

PERSPECTIVES

NEWS AND VIEWS FOR THE TENANTS OF CAMPBELL MITHUN TOWER

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Explore the Land of 10,000 Lakes

There are so many great things about Minnesota; the friendly people, the distinct seasons, the beautiful lakes, and of course, all of the fun activities and day trips! When the weather starts to warm, many of our thoughts turn to getting outside, breathing the fresh air, and stretching our legs after a long winter. There are many wonderful things to see and do here in the Land of 10,000 Lakes, so we thought we would give you some ideas to get you thinking about how you can enjoy our great state this summer.

Twin Cities Metro Area

It is just a short hour drive up to [Interstate State Park](#) in Taylor's Falls. There is so much to see and do at this beautiful park along the St. Croix River. Check out the views of the naturally occurring glacial potholes while you hike or rock climb, or relax while fishing or canoeing on the St. Croix. While this is a great day-trip destination, you can also stay overnight in a tent, or, if you prefer, they also have rentable cabins and lodges. www.dnr.state.mn.us/state_parks/interstate/index.html

Take a ride on the 1906 steamboat Minnehaha or the 1896 Excelsior Streetcar in [Excelsior](#). This quaint and historic town along Lake Minnetonka boasts many specialty shops and small bistros, as well as a number of summer festivals. After a day of sailing or biking, you can relax while taking in a show at the Old Log Theatre. Each year on the Fourth of July, the Minnesota Orchestra performs at the Excelsior Commons Bandshell! www.ci.excelsior.mn.us



Northeastern Minnesota

Did you know that Northeastern Minnesota is home to several fantastic [golf courses](#)? Biwabik plays host to legendary Giant's Ridge, which is continuously voted among Minnesota's top courses. Cragun's Resort on Gull Lake was voted by Gold Digest as a top golf destination, with three legacy courses to choose from.



But don't stop there, you have all summer to play all of the great courses and enjoy the beautiful Northern Minnesota scenery. www.minnesotagolf.com

Year-round, there are festivals and activities happening in **Ely**. Just a few hours' drive North, there is sure to be something for everyone in this self proclaimed "Coolest Small Town in America". Ely is home to great camping destinations and exceptional canoeing, and has 22 local outdoors outfitters for all of your adventure needs. Ely is also the location of the North American Bear Center and the International Wolf Center, both are unique centers for education about and preservation of these wonderful animals- they are great places to tour! Check out the Blueberry Arts Festival in July or the Harvest Moon Festival each September! www.ely.org

Northwestern Minnesota

Minnesota is not typically known as a wine lovers destination, but we do boast some great, yet little known **vineyards!** Spend a weekend enjoying wine tasting at the Forestedge Winery in Laporte, Minnesota, www.forestedgewinery.com.

Make sure to try the Rhubarb Wine, it was voted Best Minnesota Fruit Wine by the Twin Cities Food and Wine Experience. For more award winning wines, visit the Two Fools Vineyard in Plummer, MN, www.twofoolsvineyard.com.

If you are looking for an adventure, the **Character Challenge Course**, located just outside of Park Rapids, is perfect. Character Challenge is an adventure course consisting of zip lines, giant swings, height challenges, and more. It is a great destination for families, team building, or tourism! The goals of the course are to learn about and challenge yourself, conquer fears, and walk away with great memories! www.characterchallengecourse.com.

