Campbell Mithun Tower: First multi-tenant high-rise in Minneapolis CBD to earn LEED Gold Certification for Existing Buildings.

Energy efficiency, an environmentally friendly pursuit, has been a primary operating cost-saving strategy for property owners and managers for several years. The Energy Star program, developed by the U.S. Environmental Protection Agency, gave property managers a tool to benchmark their building’s energy use, making it easier to track energy use reductions resulting from improvements made to building systems. Once a building achieves an Energy Star rating of 75 or above, they receive the Energy Star label.

In 2002, the Campbell Mithun Tower (CMT) achieved its first Energy Star label with a rating of 79. Since 2002, several mechanical upgrades were completed increasing energy efficiency and reducing operating costs. CMT now has an Energy Star rating of 94, which puts it in the top 10% of similar type buildings nationwide in energy efficiency.

In 2009, the Ownership and management of the Campbell Mithun Tower made it a priority to initiate other environmentally friendly, or “green”, building operating practices beyond energy efficiency. The U.S. Green Building Council (USGBC) established a set of standards on what constitutes a “green” building and developed a measurement system for rating and certifying ‘green’ buildings under their Leadership in Energy and Environmental Design (LEED) certification program.

There are four levels of LEED certification (Certified 34-42 points, Silver 43-50 points, Gold 51-67 points, Platinum 68-92 points), which are based on a performance-oriented system in which points are earned for satisfying criteria that address specific environmental impacts inherent in operating a building (LEED EB: O&M Reference Guide, First Edition).

In December 2008, after deciding to pursue LEED certification, the CMT management team along with building ownership met with a LEED consultant and the building’s service vendors to review LEED requirements and begin specifying action steps. Below are just a few of the steps taken this year to “green” CMT’s operations.

**WATER USE REDUCTION STRATEGIES**
- Replaced all women’s water closets and some of the men’s with low-flow fixtures reducing water use from 3.5 gallons per flush (gpf) to 1.28 gpf.
- Urinal flush rate reduced from 1.5 gpf to 1.0 gpf.
- Installed low-flow aerators on faucets reducing flow from 2.2 gallons per minute (gpm) to 0.5 gpm.

These changes will reduce CMT’s annual water usage by up to 2,264,633 gallons (a 55% reduction).
SOLID WASTE MANAGEMENT
In April, Angie Holbrook (Property Manager), Carl Gerken (Harvard Maintenance), and Jim Beran (Rohn Industries – CMT recycling vendor) conducted a waste stream audit, which entailed spending an evening sorting through a day’s worth of building trash to find out how much recyclable material was making its way into the trash rather than being diverted to recycling containers. After digging through 1,583 pounds of solid waste this is what was found:

- Of the 1,583 lbs. of total ongoing consumable waste (trash & recyclable materials), 644 lbs. of recyclable materials were properly deposited in recycle bins by building occupants (a 40.68% recycling rate).
- Sixty-two percent (62%) of mixed paper was properly diverted, leaving 38% of mixed paper going into the trash.
- Eighty-eight percent (88%) of cardboard was diverted from trash, leaving 12% going to the landfill.
- Only 32% of aluminum cans and glass and plastic containers were properly diverted from the trash, leaving 68% still going to the landfill.
- Fifty-six percent (56%) of newspapers and magazines were put in recycle bins by building occupants, leaving 44% of newspapers and magazines going into the trash.

The purpose of the waste stream audit is to identify the composition of CMT’s ongoing consumable waste and to identify what to focus on to improve the overall recycling rate. The audit showed there’s a lot of room for improvement in the recycling of aluminum, glass, and plastic containers, as well as newspapers and magazines. Waste stream audits will be conducted annually.

In order to get a LEED point for recycling of ongoing consumables, a recycling rate of 50% is required. Building management was able to report a recycling rate over 50% by collecting information from tenants on their paper shredding services and adding the weight of their paper shredding to the property’s recycling numbers. Companies that provide paper shredding services send the shredded paper away to be recycled.

SUSTAINABLE PURCHASING – REDUCED MERCURY IN LAMPS
Fluorescent light bulbs are energy efficient therefore they are used widespread in commercial buildings. The drawback of fluorescent bulbs is their mercury content, which is harmful to the environment. Up to three LEED points can be earned for establishing a lamp purchasing plan that reduces the amount of mercury brought onto the building site. In order to earn a LEED point at least 90% of mercury containing lamps purchased for the building must comply with the target average overall mercury content of 90 picograms per lumen-hour or less. After counting and identifying all mercury containing bulbs installed in the building, the average mercury content calculated was 156 picograms per lumen hour. The Campbell Mithun Tower now has a lamp purchasing plan that went into effect in March 2009 that reduces average mercury content to less than 50 picograms per lumen hour, a 72% reduction.

