

## ***JimsJournal.net - Your Home News***

News To Help You Save Time And Money

June 2019

### **Halfway Through 2019!**

Dear Friend,

Can you believe that we're halfway through 2019? Here's hoping that the past six months have already given you a year's worth of success and satisfaction... with six months of happiness still ahead of you!

June's newsletter is chock-full of interesting information such as: what keeps unique ideas flowing in creative people; new research on how to turn plastic into fuel (hint: hydrothermal liquefaction); the origins of Father's Day and a breakdown of just how many teachers feel technology is helpful, or not, in the classroom.

Also, with this beautiful weather all around us, June is one of the most pleasant times of year to sit back and reflect on your surroundings and contemplate major changes, including a complete change of scenery. If you find yourself thinking about buying or selling please give me a call so I can help you.

Kind regards,

Jim Urban

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#### **For Dad to See**

Michael was a boy who loved to play football. For many years, he was smaller than the other kids his age, so he spent a lot of time on the bench, but his dad still cheered as if he was the star of the team. A few people thought it was strange that he kept signing up, but the coach saw his diligence and dedication, and always found a slot for him on the roster.

The years went by and Michael went off to college. One day, he received the sad news that his father had passed away in his sleep. Michael went to practice that afternoon and told the coach, then asked: "Would it be okay if I miss practice today?" The coach gently put his arm around his shoulder and said, "Take the rest of the week off, and you don't need to come to the game on Saturday."

That Saturday, the coach and the players were already behind in the first quarter when they saw Michael coming towards them. The coach took one look at him and made the decision to put him in the game.

As soon as Michael took the field, their score started

to creep up, and by halftime, the game was tied. However, the real cheer came when he intercepted a pass and ran the ball for the winning touchdown. His entire team congratulated him on the win.

The coach went up to Michael after the game and asked him, "Where did that come from?" Michael looked at the coach, with tears in his eyes, and said, "Well, you knew my dad passed away, but did you know that he was blind?" The young man swallowed hard and forced a smile, "Dad came to all my games, but today was the first time he could see me play and I wanted to show him I could do it!"

## June Quiz Question

**Q:** What number is 3 more than  $\frac{1}{5}$  of  $\frac{1}{10}$  of  $\frac{1}{2}$  of 5000?

## May Question

**Q:** What starts with an 'E,' ends with an 'E,' and only has one letter in it?

**A:** An envelope.

## Good News for Women

Good news for women: Your brains age more slowly than males' brains. According to an article on the NPR website, researchers have found that the metabolism of women's brains remains healthier and more youthful than that of their male counterparts, making women better equipped to be creative during the later years of their lives.

The findings come from a study of 205 brain scans of people ages 20–82. Scientists first studied brain metabolisms to determine a person's age. Then they observed a significant difference between the age of some people's brains and their chronological ages, leading to the discovery that older women's brains, on average, were about four years younger in terms of metabolism than men's brains.

The reason is unknown, but the scientists say a higher brain metabolism may give women an advantage in learning and creativity as they age.

# Creatives on Creativity

Being creative all the time is hard. Writers for the Money magazine website talked to a variety of people in creative positions to find out what keeps the spark going. Here are some of their answers:

- **Physical activity.** Kuba Koziej, CEO and co-founder of Zety: “Physical activity lubricates the rusty hinges in my brain and makes my thinking more fluid. So I often take my dog for a quick run or play around the agility park. A 10-minute break shoots some oxygen and dopamine into my system and gets my mind refreshed and creative.”

- **Music.** Andres Lares, managing partner of Shapiro Negotiations Institute: “To stay creative, I put on house music fairly loudly on a set of headphones. Not only does the music help focus me, others come by and only interrupt me when it’s critical.”

- **Dream boards.** Adamaris Mendoza, psychotherapist and relationship coach: “It might sound crazy to some, but I have a daily manifesting practice that uses a vision board. Every morning I look at an annual board full of images of my dreams. I even keep a picture of my vision board in my phone in case I need a quick pick-me-up during the day. It connects me with why I have a business.”

- **Collaboration.** Andrea Castro, visual artist: “To keep myself focused and inspired, I reach out to other workers in my field by phone or Skype. A one-hour talk with an artist friend, sharing our tactics, frustrations, and wins, simply fuels me to no end. It makes me want to go directly to the easel.”

- **Breaks.** Kat Cohen, CEO of IvyWise: “This may sound counterintuitive, but I get many of my most creative ideas while working on mundane tasks, like running errands or doing administrative upkeep. My mind is always ‘on’ — I’m constantly focusing on the students I work with and goals for my brand. Carving out a little downtime where I can tune these big-picture ambitions out and focus in on something simple gives me the mental space I need to come up with innovative ideas.”

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# Clever Jokes to Share

Q. What did Rosemary say when Sage proposed to her?  
A. Its about Thyme!

Q. What is smarter than a talking dog?  
A. A spelling bee.

Q. How does NASA organize a party?  
A. They just planet.

Most of us have heard about Murphy’s law: Whatever can go wrong will go wrong. However, not everyone has heard about “Cole’s law”...

It’s shredded cabbage in a creamy dressing.

