



Natalie's Neighborhood Newsletter



Empty Nests Are Fast Approaching

For millions of mothers and fathers, August and September are months to dread. Those are the months children typically leave home for college. Until you have children about to walk out the door to start lives of their own, you probably can't know what it feels like.

The sudden loss of purpose is like a hole opening up underneath you. You struggle to climb out of it, but the hole keeps giving way around the edges – until you finally give in and realize the hole isn't all that deep. You get through it and (though the bittersweet feelings linger) within a few months, you move on. You kick-start your lives as a couple again. Or perhaps as a single. You look around and blink—like waking from a deep dream—and see new opportunities.



For many parents, having an empty nest is freeing. They board planes for untaken vacations, make new friends and go out more often, start a business, or pick up a hobby they've never had time for. Many stay in their family homes, others sell and move to a trendy neighborhood or smaller home. Others wait a year or two to get their footing before moving.

If your nest is empty now (or about to be), and moving is in your plans, contact me to get the ball rolling. I know it's a commitment just to start the conversation, but we'll go at your pace, as slow or fast as you need.

 **925-580-9829**

What Makes a House a "Cape Cod?"

The first Cape Cod homes were built in the 1600s in the Cape Cod area of New England in the US, and spread throughout US and Canada. The first Cape Cods were simple homes, patterned after Britain's thatched cottages, but built with steeper roofs and larger chimneys to withstand cold north Atlantic winters. Windows flanking the front door and cedar shingles are typical of the style. The loft space under the roof usually wasn't converted into a livable second story until early 20th century, so the dormer windows often associated with Cape Cods weren't actually common in the original homes.



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**LOOK
INSIDE!
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Team Member Spot Light!



NATALIE SWANSON
REAL ESTATE TEAM
BUILDING COMMUNITY...ONE FAMILY AT A TIME



Want to Win a \$10 Coffee Card?

It’s easy to win! Just send in the answer to the quiz below. Each month, all correct entries have a chance of winning a coffee card. Put **QUIZ** in the subject and **email it to:**

Quiz@NatalieSwanson.com

You could be next month’s winner!

August Quiz Question:

What is Vark, and is it edible? (Hint: it’s not an acronym)

Last Month’s Answer:
The future

Congratulations to last month’s winner:
Brian Meader



Having a garage sale? Need directional signs?

We have them! Just contact us and we will bring them to you!

Homes@NatalieSwanson.com
(925) 580-9829



COMING SOON: LIVERMORE!

10033 El Dorado, Livermore

Just for Fun: Holmes & Watson Go Camping

Sherlock Holmes and Dr. Watson went on a camping trip. They set up their tent, then prepared and ate a good meal. Finally they entered their tent, settled onto their camping cots, and fell soundly asleep. Hours later, in the middle of the night, Holmes woke up. He stared for a moment, then nudged Watson until he woke up. “Watson,” said Holmes. “Look up and tell me what you see”.



Watson looked up and said, “I see a fantastic panorama of countless stars.” Holmes said, “And what does that tell you?” Watson pondered for a moment, knowing that Holmes liked deep answers. Finally he said, “Astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Theologically, I can see that God is all powerful and that we are small and insignificant. Meteorologically, I suspect that we will have a beautiful day tomorrow.” He finished, then said to Holmes, “Why, what does it tell you?”

Holmes answered, “It tells me, dear Watson, that someone has stolen our tent.”

How Does Exposure to Sun Lead to Skin Cancer?

Every year tens of thousands of people seek treatment for extreme sunburns. This despite the prevalence of sunscreen and the dire warnings about skin cancer. So what’s happening in your skin to cause a sunburn, and how does that lead to cancer? From the moment your skin is exposed to UV rays, you’ll notice how warm it feels. This happens because melanin, the molecule that provides your skin with its pigmentation, is absorbing and converting UV rays into heat.

When exposed to ultraviolet rays, melanin distributes itself under your skin to prevent tissue damage. Lighter skinned people have less melanin, so they experience damage sooner than people with darker skin. But even dark skinned people need sunscreen. Upon UV exposure, the DNA cells in the outer layer of your skin, the epidermis, become instantly damaged. Then it’s the job of the basal cells – the innermost layer of your skin – to crank out melanin to provide added protection, which happens both while you’re getting a burn and afterward. This explains why sunburn sometimes fades into a tan for light skinned people—the increased production of melanin makes your skin darker.