Central Minnesota

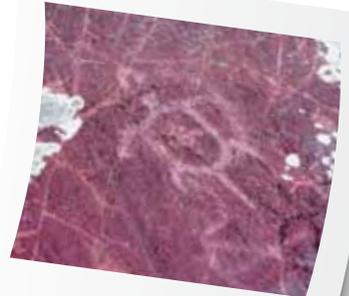
If you are looking for a unique and breathtaking experience, look no further than **hot air ballooning** in Clarissa, MN, a short 2 ½ drive from the twin cities. Balloon Minnesota takes you high over Minnesota's glacial fault line, for a spectacular view that you can only get from the sky. <http://www.balloonminnesota.com>



In East Central Minnesota lies one of the Midwest's best **whitewater kayaking** destinations. The Kettle River is nestled between Carlton and Pine Counties and is designated by the Minnesota Department of Natural Resources as a Wild and Scenic River. The Kettle has mostly Class I rapids during low water with some stretches reaching II or III in high water. The Banning Rapids area ranges in difficulty from Class II-IV at all water levels. The length of river is surrounded by an exquisite varied forest landscape.

Southern Minnesota

"Rhubarb Capital of Minnesota", "Bed & Breakfast Capital of Minnesota", whatever you call it, **Lanesboro** is a great day or weekend getaway destination! Lanesboro is a quiet small town nestled in the Root River Valley, and is known for its romantic bed & breakfasts, its art & theatre, and of course, for being a great biking destination. The Root River State Trail is a 60-mile long path through beautiful bluff country. Don't forget to stop at the famous Aroma Pie Shop, located right off the State Trail a mere four mile bike ride from Lanesboro- but be sure to bring cash, they don't accept plastic! Lanesboro is also host to year round festivals and art exhibitions, including their annual Rhubarb Festival held in June, and Buffalo Bill Days each August. www.lanesboro.com

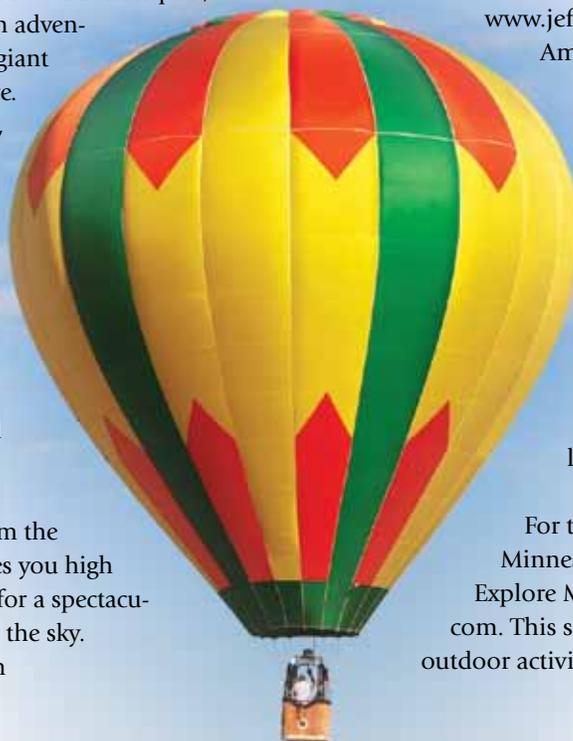


For you history buffs out there, spending a weekend in **Railroad Country** will be just what you are looking for! Comfrey is

the home of Jeffers Petroglyphs,

www.jefferspetroglyphs.com, over 2,000 Native American drawings carved into quartzite bedrock outcroppings dating up to 9,000 years old. These carvings help to tell a story of the history of Native Americans in the plains area. Less than 20 miles away at Red Rock Falls Park you can hike along the beautiful waterfalls and dells, or spend a few days camping by the largest lake in southern Minnesota at Lake Shetek State Park, www.dnr.state.mn.us/state_parks/lake_shetek/index.html.

For tips on more great things to do in Minnesota this summer, and year round, visit Explore Minnesota at www.exploreminnesota.com. This site is packed with information on outdoor activities, festivals, museums, and more!



Active Commuting Worksite Program



Commuter Connection, in conjunction with the City of Minneapolis Department of Health and Family Support developed a program to increase biking and walking to worksites in Minneapolis. Funded by the Statewide Health Improvement Program (SHIP), the Active Commuting Worksite Program focuses on helping employers and building managers create policies and practices that support biking and walking among employees to promote physical activity and healthier lives.

