



May 2025

BANYAN STREET CAPITAL

BANYAN STREET CAPITAL PROPERTY MANAGEMENT

Gina Karnes, Senior Property Manager
Erica Delaney, Property Manager
Albert Estrada, Chief Building Engineer

www.TampaCityCenter.com

CUSHMAN & WAKEFIELD LEASING TEAM

Mercedes Angell, Managing Director, Office Brokerage
Barry Oaks, Senior Director, Office Brokerage
Marissa Angell, Associate, Office Leasing

TAMPA CITY CENTER

201 North Franklin Street • Tampa, FL 33602



TAMPA CITY CENTER WINS PRESTIGIOUS AWARD

Congratulations to Tampa City Center for winning the BOMA 2025 Southern Region TOBY Award (The Outstanding Building of the Year) in the Earth Category. The TOBYS are the commercial real estate industry's highest recognition honoring excellence in commercial building management and operations in specific categories of building type or size. The TOBY Mission is "Recognizing excellence in building management, operational efficiency, tenant retention, emergency planning and community impact." Next up for Tampa City Center is the International Competition in July in Boston.



EPC Annual Clean Air Fair
May 1, 2025



Our Event Community Engagement

2025 marks EPC's 24th year for hosting the annual Clean Air Fair which celebrates the importance of a healthy and sustainable environment.

Exhibitors and Sponsors



The support and participation of our community partners and sponsors are essential to the success of this annual event, and we thank each for their commitment to clean air and a healthy environment!

CLEAN AIR FAIR

The EPC Annual Clean Air Fair is Thursday, May 1, from 11:30 am - 1:30 pm, on the Esplanade. The event promotes environmental awareness and community health and is FREE to attend.



- Digital Intelligence Systems 4 yrs
- PNC Bank 12 yrs
- Tampa Bay Chamber 15 yrs
- Rivero Gordimer 17 yrs
- Robert W. Baird 17 yrs



Mother's Day is Sunday, May 11.
Happy Mother's Day from Banyan Street Capital.



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



MEMORIAL DAY

The Management Office will be closed on Monday, May 26, in observance of Memorial Day.



Tampa City Center Amenities

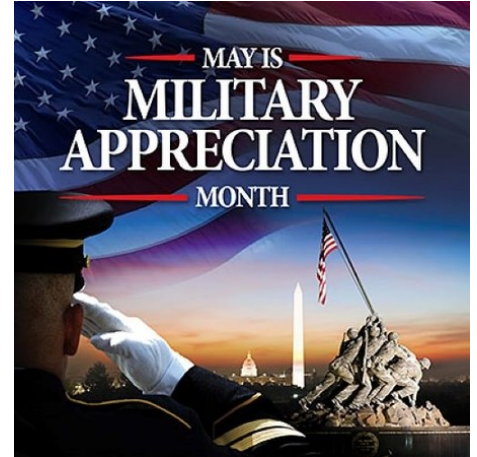
- Bicycle Locker Room
- Chair Massage Therapy
- Concierge Services
- Downtown's Backyard Market
- First Horizon Bank
- Florida Wellness Medical Group
- Smile Design Dental
- Tampa Legal Copies
- Tenant Appreciation Events
- Tenant Conference Center
- Unlock Tampa Bay Gift Shop
- YMCA
- Yoga & Meditation

Retail

- OnARoll Sushi
- Santos Kitchen & Lounge
- Starbucks/Hilton Hotel
- The Blind Tiger Cafe
- University Club



Tampa Riverfest is May 2-3 in Curtis Hixon Park. The Festival spans the entire length of the Riverwalk, including several parks, and features family-friendly activities and events showcasing Tampa's cultural institutions, local musicians and restaurants. For more information, visit thetampariverwalk.com.



NATIONAL MILITARY APPRECIATION MONTH

In May, America observes Armed Forces Day, Memorial Day, National Military Appreciation Month and Military Spouse Appreciation Day. Take the time this month to honor the men and women in uniform, past and present, and their families.



Rock the Park, Downtown Tampa's FREE monthly music event, is on Thursday, May 1, at 6:30 pm, in Water Works Park.



DOWNTOWN'S BACKYARD MARKET

Downtown's Backyard Market is on Thursday, May 8, from Noon - 4:30 pm, on the Esplanade.



JAZZ FESTIVAL

The 6th Annual Land On Your Feet Jazz Festival is on Saturday, May 10, from 1:30 pm - 10:00 pm, in Water Works Park. For more details, visit allevents.com.



IT'S EASY EATING GREEN

We've heard we should try to live a greener lifestyle by reducing, reusing and recycling. But what about our diets? Making environmentally conscious choices can be better for our waistlines, our wallets and our planet.

Buy local. When you purchase locally produced fruits, vegetables, meats, eggs and dairy products, you're supporting area farmers and cutting back on the fuel it takes to truck food across the country.

Go organic. Treating produce with pesticides can pollute soil, groundwater and possibly you. If you're budget-conscious, aim for organic when buying produce with thin, edible skins such as berries, grapes and bell peppers.

Eat lower on the food chain. Producing a pound of meat takes much more water and energy than producing a pound of grain or vegetables.

Ditch the drive-through. Idling in line at a fast-food restaurant wastes gas. Park the car and order inside. Better yet, whip up a quick meal at home. You'll save packaging waste and money, too.

