



Metropoint

The Center for Business

3rd Quarter 2015

TAKE NOTE OF THE UPCOMING DATES:

**Metropoint
Ice Cream Social**
Tuesday, August 4
1:00 - 3:00 p.m.

National Night Out
Tuesday, August 4

Labor Day
Monday, September 7
(Mgmt. Office Closed)

**Twin Cities
Kidney Walk**
Saturday, October 10

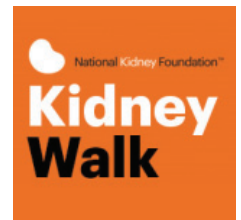
Columbus Day
Monday, October 12

Halloween
Saturday, October 31

2015 Twin Cities Kidney Walk

The National Kidney Foundation's (NKF) annual Kidney Walk is the nation's largest walk to fight kidney disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk.

Please join Equus Capital Partners in raising funds to support the NKF by signing up as a team, individual or volunteer for the 2015 Twin Cities Kidney Walk. If the walk isn't for you, please consider making a 100% tax deductible donation.



The 2015 Twin Cities Kidney Walk is scheduled for Saturday, October 10th, at the Thomson Reuters Campus at 610 Opperman Drive in Eagan. Checkin begins at 9:00 a.m. and the walk kicks off at 10:00 a.m. For details, please visit: http://donate.kidney.org/site/TR/Walk/MinnesotatheDakotasampIowa?team_id=191731&pg=team&fr_id=7580.



YOU'RE INVITED!

**Metropoint
Summer Tenant Appreciation Event
Tuesday, August 4th
1:00 - 3:00 p.m.**

Equus Capital Partners and Cushman & Wakefield | NorthMarq
invite you to stop by the 600 Building turnaround/patio area
for some Ben & Jerry's ice cream and lawn games at the Turf Club.

Embark on a Geocaching Adventure

A fun outdoor activity, geocaching is a real-world treasure hunting game using GPS-enabled devices. Participants navigate to specific GPS coordinates and try to find the geocache hidden at that location.

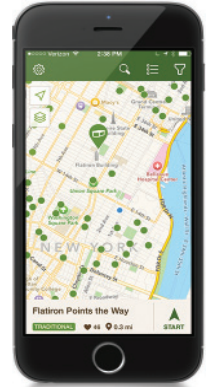
Geocaches vary in size and difficulty and can be found all over the world – at your local park, the end of a long hike, under water or on the side of a city street. There are more than 2.5 million active geocaches and over 6 million geocachers worldwide.

The only necessities are a Geocaching Membership and a GPS device or GPS-enabled smartphone so that you can navigate to the cache. At its simplest level, geocaching requires the following steps:

1. Register for a free membership account at: www.geocache.com.
2. Visit the “Hide & Seek a Cache” page.

3. Enter your zip code and click “search.”
4. Pick a geocache from the list and click on its name.
5. Enter the coordinates of the geocache into your smartphone or GPS device.
6. Use your smartphone/GPS device to assist in finding the hidden geocache.
7. Sign the logbook and return the geocache to its original location.
8. Share your geocaching stories and photos online.

If you love playing with the latest gadgets and exploring the great outdoors, geocaching might be your sport. It can make a great family activity too.



Brain Teaser: Wordplay

1. He starts and ends 2 common English words. One painful in love, One painful in everyday matter. Do you know what 2 words I must be?
2. Using the words DROVES and NEWS write seven words using each letter once.
3. There is a common English word that is seven letters long. Each time you remove a letter from it, it still remains a common English word – from seven letters right on down to a single letter. What is the original word, and what are the words that it becomes after removing a letter at a time?

*(Answer on Back Page)
Source: www.afunzone.com*

Increasing Kidney Disease Awareness

Equus Capital Partners is proud to sponsor the National Kidney Foundation’s (NKF) 2015 Kidney Walk in various markets across the U.S. and encourages tenant participation to help fight kidney disease.

