

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 28 – Winter 2017

Winter Activities and Events

Mark your calendars for the following winter activities and events taking place throughout the Twin Cities:

Minneapolis Home + Remodeling Show (January 27-29)

www.minneapolishomeandremodelingshow.com

Held at the U.S. Bank Stadium in Minneapolis, the Home + Remodeling Show is a new event that will feature remodeling, interior design and home improvement presentations and more than 200 resources and vendors.

Eagan Winter Market Fest (January 28, February 11 & 25)

www.cityofeagan.com/recreation/community-events/eagan-market-fest

Bring your shopping bag and connect with 20 farmers market vendors every other Saturday from 10:00a.m. to 1:00p.m. inside the Eagan Community Center.

Saint Paul Winter Carnival (January 26-February 5)

www.wintercarnival.com

The oldest winter carnival in the U.S., the Saint Paul Winter Carnival features family-friendly events, such as Rice Park, the Beer Dabbler, three parades, Securian Winter Run, and the Pioneer Press Treasure Hunt.



Red Bull Crashed Ice (February 3-4)

www.redbullcrashedice.com/en_US/event/stpaul-2017

St. Paul will host Red Bull Crashed Ice on the frozen banks of the Mississippi River on February 3-4. This ice cross downhill competition features skaters competing in four-man heats in a race to the bottom of a long ice track filled with obstacles.

Minneapolis Home + Garden Show (February 24-26 & March 3-5)

www.homeandgardenshow.com

The Home + Garden Show features innovative products and hundreds of experts all under one roof at the Minneapolis Convention Center.

Eagan Home and Leisure Show (March 10 & 11)

www.cityofeagan.com/index.php/arena/home-leisure-show

Over 80 vendors will showcase their products and services for all your home and leisure needs at the Eagan Civic Arena.

TAKE NOTE OF THE UPCOMING DATES:

Valentine's Day

Tuesday, February 14

President's Day

Monday, February 20

World Kidney Day

Thursday, March 9

Daylight Saving Time Begins

Sunday, March 12

St. Patrick's Day

Friday, March 17

First Day of Spring

Monday, March 20

Earth Day

Saturday, April 22

Invented Here...

PRODUCTS INVENTED IN ILLINOIS:

- **Skyscraper:** Built in 1885, the Chicago-based Home Insurance Building earned the distinction of being the first modern skyscraper in the world. The building was demolished in 1931.
- **Cell Phone:** Invented by Martin Cooper in 1973 while working as the head of Motorola's communications systems division, the original handset, DynaTAC 8000x, was nicknamed "the brick" or "the shoe" because it weighed 2.5 pounds and was 10 inches long.

PRODUCTS INVENTED IN INDIANA:

- **Theme Parks:** Most people don't know this, but theme parks were invented in Indiana. Santa Claus Land, the world's first theme park, opened in 1946. This makes the theme park nine years older than Mr. Disney's first park in California.
- **Gasoline Pump:** The very first gasoline pump was conceived in 1885 by Sylvanus Freelove Bowser in Fort Wayne.

- **Washing Machine:** William Blackstone decided to build a birthday present for his wife in 1874 to make it easier for her to launder their clothing. He built a machine that would remove dirt and wash clothing. This was the first washing machine designed to be used in a home.

PRODUCTS INVENTED IN MINNESOTA:

- **Water Skis:** The first practical water skis were invented in 1922 by Ralph Samuelson, who steam-bent two eight-foot-long pine boards into skis. He took his first ride behind a motorboat on a lake in Lake City.
- **Rollerblades:** Minnesota students Scott and Brennan Olson invented rollerblades in 1980 when they were looking for a way to practice hockey during the off-season. Their design featured an ice hockey boot with three inline wheels instead of a blade.
- **Snow Blower:** Toro introduced the first walk-behind snow blower in 1951 much to the relief of homeowners and their cardiologists.



Attention Basketball Fans

The 2017 NCAA men's basketball tournament kicks off with Selection Sunday on March 12th. The first round of March Madness will be held in Dayton, OH, on March 14-15th with the championship game at the University of Phoenix on April 3rd.

To get March Madness statistics, brackets and squares, visit www.interbasket.net – it's a great site for everything basketball.

