

# 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

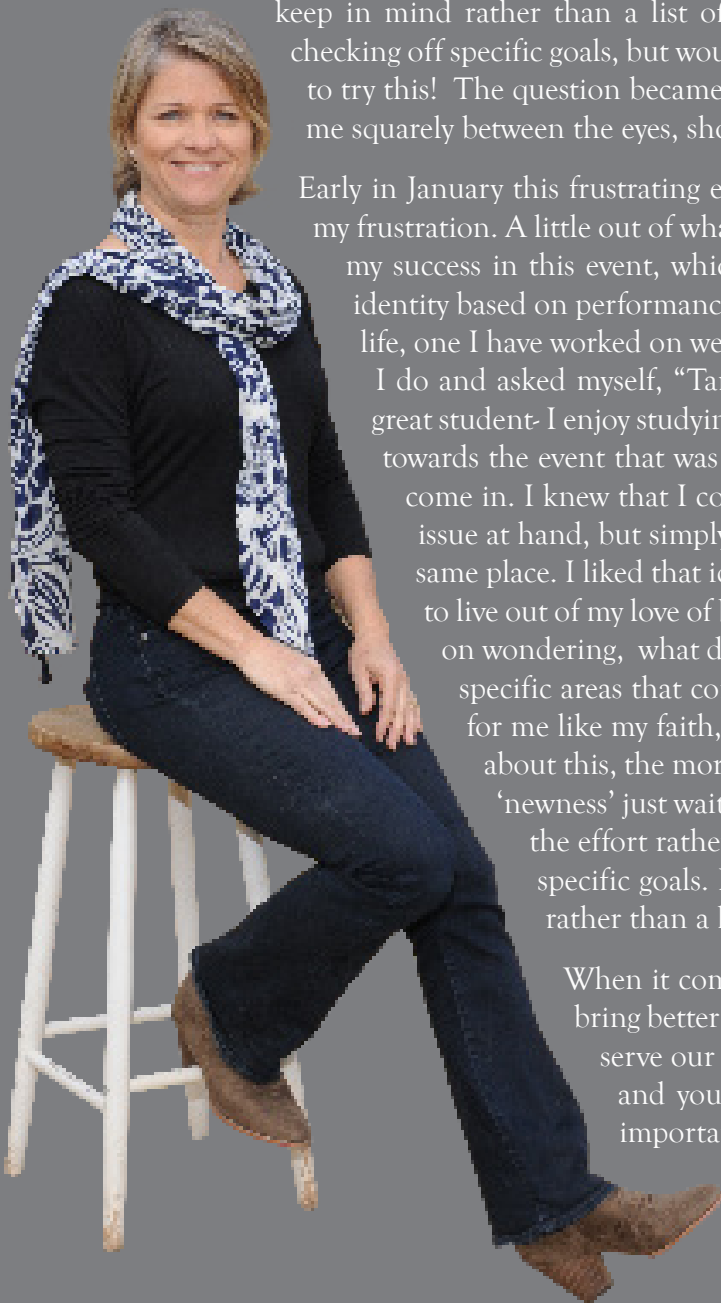
I DON'T LIKE BEING PASSIVE, LEAVING THINGS TO CHANCE, OR setting goals I don't intend to chase. So, the idea of New Year's resolutions has always held an appeal to me, but this year it's looking totally different. Let me explain.

I recently was reading one of my favorite magazine's year-in-review summary of the theme that it had put at the helm of its ship for 2019. The theme idea focused on identity. As the year unfolded the writers covered topics connected to identity. One edition focused on what it looks like to purposefully choose identity. This concept of a theme stirred a curiosity in me: what might my 2020 year look like if I selected an overarching theme to keep in mind rather than a list of specific goals? The new year would not be focused on checking off specific goals, but would be about reflecting an approach to life. I knew I wanted to try this! The question became, what will be my theme? It didn't take long for one to hit me squarely between the eyes, shot out from a recently and deeply frustrating event.