Beginning in May 2011, Commuter Connection will provide the following services to downtown employers and building managers:

- Worksite Bike Friendliness Audit and Designation Program
- Bicycling education workshops

Taking the program a step further, Commuter Connection is developing a ZAP! Minneapolis project plan that will use RFID technology to track individual's bike trips from which they will earn points that can be redeemed for bicycle gear and services at an online store. Commuter Connection is working on securing funding to implement the ZAP! Minneapolis project.

For more information about the Active Commuting Worksite Program and the ZAP! Minneapolis project please contact Andrew Rankin with Commuter Connection at (612) 370-3987 ext. 205.

Coming Soon...

The Campbell Mithun Tower is pleased to announce the opening of a **FITNESS CENTER/BIKE STORAGE** facility this summer! Plans are underway to construct the fitness center on the first floor (former restaurant space) complete with state-of-the-art cardiovascular training equipment, professional resistance and weight training equipment, and an exercise studio area with a variety of small fitness equipment. This space will also feature a secure bike storage facility. Men's and women's locker rooms complete with showers will be available for tenant use. More details to follow.



TOWER NEWS



Meet Bryan Vargas

Bryan Vargas joined the Campbell Mithun Tower management team as the Security Manager in August 2010. Bryan is a member of the American Society for Industrial Security (ASIS) and the International Foundation for Protection Officers (IFPO). Bryan is completing his degree in Criminal Justice at Metropolitan State University and has future aspirations of attending law school. Bryan is also an active volunteer for organizations such as Habitat for Humanity, United Way – Emerging Leaders, Simpson Housing, and Open Your Heart to the Hungry and Homeless. In his spare time, Bryan enjoys spending time with his family, travel, and sports. He can be reached at (612) 342-2223 or at bvargas@campbellmithuntower.com.



Security Officer Receives Award

Recently Mary Barker, a Campbell Mithun Tower Security Officer, was recognized for her assistance and cooperation with the Minneapolis Police Department in resolving an incident. The executive management team for American Security & Investigations presented Mary with the Excellency Award. Mary has been part of the Campbell Mithun Tower Security team since 2007, and has over 12 years of security industry experience.

Concierge Corner



Nancy Keyes, Concierge
Campbell Mithun Tower

Nicollet Mall
Farmers Market
Thursdays May
through October

Valley Fair
Beginning May 14
through October 30th

Renaissance Festival
Weekends August 20th
through October 2nd

Minnesota State Fair
August 25th through
September 5th (Labor Day)

Daylight Savings Ends
November 6th

Election Day
November 8th



A NOTE FROM THE GENERAL MANAGER

and the winner is...

Campbell Mithun Tower wins The Outstanding Building of the Year (TOBY) award from the Building Owners and Managers Association (BOMA) Greater Minneapolis.

The TOBY Award is the most prestigious and comprehensive award in the commercial real estate industry, honoring the best properties in 14 categories to recognize those that exemplify superior building quality and excellence in building management.

Participants are judged on the effectiveness of their overall management in various categories, including energy management systems, tenant/employee relations programs, emergency preparedness, community involvement, and other quality indicators. Detailed property inspections, floor plans, building standards and photographs complete the entry portfolio and allow the judges to thoroughly examine all facets of the property and management.

The TOBY is an indication of the sophistication of Minneapolis area commercial properties and the people who own and manage office properties. Since 2008, nine Minneapolis area properties have one regional awards and five have gone on to compete with the best from around the world to earn the International TOBY Award.

The Campbell Mithun Tower, which competed in the 500,000 – 1 million sq. ft. category, was successful at the local level, competing with one additional downtown Minneapolis CBD high-rise office building. The property then moved on to the regional level, which included 12 cities in seven states. On April 11, 2011, the property was notified that they won at the regional level and will now compete at the international level. The winner will be announced at the 2011 BOMA International Convention being held in Washington, D.C. on June 28.

