



NORMANDALE LAKE OFFICE PARK

Spring 2020

PAT SENG | VP/GM NLOP

From the GM

Hello Spring!

We are so glad to see you again. Even though we've enjoyed a relatively mild winter, we all welcome the beauty and promise of the coming season.



If you haven't been there lately, be sure and take a few minutes to visit our website at normandale.com. You'll find a wealth of information about the many amenities we have here at Normandale Lake Office Park.

Go ahead and explore all that surrounds the park outside, too. The walking, hiking, biking trails...the picnic areas...the City of Bloomington and Hyland Park Events are all here for you to enjoy whether you live in the city or not. BloomingtonMN.gov is where you'll find the particulars on parks and recreation and community goings on that make you realize what outstanding treasures we have inside and outside our doors.

I'm so grateful that we live and work in a part of the country that enjoys four distinct seasons, and I can't help but think that spring in Minnesota is the sweetest of all. It's our gateway to so much fun and adventure. I wish you all the best that spring has to offer. ■

Spring Songs

Trees begin to leaf, migratory birds return to nest, perennials break through the warming soil and many animal babies are born into the world. Spring is the time that all things seem fresh and new.

It's a time of celebrations – St. Patrick's Day, Easter, Passover, Earth Day, Arbor Day, Cinco de Mayo, Mother's Day and Father's Day. It's also a time of celebrating anything at all.

The first day of spring is the vernal equinox, *vernal* is Latin for spring and *equinox* is Latin for equal night – in other words, 12 hours of daylight and 12 hours of darkness. The fall and spring equinoxes are also the only two times during the year when the sun rises due east and sets due west.



Fascinating Spring Facts and Trivia

- Most years, spring arrives on March 20 or 21 but, because the earth doesn't circle the sun in exactly 365 days, it sometimes begins on the 19th.
- The first day of spring in the Northern Hemisphere is the first day of fall in the Southern Hemisphere.
- The first spring flowers are lilacs, irises, lilies, tulips, daffodils and dandelions.
- Before spring was called spring, it was called Lent in Old English. Starting in the 14th century, that time of year was called springing time, a reference to plants springing from the ground. In the 15th century, the term was shortened to spring-time and further shortened to spring in the 16th century.

– continued on page 2



NORMANDALE LAKE
OFFICE PARK

A Newsletter for the Normandale Lake Office Park Community 8000 8200 8300 8400 8500



Spring cont. from page one

- According to a Facebook study, couples are most likely to break up in the spring and two weeks before Christmas.
- There is a myth that it is possible to balance an egg on its end on the spring equinox, but it is no easier on that day than on any other day of the year.
- “Spring fever” refers to both psychological and physiological symptoms associated with the arrival of spring, including restlessness, daydreaming and increased libido. Although the cause is unclear, scientists believe that increased light, more exercise and more exposed skin stimulate hormone levels.
- During spring, birds are more vocal as they attract mates and warn away rivals.
- Children actually grow faster in the spring than other times of the year.
- The early Egyptians built the Great Sphinx so that it points directly toward the rising sun on the spring equinox.
- Every year on the first day of spring, people in Poland gather to burn an effigy and throw it in the river to bid winter farewell.
- Honeybees are more likely to swarm during the spring in order to start new colonies. Surprisingly, swarming honeybees are very docile and the most friendly they will be all year.
- Some believe “April Fools Day” started in 16th century France when the observation of New Year’s changed from April 1st to January 1st. Those who continued to celebrate in April were called “April Fools.” ■

NORMANDALE LAKE OFFICE PARK

Tenants in the News

New Tenants

Geronimo Energy, LLC

Renewals & Expansions

Lamex Foods, Inc.

What Do You Like Best About Spring?

The earthy smell of spring rains

An abundance of sunshine and natural vitamin D

Ideal temperatures

More daylight hours

Open windows

Fresh breezes

Animal babies

Flower stands and farmers markets

Storing winter coats, mittens and scarves

Bike riding

Working outdoors

Yes, even spring cleaning



“Spring adds new life and new beauty to all that is.”

— Jessica Harrelson

New Addition to Our Team



Jake Hoehle
Building Engineer

In late September, Jake joined the NLOP Engineering Team having worked in the commercial field for 7 years. He graduated from Alexandria Technical College and MNSU-Mankato with a BS Degree. He enjoys snowmobiling, fishing and spending time at his cabin. *Welcome Jake!*



Color and How it Affects Us

Color sends such a strong message, that it's likely the first thing we see before other details — when we walk into a room, observe artwork, take in a landscape — virtually everything we encounter at first sight.

It is well established that color can affect our moods and may even trigger the way we think, act and maintain our attitudes. The colors you see throughout your day can make you feel happy or sad and they can also energize you or dampen your spirits.

Feelings of color can be deeply personal or even associated with your culture. As an example, the color white represents purity and innocence in many Western countries, and it is considered a symbol of mourning in Eastern countries.

