

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 33 – Summer 2018

Twin Cities Kidney Walk



The positive energy of thousands of people at the Kidney Walk is invigorating, inspiring and amazing. That's because the Kidney Walk is not just about kidney disease. It's about people – the patients, families, and people at risk. It's about individuals walking to help improve and extend people's lives. It's about people from across the country raising funds and helping the National Kidney Foundation expand the public conversation from kidney disease to kidney health.

Equus Capital Partners, the owner of Grand Oak Business Park and a 2018 National Kidney Walk Sponsor, encourages your participation in the Twin Cities Kidney Walk either by establishing a walk team and raising funds or simply donating to the cause. The Twin Cities Kidney Walk will be held Saturday, October 13, beginning at 9:00am at the Thomson Reuters Corporate Campus located at 610 Opperman Drive in Eagan. For more information about the Walk and to register, go to www.kidney.org/events/kidney-walk/2018-twin-cities-kidney-walk.

To donate to Team Equus, visit <http://donate.kidney.org/goto/TeamEquusMN>.

Minnesota Vikings Training Camp

So long, Mankato! The Vikings' 2018 training camp is being held at the new TCO Performance Center in Eagan – marking the first time that a Vikings training camp has been held in the Twin Cities. Rookies are scheduled to report to camp on Tuesday, July 24, while the remaining players will report on Friday, July 27.

Free general admission tickets for the Vikings training camp can be reserved through www.vikings.com or the team's mobile ticketing app. Fans will be allowed to reserve up to four tickets per day for a maximum of two days of training camp – subject to availability as several dates are already sold out. Parking passes must be pre-purchased at a cost of \$10.00 when reserving tickets.

Visit www.vikings.com/schedule/vikings-events/training-camp/ for more information on the schedule and reserving tickets.



TAKE NOTE OF THE UPCOMING DATES:

National Night Out
Tuesday, August 7

MN State Fair Opens
Thursday, August 23

Labor Day
Monday, September 3
(Mgmt. Office Closed)

Columbus Day
Monday, October 8

**Twin Cities Kidney
Walk**
Saturday, October 13

Halloween
Wednesday, October 31

Put These Financial Tools to Work for You



Mortgage Calculator

This calculator can help you determine what your mortgage payment might be based on loan and interest variables.



Savings Calculator

Use this calculator to determine how much money you need to save each month to reach a certain goal.



Value of Money

This calculator can help you determine the future value of your current savings or assets.



Retirement Planner

Estimate your investment returns with this tool to see if your current investments (IRA/401k) are delivering enough for retirement.



Return on Investment

Use this calculator to measure your return on investment.



Currency Converter

This calculator will convert the U.S. dollar to other major currencies, such as the Euro or Mexican Peso.

Visit www.msn.com/en-us/money/tools to access the above financial tools.

You Thought It Was True...But It Really Isn't

Following are more common misconceptions:

Cracking Your Knuckles Leads to Arthritis

According to traditional belief, cracking one's knuckles would leave them with brittle, arthritic hands later in life. In reality, there is no medical evidence of this. Rather, the "cracking" sound is from bubbles bursting in the synovial fluid that surrounds the knuckles. Cracking knuckles can, however, diminish grip strength.

Henry Ford Invented the Automobile

There are many different types of automobiles – steam, electric, and gasoline – as well as countless styles. Exactly who invented the automobile is a matter of opinion. The credit likely goes to Karl Benz, a German engineer who developed a working car by 1885 – the genesis of today's Mercedes-Benz.

There's No Gravity in Space

It is common knowledge that astronauts float because there is no gravity in space. Actually, there is gravity everywhere, including space, and the kind that keeps the moon in orbit around Earth. People and objects appear to float while in orbit because they are in a constant state of freefall.

Insert Two Spaces After a Period

If you learned to type in the era of typewriters or early word processors and computers, chances are you were taught to click the spacebar twice after every period. That practice became obsolete with the advent of modern, variable-width fonts. Instead, the AP Stylebook, Chicago Manual of Style and U.S. Government Printing Office Style Manual all recommend just one space after a period and other forms of punctuation, such as an exclamation point.

Celebrate Simplify Your Life Week

In conjunction with National Simplify Your Life Week this August 1-7, following are some practical ways to downsize and simplify:

- **Focus on one thing at a time.** If the idea of simplifying or decluttering seems too overwhelming, focus on one section per week. Tackling the project one room at a time will help make the task seem less daunting while providing a sense of accomplishment.
- **Pay off debt.** A great way to simplify is to reduce the number of bills that show up in your mailbox each month. To achieve real results, you'll want to develop a strategy to pay off debt.
- **Start meal planning.** While it might take a little time up front, meal planning will ultimately reduce your stress level throughout the week. Make a grocery list to make your trip to the grocery store more efficient and try preparing meals ahead of time in bulk to eliminate time spent wondering what to make for dinner.

- **Quit one thing.** If you're feeling stressed or overwhelmed, there's a good chance you are stretching yourself too thin. Assess your life to identify which activities are the most important to you and then quit something that doesn't enhance your life.
- **Eliminate unused expenses.** Whether it's a gym membership or cable subscription, consider canceling those services that you aren't fully utilizing.
- **Get organized.** Go through your things to identify items you can sell or donate in an attempt to downsize. Another great way to get organized is to get rid of the piles of paperwork to declutter your home or workplace.



Grilling Tips

The following tips will have you firing up the grill like a pro:

- Preheat your grill 15 to 25 minutes before you start cooking to make sure it reaches the right temperature – and to kill any bacteria.
- After preheating, use a wire brush on your grill rack to clean off charred debris from prior grilling. Scrape again immediately after use.
- Reduce sticking by oiling your hot grill rack with a vegetable oil-soaked paper towel. Hold it with tongs and rub it over the rack.
- To reduce flare-ups, select lean cuts of meat, trim excess fat and remove poultry skin. And keep a squirt bottle of water near the grill to douse any unexpected flare-ups.

Brain Teasers

- 1) Who makes it, has no need of it. Who buys it, has no use for it. Who uses it, can neither see nor feel it. What is it?
- 2) What can travel around the world while staying in a corner?
- 3) I'm tall when I'm young and I'm short when I'm old. What am I?
- 4) What has hands but can not clap?
- 5) What gets wetter and wetter the more it dries?
- 6) Paul's height is six feet, he's an assistant at a butcher's shop, and wears size 9 shoes. What does he weigh?

Source: www.brainden.com

Recognizing Grand Oak Tenants

Equus Capital Partners and Transwestern recognize the following tenants for lease transactions completed during 2nd Quarter 2018:

New: Farmers Insurance Exchange (2805 Dodd Road)
Viking Gas Transmission Company (2805 Dodd Road)

Renewal: Scottsdale Insurance Company (860 Blue Gentian Road)

How Sweet It Was

Thank you to everyone that attended the Grand Oak Ice Cream Social on Tuesday, July 24. It was a gorgeous summer day and there was a great turnout!



Brain Teaser Answers

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|--------------|-------------|
| 1) A coffin. | 4) A clock. |
| 2) A stamp. | 5) A towel. |
| 3) A candle. | 6) Meat. |

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:**

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Management Office
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**After Hours Emergencies
651-289-3506**

**Leasing
Mike Salmen
612-359-1660**

**Mike Honsa
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