On behalf of NorthMarq, we would like to give a big “thank you” to our property manager, Angie Holbrook, for her efforts in completing and submitting the plan at both the local and regional levels. A great deal of time and effort was put forth by Angie to ensure the information was submitted on time and within strict guidelines in order to be eligible for this competition.

New Tenants



FVB Energy – Suite 8250

FVB Energy Inc. is an engineering and management consulting firm specializing in district energy and combined heat and power (CHP) systems, with offices in Minneapolis and Seattle (USA), Toronto, Edmonton and Vancouver (Canada), Manama (Bahrain) and Stockholm, Västerås and other cities in Sweden. They have the experience and expertise to assist with making wise decisions about producing power, heating and/or cooling, selling energy to customers, or buying energy from others.



Softbrands – Suite 900

SoftBrands, Inc. is a software company that provides enterprise resource planning software solutions to the manufacturing and hospitality industries. SoftBrands is an affiliate of Infor Global Solutions. Infor is based in Alpharetta, Georgia and is one of the largest business software companies in the world, with revenue in excess of USD \$2 billion, over 8,000 employees and more than 70,000 customers.



OPPENHEIMER WOLFF & DONNELLY LLP

Oppenheimer Wolff & Donnelly (Suite 1625, 1700, 1800, 1900 & 2000)

Oppenheimer Wolff & Donnelly—a 125-year old, Minneapolis-based law firm—has signed a long-term lease to occupy approximately 100,000 square feet in the latter part of 2011. The firm is a recognized leader in providing practical legal counsel to businesses of all sizes—from start-ups to Fortune 500 corporations. Oppenheimer's core practices include business litigation, financial services, medical technology, mergers & acquisitions, real estate finance, and securities, with specialty practices in health care litigation, employee benefits, intellectual property and labor & employment.

AROUND THE TOWER



DHR International – Suite 3345

Established in 1989, DHR International is the fifth largest executive search firm in the United States with more than fifty offices worldwide. In October 2010, DHR acquired Woessner & Associates, a long-term tenant of the Campbell Mithun Tower. They conduct search assignments at the Board of Director, C-level and functional Vice President levels. Their consultants are experienced professionals who are retained by Fortune 1000 firms, as well as prominent venture firms and early-stage companies. The consultants of DHR hold the highest ethical standards, along with an unsurpassable level of personal service, an unmatched dedication to quality, and a unique “value-add” approach.



D. Brian's is now All Natural

D. Brian's has updated their menu to include many delicious ingredients that are all natural. They have also switched to recycled and sustainable packaging where practical. And to lessen their carbon footprint, D. Brian's has purchased hybrid cars for delivery service and they are converting to LED and CFL lighting. All natural means:

- 100% all natural meats
- No chemical preservatives
- No artificial ingredients
- Organic ingredients in bread and bakery programs
- Recycled, renewable and sustainable packaging
- Hybrid vehicle for deliveries
- Recycle all bottles and cans

DAFFODIL DAYS

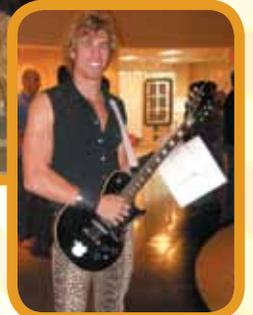
3,100 flowers sold in the CMT. Guest appearance by Todd Walker, Fox 9 Entertainment Man About Town



