

BANK OF AMERICA

P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602

February 2024

BANYAN STREET CAPITAL

PROPERTY MANAGEMENT

813.221.7474

Lynn Vilmar - Sr. Property Manager
Jennifer Johnson - Property Manager
Jennifer Chez - Asst. Property Manager
David Arscott - Chief Building Engineer
Isaac Conrad - Asst. Building Engineer
Mary Anne Quigley - Concierge

CBRE LEASING TEAM

Philip Weber
Barry Hanerfeld



HAPPY VALENTINE'S DAY
You're invited to "A Toast To Love" Valentine's Day celebration on Wednesday, February 14th, at 11:30 on the 3rd floor.

CORPORATE MASSAGE OF TAMPA *On-Site Relief for Stress and Pain*

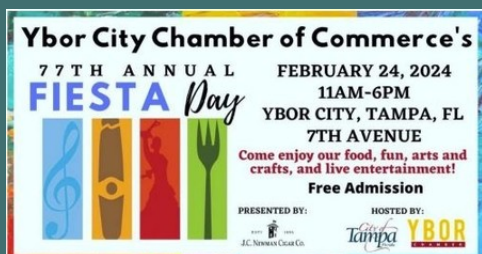
CHAIR MASSAGE THERAPY
Corporate Massage of Tampa will offer customized, on-site Chair Massage Therapy on February 20th from 11:00 am - 3:00 pm in Suite 225.

American Heart Association.



GO RED FOR WOMEN

Go Red for Women encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion, and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life. For more information, visit goredforwomen.org. Bank of America Plaza will fly a red flag throughout the month of February in observance of the Go Red For Women campaign.



Food, fun & entertainment for the whole family!



HAPPY ANNIVERSARY

Costar
Clinintell
Admiral Security
The Solo Hair Salon



HEALTHY FAMILY FAIR

An event for the whole family including pets!

FOLLOW US ON FACEBOOK, INSTAGRAM & TWITTER



BUILDING AMENITIES

Bank of America
Bicycle Repair Station
Caffe Fresco
Concierge Services
Electric Vehicle Charger
Fitness Center
Jackson Dental
KJ's Auto Detailing
Shoe Shine by Robert
Stork Parking
Tenant Conference Center
The Solo Hair Salon
The Tampa Club

RETAIL

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



GIFT BASKET WINNER

Arghhh! Congratulations to Steve Petrillo of Clinintell, Suite 1250.



GASPARILLA DISTANCE CLASSIC

Lace up your sneakers and get ready for the annual Gasparilla Distance Classic. This Tampa tradition is the weekend of February 24 - 25 in downtown Tampa. From the 5K Stroller Roll, specifically for families with little ones 4 & under, to the 15K run there is something for everyone. And don't forget to check out the Health & Wellness Fitness Expo at the Convention Center. For more information or to register, please go to rungasparilla.com.



SAVE THE BAY!

Bank of America Plaza will collect beads for the MacDonald Training Center bead recycling program from January 29 - February 2 on the 3rd floor. Thank you for donating!



The 13th annual Gasparilla Music Festival is February 16 - 18 in Julian Lane Park. The Festival features over 50 bands across five stages along Tampa's waterfront.



Saturday, February 17th, from 10:00 am - 11:30 am in Gaslight Park.



SANT' YAGO KNIGHT PARADE

The Krewe of the Knights of Sant' Yago Illuminated Knight Parade is Saturday, February 10th, at 7:00 pm in Ybor City. Come see marching bands galore, local political and social icons, and more.



BATTERIES ARE HAZARDOUS WASTE

All batteries, whether for your phone, camera, or flashlight, contain toxic heavy metals that are a dangerous source of pollution when they get into the landfill. Please make sure that you never throw batteries away in the trash. Instead, drop them in the recycling container in the 3rd floor mailroom.



Raspberry Streusel Muffins

Muffin Ingredients:

- Nonstick cooking spray
- 1 1/2 cups whole-grain sorghum flour
- 1 teaspoon ground cinnamon
- 3/4 teaspoon baking soda
- 3/4 cup buttermilk
- 1/3 cup firmly packed light brown sugar
- 3 egg whites
- 1/4 cup canola oil
- 2 teaspoons grated lemon zest
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen raspberries

Streusel Ingredients:

- 2 tablespoons whole-grain sorghum flour
- 2 tablespoons light brown sugar
- 2 tablespoons quick-cooking rolled oats
- 2 tablespoons chopped pecans
- 2 tablespoons butter
- 1/2 teaspoon ground cinnamon

Directions:

Heat oven to 400° F. Lightly coat a 12-cup muffin pan with nonstick cooking spray.

In a large bowl, stir sorghum flour, cinnamon and baking soda together. In a separate bowl, whisk buttermilk, brown sugar, egg whites, oil, lemon zest and vanilla. Stir wet ingredients into flour mixture. Spoon the batter into muffin cups and top each cup with raspberries.

In a small bowl, stir streusel ingredients together until crumbly. Sprinkle over muffins.

Bake muffins for 16 minutes. Cool on a wire rack for 20 minutes.

Find more recipes at Heart.org.



Wit & Wisdom

"How sweet the words of truth, breathed from the lips of love."

—James Beattie

"Once in a young lifetime one should be allowed to have as much sweetness as one can possibly want and hold."

—Judith Olney

"What's in a name? That which we call a rose by any other name would smell as sweet."

—William Shakespeare

"Life is short, and it is up to you to make it sweet."

—Sarah Louise Delany

"The road to greatness is often sought, but if journeyed with kindness, it is sweetly paved."

—Tom Althouse

"Connecting our hearts through love yields a nectar so sweet we are forever full."

—Amy Leigh Mercree

"But friendship is the breathing rose, with sweets in every fold."

—Oliver Wendell Holmes

"Heard melodies are sweet, but those unheard are sweeter."

—John Keats

"Oh, how sweet it is to hear one's own convictions from another's lips."

—Johann Wolfgang von Goethe

"Be sweet, be good, and honest always."

—Emma Bunton

"Even when the strings are broken in our lives, the sweet music plays on in our hearts."

—Bryant McGill

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 "A Toast to Love" Event 11:30 am	15	16	17 Gasparilla Music Festival
18	19 Presidents Day	20 On-Site Chair Massage Therapy 11:00 am - 3:00 pm	21	22	23	24 Gasparilla Distance Classic
25	26	27	28	29		

"This Month In History" FEBRUARY

1942: Year-round daylight saving time, called "war time," is signed into U.S. law by President Franklin D. Roosevelt. To save energy, all time zones moved ahead one hour until the end of World War II.

1950: Disney's animated fairy tale feature "Cinderella" delights audiences when it opens in movie theaters.

1960: In a civil rights movement milestone, four Black college students begin a sit-in protest at a lunch counter in Greensboro, N.C., where they had been denied service.

1972: With over 15 million manufactured, the Volkswagen Beetle becomes the world's bestselling car.

1989: A network of 24 GPS satellites is launched into orbit over Earth, revolutionizing navigation and everyday technology.

1998: British singer-songwriter Elton John is knighted by Queen Elizabeth II for his contributions to music and his charity work.

2006: A blizzard buries the Northeast. New York City received a record-setting 26.9 inches of snow.

2020: At the Oscars, the South Korean thriller "Parasite" is named best picture. It was the first foreign-language film to win the top honor.