



# Metro Monitor

Spring, 2008  
Volume 2, Number 2

*The Newsletter for the Metro Office Park Tenant Community*

## Tenant Profile: Karam & Associates

### THANK YOU TENANTS!

Metro Office Park wishes to acknowledge the following tenants for their long-term tenancy at the property:

- AFGE— April, 1969
- Metro Hair Design — May, 1971
- KR Kline—February, 1981
- Minnesota Beef Council— February, 1981
- SPR—May, 1984
- Care Providers—March, 1985
- Ocu-Labs—July, 1989
- Norman G. Jensen—October, 1989
- IRIS Metals—September, 1989
- Stratis Health—November, 1989
- CPMI—March, 1996



Karam Law is a leading law firm devoted exclusively to helping people with U.S. immigration needs. Based in Minneapolis/St. Paul, Karam Law's practice is international in scope.

As part of its wide range of immigration representation, Karam Law handles all types of temporary and permanent employment-based immigration cases, assisting employers in hiring the workers they need while assisting workers entering the U.S. by way of the visa categories most suited to their skills.

Individual clients include immigrants, non-immigrants, investors, employers and students.

Corporate clients range from large high-tech companies to small employers and universities to religious or cultural exchange workers, TN em-

ployees and intra-company transferees.

In addition, Karam Law assists in the family-based immigration process. Certain citizens and residents of the U.S. may invite fiancés, spouses, parents, children and siblings to live here permanently. Karam Law advises individuals of their rights and responsibilities and assists with the necessary petition process inside the U.S. while processing the beneficiaries of these petitions at U.S. Consulates abroad.

Another aspect of Karam Law's practice includes humanitarian-based immigration. Asylum seekers may benefit from certain humanitarian-based immigration laws. Karam Law provides compassionate and sensitive representation each step of the way.

Finally, Karam Law offers

representation in immigration disputes, deportation/removal litigation and appeals before the U.S. Citizenship and Immigration Services (USCIS), Immigration Court (IJ), Bureau of Immigration Appeals (BIA) and U.S. Department of Justice.

Karam Law is committed to immigration law, handling each case with great care. Karam Law takes an innovative approach when necessary and devotes a great deal of time and research to find new ways to handle difficult issues.

For questions about working in the U.S., hiring an employee from abroad, obtaining asylum in the U.S., changing immigration status, obtaining U.S. citizenship or permanent residence, removal/deportation defense or any immigration matter, call 952/854-3313 for a telephone consultation.

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## Neighborhood News



Many changes are taking place in the area around Metro Office Park.

Two new hotel buildings have been constructed immediately to the west of Metro Office Park.

These two new hotels, Cambria Suites and Hampton Inn, both opened fall, 2007.

Combined, they provide a total of 259 rooms. The Hampton Inn offers a free, hot, cook-to-order breakfast. ([www.cambriasuites.com](http://www.cambriasuites.com) and [www.hamptoninn.com](http://www.hamptoninn.com))

In addition, the former AmeriSuites hotel immediately to the east of Metro is now operated as a 126-room Hyatt Place hotel ([www.hyattplace.com](http://www.hyattplace.com)).

All three hotels provide complimentary shuttle service to and from Mall of America and the Airport.

Work is progressing on the new 1,500 car ramp which will expand parking capabilities for the 28th Avenue Station serving the Hiawatha Light Rail Line. The construction schedule calls for ramp opening Fall, 2008.

## Tenant Profile: Minnesota Beef Council

### Beef. It's What's for Dinner.

Which of these comes from beef?

- Marshmallows
- Anti-freeze
- Hamburgers
- Soap
- Photo film

(See answer at end of this article.)

Beef is a naturally nutrient-rich food providing essential nutrients for proper growth and development. It is a source of protein, zinc, B12, phosphorus, niacin, B6, iron and riboflavin.

The Minnesota Beef Council was created under Minnesota state statute in 1969 to conduct research, education

and promotional programs about beef and beef products in Minnesota and throughout the nation.

The Beef Council is an excellent source of information regarding beef nutrition, beef products, beef promotion and research, food safety, quality assurance and many other things that are related to beef consumption.

Food safety is at the top of the beef industry's set of priorities with the goal of making beef one of the safest foods on every consumer's dinner table.

The Council serves the beef industry and the public by providing valuable information on all areas of beef from production to recipes.

Many resources are available to the

consumer, including these websites:

- [www.beef.org](http://www.beef.org)
- [www.beefboard.org](http://www.beefboard.org)
- [www.mnsca.org](http://www.mnsca.org)

State Beef Councils nationwide have established the "Beef Backer Award" to restaurants providing exceptional beef entries on their menu. Many Minnesota restaurants have won this award.

