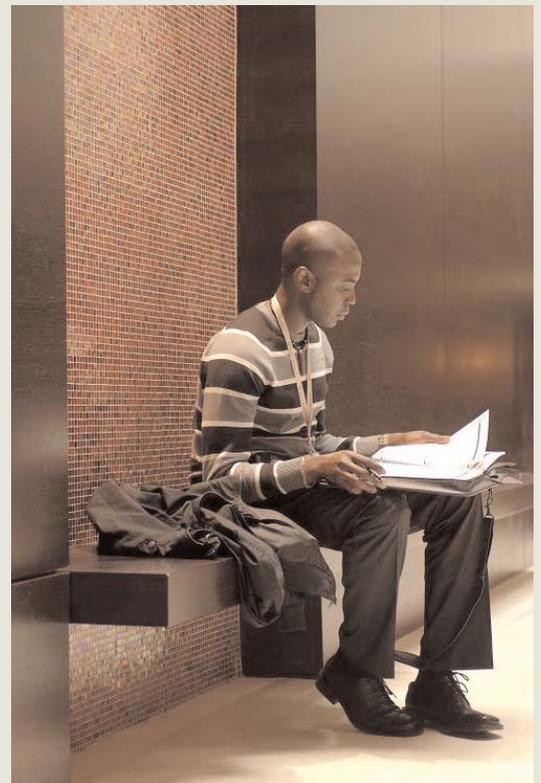


NEWS

Capella University: High Quality Online Education

Busy adults are finding that online universities are making it easier to pursue a high quality education while juggling multiple responsibilities, such as maintaining a career and raising a family.

Capella University, founded in 1993 and based in Minneapolis, is one such online university that offers high quality degree programs ranging from bachelor degrees through doctoral degrees. Subjects range from information technology, human services, education, psychology, criminal justice, and various business specializations. Employers are also finding that they appreciate the benefit that an online education provides making it easier for their employees to continue to work while going back to school.



Choosing an online university can be a daunting task for anyone interested in continuing their education. When asked for advice on this topic, a representative from Capella said that when making a decision about an online university, "a school's accreditation is essential..." A school should be accredited by an agency that is approved by the U.S. Department of Education or the Council for Higher Education Accreditation. Capella University is accredited by The Higher Learning Commission and is a member of the North Central



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UNITED
PROPERTIES

Capella University

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Association of Colleges and Schools (NCA). “It may also be helpful to take into account the school’s track record, as well as making sure that the programs they offer fit your needs.” Another important consideration when choosing an online university are the support resources that are available to students. At Capella, students have a strong, supportive team to help them through the entire process from enrolling all the way to graduation. Enrollment counselors help new students through the enrollment process, and academic advisors provide ongoing support and assistance to students. They understand the requirements for degree completion, and help build a strong foundation for learners by helping to plan coursework. Other resources are available to Capella learners, such as financial aid, career counseling, and writing development resources.

While distance learning opportunities have long been available through colleges and universities the internet has made it possible to enjoy the same flexibility while offering the benefits associated with the conventional classroom environment. A representative at Capella University describes the online classroom environment at Capella as “a highly personal and interactive learning experience. In fact, many people find their Capella education more interactive and engaging than sitting in a classroom. There are no lectures and no “back row”. Everyone participates.”

Capella learners interact with faculty and other online students through weekly online discussions. Many courses require students to work on team projects by using web conferencing tools that enable real-time correspondence between team members. Written feedback on assignments is another way that faculty members interact with learners. Students are able to contact their instructor via e-mail during the course as needed. Additional opportunities to connect with faculty occur at residential colloquia, six-day sessions that are part of all Capella doctoral programs and some master’s programs.

Anyone unfamiliar with online education may wonder how tests and quizzes are administered, and how instructors measure a student’s performance. A member of the Capella staff explains that “one part of Capella University’s mission is to respond to the professional needs of our adult learners. Assessment of competency achievement helps our learners understand how their work at Capella stacks up against standards within their future profession. Our scholar/practitioner faculty conduct these assessments using qualitative rubrics and checklists that focus on criteria important within their profession. We believe that competency-based assessments more accurately reflect the value of our learners’ accomplishments than traditional forms of assessment (such as, quizzes and tests). We believe this approach creates a more meaningful collegiate experience for our learners and also draws upon the diverse scholar/practitioner skills of our faculty.”

