

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

Email: [Jimbyreferralonly@gmail.com](mailto:Jimbyreferralonly@gmail.com), [aleecatemail@gmail.com](mailto:aleecatemail@gmail.com)

October 2020

### **Fall is here!**

Dear friend,

Welcome to pumpkin season! Summer looked a little different this year but oh, those recognizable orange gourds all around us feel like a joyful sign. I feel that something familiar is right around the corner as autumn blows into the scene with a flaming burst of life. There are several sweet pieces in this month's newsletter to remind us that October has arrived.

Even in exciting times, we all need a place of calm. Did I mention there is a basic introduction to meditation in the October newsletter? I hope you find a cool, peaceful place to read this month's newsletter, someplace removed from the concerns of a world still coping with the pandemic while simultaneously looking ahead to the holidays. I also hope you'll let me know what I can do if you're looking to buy or sell to help you find that space, whether it is in your current home or in a new location.

Looking forward to talking when you have a moment,

Jim Urban

### **INSIDE THIS ISSUE**

- A Reminder
- Be Supportive
- Runaway Moon
- Beat By A Bird
- Note This
- White Cane Safety Day
- Pumpkin Dip
- Breathe and Focus

### **A Reminder**

A group of students who had recently graduated were invited to afternoon tea by their college department head, a favorite professor who most students enjoyed in their final year. Not everyone invited could make it and some chose to stay home, but there were still about ten graduates gathered in the comfortable living room.

Within minutes, conversation turned to the stress everyone was feeling about work and life since graduation, with everyone talking about what, if anything, they were doing these days.

The professor rang a small bell to gather everyone's attention, then directed them through to his large dining room. The main table held several small trays of desserts and delicate snacks alongside a massive buffet with hot tea, cream and sugar, and an assortment of cups and mugs that the professor had collected over the years— some delicate porcelain with a saucer, some vintage glass, and some plain pottery mugs.

### Fun Day Monday Sept

There are over 43 quintillion possible combinations on a Rubik's Cube. You are never more than how many moves away from solving the puzzle?

D. 20

Congratulations to Mark & Elissa Bean who won a \$25 donation to a charity of their choice.

When everyone was finally seated at the table, the professor observed: *"I see you have all chosen the nicer looking cups."*

He smiled and looked around the table and switched to his beloved classroom voice.

*"While it's normal for you to want only the best, that's also the source of your stress. What you really wanted was tea, not the cup, but you still went for the best cups, and some of you are even eyeing each other's cup!"*

*If life is the tea, then jobs, money and status in society are the cups. They are just tools to hold and contain life.*

*Don't let the cups drive you. Enjoy the tea."*



---

## Hi, Neighbour...

*To our friends up north, Happy Canadian Thanksgiving Day!*

*A little bird told us you celebrate the beautiful harvest happening this time of year on October 12th...Hope it is a beautiful day for you and yours!*

# Be Supportive

October is Breast Cancer Awareness Month, according to National Breast Cancer Foundation, Inc. Every year, this campaign grows awareness of this disease.

While purchasing products branded with the pink breast cancer ribbon has become fairly commonplace, here are just a few of the ways you can help those in need without going to the store:



**Share the story.** Reach out and share the story of how you or a loved one has been affected by breast cancer. Be the voice of wisdom for someone in need.



**Spread the word.** Share about Breast Cancer Awareness Month on Facebook, Instagram, Twitter, or LinkedIn. Put those social media accounts to work!



**Make a donation.** Make a one-time or monthly donation to help provide a mammogram for a woman through the charity of your choice. Unsure where to start? Try the American Cancer Society or the National Breast Cancer Foundation.

## Need to find a Business who gives Exceptional Service?

Jim can help with his 5 Star Referral Center.

### Just Go To:

**Denver5StarReferralCenter.com**

In the search engine enter the type of business you are looking for to see the list of businesses Jim refers to his family, friends & clients.

---

# Runaway Moon

Titan, the largest moon of the ringed planet Saturn, is moving out. Not just that, but the large moon is escaping at a faster speed than anyone previously realized. *CNN* reports that Titan is moving away from Saturn at a rate of four inches per year—100 times faster than previously thought. Other moons in the solar system also migrate, but at a slower rate. Earth's moon, for example, is pulling away some 1.5 inches per year.

Titan, larger than the planet Mercury, orbits Saturn at a distance of 759,000 miles. Titan is the only moon known to have a considerable atmosphere and, aside from Earth, is the only planetary body in the solar system with liquid rivers and lakes on the surface.

Titan will be visited by a NASA probe, Dragonfly, in 2034. The drone will fly through the moon's thick atmosphere and visit an impact crater formed tens of thousands of years ago, where scientists believe they might find ingredients for life.

# Beat By A Bird

Parrots can do more than mimic words. At least one of them can beat humans in a classic memory game. The *LiveScience* website reports that an African gray parrot named Griffin defeated 21 Harvard students in the so-called 'shell game'. The game involves placing an object underneath one of three plastic cups, which are then moved quickly around. The goal is to keep track of which cup the object is under.

In the experiment, Griffin beat the 21 undergraduates in 12 of 14 games. Researchers note that he may not be average for a parrot, though. He's 22 years old, and has been the subject of numerous cognitive and communication studies since the age of seven and a half weeks. His owner, a Harvard psychologist, has also taught him how to pronounce about 30 words and understand at least 40, including the names of colors.

