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September 2026

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

Chris Wergers - Sr. Property Manager
Christian Ramirez - Property Manager
Jennifer Chez - Asst. Property Manager
Juan Araujo - Chief Engineer
Isaac Conrad - Asst. Chief Engineer

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld
Molly Molloy Catlett



Fall Begins

Fall's first day is Sept. 22.

Brainteaser

Q. Where do you find roads without vehicles, forests without trees, and cities without houses?

A. On a map.



Super Food: Sunflower Seeds

Tiny yet tasty, sunflower seeds have many nutritional benefits. They are rich in vitamin E, which keeps your heart healthy and fights infection, and are a good source of selenium, which helps repair damaged cells. Sunflower seeds have magnesium and copper, which promote bone health. Magnesium can also reduce the severity of asthma and help prevent migraine headaches. Add sunflower seeds to salad, coleslaw, granola, yogurt and stir-fries.

Labor Day — Monday, Sept. 7

On Labor Day, we recognize the hard-earned rights and contributions of all American workers.

Intention Trays

Designer and licensed therapist Anita Yokota recommends creating "intention trays" as tangible touchpoints to support better habits. An intention tray is simply a tray with three to five items placed where you want to make intentions into reality. Here are some examples:

Better snacking. Place a cutting board in your kitchen with two different healthy snacks you enjoy, a favorite glass or bottle for water, a fresh flower bouquet and a positive affirmation.

Better sleeping. Put a tray with a lip on your bedside table. Add a diffuser with calming lavender oil, a journal, a book, a large water bottle and a phone "home" like a velvet drawstring bag to keep screen time temptations away.



A Nickel for Your Thoughts

Which of these has been featured on the back of a nickel?

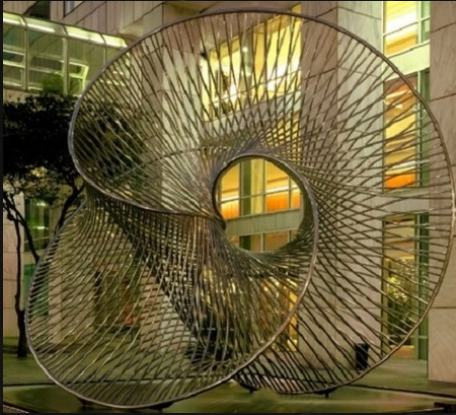
- A) A ship
- B) A bison
- C) The ocean
- D) Monticello

(Answer: All of the above!)

Screen Cleaning

For safe phone cleaning, experts recommend spraying a microfiber cloth with a solution of 70% isopropyl alcohol and then carefully wiping the phone. Hand sanitizer, household cleaners, paper towels, compressed air and soaps can damage your device.

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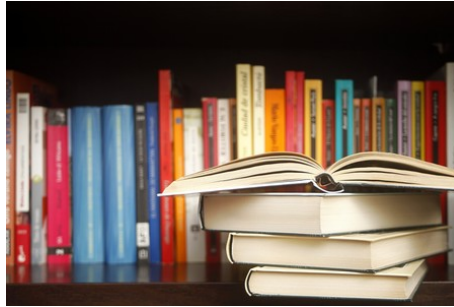
RETAIL

Designing Eyes
DeVito's Italian Restaurant
Goldfingers Aesthetics
Green Bench Brewing Co.
Hotel Bar
The Pint & Brew
Tropical Smoothie



Sidesplitting Fun

Q. What's a tree's least favorite month?
A. Sep-timber!



A Roald Dahl Reading List

Every Sept. 13 is Roald Dahl Day, marking the birthday of the celebrated children's author. Here's a guide to his most popular titles:

"Charlie and the Chocolate Factory." The author's personal love for chocolate inspired this classic, about a boy named Charlie who wins a golden ticket to tour the candy factory of the mysterious Mr. Wonka.

"Matilda." The sweet heroine at the center of this story is smarter than the average 5-year-old and has special

superpowers, which help her overcome the meanies in her life.

"James and the Giant Peach."

Imagine a fruit so huge that you could sail across the ocean in it! That's the journey young James goes on in this book, accompanied by friendly talking insects.

"The BFG." One evening, little Sophie discovers a Big Friendly Giant, the BFG, who whisks her off on a whirlwind of adventures, including meeting the queen of England!

"Fantastic Mr. Fox." The fox father at the heart of this tale has lots of clever ideas to get food for his family, outwitting a trio of foolish farmers as he carries out his plans.

Celebrate Roald Dahl Reading Day on Sunday, Sept. 13.



Health & Wellness

Grounded Gratitude

"Gratitude can transform our life sooner than anything else," urged spiritual leader Sri Chinmoy, who helped establish World Gratitude Day on Sept. 21. Keep your gratitude grounded with these practical paths to transformation.

One-minute messages. Each day, send a brief message to a loved one, making sure to include one or two of their specific qualities that you notice and appreciate. When you sign a receipt, include a brief thank-you note.

Bring it home. Incorporate gratitude into your environment with a gratitude

jar and dedicated space for thankfulness. Consider using pages from an old gratitude journal to fill your jar and read the slips when you need a boost of peace.