In conclusion, making the decision to go back to school in order to advance one’s career or to change careers has become easier for many people due to the increased convenience provided by online colleges. The quality of the education available online is proving to be comparable, if not better in some cases, than traditional on-campus courses. Whether a person chooses to pursue their education online or on-campus would depend on factors such as lifestyle, learning style, and personality. According to a survey done by the Stanford University’s Center for Professional Development, the most successful online students are those that have a high level of independence and focus. They have a need for autonomy, they like to write, and they’re confident about sharing their own experiences. The best online classes are those that are full of students who are willing to share experiences.

For more information about Capella University and their degree programs visit their website at www.capella.edu.

Around the Campbell Mithun Tower

Tenant profiles and recaps of tenant events at Campbell Mithun Tower

Strother Communications Group

Moving across the street doesn't seem like a big change, but for Strother Communications Group (SCG) it's given us a whole new perspective on the world. Having spent the past ten years on the 27th floor of the historic Foshay Tower, SCG needed to move out to make way for the upcoming "W" Hotel. The big decision was whether to stay in historic space or invent the future with a new approach to our brand. We opted for the latter and built our new space on the 41st floor with clients in mind. It is streamlined, modern and designed for ease of communications around the world. With an amazing view 41 stories up, our new space makes a bold statement about our commitment to clients.



left to right:

Patrick Strother
CEO & Chief Creative Officer

Patricia Henning Strother
President

Jane Tomassetti
Executive Assistant to the President

SCG is a full service marketing communications firm offering integrated capabilities in public relations, advertising, eMergent Media™, direct marketing, personal selling support combined with a contact center separately branded as Perfect Pitch™.

The agency has unique capabilities in three areas:

1. SCG offers one of the leading research capabilities in Minnesota. For five straight years, SCG has been named the winner of the Research category by the Public Relations Society of Minnesota—topping the largest national public relations agencies in the Twin Cities and even The Gallup Organization.
2. In addition to a wide range of strategically integrated capabilities SCG offers clients a well established calling and contact center. This capability strengthens our ability to connect with customers and prospects and deepens our internal capabilities in data collection for a wide range of research studies. We are one of very few agencies in the country that offer this capability.
3. SCG also offers sophisticated language translation experience, global launch capabilities and success in working with complex organizations both in brand building and business building.

SCG was founded in 1992. For more information please visit SCG's web site at www.scgpr.com

Friendly Faces

Harvard Maintenance Supervisor Carl Gerken comes to the Campbell Mithun Tower in December, 2006 after 16 years as owner of *Preferred Services Cleaning Service*.



Carl Gerken,
Harvard Project Manager

A local graduate of Edison High School, Carl served in the United States Army from 1968 to 1972. He has two children and two grandchildren, and "loves to fish and build things".



Chris Rue,
Operations Assistant

Chris is currently living in Inver Grove Heights and spends most of her free time hanging out with friends and family and playing softball and volleyball in the spring, summer and fall. She attended St. Cloud State University for 3 years and the University of Minnesota studying a degree in Early Childhood Education. She worked at Children's World Learning Center for 3 years while attending school full time. After her three years of teaching and school she decided to go down another road and accepted a position with Bremer Bank working as a Bank Quality Service Specialist for 4 years at their Service Center in Lake Elmo. She has been with United Properties now for 4 months and is very excited to continue to maintain the relationships she has established and develop new relationships throughout her journey with the company. Come down and introduce yourself to Chris at anytime she looks forward to meeting you!

