

Vijya's Home News

Vijya & Associates

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Happy Fall!

The Fall season is bringing a bounty of positive news to our area:

The residential real estate market is continuing to strengthen as buyers gain confidence and take advantage of the \$8000 federal home tax credit (must close by Nov 30, 2009) which is creating a trickle up affect into higher end prices. Buyers who have the ability to take advantage of the great deals in select neighborhoods that they previously wouldn't have been able to afford have been doing so!

Also, new this year to Vijya & Associates, is our new team member, Laurie Romph. Laurie has been in the lending and hi-tech world for over 15 years and I am proud to have her on my team. She is the friendly voice over the phone when you call or email in...so *please* keep her busy while she holds down the fort and I'm out meeting with my friendly clients off site. :)

This year has been more challenging than others but the change of seasons comes to pass no matter...and isn't that wonderful! See you in the Fall!



October Quiz

Question

How old is the world's oldest grown maze?

Check out our blog to find the answer and secret passcode. Email or call us with the secret passcode to be entered into a drawing for a \$25 gift card.

www.vijya.com/blog

A Conversation with Nicholas Kristof

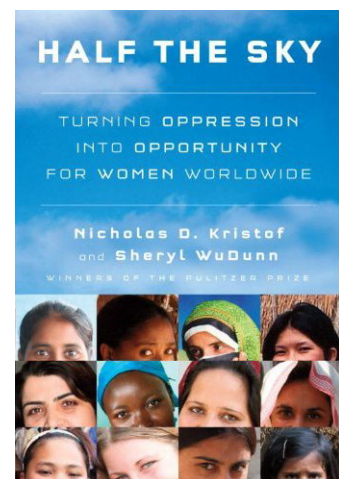
As a Board Member of the UW Women's Center I would like to extend an invite for you to join me at the first event of the UWWC's Opening Doors for Women & Girls series.

A Conversation with Nicholas Kristof
October 15, 2009
Women's University Club
1105 Sixth Ave, Seattle

Nicholas Kristof, bestselling co-author of "Half the Sky: Turning Oppression into Opportunity for Women Worldwide," will join us to discuss the importance of focusing economic development around women and girls in order to effectively alleviate global poverty and extremism. Hear his thoughts on why, when it comes to fighting poverty and extremism, women are not the problem; they're the solution!

11:30 open doors/networking, 12:00 lunch/speaker, 1:00 book signing
\$50 tickets include lunch and a copy of Kristof's new book.

Contact me for more information
(206.418.6260; vijya@vijya.com)



Precautions Against Swine Flu and Other Influenzas

- as recommended by David Berg and Dr. Vinay Goyal

- General comment: If an agent of infection is widespread, it is almost impossible not to come in contact with it. Be advised that the two contact portals for influenza are the nose and mouth. The key is not to let it proliferate (spread) within your own body.
- While you are still healthy and not symptomatic (in other words, ALL healthy people), wash your hands frequently. This is to prevent proliferation from hands to nose or hands to mouth.
- While you are still healthy and not symptomatic (again: all healthy people), practice a "hands off the face" lifestyle. Don't scratch or pick your nose; remove food from between your teeth with a fingernail; assume a thinking pose with one or both hands touching your face; touch children's faces any more than absolutely necessary. Avoid shaking hands...maybe adopting the fist bump is not a bad idea.
- Gargle twice or more each day with warm salt water. **Do not underestimate this simple, inexpensive and powerful method of self-protection.**
- Swab the nose twice a day with warm salt water. Blow the nose hard before and after these sessions. Snort in warm salt water through the nose if you can. This is easy once you overcome your natural fear of taking liquid through the nose. Technique: Hold warm salt water in your palm, put the tip of your nose into the liquid, and inhale sharply. An experienced "snorter" can inhale salt water without snorting and spit it out through the mouth.
- Drink hot liquids such as tea (but not limited to tea). This has the same effect as gargling but in reverse. It washes the contaminants out of the mouth and throat.
- Brush and floss regularly. When brushing, be aggressive about brushing the tongue and all gum and palate tissues. Use a soft or medium bristle brush to keep from causing gum erosion.
- Almost everyone has dangerous microorganisms in his or her mouth constantly-- but at very low levels. Swab testing has confirmed this millions of times. Dangerous bacteria and viruses do not become damaging if the exposure and proliferation levels are kept under control. Medical personnel who are constantly around infected people--including very close contact--often escape infection by practicing these precautions.
- Wear a barrier mask or Fresh Air Buddy air purifier when appropriate. Use RCI technology (Fresh Air, DuctwoRx, Eco Box etc.) to kill viruses in your home, including on surfaces.
- Use nutritional supplements to boost your body's defenses, especially a balanced, all purpose, whole food daily supplement. Add probiotics (friendly flora). Take more vitamin C and antioxidants with appropriate co-nutrients to increase absorption. Some nutrients are absorbed better when held in the mouth for one minute. Use digestive enzyme supplements to boost absorption of all nutrients you ingest.

