The EST: 1995

NEIGHBORHOOD

HELPING YOU BUY AND SELL HOMES

Paper

May 2018

Greetings, From our Home to Yours

It's May with June racing in -the perfect months to create a spectacular show for summer! This edition is chalk full of inspiration in advance for setting up a memorable summer. Events, secrets and schemes are tucked in the pages following. As always, we aim to make our newsletter interesting and informative so you look forward to receiving it and so that our name will be foremost in your mind should you need help with something in real estate. We are always here for your questions, needs, or dreams when it comes to real estate and we appreciate your referrals.

ALL THE BEST,

John and Tammy Fredrickson Sotheby's International Realty

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ALL THINGS HOME

Hanging a Llittle Joy

Loving what we see outside our homes is good for the soul and a hanging basket or two is just the ticket. We learned in a small Kentucky town the secret to magnificent baskets is liquid fertilizer everyday! We were admiring an absolutely magnificent basket in this town when the town gardener came by, and when asked the secret to such prolific blooms, he told us that he daily feeds them a liquid fertilizer! Basket idea #1- geranium ivy (single color scheme or mixed). #2) compact dahlias (12") with lobelia and variegated ivy.

Let the Outside Wander In

Bring the outside in with cut flowers, but be playful about it. Flowers have attitudes – bold and brassy or dainty and delicate. Experiment with color combinations. A playful display comes when you mix different height vases in a grouping. For your own garden's cut flowers, plant gigantic dahlias and lizianthus. Hydrangeas are super long lasting cut, and make a statement all their own!

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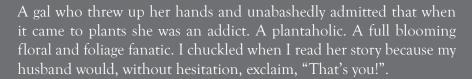
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From the Editor

A BIT OF CONNECTION FROM OUR HOME TO YOURS



I go to the nursery for one item and come out in multiplication form. My passion goes on steroids and my mind's eye dances with visions. My husband has only one request - that I bring home what I can plant within a week. I try hard to meet this quite practical request, but often, my time estimate for planting my newest discoveries is massively askew from reality. Currently my passion dances around the cutting garden scene – those super-charged, hardworking horticultural characters that unfurl their blooms and foliage in breathtaking performances and sport the stamina to be cut and brought inside! A whole "other" direction for my addiction.

With regard to this addiction, I can't really be blamed for it. As a young girl I watched my mom plan, and organize her garden and even time the vibrant, cheery, floral show to coincide with their yearly summer party. The garden beds entertained the horticultural-happy-crowd at their party while the lawn morphed into a miniature putting golf course complete with sand traps, water hollows, and elbowed metal gutters thast sent golf bals in unintened directions that entertained the people-happy-crowd. Thank you mom!

Whereas my childhood might be the beginning of my addiction, my job continues to perpetuate it as helping people buy and sell their homes has given me opportunities to see some magnificent gardens! The garden's impact on home value is blooming amazing! John and I have seen so many homes transformed by a garden. So in the cool weather months of May and June that are the preamble to our sun soaked summer, it's a perfect time to add to the garden. Even if it's just pots and window boxes, you can create a very fun, joyful, and eclectic choir that sings. On a side note, grey water makes for a perfect partnership between floral fun and responsible conservation.

Here's to a blooming home life,

-Tammy



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ALL THINGS FAMILY

IDEAS FOR BUILDING THE FAMILY STORY INSIDE HOME

Chalk Fest Is Coming

Chalk Fest comes every year and it throws me back to the days when our kids were young and we watched the scene in Mary Poppins where Burt makes a chalk mural that comes to life. This festival is entertaining, inspiring and just fun! It takes place over Father's Day weekend this year, June 16 & 17 at the Paseo, 10am to 7pm. Here's what's happening:

-600 artistis & over 200 murals

- Art gallery and silent auction
- Animation Alley and Chalk of Fame
- Children's Chalkland
- Classic Car Show (Sunday)

Lit Fest Is Coming Too

Litfest takes place in the historic Playhouse District on Saturday and Sunday May 19th & 20th. This is a weekend of unique events, author panels, readings, workshops, exhibits, performances, children's programming, podcasts and more. For a full schedule visit: WWW.LITFESTPASADENA.ORG

Getting A Bit of Language Under Your Belt

Perhaps you are taking a trip to Italy or Spain or France and would like to have a small command of the language. WordBrewery will help you do just that by beginning with the 2,000 most frequently used words in any language.

Wordbrewery.com provides opportunities to learn languages in short bursts and hidden moments. You will learn to read as well as there is audio for increasing your ear for the language. Maybe you have a student who could use a boost in a language they have been studying. There are different levels and opportunities to become more and more proficient. Check it out.