Around the Campbell Mithun Tower

Tenant profiles and recaps of tenant events at Campbell Mithun Tower

A Note from Kevin Connolly

SEEING IS BELIEVING

As I wander through our newly renovated second floor retail lobby, I definitely feel a different energy in the air. The whole area feels so open and inviting; I'm tempted to grab a cup of coffee, kick up my feet in the new soft seating area, and watch a little TV. I have yet to give in to my temptation, but I'm happy to see that the area has become a lively place for office workers to spend some time during their breaks and catch up on the latest news, or visit with co-workers. Although the renovation project offered quite a few challenges along the way, the results have made it all worthwhile. It makes me proud to be a part of the Campbell Mithun Tower experience! The partnership of Principal Real Estate Investors, United Properties and the design team from Shea Architects has created a vibrant office experience for our existing tenants as well as providing a pleasant experience for visitors to the building.

Interior upgrades to the building included a new and improved skyway corridor leading to the TCF Tower; construction of the second floor concierge area (welcome back Nancy!); modification of existing retail storefronts for better sight lines; a state-of-the-art conference center and management office located on the 1st floor and refreshing colors and materials in common areas and lobbies. We also selected a palette of plants that would compliment the wood surfaces and provide synergy to the newly updated finishes. The lower level garage lobbies have been remodeled to mirror the finishes used in the common areas. We are also in the process of redecorating our multi-tenant elevator lobbies, corridors and restrooms, which includes new building standard signage.

A quote from our senior leasing associate, Jim Montez, expresses what has been accomplished, "we're seeing the building's revitalization continue to pique the interest of many prospective office tenants looking for Class A space. It has again joined the ranks of a prime downtown office address".

While I imagine most are happy to see the majority of the construction complete, I hope everyone has enjoyed seeing this major transformation take place!

The Campbell Mithun Tower management team appreciates everyone's patience during the construction process and we hope you'll stop by our new office and say hi! While you're in the area, check out the building's new conference center too!

Kevin Connolly
General Manager
Campbell Mithun Tower



Around the Campbell Mithun Tower

Tenant profiles and recaps of tenant events at Campbell Mithun Tower

Campbell Mithun Tower Unveils New Conference Center

As part of the renovation of the Campbell Mithun Tower, a new conference center was added to the building's list of amenities. The conference center opened in early May 2007 and is located on the first floor of the Tower, adjacent to the management office in Suite 140. The conference center is comprised of two conference rooms, which are exclusively for tenant use.

The larger of the two conference rooms, called "The Large Conference Room", can seat up to 60 people theater style, 42 people classroom style, or 30 people boardroom style. The furniture can be configured into any of these styles upon request. The room offers various levels of technology such as projector and screen, VCR, DVD, surround sound, laptop and PC connections, internet, and a telephone.

The smaller of the two conference rooms, called – you guessed it... "The Small Conference Room" or "The Oval Room", can seat up to 10 people around an oval table. This room is equipped with a 50-inch plasma TV, laptop connection cables, polycom, and telephone.

To reserve either of the building's new conference rooms, please contact the building management office at 612-342-2222. If you're scheduling the large conference room, you will be asked how you would like the furniture in the room to be arranged. If you no longer need a reserved room, notify the management office at least two days prior. This allows labor and other resources to be appropriately allocated and gives others the opportunity to reserve the room.

If you have not already seen the building's conference center, please feel free to stop by and take a look.



Around the Campbell Mithun Tower

Tenant profiles and recaps of tenant events at Campbell Mithun Tower

Coffee with the Concierge

April 13, 2007



Mini Fair



(l to r: back row: Shira Levenson, Old Log Theatre Group Sales Director/Marketing Associate; Maria Cabrera, The Park at the Mall of America Group Sales Director; Sally Dufner, Albertville Premium Outlets General Manager; Peter Wright, Science Museum of Minnesota Group Sales Manager;)

(l to r: front row: Katie Rye, Ordway Theatre Group Sales Director and Jan Johnson, Ordway Theatre Sales Manager.)

ARC Annual Rose Sale

Something tenants always look forward to and a great bargain!



Chris Rue getting ready to deliver May plants to tenants.

United Properties hosts informational day of the Transit system.



helping with the Commuter Day is a tower employee: Barb Szeborowski, Private Bank Minnesota.



