

The **Neighborhood** Paper

Inspired Living - All Things Home

THE FREDRICKSON REAL ESTATE TEAM

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FROM THE EDITOR

A BIT OF CONNECTION FROM OUR HOME TO YOURS

Of late I have been bent on making chaotic corners (all the places that hold little piles labeled “I’ll get to that.”) purged, neatly corralled, and relocated. They are “little- seen-places” but also little mindfields of chaotic static that have felt fabulous to change!

As I discovered things, like games (some of our favorites and others never played), movies (many from when the kids were 10!), clothes (that piece is still in the closet?), etc. and a collection of hand-written notes that had come to our family over the years, two articles became inspired for this newsletter edition: “Keeping Current in the Closet”, and “The Timeless Gift Of A Handwritten Note.” I hope they bring a little inspiration to you. I weeded through the movies, keeping the special ones and packaging up ones I thought each child might want and shipped them off. That felt great! When it came to the games, I kept the ones we currently play, and some old time nostalgic ones, like Monopoly, that just make me feel good to have, and gave the rest to ACTS (a thrift store that uses its proceeds for missions). The good feelings continued! Eventually I came across the shoe boxes of photos. I knew this would be an entirely separate project for another time, but I couldn’t resist peeking through them for a trip down memory lane. They still sit on the top shelf of the hallway closet to be addressed soon (!) but as I leafed through the old photos I realized the importance of time spent together. The memories that came flooding back were all about things we did together, and not about the accumulation of stuff which seems to be the bugle call behind every advertisement that assails us multiple times a day. The twins’, (Sarah and Tucker) 26th birthday was recently (which puts the years of publication of this newsletter at 24!) and they were both scattered to different parts of the country. I began using my iphone to snap pictures of the pictures (and yes some of the pictures are before the digital era!) and sent them in a text. The idea grew and I thought it would be fun to capture their 26 years in their birthday- day. However, upon calculation of 26 years and 24 hours in a day, that was not happening, so I became attached to the birthday week concept.

What started out as 2 or 3 pics in a text soon became difficult to contain in that range! (there were two-at-a-time I was trying to chronicle!) In any case, what was just a ‘little’ thing that came out of rummaging through packed cabinets, turned into the best present. My son said to me over the phone, “Mom, I love the present you sent me, but honestly I have felt loved the most through the pics you have been sending.” I was thankful I had fallen into such a lovely thing, and it reminded me that I’m not done creating impactful memories for my family even though the kids are all grown up. I have ‘re-upped’ my commitment to building memories with the ones I love. I also realized that although John and I help people find a HOME, and take care of HOME, it’s all the things that take place in HOME and from HOME, that last in the hearts and minds of the ones you love.

Here’s to continuing to inspire life inside,

-Tammy



ALL THINGS FAMILY

IDEAS FOR BUILDING THE FAMILY STORY INSIDE HOME



Keeping Current In The Closet

How to keep clothes from hiding away in your closet.

At one time or another you most likely have discovered an article of clothing, or more than one that you meant to move along to another location awhile ago. Well, grandma's old adage of, "don't put off tomorrow what you can do today" comes into play for keeping our closets current on wearable and still needed clothes. Here's how it looks:

- When an article of clothing gives its last gasp, it's time to give it a proper goodbye rather than storing it away to deal with next season.
- As one season gives way to the next, do a quick tour through the fading season's wardrobe and send off any clothes that are too worn to make it to the next season, or that you won't wear again for whatever reason. Don't reason yourself into thinking, "I'll do it next winter, or summer...etc."
- On an ongoing basis, organize clothes by their purpose, such as long sleeve shirts together, short sleeve, sleeveless, sweaters, dressy, and play... etc. When you go to put it away be sure to zip it into its proper grouping.

The Timeless Gift Of A Handwritten Note.

Receiving a handwritten note might not be a common occurrence today, but it is a timeless gift

In a day and age when shooting off an email or zipping out a text is easy and commonplace, sitting down to handwrite a note might feel like labor at a snail's pace. But...the recipient of a handwritten note thinks nothing of "the waste of time", which might be the writer's struggle in our fast-paced day and age, rather they think about how special it is that someone would take the time to actually write a note. If communicating care and thoughtfulness to another person is the goal, then a handwritten note fills the bill. The habit can begin when children are young with thank you notes to grandparents. It also can be made fun rather than a chore if enthusiasm is injected and creativity fostered through little extras like special tools of the trade such as paper, notecards, stickers, pens ...etc. The handwritten note might not be a common mark of our time, and yet it is marked with a timelessness that blesses. Venture to say, it will always touch the receiver's heart.



| For Inspiration |

STORIES FOR INSPIRING LIFE INSIDE OUR HOMES

Honoring the Enemy

On December 20, 1943, American B-17 bomber pilot Charlie Brown and crew attempted to bomb an aircraft production facility in Bremen, Germany. The factory was surrounded by 250 anti-aircraft guns, which damaged Brown's B-17, Ye Olde Pub, disabling two engines and forcing the plane out of formation. The damaged aircraft was set upon by German fighter planes, which seriously wounded several crew members and knocked out all but one of the plane's engines.