GREEN CLEANING
Many cleaning products contain chemicals that may have a negative effect on humans and the environment. The Campbell Mithun Tower has a Green Cleaning Policy that requires the use of sustainable cleaning products and equipment. At least 90% of cleaning products, and supplies such as paper towels, toilet tissue, trash can liners, etc. used at CMT must meet sustainability criteria set forth by the USGBC. For example, cleaning products are either Green Seal or EcoLogo certified, and paper products such as paper towels are made with some proportion of post-consumer or post-industrial content.

LOW VOC POLICY
As part of CMT’s Indoor Air Quality Management Program, a policy is in place to limit levels of Volatile Organic Compounds (VOC) released into the air. VOCs are found in paints, coatings, stains, finishes, adhesives, and sealants, to name a few. This policy requires that such products be “low-VOC”, which cannot exceed specified VOC levels.

These are just some of the changes made this year to “green” CMT. There were many other pieces to this puzzle put in place to operate the building to LEED standards. Some of the pieces involved tenant participation, such as reporting their durable goods purchases, their paper shredding numbers, and their e-waste recycling details, and participating in an occupant comfort survey, and a commuter survey. The combination of the efforts made by the building management staff, the commitment on the part of the building’s ownership, and the participation of the building tenants earned Campbell Mithun Tower a total of 53 LEED points, achieving Gold-level certification for Existing Buildings.

CAMPBELL MITHUN TOWER ONGOING CONSUMABLES RECYCLING PROGRAM

MIXED PAPER
YES
- Newsletters, newspapers and magazines
- Adding-machine paper
- Post-it notes
- Computer paper and forms
- Reports and carbon-less forms
- Cardstock and index cards
- Stationary and copier paper
- Envelopes and manila file folders
- Glossy flyers and mailers
- Phone books

NO
- Copier paper ream wrappers
- Food waste and food containers
- Bathroom wastepaper or napkins
- 3-ring binders and transparencies
- Photographs
- Hanging file folders or metal
- Ploy coated release paper

MIXED RIGIDS
YES
- Metal food and beverage cans
- Glass food and beverage bottles and jars
- Plastic bottles and jugs

NO
- Yogurt, pudding and fruit cups
- Microwaveable food trays
- Plastic wrap or bags
- Produce, deli or take out containers
- Containers that held hazardous products
- Margarine, cottage cheese, cream cheese and other tubs

CARDBOARD

BATTERIES
Fiber Optic Internet Service

Available now in the Campbell Mithun Tower is the opportunity to get dedicated fiber optic Internet service from Cogent Communications (“Cogent”). Cogent is a multinational Internet Service Provider consistently ranked as one of the top 5 networks in the world. Cogent operates the largest capacity all-optical IP network backbone in existence with service in over 135 markets in 26 countries located in North America and Europe.

Service is available in 100 Mbps or 1,000 Mbps increments. This pricing has enabled many businesses to successfully reduce IT costs and use that new found budget to upgrade IT support and applications.

Cogent also provides 100 Mbps non-distance sensitive Ethernet point-to-point connections. This service creates a private connection between multiple offices, ensuring the safety and security of your data.

For further information on Cogent’s leading Service Level Agreement (SLA) and ring protection (guarantees service connectivity remains intact despite a fiber cut), go to www.cogentco.com or contact your local Cogent representative, Andra Lee at 312-960-6910 or email alee@cogentco.com.

H1N1 Symptoms

- Fever
- Sore throat
- Runny/stuffy nose
- Headache
- Chills
- Fatigue
- Body aches
- Diarrhea
- Vomiting

How long can influenza virus remain viable on objects (such as books and doorknobs)?
- Two to eight hours after being deposited on the surface.

What kills influenza virus?
- Heat (167-212 degrees F / 75-100 degrees C)
- Chlorine
- Hydrogen peroxide
- Detergents (soap)
- Iodophors (iodine-based antiseptics)
- Alcohols

What surfaces are most likely to be sources of contamination?
- Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Droplets from a cough or sneeze of an infected person move through the air.
- Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, then touches their own eyes, mouth or nose before washing their hands.

