

PACIFIC LAND ENTERPRISES

WHAT'S UP?

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February 2010

“HOT” Yoga Studio



Nevada City Bikram Yoga at 900 Golden Gate Terrace. Helen and her husband Bill came to Pacific Land Enterprises about 7 years ago with the idea of a yoga studio. At that time I had no real working knowledge of what is involved in a “hot” yoga studio.

Brewer Refrigeration to solve this challenge. The system has been up and running all these years.

As a side note, my family is involved with Helen and Bikram Yoga in another way as well. My daughter-in-law, Sarah, is an instructor for Helen.

In our last newsletter I mentioned that I would write about some of the interesting people I have met while doing business here in Grass Valley these last 20 some years.

Helen Neff is the owner and operator of Grass Valley/

The practice is conducted in a large room that is heated and humidified as well. One of our challenges with building the studio for Helen was how to change this hot air very rapidly in the room so the hot conditioned air would remain fresh. We turned to our expert Robb Brewer of



Chocolate Dipped Strawberries for Two

Prep Time: 5 minutes

Cook Time: 5 minutes

Ingredients:

- 1 quart fresh large strawberries, with tops
- 1 cup milk chocolate chips
- 1/2 cup semisweet chocolate chips
- 3 Tbsp. heavy cream

Preparation:

Quickly rinse strawberries and dry thoroughly; keep tops on. In small microwave safe bowl, combine chocolate chips and heavy cream. Microwave on medium power for 2 minutes; stir. Continue microwaving in 30 second intervals if necessary, until chocolate is melted and mixture is smooth. Dip strawberries in chocolate mixture and eat. This beautiful and romantic recipe, perfect for Valentine's Day or anytime, is super easy and so delicious. You could also dip cubes of pound cake and pear and apple slices.

New Tenant!


Sierra Nevada Memorial Hospital Wound Clinic

Construction has commenced on a new Wound Clinic for Sierra Nevada Memorial Hospital at 300 Sierra College Drive.

This clinic treats patients with hyperbaric oxygen chambers aiding in the wound healing process.


Watch this space for future announcements of new tenants joining the Pacific Land Enterprises family. Remember we will give a **\$500 gas card** from Robinson Ent. 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.

501 Crown Point Circle
 Whispering Pines Business Park
 Build-to-Suite - 40,000+/- sq. ft.
 5 Acre Vacant Lot




128 East Main Street
 Retail/Office

Unit	Sq.Ft.	Rent	NNN
	2,240	\$1.30	Divisible




443 Crown Point Circle
 Office/Warehouse

Unit	Sq.Ft.	Rent	NNN
	15,000	\$1.20	Divisible




1415 Whispering Pines Ln.
 Office/Warehouse

Unit	Sq.Ft.	Rent	NNN
#150	8,000	\$1.30	Divisible




280 Sierra College Dr.
 Medical Office
 New Building

Unit	Sq.Ft.	Rent	NNN
	12,000	\$1.75	Divisible
Suits for Sale or Lease			
\$45/SF Allowance			




300 Sierra College Dr.
 Medical Office

Unit	Sq.Ft.	Rent	NNN
#265	2,660	\$1.75	
#270	2,616	\$1.75	\$800,000
#250	1,740	\$1.65	\$485,000
Sales Price			




350 Crown Point Circle
 Office

Unit	Sq.Ft.	Rent	NNN
#150	1,458	\$1.20	
#125	1,167	\$1.25	
#135	1,612	\$1.25	
#215	378	\$1.25	
#225	1,198	\$1.25	



333 Crown Point Circle
 Office

Unit	Sq.Ft.	Rent	NNN
#220	936	\$1.20	
#225	1,019	\$1.32	
#110	4,400	\$1.35	



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