



# real estate

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# CAPTIVATING TUDOR RETREAT

Contributed article by Rebecca R. Newsome, MIRM

If you're seeking privacy yet convenience in an enchanting setting, you simply must see the 4 bedroom/3.5 bath English Tudor at 115 W Woodridge Drive in Durham. This home was built in 1932 by Dr. Frederick Bernheim and Dr. Mary "Molly" Bernheim, both members of the original faculty at Duke Medical School.

Dr. Frederick Bernheim was a Nobel-nominated researcher in pharmacology; his wife, Dr. Molly Bernheim (often the solitary woman in the Department of Biochemistry), was credited with "one of the seminal discoveries in 20th century neurobiology" with her discovery of the enzyme tyramine oxidase.

Beyond biochemistry, Dr. Molly Bernheim published "A Sky of My Own," a book detail-

ing her love of flying, and she was well known as a devoted gardener. 115 W Woodridge is an excellent example of classic architecture combined with the domicile wishes of brilliant minds.

Perhaps most striking upon your arrival at the Woodridge home is the fact that the lovely all-brick colonial home is nestled in the midst of towering hardwoods, verdant landscaping, and charming rock walls on a spacious (.83 acre) lot. Tranquility greets owners and guests alike, making it hard to believe you're within a short walking distance of Nana's Restaurant, Foster's Market, Guglhupf Bakery, Rockwood Park and numerous other points of interest.

The home is a serene retreat



at the end of the workday. Flanking the main house at one end is a greenhouse with a stone exterior; at the other, a window-laden office with a fireplace and separate entrance. Both, with second story decks, add intrigue to the front exterior of 115 W Woodridge. The delightful stone walkway to the main entrance begs footsteps as a means of learning more about this fascinating dwelling.

A generous sense of space, belonging and tasteful modernization greet one and all upon entering 115 W Woodridge. Luxuriant hardwood flooring and an abundance of windows allowing indoor occupants to appreciate their wooded surroundings only add to the

ambiance.

The first floor consists of a living room with immense seating beneath a wall of windows, a wood-burning fireplace, and built-in cabinetry; an epicurean kitchen with granite countertops, custom maple cabinets, and an adjoining dining room; a large, light-filled sunroom; a family room with built-in cabinetry, an adjoining craft room, and a ladder to a cozy loft with seating and room for yoga or play; a half bath; and the previously mentioned greenhouse and study.

A wonderful deck made of IPE Brazilian hardwood is

TUDOR continues

## SMART MOVES

### Tackling big jobs when you have a small attention span

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An artist in her late 50s is planning to sell her modest three-story house in Minneapolis so she can retire to a small condo near Phoenix. But prepping her place for sale seems like an overwhelming project.

Though tremendously creative, the artist suffers from a problem with "executive function." This means she finds it very difficult to initiate, plan

and pursue projects in a methodical, step-by-step manner.

Linda S. Anderson, the owner of organizational firm Getting Clear, doesn't know the artist in this true story. But she's coached many adults who are equally perplexed when facing a major multi-step project.

Poor executive function is an issue for many who've suffered brain injuries or post-traumatic stress disorder. It's also nearly a universal problem among people with attention deficit disorder (ADD or ADHD).

As an ADD coach, Anderson has worked with a number of adults with impaired executive function who are facing the challenge of planning and executing a home sale. The "to do list" is long for homeowners who want (or need) to sell.

SMART continues

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