



BANK OF AMERICA

P L A Z A

101 E Kennedy Blvd. • Tampa, FL 33602

March 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



IT'S COOKIE TIME!

Tagalongs? Samoas?
Thin Mints? OH MY!!!
Enjoy a mid-day treat with a
complimentary box of your
favorite Girl Scout cookies!

THURSDAY, MARCH 7 | 11:30AM*
3RD FLOOR LOBBY

BANYAN STREET
CAPITAL



*One (1) box per person, while supplies last.

GIRL SCOUT COOKIES EVENT

It's Girl Scout Cookies time! Bank of America Plaza will give away Girl Scout Cookies on Thursday, March 7th at 11:30 am in the 3rd floor lobby. Please join us as we honor this iconic cookie and all that the Girl Scouts of America has achieved. Fun Fact: Thin Mints are the most popular Girl Scout cookie.



presented by **grow financial**
federal credit union

ST. PATRICK'S DAY RIVER O'GREEN FEST

On St. Patrick's Day everyone is Irish! Tampa's annual River O'Green Fest is Saturday, March 16th from 11:00 am - 6:00 pm in Curtis Hixon Waterfront Park. The event is filled with festive fare and beverages, musical entertainment, family fun, and the iconic dyeing of the Hillsborough river a bright, shamrock-green. While there is plenty to enjoy for adults, the River O'Green Fest is totally family-friendly, and your four-legged friends are more than welcome to attend. For more information, please visit tampasdowntown.com.



MARCH 29 - 30, 2024 | MACDILL AIR FORCE BASE

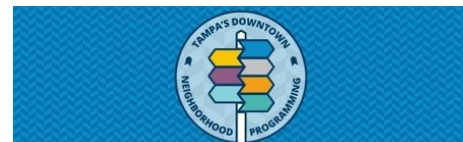
The Tampa Bay AirFest is March 29 - 30 at MacDill Air Force Base. Visit tampabayairfest.com for more information.

CORPORATE MASSAGE OF TAMPA

On-Site Relief for Stress and Pain

CHAIR MASSAGE THERAPY

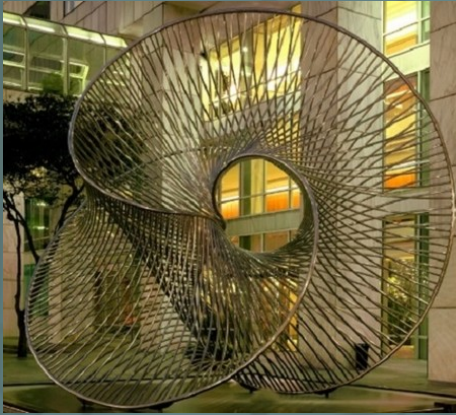
Corporate Massage of Tampa will offer customized, on-site Chair Massage Therapy on Wednesday, March 6th from 11:00 am - 3:00 pm in Suite 225.



DOWNTOWN'S BACKYARD MARKET

Downtown's Backyard Market is Thursday, March 14th from 2:30 pm - 5:30 pm in Poe Plaza.

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



FEBRUARY GIFT BASKET WINNER

Congratulations to Jenny Miller with Plenary, Suite 1470.



EGGSPLORATION

Happy Easter! Downtown Tampa's largest egg hunt will be bringing fun-filled spring activities to Julian B. Lane Park on Saturday, March 30, from 9:00 am – 1:00 pm! Adults and kids of all ages can enjoy several family-friendly games, delicious food from local food trucks, photos with the Easter bunny, and an egg scavenger hunt where participants will find a combination of eggs based on their age group and redeem them for a prize! For more information, please go to tampasdowntown.com.

oneblood

Share your power.

BLOOD DRIVE

Bank of America Plaza will host a Blood Drive on Wednesday, March 6th from 10:30 am - 3:30 pm. Thank you for donating!



HAPPY ANNIVERSARY

Yerrid Law Firm	31 yrs
de la Parte Law Firm	25 yrs
Caffe Fresco	20 yrs
European Wax	10 yrs
Mosaic	5 yrs
UBS	3 yrs
Ryan Hughes Law Firm	3 yrs



BEER, BOURBON & BBQ FESTIVAL

The 9th annual Beer, Bourbon & BBQ Festival is Saturday, March 9th from noon - 6:00 pm in Curtis Hixon Park. The Festival will feature a great day of beer sippin', bourbon tastin', music listenin', cigar smokin', and barbeque eatin'. Your admission buys you a sampling glass so you can enjoy an ALL-YOU-CARE-TO-TASTE sampling of beer and bourbon. Go to tampa.beerandbourbon.com for more information.