## 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**

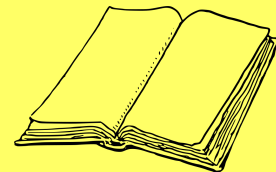
## Note This

Embrace your fears this Halloween season. Be bold and tackle an issue you have been too afraid to write about. You might be surprised at how easily the words flow out of you once you figure out the best way for you to journal your thoughts.

**A Notebook:** Some of us feel safest when using familiar tools, like a plainly lined notebook that could be used for any school class. Choose a color that feels right, pick up a pack of pens or pencils you can comfortably grip and get to writing.

**A Journal:** High end journals can be pricey but beautiful, and if the cover and heft of the book make you smile with every opening, then it is money well spent. From leather bound to organic paper, options abound.

**An Online Application:** If you have everything set up so it is *just* right at your workspace, then consider using an online journal application and typing out your most personal thoughts in a password protected program. Or, set up a personal email address and simply email yourself a daily letter.



# White Cane Safety Day

Did you know? Former American President Lyndon B. Johnson proclaimed October 15th *White Cane Safety Day* a national holiday in 1964. White Cane Safety Day commemorates the accomplishments of the blind or visually impaired. Independence is represented by a white cane, a vital tool that helps visually impaired individuals navigate the world.

According to the *National Federation of the Blind*, the white cane helps people reach out farther to effectively assess a situation several steps in advance, find steps and curbs, locate and step over cracks or uneven places in the sidewalk, find doorways, get into cars and buses, and much more.

---

## Pumpkin Dip

Pumpkins and corn— those two ubiquitous fall sights seem to make everyone smile. While pumpkin spice can be found in plenty of sweet treats this time of year, here is a unique recipe for a spicy pumpkin hummus dip, modified from a *FoodNetwork* recipe.

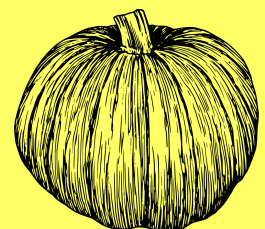
### You will need:

1 1/2 cups canned pumpkin puree (Make sure it isn't pie filling)  
1 1/2 cups canned chickpeas  
3 tablespoons tahini (sesame paste)  
2 tablespoons lemon juice  
2 tablespoons olive oil  
1 teaspoon cayenne  
1 teaspoon ground cumin  
1 clove garlic, minced  
Salt

### To make:

- Drain and rinse the chickpeas, then dump them in a large mixing bowl.
- Add the pumpkin, tahini, lemon juice, olive oil and garlic, and mix well.
- Mix in the cayenne pepper and cumin, then add salt to taste.

**Enjoy** with crackers or a platter of fresh vegetables to dip.  
You can serve this spicy dip as an appetizer or as a satisfying snack on a cool afternoon.



# Breathe and Focus

Meditation has many health benefits and is a highly effective way to relieve stress and maintain a healthier lifestyle. With practice, meditation becomes more of an easy habit to maintain and more of an effective one as well, given that it builds resilience to stress over time.

Here is a basic process to get you started from the *verywellmind* website:

**Step 1: Get Into a Comfortable Position.** Choose where and how you'll sit. Many people like to sit in a comfortable chair while others prefer to sit cross-legged on the ground. You want to be able to completely relax while still staying awake, which is easier to do if your back is straight. A straight back will also prevent soreness during longer meditations.

**Step 2: Gently close your eyes.**

Become aware of your breath, attuning to the sensation of air moving in and out of your body as you breathe. Feel your belly rise and fall as air enters your nostrils and leaves your mouth. Pay attention to the way each breath changes and is different.

**Step 3: Put your thoughts aside.**

While you can't control your thoughts, you can control how much power they have over you. This doesn't mean you should ignore or suppress them, but simply remain calm, note them, and then use your breathing to bring you back to the moment. Learning to do this during your meditation practice can help you to let things go in the rest of your life as well.

**Step 4: Keep going.**

That's it, really! Keep putting aside any thoughts that may pop into your mind. The quiet spaces between thoughts will become longer and more frequent the longer you practice.

---

## A Few Tips to Help You Get Started:

- *Set goals for personal growth and give yourself time to learn.*
- *Begin with five minutes and use a timer to avoid watching the clock.*
- *Try different techniques until you find yours.*



# 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 or call me at (303) 588-7000 and I'll get them to you right away.

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

# JimsJournal.net - Your Home News

Jim Urban  
Urban Companies Real Estate  
225 Union Blvd Suite 150  
Lakewood, CO 80228

## **Go Green: Recycle This Newsletter!**

After you've enjoyed my  
newsletter, please  
recycle it by passing it  
along to a family  
member, friend,  
neighbor or coworker.

This newsletter is intended for entertainment purposes only. Credit is given to the authors of articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft.

Copyright 2020 Jim Urban, Urban Companies Real Estate

This information is solely advisory, and should not be substituted for medical, legal, financial or tax advice. Any and all decisions and actions must be done through the advice and counsel of a qualified physician, attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper medical, financial, legal or tax advice.