

# Business Matters

by Nancy Amadeo



in 1997. She chose the name as she had heard a rumor the city was considering changing its name to Marina Beach. The city didn't change its' name but the name still works, after all, Marina Beach is our front door.

Marina Beach Real Estate's current staff includes broker Nancy Sheldal, agents Les Sturges and Virginia Meachum, and office manager Carolyn Di Maggio. Virginia recently earned her Certificate (with Honors) as a Foreclosure Alternatives Consultant. She can be of great service to those seeking to sell rather than deal with the long term financial difficulties associated with foreclosure.

This may be a difficult time for sellers but it is a great opportunity for first time home buyers. Inez has the staff to help that first time buyer with the seemingly overwhelming process known as buying a home. Those who were shut out of the market just a couple of years ago with no thought of ever being able to buy are now able to get into the market and invest in their future through the purchase of a home. Inez has seen an increase in property values in Marina over the last 6 months, confirmed in DQNews - California Home Sale Price Medians by County and City. Their report showed Marina home sale prices up in January 20.9% over the same month last year. That does not mean that home prices are up 20.9% overall but does show a positive trend for the future.

Although located in Marina, Marina Beach Real Estate lists properties all over the region and also manages many rental properties. If you are thinking of buying or selling a home, have one you are considering renting or are looking for a place to rent call Inez Lockwood at Marina Beach Real Estate at 384-6565 and speak to her or one of her agents.

Or you can stop by her office located at 222 Reservation Rd in one of the older homes turned businesses near the corner of Vista Del Camino and Reservation Rd.

Inez Lockwood is not just a business owner in Marina, she is also a resident and long time volunteer in the community. She is active in her church, Rotary, and through Marina Beach Real Estate sponsors youth sports teams. She has volunteered with the City of Marina Historic Committee and was recently honored by the Marina Chamber of Commerce as the Woman of the Year and again at the City of Marina Volunteers Dessert Reception. This is not the first time she has been honored for her service to the community and no doubt it will not be the last. This woman believes in the community she strives to serve and its' future as a vibrant and independent city on the bay.

Whether moving in, moving out or moving on, where ever you are going, Business Matters.

You can reach me for comment at [nancyamadeo310@gmail.com](mailto:nancyamadeo310@gmail.com).

## MARINA BEACH REAL ESTATE

Inez Lockwood, owner/manager of Marina Beach Real Estate, has been in the business longer than most of Marina's residents have lived here. She has seen the ups and downs of the industry but still believes real estate, especially owning a home, is a very good long term investment.

Inez has had her real estate license since 1964 when most home purchases in Marina were VA sales. With our strong connection to Ft. Ord, soldiers and their families would move here, buy and with new orders in 3 years, sell to another soldier coming to the area. Of course, not everyone chose to sell as they saw this as the place to return to when they retired from military service.

Inez opened Marina Beach Real Estate

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tos sanos, él se da cuenta. Al disfrutar de los alimentos y de las horas de comidas, usted ayudará a animarlo a probar algo nuevo.

Deje que su hijo ayude. A su hijo le gusta estar involucrado en planear las comidas, comprar los alimentos y cocinar los alimentos. Esto aumenta su interés en diferentes alimentos. En la cocina, ella puede mesclar con una cuchara, manipular un triturador de papas, o lavar los vegetales en el lavaplatos.

No obligue a su hijo a comer. Si su hijo se salta una comida o no come mucho, no lo obligue a comer. Él sabe

cuando tiene hambre.

Tome cuidado de las bebidas que su hijo toma. Una lata de refresco de 12 onzas tiene aproximadamente diez cucharaditas de azúcar. ¡Eso es más que lo que contienen seis galletas Oreo! Aun el jugo 100 por ciento de frutas tiene casi la misma cantidad de azúcar que los refrescos. Para evitar calorías vacías, haga que su hijo beba agua o menos de 16 onzas de leche baja en grasa.

Al desarrollar hábitos alimenticios sanos y actividad física, los niños construyen la base para una vida llena de buena salud. Para más información sobre los programas para niños pequeños y sus familias comuníquese con Primeros 5 del Condado de Monterey, por medio de [www.First5Monterey.org](http://www.First5Monterey.org) o llame al 2-1-1.

## Memorial Day Service

All Welcome

May 31st

VFW Post 811

3131 Crescent Ave.

Marina, CA 93933

(831) 384-7668

Ceremony: 11:00 AM

Bar-B-Q : 12:00 PM -2:00 PM

Live Band: 2:00 PM - 6:00 PM

## Our Rates Will Increase In July For New Clients

Lock In Our Low 2009 - 2010 Rates Now

Email [sales@marina-gazette.com](mailto:sales@marina-gazette.com)

## Star

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you're not alone.

Here's a secret.... even those of us who are tech savvy sometimes need to call a pro for help. Heck, I do it all the time. (Here's a plug for you Mr. Greg Hamer of Central Coast Information Systems at [ghamer@ccinfosys.com](mailto:ghamer@ccinfosys.com)!)

Since I bought a new iMac from the Apple Store, I've had all kinds of questions, frustrations, and complexities to solve as I learn the new system. Fortunately, that Steve Jobs is

a smart cookie. He figured out that the best way to retain customers is to offer training and excellent technical support. I've been to a dozen or so classes since March and I have to admit that some of the best computer training I've seen is found at the Apple Store.

So, with Apple's help, I've mowed down my walls.

It may have taken me a year to finally get around to it and figure it out, but I'm now podcasting my music. Yay!

It may have taken me multiple classes, but I've

figured out how to make an awesome website in a few hours with iWeb.