Early in January this frustrating event caught my attention because of the very intensity of my frustration. A little out of whack I thought! It warranted an examination. I realized that my success in this event, which I clearly wasn't experiencing(!), was feeding a sense of identity based on performance. Immediately I recognized the pitfalls of this approach to life, one I have worked on weeding out of my life. I reminded myself that I am not what I do and asked myself, "Tammy, who are you?". One of my answers was that I am a great student- I enjoy studying whatever I am pursuing. When I thought of being 'this' towards the event that was deeply frustrating me, I immediately felt hope and peace come in. I knew that I could study and learn and improve. I might not master the issue at hand, but simply by applying myself to learning I would not remain in the same place. I liked that idea tremendously! So that has become my theme for 2020: to live out of my love of being a great student. The learning mindset will be focused on wondering, what don't I know and what could I get to know? There are some specific areas that come to mind for taking this 'student-aim' that are passions for me like my faith, training horses, and writing fiction, but the more I think about this, the more I see its wide-reaching application. The year seems full of 'newness' just waiting to be discovered and I am loving the focus being about the effort rather than checking off boxes representing the achievement of specific goals. Perhaps having a theme is more appealing to you, as well, rather than a list of new year's goals. Come join me!

When it comes to Real Estate, being a great student can only help me bring better service. John and I are always considering how we can best serve our clients, and we are here to help you in real estate for 2020 and your family and friends. Please know that your referrals are important to us because helping your friends and family is still about serving you well! We feel honored when you pass along our name.

Here's to ever-learning,  
-Tammy



## ALL THINGS FAMILY

IDEAS FOR BUILDING THE FAMILY STORY INSIDE HOME

**Stopping Dirt!**

It is always amazing how much dirt the i-robot picks up even with strict policies about shoes and such, but with this one extra technique, dirt is stopped in its tracks. The technique? Doubling and tripling the defense! Our back door leads into our kitchen and from there you can steer straight, into the family room or, bear left into the dining room. A matt at the back door is our first line of defense for keeping dirt outside, and then a matt just inside the back door effectively doubles our defenses and finally a matt at the thresholds to the family room and dining room quite successfully triples our defenses for stopping dirt! When shaking out those indoor matts, it is amazing how much dirt has been collected!

**IN THE GARDEN SPECIAL: SWEET PEAS...it's time to plant!**

Sweet Peas are some of the easiest and most rewarding flowers to grow! They make excellent cut flowers and produce a plethora of blooms for making sweet bouquets to give away! You can grow them in any sunny spot, directly in the ground or in pots. Here are some easy reference tips for great success:

- Sow your sweet peas seeds anytime from October until March, two seeds to a pot or a hole in the ground. You can sow your sweet pea seeds in March but growing sweet peas over winter will produce stronger, more robust plants.
- One very important key for success is to gently crack the toughness of the seed. Some gardeners like to do this by first soaking seeds the night before sowing to help speed up germination.
- Annual sweet peas in particular need soil that is deeply enriched with well-rotted manure or garden compost.

**Recommended Blends:**

- Bijou, which produces large, fragrant flowers, on fairly compact stems, makes it a good choice for growing in a container or half-barrel.
- Mammoth Blend is still one of the most popular, growing two metres (six feet) and producing some of the largest blooms.
- Royal Family Blend is the best pick for the purpose of harvesting flowers and keeping a strong production going as the seed produces large flowers on sturdy, upright stems.

**A REFRESHING LUNCH IDEA**

Our family experiences two dilemmas when it comes to lunches: 1) We aren't big sandwich eaters and 2) We get stuck in ruts. Here's one of our refreshing lunch ideas that takes a wander away from the sandwich board, mixes things up, is easy to prepare, and keeps/travels well:

The Mediterranean smorgasbord: hummus, cut veggies, fresh pita bread or Naan, olives, and some steak cubes from a grilled steak the night before!