While the fighters turned their attention to other prey, Ye Olde Pub was spotted by German fighter pilot Franz Stigler, who was refueling. Stigler caught up with the plane and was about to blast them when he saw the crew was seriously wounded. A combat veteran with 22 confirmed kills, Stigler was reluctant to attack a de-

fenseless aircraft, so instead pulled alongside the B-17 cockpit and signaled the crew to land. They refused. He then motioned in the direction of Sweden, but the Allied crew didn't understand.

Stigler flew side-by-side with the bomber to make his meaning clear and was afraid his own military might identify him, because if they did his behavior might result in his execution. As the bomber approached the safety of the English Channel, Stigler saluted and peeled off. Miraculously, Brown kept the plane in the air and made it to England. He often wondered why his German counterpart hadn't shot him down so, after the war, he placed an ad in a WW II newsletter for pilot veterans. Stigler, who relocated to Canada, spotted the ad. The two reunited, and Stigler explained that to shoot at them would have been dishonorable. The pair became close friends until their deaths in 2008.



| NEWS IN REAL ESTATE |

BEYOND THE SALE: UNCLOGGING \$24,000*Our business is about being there for our clients beyond the sale*

One afternoon, several months ago, we received a phone call from one of our clients who was calling out of concern for her mom. She was worried and in doubt. Her mom was on hospice care and the sewer had become clogged at the house. They had called out a plumber who had examined the situation and informed them that the whole sewer line needed to be replaced, immediately, from the street to the house and it would cost \$24,000. Their emotions were already stretched given their difficult situation and this was compounding news.

“Did the assessment of the situation sound accurate? Is the bid reasonable?” our client asked us.

The short answer to both was, ‘No’. Based on our past experience and knowledge, we knew the bid to be about \$12,000 higher than it needed to be and on the immediate front, the first step was just getting the sewer line cleared so that it was useable. After that, we could then proceed with calling in the appropriate specialists to take care of any longer term issues.

Having been involved with numerous sewer line issues in homes, we explained the different scenarios that could be involved. We referred one of our sewer specialist contacts and our client and her family pursued a second opinion on the situation. We then reviewed the new information garnered and proceeded with just clearing the line. With the sewer now working, the next step was procuring multiple bids, creating a competitive situation for the business. The replacement cost came down from \$24,000 to \$13,000, and the family saved \$11,000. These are the kind of story endings we all like. We’d love to put our 35 years of experience to work helping you as well, not only for selling your home or helping you find a home, but continuously down the road long after the sale. If you have any questions, or need any help give us a call at 626.688.9890

and we’d be delighted to assist you in whatever way possible.

In closing, I’d like to say that we consider it a privilege to help you, your family, or your friends with any real estate Home needs. Please keep our names in mind if you have the opportunity to suggest a real estate agent to anyone.

All the best to you,

- John



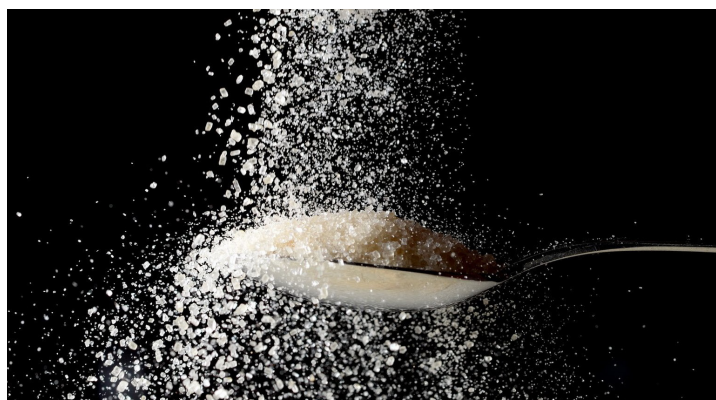
CURIOUS INFORMATION

BRINGING HOME SLIVERS OF REMARKABLE STORIES

Facts On Sugar

- The average American eats 156 lbs of added sugar a year
- We consume almost 500% more soft drinks than we did in the 1940's, according to a US Department of Agriculture Study published in 1999. Approximately half of the added sugar we consume today comes from soft drinks, sports energy drinks, fruit drinks and the like. On the positive side, consumption is 40% down since its all-time high in the 1970's.
- Neuroscientists have shown, using FMRI to scan the brain's activity in real-time, that sugar leads to dopamine release in the nucleus accumbens - an area associated with motivation, novelty, and reward. This is the same brain region implicated in response to cocaine and heroin.

