



# Financial Center

# TOPA TALK

TOPA TALK - A Newsletter Published by  
Topa Management Company (Hawaii)

APRIL 2010

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## At Your Service

### Fort Street Tower

Aloha Sushi	585-7374
Bin's Convenience	521-8886
Carrot Patch	531-4037
Clark Hatch Fitness	536-7205
Cookie Corner	532-9072
Donna's Closet	224-1421
Flowers for You	521-2020
Ft. Street Bar & Grill	523-1500
Young Laundry	521-2286

### Bishop Street Tower

Amfac Center Barber	538-7811
Andy Mohan, Inc.	521-1222
Bishop Street Deli	627-5499
HonBlue	531-2121
CaraMia	354-0354
Carrot Patch	531-4037
Charles Schwab & Co.	534-9700
First American Title	447-4017
For the Love of Coffee	266-0759
KD Jewelry	545-7841
Komala Curry House	454-7181
Rice & Rolls	TBA
Scottrade, Inc.	521-8573
Styling Crew	533-7800
Subway Sandwich	545-3945

## WELCOME TO TOPA FINANCIAL CENTER

**Bishop Street Tower** CaraMia

Rice & Rolls

**Fort Street Tower** HonoluluHome Loans

## Building Events

### Administrative Professionals Day

Wednesday, April 21, 2010

### Earth Day

Thursday, April 22, 2010

### Military Appreciation Month

Month of May

### Mother's Day

Sunday, May 9, 2010

### Armed Forces Day

Saturday, May 15, 2010

### Memorial Day

Monday, May 31, 2010 **(Building Closed)**



## Administrative Professionals Week

Since 1952, the International Association of Administrative Professionals has honored office workers by sponsoring Administrative Professionals Week. Today, it is one of the largest workplace observances outside of employee birthdays and major holidays.

In the year 2000, IAAP announced a name change for Professional Secretaries Week and Professional Secretaries Day. The names were changed to Administrative Professionals Week and Administrative Professionals Day to keep pace with changing job titles and expand

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## Administrative Professionals Week

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ing responsibilities of today's administrative workforce. Over the years, Administrative Professionals Week has become one of the largest workplace observances. The event is celebrated worldwide, bringing together millions of people for community events, educational seminars and individual corporate activities recognizing support staff.

Today, there are more than 4.1 million secretaries and administrative assistants working in the United States, according to U.S. Department of Labor statistics, and 8.9 million people working in various administrative support roles. More than 475,000 administrative professionals are employed in Canada. Millions more administrative professionals work in offices all over the world.

This year Administrative Professionals Week is April 19 - 23 with Administrative Professionals Day on Wednesday, April 21, 2010.

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### To My Mother

For as long as I can remember  
you were always by my side to give  
me support to give me confidence  
to give me help.

For as long as I can remember  
you were always the person  
I looked up to so strong  
so sensitive so pretty.

For as long as I can remember  
and still today you are  
everything a mother should be.

For as long as I can remember  
you always provided stability  
within our family full of laughter  
full of tears full of love.

Whatever I have become is because of you  
and I thank you forever for our relationship.

- Susan Polis Schutz

## Mother's Day Recipe

### Vanilla Muffins

2 cups granulated sugar  
4 eggs  
4 cups all-purpose flour  
2 cups milk  
1 tablespoon baking powder  
1/2 cup butter  
1 tablespoon vanilla extract



Beat sugar and eggs together. Add remaining ingredients. Mix well. Put liners in muffin tin. Bake at 350 degrees F for 20 minutes. Yields around 2 dozen.

Peabody Hotel, Memphis, Tennessee

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## The Benefits of Exercise

A New Study published in February in the Archives of Internal Medicine finds that women who get moderate amounts of exercise in middle-age tend to be much healthier at age 70 and beyond. Active women cross-over into the senior decades with far fewer chronic diseases and greater mental acuity.

