



**October 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



**MAMMOGRAPHY MOBILE**

In observance of Breast Cancer Awareness Month, the Mammography Mobile will be at Bank of America Plaza on Thursday, October 22nd from 8:00 am–3:00 pm. Please be aware of the following requirements before scheduling an appointment:

- No prescription or referral needed if 40 or older.
- Under 40 requires a prescription.
- Most major insurance accepted, no extra charge for 3D.
- To schedule an appointment go to [www.adventhealthmobilemammography.com](http://www.adventhealthmobilemammography.com).



**HAPPY ANNIVERSARY**

Hill Ward Henderson	34 yrs
US Legal	34 yrs
CEA	32 yrs
Lockheed Martin	20 yrs
Universal Reporting	5 yrs



**BLOOD DRIVE**

Bank of America Plaza will have a Blood Drive on Wednesday, October 28th, from 10:00 am–3:00 pm. To schedule an appointment, visit [OneBlood.org](http://OneBlood.org).

## FEEDING AMERICA

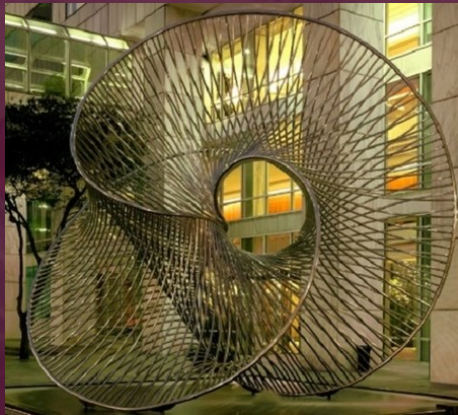
Thank you goes to all those who donated to the Feeding America Food Drive. Your generosity is greatly appreciated.



**LOBBY MUSICIANS**

7	Lorna Anderson, piano
14, 28	Maria Laude, piano
21	Boris Lebedinsky, guitar

**FOLLOW US ON FACEBOOK, INSTAGRAM & 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

Designing Eyes  
DeVito's Italian Restaurant  
European Wax  
GenX Tavern  
Hotel Bar  
The Pint & Brew  
Tropical Smoothie



### SUPPORT RETAIL TENANTS

You can support our retail tenants by purchasing goods or services and/or gift cards for future use:

- \*Caffé Fresco 221.7570
- \*Caffé Fresco Marketplace
- \*Designing Eyes 229.0551
- \*DeVito's 609-3833
- \*European Wax 218.9000
- \*GenX 694.7001
- \*Hotel Bar 533.2650
- \*Jackson Dental 701.3141
- \*Restless Styles 374.8816
- \*The Tampa Club 229.6028
- \*The Pint & Brew 867.8804
- \*Tropical Smoothie 225.1550



### POLICE MEMORIAL RUN

The Tampa Police Memorial Virtual 5K-1 mile Run/Walk is Saturday, October 10th. A virtual race is a race that can be run (or walked) from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym or on the track (or even at another race). To register go to [raceroster.com](http://raceroster.com).



### TAMPA RIVERWALK TRICK OR TREAT

The 5th Annual Riverwalk Trick or Treat is tentatively scheduled for Saturday, October 24th from 4:00 pm–7:00 pm. This free, community event provides kids in costume, along with their families, the opportunity to safely stroll the Riverwalk and to trick or treat at approximately 50 stops between Curtis Hixon Waterfront Park and Cotanchobee Park. For more info, visit [thetampariverwalk.com](http://thetampariverwalk.com).



### INTERNATIONAL FOOD & ARTS FESTIVAL

The Tampa Riverwalk's International Foods & Art Festival is October 24th–25th, from 10:00 am–5:00 pm. This open-air venue celebrating Multicultural Foods from around the world will practice social distancing guidelines and provide hand sanitizers throughout. Booths will be spaced apart accordingly, and the number of shoppers will be limited per booth entry. For more information, go to [eventbrite.com](http://eventbrite.com).



**RE**USE  
DUCE  
CYCLE

### Go Green With Orange

Don't trash or smash your pumpkin when you think it has become useless. You can recycle your pumpkin in a variety of ways, including eating part of it.

