



Metropoint

The Center for Business

2nd Quarter 2016

TAKE NOTE OF THE UPCOMING DATES:

Severe Weather Week Tornado Drills

Thursday, April 14
1:45p.m. and 6:55p.m.

Earth Day Fair

Friday, April 22
11:30a.m. - 1:00p.m.

Administrative Professionals Day

Wednesday, April 27

Mother's Day

Sunday, May 8

Floor Warden Training

Tuesday, May 24
10:00a.m. and 1:00p.m.

Building Evacuation Drills

Wednesday, May 25

Memorial Day

Monday, May 30

Father's Day

Sunday, June 19

Independence Day

Monday, July 4

Tenant Appreciation Ice Cream Social

Thursday, August 4

Get "LINKED"

A great new amenity is here to complement your work/life balance. Located on the ground floor "Link" between the 600 and 400 Buildings, you can enjoy a new lounge area featuring Wi-Fi and two 65 inch flat screens programmed to provide access to sports, news, and video gaming. The two unique gaming systems available are: Xbox One and Retron 5, which are compatible with GBA/SNES/NES/Genesis games.



Take a break from your workday...whether it's to read, check your emails, visit with a colleague, or engage in a friendly video game competition. To check out gaming controls and games, simply visit the security guard desk in the 600 Building Lobby and leave your driver's license, which will be returned to you when you return the gaming equipment. Feel free to bring your own games as there is a limited selection available for checkout.



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 Friday, April 22nd.

Please stop by to learn about the environmental initiatives underway at Metropoint. Also watch for information regarding an upcoming Electronic Recycling Event.

Enhance Your Workday

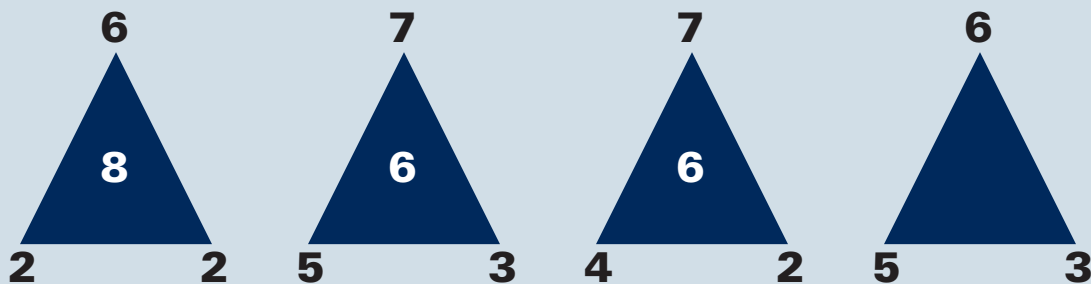
With all the time you spend at work, it's important to squeeze as much productivity and satisfaction out of your workday as possible. Employ the following tips to improve your happiness at work:

- **Do something you consider to be worthwhile.**
Hopefully your day-to-day work is a worthwhile endeavor, but if you're stuck in a position full of busywork, make the extra effort to find something meaningful to do that makes a difference and improves the world around you.
- **Help somebody less fortunate.**
Self-centered people tend to be unhappy because they put their energy into their egos. The best and easiest way to get over yourself is to do something for somebody who could really benefit from your help. Even better? Do it anonymously.
- **Appreciate what you have.**
Take a minute to stop and feel grateful for what you have on your road to success.
- **Avoid procrastinating.**
When something on your to do list has been nagging you, tackle it head on. If it's a big job, complete it in 15-minute segments and it'll get done sooner than you think.

- **Take control.**
Acknowledge that your happiness is your responsibility and then focus on the positives of your job. Incorporate at least one activity you love into every workday, whether it's meeting a friend for lunch, getting out for a walk or reading a book.
- **Say no to negativity.**
Don't succumb to negativity – it drags everyone down. Associate with happy, positive coworkers to help lift your mood and make time fly by at work.
- **Develop meaningful relationships.**
Invest in relationships with your colleagues to build a strong network of support and camaraderie. Also, never underestimate the power of laughter – a shared joke can relieve tension, stimulate creativity and enhance relationships with your coworkers.
- **Increase your energy level.**
Movement boosts your mood and metabolism, while fresh air and sunlight offer a natural high. If you can't get outside, make a point to walk across the office to deliver an update to a colleague in person vs. sitting at your desk all day and sending e-mail.

Brain Teaser: The Empty Triangle

Which figure should be placed in the empty triangle?



Source: sharpbrains.com

Answer on Back Page

National Volunteer Week: April 10-16, 2016

Celebrate Service, the theme for National Volunteer Week, captures the meaning of this week: honoring the people who dedicate themselves to taking action and solving problems in their communities.

National Volunteer Week has grown exponentially, drawing endorsements from all U.S. presidents since 1974 as well as other elected officials.

This year, Points of Light is also honored to recognize the seventh anniversary of the Edward M. Kennedy Serve America Act and the creation of the Volunteer

Generation Fund through a series of celebratory and service events across the nation.

Celebrate Service presents an opportunity for individuals, families, nonprofit organizations and government entities alike to honor ordinary people who accomplish the extraordinary through volunteer service and who motivate others to follow their lead.

To find volunteer opportunities in your area, visit www.pointsoflight.org/signature-events/national-volunteer-week and enter your zip code on the right.



Once in a Blue Moon

In recent years, the popular definition of a Blue Moon has been the second of two full moons in a single calendar month. An older definition from the *Farmer's Almanac* says a Blue Moon is the third of four full moons in a single season. While Blue Moons used to be fairly rare, they are more common now based on multiple definitions.

The next Blue Moon will occur on Saturday, May 21, 2016. It's a seasonal Blue Moon – the third of four full moons between the March equinox and the June solstice of 2016.

Very rarely, a monthly Blue Moon and a seasonal Blue Moon can occur in the same calendar year. However, for this to happen, there need to be 13 full moons in one calendar year as well as 13 full moons in between successive December solstices. This will next happen in 2048, when a monthly Blue Moon falls on January 31 and a seasonal Blue Moon falls on August 23.

Don't expect to see an actual blue-colored moon, although unusual sky conditions, such as small particles of dust or smoke, can create a hazy blue color.

Recognizing Metropoint Tenants

Equus Capital Partners, Cushman & Wakefield | NorthMarq, and Colliers extend special thanks and appreciation to the following tenants for their new/renewal leasing activity completed during 1st Quarter 2016:

Colonial Life (Suite 620 | 600 Building)
John Wiley & Sons, Inc. (Suite 300 | 400 Building)

Parking Etiquette

- Park your vehicle within the parallel lines
- Obey One Way drive lanes
- Respect pedestrians walking
- Observe speed signs



Brain Teaser Answer

ANSWER: 3

SOLUTION: The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

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 18 million square feet of office, retail, and industrial properties and approximately 12,000 apartment units in 50 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.



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