NorthMarq Concierge honored at National Concierge Association Convention

Nancy Keyes, NCA-Certified Concierge, was honored in August at the annual National Concierge Association (NCA) conference in Dallas, Texas. Nancy Keyes, Concierge in the Campbell Mithun Tower, downtown Minneapolis, received the first-ever Volunteer of the Year Award and her third Outstanding Concierge Service Award.

The NCA Volunteer of the Year Award is given to an individual who exhibits extensive commitment and dedication to volunteer efforts, both within National Concierge Association-sponsored events and in their community. The NCA Concierge Outstanding Service Award honors members who consistently exhibit a stellar level of concierge service to their clientele.

An NCA-certified concierge, Nancy has been a member of the organization since its inception in 1998. She also received the Outstanding Concierge Service Award in 2003 and 2005. In 2004 she earned the NCA-Minnesota Chapter’s Honorary Lifetime Achievement Award.

Nancy has served for many years on the NCA-Minnesota Chapter’s Board of Directors, most recently as Vice President, and has been involved with numerous committees. In 2003 she created the NCA-Minnesota Chapter Philanthropic Program to give back to the community, organizing volunteers monthly to assist at charitable events. In addition to her work with NCA, Nancy has served as Silent Auction Co-Chair for Bridging, Inc., Starkey Hearing Foundation and Pacer annual fundraisers. She is also the recipient of WCCO-Radio’s “Good Neighbor” Award for her years of community volunteering.

The NCA grants the Certification Concierge designation to its members based on level of service to the organization, excellence in customer service and philanthropic involvement. Obtaining certification is a two-year process. Potential candidates must complete an extensive application that includes letters of recommendation and documentation from supervisors and clients and then receive approval by both the NCA Minnesota Chapter and the NCA Executive Board of Directors.

About the National Concierge Association

The mission of the National Concierge Association is to enhance concierge services and provide a networking outlet for concierges of all venue types. Today the NCA has more than 500 members worldwide representing the corporate, hotel, retail, entertainment, academic, civic, medical, residential and privately owned sectors of the hospitality industry.
### New Salon–Allen Ray Studio

Amanda Bush has been in the business for 8 years. After doing national education for Aveda, Italian Vogue, NY Fashion Week, and various hair shows and photo shoots with Aveda, she decided to start her own salon to pass on the opportunity to motivated hairstylists. She started Allen Ray Salon because she felt like there wasn’t anywhere for business professionals to get a technical haircut for a decent price in a comfortable environment. “I feel like our industry has neglected the business men. They have few choices in an adequate environment for them. Women have many choices, this is why I made the business decision to have a male friendly salon.”

Erin Hummel has recently joined Allen Ray. Through extensive training, she has what it takes to benefit the team. She is a hard worker, kind person, and a detailed cutter. She will be welcomed.

Allen Ray Salon  
www.allenraysalon.com  
612.208.0273

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### A Note from the General Manager

Minneapolis Downtown Improvement District (“DID”)

Earlier this summer, you may have started to notice a number of individuals with fluorescent green shirts walking the streets of downtown Minneapolis. Effective July 1, 2009, the Minneapolis Downtown Improvement District (“DID”) commenced with operations. The goal is to make Downtown Minneapolis SAFER, CLEANER, GREENER and more VIBRANT. They will look to improve the perception of the downtown environment among business owners, workers, visitors, residents and the media and to serve as a catalyst for improving the economic vitality of downtown.

The DID will strive to make downtown SAFER by deploying highly-trained private security ambassadors to patrol downtown sidewalks to supplement existing police services. They will serve as additional “eyes” and “ears” in public areas. CLEANER by deploying crews and equipment to remove litter and clean sidewalks on a daily basis consistent to Class A office building standards. They will also provide snow removal services to ensure sidewalks and crosswalks are clear and easily traveled. GREENER by creating a means to implement and maintain new landscaping infrastructure i.e. planters, hanging flower baskets, etc – within the DID. VIBRANT by coordinating the retail environment and provide better communication to downtown retailers, service and entertainment offerings to downtown users.

The management model for the DID is 100% business led and business managed. It is a nonprofit management entity that is charged with managing day-to-day operations of the DID. The management entity, which is an affiliate of the Minneapolis Downtown Council, will implement services just as a Class A office building would, using the best practices and highest standards in the industry.

