

Grand Oak

BUSINESS PARK

Where work comes to life

Volume 32 – Winter 2018

Super Bowl LII Hits the Twin Cities

The Twin Cities metro area is about to embark on 10 days of epic celebrations, parties, football and fun as host of Super Bowl LII. Beyond the big game, there will be plenty of opportunities for Twin Cities residents to join in the fun. Following are highlights:

- **Super Bowl LIVE** (January 26-February 4 | Downtown Minneapolis) – Ten days of live broadcasts by ESPN as well as free concerts on Nicollet Mall, ice sculptures, Polaris Upsidedowntown, and skiing and tubing.
- **Super Bowl Experience** (January 27-February 3 | Minneapolis Convention Center) – Autographs with football players, photos with the Vince Lombardi Trophy, flag clinics, Play 60 Zone, and the NFL Shop.
- **Opening Night** (January 29 | Xcel Energy Center) – See the players and coaches interact with the media. Also get autographs from Vikings legends, cheerleaders and mascots.
- **Radio Row** (January 29 | Mall of America) – Fans can watch broadcasters, the athletes, and celebrity guests in action.
- **Nomadic Live & Club NOMADIC** – Concerts will be held at the Armory (Downtown Minneapolis) and Mystic Lake Casino (Shakopee).

For more information on these events, visit www.mnsuperbowl.com. You can also check out the following websites for information on other winter events taking place throughout the metro area.

- www.wintercarnival.com
- www.thegreatnorthernfestival.com
- www.bloomingtonmn.org/Article-Folder/boldnorth

TCO Performance Center

Grand Oak Business Park is getting a new neighbor when Eagan becomes home to the Minnesota Vikings in March. The Twin Cities Orthopedics Performance Center will be the team's headquarters, practice facility, and starting in July 2018 the site of training camp. The new facility is ½ mile from Grand Oak and will have a 6,500 seat stadium, indoor/outdoor practice fields, the Vikings Team Shop and Hall of Fame, walking/biking trails, and large plazas for events.

TAKE NOTE OF THE UPCOMING DATES:

Valentine's Day
Wednesday, February 14

President's Day
Monday, February 19

World Kidney Day
Thursday, March 8

**Daylight Saving Time
Begins**
Sunday, March 11

St. Patrick's Day
Saturday, March 17

First Day of Spring
Tuesday, March 20

Earth Week Events
Monday-Friday,
April 16 -20

Earth Day
Sunday, April 22

Healthful Alternatives for Your Caffeine Crutch

While many people rely on a jolt of caffeine to help them push through the day, excess consumption of caffeine can actually interrupt your focus by causing jitters and anxiety – and it can lead to poor sleep quality.

In lieu of a habit-forming caffeine hit, consider the following science-backed alternatives to help you stay alert:

- **Step Outside:** If you're running out of steam at work, try going outside to soak up a few minutes of sunshine to recharge your battery.
- **Listen to Some Tunes:** Listening to your favorite song will release feel-good chemicals in your brain to give you a boost.
- **Try Chewing Gum:** Keeping your mouth busy chewing a piece of gum will help you focus and keep your mind more alert.

- **Practice Deep Breathing:** It doesn't have to be full-out meditation, but take a few minutes to breathe deeply to help calm and relax yourself and increase productivity.
- **Take a Snack Break:** Small snacks packed with nutrients and healthy fats are a great way to keep your energy up throughout the day.
- **Consume More H2O:** Drink plenty of water throughout the day to combat dehydration, which is a huge drain on energy.

Try one or a combination of these healthier ways to maintain energy levels. By replacing your dependency on caffeine, you'll also be favorably impacting your pocketbook since you'll no longer feel the need to stop by the local coffee shop or hit the soda vending machine to fuel your caffeine addiction.