GASPARILLA BEAD COLLECTION

Arghh, thank you for saving the Bay!



The Gasparilla Festival of the Arts is March 2-3 in Julian Lane Riverfront Park. Please visit gasparillaarts.com for more details.



Featured Recipe



Honey Mustard-Glazed Crunchy Salmon

A tangy glaze adds a punch of flavor to this fish dinner.

Ingredients:

- 3 6-ounce salmon fillets, thawed
- Salt and pepper, to taste
- 1/3 cup honey
- 1/4 cup whole-grain mustard
- 2 tablespoons Dijon mustard
- 2 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 teaspoon smoked paprika
- 3/4 cup panko breadcrumbs
- 2 tablespoons dried parsley
- 2 tablespoons olive oil

Directions:

Preheat oven to 400° F.

Place salmon on a baking sheet.

Pat each fillet dry and season with salt and pepper.

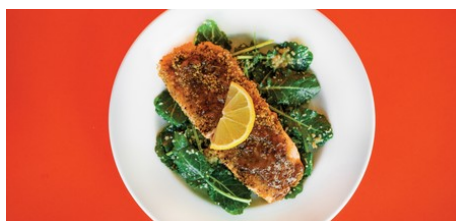
In a small bowl, combine honey, both mustards, mayonnaise, horseradish and paprika. Mix well.

In a separate bowl, combine breadcrumbs, parsley and oil.

Top each salmon fillet with 1 tablespoon of the honey mustard mixture, spreading the glaze evenly over the fish. Press breadcrumb mixture onto each fillet to make a crunchy topping.

Bake 15 to 17 minutes until fish is cooked through. Drizzle each serving with remaining glaze.

Find more recipes at SeaGreenBeGreen.org.



Wit & Wisdom

"Life is a painting, and you are the artist. You have on your palette all the colors in the spectrum."

—Paul J. Meyer

"Painting calmed the chaos that shook my soul."

—Niki de Saint Phalle

"Through a painting we can see the whole world."

—Hans Hofmann

"If I could say it in words, there would be no reason to paint."

—Edward Hopper

"Painting is just another way of keeping a diary."

—Pablo Picasso

"I don't paint dreams or nightmares, I paint my own reality."

—Frida Kahlo

"If you paint in your mind a picture of bright and happy expectations, you put yourself into a condition conducive to your goal."

—Norman Vincent Peale

"I paint as a way of looking for myself in the world."

—Amy Sherald

"And so, every artist dips his brush in his own soul, and paints his own nature into his pictures."

—Henry Ward Beecher

"Life is a great big canvas; throw all the paint you can at it."

—Danny Kaye

"You can't sit around and wait for somebody to say who you are. You need to write it and paint it and do it."

—Faith Ringgold

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>March</i>					1	2 Gasparilla Festival of the Arts Julian Lane Riverfront Park
3 Gasparilla Festival of the Arts Julian Lane Riverfront Park	4	5	6 Blood Drive 10:30 am - 3:30 pm Chair Massage Therapy 11:00 am - 3:00 pm Suite 225	7 Girl Scout Cookie Giveaway 11:30 am 3rd Floor Lobby	8	9 Beer, Bourbon & BBQ Festival Noon - 6:00 pm Curtis Hixon Park
10	11	12	13	14 Downtown's Backyard Market 2:30 pm - 5:30 pm Poe Plaza	15	16
17	18	19	20	21	22	23
24/31 <i>Happy Easter</i>	25	26	27	28	29 Tampa Bay AirFest	30 Tampa Bay AirFest

"This Month In History"

MARCH

1918: Daylight saving time is enacted nationwide and time zones are set when the Standard Time Act is signed into law.

1941: The pioneering squadron of African American military aviators known as the Tuskegee Army is activated for service in World War II.

1962: In a historic NBA game, Wilt Chamberlain of the Philadelphia Warriors scores 100 points playing against the New York Knicks. It's still the record for most points scored in a single game.

1974: People magazine debuts. The popular celebrity news publication's first issue featured actress Mia Farrow on its cover.

1987: To recognize and honor the achievements of American women, Congress declares March as National Women's History Month. The observance began in 1980 as a weeklong celebration.

2006: Using an early version of Twitter (now called X), the world's first tweet is posted. The social networking platform went live to the public later that summer.

2020: The World Health Organization declares the outbreak of the COVID-19 virus a global pandemic.