

March 2024

PROPERTY MANAGEMENT

(813) 223-5008, Suite 1890 All emails: first initial and last name @banyanstreet.com

Gina Karnes, Senior Property Manager
Erica Delaney, Sr. Assistant Property
Manager
Joshua Coghill, Asst. Chief Engineer

Joshua Coghill, Asst. Chief Engineer Robert Shim, Engineer Ricky Vega, Maintenance Tech Tyrese Darden, Maintenance Tech

LEASING TEAM

(813) 223-6300, Suite 3300 Barry Oaks Mercedes Angell



201 North Franklin Street • Tampa, FL 33602



GIRL SCOUT COOKIES EVENT

It's Girl Scout Cookies time! The Management Team will pass out Girl Scout Cookies on Thursday, March 7th, at 11:30 am in the 2nd floor lobby.

On-Site Relief for Stress and Pain

On-Site Chair Massage Therapy is Tuesday, March 19th, from 11:00 am - 3:00 pm in suite 350.



ST. PATRICK'S DAY RIVER O'GREEN FEST

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.



Yoga & Meditation is every Thursday from 12:30 pm - 1:30 pm in Suite 350 (location subject to change).



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



HAPPY ANNIVERSARY

Burr Forman	32 yrs
HOK	30 yrs
NorthMarq Capital	30 yrs
GMC	3 yrs



BACKYARD MARKET

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



Building Amenities

Concierge Services

- Movie-Ticket Sales
- Notary Services (Security)
- USPS Stamp Sales
- Umbrella Checkout

Dining (all 813 area code)

- Blind Tiger, 202, 540.2233
- OnARoll Sushi, 101-C, 400.1100
- Santos Kitchen + Lounge, 101-F 252.8872
- Starbucks, Hilton Hotel across pedestrian bridge on 2
- 211 Restaurant & Lounge, Hilton

Other Services (813 area code)

- Building Conference Rooms in Ste. 225
- Unlock Tampa Bay Store, Lobby
- Florida Wellness Medical Group, 101-A, 229.2225
- Smile Design Dental, 101-E, 225.1204
- University Club, 38th FL, 223.3737
- Tampa Legal Copies, 228.6200
- Shoe Repair, Reina Shoe Repair, 228.8487
- YMCA (10% discount)
- Franklin Street Cleaners & Alterations, 225.5600





FEBRUARY GIFT BASKET WINNER

Congratulations to Stacie Lynn with Stoler Russell.



Gasparilla Festival of the Arts

The Arts Festival is March 2-3 in Julian Lane Riverfront Park.

ticketsatwork

CORPORATE DISCOUNT TICKET PROGRAM

Tickets at Work is now available at Tampa City Center. TAW is the leading Corporate Entertainment Benefits provider, offering exclusive discounts, special offers and access to preferred seating and tickets to top attractions, theme parks, shows, sporting events, movie tickets, hotels and much more. To become a member, go to ticketsatwork.com and enter company code BOAPlaza.



BEE ON THE LOOKOUT

Find out what all the buzz is about on March 28th.



BEER, BOURBON & BBQ FESTIVAL

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





GASPARILLA BEAD COLLECTION

Aargghh! Thank you for donating your Gasparilla beads to the Save the Bay recycling program.



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.

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
	C	lar	ch		1	2 Gasparilla Festival of the Arts
Gasparilla Festival of the Arts	4	5	6	Girl Scout Cookies ⁷ Tenant Event 11:30 am Yoga 12:30 pm - 1:30 pm Suite 350	8	9 Beer, Bourbon & BBQ Festival
10	11	12	13	Yoga 14 12:30 pm - 1:30 pm Suite 350 Backyard Market 2:30 pm - 5:30 pm Poe Plaza	15	16 River O'Green Fest
17	18	On-Site Chair Massage Therapy 11:00 am - 3:00 pm Suite 350	20	Yoga 12:30 pm - 1:30 pm Suite 350	22	23
Fappy Easter	25	26	27	Yoga 12:30 pm - 1:30 pm Suite 350	29	Eggsploration 9:00 am - 1:00 pm

"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 Airmen 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.