One of the most common ways of using a pumpkin one more time is to add it to your compost pile in the yard, which provides nutrients to the ground, according to [www.eHow.com](http://www.eHow.com). Another way to get more mileage from a pumpkin is to clean out the inside and use it for a dried flower arrangement or perhaps a table decoration. You can also fill a pumpkin with twigs and pine cones for neat autumn decor.

Don't throw away the seeds; you can use them to decorate boxes, or better yet, roast the seeds, which include zinc, iron and phosphorus, for a healthy snack. The website [www.ThriftyFun.com](http://www.ThriftyFun.com) provides many recipes for pumpkins, including smoothies, pancakes and sauce.



### Sweet and Salty Popcorn Party Mix

Pop up a tasty treat, perfect for movie night or a take-along snack. Adapt the recipe to include your favorite munchies or to use what you have in your cupboards.

#### Ingredients:

- 10 cups popped popcorn
- 2 cups miniature pretzel twists
- 1 cup peanuts
- 1 cup pecans
- 2 cups rice, wheat or corn cereal squares
- 1/2 cup butter (1 stick)
- 1/2 cup packed brown sugar
- 1/4 cup corn syrup
- 1/2 teaspoon baking soda

#### Directions:

Preheat oven to 300° F.

In a large bowl, combine popcorn, pretzels, peanuts, pecans and cereal; set aside.

In a saucepan over medium heat, melt butter, brown sugar and corn syrup. Stir mixture until it begins to boil. Let boil for 3 minutes without stirring. Remove from heat and stir in baking soda. The mixture will foam.

Pour syrup over popcorn mixture and stir until pieces are evenly coated.

Spread mixture onto a large, rimmed baking sheet. Bake for 30 minutes, stirring twice during baking.

Let mixture cool on baking sheet and stir several times. Store leftovers in an airtight container.

*Find more recipes at [Popcorn.org](http://Popcorn.org).*



### Wit & Wisdom

"Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale."

—Lauren DeStefano

"Autumn's the mellow time."

—William Allingham

"It was one of those perfect fall days when the air is cool enough to wake you up but the sun is also kissing your face."

—Anita Diamant

"Life starts all over again when it gets crisp in the fall."

—F. Scott Fitzgerald

"Two sounds of autumn are unmistakable ... the hurrying rustle of crisp leaves blown along the street ... and the gabble of a flock of migrating geese."

—Hal Borland

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

—Ann Drake

"It was a beautiful bright autumn day, with air like cider and a sky so blue you could drown in it."

—Diana Gabaldon

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

—Joe L. Wheeler

"I've never known anyone yet who doesn't suffer a certain restlessness when autumn rolls around. ...

We're all 8 years old again and anything is possible."

—Sue Grafton

## October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER				1	2	3
4	5	6	7 Lorna Anderson 11:30–1:30	8	9 	10
11 	Columbus Day 12	13	14 Maria Laude 11:30–1:30	15	16	17
18	19	20 	21 Boris Lebedinsky 11:30–1:30	22 Mammography Mobile 8:00–3:00	23	24
25	26	27	28 Maria Laude 11:30–1:30	29	30	31 HAPPY HALLOWEEN

## “This Month In History” OCTOBER

**1908:** Called America’s other national anthem, “Take Me Out to the Ball Game” becomes a bestselling hit. It is now an MLB tradition for fans to sing the song during the seventh inning stretch.

**1913:** The Lincoln Highway, the country’s first coast-to-coast roadway, is formally dedicated.

**1949:** American novelist William Faulkner wins the Nobel Prize in literature.

**1959:** Thousands line up for the opening of the Guggenheim in New York City. The modern art museum’s unique spiral shape was designed by Frank Lloyd Wright.

**1982:** At Florida’s Walt Disney World, the Epcot theme park opens and features attractions that celebrate technological innovations and world cultures.

**1998:** The first American to orbit the Earth, John Glenn returns to space aboard the shuttle Discovery. At age 77, he was the oldest person to travel into space.

**2006:** The U.S. population reaches 300 million.

**2015:** “Spectre,” the 24th film in the James Bond series, premieres in London.