It may have taken me a lifetime, but I'm now doing incredible things with music using various Apple products.

Thanks, Apple! And for my PC needs, thanks, Greg!

To help you get past your marketing wall, contact Jennifer Filzen of Rock Star Marketing at [jennifer@rock-star-mktg.com](mailto:jennifer@rock-star-mktg.com). If she can't help you directly, she'll point you toward someone who can.

## Think

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this way.

Recent research has shown that the bending is essential for controlling what rests on top of the legs, our big floppy bodies. Biomechanically speaking, our bodies are a floppy mess a top our propulsive units, our legs. And, a spring in your step offsets the motion of your body on top of those legs. If you could keep your upper body rigid, like a robot, straight legs would work great. But, we cannot.

Bent legs are also good for absorbing shock, and helping us to move over uneven terrain. You know this intuitively as well. Don't try this at home, but imagine yourself standing on your backyard fence, and jumping off and

least. We know, intuitively, we cannot move well

trying to land without bending your knees. Two new knees later you would recognize the value of the bend.

So, if you have a spring in your step, appreciate it! It is helping you to navigate the bumps in the road.

Lara Ferry-Graham is Research Faculty at California State University's Moss Landing Marine Labs, a parent of two bouncy children, and writes mostly opinion. You can read more of her opinions at her Science Blog: [swimswithfishes.blogspot.com](http://swimswithfishes.blogspot.com) - recently awarded a Recommended Reading Award.

The research featured here can be found at: <http://news.sciencemag.org/sciencenow/2010/03/why-bouncy-legs-work-better.html>

## Marina

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slow motion to Santa Cruz, they figured out what was wrong and he was doing ok, but I was really mad at him for fighting with me and then leaving for work. The rule in the Bailey household now is that whenever anyone leaves the house, we tell them that we love them. In the case of the cop, we also tell him to be careful and to come home safe. This rule was reinforced by what happened on 9/11. (Imagine all the people who fought with their spouses, their kids or their parents before leaving home that day.) So, thank the men and women who place your safety and well-being above their own. Topic Two: I also want to tell you that 8th Graders are a tough crowd. Not long ago, I heard about a program called "Choices". It is designed to teach/show 8th graders that the decisions and choices that they are making now will have a real, lasting effect on the rest of their lives. It takes place during a core class over a two-day period. The Rotary District that all of our local Rotary clubs are a part of have adopted this program and made a commitment to present it to every 8th grade class throughout MPUSD. I got involved at the last-minute, and was on a fast track to get caught up. I went to a 4 hour training class last Friday, and was scheduled to present the material the following Monday. This left me very little time to prepare (because I was at the Wind Festival all weekend), and I was more than a little nervous. The choice that I had to make was whether to overcome my nervousness and present the material or to let half of our 8th graders miss out. I shadowed (observed) Bob Kramer, a "pro", during first period, tag-teamed with Kathi Speller for 5th period, and was on my own for 6th and 7th. My knees were literally shaking as I stood in front of my first class.

Choices is a very inter-active learning experience that teaches kids about how their choices lead to, or eliminate, opportunities in their lives. I wonder if they know that I got as much out of the class as they did. If you read my last column, you know that I have made a promise to myself to lose weight. This program reminded me that every bite I put in my mouth is a "choice" and that every time I decide not to exercise is another choice. 8th Graders have choices

dumber than me to come to stay at the party and driven in (what felt like

to make about elective classes, doing homework (or not) and which friends to hang out with; I can only hope that they realize that they will be faced with choices their entire lives., and that it is up to them to consider the consequences before they make the choice.

Topic Three: Coming Up Soon! Marina's Relay For Life starts on Saturday, May 22nd at 10:00 and goes for 24 hours until 10:00 a.m. on Sunday, May 23rd. Personally, I don't know anyone that cancer has not touched. Consider this my personal invitation to come out and change your life. Come at 10:00 Saturday morning for the Survivor's Lap and help us Celebrate! our survivors. Come at 9:00 Saturday night as we remember the ones we've lost by lighting luminaria bags to surround the track. Walk the track with us to the accompaniment of the Bagpipes as we see that every candle has a name. Come throughout the day as we join in Fight Back! challenges and listen to some phenomenal local entertainers: The Peacemakers, Random Status and Robbie Lee Singer (and his tricked-out electric ukulele). We will also hear from Steve's Jazz Kitchen and watch a movie on the inflatable movie screen from Best Buy. There will be games, food, fun and celebration; I guarantee that if you come it will change your life. And don't forget the Midnight Chili Cook-Off! Prepare yourself; next week I will be out looking for last-minute donations to help cover the cost of the stage, the park, the porta-potties, etc. Every dollar we have to spend putting on the event is one less dollar we can give to the American Cancer Society to help them eliminate cancer. This is a FREE event! Bring the family out to Glorja Jean Tate Park and help us celebrate more birthdays by erasing cancer.

Also coming up is the Kula Casino Night fundraiser. This event is the new fundraiser for the Marina Rotary Foundation. We have decided not to sell fireworks this year, and are looking to this event to fund our programs for the coming year. There will be Texas Hold'em poker, Blackjack (with celebrity dealers), Roulette and Craps. Kula's will provide a fabulous "high roller" dinner and the exclusive "Casino Royale" cocktail, and there will be plenty to keep you entertained. See me or any Marina Rotary Club member for tickets to this don't-miss event.

As always, I welcome your comments, suggestions and ideas. You can reach me at [renee93933@msn.com](mailto:renee93933@msn.com).