Banish bottled water. Even if you recycle those plastic bottles, it still takes energy to produce, transport and recycle them.

Take baby steps. You don't have to go cold turkey on cheeseburgers. Even small changes, such as eating one meatless meal a week, can make a big difference over time.



Meatless Cheesy Burrito Bake

Ingredients:

- 2 tablespoons canola oil
- 2 bell peppers, sliced
- 1 medium onion, sliced
- 1 teaspoon cumin
- 2 cups water
- 1 cup brown rice, uncooked
- 1 can (12 ounces) evaporated milk, divided
- 1 cup shredded cheddar cheese
- 1 can (4 ounces) diced green chiles, undrained
- 1 can (16 ounces) refried beans
- 6 wheat tortillas (8 inches)
- Salsa (optional)
- Guacamole (optional)

Directions:

Heat oven to 350 F.

In large skillet, heat canola oil.

Cook peppers, onion and cumin until tender.

In saucepan, add water and brown rice. Cook 45 minutes.

In saucepan, add 1 1/4 cups evaporated milk, shredded cheese and green chilies. Cook over medium heat until cheese is melted and smooth. Stir 3/4 cheese mixture in with rice; set remaining cheese sauce aside.

In medium bowl, add refried beans and remaining evaporated milk. Microwave 3-4 minutes.

Lay out tortillas and layer: refried bean mixture, rice mixture and pepper-onion mixture. Roll into burritos and place in baking pan. Top burritos with remaining cheese sauce. Bake 20-25 minutes.

Garnish with salsa and guacamole.

Find more recipes at
Culinary.net.

Wit & Wisdom

"The butterfly counts not months but moments, and has time enough."

—Rabindranath Tagore

"Just as the bird sings or the butterfly soars, because it is his natural characteristic, so the artist works."

—Alma Gluck

"Literature and butterflies are the two sweetest passions known to man."

—Vladimir Nabokov

"Love is like a butterfly, a rare and gentle thing."

—Dolly Parton

"I dreamed I was a butterfly, flitting around in the sky; then I awoke. Now I wonder: Am I a man who dreamt of being a butterfly, or am I a butterfly dreaming that I am a man?"

—Zhuang Zhou

"There is nothing in a caterpillar that tells you it's going to be a butterfly."

—R. Buckminster Fuller

"I only ask to be free.
The butterflies are free."

—Charles Dickens

"To catch the butterflies and the rainbows of your dream, walk alone, keep faith in yourself, focus your energy and start the adventure."

—Amit Ray

"We are closer to the ants than to the butterflies. Very few people can endure much leisure."

—Gerald Brenan

"When a caterpillar bursts from its cocoon and discovers it has wings, it does not sit idly, hoping to one day turn back. It flies."

—Kelseyleigh Reber

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>MAY</h1>				Clean Air Fair ¹ 11:30 am - 1:30 pm Esplanade Yoga 12:30 pm - 1:30 pm Suite 350	² Riverfest 5:00 pm - 10:00 pm Curtis Hixon Park	³ Riverfest 11:00 am - 10:30 pm Curtis Hixon Park
⁴	⁵	⁶	⁷	Yoga ⁸ 12:30 pm - 1:30 pm Suite 350 Downtown's Backyard Market Noon - 4:30 pm Esplanade	⁹	¹⁰ Land on Your Feet Jazz Festival 1:30 pm - 10:00 pm Water Works Park
¹¹  Mother's Day	¹²	¹³	¹⁴	Yoga ¹⁵ 12:30 pm - 1:30 pm Suite 350	¹⁶	¹⁷
¹⁸	¹⁹	²⁰	²¹	Yoga ²² 12:30 pm - 1:30 pm Suite 350	²³	²⁴
²⁵	²⁶  MEMORIAL DAY REMEMBER AND HONOR	²⁷	²⁸	Yoga ²⁹ 12:30 pm - 1:30 pm Suite 350	³⁰	³¹

"This Month In History"

MAY

1900: Thousands of people, including teams of scientists, gather in parts of the Southeastern U.S. to view a total solar eclipse.

1916: The Saturday Evening Post publishes its first cover that features a painting by Norman Rockwell.

1927: Aviator Charles Lindbergh successfully completes the first nonstop solo flight across the Atlantic Ocean.

1932: Comedian Jack Benny's first radio show is broadcast.

1942: The Women's Army Auxiliary Corps is created, enabling women to enlist for noncombat military duties.

1952: Originally created in Austria as a breath mint, Pez candy is sold for the first time in the U.S.

1961: Aboard the Freedom 7 space capsule, astronaut Alan Shepard is the first American to travel into space. His suborbital flight lasted 15 minutes.

1971: The NPR radio program "All Things Considered" premieres.

1991: Queen Elizabeth II becomes the first British monarch to address the U.S. Congress.

2004: At age 40, Randy Johnson of the Arizona Diamondbacks makes MLB history as the oldest pitcher to throw a perfect game.

2014: The music video "Gangnam Style," by South Korean pop star Psy, is the first video to reach 2 billion views on YouTube.

2017: "Wonder Woman" premieres in Los Angeles. The superheroine's story was the summer's highest-grossing movie.