IRS Tax Alert

The following fast facts highlight relevant information as we enter tax season:

- The period for submitting 2017 tax returns begins Monday, January 29, 2018, and the filing deadline is Tuesday, April 17, 2018.
- Visit www.IRS.gov/GetReady for tips on preparing to file your 2017 tax return.
- The fastest and safest way to file an accurate income tax return and receive a refund is by utilizing e-file and direct deposit, respectively.
- Access your personal federal tax account by going to www.IRS.gov/account.
- The 2018 standard mileage rate for the use of an automobile (car, van, pickup or panel truck) will be 54.5 cents for every mile of business travel driven.



March Madness

If you're a fan of college basketball, then March Madness is a time of year that's extra special. Following are some key facts in anticipation of the 2018 NCAA men's basketball tournament:

- Selection Sunday is scheduled for March 11th.
- The first round of March Madness will be held in Dayton, OH, on March 13-14th.
- The Final Four will be held at the Alamodome in San Antonio, TX, March 31st and April 2nd.
- For tourney stats, brackets and squares, visit: www.interbasket.net



2018 PyeongChang Winter Olympics

A major international multi-sport event, the 2018 Winter Olympics, officially known as the XXIII Olympic Winter Games and commonly known as PyeongChang 2018, is scheduled to take place beginning February 9th-25th in PyeongChang County, South Korea. PyeongChang, which is located east of Seoul in the Gangwon Province, is the smallest city to host the Olympics since 1994. The Gangwon Province is known for beautiful majestic mountains, vegetables and hanwoo beef, which is very tender and delicious.

FACTS:

- This is the first time South Korea has hosted the Winter Olympics. The 1988 Summer Olympics were held in Seoul, South Korea.
- The estimated cost of the PyeongChang Winter Olympics is \$10 billion – five times less than the 2014 Sochi Olympics, which were estimated to be the most costly Olympics ever.
- High-speed rail lines will provide access to the 13 venues, split between PyeongChang and neighboring Gangneung. The new train lines will allow individuals to travel from Seoul to PyeongChang in less than an hour.
- For the first time, viewers in all U.S. time zones will have access to live coverage of the games, instead of a delayed replay.
- A record 102 medals will be awarded in 15 sports disciplines.
- For the first time in 20 years, the NHL has opted to forego the Olympics and is not allowing its players to participate. The NHL has decided to have its own hockey season continue instead.
- The International Olympic Committee has added four new events to its 2018 program. Athletes will now be able to compete in big air in snowboarding and freestyle skiing, mass start in speed skating and mixed doubles in curling.
- Also held in PyeongChang, the Paralympics will follow on March 9-18, 2018.



For more information on the 2018 Winter Games, visit www.olympic.org/pyeongchang-2018 as well as www.teamusa.org/pyeongchang-2018-olympic-winter-games.

Brain Teasers

You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat.

Why?

What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman?

What is the word?

A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters.

How many brothers and sisters are there in the family?

I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside.

What am I?

Source: Reader's Digest

Recognizing Grand Oak Tenants

Equus Capital Partners and Transwestern recognize the following tenants for lease transactions completed during 4th Quarter 2017:

New: People Incorporated (860 Blue Gentian Road)

Renewal: Edward Jones (2805 Dodd Road)

Fitness Center Upgrades

The expanded fitness center at Grand Oak X (2805 Dodd Road) will be opening in February. There will also be a new studio that can be used for yoga and stretching that will be equipped with yoga mats, kettlebells, resistance bands, and stability balls.

Earth Day Celebration

April 22nd is Earth Day, which aims to inspire awareness of and appreciation for the earth's environment. We're planning a week (April 16-20) 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.



Brain Teaser Answers

- | | |
|---------------------------------|-------------------------------------|
| (1) All the people were married | (3) Four sisters and three brothers |
| (2) Heroine | (4) A keyboard |

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:**



**IMPORTANT
PHONE NUMBERS:**

Property Management
Management Office
651-289-3506

After Hours Emergencies
651-289-3506

Leasing
Mike Salmen
612-359-1660

Mike Honsa
612-359-1631