

# Grand Oak

## BUSINESS PARK

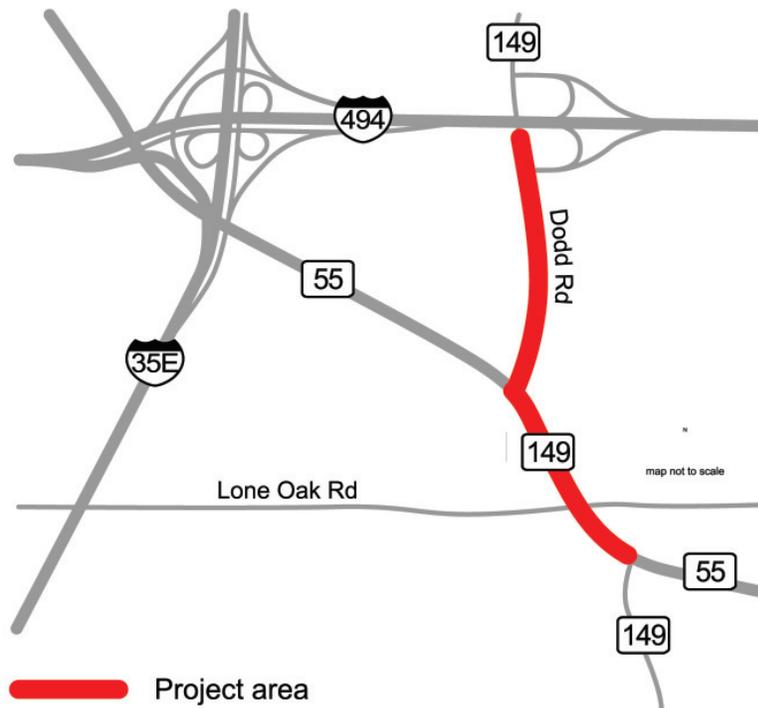
*Where work comes to life*

Volume 18 – Summer 2014

### Road Construction Update

As you've invariably noticed, MNDOT construction crews have begun work on Highways 149 and 55 near Grand Oak Business Park. The project, which is scheduled for completion by Thanksgiving 2014, is intended to increase capacity and provide resurfacing of the roadway. Specifically, a third northbound lane will be added on Highway 149 between I-494 and Highway 55. A third westbound and a third eastbound lane will also be added on Highway 55 between North Highway 149 and South Highway 149.

Construction of the improvements will require various lane closures and numerous turn restrictions at intersections in the project area. At various times during the project, entering and exiting Grand Oak Circle and Blue Gentian Road to/from Highway 149 will be prohibited. Construction will be staged such that only one intersection will be prohibited from entering/exiting Highway 149 at a time while the adjacent intersection remains open.



Additional updates on the status of construction can be found on the project website at [www.dot.state.mn.us/metro/projects/149and55eagan/](http://www.dot.state.mn.us/metro/projects/149and55eagan/).

### TAKE NOTE OF THE UPCOMING DATES:

**National Night Out**  
Tuesday, August 5

**Grand Oak Ice Cream Social**  
Wednesday, August 6  
1:00 - 3:00 p.m.

**Labor Day**  
Monday, September 1  
(Mgmt. Office Closed)

**Columbus Day**  
Monday, October 13

**Halloween**  
Friday, October 31

# Pick an Occasion to Celebrate



In addition to traditional, nationally-recognized holidays, such as Labor Day on September 1st this year, there are all sorts of other offbeat holidays throughout the year. Read on for some lesser known holidays and observances in the upcoming months:

- August 1st: National Girlfriends Day
- August 7th: National Lighthouse Day
- August 10th: National S'mores Day
- August 12th: Middle Child's Day
- August 13th: International Left-Handers Day
- August 16th: National Tell a Joke Day
- August 27th: National Just Because Day
- August 31st: International Bacon Day

- September 4th: Eat an Extra Dessert Day
- September 7th: National Grandparents Day
- September 16th: National Play-Doh Day
- September 19th: Talk Like a Pirate Day
- September 21st: World Gratitude Day
- September 22nd: National Ice Cream Cone Day
- September 28th: Museum Day (for details, visit [www.smithsonianmag.com/museumday](http://www.smithsonianmag.com/museumday))

Now you'll have a good excuse to enjoy an ice cream cone on September 22nd as summer winds down.

## Brain Teasers

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

1. What do you throw out when you want to use it, but take in when you don't want to use it?
2. What is black when you buy it, red when you use it and gray when you throw it away?
3. There is a word in the English language in which the first two letters signify a man, the first three signify a woman, the first four signify a great man, and the whole word represents a great woman. What is the word?
4. We are five little things of similar sort. You will find us all on "a tennis court."
5. At night I come without being fetched. By day though lost, I am not really gone. What am I?

