Interest Rates on 30 yr mortgage- The last 2 years they've stayed around 4%. I'm going to say they'll rise a bit finishing around 4.25-4.5%. The Fed finally bumped up their target in December and indicates they'll go up maybe 4 more times this year but I'd be surprised if rates rose dramatically.

Real Estate Market in Seattle- Prices appreciated 12-13% last year. In the past three years I've seen decent 3bed/2bath houses go from the 300s to the 400s to the 500s. Will they go to the 600s? I think so but I don't see it happening at the same pace. There's a lot of qualified buyers chasing limited supply in Seattle so I don't anticipate any bubble bursting. Quote me! Appreciation of 7% is my guess.

Seahawks- RW3 continues his prolific production, Beastmode is back, Baldwin is angry as ever, the defense was #1 in the NFL for the 3rd straight year and I am the recent recipient of a lucky Seakawks sweatshirt blanket... so what do YOU think? Go Hawks!