- Research suggests that sugar can lead to changes in dopamine receptors, such that tolerance develops and more of the substance is needed to get an effect. A decrease in some types of receptors (D2) occurred, which suggests an overall decreased ability to get pleasure from other substances and experiences. This could make the person or animal more dependent on sugar for pleasure and reward, since the light of other experiences is dimmed.



INFO BYTES

Monopoly Odds

In Monopoly some of us have a fear that the game will never end and that we will be stuck trying to pass go indefinitely. Well, in a two player game of Monopoly, there is a 12% chance that the game will go on forever.



The Worlds Largest Iceburg

B-15 is the name of the world's largest iceberg that broke off the Ross Ice Shelf in Antarctica in 2000. It was larger than Jamaica in size and could still be seen from space floating off the coast of South America in mid-2018



The Peals of Judgment

When Ivan the Terrible's son Dmitri died, a bell was rung in Uglich to mark the death. The bell was later lashed, tried for treason, found guilty and exiled to Siberia.



FROM ANTIQUITY FOR TODAY

A BIT OF HISTORY FROM LIVES LIVED IN HOMES PAST

The Death of Alexander the Great

Alexander of Macedon, master of the world from the shores of the Adriatic to the mountains of Afghanistan, spent the early summer of 323 BC in Babylon. Only a year before, his troops had persuaded him to turn back from a planned invasion of India. But already he was planning new conquests, hoping to strike at the heart of Arabia. On top of that, the 32-year-old king was pressing forward with his plans to integrate Persians and Macedonians, even urging his officers to take Persian wives.

Accounts of Alexander's death differ widely. The most popular theory as told by the historian Plutarch, explains that he was taken ill after a drinking session with his friend Medius of Larissa. Alexander, being heavily addicted to drink by this period in his conquests is alleged to have overindulged and paid for it with his life. In the next few days, Alexander developed a fever. Although he managed to put in an appearance before his worried troops, his condition worsened until he could no longer speak. After a protracted battle with his illness Alexander died sometime in the night between the 10th and 11th of June.

Macedonia was riddled with intrigue and because so many Macedonian rulers fell victim to assassination, speculation has long surrounded Alexander's death. Many historians have suggested that he may have been poisoned by rivals within the Macedonian elite or by officers outraged by his Persian affectations. The true explanation may be more prosaic. In the festering heat of summer in Babylon, the hard-drinking Alexander may well have succumbed to typhoid or malaria.

His death had a shattering impact. Within weeks the Macedonian empire was already falling apart, as his officers began to carve out their own rival dominions. Even Alexander's sarcophagus, hijacked and taken to Alexandria, became a weapon in the civil war. "I foresee great contests," he is supposed to have said, "at my funeral games." He was right.

[HTTPS://WWW.HISTORY.COM/TOPICS/VALENTINES-DAY/HISTORY-OF-VALENTINES-DAY-2](https://www.history.com/topics/valentines-day/history-of-valentines-day-2)

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The NEIGHBORHOOD Paper

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HELPING YOU BUY AND SELL HOMES

MAY 2019

IN THE KITCHEN

Thai Coconut Soup

May/June gloom keeps the door open to this light but heart-warming soup that our family enjoys.

Ingredients:

2 quarts chicken broth
1 stalk lemongrass, cut into 2-inch pieces (Stater Brothers carries)
1 small ginger root, peeled and cut into 1-inch pieces
1 shallot
1 jalapeno, seeded and halved
3 limes halved + 1 lime, zested and juiced
1 lb. chicken breasts or thighs cut into 1-inch cubes
1 14.5-oz can coconut milk
3 cups of sliced mushrooms
1 red bell pepper, diced
1 parsnip, cut into 1/2-inch coins
1 carrot, cut into 1/2-inch coins
1 tsp salt
1 green onion, finely chopped
2 TBSP finely chopped cilantro

Directions:

Making the base of this soup is where the flavor impact happens! Bring the broth, lemongrass, ginger, shallot, jalapeno and 6 of the lime halves to a boil and then simmer uncovered for 15 minutes. Strain this liquid and add to the remaining broth the chicken, coconut milk, mushrooms, bell peppers, parsnips, carrots, and salt. Cook over heat until the chicken is cooked through and the carrots and parsnips are tender. (about 20 minutes). Serve in bowls and garnish with the green onion, cilantro, lime zest and juice. (From Whole 30 Cookbook)

