



# Metropoint

## *The Center for Business*

4th Quarter 2016

### TAKE NOTE OF THE UPCOMING DATES:

#### **US Presidential Election**

Tuesday, November 8

#### **Veterans Day**

Friday, November 11

#### **Thanksgiving**

Thursday, November 24

#### **Toys for Tots Drive**

Monday-Thursday,  
November 28-December 15

## Twin Cities Kidney Walk Recap

Congratulations to Team Equus-Twin Cities for raising an impressive \$16,750 and achieving Top Team Fundraiser status in the National Kidney Foundation's 2016 Twin Cities Kidney Walk. More importantly, thank you to all of the tenants and vendors at Metropoint and Grand Oak Business Park, an Eagan-based Equus property, that generously donated funds on behalf of Team Equus-Twin Cities.

With the increase in diabetes and high blood pressure – two major kidney disease risk factors – kidney disease is on the rise. The National Kidney Foundation is working to reach the one in three American adults at risk with important prevention messages before it's too late. That's why participation in the Kidney Walk has never been more critical. On behalf of Equus Capital Partners, a national corporate sponsor, thank you to everyone that participated in this event.



## Hwy. 169 Project Update Notice

Construction work for the Hwy. 169 improvements/bridge replacement project has been delayed slightly and is now planned to begin in January 2017 extending through late September 2017. The project requires a full Hwy. 169 road closure between Bren Road and 7th Street. Please plan alternate routes accordingly.

## Toys for Tots Drive



Join in Metropoint's Toys for Tots Drive this holiday season by donating a gift(s) for less fortunate children throughout the community. Bring your unwrapped gifts to the Management Office (Suite 200 | 600 Building) no later than noon on Thursday, December 15, to allow time for the Marine Corps to distribute the gifts.

# Online Management of Your Personal Data

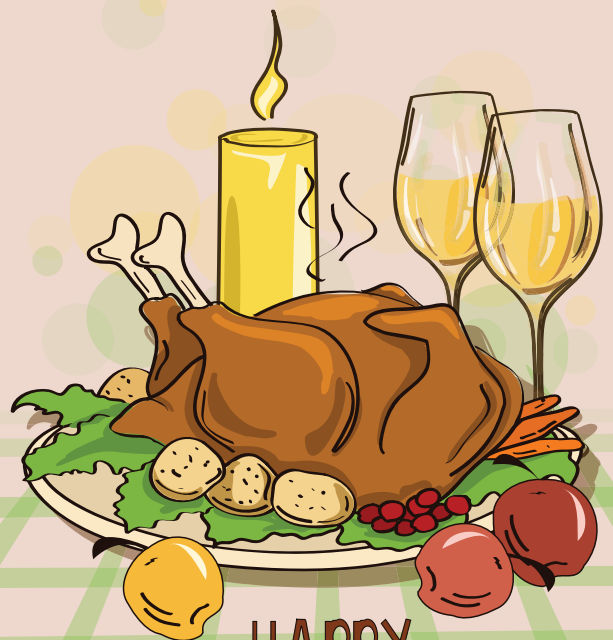
Protect your privacy and preserve your financial security by taking advantage of the following programs:

- **Do Not Call List:** If you haven't already registered your phone number, you should definitely do it to prevent nuisance telemarketing calls. Once your phone number is registered, it never expires. To register/verify that you are registered or to file a complaint, go to [www.donotcall.gov](http://www.donotcall.gov).
- **Stop Unwanted Mail:** Consider opting out of pre-screened offers of credit and insurance by mail. You can opt out for five years or permanently. To opt out, go to [optoutprescreen.com](http://optoutprescreen.com) or call 1-888-567-8688. The three nationwide credit reporting companies operate the phone number and website. Prescreened offers can provide many benefits so keep in mind that if you do opt out, you may miss out on some offers of credit.
- **Monitor Your Credit Report:** You can order a copy of your credit report from each of the major credit bureaus (Equifax, Experian, and TransUnion) once a year at [www.annualcreditreport.com](http://www.annualcreditreport.com). Space them out and that's one free credit check every four months.
- **Find Unclaimed Money:** If the government owes you money and you do not collect it, then it's classified as unclaimed. This also applies to banks, credit unions, pensions, and other sources. Go to [www.usa.gov/unclaimed-money](http://www.usa.gov/unclaimed-money) to learn where to look for unclaimed money and how you can avoid scams related to unclaimed funds.

Whenever providing personal/financial information online, be sure the site is secure. Look for a URL that begins with "https://" and the "closed padlock" (secure lock) in the lower right hand corner of your browser.

