



Metropoint

The Center for Business

3rd Quarter 2017

TAKE NOTE OF THE UPCOMING DATES:

Tenant Appreciation Ice Cream Social

Tuesday, July 18
1:00 - 3:00 p.m.

National Night Out Tuesday, August 1

Labor Day

Monday, September 5
(Mgmt. Office Closed)

Columbus Day

Monday, October 9

Twin Cities Kidney Walk

Saturday, October 14

Halloween

Tuesday, October 31

Fire/Life Safety Training at Metropoint

Each summer in advance of an annual fire evacuation drill, Cushman & Wakefield NorthMarq conducts Floor Warden training. This year, members of the St. Louis Park Fire Department were on site to provide training on evacuation procedures as well as proper use of a fire extinguisher.

Thank you to those tenant representatives that serve as Fire Wardens at Metropoint. Your dedication and commitment to fire and life safety is appreciated by all!



Experience the Beauty of Wildflowers

In lieu of traditional landscaping, wildflowers were planted between the 400 and 600 Buildings last year. Thanks to abundant rainfall, an eco-friendly garden has emerged featuring eye catching colors amidst native grasses.

Visit this urban meadow for a break during your workday – you might spot a Monarch among the milkweed.



Twin Cities Kidney Walk

Metropoint and Equus Capital Partners are once again joining forces to raise awareness about kidney disease by joining in the 2017 Twin Cities Kidney Walk.

This year's Walk, scheduled for Saturday, October 14, will be held at a new venue: the Harriett Island Park & Pavilion at 200 Dr. Justus Ohage Blvd. in St. Paul.

To learn more about the Twin Cities Kidney Walk or to make a donation, visit:
http://donate.kidney.org/site/TR/Walk/NKFServingtheMid-West?team_id=203556&pg=team&fr_id=8565

Time for an Eye Exam?

According to the Vision Council of America, approximately 12.2 million Americans require some sort of vision correction, but go without. Further, nearly 50% of parents with children under the age of 12 have never taken them to an eyecare professional. In conjunction with National Eye Exam month this August, following are some compelling reasons to schedule your next eye exam:

- **Avoid Headaches:** If you have been having unexplained headaches, an eyecare professional may be able to identify the cause of your headaches and remedy them with corrective lenses.
- **Back to School Prep:** A common reason children fall behind in school is undetected vision deterioration, which can contribute to learning and reading difficulties.
- **Update Your Prescription:** Your eyes change over time. An optometrist can determine if you need a stronger prescription to reduce eye strain and help you see better.



- **Detect Health Conditions:** A routine eye exam can identify the early onset signs of diabetes, high blood pressure, glaucoma, and high cholesterol.
- **Detect Eye Diseases:** An eye exam can reveal the early signs of eye diseases, such as macular degeneration or cataracts, which often have no warning signs. Early detection is important to avoid long-term damage to your vision.

Ease Financial Worries

Most Americans, regardless of income level, worry about money. Fretting won't help, but consider the following steps to relieve your fears:

- **Identify your money fear.** Pinpoint the issue that's causing you concern (college tuition, retirement, etc.). Then work to resolve that specific problem to reduce your stress level.
- **Understand the problem.** Create a list of all your debts. You might be surprised to discover that your debt load isn't as bad as you thought.
- **Set a goal.** Once you know the scope of your problem, address it by developing a plan and setting an achievable goal.
- **Stick with it.** It's important to follow your plan even if it means some short-term sacrifices along the way.

Brain Teasers

1. A word I know, six letters it contains, subtract just one and twelve remains.
2. I have three letters. Cut one off and I become stronger. Cut two off and I become ten. What am I?
3. How can you cross out four letters from the word LIVING to leave six remaining?
4. My daughter has as many sisters as she has brothers. Each of her brothers has twice as many sisters as brothers. How many sons and daughters do I have?
5. Malcolm is the number of weeks of his father's age treated as days and his grandfather's age in months. All three of their ages add up to 120 years. How old is Malcolm, his father, and his grandfather?

Source: www.riddlesbrainteasers.com

Things Turning 50 in 2017

This year marks a major milestone for numerous culturally significant movies, albums, television shows, books and inventions:

- **The Carol Burnett Show:** Premiered September 11, 1967.
- **Billie Jean King's Championship Wins:** King became the first woman since 1939 to win the singles, women's doubles, and mixed doubles titles at both Wimbledon and the U.S. Championships.
- **Lite-Brite:** Hasbro released the "art toy" in 1967.
- **Battleship:** Milton Bradley released the board game in 1967.



- **Chevy Camaro:** The first generation went on sale on September 29, 1966, for the 1967 model year.
- **The Beatles "All You Need Is Love":** Reached Billboard's number one spot on August 19, 1967.
- **Bonnie and Clyde:** Released August 13, 1967.
- **Slurpee:** The popular drink became available in stores nationwide in 1967.
- **The Big Mac:** Debuted in Pittsburgh-area McDonald's restaurants in 1967 prior to its nationwide release in 1968.
- **Countertop Microwave:** Was introduced by the Amana Corporation in 1967.
- **Boeing 737:** First flight April 9, 1967.

The Benefits of Learning Something New

Our hectic lifestyles make it difficult to think about trying something new, but you could be really missing out both personally and professionally.

Push yourself out of your comfort zone and learn something new. The potential benefits are significant.

- Learning new things is important for our self esteem. Learning keeps brain cells active and allows us to succeed at something new, which is a major confidence booster.
- You can grow as a person, develop your knowledge base, and change yourself for the better.

- Trying something different will expose you to new people. You could make new friends and enhance your social or work life.
- Learning is essential for staying relevant in an ever changing world. If you stop learning, you can stagnate and actually move backwards – especially in your professional life.

Getting your brain going in a new direction can be as simple as reading a book, memorizing a short poem, or trying a new recipe. Or do something that is longer term: learn how to play an instrument, master a new sport or workout, or travel to new places and visit with the locals.

Recognizing Metropoint Tenants

Equus Capital Partners, Cushman & Wakefield NorthMarq, and Colliers extend special thanks and appreciation to the following tenants for their new/renewal leases completed in the 600 Building during 2nd Quarter 2017:

Bunin Law Office (Suite 1670)

Kaplan Law Office (Suite 815)

Nat'l Ataxia Foundation (Suite 1725)

Perry Cohn (Suite 160)

Resurgence Financial (Suite 1115)

Tri-Star Management (Suite 1660)

Waypoint Capital Advisors (Suite 1940)

Metropoint Ice Cream Social

Tuesday, July 18
1:00 - 3:00 p.m.

600 Building
East Patio



Brain Teaser Answers

1. Dozens, dozen.
2. A fox. Removing the f leaves ox, a strong animal. Cutting off the fo leaves X, the roman numeral for 10.
3. Cross out LING, leaving you with VI, or 6 in Roman numerals.
4. Four daughters and three sons. Each daughter has 3 sisters and 3 brothers, and each brother has 2 brothers and 4 sisters.
5. Malcolm is 6. The father is 42 (42 days = 6 weeks). The grandfather is 72 (72 months = 6 years).

About Equus Capital Partners, Ltd.

Equus Capital Partners is one of the nation's leading private equity real estate fund managers. Equus' diversified portfolio consists of office, multi-family, industrial, and retail properties located throughout the United States. The firm is headquartered in the Philadelphia area with regional offices in Chicago, Los Angeles, 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