The Minnesota Beef Council has been a tenant at Metro Office Park since 1981 and is located in 2950-102. You may reach them by going to [www.mnbeef.org](http://www.mnbeef.org) or calling 952/854-6980.

(Answer: Believe it or not, all products listed are beef products or by-products.)

### Beef. It's What's for Winners.

## Salvation Army Accepting Donations Onsite

Frauenschuh and Metro Office Park support the mission of The Salvation Army.

To make it easy for the public to support the programs of The Salvation Army by making donations, Metro Office Park is making parking space available for Salvation Army trucks to collect donated items on "Donation Day".

Salvation Army trucks will be parked in the parking lot south of the 3001 building along American Boulevard.

These trucks will collect quality clothing, furniture and other goods that can be sold at Salvation Army Thrift Stores and reused by the community.

For specific information on The Salvation Army missions and programs, go to [www.salvationarmyusa.org](http://www.salvationarmyusa.org) or call the Nicollet Avenue Thrift Store at 612/822-1200. You may also drop off donations at the Nicollet Avenue Thrift Store, 3740 Nicollet Ave So, Mpls.

Watch for flyers posted throughout the property for dates and times.

## Marsden Building Maintenance New Cleaning Contractor



Metro Office Park has recently changed janitorial contractors.

Marsden Building Maintenance has taken over the janitorial responsibilities for all Metro Office Park buildings, providing both daytime and nighttime cleaning.

Marsden is headquartered in St. Paul and has provided janitorial services to Twin Cities companies since 1952.

Uniformed, badged janitorial personnel are on-site beginning at 7:00 am each business day.

With this change in vendors, Metro feels it is taking very positive steps to improve the quality of cleaning in tenant suites and common areas of the building and to improve the overall appearance in both areas.

Tenants with questions relating to janitorial services should call 952/851-7122 to discuss your need or to report a service request.

## Spring Projects

Spring seems to be a late arrival this year but Metro Office Park's spring projects are right on schedule:



- Repairs to the underground garages were completed during April
- Garages were swept during May
- The City of Bloomington completed installation of a concrete sidewalk in front of 3050
- Partial reroofing of 2901 has been completed
- Surface parking lot repairs, sweeping, sealcoating and striping will be completed during the month of June
- Landscape irrigation repairs and upgrades will be completed in early summer
- Major tree trimming was completed on some trees during the winter with minor pruning still to come
- Spring interior and exterior window washing has been completed throughout the complex

Please feel free to contact the management office at 952/854-1170 if you have questions regarding any project.

## The MindBender



Solve this issue's *MindBender* to win a \$10 Gift Certificate to D•Brian's Deli.  
**Solve this Riddle: Two ducks in front of a duck, two ducks behind a duck, one duck in the middle. How many ducks are there?**

Fax your solution to 952/851-3274. Attn: Alice. Include your name, company and daytime phone number. The first four correct solutions, based on the date/time stamp on your fax, win a \$10 gift card to D•Brian's Deli. To win, you must be a tenant or employee at Metro Office Park verified by your employer.

Please share the fun and wealth: No person can be a winner two issues in a row.

### Last issue's winners:

Rachel and Joe—CPOM

Laura—ILBNC

Sara—First Command

To see the MindBender from last issue go to [www.metroofficepark.net](http://www.metroofficepark.net) and click on Amenities/Newsletter.

## The Sidelight

### Upcoming Events

#### Blood Drive



The next Memorial Blood Centers (MBC) blood drive is scheduled for August 13, 2008.

The May blood drive was a success exceeding the target set by MBC. Thanks to all tenants for supporting this worthy cause!

#### Ice Cream Social



The Metro Office Park Ice Cream Social is scheduled for August 20. Ice cream and entertainment will be the order of the day. 2007's event was well attended and we hope to have even more participation in 2008. Watch for more information as the date gets closer.

## Metro Q & A—Your Questions About Policy or Procedure



How do I go about making a service request for work needed in my suite at Metro Office Park?



There are three ways to make a request: First, email [callfbs@frauenshuh.com](mailto:callfbs@frauenshuh.com), second fax to 952/851-3274, or third, phone 952/854-1170. Your request will be immediately dispatched to the appropriate department for prompt resolution. If your request is urgent, use the phone to call 952/854-1170.

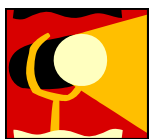


How can I get into my office suite if I've forgotten my keys and been locked out of the office?



Due to liability concerns, building policy is that management will not open doors for tenants locked out of their suite unless authorization is provided by the tenant, business owner or business manager. Metro Office Park Security is also not authorized to open any doors for any employee.

