

JimsJournal.net - Your Home News

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September 2019

Beautiful, Glorious Fall!

Dear Friend,

I hope you're enjoying these beautiful days of September! The sun is still shining bright, but the evenings are feeling just a little bit cooler. This month's newsletter should be hitting your mailbox right as you're ready to sit down and enjoy a moment of bliss in the summer wind down.

When you open this month's newsletter, you'll see it has some interesting articles, including:

- How ice cubes can be made from lasers
- A recently discovered dinosaur
- Advice on how to be happier at work (who doesn't need that..?)
- The interesting way that dogs find their way home

As summer winds down, you may also be thinking about buying or selling a home before the holidays— and the houseguests— start arriving. If that's so, give me a call so we can talk about where to start. Talk with you soon.

Kind regards,

Jim A. Urban

INSIDE THIS ISSUE

- Lesson on the Path of Life
- Poochie Power
- How to Be Happy at Work
- Interstellar *What?*
- Icy Hot News
- Back to School
- The Veggie Crunch
- Lofty Goals
- The Milkshake
- Dig Deep to Find Success
- Tiny Dino

Lesson on the Path of Life

There once was a very wealthy king. Known for his mischievous streak, the king would often stave off his boredom with practical jokes. One day, he had a huge boulder placed in the middle of a road. Then, he hid nearby to see if anyone would try to remove the gigantic rock from the road.

The first people to pass by were some of the king's wealthiest merchants and courtiers. Rather than moving the boulder, they simply walked around it and loudly proclaimed that the king must be up to one of his tricks. A few merchants complained that someone ought to be maintaining the roads. Many people just silently walked around the giant rock. Not one of them tried to move the obstacle from the road.

Finally, a peasant came along, carrying a huge basket of flavored oils. He had worked hard to infuse rosemary and sage into the oils and he planned to sell them to the royal cook. When he got near the boulder, the peasant put down his heavy load and tried to move the stone to the side of the road. It took a lot of effort but he finally succeeded in rolling it out of the way so nobody would get hurt.

After the peasant hoisted his basket and was ready to go on his way, he saw a pouch lying in the road where the boulder had been. He put the basket back down and opened the pouch. It was stuffed full of gold coins. Attached to the inside was a note from the king stating that the gold was a reward for moving the boulder from the road.

The king showed the peasant what many of us fail to understand: every obstacle presents an opportunity to improve our condition.

Fun Day Monday August

As seen on the iconic album cover which Beatle crossed Abbey Road first?

- A. John
- B. Paul
- C. George
- D. Ringo

Congratulations to Scott & Jo Delude who won a \$30 donation to a charity of their choice



Poochie Power



It's a happy day when a lost dog finds its way home, but how does it get back? A *New York Times* article offers two explanations:



It could be that a dog's hypersensitive sense of smell allows them to create a map of scents around their neighborhood, using gardens or grocery stores and human aroma as markers.



Or, it could be that they are sensitive to magnetic orientation. One study of dozens of canines observed that dogs tend to adopt a north-south orientation when they relieve themselves outside in an open area, but that preference vanished when the magnetic field around them was disturbed.

How to Be Happy at Work

Most jobs aren't perfect, but that doesn't mean you have to be miserable all day. *Monster.com* offers these tips for making it through the day with a positive outlook:

- **Keep personal problems at home.** Concentrating on work will help you remember that you're capable and competent, which will improve your mood throughout the day.
- **Build a workplace nest.** Decorate your office or cubicle with some simple things that make you happy, like photos of your family, brochures for a vacation you'd like to take, items that motivate you, and the like.
- **Create a workplace support system.** Make friends with co-workers who give off positive vibes. Talk about what you enjoy and focus on tasks that you look forward to completing.
- **Get organized.** Eliminate clutter and plan your day so you can succeed and feel good about it.
- **Move around!** Get up often for a walk around the workplace to get your blood flowing and say a quick hello to co-workers along the way. Take a walk at lunch for some fresh air. Exercise improves your mood as well as your health.
- **Eat right and drink lots of water.** Pack lunches that are high in fruits, vegetables and protein. Drink plenty of water to stay hydrated throughout the day.
- **Don't try to change your co-workers.** Minimize contact with negative people and learn what makes your co-workers tick. You might make a friend for life!

Need a Jeweler?

Jim has a Jeweler in his 5 Star Referral Center.

Just Go to:

Denver5StarReferralCenter.com

In the search engine type Jewelry to see Anthony M's Visions in Gold information.

For questions call or text: Jim at 303-588-7000

Interstellar What?

The latest movie previews may feature a flick about the world being struck by an object from deep space, but scientists believe it's already happened— just five years ago. The *CNN* website reports that two Harvard researchers think a meteor that entered Earth's atmosphere in January 2014 may have come from interstellar space.



The meteor, no bigger than a yard across, burned up over Papua New Guinea after hitting the atmosphere at 37 miles per second. The science team calculated the meteor's trajectory based on its speed and concluded that it originated outside our solar system, perhaps a long time ago in a galaxy far, far away.

Icy Hot News

Making ice is easy, right? Just pour some water into a tray, pop it into the freezer, and wait a few hours... Actually, as an article on the *Popular Mechanics* website points out, there are many different kinds of ice.

The ice we use in drinks is called Ice I. Other types of ice—almost two dozen varieties— are created by applying pressure to ordinary ice. Scientists at Lawrence Livermore National Laboratory, hoping to create an exotic new form of ice, conducted an experiment: They trapped a droplet of water in a tight space and then blasted it with six lasers.

