

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 30 – Summer 2017

Enjoy the Outdoors at Grand Oak

If you are hardworking and committed to your job, eating lunch at your desk may seem like the right move. But a break – especially if you can get outside – can do wonders for your stress level, thinking and creativity. Fortunately, Grand Oak provides numerous outdoor amenities:

- Take a walk or jog around O'Neill Pond for a midday workout. The distance around the pond is 1 mile with quarter-mile markers to help determine your exact distance.
- Enjoy lunch at one of the picnic tables along the walking trail around O'Neill Pond.
- Take advantage of the charcoal grills along the walking trail. Grills are available to tenants on a first come, first served basis – BYOC (bring your own charcoal). To reserve the patio for a specific date, simply contact the management office.
- Challenge coworkers to a lawn game. All games, including Bocce Ball, Ladder Golf, Washer Toss and Bean Bag Toss, are available for check-out at the Grand Oak property management office.



TAKE NOTE OF THE UPCOMING DATES:

**Tenant Appreciation
Ice Cream Social**
Wednesday, July 26

National Night Out
Tuesday, August 1

Minnesota State Fair
August 24 - September 4

Labor Day
Monday, September 4
(Mgmt. Office Closed)

Columbus Day
Monday, October 9

**Twin Cities
Kidney Walk**
Saturday, October 14

Halloween
Tuesday, October 31

Twin Cities Kidney Walk

Grand Oak 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 Grand Oak Tenants

Equus Capital Partners and Transwestern recognize the following tenants for lease transactions completed during 2nd Quarter 2017:

New: Pipe Trades Health Care Services, Inc. (930 Blue Gentian Road)
Admedus Corporation (860 Blue Gentian Road)

Renewals: MEP Associates, LLC (860 Blue Gentian Road)
Maximum Potential, Inc. (2854 Highway 55)



SAVE THE DATE:

Tenant Appreciation Ice Cream Social

Wednesday, July 26 (*Rain or Shine*)

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.



**MANAGED &
LEASED BY:**

 **TRANSWESTERN[®]**

**IMPORTANT
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Property Management
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After Hours Emergencies
651-289-3506

Leasing
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