The NKF has launched a new campaign to promote kidney health and motivate people to get their urine screened. “EverybodyPees” is an irreverent, educational music video that focuses on the places people pee. The number one goal of the campaign is to link

one of the kidneys’ primary functions – the production of urine – to overall kidney health. Help spread the word about the importance of urine testing by sharing the website (www.everybodypees.org) with your friends, family and colleagues.

Arthur P. Pasquarella, a principal of Equus Capital Partners serving as the firm’s Chief Operating Officer, is currently the Board Chair Elect for the NKF and will serve as the 2016-17 National Board Chair.

Healthy Grilling Tips

Yes, grilling has developed a bit of a bad rap due to all of the research about carcinogens, but it doesn't mean you have to avoid grilled food. Whether you're a grill master or an occasional weekend warrior, follow these tips to minimize your risk and enjoy grilled foods that are flavorful and safe:

- **Clean Your Grill:** Keep your grill clean by scrubbing it with a brush before and after grilling food. Scrubbing keeps the buildup of carcinogens left on the grill grates to a minimum and enhances flavor.
- **Wrap It Up:** When grilling meat, polycyclic aromatic hydrocarbons (PAHs) can form when heat activates an interaction between fat and smoke. Wrap food in foil prior to grilling to reduce exposure to smoke and the formation of PAHs.
- **Use a Marinade:** In the same way foil can protect meat from smoke, marinades also provide a protective barrier. Prepared marinades have polyphenolic antioxidants from spices, such as thyme, mint, sage, rosemary and oregano, that can reduce

the formation of HCAs. These antioxidants stabilize the natural sugars in meat and interfere with free radicals that can damage cells.

- **Trim the Fat:** Buy lean cuts of meat to limit how much saturated fat you eat — trim off any excess fat to prevent it from reacting with the smoke to generate PAHs.
- **Avoid Charring:** Meat that is black from grilling is a red flag. Charred pieces of meat or fish are covered with Heterocyclic amines (HCAs) that can damage genes and put people at a greater risk for stomach and colorectal cancers.
- **Limit Cook Time:** The faster foods are cooked, the less likely they'll develop dangerous charring. Don't cook meat past its optimum temperature: 165 degrees for ground poultry; 160 degrees for ground red meats and fresh pork; and 145 degrees for red meat steaks or chops. Additionally, cube or slice meat into smaller portions to accelerate the cook time.

Are You Having Fun Yet?

Are you in need of some inspiration for summer fun? Check out the activities listed below and see how many you can cross off before Labor Day:

- Go to a drive-in movie
- Play tag, hopscotch, kickball or one of your favorite childhood games
- Ride a roller coaster
- Play miniature golf
- Build a sand castle at the beach
- Go for a bike ride
- Toss a Frisbee
- Catch fire-flies in the dark
- Have a water balloon fight
- Go kayaking or canoeing
- Go berry picking
- Make your own popsicles
- Go to an outdoor concert



TUESDAY, AUGUST 4TH

National Night Out
is an annual
community-building campaign
that promotes
police/community partnerships
and neighborhood camaraderie
to make our neighborhoods
a safer, better place to live.

Visit www.natw.org
to find an event in your community.

Recognizing Metropoint Tenants

Equus Capital Partners and Cushman & Wakefield | NorthMarq extend special thanks and appreciation to the following tenants for their new/renewal leasing activity completed during 2nd Quarter 2015:

Perry Cohn Jewelers (Suite 100 | 600 Building)
Quality Business Solutions (Suite 730 | 600 Building)
Resurgence Financial (Suite 1115 | 600 Building)

Brain Teaser: Wordplay

1. Heartache and Headache.
2. Seven words!
3. The original word is Snowing. It decomposes to: sowing, swing, sing, sin, in, and I.

Safety First at Metropoint

Hundreds of people enter and exit the Metropoint parking facilities each workday. With the combination of motor vehicle and pedestrian traffic, accidents are just waiting to happen. Please practice the following safety tips to help ensure the safety of yourself and others:

- Drive slowly
- Don't pass other vehicles
- Stop at crosswalks to check for pedestrians
- Park within striped parking spaces
- Avoid driving the wrong way in one-way drive lanes



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.

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
Jason Butterfield
952-465-3311

Gordie Hampson
952-465-3310

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