As the UV rays continue, the skin’s damaged epidermal cells begin apoptosis, or programmed cell death. In 2005, researchers at the Catholic University of Leuven in Belgium discovered that chronic ultraviolet exposure could lead to problems in the body’s ability to regulate this process, sending the wrong signals about which cells to terminate and which to repair—ultimately leading to a greater risk of cancer developing among the damaged cells that remain.

5 Things Homeowners Should Clean, But Many Don’t

1. Vacuum the dryer vents. Built-up lint inside dryer cabinets (the lower part of your clothes dryer), causes more than 15,000 fires every year. Lint escapes through gaps around the edges of your lint trap and accumulates, eventually building up where it might rest against heating elements and start a fire. Also clean external vents and hoses.

2. Wash your dishwasher. It’s easy to think that your dishwasher is clean, since cleaning is what it does. But food bits and dirty water can get into nooks and crannies, leading to bad smells and gunk that shortens the life of your dishwasher.

3. Scrub the underside of the disposal guard. Food splashes up from inside the sink disposal and doesn’t get washed off by your water stream from above.

4. Clean your refrigerator coils. The coils cool and condense the refrigerant. When the coils are clogged with dirt and dust, they can’t efficiently release heat. This can cause the ‘fridge to run excessively, adding to your electric bill and reducing the lifespan of the refrigerator.



5. De-gunk your cooktop hood’s fan filters. Overhead fan filters are easily clogged by oil and food particles. The result is an inefficient fan, the potential for debris to fall onto cooking food, and eventually the breakdown of the fan motor from overheating.

Thank You!

Special thanks this month to...

- Sharath Bandela & Lavanya Thirunaharirama
 - Ross & Jessica Desalles
 - Brian & Tessa Noland
 - Kristen Thomas & Chris Coble
- Bill Boughton
 - Anthony Tipton & Bassant Abdelrahman
 - Chris & Deborah Japp

I hope you feel comfortable introducing me to the people you care about, so I can help them with their real estate needs.

Team Member Spotlight



Lloyd Steere
Real Estate Professional

Lloyd Steere is a seasoned real estate professional with 25 years of knowledge and experience. Lloyd brings a wealth of knowledge and local area expertise to help you successfully navigate the home buying and selling process. Home buyers and sellers both rave about the level of communication and professionalism that Lloyd and his team maintain throughout the process. His goal is to deliver a low-stress, end to end homeownership experience while building strong community relationships.

Lloyd served in the United States Marine Corps from 1985 to 1991. He holds a BSBA and an MBA. He provided global customer care, in the B2C environment, for over 25 years. And, as an active member of VAREP, Lloyd works towards increasing affordable, sustainable home ownership, providing financial-literacy education, and economic opportunity for active-duty military and veteran communities.

Lloyd lives in Pleasanton, with his wife. You can find him on a golf course, riding motorcycles, working out, visiting local wineries, and enjoying the festivities that the Tri-Valley provides. He has two adult children who live and work in Northeast Indiana.



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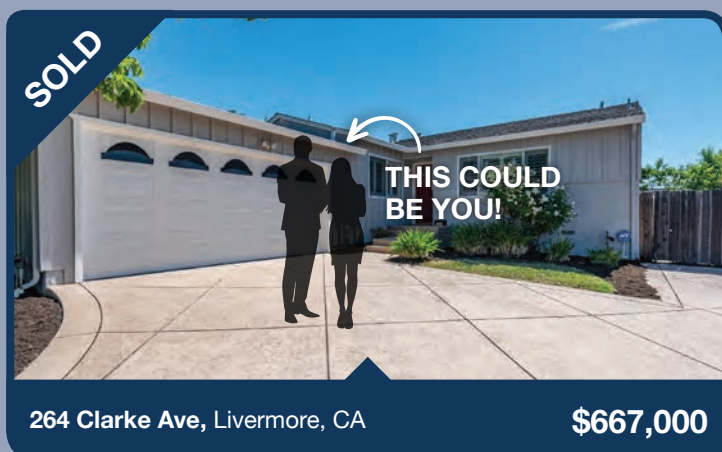
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