9TH STREET EXPERIENCE



HALLOWEEN 2010



GIRL SCOUT COOKIES

850 boxes sold in the Campbell Mithun Tower



HOLIDAY PARTY



Conservation Tips

- Purchase Energy Star branded products whenever possible.
- Use power management settings on your computer so the computer and monitor go into power save mode when not in use. Check your multi-function devices (printer/copier/scanner) for power management settings and use them.
- Turn off your computer monitor when stepping away from your desk. The monitor is the biggest energy user.
- Use a power strip for your computer equipment as a central "turn off" point to completely disconnect the power supply at the end of the day.
- Unplug battery chargers and power adapters when equipment is fully charged or disconnected from the charger. On average, Energy Star qualified battery chargers and adapters use 30-35% less energy than conventional models.
- Keep air vents clear of paper, files, and office supplies. It takes as much as 25 percent more energy to pump air into the workspace if the vents are blocked.
- Close window blinds on hot, sunny days to keep your workspace from over-heating.
- Turn individual desk lamps off at the end of the day. Replace the light bulb in your desk lamp with an Energy Star qualified compact fluorescent light bulb. These light bulbs use about 75% less energy than incandescent bulbs and last up to 10 times longer.
- Designate an individual(s) to make sure lights and equipment are turned off at the close of the business day.
- Consider installing occupancy sensors in conference rooms and private offices. Lighting accounts for 20% of a standard office building's energy usage.
- Create a Green Team to help build support for energy efficiency in your workplace, and reduce office waste.



Improving Energy Efficiency Around the Office

The Campbell Mithun Tower management team strives to continuously improve the building's energy efficiency. Here are some examples of things we've done over the past three years to reduce our energy consumption.

In June 2008 we began replacing 32-watt T-8 fluorescent lamps with 28-watt lamps in older fixtures and 25-watt lamps in newer fixtures. As of the end of 2010, we replaced 3,325 32-watt lamps, which is 20% of all T-8 fluorescent lamps installed in the building. With the lamp replacements that we've made so far, we have reduced our electricity consumption by 74,360 KWh/year, and reduced our CO2 emissions by 70,535 lbs/year. We continue to install lower wattage lamps as the 32-watt lamps burn out.

Starting in July 2008 we began turning off the building's roof lighting at midnight as opposed to leaving them on until dawn.

In August 2008 we replaced two 30-horsepower standard electric motors with high efficiency motors and Variable Frequency Drives (VFDs) on two chilled water pumps.

In November 2009 we installed CO sensors throughout the garage that provide information to the central system to control exhaust and supply fans so they run only as needed to keep carbon monoxide levels below permissible limits. The fans run approximately 85% less often since the CO sensor installation. Formerly these fans ran constantly.

In July 2010, we replaced a 26-year old 25-horsepower electric motor on one of our fan units with a premium efficiency motor.

In December 2010, we installed occupancy sensors in each of our 75 restrooms.

The Campbell Mithun Tower earned its first Energy Star label in 2002 with a rating of 79. The EPA's ENERGY STAR energy performance scale helps organizations assess how efficiently their buildings use energy relative to similar buildings nationwide. The building's current Energy Star rating is 97, which means the Campbell Mithun Tower is in the top 3% of similar buildings nationwide in energy efficiency.

Spring Recipes

Enjoy the Taste of Spring with Healthy Eating

Key Lime Cheesecake

Crust:

3/4 c. graham crackers crumbs (about 4 whole crackers)
2 Tbsp. sugar
2 Tbsp. butter, melted

Filling:

2 pkgs. reduced-fat cream cheese, cubed (8 ounces each)
3 eggs, lightly beaten
1 pkg. fat-free cream cheese, cubed (8 ounces)
1 c. sour cream (8 ounces)
2/3 c. sugar
1/3 c. key lime or lime juice
1/3 c. sugar
2 tsp. vanilla extract
3 Tbsp. all-purpose flour
2 tsp. grated lime zest

Place a greased 9-in. springform pan on a double thickness of heavy-duty foil (about 18 in. square). Securely wrap foil around pan.

In a large bowl, combine graham cracker crumbs and sugar; stir in butter. Press onto the bottom of prepared pan. Place pan on a baking sheet. Bake at 350° for 10 minutes. Cool on a wire rack.

