



Metropoint

The Center for Business

1st Quarter 2016

TAKE NOTE OF THE UPCOMING DATES:

Valentine's Day
Sunday, February 14

President's Day
Monday, February 15

Daylight Saving Time Begins
Sunday, March 13

St. Patrick's Day
Thursday, March 17

Earth Hour
Saturday, March 19
8:30 p.m.

First Day of Spring
Sunday, March 20

Highway 169 Improvement Project

The Minnesota Department of Transportation (MnDOT) is planning to rebuild and rehabilitate Highway 169 between Highway 55 and Highway 62. Scheduled to commence in the fall of 2016 after the Highway 100 and I-494 projects are completed, the projected year-long Highway 169 project will include:

- Replacing the bridge over Nine Mile Creek in Hopkins, Minnetonka and Edina
- Closing sub-standard highway ramps at 16th Street in St. Louis Park
- Improving safety of entrance/exit ramps at the Cedar Lake Road interchange
- Repairing the pavement throughout the corridor

These projects will improve driver safety, accessibility, and provide a smoother road surface and longer lasting bridge once completed. The project is, however, expected to significantly impact traffic as Highway 169 will be closed for approximately one year at the bridge location (between Bren Road and 7th St.) to allow for removal and replacement of the existing bridge. There will also be occasional lane closures on other sections of Highway 169 between Highway 55 and Highway 62. MnDOT is taking steps to minimize the length and impact of the road closure by expediting the construction process, using innovative construction processes, and working with local communities and businesses to improve detour routes and provide information about the detours. Watch for information later in the year regarding the project's exact start date to plan your travel routes accordingly.

Coming Soon...

Enhancements are underway in the Link connecting Metropoint's 400 and 600 Buildings. In addition to a new ceiling, LED lighting and carpet, a new lounge area will be added in the Link adjacent to the Metropoint Turf Club. The lounge will feature seating for up to 15 along with two screens for gaming, including Xbox and a Retro Game Box for Pac-Man, Pong, and Super Mario. The project is scheduled for completion in mid-February.

In conjunction with the Link enhancements, new wall-mounted tenant directories are being installed in the 1st floor lobby of each building within the campus.

Have a Better Start to Your Day

Starting your morning off on the wrong foot can have a ripple effect, making the day go from bad to worse. Employ the following simple steps to help start your day on a positive note.

- **Avoid hitting the snooze button.** This habit can make you a little drowsy upon waking because snooze sleep isn't quality sleep. Not to mention, those extra few minutes can be the difference between being late or on time. Instead, try going to sleep a little earlier or position your alarm so that you have to get out of bed to turn it off.
- **Wait to check email.** Checking your email before you've even gotten out of bed can send you into a panic before the day has even begun. Try to maintain work/life balance and let email wait until you are ready to start your workday.
- **Adopt a morning workout routine.** Evening workouts can easily be derailed by a late meeting or an impromptu happy hour – and sometimes you're just too tired at the end of a stressful day. Instead, wake up a little earlier and work out in the morning to set yourself on the path to a happier and healthier day.
- **Take a quick, cool shower.** Instead of a long, hot shower that relaxes you, start your day off with a quick, cool shower to help wake up. A cold shower will signal the release of adrenaline, an energizing hormone, and flood your body with feel-good endorphins.
- **Brush your teeth before you eat.** Brushing your teeth after breakfast, especially if you've had something acidic (like coffee or fruit) can push sugars to the surface of your teeth and eventually erode your enamel. In addition to brushing before you eat, drink a glass of water right after your meal to help your mouth feel a little fresher. If you can't stand the thought of brushing your teeth before breakfast, wait 30-60 minutes after eating to decrease tooth enamel wear.
- **Have a protein-rich breakfast.** Research shows that you're more apt to reach for junk food throughout the day if your breakfast is full of carbs. Instead, aim for 20 grams of muscle-building protein in your morning meal. A protein-packed breakfast will help you stay full longer, which will help keep your weight in check over time.

2016 IRS Tax Alert

The IRS announces tax law changes on its website via periodic headlines. For 2016 updates, visit www.irs.gov/uac/Latest-News.

The penalty for not having health insurance under the Affordable Care Act (ACA) increases substantially in 2016. Go to <https://www.healthcare.gov/fees/fee-for-not-being-covered/> to learn more about this penalty, how it is calculated, and how it is paid.

Effective January 1, 2016, the standard mileage rates for the use of a car, van, pickup or panel truck are:

- 54 cents per mile for business miles driven, down from 57.5 cents for 2015
- 19 cents per mile driven for medical or moving purposes, down from 23 cents for 2015
- 14 cents per mile driven in service of charitable organizations

There are six IRS-approved payment processors for credit or debit cards. Links to these vendors may be found on the IRS website at <http://www.irs.gov/uac/Pay-Taxes-by-Credit-or-Debit-Card>.

Combating Kidney Disease

March is National Kidney Month and Thursday, March 10th, is World Kidney Day. Every year World Kidney Day is celebrated in more than 90 countries across the globe, from public screenings in Argentina to Zumba marathons in Malaysia. In 2016, the global awareness campaign will focus on kidney disease and children.

The kidneys are complicated and amazing organs that perform many essential tasks to keep us healthy. Their main job is to remove toxins and excess water from your blood. Kidneys also help to control your blood pressure, produce red blood cells and keep your bones healthy.

Every day, your kidneys carefully control the salt and water in your body so that your blood pressure remains the same.



Equus Capital Partners is a proud supporter of the National Kidney Foundation and, together with its tenants, has participated in numerous fundraisers for the organization.

Equus and the National Kidney Foundation urge everyone to care for their kidneys. To learn more about chronic kidney disease risk factors, prevention and treatment, visit www.kidney.org.



In anticipation of Super Bowl 50, which will be held at 3:25pm on February 7th in the state-of-the-art Levi's® Stadium in Santa Clara, CA, following are some interesting facts regarding Super Bowls past:

- The first Super Bowl was played on January 15, 1967, at the Los Angeles Memorial Coliseum. The Green Bay Packers defeated Kansas City 35-10.

- Of the first 49 Super Bowls, a quarterback has been named Super Bowl MVP 27 times.
- The opening kickoff in a Super Bowl has been returned for a touchdown only once. Devin Hester accomplished the feat in Super Bowl XLI.
- No Super Bowl game has ever gone past regulation and only a combined five AFC and NFC Championship games have gone into overtime.
- The Lombardi Trophy, given to the winning NFL Super Bowl team, weighs seven pounds, stands 21" high, and is worth \$25,000.

For your office pool or Super Bowl party, a free Super Bowl grid is available at www.printyourbrackets.com/super-bowl-square-generator.html.

Brain Teaser

Which four NFL football teams have never played in a Super Bowl game?





New Maintenance Technician

Please join in welcoming Enrique "Ricky" Flores to Metropoint's maintenance team. Ricky previously worked at RSM Plaza in downtown Minneapolis. A dedicated family man with three children, Ricky enjoys working on cars in his spare time.

Recognizing Metropoint Tenants

Special thanks to those individuals that donated toys for the Marine Corps' 2015 Toys for Tots drive. This year, Metropoint collected more than 150 toys that were delivered to underprivileged children throughout the community during the holiday season. Your generosity is sincerely appreciated!



Brain Teaser Answer

The four NFL teams that have never played in a Super Bowl include relatively new teams in the Houston Texans and Jacksonville Jaguars as well as the Detroit Lions and Cleveland Browns, both among the oldest franchises in existence.

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