## For Inspiration

STORIES FOR INSPIRING LIFE INSIDE OUR HOMES

### HARVESTING THE SUN'S ENERGY

Scientists for the first time have developed a single molecule that can absorb energy from the entire visible spectrum of light, meaning it can harness over 50% more solar energy than current solar cells can. It can also act as a catalyst to transform that solar energy into hydrogen, a clean alternative to fuel for things like gas-powered vehicles. The finding, which was published this week in Nature Chemistry, could help humans transition away from fossil fuels and toward energy sources that do not contribute to climate change.

The research team was led by Claudia Turro, a chemistry professor and director of The Ohio State University Center for Chemical and Biophysical Dynamics.

*"The whole idea is that we can use photons from the sun and transform it into hydrogen. To put it simply, we are saving the energy from sunlight and storing it into chemical bonds so it can be used at a later time,"* Turro said.

Photons are elemental particles of sunlight that contain energy. The researchers showed, for the first time, that it is possible to collect energy from the entire visible spectrum of sunlight—including low-energy infrared, a part of the solar spectrum that previously had been difficult to collect and transform it, quickly and efficiently, into hydrogen. Hydrogen is a clean fuel, meaning it doesn't produce carbon or carbon dioxide as a byproduct of its use.

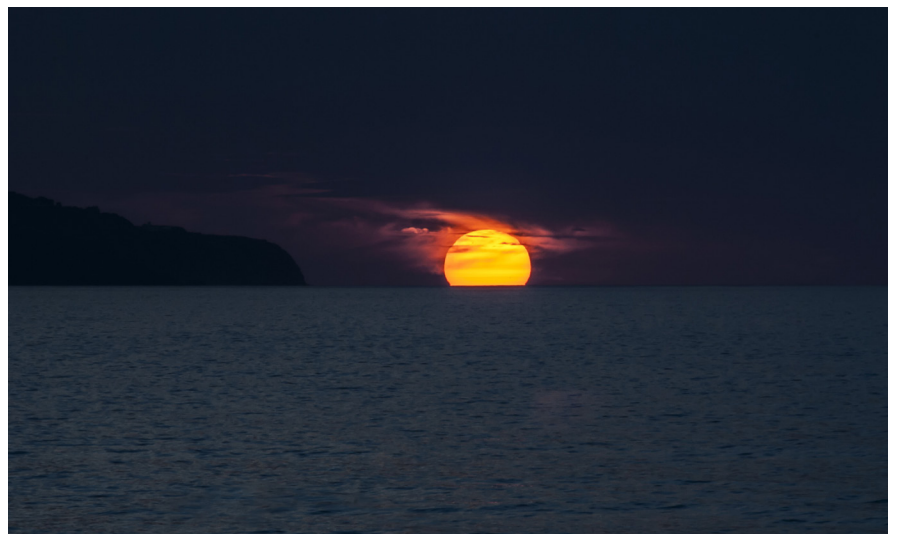
*"What makes it work is that the system is able to put the molecule into an excited state, where it absorbs the photon and is able to store two electrons to make hydrogen." "This storing of two electrons in a single molecule derived from two photons, and using them together to make hydrogen, is unprecedented."* Turro said.

Turning energy from the sun into, say, fuel for a car, first requires a mechanism to collect the energy. That energy then has to be converted

into a fuel. The conversion requires something called a catalyst. A Catalyst is something that speeds up a chemical reaction, allowing the conversion from solar energy to usable energy like hydrogen.

Most previous attempts to collect solar energy and turn it into hydrogen have focused on the higher-energy wavelengths of sunlight. Previous attempts also have relied on catalysts that are built from two or more molecules, which exchange electrons energy as they make fuel from solar power. But energy is lost in the exchange, making those multi-molecule systems less efficient.

*"The few attempts that relied on a single-molecule catalyst were also inefficient",* Turro said, *"in part because they did not collect energy from the full visible spectrum of sunlight, and in part because the catalysts themselves degraded quickly."* Turro's research team figured out how to make a catalyst out of just one molecule, a form of the element rhodium, which means less energy is lost, she said. Furthermore, they figured out how to collect energy from infrared to ultraviolet, the entire visible spectrum. The system this research team designed is nearly 25 times more efficient with low-energy near-infrared light than previous single-molecule systems operative with ultraviolet photons, according to the study.