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For Inspiration

STORIES FOR INSPIRING LIFE INSIDE OUR HOMES

Younger adults ae seeking to understand, organize, and do well in life. Here are some ideas to pass along.

A Career is a Marathon, Not a Sprint

Chill. When we are younger we tend to be impatient. As you get older you realize there is no real rush. Life, and the careers we pursue to fill it and pay the bills, needs to be approached on a long-term basis. If you sprint you will wear out or start to resent work that you previously enjoyed. Allow yourself time to breathe and grow. Things will come if you work hard and allow yourself time to get good at things. Always rushing only leaves you empty, and tired. It is fine to give yourself permission to take some time in the slow lane. You will find yourself seeing things on the journey that you didn't realize were there.

Children are a Blessed Priority

If you have skills, commitment and passion, careers can head to the races and completely take over time. Raising kids during this time, who also can take you to the races, brings up the challenge of balancing life.

Childhood is a fast thoroughbred and can start and finish in the blink of an eye so to speak. That is not a new idea by any means, but it is a true one. When we look at pictures or watch videos of our three children we realize that our little people in those pictures don't exist in that form anymore. They have grown into pride-worthy, lovely adults. The once tiny people with wonder in their eyes were just passing through and needed everything we could deposit into their development. If those opportunities to make deposits are missed, we can never get them back. Childhood is fleeting, and the when it comes to the formative years, we get one chance. Children are a blessed priority.

Management is About People, not Things

It is easy to fall into the trap of believing that all people are equal, behave the same every day and have a generic capacity to perform. Humans are simply not made like that. Business guru Jack Welch says the workforce consists of 20 per cent of people who are high performers, 10 per cent that you should get rid of and 70 per cent who do okay. The problem is the 70 per cent. Most managers want everyone in the 20 per cent. We need to be careful not to believe that the 70 per cent are underperformers. Sometimes we need to celebrate the competence of the masses not the superpowers of the elite. As managers, we are not managing things, we are empowering people, inspiring them, and making the best use of whatever it is they bring to the table.



Article Source: https://www.linkedin.com/pulse/career-advice-i-wish-had-25-shane-rodgers

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News In Real Estate



UPDATE FROM JOHN...

There is still a huge shortage of homes for sale, and with many buyers still looking, multiple offers on homes are common.

A home priced accurately to the present market conditions, properly marketed on the internet and properly handled will not sit on the market. The typical time that it takes for a home to sell has dropped from more than 50 days in 2010 to less than 20 by year-end 2017.

We are seeing a good spread between homes bought as a fixer and turned quickly back out on the market.

-John

Allow us to put our 35 years of experience to work for you in representing your real estate needs.

WHERE IS THE REAL ESTATE MARKET HEADED?

Are we experiencing another housing "bubble" and close to a tipping point?

There are many unique features of today's market that point to a different outcome than we saw in the recent recession. In 2006 borrowers' payments were variable, whereas today's low interest rates establish stability with fixed borrowers' payments. Secondly, the cost of servicing debt, rather than comparing prices to income, shows that the payment on the median-priced home would currently garner just shy of 55% of the median household's income, which is far below the 90% income that was being consumed in 2006. Additionally, not every market is over valued; there is still room to run in many areas. Lastly, current prices run concurrent with and are supported by a much higher employment and population base. This is not to say we are not in a housing bubble or that prices are sustainable over the long haul, but the immediate future doesn't lend itself to forecast an imminent correction. For the full article and more statistics, scan the QR code below.



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CURIOUS INFORMATION

Bringing HOME slivers of remarkable stories

Your Phone May be Hurting You

HINDERED SLEEP

Using a mobile phone at night can hinder your sleep. The light emanating from mobile phones affects the circadian rhythm of your body and prompts production of hormones that promote alertness. According to a 2011 study published in BMC Public, sleep disorders as well as stress and symptoms of depression were associated with high mobile phone usage before bed.

INCREASED STRESS

A 2011 study published in BMC Public Health reports that extensive use of mobile phones has a direct connection to stress levels. And as noted above it can also cause sleep disturbances and symptoms of depression.

IMPARED HEARING

The harmful radiation emitted by cell phones can damage the delicate tissues of the inner ears. It can lead to high-frequency hearing loss.

A 2006 study published in Electromagnetic Biology and Medicine shows that a higher degree of hearing loss is associated with long-term exposure to electromagnetic fields generated by cell phones.



INFO BYTES

Will We Run Out of Music?