Lunchtime Yoga class at the Campbell Mithun Tower

Around the Campbell Mithun Tower

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Ice Cream Social June 14 2007

"Build your own sundaes" - a hit with tower tenants.
Izzy's Ice Cream - Voted #1 Nationally!!!



Caribou Coolers June 21 2007

The First Day of Summer featuring free Northern Lite coolers from Caribou.

Maureen and staff at Caribou are "ready to serve"



Books Are Fun June 19-20, 2007

Due to the purchasing generosity of Campbell Mithun Tower tenants, the Boys & Girls Club received a check for \$201.98 which equaled a percentage of Books Are Fun total sales. Thank you!!



Memorial Blood Drive held in the Campbell Mithun Tower August 13th - over 30 donors signed with additional walk-ups. The largest blood drive yet for the Campbell Mithun Tower! Thank you to all who participated.

Downtown Minneapolis Transportation Management Organization and MetroTransit assist in finding alternate routes to downtown Minneapolis after the 35W bridge collapse.



On-Site Services To Assist You



Caribou Coffee—612-338-0424

Still your first stop in the morning for your coffee. Watch for the new store opening this fall on the skyway level. With in store seating and Wi Fi, it will be the perfect location for your company meeting. If you really need to stay in the office though, there is catering available. Joe-To-Go boxed coffee and bakery items can be picked up or delivered. As always, the good morning smiles are free!!

City Hairstylists—612-332-0163

Online scheduling now available at:
www.cityhairstylists.com

Full service salon for men and women, offering haircuts, stress massage, manicure, pedicure, gel nails, facials, waxing, and makeup. Aveda, Nioxin and Murad professional products available.

D. Brian's Deli & Catering—612-333-0841

Newly-remodeled with a New look and New menu items, but with the same great quality. Now with Wi Fi capabilities and daily specials. Open daily for breakfast and lunch. Be sure to check out our catering menu on-line at www.dbrians.com or see a manager to book your next on site or off site meeting or event.

Manpower International—612-375-9200

Manpower is an international leader in the staffing industry. Staffing firms were once about finding cover for vacation or special projects. Now they're a much bigger part of the overall talent strategy. We specialize in general

clerical, administrative assistants, and light industrial. We offer temp, temp-to-hire, and direct hire, working with some of the largest companies and firms in the downtown Minneapolis area.

Call, or email: linette.young@na.manpower.com

Premier Auto Spa—952-545-9787

Premier Auto Spa handles all your detailing needs: from washing to waxing, shampooing to buffing. Located just beyond the entrance to the underground parking, Premier Auto Spa has available new, state-of-the-art power washing equipment to provide first class service for your vehicle.

State Farm Insurance—612-338-6400

Located on the skyway level next to Manpower. State Farm Insurance will help you with your car, home, life, and health insurance needs.

Touch of Class—612-746-4080

A whole lot more than just a convenience store... customers are invited to relax at our free internet snack bar. We offer a huge variety of snacks and candies, breakfast and lunch items, gifts, balloons, cards, cigarettes, bus passes, stamps, and lottery.

White Way Cleaners—612-338-2006

A full service cleaner located just downstairs from your office. White Way will assist you with all your cleaning needs, including shirt laundry, dry cleaning, tailoring, and much more.

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Campbell Mithun Tower News is produced for the tenants of Campbell Mithun Tower by United Properties

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Campbell Mithun Tower is managed by United Properties on behalf of Principal Real Estate Investors.



Principal Real Estate Investors is the fourth largest institutional real estate manager in the United States based on tax-exempt assets under management and manages or subadvises \$34.2 billion in commercial real estate assets. The firm's real estate capabilities include both public and private equity and debt investment alternatives. Principal Real Estate Investors is the dedicated real estate group of Principal Global Investors.



Management left to right:
Nancy Keyes, Concierge; Angie Holbrook, Assistant Property Manager; Chris Rue, Operations Assistant; Kevin Connolly, General Manager)



Engineering left to right:
Martin Noetzel; John Swanberg (Chief Engineer); Jacob Johnson



Have an idea or article for our newsletter?

Contact Nancy Keyes at 612-342-2225 or nkeyes@uproperties.com