[HTTPS://WWW.GOODNEWSNETWORK.ORG/MOLECULE-ABSORBS-ENERGY-FROM-ALL-LIGHT-FOR-HYDROGEN-PRODUCTION/](https://www.goodnewsnetwork.org/molecule-absorbs-energy-from-all-light-for-hydrogen-production/)



## NEWS IN REAL ESTATE

## GOING TO BAT FOR YOU

I started real estate when I was 28 after six years of working all facets of home construction. I saw everything that hides behind the walls, under the floors and in the attic and I was fortunate that the men who taught and mentored me were committed to integrity and excellence. So, when my 'game' changed to residential real estate, I knew those same qualities would be what governed my approach. Over the years, 36 and counting, one phrase captures the very heart of what runs me – "going to bat for my clients". That means championing for them on all points. From the initial negotiation of price and terms, through the physical inspection phase, to the removal of contingencies and successful close of escrow, I want to bring the very best terms and conditions and conclusion to my clients. Apart from my faith and family, one pursuit supersedes all others and that is helping people discover the best opportunity for them when it comes to buying or selling homes. Sometimes that means counsel to not sell or buy. Many times it means bringing my construction knowledge into the equation to help clients thoroughly evaluate a HOME.

Bringing the very best forward for my clients is my fervor. I have found that the art of asking questions is crucial for uncovering opportunities and direction. My wife doesn't always like this aspect when it comes to our personal lives, often wanting a simple 'yes' or 'no'

or concise statement...fortunately we can laugh about our different wiring and bring it together to make a great team, a team that is founded on caring deeply and expertly for the people we are privileged to work with.



If you are considering buying or selling a home in 2020 it would be our privilege to help you. Give us a call and let's start a conversation about the best opportunities out there for your situation. The year is already off to a strong start with energy and activity we don't usually see until March. There are strategies that make a difference for success, and the bottom line is that we have your success in mind.

All the best to you,

*-John*

### 2020's ONE MONTH IN SNAPSHOT

#### The Pace Has Started Early!

- Three weeks into the New Year and we are seeing properties that did not sell in the last quarter of 2019, now selling.
- Additionally, we are seeing the number of offers increasing.
- There is energy in the market with buyers wanting to buy houses, and a lot of activity in the market that we don't normally see in January.

If you are thinking of selling or buying a home, give us a call to discuss strategy for success in 2020.

## CURIOUS INFORMATION

BRINGING HOME SLIVERS OF REMARKABLE STORIES

### The London Underground

- The London Underground was proposed by Charles Pearson, a city solicitor, as part of a city improvement plan shortly after the opening of the Thames Tunnel in 1843. After 10 years of discussion, Parliament authorized the construction of 3.75 miles (6 km) of underground railway between Farringdon Street and Bishop's Road, Paddington.
- In 1866 the City of London and Southwark Subway Company (later the City and South London Railway) began work on the "tube" line, using a tunneling shield developed by J.H. Greathead. Operation began on this first electric underground railway in 1890 with a uniform fare of twopence for any journey on the 3-mile (5-km) line.
- In 1900 Charles Tyson Yerkes, an American railway magnate, arrived in London, and he was subsequently responsible for the construction of more tube railways and for the electrification of the cut-and-cover lines.

The London Underground name first appeared in 1908. Stations functioned as air-raid shelters during World Wars I and II, with the tunnels of the unused Aldwych spur line housing artifacts from the British Museum.

- By the beginning of the 21st century, the London Underground served more than one billion passengers per year, with approximately 250 miles (400 km) of track connecting some 270 stations. As part of its ongoing upgrading the Underground introduced its first air-conditioned cars in 2010.



