

PACIFIC LAND ENTERPRISES

WHAT'S UP?



PACIFIC LAND ENTERPRISES

September 2011

WANTED... PART TIME JOB



I have been spending some time out of state recently and have had a chance to reflect on how we are structured politically here in California compared to other areas of the country. I don't intend to point out partisan differences here because this is a "family" newsletter and I think a great deal of us are tired of hearing the rhetoric that spews from all sides.

The legislators in California have too much time on their hands. The people in Sacramento who make our laws are there full time. It was not too long ago that these people were in Sacramento on a part time basis. This gives them the opportunity to second guess each other as well as second guessing voter passed initiatives, including proposition 58, which the voters passed in 2004 by a 71% yes vote. This proposition requires a balanced budget where General Fund expenditures do not exceed estimated General Fund revenues. It also requires the establishment of a budget reserve

and prohibits any future deficit bond. The proposition allows the Governor to proclaim a fiscal emergency in certain circumstances and submit proposed legislation to address the fiscal emergency.¹ This sounds good to me, that's why myself and 71% of the voters in that election voted for this proposition. The legislators and jurists have obviously found several "legal" ways to get around this voter mandated law.

Maybe it is time that the elected politicians become part time again. It may afford us a chance to get this house in order again. At least we could cut their salaries and expenses.

What do you think?

Contact me at
Rey@PacificLandEnterprises.com

¹From the official voters guide.

FREE Gas!

Remember we will give a **\$500 gas card** for any referrals that become tenants in any of our buildings. It's easy to pass a lead to us, just e-mail **Jeff Johnson** at **Jeff@PacificLandEnterprises.com** or give him a call at 530-273-9262.

Extend Your Life in One Minute or Less

By Dr. Mehmet Oz

If your reason for not adopting healthier habits is that you don't have enough time, consider your problem solved: I've put together a list of practices that could literally add years to your life, and each one can be done in 60 seconds or less.

Get Up Every Hour

A recent study in the *Journal of the American College of Cardiology* discovered that people who sat for four or more hours a day outside work had a 50 percent greater risk of dying from any cause than those who sat less than two hours a day. I recommend taking a minute-long walk at least once an hour. Every step counts toward the 10,000 you should be taking every day.



Eat an Egg

This nutritional powerhouse does a body good: One egg provides 13 percent of your daily protein requirement and only 4 percent of the average recommended daily calorie count. Plus, it contains a hefty dose of lutein, an antioxidant that protects your eyes from macular degeneration and UV damage. An egg a day may even help prevent Alzheimer's: The yolk is a significant source of choline, a nutrient that reduces inflammation in the brain.

Don't Forget to Floss

When left to their own devices, the bacteria hiding between your teeth will infect your gums and enter your bloodstream, where they can cause inflammation in your arteries and contribute to plaque buildup on blood vessel walls. Recent studies have linked gum disease to other problems, too, ranging from respiratory infections to neurodegeneration.

 <p>123 Margaret Ln. Medical Office</p>	<p>Unit B1 Sq.Ft. 1,200 Rent \$1.50 NNN \$1.50</p>	<p>C2 1,200</p>
 <p>900 Golden Gate Terrace Light Industrial</p>	<p>Unit C Sq.Ft. 2,400 Rent \$0.79 NNN</p>	
 <p>128 East Main Street Retail/Office</p>	<p>Unit Sq.Ft. 2,240 Rent \$1.30 NNN</p>	<p>Divisible</p>
 <p>443 Crown Point Circle Office/Warehouse</p>	<p>Unit Sq.Ft. 15,000 Rent \$1.20 NNN</p>	<p>Divisible</p>
 <p>1415 Whispering Pines Ln. Office/Warehouse</p>	<p>Unit #150 Sq.Ft. 8,000 Rent \$1.30 NNN</p>	<p>Divisible</p>

 <p>280 Sierra College Dr. Medical Office</p>	<p>Unit Sq.Ft. 6,800 Rent \$1.75 NNN</p>	<p>Divisible</p>	<p>Suites for Sale or Lease \$45/SF Allowance</p>
 <p>300 Sierra College Dr. Medical Office</p>	<p>Unit #265 Sq.Ft. 2,560 Rent \$1.75 NNN</p>	<p>Price</p>	<p>Leased #270 2,616 \$1.75 \$800,000</p>
 <p>350 Crown Point Circle Office</p>	<p>Unit #150 Sq.Ft. 1,458 Rent \$1.20 NNN</p>	<p>Price</p>	<p>#225 1,198 \$1.25 #215 378 \$1.25 #135 1,612 \$1.25 #125 1,167 \$1.25 #150 1,458 \$1.20</p>
 <p>333 Crown Point Circle Office</p>	<p>Unit #220 Sq.Ft. 936 Rent \$1.20 NNN</p>	<p>Price</p>	<p>#110 4,400 \$1.35 #225 1,019 \$1.32 #120 936 \$1.20</p>

AVAILABLE PROPERTIES



Pacific Land Enterprises

130 East Main Street
 Grass Valley, California 95945
 Phone: 530-273-9262 - Fax: 530-273-9273
 Email: info@PacificLandEnterprises.com

We're on the Web!

www.PacificLandEnterprises.com