IRS Tax Alert

2017 Mileage Reimbursements

The Internal Revenue Service issued the following standard automobile mileage rates effective January 1st for the 2017 calendar year:

- 53.5 cents per mile for business mile driven, down from 54 cents in 2016
- 17 cents per mile driven for medical or moving purposes, down from 19 cents for 2016
- 14 cents per mile driven in service of charitable organizations

For more information, visit: www.irs.gov/uac/2017-standard-mileage-rates-for-business-and-medical-and-moving-announced.

National Health Observances in February

February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.

Cardiovascular disease is the nation's number one killer of both men and women. The American Heart Association is constantly conducting research and raising awareness to improve the cardiovascular health of all Americans.

In conjunction with American Heart Month, support Go Red for Women by participating in National Wear Red Day® on Friday, February 3, 2017. Visit www.goredforwomen.org for more information.



If your New Year's resolution to get healthy is losing steam, National Cancer Prevention Month is a great time to recommit.

The American Institute for Cancer Research estimates that approximately one-third of cases of the most common cancers in the U.S. could be prevented by eating healthy, being active and staying lean.

National Cancer Prevention Month promotes practical ways to avoid cancer. Lifestyle modifications, such as dietary changes and exercise, have been shown to significantly reduce risk. To learn more, visit www.aicr.org/cancer-prevention-month.

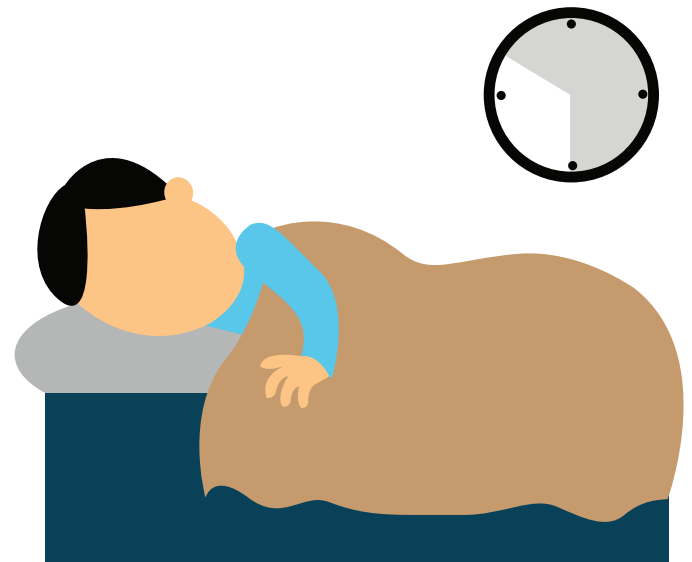


Get Some Sleep!

A lack of sleep can take a serious toll on your body, but it can also have a significant effect on your brain. The amount of sleep needed varies from person to person, but the average is between 7 and 8.5 hours per night.

Too little sleep is known to have a wide range of negative health effects, such as reduced immunity, weight gain, high blood pressure and depression. But what you might not realize is the degree that sleep deprivation can impact your brain. Sleep loss can have very real and sometimes long-term effects on your brain. It can impair your cognitive abilities in the short term and research suggests that sleep loss might even lead to lasting brain damage.

Getting a good night's sleep improves your overall cognitive performance, including attention, concentration and judgment. In addition, research has shown that there is a direct correlation between sleep and learning. Adequate sleep is important for



memory and learning. In fact, one study revealed that sleeping after learning something new actually helps you learn faster and remember better.

So the next time you are struggling to learn and/or retain new information, take a nap or get a good night's sleep to help improve memory retention.

Recognizing Grand Oak Tenants

Equus Capital Partners and Transwestern welcome the following new tenant to Grand Oak effective March 2017:

Bechik Products, Inc. (860 Blue Gentian Road)

Toys for Tots

Thank you to everyone that brought in a toy. We filled two of the Toys for Tots boxes and even had someone donate a bike!



Earth Week

April 22nd is "Earth Day", which aims to inspire awareness of and appreciation for the earth's environment. We're planning a week of events at Grand Oak again this year aimed to Reduce, Reuse, Recycle, Restore & Replenish. If you have any ideas for events that you would like to see incorporated that week, please contact the management office.



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 &
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