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# Metropoint The Center for Business

3rd Quarter 2016

#### TAKE NOTE OF THE UPCOMING DATES:

National Night Out Tuesday, August 2

Tenant Appreciation Ice Cream Social Thursday, August 4 1:00 - 3:00 p.m.

**Labor Day** Monday, September 5 (Mgmt. Office Closed)

Twin Cities Kidney Walk Saturday, October 8

**Columbus Day** Monday, October 10

Halloween Monday, October 31

#### **Connect the Park Bikeways Project**

Minneapolis has long been recognized as a bike-friendly city and the City of St. Louis Park is following suit with a plan known as Connect the Park. In 2013, the St. Louis Park City Council adopted a plan to construct additional sidewalks, trails, and bikeways over a 10-year period as part of the Vision St. Louis Park initiative. The Connect the Park plan was developed through a community-wide participation process that spanned several years.

This summer, the program introduced enhanced bikeways along Shelard Parkway, Ford Road and Wayzata Boulevard to enhance safety for bicyclists in the neighborhood. In an effort to accommodate Metropoint tenants biking to and from work, several bike racks can be found throughout the campus. For added convenience, the fitness center also provides full men's and women's locker rooms with showers. If you don't have a long work commute, consider biking to take advantage of environmental and health benefits.



#### YOU'RE INVITED!

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

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

## Let the Games Begin!

The first Olympic Games ever to be held in South America, the 2016 Summer Olympic Games will take place August 5-21 in Rio de Janeiro with opening and closing ceremonies held in the Maracanã Stadium.

#### **THE GAMES IN NUMBERS:**

- Prior to 2016, the Summer Olympics have been held 27 times (6 times in North America, 16 in Europe, 3 in Asia and 2 in Oceania).
- Approximately 10,500 athletes from 206 different countries are expected to take part in the 2016 Summer Olympics.
- A total of 306 competitions will be held in 42 different sports over the course of 17 days.
- There will be 37 different venues in four different districts of Rio de Janeiro: Copacabana, whose world-famous beach will host beach volleyball; Barra, home to the Olympic Park; Deodoro, for aquatics, BMX, and equestrian centers; and Maracanã, which features two large stadiums.
- 7.5 million tickets are available for the various events.

- There will be 8,000 employees, 85,000 third party employees and 45,000 volunteers working for the 2016 Olympic Committee in Rio.
- Rugby Sevens will make its debut at the Rio Games, with both the U.S. women's and men's teams considered to be medal contenders. The seven-a-side variant of rugby lasts only 15 minutes per game. The U.S. is a defending rugby champion, of sorts, having won the gold medal in the 15-person version of the game the last time it was featured at the Olympics in 1924.

Stay on top of the 2016 Summer Olympics and get Team USA updates at www.nbcolympics.com.



## **Brain Teaser: The Fork in the Road**

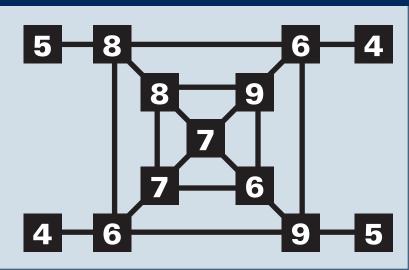
#### **INSTRUCTIONS:**

Start at the center number and collect another four numbers by following the paths shown (and not going backwards).

Add the five numbers together.

What is the lowest number you can score?

(Answer on Back Page) Source: www.sharpbrains.com



# **Health Benefits of Eating a Summertime Favorite**

No other produce says summer quite like watermelon. In addition to adding a burst of color to your plate, this refreshing treat boasts some powerful health benefits too:

- Watermelon contains a lot of potassium, which is very helpful in cleaning or washing out any toxic deposits in the kidneys.
- Watermelon contains an abundance of lycopene, a carotenoid phytonutrient compound that is increasingly linked to cancer prevention.
- A 10-ounce wedge of watermelon packs in about one-third of the recommended daily value of vitamins A and C, which benefit your skin and hair.
- The potassium and magnesium present in watermelon is very beneficial in terms of reducing elevated blood pressure.



- As the name implies, watermelon is a natural diuretic and good for hydration.
- Watermelon contains fiber, which encourages a healthy digestive tract.

Plus, this quintessential summer snack is fat-free, low in sodium and has only 40 calories per cup.

#### **U.S. Dollar Facts**

What weighs only 0.035 oz. (1 gram), is only 16 square inches in size, consists of cotton and linen and everyone seems to want more of it? It is the world's most popular currency: the United States dollar. Read on for some interesting facts about the U.S. dollar bill:

- The \$1 bill is the most common denomination of U.S. currency, totaling 45% of all bills (\$1, \$2, \$5, \$10, \$20, \$50 and \$100) produced. There are about two billion \$1 bills in circulation at any given time.
- The security thread in \$5 bills and higher will turn blue if held under ultraviolet light.
- The average life of a \$1 bill is just 18 months, whereas \$5 bills last in circulation for around 15 months and \$20 bills last in circulation for approximately two years. Larger bills (\$50, \$100) can last in circulation up to eight years.

- The \$2 bill was last issued in 2003. Some people save \$2 bills thinking they are rare and valuable, but they are worth just \$2.
- The number 172 can be seen on the back of the \$5 bill in the bushes at the base of the Lincoln Memorial.
- On the \$1 bill, you can see an owl in the upper lefthand corner of the "1" encased in the shield and a spider is hidden in the upper right-hand corner.
- The \$100 bill is referred to as a "benjamin" because it features the portrait of Benjamin Franklin, one of the Founding Fathers of the United States. It is one of the two bills that does not feature a President of the United States; the other is the \$10 bill, featuring Alexander Hamilton. The \$100 bill is also sometimes called a "C-Note" based on the Roman numeral for 100.

# **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 2nd Quarter 2016:

Froehling Anderson (Suite 400 | 400 Building)
Thresher Artisan Wheat (Suite 720 | 600 Building)
Nelson & Sullivan (Suite 130 | 435 Building)
Fairmarket Life Settlements (Suite 140 | 435 Building)
Perry Cohn Jewelers (Suite 160 | 600 Building)

# **Twin Cities Kidney Walk**

Metropoint and Equus Capital Partners are again joining forces to raise awareness about kidney disease by participating in the 2016 Twin Cities Kidney Walk. The nation's largest walk to fight kidney disease, the Kidney Walk funds lifesaving programs that educate and support patients, their families and those at risk.

The 2016 Twin Cities Kidney Walk will be held Saturday, October 8th, at the Thomson Reuters Corporate Campus, 610 Opperman Drive, Eagan. Check-in time will begin at 9:00 a.m. and the Kidney Walk will start at 10:00 a.m.

Each member of the Equus Twin Cities team is already hard at work fund raising for this great cause, so walk with us or support our efforts with a cash donation at http://donate.kidney.org/site/TR/Walk/NKFServingtheMid-West?team\_id=198643&pg=team&fr\_id=8293.

#### Brain Teaser Answer: 30

# **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





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