## Security Spotlight — Protect Yourself



Sexual assault, robbery, purse snatching, mugging . . . no one wants to be the victim of such a crime. We all must think about the possibility, but there's no need to be tormented by it.

Crimes of violence occur least often. In Minnesota, only a minority of the crimes reported involve a confrontation that could lead to personal injury. You're more likely to have your property stolen than your life threatened.

Most crimes are crimes of opportunity. A dangling handbag invites a purse snatcher. An unlocked window invites an intruder. If you eliminate the opportunity, you could avoid the crime.

Your individual fear can be crippling and the appearance of vulnerability

can encourage an assailant.

Remember that no one has the right to hurt you and any kind of offense against you should make you angry and indignant. This can give you both physical and mental strength. Anger and assertiveness can also be intimidating to an attacker. Be prepared to physically and psychologically protect yourself.

Think through how you usually react to crisis situations. Do you flee, freeze or fight? Think of a few past examples to see if there is a pattern. You can change how you react by practicing a different response, if needed. Talk to others about ways to handle confrontations and rehearse alternatives. The best response depends on a combination of factors such as the location, the

assailant, presence of weapons, your personal responses, etc. Always evaluate your resources and options. Continue to assess the situation as it is occurring. If the first strategy chosen is not working, try another.

**Do whatever you feel will result in the least harm to yourself. Your first responsibility is to yourself.**

Remember: If you eliminate the opportunity, you could avoid the crime. Read newspapers and magazines to stay informed of crimes occurring in your area. Take the safest route when walking at night. Keep your home locked when you're not there - and when you are. Carry your money wisely. If you are threatened, don't panic. Be alert, have a plan, trust your instincts and use your head.



*Metro Monitor*

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**[www.metroofficepark.net](http://www.metroofficepark.net)**

Property Management and Leasing Services are Provided By:

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**FRAUENSHUH**  
Property and Asset Management

## Metro Office Park Amenities and Services Directory

### D•BRIAN'S DELI AND CATERING

First Floor — 3001

Serving from 7:00 — 2:00 M-F

Enjoy Convenient Quality in a cook-to-order breakfast and regular lunch specials with plasma TV, fireplace, WIFI and lounge seating.



### METRO HAIR DESIGN

First Floor — 7850

M — F — 7:30 am — 5:30 pm

Saturdays and later times by appointment—Hair styles for men and women — Shoe shine available, too!

Phone: 952/854-6000



### ON-SITE MAIL DELIVERY

US mail is delivered directly to Tenants' suites Monday — Friday (except holidays).



### OVERNIGHT MAIL SERVICES

FedEx is located in the Lower Level of 3001 and curbside at 7850; DHL at the front entrance to 2901 and curbside at 7850; UPS curbside at 7850.



### VENDING AND BREAK ROOMS

Each Metro Office Park Building has snack and soda vending and break rooms located in the lower level.



### ATM

The Guaranty Bank ATM is located in the lower level of the 3001 Building. Fees may apply.



### BUS SERVICE

Bus stops are located at the intersections of American Boulevard and Metro Drive. Multiple routes serve Metro Office Park. Contact Metro Transit at 612/373-3333 or [www.metrotransit.org](http://www.metrotransit.org).



### LIGHT RAIL TRANSPORTATION

Metro Transit operates the Hiawatha Line (Route 55) light rail transit which connects Minneapolis locations between the Mall of America and downtown Minneapolis. Transit stations close to Metro Office Park are located at the Mall of America, Bloomington Central station and the 28th Avenue station. Contact Metro Transit at 612/373-3333 or [www.metrotransit.org/rail](http://www.metrotransit.org/rail) for more info.



### METRO MONITOR NEWSLETTER

The Metro Monitor Newsletter is published periodically and is available on the Metro Office Park website only at



[www.metroofficepark.net](http://www.metroofficepark.net). No hard copies are available unless tenants print them themselves.

### CONFERENCE AND SEMINAR ROOMS

Metro Office Park has conference rooms available for use by Metro tenants free of charge. Larger seminar rooms are also available for a fee. Contact the Management Office at 952/854-1170 for reservations.



### GARAGE PARKING

Each Metro Office Park building has heated, secured parking available for lease. Seasonal leases are available. Contact the Management Office at 952/854-1170.



### WORKOUT FACILITY

Metro Office Park's Workout Facility is located in the 7850 Building on first floor. All Tenants have free access to this facility.



### NOTARY PUBLIC

Notary Public service is available at no charge to Metro tenants and employees in the Management Office.



### AT WORK OIL CHANGE

Oil changes performed on-site each Wednesday. [www.atworkoilchange.com](http://www.atworkoilchange.com)