Although how the way we perceive color can be subjective, some colors are tied to universal meanings. For instance, colors in the red spectrum (red, orange, yellow) are considered warm



colors and can evoke emotions that range from warmth and comfort to anger and hostility. Colors in the blue spectrum (blue, purple, green) are typically described as calm, but they can also create feelings of sadness and insignificance.

There is much evidence that people respond to color in instinctive ways.

- White is a sign of cleanliness and freshness.
- Red is exciting and powerful.
- Blue can make you feel relaxed and serene, but it also represents aloofness and loneliness.
- Yellow is bright and cheerful, yet it can also be irritating and aggressive.
- Pink is considered a cheerful, happy and even creative color to some, yet it may seem childish to others.

Using color in your life can go beyond clothing choices, your décor and even your vehicle. Meditating with certain colors in mind can help you feel peaceful and stress-free. Visualizing color when deep breathing can bring the same helpful benefits. When you choose to surround yourself with colors that make you feel good, you'll be creating a calm, caring and positive environment. ■

Foods to boost your immune system

Feeding your body certain foods may help keep your immune system strong. If you're looking for ways to building a strong immunity, plan your meals to include these powerful immune system boosters. Eat well and get exercise!

Citrus fruits
Red bell peppers
Broccoli
Garlic
Ginger

Spinach
Yogurt
Almonds
Tumeric
Green tea

Papaya
Poultry
Kiwi
Sunflower seeds
Shellfish





8400 Tower
952-921-2288



8400 Tower
952-405-6095



8400 Tower
952-897-5995

Services

ATMs

8200 Tower, Bank of the West vestibule
8400 Tower, Retail Concourse
8500 Tower, Lower Level

RK Apothecary (convenience, gifts, and dry cleaning)

8400 Tower, Suite 80
952.405.6095

Design a Bunch

(flowers and gifts)
8400 Tower, Suite 12
952.897.5995

Concierge Services

8000 Tower
Skyway Level, 2nd Floor
Hours: 8 am - 1 pm, M-F
952.345.8231

New Horizon Day Care

8400 Tower, Suite 10
952.921.2273

Shear Success (hair salon)

8400 Tower, Suite 20
952.921.2288

Overnight Courier Boxes

Pick up M-F
8000 Tower, 1st Floor
FedEx & UPS
8200 Tower, 1st Floor
FedEx & UPS
8300 Tower, 1st Floor
FedEx
8400 Tower, 1st Floor
FedEx & UPS
8500 Tower, Lower Level
FedEx & UPS

Post Office

8000 Tower, 1st Floor
8200 Tower, 1st Floor
8300 Tower, 1st Floor
8400 Tower, 1st Floor
8500 Tower, Lower Level

Main Bloomington Post Office

952-884-3698

Restaurants

Caribou Coffee

8000 Tower, 1st Floor
952.486.9500

Café Fusion

8300 Tower, Suite 130
952.378.1424

Ryan's Café

8400 Tower, Suite 70
952.897.5990

Kincaid's

8400 Tower, Suite 90
952.921.2255

Common

Car Wash

8300 Tower - Contract Parking
Mike Siedow
651.308.5137

Fitness Center

8500 Tower
952.921.2081

8400 Wellness Center

952.242.2928

Security Escort

952.921.2201

Property Management

8200 Tower, Suite 280
952.921.2050

Pat Seng

952.921.2034
Vice President/General Manager

Jim Gefre

952.921.2054
Senior Property Manager
8000, 8200, 8500

Lance Brockmueller

952.921.2053
Senior Property Manager
8300, 8400

Renee Hoy

952.921.2081
Senior Assistant Property Manager

Lisa Simonson

952.921.2020
Property Administrator

Tjody Jacobsen

952.921.2050
Property Administrator

Patrick Corcoran

952.921.2059
Senior Chief Engineer

Do you have an article for our newsletter?

Contact: lisa.simonson@cushwake.com

Would you like to be notified of activities and events at Normandale Lake Office Park? Please go to normandale.com and click on Tenant Services, "Join Our Email List" is located in the middle of the page.



NORMANDALE LAKE
OFFICE PARK

5600 West 83rd Street, Suite 280
Bloomington, MN 55437



©2016 Cushman & Wakefield NO WARRANTY OR REPRESENTATION, EXPRESS OR IMPLIED, IS MADE TO THE ACCURACY OR COMPLETENESS OF THE INFORMATION CONTAINED HEREIN, AND SAME IS SUBMITTED SUBJECT TO ERRORS, OMISSIONS, CHANGE OF PRICE, RENTAL OR OTHER CONDITIONS, WITHDRAWAL WITHOUT NOTICE, AND TO ANY SPECIAL LISTING CONDITIONS IMPOSED BY THE PROPERTY OWNER(S). AS APPLICABLE, WE MAKE NO REPRESENTATION AS TO THE CONDITION OF THE PROPERTY (OR PROPERTIES) IN QUESTION.