

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 17 – Spring 2014



Blue Stone Steak & Seafood is scheduled to open Monday, April 21st, in Grand Oak Business Park. The restaurant owners are in the final stage of remodeling the restaurant interior and finalizing the menu.

Specializing in American classics as well as authentic Louisiana Cajun and Creole cooking, BlueStone Steak & Seafood will offer a variety of enticing dishes to keep you coming back for more. If you're interested in sharing an appetizer consider the Beef Stones, Pork Sliders, Mussels, Calamari, or Popcorn Shrimp. For lunch-time options the soups, salads, and sandwiches offer a great range of choices. Salad offerings include a Blue Cheese Wedge, Caesar, Baby Kale and Beet Salad with complementing soups, such as chowders and their signature gumbo. BlueStones' Po Boys are a Louisiana staple and sure to be a popular sandwich choice as well as their specialty burgers. The entrees include selections of fish, seafood, steaks, chicken & waffles, or crab and lobster steam-pots.



BlueStone will feature a remarkable wine menu with choices by the bottle and by the glass. There will also be an extensive selection of craft beers on tap from local brewers like Surly, Fulton, and Flat Earth with other favorites like Crispin, New Belgium, Leinenkugel's, Guinness, and Bell's. The specialty cocktail menu is equally impressive with choices like Surly Cynic, His n Hers Margarita, Hurricanes, Blackberry Mojito, or a Gin-Ginger to name a few.

Visit www.bluestonemn.com/home.html to learn more about BlueStone or to make reservations once the restaurant has opened.

TAKE NOTE OF THE UPCOMING DATES:

Earth Day

Tuesday, April 22

Administrative Professionals Day

Wednesday, April 23

Mother's Day

Sunday, May 11

Memorial Day

Monday, May 26

Father's Day

Sunday, June 15

Independence Day

Friday, July 4th

Enrich Your Life and Improve Your Health

Juggling the demands of work, play, and family can become overwhelming. Following are some tips to help enhance your health, well-being and happiness:

- **Laugh more.** Laughter has a powerful impact on the body. It aids circulation, increases respiration, lowers blood pressure, stimulates digestion and reduces stress and negativity.
- **Keep moving.** Find a physical activity that you enjoy enough to do several times a week and feel free to change it up to avoid boredom. Try something new, such as yoga, salsa dancing, rollerblading, kickboxing, etc., to develop new mental coordination and muscle flexibility, which is good for the mind as well as the body.
- **Exercise your brain.** Take a few minutes each day to do a crossword puzzle or a brain teaser to help your mind stay young.
- **Get adequate sunlight.** Sunlight provides a great source of Vitamin D, which helps the body absorb calcium and enhances the immune system. Additionally, Vitamin D helps increase levels of the neurotransmitter serotonin, which impacts mood, appetite, sleep, memory, learning, etc.
- **Eat healthy fats.** Incorporate more coldwater fatty fish, such as salmon, in your diet to boost your heart health and reduce the risk of memory loss as you age. In lieu of fish consumption, take a daily omega-3 supplement.
- **Try high-intensity interval training.** Doing a number of short bursts of intense exercise with short recovery breaks in between reportedly burns more fat compared to endurance training over longer periods of time. Experiment with shortening your workout while upping the intensity.
- **Keep learning.** Be open to new ways to continue to learn beyond high school or college. Explore adult education, alternative schools, personal instruction with masters of crafts or ideas, etc.
- **Stay in touch.** Take time to appreciate family and friends you don't get to see on a daily basis. Try to stay in frequent touch through email, the phone, and visits when possible.
- **Eliminate clutter.** Clean out your house or office and recycle or donate what you no longer use. Experience the satisfaction of saying goodbye to excess.

Brain Teasers

Try to solve the following logic riddles. The answers can be found on the back page.