Avoid thankfulness thieves.

Persistent comparison, complaining or gossip can create a loop of negative thinking that impedes gratitude. If you find yourself slipping into one of these habits, consider trying a weeklong challenge with no complaints allowed or substitute gossip for bragging rights.





Around the World: Nations' Nicknames

Uncle Sam isn't the only national nickname. Check out these lands' alternative monikers.

The Emerald Isle. Ireland's rich green landscape also inspired the ancient nickname *Ivernia*, Greek for "fertile country."

The Boot. Italy's shoe-shaped borders earned its famous moniker, or *Lo Stivale* in Italian.

Land of the Rising Sun. The native name of Japan, *Nihon*, translates to "sun's origin," and the Pacific archipelago is one of the most eastern Asian countries.

Gift of the Nile. Egypt got its longtime nickname from ancient Greek historian Herodotus, because ancient Egypt relied on the Nile's yearly flooding for fertile soil, as well as doubling as the world's largest moat, protecting the kingdom from foreign conquest.

TV From Sea to Shining Sea

On Sept. 4, 1951, Americans experienced the first live coast-to-coast TV broadcast. President Harry Truman gave a speech on ending the U.S. occupation of Japan in the years following World War II.

Take on Dinnertime With Tasty Taco Cups

These easy Taco Cups save room on your plate for dips, salsa and sides. Whether you like them mild or spicy, lightly topped or fully loaded, they're a perfect solution for weeknight family dinners or weekend get-togethers.

Taco Cups

Servings: 4-6

Preparation and cooking time:

Approximately 30 minutes

Ingredients

- 1 1/2 pounds ground beef
- 1-2 tablespoons taco seasoning
- 1 package (8 count) flour tortillas
- shredded cheese
- lettuce
- cilantro
- sour cream
- salsa
- guacamole (optional)
- black olives (optional)

Directions

- Heat oven to 350 F.
- Brown ground beef with taco seasoning.
- Cut tortillas in half then in half again, making four pieces. Place two pieces in each hole of muffin tin. Place browned ground beef in each hole then top with shredded cheese. Bake 15 minutes, or until tortillas reach desired crispiness.
- Using knife, shred lettuce and cilantro. Top each cup with sour cream, salsa, lettuce and cilantro, as desired. Add guacamole and olives, if desired.

—Find more Cookin' Savvy creations at Culinary.net.



Quirky College Mascots

You're probably familiar with school mascots such as lions and tigers, but what about a duck or a tree that gets fans fired up? Get a kick out of these rather unusual mascots from the college gridiron.

Oregon Duck. The University of Oregon's feisty costumed duck is based on Walt Disney's Donald Duck. Prior to that, a real duck named Puddles served as a mascot.

Stanford Tree. Though not an official school mascot, this leafy character is a fixture at football games as part of Stanford University's marching band. Each year, the student chosen to wear the foliage creates a new costume from scratch.

Ralphie. A live bison, accompanied by a team of handlers, leads the University of Colorado at Boulder football team onto the field at each home game.

Uga. A real-life English bulldog, whose name comes from the abbreviation for the University of Georgia, wears a jersey and a spiked collar and hangs out in an air-conditioned doghouse on the sidelines.

WuShock. Wichita State University's wheat-based mascot has been around since the early 1900s and was inspired by students' tuition-paying side-gig: harvesting (aka "shocking") wheat.

Popcorn Pick: 'Horse Feathers'

The Marx Brothers scored big with this 1932 satire on college football. Quincy Adams Wagstaff (Groucho), the new president of Huxley College, makes gridiron glory against rival Darwin University his first assignment and hires two pro players (Chico and Harpo) for the big game. Campus commotion then ensues. The smash hit is full of the brothers' trademark madcap comedy, one-liners and puns.

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4 	5
6	Labor Day	7	8	9	10	11
12	13 	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	September	

"This Month In History" SEPTEMBER

1868: The first volume of "Little Women" by Louisa May Alcott is published.

1902: Considered the first sci-fi movie, "A Trip to the Moon" is a sensation when it's first shown in Paris. French filmmaker Georges Melies pioneered the genre with his roughly 14-minute silent feature.

1919: The American Legion is established by Congress as a patriotic veterans organization.

1921: In Atlantic City, N.J., 16-year-old Margaret Gorman is crowned the first Miss America.

1930: Newspaper readers are introduced to the characters Blondie and Dagwood when the comic strip "Blondie" debuts.

1957: The Brooklyn Dodgers play their last game at Ebbets Field, and the New York Giants play for the last time at the Polo Grounds. Both MLB teams moved to California.

1964: "Fiddler on the Roof" opens on Broadway. The classic musical would go on to win nine Tony Awards.

1970: "Monday Night Football" premieres. The first game broadcast had the Cleveland Browns hosting the New York Jets.

1981: Sandra Day O'Connor becomes the first female U.S. Supreme Court justice.

1995: Dozens of music legends help celebrate the opening of the new Rock & Roll Hall of Fame in Cleveland.