So, you may wonder, how much exercise? Well, there's good news for the 85 percent of Americans who don't have a regular, vigorous work-out routine. Turns out, walking is enough - the brisker, the better.

Researchers at the Harvard School of Public Health evaluated the health of more than 13,000 women who had reached the age of 70.

They found that women who regularly walked at a moderate pace had much higher odds of staving off disease and aging successfully than their counterparts who didn't exert themselves beyond leisurely, easy walking.

And there's evidence that picking up the pace - beyond just moderate intensity - may be very beneficial. The women who walked at a very brisk clip increased their odds of successful aging three times more than those that did not.

The benefits of exercise held up for women across weight-ranges, from thin to heavy.

If you don't care for walking, prior research shows that

gentle cycling with quick bursts of intensity is also beneficial. Research on interval training shows that bringing the heart-rate up for short periods of time during a 20-minute ride can be an efficient way to increase fitness quickly.

The Archives' study adds to a growing body of evidence showing that regular, moderate-intensity exercise helps protect against a range of conditions - from osteoporosis, to cardiovascular disease, obesity, diabetes and even cognitive declines. - [NPR](#)

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## Grammar Usage

### The Preposition

A preposition is a "connecting" word that precedes a noun or a pronoun and shows the relationship of that noun or pronoun to another word in the sentence. A preposition is never the subject of a sentence. A preposition is an "uninflected" word, which means that it does not change its ending. A few preposition examples:

about	after	among
at	before	beneath
beside	between	by
during	for	from
in	like	of
on	to	with
off	through	under

Example: Please check our schedule for airline arrival times.

Example: She left without her briefcase.

A preposition may be a single word or several words. The following are some examples of "phrasal" or "compound" prepositions.

in addition to	ahead of	along with
in spite of	with regard to	on behalf of
in case of		

Example: In addition to the recognition, she will receive a salary increase. - [Jaederstrom and Miller](#)



### Quotes

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## Interactive Lobby Directories

Topa Financial Center is pleased to provide touch-screen digital directories in all of the high traffic lobbies. This state-of-the-art system provides visitors with a convenient way to locate tenants while creating an exciting new advertising opportunity in downtown Honolulu. Advertising space is available to tenants.

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## Tenant Survey

Topa Management Company at Topa Financial Center strives to provide you with an exceptional leasing and tenant experience. We hope you will take a minute to complete the Tenant Satisfaction Survey at <http://www.TopaFC.com> and thank you in advance for your comments and feedback.

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## Building Management

### General Contact Information

745 Fort Street, Suite 116, Honolulu, Hawaii 96813

Tel: (808) 531-0444

Fax: (808) 599-5776

[www.TopaFinancialCenter.com](http://www.TopaFinancialCenter.com) or [www.TopaFC.com](http://www.TopaFC.com)

### Topa Management Company Contact Information

#### Curt Nakamura, General Manager

[cnakamura@Topa.com](mailto:cnakamura@Topa.com)

#### Barbara Van Dine, Administration, Website Administrator, Newsletter Editor

[bvandine@Topa.com](mailto:bvandine@Topa.com)

#### Rory Reiley, Chief Engineer

[rreiley@Topa.com](mailto:rreiley@Topa.com)

#### Nestor Salcedo, Assistant Chief Engineer

[nsalcedo@Topa.com](mailto:nsalcedo@Topa.com)

#### Nicole Domingo

#### Tenant Services Coordinator & Leasing Asst.

[ndomingo@Topa.com](mailto:ndomingo@Topa.com)

#### Cynthia Quiaoit, Accounting

[cquiaoit@Topa.com](mailto:cquiaoit@Topa.com)

#### Deborah Yacas, Receptionist

[dyacas@Topa.com](mailto:dyacas@Topa.com)

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Comments, ideas, submissions and corrections are welcome. Please email [bvandine@topa.com](mailto:bvandine@topa.com) or fax to (808) 599-5776