The lasers heated the droplet to approximately 4,000 degrees Fahrenheit, which compressed it by creating a pressure a million times higher than the Earth's atmosphere.

The result, Ice XVIII, isn't found on Earth outside of the lab, but scientists believe it could be formed on icy worlds like Uranus and Neptune, watery planets whose size might be capable of producing the same heat and pressure sustained in the laboratory. If so, this new ice could help astronomers better understand the worlds in our solar system and across the galaxy.

Free Reports!

- ☒ How Sellers Price Their Homes
- ☒ Making the Move Easy On the Kids
- ☒ Five Big Mistakes Home Sellers Make
- ☒ How To Buy A House With Little (Or No) Money Down

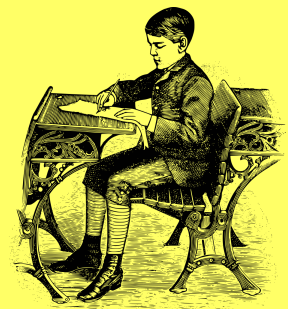
**Free Newsletter
Subscription!**

See Page 7

Back to School

The National Retail Foundation has been conducting its annual Back-to-School and Back-to-College surveys since 2003 and uncovered a few facts from math class:

- More than half of all school supply consumers plan their shopping around online sales.
- Men spend \$115 more on average than women on back-to-college.
- Shoppers spend more on back-to-school supplies than on Mother's Day, Father's Day and Valentine's Day combined.
- Teachers reported spending \$479 each on average and 7% reported spending more than \$1,000.
- Back-to-college drives the majority of spending: an expected \$55.3 billion for this year alone.



The Veggie Crunch

Your parents probably told you to take your vitamins, and TV ads tout the benefits of supplements. However, according to the *USA Today* website, scientists at Tufts University say that supplements may not be the best way to get the nutrition your body needs. Other studies, *USA Today* reports, have also called the value of supplements into question.



They studied data collected from more than 30,000 people 20 or older. The results showed that the right amount of magnesium and vitamin K can lower the risk of early death; and vitamins A, K, and zinc can reduce the risk of death from cardiovascular disease, but only if they're consumed in food; not supplements.

Lofty Goals

A helicopter crash left Kirstie Ennis with spinal damage, a traumatic brain injury and a shattered left leg that would eventually be amputated above the knee.

However, Ennis refers to the day of her accident in June 2012 as her Alive Day because, though her life would change in many ways, she was still here to enjoy it. As she recovered from her injuries and began to rebuild her life, she found comfort and purpose in all the things she loved and could do.

She has since snowboarded in the Paralympics, walked across the U.K. in honor of wounded and fallen soldiers and even worked as a stuntwoman in the movie *Patriot Day*. She then set her sights much higher.

Ennis plans to be the first woman with a knee amputation to summit the highest mountain of each of the seven continents. Since 2017, she has conquered Kilimanjaro in Africa, Carstenz in Oceania, Iliniza Norte in Ecuador, and came close to finishing Everest, but had to turn back due to a shortage of oxygen.

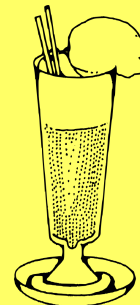
Ennis believes that you are the only person who can determine your abilities and disabilities.

The Milkshake

A grasshopper walks into a diner and takes a seat.

The server says,
“Did you know we have a milkshake named after you?”

The grasshopper looks at him and replies
“Why would you name a drink ‘Steve’?”



Dig Deep to Find Success

Most of the advice for success you find is familiar and predictable: work hard, be persistent, network, never stop learning and so forth. Here's some advice from the *Ladders* website that may surprise you:

- **Know what you want.** This is seemingly simple advice, but to make it work, you've got to ask yourself what you want. The first few answers will be superficial: "I want more money. I want a new car. I want a better job." Dig deep to get to what you're really looking for: "I want to serve others. I want to make a difference in the world. I want to help people find their inner strength." Follow that goal.
- **Look at your crossroads.** We all remember moments when we made a crucial decision that shaped the rest of our lives. Go back to one and explore it. Write down the decision in a few paragraphs, then consider the factors, emotions, events, and concerns that led to that choice. Would you make the same decision today? Why or why not? This will help you make better career and life decisions in the future.
- **Examine your history.** Take a long view of your past. How did you end up where you are now? Who helped you? What activities consumed most of your time and attention? How have your dreams changed? A thorough understanding of where you came from will help guide you on your path to future success.

Tiny Dino

When you think of the Tyrannosaurus rex, you probably imagine the giant predator reptile from the movie *Jurassic Park* and its sequels. Scientists have discovered an early cousin, though—one who was barely three feet tall.

According to the *U.S. News & World Report* website, the new species was uncovered in New Mexico. Dubbed *Suskityrannus hazelae*, based on a Native American word for "coyote," it lived about 92 million years ago, long before the 9-ton T. rex appeared on the scene, and weighed about 90 pounds.

Other remains of T. rex's ancestors are even smaller, but the recent find offers a fresh example of how these smaller dinosaurs evolved into the towering thunder lizards depicted in movies.



"It's hard to beat a person who never gives up."

—Babe Ruth



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

Avoid Buyer's Remorse and Seller's Regret – Get All Six Reports FREE!

Simply text, email or call me and I'll get them to you right away.

I'm here to guide, lead and protect you and the
people you care about.

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