking Water

Consuming enough water ensures that our bodies function properly, and hydration is especially important during hot summer months. Plain water, however, can be a bit boring. Here are some simple and creative ways to boost your daily water consumption.

Upgrade your ice cubes. Add chopped berries, mint or cucumber to water in an ice cube tray and freeze. You can also make ice cubes out of fruit juice, or freeze orange slices and use them as ice cubes.

Flavor with fresh fruit. Fruit is an excellent addition to water because it provides natural sweetness plus vitamins and minerals. Crush some raspberries, blueberries, mango or watermelon in the bottom of your glass, then add water.

Switch to sparkling. Sparkling water is a fun alternative to plain water and comes in multiple flavors. You can reduce the carbonated qualities of sparkling water by mixing it half-and-half with plain water.



One Minute Chef

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 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

“This nation will remain the land of the free only so long as it is the home of the brave.”

—Elmer Davis

“Be bold, be brave enough to be your true self.”

—Queen Latifah

“He doesn’t need to be big to be brave, because bravery is the courage found in the heart.”

—Aishah Madadiy

“Be brave. Take risks. Nothing can substitute experience.”

—Paulo Coelho

“Brave means listening to the still small voice inside and doing as it says. Regardless of what the rest of the world is saying.”

—Glennon Doyle

“Being brave isn’t the absence of fear. Being brave is having that fear but finding a way through it.”

—Bear Grylls

“The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.”

—Thomas Paine

“You’ll never do a whole lot unless you’re brave enough to try.”

—Dolly Parton

“Bravery is the audacity to be unhindered by failures and to walk with freedom, strength, and hope in the face of things unknown.”

—Morgan Harper Nichols

“Fill your lives with love and bravery and you shall lead a life uncommon.”

—Jewel

July 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>July</i>			1 Lorna Anderson 11:30 - 1:30	2	3	4 Independence Day
5	6	7	8 Maria Laude 11:30 - 1:30	9	10	11
12	13	14 	15 Boris Lebedinsky 11:30 - 1:30	16	17	18
19	20	21	22 Maria Laude 11:30 - 1:30	23	24	25
26	27	28	29 Lorna Anderson 11:30 - 1:30	30	31 	

"This Month In History" JULY

1922: Johnny Weissmuller breaks a world record. The future Olympic champion and Hollywood actor was the first person to swim 100 meters in under one minute.

1938: On the 75th anniversary of the Battle of Gettysburg, President Franklin D. Roosevelt dedicates the Eternal Light Peace Memorial at the Civil War site in Pennsylvania. An eternal flame burns atop the monument's 47-foot-tall stone tower.

1957: Jack Paar debuts as host of TV's "Tonight" show.

1969: Apollo 11 astronaut Neil Armstrong takes "one giant leap for mankind," becoming the first man to walk on the moon.

1972: "Lean on Me" by Bill Withers is the No. 1 song on the music charts.

1985: After three months of consumer complaints about New Coke, the Coca-Cola Co. announces it is bringing back the soft drink's original formula.

1991: Major League Baseball approves adding two new teams, the Florida Marlins and the Colorado Rockies.

2003: The last classic-style Volkswagen Beetle rolls off the production line.

2012: The 30th Summer Olympics open in London.

2018: In Thailand, 12 boys and their soccer coach are rescued after being trapped in a cave flooded by monsoon rains. The 18-day mission riveted the world.