Need Something? Let Our Friends Help You!

We are looking to update our service directory and hope you will introduce us to those you trust. Now more than ever my clients need your referrals since another piece of the economic stimulus bill was to allow homeowners (through 2010) to claim a **30% tax credit (up from 10%) for purchases of new furnaces, windows and insulation.**

Our directory covers residential and commercial services (like contractors, plumbers, electricians, landscapers, etc.) to professional services (like lawyers, doctors, consultants of all types, etc.). Whether it's excellent customer support or an outstanding service/product that makes them unique, we want to know about them. Please send us the company name, contact person, and all pertinent contact information.

We will note the information in our directory and refer our clients to the people you trust - just as we hope you trust us enough to introduce us to those you know needing real estate assistance. It's our goal to keep our clients happy and know we are providing them the best customer service possible. Thank you!

Listings from Vijya & Associates!

Timeless Wallingford Craftsman

This classic 4 bedroom (3 on main level!) Wallingford Craftsman offers timeless style in one of Seattle's most popular neighborhoods. Front sitting porch with architectural details leads into handsome formal living & dining rooms with matching distressed painted wood mantle and built-ins. Beautiful refinished hardwoods, traditional millwork, high ceilings, fireplace and large picture windows. A spacious layout provides an open kitchen & built-in dining nook. A sweet deck off back sits pretty in a fully fenced yard with garden space, shade tree and outbuilding. Finished lower level offers a 4th bedroom, utility room and storage, a large 3/4 bath, plus flex spaces (media and family rooms or workout room and office) bathed in natural light and featuring French doors. Very Walkable: 85 out of 100!

\$625,000
2 floors
4 bedrooms; 1.75 baths
2,320 sq.ft. home
4,560 sq.ft. lot
MLS# 29137624



2 stories w/ daylight basement
5 bedrooms; 4.75 baths
4,260 sq.ft.
MLS# 29064068
\$1,100,000



2 stories w/ daylight basement
5 bedrooms; 4.75 baths
4,260 sq.ft.
MLS# 29117827
\$855,000



2 bedrooms; 1 bath
722 sq.ft.
secure parking
MLS# 29102383
\$269,000

For more information, please visit vijya.com

Keep up-to-date on real estate news and local activities on our blog at: www.vijya.com/blog

Volunteer with Us at Operation Nightwatch

Vijya & Associates would like to share with you a volunteer opportunity we've been participating in for several years now: Operation Nightwatch (<http://www.seattlenightwatch.org>; 206-329-2099) - a ministry in Seattle's central district. On the 4th Tuesday of every other month, Vijya & Associates makes a trip to Costco to buy enough food to feed dinner to 100+/- people. We then collect at Operation Nightwatch to make and serve the food to the Operation Nightwatch community.

If you are interested in helping or want more information, please let me know. Giving back to the community is one way we show that we truly care!

LAST CHANCE TO VOLUNTEER IN 2009!
November 24th

Vijya & Associates
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Calendar of Events

October

1-3 1 Stocker Farms Corn Maze
1 1 Eat Local Now! Dinner
17-Nov 8 Earshot Jazz Festival
17 Turkfest, Seattle Center

22 Seattle Weaver's Guild Sale

22-25 Seattle Home Show 2

24 Int'l Climate Change-Sea Center

November

3 VOTE!

1 1 Veteran's Day

24 Operation Nightwatch

26 Thanksgiving Day

28 Apple Cup

27-Dec 31 Winterfest, Sea Center

28-Dec 23 Christmas Ship Festival

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VIJYA & ASSOCIATES
Real estate. Real relationships.