## Psst— Did You Know?



**Happy Father's Day**

The first Father's Day was celebrated on June 19, 1910, in the state of Washington.

However, it was not until 1972 that the day honoring fathers became a nationwide holiday in the United States.

In Canada, the idea of a special day to honor fathers and celebrate fatherhood was introduced by a woman named Sonora Smart Dodd. She was inspired by American Mother's Day celebrations and planned a day to honor fathers early in the 20th century.

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## Dream On

Do you dream of starting your own business? It's not easy, but you can succeed if you follow this advice from the *Entrepreneur* magazine website:

- **Keep your vision in sight.** Most great businesses start with an ambitious vision. Decide what you want to create in clear, concrete terms, and keep your focus on your vision as you move forward.
- **Be prepared to persevere.** Establishing your business will take time and effort. Know that going in, and you'll be ready to persist in the face of obstacles.
- **Plan, but adapt.** A good plan is essential, but don't lock yourself into it so tightly that you can't make changes along the way. Be flexible in how you achieve your goals, and you'll move forward more smoothly.
- **Know and use your talents.** Take inventory of your skills so you can put them to good use. For whatever you don't do well, delegate it or hire someone to do it for you.
- **Don't reinvent the wheel.** Find out what others are doing in your industry, and copy their tactics and strategies. Don't waste time developing something new when the real-world solution is right out there.
- **Keep laughing.** Times will sometimes be tough, but the ability to laugh at your mistakes and your luck (both good and bad) will keep you sane as you progress toward success.

## A Man of Few Words

Once, there was a wealthy prince who was madly in love with a young noblewoman, but he had been cursed as a young boy: upon turning 18, he could not speak more than one word per year. The prince decided he would endure two years without speech so that he could have the pleasure of calling his beloved, "My darling."



As two years drew to a close, the prince decided to remain quiet for three more years so he could declare his love as well. When the three extra years were almost finished, he realized what he wanted more than anything was to marry his fair lady, so he remained trapped in silence year after year, waiting to ask for her hand in marriage.

After nine long years, the day had finally arrived when he could speak his heart's desire. He led his pretty lady by the hand to a private garden filled with many beautiful roses. He dropped to one knee, looked up to her and said, "My darling, I love you. Will you marry me?" The lady looked at him with love in her eyes and replied, "Pardon?"

## Powering the Future

Recycling to reduce waste and protect the environment isn't a new idea. However, a new process may be able to recycle up to 25% of our plastic waste into fuel, according to the Science Alert website. Chemists at Purdue University have been able to liquefy the polymers that make up about a quarter of plastic waste and turn it into diesel-like products that can be used as a basis for fuel.

The process, called hydrothermal liquefaction, involves heating water under heavy pressure to work as a solvent and catalyst for transforming the molecular makeup of polymers. With the addition of some hydrogen atoms, this converts the plastic into a fluid called naphtha.

Previous results were disappointing, but the Purdue team of chemical engineers recently converted more than 90% of the polypropylene used in an experiment into fuel-grade naphtha. Further analysis suggests that the process could be a more efficient and environmentally friendly way of dealing with plastic waste than burning it or recycling it.

*"Spring being a tough act to follow, God created June."* ~Al Bernstein

# The Longest Day

The summer solstice marks the official start of summer. It brings the longest day and shortest night of the year for the 88% of Earth's people who live in the Northern Hemisphere.

Astronomers can calculate an exact moment for the solstice, when Earth reaches the point in its orbit where the North Pole is angled closest to the sun. That moment will be at 15:54 UTC on June 21. Six months from now, the sun will reach its southern extreme and northerners will experience their shortest day of the year, at the winter solstice.

The angle of the sun around the time of the solstice changes so gradually in relation to the equator that the everyday observer almost can't tell it is changing. Without instruments, the sun appears to be in the same place for about 10 days. This is the origin of the word solstice, which means "solar standstill."

This slow shift means that June 21 is only about 1 second longer than June 20 at mid-northern latitudes. It will be about a week before there's more than a minute change to the calculated amount of daylight. Even that's an approximation - Earth's atmosphere

bends light over the horizon by different amounts depending on weather, which can introduce changes of more than a minute to sunrise and sunset times.



## Teachers and Tools

Digital devices like smartphones, tablets, and computers are everywhere, even in the classroom. How do teachers feel about them? Gallup asked, and here's the breakdown of their responses in three specific areas:

	Mostly Helpful	Neutral	Mostly Harmful
• Effect on Education	42%	30%	28%
• Effect on physical health	4%	42%	55%
• Effect on mental health	4%	27%	69%



# Smart Advice for You and the People You Care About

When You Have a Thought about Living in a New Home



The 5 Biggest  
Mistakes  
Home Sellers  
Make



Making the  
Move Easy on  
Kids



How to Stop  
Wasting  
Money on Rent



How Home  
Sellers Price  
Their Homes



How to Sell  
Your Home for  
the Most  
Money



The 5 Biggest  
Mistakes  
Home Buyers  
Make

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Jim Urban  
Urban Companies  
44 Union Blvd Suite 110  
Lakewood, CO 80228

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