The primary funding source for the DID will come from a service charge to all properties within the district and paid via the bi-annual property tax process i.e. “special assessment”. Unlike traditional property taxes, 100% of the service charge revenue collected within the district is redirected back to the benefiting commercial properties in the form of higher services. If there is a surplus at the end of the fiscal year, unspent funds will be carried forward to the following year’s contingency/reserve fund.

Kevin Connolly,  
General Manager - Campbell Mithun Tower
Around the Campbell Mithun Tower
Tenant profiles and recaps of tenant events at Campbell Mithun Tower

Halloween - 2009

Halloween - 2008
Manpower expands space in CMT skyway

Ice Cream Social and Food Drive
Top 10 New Years Resolutions

1. Spend More Time with Family & Friends
   Recent polls conducted by General Nutrition Centers, Quicken, and others show that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. Make plans to meet up with friends for an evening of camaraderie. Work shouldn’t always come first!

2. Fit in Fitness
   The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape.

3. Tame the Bulge
   Over 66 percent of adult Americans are considered overweight or obese by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year’s resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year’s commitment to shed extra pounds.

4. Quit Smoking
   If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you’ve tried to quit before, don’t let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life!

5. Enjoy Life More
   Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that “enjoying life more” has become a popular resolution in recent years. It’s an important step to a happier and healthier you! Or just get out and try something new! Take up a new hobby or try your hand at skiing. Go to a theater performance, or head to the local spa.

6. Quit Drinking
   While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. There are also a number of treatment-based programs, as well as support groups for families of alcoholics.

7. Get Out of Debt
   Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to spend this year getting a handle on their finances. It’s a promise that will repay itself many times over in the year ahead.

8. Learn Something New
   Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you’ll find education to be one of the easiest, most motivating New Year’s resolutions to keep. Most local colleges and universities offer distance and adult education programs.

9. Help Others
   A popular, non-selfish New Year’s resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. If your time is really in short supply, maybe you can at least find it in you to donate the furniture, clothing and other household items that you no longer need, rather than leaving them out by the curb to fill up our landfills.

10. Get Organized
    On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, getting organized can lead to a less stressful life.

Check Out These 7 Steps to Lose Holiday Weight

Step 1
Avoid as many of the processed foods as you can. Not only are they high in calories, they are full of salt and fat.

Step 2
Use your counter-top grill. It is fast and easy to create delicious, healthy meals in minutes. Grilling or broiling your meat is a great way to get the protein your body needs, without adding all the calories of frying or other cooking methods.

Step 3
Cut down on carbohydrates to help boost your weight loss. Keep your salads and meats, but try to cut back on pasta, bread and rice. This does not have to be permanent. You can start adding the carbs back into your diet in moderation when you reach your weight loss goal.

Step 4
Eat more fruits and vegetables. Did you know that it takes more calories to chew celery than what is actually in the celery? Fruits and vegetables are often not our favorites, but the nutrients found in these foods will help reduce the risk of many diseases, while helping to ease your hunger as well.

Step 5
Be careful with what you drink. Many sodas, sports drinks and flavored waters are high in sugar and calories. Consider water, unsweetened teas, and if you must, diet sodas. Many people do not realize the large amount of calories consumed each day by beverages alone.

Step 6
Give yourself a free day to indulge in that piece of chocolate or pizza. If you continually deny yourself the foods you love, it will make you resentful and ultimately lead to weight gain. Keep your portions small, however, because now is not the time to polish off the chocolate cake.

Step 7
Get moving. Even a 20-minute walk once a day will help boost your metabolism and release your body’s endorphins. If you cannot find the time to walk for 20 minutes once a day, break it up into two 10-minute walks. Any exercise will help you move towards your weight loss goal.
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!!

Allen Ray Studio—612-208-0273
A male-friendly salon, offering choices for business professionals and providing a comfortable environment for the business man. Amanda Bush, owner and national educator for Aveda, Italian Vogue, NY Fashion Week and various hair shows, along with photo shoots with Aveda, brings her talents to the Campbell Mithun Tower.

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

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.

Campbell Mithun Tower Engineers
(1 to r: Martin Noetzle - Jacob Johnson - John Swanberg)

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

Have an idea or article for our newsletter?
Contact Nancy Keyes at 612-342-2225 or
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Campbell Mithun Tower is managed by NorthMarq on behalf of Principal Real Estate Investors.

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