1. What can travel around the world while staying in a corner?
2. What gets wetter and wetter the more it dries?
3. Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?
4. What kind of tree can you carry in your hand?
5. Forward I am heavy, but backward I am not. What am I?
6. What is as light as a feather, but even the world's strongest man couldn't hold it for more than a minute?
7. A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. How come?
8. What occurs once in every minute, twice in every moment, yet never in a thousand years?

Source: www.braindem.com

Surprising Ways to Damage Your Credit

Whether buying a house or car or applying for a student loan, your credit score will determine if you can obtain credit and at what interest rate. It shows how much credit you have, whether you've paid bills late, etc. Beware of the following moves that could have a surprisingly negative impact on your credit score:

- **Missing the April 15th tax filing deadline.**
Besides the late fees and penalties, an IRS lien on your home will hurt.
Can drop your credit score by 25-100 points.
- **Outstanding parking ticket(s).**
Unpaid fines associated with parking tickets can multiply quickly, but the collection agency's impact may be worse.
Can drop your credit score by up to 100 points.

- **Submitting too many credit card applications.**
Credit checks from multiple creditors around the same time may raise a red flag.
Can drop your credit score by 20-30 points.
- **Cutting up your credit card(s).**
Too little credit can also be a problem in the event of an emergency.
Can drop your credit score by 0-75 points.
- **Co-signing for someone's car loan.**
This will require a hard check on your credit report.
Can drop your credit score by 5-20 points.
- **Forgetting to return library books.**
Watch out if that \$5.00 overdue fine is submitted to a collection agency.
Can drop your credit score by 20-100 points.



April 24, 2014

Inspired by the movie 'Pay it Forward' starring Kevin Spacey and Helen Hunt, Pay it Forward Day involves people performing random acts of kindness without expecting anything in return. Instead, recipients are encouraged to 'pay the kindness forward' to others in need, essentially creating a positive ripple effect of giving.

Visit www.payitforwardday.com to download free pay it forward cards and flyers, read inspiring stories and watch inspiring videos.

Traditional IRA vs. Roth IRA

There are two types of IRAs to help you save for retirement: Traditional and Roth. Both types allow your money to grow tax free while it's in the account. The main difference between the two is when you pay income taxes on the money you put in either plan.

With a traditional IRA, you pay the taxes on the back end when you withdraw the money during retirement. In some cases, you may avoid taxes on the front end when you put the money into the account. With a Roth IRA, it's the exact opposite. You pay the taxes up front, but there are no taxes later.

There are other differences too. While almost anyone with earned income can contribute to a traditional IRA, there are income limits for contributing to a Roth IRA. So not everyone can take advantage of them.

Additionally, Roth IRAs are more flexible should you need to withdraw some of the money early. With a Roth IRA, you can leave the money in for as long as you want, letting it grow and grow as you get older. Conversely, with a traditional IRA you are required to start withdrawing the money by the time you reach age 70½.

Recognizing Grand Oak Tenants

Equus Capital Partners and Cassidy Turley extend special thanks to the following tenants for their lease transactions completed during 1st Quarter 2014:

Mayo
(860 Blue Gentian Road)

RAND Worldwide
(860 Blue Gentian Road)



Tips for Being Green at Home

- Turn off your computer every night.
- Lower the temperature on your hot water heater.
- Use cloth napkins instead of disposable paper napkins.
- Unplug unused chargers and appliances.
- Collect rainwater and use it to water your houseplants.
- Fix leaky faucets to avoid wasting water.
- Pay your bills online.
- Wash laundry in cold water instead of hot.
- Run your dish washer only when it's full.

Brain Teaser Answers

1. A stamp.
2. A towel.
3. Meat.
4. A palm.
5. Forward I am ton, backwards I am not.
6. His breath.
7. She was walking.
8. The letter m.

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.



**MANAGED &
LEASED BY:**

**Cassidy/
Turley** Commercial
Real Estate Services

**IMPORTANT
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Leasing
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