*Source: National Institute of Environmental Sciences*

## Enhance Your Ability to Focus

If you find yourself having a hard time staying focused on your work throughout the day, resist the temptation to reach for a sugar-laden candy bar. Instead, consider incorporating the following healthy foods into your daily diet to fuel and nourish your brain and improve your ability to stay focused:

**Fish:** Fish and fish oils are a source of omega-3 fatty acid, which plays an important role in maintaining health of the cardiovascular and nervous systems. Fish is also a source of protein, which will help stabilize your blood sugar level and help prevent you from "crashing" when your blood sugar dips too low.

**Sunflower Seeds:** These seeds are high in Vitamin E, a fat-soluble antioxidant. Vitamin E helps neutralize the impact of free radicals, sparing your brain from the damaging effects of oxidation.

**Eggs:** An inexpensive source of protein, eggs – specifically the yolks – are a good source of choline, a nutrient that has been shown to be very important for mental health.

**Quinoa:** A nutrient-rich grain, quinoa tastes wonderful and has a nice crunch. The protein, iron and Vitamin B2 found in quinoa help support the brain's energy demands.

# Make Your Specialty Coffee Drink Healthier

Many people start their day by stopping at their favorite coffee shop for a fancy coffee drink, which oftentimes replaces a nutritious breakfast. While coffee in itself has few calories, the rich add-ons like flavored syrup and whipped topping can send the calorie count soaring.

Following are some tips for altering your favorite latte to make it a healthier option:

- **Avoid whipped cream.** By skipping the whipped cream, you will cut out 110-140 extra calories and 9-13 extra grams of fat for a 16 ounce drink.
- **Cut the syrup.** If you enjoy a bit of added flavor, ask for just half the syrup. You could save up to 20 calories and five grams of sugar for every pump that you cut out of your drink.

Better yet, ask for sugar-free syrup, which will save you 80-120 calories and 20-25 grams of sugar for a 16 ounce drink.

- **Order a lower fat version.** Using reduced fat (2 percent) or skim milk instead of whole milk will cut as many as 105 calories and more than 12 grams of fat per 16 ounce drink.
- **Skip the grande.** If you usually order a large drink, switch to a medium or even a small. This will cut your caffeine, calorie, and fat intake considerably.
- **Increase your protein intake.** Try a cafe au lait (half coffee and half steamed milk) instead of a regular coffee. This way, you'll get more protein and calcium for a more nutritious drink.
- **Try a cup of tea.** Teas generally have less caffeine than coffee and they offer many different antioxidants that are beneficial to your health.

Most of the large coffee chains have nutrition information online. Look up your favorite drink to help decide if it's really worth all the added calories.

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## Stressed? There's an App for That

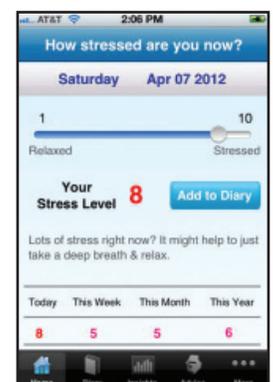
Attempting to keep pace with today's hectic lifestyle can be stressful. Fortunately, there are a number of applications available via your smartphone or other electronic device to help you de-stress. Try:

**GPS for The Soul:** Huffington Post's new app is based on the basic principles that we all have a place of peace and harmony within us and that we repeatedly veer away from that place. Use this free app to gauge your stress level and develop a personalized plan for course-correcting that includes favorite music, imagery and guided meditation.

**Stress Free with Deepak Chopra:** If anyone knows about living a stress-free life, it's Deepak Chopra. The guru, author, and holistic health practitioner has developed an app (\$1.99) to help even his busiest followers stay centered. It features stress-reduction exercises and tools to help gauge your stress level.

**Breathe2Relax:** Your breathing has a profound effect on your body. The simple practice of taking deep breaths to calm yourself when you are upset can help you feel more centered. The Breathe2Relax app uses guided breathing exercises to help reduce symptoms of an anxiety attack. If an attack is coming or the symptoms are unbearable, go to a quiet room, open your app, and let the worry and stress slip away with each breath.

**Stress Tracker:** Sometimes the first step is just admitting that you feel stressed and then determining the cause of your high anxiety level. The free Stress Tracker all-in-one stress management app helps users identify symptoms and triggers to relieve daily stress.





## You're Invited

to an

Ice Cream Social

for the Tenants of Grand Oak Business Park

Wednesday, August 6<sup>th</sup>

1:00 - 3:00 p.m.

## Recognizing Grand Oak Tenants

Equus Capital Partners and Cassidy Turley extend special thanks to the following tenants for their lease transactions completed during 2nd Quarter 2014:

860 Blue Gentian Road: DB Schenker, Inc.  
UTi

880 Blue Gentian Road: Canon Solutions America, Inc.  
Environmental Systems Research Institute

### Brain Teaser Answers

1. Anchor
2. Charcoal
3. Heroine
4. a, e, i, o, u
5. Star

## 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](http://www.equuspartners.com).



**MANAGED &  
LEASED BY:**

Cassidy  
Turley/ Commercial  
Real Estate Services

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