



Metropoint

The Center for Business

2nd Quarter 2015

TAKE NOTE OF THE UPCOMING DATES:

Earth Day Fair

Wednesday, April 22
11:30a.m. - 1:00p.m.
600 Building Lobby

Administrative Professionals Day

Wednesday, April 22

Mother's Day

Sunday, May 10

Memorial Day

Monday, May 25

Father's Day

Sunday, June 21

Independence Day

Saturday, July 4

Metropoint Turf Club Coming Soon

Equus Capital Partners and Cushman & Wakefield | NorthMarq are pleased to announce the addition of a new Turf Club at Metropoint. Beginning in May through September (weather permitting), Metropoint will have landscaped green space on the northeast side of the 600 Building adjacent to the connector link dedicated for lawn games. There will also be additional outdoor seating in the area so tenants can spend their lunch hour relaxing outside.

Various lawn games, including boccee ball, bean bag toss, Frisbee, and croquet will be available to all Metropoint tenants and guests. To use a game, simply go to the security desk in the lobby of the 600 Building to get the equipment and leave your driver's license, which will be returned to you when you return the game.

Play a game of bean bags with your coworkers over the noon hour or schedule team building exercises with the variety of lawn games. To reserve the area and games for a company event, contact the management office at 952-525-3500.



Tiger Sushi Wednesday Back By Popular Demand

Beginning in April 2015, the popular Tiger Sushi restaurant will be back at Metropoint providing lunch service out of The Point in the atrium/lobby of Metropoint's 600 Building.

The first Wednesday of every month, Tiger Sushi will serve an abbreviated menu, including California Rolls, Spicy Tuna Rolls, Veggie Rolls, Crunchy Rolls, and Tiger Balls. Enjoy!

Steps for Preparing a Budget

If you're having a hard time keeping your spending under control, it might be time to develop a personal budget. While it may sound like a daunting task, it can also be an eye opening exercise. Just follow these steps:

1. Identify how you're spending money now.
2. Evaluate your current spending and set goals that align with your long-term financial objectives.
3. Track your spending to make sure it stays within your new budget parameters.

Budgeting involves making some tough choices. The following tips are intended to help make the process a little easier:

- **Use software to automate your budget.**
Personal finance programs, such as Quicken or Microsoft Money, have a built-in budgeting tool to help create your budget. There are also a number of popular apps, such as Level Money, Mint, and PearBudget, available to help you create a budget and track your spending by category.

- **Don't spend beyond your limits.**
Government figures show that many U.S. households with total income of \$50,000 or less are spending more than they bring in. This doesn't make you an automatic candidate for bankruptcy, but it's a warning sign to curtail excess spending.
- **Avoid the ATM.**
Too often, withdrawals from a cash machine seem to evaporate into thin air. If you find yourself stopping at the ATM on a regular basis, then be sure to track how that cash is being spent.
- **Build up a nest egg.**
Plan to spend no more than 90% of your income. Then you'll have the remaining 10% left over to save for bigger ticket items.
- **Don't spend more just because you make more.**
As your annual income increases from raises, promotions and smart investing, don't start spending more on unnecessary conveniences and luxuries. Instead, use the added income as an excuse to save more.

May is National Physical Fitness & Sports Month

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. Yet less than 5% of adults participate in 30 minutes of physical activity each day.

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2.5 hours of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, and raking leaves.
- Do muscle-strengthening activities – like lifting weights and using exercise bands – at least two days a week.



Take advantage of the USDA's SuperTracker tool at www.supertracker.usda.gov to create a personalized nutrition and physical activity plan. The SuperTracker provides a platform to track your foods and physical activities to see how they stack up and it also provides tips to help you make healthier choices and plan ahead.

An active lifestyle is for everyone. No matter what shape you are in, there are activities that can work for you. In honor of National Physical Fitness and Sports Month, challenge yourself to be more active during the month of May!

Traveling to Europe this Summer

In recent years, European vacations were almost a luxury, with sky-high fares and hotel rates and a weak dollar-to-euro exchange rate that made everyday purchases an extravagance for U.S. visitors. But travelers should be able to find some great deals for travel to Europe this year because of the strong U.S. dollar and the declining value of the euro, which is near a 12-year low against the dollar. In fact, the euro has lost about 24% of its value since just last summer so financially speaking, now is a great time to travel to Europe, especially to countries that use the euro.

The following 19 countries accept the euro: Austria, Belgium, Cyprus, Estonia, Finland, France, Germany, Greece, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Portugal, Slovakia, Slovenia and Spain. It is also used as a currency in Andorra, Monaco, San Marino, and Vatican City.

And for U.S. travelers that prefer to stay a little closer to home, Canada also represents a better value than recent years because the Canadian loonie has declined to around 80 cents on the U.S. dollar.

If you haven't already made summer travel plans, consider a trip abroad to take advantage of the favorable exchange rate. But remember, currency markets tend to fluctuate so you may want to consider pre-paying for hotel rooms to lock in on discounted rates.

Another option is to buy some euros or traveler's checks at your local bank now to be spent on your trip later. Or you can load some money onto a pre-paid card like the Travelex Cash Passport, but be mindful of foreign transaction fees for credit card and ATM transactions.



Brain Teaser: Neighbors Riddle

There is a row of five different color houses. Each house is occupied by a man of different nationality. Each man has a different pet, prefers a different drink, and smokes a different brand of cigarettes. Who has fish at home?

1. The Brit lives in the Red house.
2. The Swede keeps dogs as pets.
3. The Dane drinks tea.
4. The Green house is next to the White house, on the left.
5. The owner of the Green house drinks coffee.
6. The person who smokes Pall Mall rears birds.
7. The owner of the Yellow house smokes Dunhill.
8. The man living in the centre house drinks milk.
9. The Norwegian lives in the first house.
10. The man who smokes Blends lives next to the one who keeps cats.
11. The man who keeps horses lives next to the man who smokes Dunhill.
12. The man who smokes Blue Master drinks beer.
13. The German smokes Prince.
14. The Norwegian lives next to the Blue house.
15. The man who smokes Blends has a neighbor who drinks water.

*(Answers on Back Page)
Source: Brainden.com*

Recognizing Metropoint Tenants

Equus Capital Partners and Cushman & Wakefield | NorthMarq extend special thanks and appreciation to the following tenants for their renewal leasing activity completed during 1st Quarter 2015:

Nelson Sullivan
(Suite 130 – 435 Building)

Wells Fargo
(300 & 400 Building)



Metropoint Earth Day Fair

Metropoint will host an Earth Day Fair in the 600 Building Lobby from 11:30a.m. to 1:00p.m. on Wednesday, April 22nd.

Please take a few moments to stop by and learn about the environmental initiatives underway at Metropoint. Also watch for details regarding an upcoming Electronic Recycling Event.

Brain Teaser Answer

	House 1	House 2	House 3	House 4	House 5
Color	Yellow	Blue	Red	Green	White
Person	Norwegian	Dane	Briton	German	Swede
Drink	Water	Tea	Milk	Coffee	Beer
Smoke	Dunhill	Blend	Pall Mall	Prince	Blue Master
Pet	Cat	Horse	Bird	Fish	Dog

About Equus Capital Partners

Equus Capital Partners, Ltd. is one of the nation’s leading private equity real estate fund managers. Equus’ portfolio consists of over 24 million square feet of office, retail and industrial properties and nearly 17,000 apartment units in over 65 communities located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Los Angeles, Chicago, Washington DC, Boston, Atlanta and Raleigh-Durham. For additional information, please visit the company’s website at www.equuspartners.com.

