



from David O'Connor

ECHO LAKE, SHORELINE

YOUR REAL ESTATE NEWS



Selected by Seattle Magazine as "Best In Customer Service"

JANUARY 2015

Winter Water Watch

Most of us recognize the need for water on hot summer days, but water is essential in every season, especially winter! We often relate sweating to hot weather, but winter activities can produce perspiration as well.

The body loses water continually through sweat, urine and exhaled air. Replenishing liquids is essential during winter colds or flu with fever, diarrhea or vomiting. Sufficient hydration improves the performance and health of our organs. When a person lacks adequate water, the kidneys cannot function properly and the liver has to work harder to compensate.

The human body is comprised of 70% water, making it the most abundant and vital substance in keeping our parts working properly. Most adults need six to eight glasses of water daily. Drink whether or not you feel thirsty because feeling thirsty means you are already dehydrated. Thirst is often confused with hunger, so try drinking a glass of healthy water before reaching for the candy bar!



Increasing water intake:

- Take water breaks instead of coffee breaks. Caffeinated beverages like coffee and many sodas can actually have a diuretic effect and result in water loss.
- Keep a container of water beside you to sip on as you work or play.
- When you pass a water fountain, pause for a drink.
- Have a beverage with every meal or snack.
- Start meals with soup.



January is National Soup Month

A fast-food first! Soup has been so popular throughout time that it's actually considered one of the first fast foods. There is documentation that as early as 600 B.C., the Greeks sold soup as a fast food on the street, using peas, beans and lentils as main ingredients.

Before there was soup, there was broth, which people used to pour over a piece of bread in a bowl. That bread was known as sop, and from sop came the word soup.

The most recognized soup company in the world is the Campbell Soup Company. It was founded in 1869, and originally produced canned tomatoes, vegetables, jellies, soups, condiments, and minced meats.

In 1897 the condensed soup was invented, forever changing the way we think about soup. By eliminating the water in canned soup, the costs for packaging, shipping, and storage were lowered. This made it possible to offer a 10-ounce can of Campbell's condensed soup for a dime, versus more than 30 cents for a typical 32-ounce can of soup.

www.hgtv.com and www.campbellsoupcompany.com

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Windermere
REAL ESTATE

CROCKPOT TORTILLA SOUP

- 2 chicken breast halves, boned, skinned and cubed
- 1 onion, finely chopped
- 1 clove garlic, crushed
- 3 tomatoes, peeled, seeded, chopped
- 4 cups chicken broth
- ¼ teaspoon salt
- ⅛ teaspoon pepper
- 1 mild green chile, seeded, chopped
- 2 tablespoons vegetable oil
- 4 corn tortillas, cut into ¼ inch strips
- Shredded Monterey Jack cheese
- 2 tablespoons coarsely chopped fresh cilantro

Combine chicken breasts, onion, garlic, tomatoes, broth, salt, pepper and green chile in slow cooker. Cover and cook on low 7-8 hours. Heat oil in large skillet and add tortilla strips. Stir over medium heat until crisp; drain on paper towels. Put a tablespoon or 2 of shredded cheese in each serving bowl. Ladle tortilla soup into bowls and top with tortilla strips; sprinkle with chopped cilantro.

“

Dave is a great person to work with. He has a great sense of humor and we will choose him again in the future. He helped us step by step through the sale. ~

Cristopher Amos (Aug. 2014)

”

**DAVID O'CONNOR**

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**ECHO LAKE MARKET WATCH ~ JANUARY 2015****HOMES CLOSED NOV - DEC 2014****19531 7th Ave NE**

1953 One Story
2bdm, 1.0 bth, 700 sqft, 1 carport
Orig List Price: \$259,950 (9/26/14)
Pend Insp: (10/16) **DOM=20 days**
Closed: \$248,000 (12/8/14)
Sales Price/Listed Price = **95.4%**
VA Financing

**700 NE 198th St**

1955 One Story w/ bsmt
4 bdrm, 1.5 bth, 1570 sqft, 1 carport
Orig List Price: \$329,950 (8/20/14)
Reduced 1X: \$310,000 (10/22)
Pend Insp: (11/5) **DOM=14 days**
Closed: \$310,000 (12/10/14)
Sales Price/Listed Price = **100%**

**19019 Bagley Ave N**

1957 One Story
3 bdrm, 1.0 bth, 1160 sqft, 2 car gar
Orig List Price: \$339,000 (10/9/14)
Reduced 1X: \$329,000 (10/30)
Pend Insp: (11/5) **DOM= 6 days**
Closed: \$324,000 (12/11/14)
Sales Price/Listed Price = **98.5%**

**2310 N 192nd St**

1961 One Story
4 bdrm, 2.75 bth, 2020sqft, 2car gar
Orig List Price: \$369,000 (10/31/14)
Pending (11/18) **DOM=7 days**
Closed: \$366,000 (11/25/14)
Sales Price/Listed Price = **99.2%**
Conv Financing

**19317 5th Ave NE**

1970 Split-Level
3bdrm, 2.75bth, 1750sqft, 2car gar
Orig List Price: \$369,950 (10/1/14)
Pending Insp: (10/23) **DOM=22days**
Closed: \$370,000 (12/19)
Sales Price/Listed Price = **100%**
Conv Financing - Seller Paid \$5000

**1824 N 203rd St**

1957 One Story
3bdrm, 1.75bth, 1540 sqft, 2 car gar
Orig List Price: \$388,500 (10/3/14)
Pend Insp: (10/31) **DOM=28 days**
Closed: \$392,000 (11/21/14)
Sales Price/Listed Price = **101%**
Conv Financing w/ \$1250 Concess

**18523 Meridian Ave N**

1955 One Story w/ bsmt
4bdrm, 2.5 bth, 2620 sqft, 2 carport
Orig List Price: \$434,950 (4/8/14)
Reduced 5X: \$405,000 (9/2)
Pending Insp: (9/28) **DOM=26 days**
Closed: \$405,000 (11/14/14)
Sales Price/Listed Price = **100%**
Conv Financing

**18578 Burke Ave N**

1958 One Story
3bdrm, 1.75bth, 1530 sqft, 2 car gar
Orig List Price: \$425,000 (11/14/14)
Pend Insp: (11/16) **DOM = 3 days**
Closed: \$425,000 (12/4/14)
Sales Price/Listed Price = **100%**
Conv Financing

**2344 N 190th St**

1979 Tri-Level
4 bdrm, 2.5 bth, 2600 sqft, 2 car gar
Orig List Price: \$475,000 (10/23/14)
Pend Insp (10/31) **DOM=8 days**
Closed: \$465,000 (12/9/14)
Sales Price/Listed Price = **97.9%**
Conv Financing

**1632 N 196th Pl**

1954 One Story
3 bdrm, 1.5bth, 1520 sqft, 1 car gar
Orig List Price: \$369,950 (12/4/14)
Pending (12/10) **DOM=6 days**
Closed: \$365,000 (1/9/15)
Sales Price/Listed Price = **98.7%**
Conv Financing - \$3000 Concession

Thinking of Selling ? Read below what a recent homeowner has to say

Selected
"Best In Customer
Satisfaction" by
Seattle Magazine



David was nothing but professional, helpful and friendly. He made sure our goals were aligned with his services before we proceeded into the process. He did an excellent job in helping us make good choices on what to fix up on our home to get maximum results. He was savvy in how to market our home and did an excellent job in making sure we got top dollar. I would highly recommend David to anyone interested in finding a first rate realtor to represent them. ~ John & Laurie Skandalis (Aug. 2014)