## Thanksgiving Trivia: It's Turkey Time!

1. **Baby turkeys are called:**  
A. Poultts B. McNuggets C. Peachicks D. Toms
2. **The best way to defrost a frozen turkey if you didn't leave it in the fridge for a few days:**  
A. Wrap it with a heating pad B. Cold water C. Drop it in a deep fryer D. Let it sit on the counter to thaw
3. **The long, loose piece of skin extending from beneath a turkey's lower jaw along the neck is known as:**  
A. Gizzard B. Waddle C. Wattle D. Comb
4. **John Candy's profession in the Thanksgiving classic movie "Planes, Trains and Automobiles":**  
A. Shower curtain rings salesman B. Corrections officer C. Chauffeur D. Private investigator
5. **How high must a cranberry bounce before it is harvested?**  
A. 1 inch B. 2 inches C. 4 inches D. 5 inches
6. **The Greek goddess of corn, grain, and the harvest was:**  
A. Gaia B. Hebe C. Maia D. Demeter



HAPPY  
THANKSGIVING

# Avoid Excessive Holiday Spending

From gifts and decorations to entertaining and travel, there are all sorts of financial pressures associated with the holidays. Following are some tips to avoid breaking the bank this holiday season:

1. **Know your limit.** Establish a budget before you head out shopping.
2. **Plan ahead.** Consider online shopping to get the best deals and take advantage of free shipping. Check sale ads regularly and look for special savings offers at your favorite stores.
3. **Make a gift list and check it twice.** List all family members, friends, and coworkers for whom you plan to give a gift. Then be prepared to make concessions and cut people from your list to stay within your budget.

4. **Save.** It might be too late for this year, but set up a holiday savings account for next year so you don't take such a big financial hit at year-end.

Don't let financial stress take the joy out of your holiday season. A little planning will help keep your spending habits under control so you won't feel the sting of holiday spending into the new year.



## Stand Up for Better Health

You already know that you should exercise more, but did you know that you should be sitting less too? An hour of exercise won't buy you couch potato time or grant you permission to sit on your butt the rest of the day. Sitting less can be a challenge – especially if you have a desk job – but it's extremely important to your overall health to sit less and move more.

According to the Mayo Clinic, 50 to 70 percent of people spend six or more hours sitting per day and 20 to 35 percent spend four or more hours a day watching TV. Conducted by the National Health and Nutrition Examination, this same study also revealed that a sedentary lifestyle shortens life expectancy. If Americans would cut their sitting time in half, their life expectancy would increase by approximately two years according to the study.

Standing increases your energy, burns more calories, tones muscles, improves your posture, and increases blood flow. Following are some ways to incorporate more movement into your daily routine:

- Stand while talking on the phone.
- Take the stairs.
- Park your car further away from your destination.
- Incorporate movement into cleaning and cooking.
- Work your calves when you brush your teeth.
- Stand up and stretch during heavy periods of working at your computer.
- Don't send email if the recipient is within walking distance. Get up and walk over to the individual instead.
- Get up to refill your water glass every hour.
- Stand or do exercises while watching TV.
- Consider a standing workstation.
- Hold a walking meeting.
- Walk after you eat lunch.
- Take the long route.
- Fidget.



# Recognizing Metropoint Tenants

Equus Capital Partners, Cushman & Wakefield NorthMarq, and Colliers extend special thanks and appreciation to the following tenants for their new leases completed during 3rd Quarter 2016:

**Allianz Life Insurance**  
(Suite 1410 | 600 Building)

**AmTrust Financial Services**  
(Suite 110/170 | 400 Building)

**Equity Staffing Group**  
(Suite 120 | 435 Building)

**NAMSA**  
(Suite 400/500 | 400 Building)

## Safety Alert

In October, car thieves were caught on camera as they broke into a garage at a neighboring apartment complex off of Ford Road. According to police, this was one of 48 car thefts in St. Louis Park so far this year.

While security staff monitors activity throughout the Metropoint office campus, please be sure to lock your vehicle when at work and never leave a spare key in your car.

## Thanksgiving Trivia Answers

1. Baby turkeys are called poults.
2. The best way to defrost frozen turkey is with cold water.
3. Wattle is the long, loose piece of skin under a turkey's jaw.
4. John Candy was a shower curtain rings salesman in the Planes, Trains and Automobiles movie.
5. A cranberry should bounce 4" to be harvested.
6. Demeter was the Greek goddess of corn, grain, and harvest.

## About Equus Capital Partners, Ltd.

Equus Capital Partners is one of the nation's leading private equity real estate fund managers. Equus' portfolio consists of over 17 million square feet of office, retail, and industrial properties and nearly 11,000 apartment units in 48 communities located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Los Angeles, Chicago, Washington D.C., Boston, Atlanta, and Raleigh-Durham. For additional information, please visit the company's website at [www.equuspartners.com](http://www.equuspartners.com).



### IMPORTANT PHONE NUMBERS:

#### Property Management



Office: 952-546-8700  
Fax: 952-593-2484

After Hours Emergencies  
952-546-8700

Metropoint Security Desk  
952-525-3507

#### Leasing



Kevin O'Neill  
952-897-7724

Michael Gelfman  
952-897-7875

#### Metropoint Retailers

Metropoint 300 & 600 Cafes  
952-545-2883

Metro Stop  
952-546-7100

Perry Cohn Jewelers  
952-544-5136

Spa Blu  
952-546-5331