Have you ever wondered bout the future of music? It is so different from decades ago, how much more can there be? There are so many note, octave, and timing variations that humanity will never run out of new music!



California's Economy

California is the 6th largest economy in the world behind USA, China, Japan, Germany, and the UK. It's bigger than India, France, Brazil, Italy, Russia, Canada, Spain, Australia, South Korea and Mexico.



Rainbow Mountains

These 'rainbow mountains' were striped by nature. The colored layers of the Ausangate Mountains in the Peruvian Andes are the result of millions of years of sediment accumulation.



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From Antiquity for Today

A BIT OF HISTORY FROM LIVES LIVED IN HOMES PAST

A HISTORY OF WEIGHT LIFTING

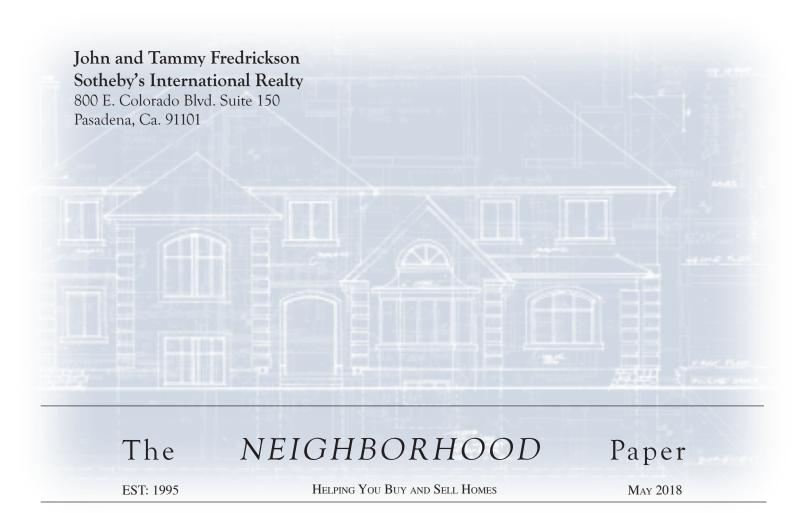
Considering the history of wars and conflicts in the 10,000 years of human civilization, where many fought hand to hand and with personal equipment, it's not difficult to imagine how strength, power, speed and size was a very desirable characteristic for warriors. Drawings in Egyptian tombs seem to show pictures of a variety of weight training objects, and similar historical practices show up in ancient Rome and Greece.

Consequently, training to improve these characteristics in order to achieve an edge on the battlefield would no doubt have occurred to protagonists as well as chieftains, generals, and rulers. The Olympic sports of discus, shot put, hammer throw, and javelin demonstrate the basic skills that would be required to throw a spear, a stone or an ax, or even pour a barrel of oil over castle invaders. Modern 'strong man' contests reflect superior skills in moving common heavy objects, the application of which could be seen in construction tasks or in any number of applications requiring bulk and strength, for military purposes or other.

The word 'dumbbell' may have originated from a device designed in the early 18th century to practice bell ringing, yet without the bells actually being rung, that is, 'dumb bells.' Kettlebells and clubbells also have an early origin, perhaps from the early decades of the 1800s. Barbells, originally

using round globes that could be filled with sand or gravel, followed in the late 1800s, and eventually, globes were superseded by more flexible plates or disks. Behind the people going to the gym today are the echoes of warriors who engaged in the same activities in antiquity.





In The Kitchen

Melt-In-Your-Mouth Steak!!!

For a fantastic, melt in your mouth steak, leave the grill off and try the technique below.

INGREDIENTS

2 Steaks
2 TBSP cracked pepper
3 TBSP butter
2 TBSP coarse sea salt
Grapeseed oil
4 sprigs rosemary

1 TBSP minced garlic

Thirty minutes before you start, take the steak out of the fridge. Pat steak dry. Sprinkle 1 TBSP each of the salt and pepper PER steak. This might seem like an aggressive amount of seasoning but you really need that much to get the flavoring throughout the steak. Next sear the steaks inan oven proof pan (stainless steel or cast iron). Heat the pan on the stove and when you can feel the heat coming up from the bottom of the

pan then pour in your grapeseed oil. When the oil "shimmers" and smokes a bit, it's hot enough to put the steaks in. Simmer 2-3 minutes on one side without moving it(!). Repeat on the other side. Drop in the butter, garlic, and rosemary stems. With a spoon, drizzle over the steak continuously for 2 to 3 minutes. Now finish off the steak in the oven by moving pan into a preheated overn (450!); 7 minutes renders medium rare. Let it rest for 5 minutes, it will continue to cook and juices set, and then slice. Bon appetite.

