

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 14 – Summer 2013

Enjoy the Summer While It Lasts!

While we all look forward to the weekend to enjoy outdoor activities during the warm weather months, studies suggest that getting outside during the workday also yields significant benefits in the form of reduced healthcare costs, improved attendance, greater cooperation, increased productivity and better overall office morale.

Grand Oak Business Park strives to provide tenants with a variety of opportunities to enjoy the property's beautiful natural surroundings during the workday:

- Try eating lunch at one of the picnic tables located along the walking trail around O'Neill Pond.
- Take advantage of the charcoal grills along the walking trail for a casual group lunch or company outing. The grills are available to all tenants on a first come, first served basis – just bring your own charcoal. Please contact the management office if you want to reserve the patio for a specific date/time.
- For a midday workout, take a walk or jog around O'Neill Pond. The distance around the pond is approximately one mile and there are quarter-mile markers to help you determine your exact distance.
- For golf enthusiasts, take advantage of the putting green to help perfect your game.

Regardless of how you choose to enjoy the outdoors while at work, remember that Grand Oak's fitness centers feature locker and shower facilities for your convenience.



TAKE NOTE OF THE UPCOMING DATES:

Grand Oak

Ice Cream Social

Wednesday, July 17

1:00 - 3:00pm

National Night Out

Tuesday, August 6

Labor Day

Monday, September 2

Columbus Day

Monday, October 14

August is National Eye Exam Month

Computer work and internet surfing can take a toll on your eyes. Don't take your eye health for granted. Follow the simple tips listed below to protect your vision:

Eat Healthy: Protecting your eyes starts with the food on your plate. Nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E reportedly help prevent age-related vision problems such as macular degeneration and cataracts. Consume the following foods to help promote good eye health:

- Green, leafy vegetables (spinach, kale and collards)
- Salmon, tuna and other oily fish
- Eggs, nuts, beans and non-meat protein sources
- Oranges and other citrus fruits/juices

Don't Smoke: Smoking can lead to cataracts, optic nerve damage, and macular degeneration.

Look Away From Your Computer: To protect your eyes when looking at a computer or other screen – particularly during extended use – employ the following:

- Make sure your eyewear prescription is up-to-date.
- Wear corrective lenses as needed to help with contrast, glare, and eye strain when viewing a screen.
- If your eyes are dry, blink more frequently.

- Position your computer so that your eyes are level with the top of the monitor and you are looking down slightly at the screen.
- Avoid glare on your screen from windows and lights.

Get Your Eyes Examined Regularly. In addition to ensuring that you are seeing your best, an eye exam can also detect eye diseases, such as glaucoma, with no symptoms. Depending on your eye health, see either an optometrist or an ophthalmologist for an eye exam. Ophthalmologists are medical doctors who provide general eye care, treat eye diseases, and perform eye surgery. Optometrists have had four years of specialized training after college and provide general eye care and treat the most common eye diseases but do not perform surgery. Expect a comprehensive eye exam to include:

- Review of your personal/family medical history.
- Vision tests for nearsightedness, farsightedness, astigmatism, or age-related presbyopia.
- Tests to see how well your eyes work together.
- Eye pressure and optic nerve tests for glaucoma.
- External and microscopic examination of your eyes before and after dilation.

Your eyes may also require other tests depending on your particular case.

Brain Teaser

The paragraph below is most unusual. How quickly can you find out what is so unusual about it? It looks so ordinary you'd think nothing was wrong with it – and in fact, nothing is wrong with it. It is unusual though. Why?

“Gadsby was walking back from a visit down in Branton Hill’s manufacturing district on a Saturday night. A busy day’s traffic had had its noisy run; and with not many folks in sight, His Honor got along without having to stop to grasp a hand, or talk; for a mayor out of City Hall is a shining mark for any politician. And so, coming to Broadway, a booming bass drum and sounds of singing, told of a small Salvation Army unit carrying on amidst Broadway’s night shopping crowds. Gadsby, walking towards that group, saw a young girl, back toward him, just finishing a long, soulful oration ...”

The above passage is taken from the book “Gadsby” written by Ernest Vincent Wright in 1939. What is unusual about the paragraph above?

Celebrating Labor Day

Labor Day will be celebrated Monday, September 2nd, by families across the U.S. with picnics, barbecues, road trips, and sporting events. The holiday, which is a 3-day weekend for many, marks the end of the summer vacation season and the beginning of a new school year. A federal holiday, most government offices, schools, and, businesses are closed on Labor Day. Read on for some facts about Labor Day:

- Planned by the Central Labor Union, the nation's first Labor Day was celebrated on Tuesday, September 5, 1882, in New York City. A parade of approximately 10,000 workers took unpaid leave and marched from City Hall past Union Square and ended in Wendel's Elm Park for a concert, speeches, and a picnic.
- On June 28, 1894, Congress passed an act declaring the first Monday in September of each year a legal holiday in the District of Columbia and the territories.
- The holiday is intended to recognize the economic and social contributions of America's work force.

- In the late 1800's, the average American worked 12-hour days, seven days per week, to make a living. Even children worked in factories and mines.
- In 1916, the 8-hour workday was firmly established with the passage of the Adamson Act. This was the first federal law regulating hours for workers in private companies.

Take some time to savor the close of summer by relaxing with friends and family this Labor Day and remember to also pay tribute to American workers.



Credit Myths Revealed

Millions of people have suffered recession-related foreclosures, bankruptcies and job losses that hurt their credit – only to discover that credit repair firms can be a rip-off. Read on for information on what is and isn't possible when it comes to your credit:

Myth: Paying off an old debt will improve your credit. People oftentimes assume that reducing the balance of a past-due debt to zero will help their credit score, but that's not necessarily accurate. If a debt appears as a collection account, the balance is usually irrelevant in terms of credit score so paying it off won't help unless you convince the collection agency to stop reporting the debt. Instead, pay off recent defaults first and see how much that impacts your credit score. You can also improve your credit score by paying down your credit card balance.

Myth: It's impossible to get errors removed from your credit report. While the dispute process isn't easy, people can and do get errors removed. A recent FTC study found that four out of five consumers who filed disputes "experienced some modification to their credit report."

Myth: Credit repair firms know secret ways to fix things. Credit repair companies tout their special industry knowledge and insights, leading consumers to believe these firms can achieve results by taking advantage of loopholes that individuals can't. Unfortunately, what people don't realize is that they can get the same information for free at their local library or from reputable websites. One good place to start is the FTC site at <http://www.consumer.ftc.gov/articles/0058-credit-repair-how-help-yourself>.

Recognizing Grand Oak Tenants

Equus Capital Partners and Cassidy Turley are appreciative of all tenants at Grand Oak Business Park and extend special thanks to the following tenant for its lease transaction during 2nd Quarter 2013:

Associated Auction Services (CAT)

860 Blue Gentian Road



Brain Teaser Answer

The letter "E" is the most commonly used letter in the English language, but in the whole passage, there was no "E" used. Actually, the entire novel is written as a lipogram and the novel's 50,110 words do not contain a single "E".

About Equus Capital Partners

Equus Capital Partners 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, student housing, and industrial properties and more than 18,000 apartment units in over 70 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 Service

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