## INFO BYTES

### Greek Fire

Greek Fire was an incendiary weapon developed by the Byzantines in the 7th century and was impervious to water. Its precise chemical composition was a closely held secret that has been lost to history.



### Dry Cherries

If ripening cherries are not dried after it rains they will soak up the water, split, and can't be picked or sold. In order to dry them farmers hire helicopters to fly over the trees and blast the water off of the cherries.



### "Water Bears"

Tardigrades, or "Water Bears", are semi-aquatic, microscopic animals typically 0.5 mm in length which can survive virtually anything including an active lava field and the cold dark vacuum of space.





## FROM ANTIQUITY FOR TODAY

A BIT OF HISTORY FROM LIVES LIVED IN HOMES PAST

**The History of Groundhog Day**

On February 2nd 1887, Groundhog Day, featuring a rodent meteorologist, was celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather; no shadow means an early spring.

Groundhog Day has its roots in the ancient Christian tradition of Candlemas, when clergy would bless and distribute candles needed for winter. The candles represented how long and cold the winter would be. Germans expanded on this concept by selecting an animal (the hedgehog) as a means of predicting weather. Once they came to America, German settlers in Pennsylvania continued the tradition, although they switched from hedgehogs to groundhogs, which were plentiful in Pennsylvania.

Groundhogs, also called woodchucks typically weigh 12 to 15 pounds and live six to eight years. They eat vegetables and fruits, whistle when they're frightened or looking for a mate (they're sometimes called whistle pigs) and can climb trees and swim.

They go into hibernation in the late fall and during this time their body temperatures drop significantly, their heartbeats slow from 80 to five beats per minute, and they can lose 30 percent of their body fat. In February, male groundhogs emerge from their burrows to look for a mate (not to predict the weather) before going underground again. They come out of hibernation for good in March.

In 1887, a newspaper editor belonging

to a group of groundhog hunters from Punxsutawney called the Punxsutawney Groundhog Club declared that Phil, the Punxsutawney groundhog, was America's only true weather-forecasting groundhog. The line of groundhogs that have since been known as Phil might be America's most famous groundhogs, but other towns across North America now have their own weather-predicting rodents, from Birmingham Bill to Staten Island Chuck to Shubenacadie Sam in Canada.

In 1993, the movie Groundhog Day starring Bill Murray popularized the usage of "groundhog day" to mean something that is repeated over and over. Today, tens of thousands of people converge on Gobbler's Knob in Punxsutawney each February 2 to witness Phil's prediction.



[HTTPS://WWW.HISTORY.COM/THIS-DAY-IN-HISTORY/FIRST-GROUNDHOG-DAY](https://www.history.com/this-day-in-history/first-groundhog-day)

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# The NEIGHBORHOOD Paper

EST: 1995

HELPING YOU BUY AND SELL HOMES

FEBRUARY 2020

## IN THE KITCHEN

### The Comfort of a Warm Noodle Bowl (Gluten Free)

#### Ingredients:

1 single serve pkg of Millet & Brown Rice Ramen Red Miso Soup (Whole Foods, gluten free)  
2 cups vegetable broth  
1 cup sugar snap peas, cut into bite sizes  
1 Tbsp Yeri Yeri Teriyaki Marinade & Sauce (Whole Foods, gluten free)  
Optional: add other veggies of your choice  
Optional: add cooked chicken cubes  
Optional: diced avocado

#### Directions:

Cook the ramen per package instructions using the 2 cups of vegetable broth instead of water. (this greatly adds flavor!) Once the Ramen is cooked, add the teriyaki sauce, sugar snap peas and any other veggies of your choice and cover the ramen for 3 minutes. After the soup has seeped for 3 minutes, add any protein

you desire and top with the diced avocado. This has become one of our family's most requested winter comfort foods.

Note: To cut the strength of flavor in the vegetable broth, adjust the 2 cups of liquid to 1 cup vegetable broth plus 1 cup water.

Other additions our family enjoys include; mushrooms, red bell peppers, and chopped cilantro for garnish.