In a large bowl, beat the cream cheeses, sugar substitute, sugar and flour until smooth. Add eggs; beat on low speed just until combined. Stir in the sour cream, lime juice, vanilla, lime peel and food coloring if desired. Pour filling onto crust.

Place springform pan in a large baking pan; add 1 in. of hot water to larger pan. Bake at 350° for 40-45 minutes or until center is just set and top appears dull. Remove springform pan from water bath. Cool on a wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen; cool 1 hour longer.

Chill overnight.

Pasta Primavera with Gorgonzola

1 Tbsp. olive oil
1 onion, thinly sliced
2 tomatoes, chopped
1 large head of broccoli, chopped
1/2 c. frozen peas, thawed
2 Tbsp. balsamic vinegar, separated
1 tsp. brown sugar
6 oz. pasta of your choice
4 oz. Gorgonzola cheese
1/2 c. Parmesan cheese
1 tsp. chopped garlic
Fresh ground pepper to taste

In a large pan, sauté the onion with garlic, olive oil, 1 Tbsp balsamic, sugar and lots of pepper on med-low for 15min or until caramelized.

Meanwhile, cook the pasta according to package and reserve 1/2 cup pasta water. Add the broccoli to the onions and a few tablespoons of the pasta water. Cook until the broccoli is a few minutes from done, adding more water as it boils away.

Add peas and tomato and cook for 3 more minutes.

Add the pasta, another 3 Tbsp water and cheese.

Sprinkle with remaining balsamic, toss and serve.

Lemon Sherbert Punch

4 cups lemon sherbet
1 cup frozen lemonade concentrate, thawed
3 cups warm water
Ice cubes
Lemon slices

Place sherbet in mixing bowl. Add lemonade concentrate and water. Mix well using an electric mixer on low speed (about 5 minutes). Refrigerate until thick.

Serve in tall glasses with ice and garnish with lemon slices.

Tasty Hint!: Try this drink with raspberry sherbet or flavored lemonade!

ON-SITE SERVICES

Caribou Coffee 612-338-0424

Make Caribou Coffee your first stop in the morning. Bring in your own travel mug and get .50 off your favorite drink. Be sure to order a Hot Sandwich, Oatmeal or Cookie and make your breakfast or lunch complete. Enjoy our in-store and patio seating with free Wi-Fi. Joe-to-go boxed coffee and bakery can also be picked up or delivered for office meetings. As always, the good morning smiles are free. www.cariboucoffee.com

Allen Ray Studio 612-208-0273

This Aveda salon offers a variety of hair services. We strive on precision cutting and natural color. This relaxing environment is the place to come for your escape from the busy work day, so come let us take care of you! www.allenraysalon.com

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

We have gone all natural and brought in some organics to our menu. Check out the new soups, smoked salmon and made-from-scratch scones! Be sure to check out our catering menu on our website or give the manager a call with any questions you may have. Open daily 6:30am – 2:00pm. www.dbrians.com

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 convenience store featuring a variety of snacks, candy and beverages – breakfast/lunch items, cigarettes and lottery sales. Check out our jewelry and gift selection...there's always something new!

White Way Cleaners 612-338-2006

An award-winning environmentally friendly dry cleaner located just downstairs from your office. White Way offers high quality dry cleaning, shirt laundry, tailoring and specialty cleaning. For more information and offers, please visit: www.whitewaycleaners.net



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Minneapolis, MN 55402

Perspectives newsletter is produced for the tenants of Campbell Mithun Tower by NorthMarq.

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612-342-2222

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612-342-2937

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Campbell Mithun Tower is managed by NorthMarq 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.

Design by Carole Grinde
www.grindesignstudio.com



Campbell Mithun Tower staff (from left to right), John Swanberg, Brianna Diaz, Kevin Connolly, Angie Holbrook, Jacob Johnson, Nancy Keyes.



Welcome Tim O'Keefe to the Campbell Mithun Tower Team!