

JimsJournal.net - Your Home News

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February 2021

Month of Love

Dear Friend,

This year already feels like it's off to a quick start. I hope you've had a moment to sit down and rest! This month's newsletter has some fun items you can read and enjoy in your downtime, including a recipe you can use to impress your Valentine. Put on some good music, dance around the kitchen, and enjoy a toasty evening at home.

With so much mulling over the topics of growth and personal development, you might want to devote a little time to your life space. Maybe that kitchen could use a redo, now that you're cooking at home more, or maybe you'd like some more light in your home office?

If you've decided it's time to buy or sell, please reach out so we can share ideas and make sure your house is a home. Until then, stay cozy and warm throughout this chilly month of joy.

Jim Urban

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Stay Sharp

Once upon a time, a young chef was hired to work at a high-end restaurant. The job was entry level, prepping vegetables, but it was the first step in his chosen career and he was determined to do his best.

The first day, he gracefully sliced up ten catering pans of potatoes, all perfectly cut to the same size and shape.

“Excellent work!” the sous chef said as he passed the pans to the saucier.

On the second day, he jumped into work as he had the day before, but he only cut nine pans of potatoes.

Determined to make up for the slower second day on the job, he tried to outdo himself on the third day, but he somehow sliced up only seven pans of potatoes.

He stopped by the sous chef’s station on his way out and apologized and honestly claimed he did not understand what was going on.

“When was the last time you sharpened your knives?” the older chef asked.

“Sharpen?” the young man asked.

“I had no time to hone my knives. I have been too busy trying to cut potatoes.”

The moral of the story: Sometimes working hard alone is not enough to achieve success. You have to work smarter, too!



Fun Day Monday Jan 2021

The chocolate river in the movie Willy Wonka and the Chocolate Factory was really made of what?

C. Chocolate

Congratulations to Greg & Tina Morris who won a \$25 donation to a charity of their choice.

Reset

If you’re finding it hard to tap into your creative center, multitasking might be to blame. It can be hard to segment different tasks if you’re working from home, so be sure to carve out time to do absolutely nothing. That “nothing” time is high-quality reset time! Whether you only have a few minutes or a full hour, take a walk, journal, meditate, or focus on a creative practice.

Think of it this way: If you’re learning to play the guitar or taking ballroom dance lessons, you would commit to a specific amount of time for instruction and for practice. You wouldn’t be making phone calls or writing a report or doing chores during this time. The same is true for times when you are engaged in any creative endeavors, or just need space to think freely.

Senior Outreach

We worry about our children and other youngsters in our lives, but that doesn't mean we should forget our older loved ones. Many are isolated for safety, as the pandemic is of particular concern to older adults. The resulting potential loneliness can lead to depression and other health problems. Here's what *NPR* recommends to keep their spirits up:

- **Stay in touch.** Call as often as possible. Talk about what you're doing, what makes you happy or sad, and what they're up to. Ask for their advice so they remember they are valued.

- **Have a virtual dinner.** Schedule a shared meal via Zoom or another app that allows you to virtually gather. Cooking and eating together, or watching TV together from different houses, can create a feeling of togetherness despite being in different locations.

- **Connect to their interests.** Find out what they like to do and share that hobby with them. If an older loved one with fading eyesight likes reading, offer to read a book aloud. You can also arrange for audio books that they can access and enjoy at any time.

- **Ask for help.** Just because people are older doesn't mean they're helpless. Often they have useful skills acquired over a lifetime. Ask for favorite recipes. Encourage them to pass down a skill to the next generation.

Need to find a business who gives Exceptional Service?

Jim can help with his 5 Star Referral Center. To see the businesses Jim refers to his family, friends & clients

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And enter the type of business you need in the search engine.

Farming on Mars

Future Martian colonists may have a tough time growing crops to eat, the *Science News* website reports.

Scientists recently tried planting lettuce and a weed, *arabidopsis thaliana*, in three kinds of Martian-type dirt. One type was made of material from Hawaii and another type from the Mojave Desert - both resemble the kind of dirt found on Mars. The third was created from volcanic rock, clays, salts and other chemicals observed by NASA's Curiosity rover.

The lettuce and the weed both grew in the natural Martian-like soils under controlled lighting and temperature conditions when fertilized with a cocktail of nitrogen, potassium, calcium and other nutrients; but failed in artificial dirt. The reason: Terran soil contains microbes and organic material that helps plants grow, but the dirt of Mars is composed of crushed rock and nothing more, meaning that potential Martian colonists will have to put a lot of work into transforming it into soil that will sustain plant growth.

Zooming to Success

As working from home becomes the norm, encouraging employees to participate actively in online meetings isn't always easy. The secret is providing the kind of leadership that's crucial to getting everyone to join in. Consider these tips:

- Break larger meetings into smaller ones with a focused topic. Assign each group a topic to discuss, then have one person serve as spokesperson in a larger meeting to keep things streamlined.
- Open with a very safe agenda topic. Stay away from problematic issues until people are warmed up and ready to speak freely.
- Don't change gears too suddenly. You can't turn discussions on and off instantly. Don't get everyone talking, then silence them for a long speech in the middle of the meeting, as discussion isn't likely to quickly start up again. By the same token, don't wait until you really need participation before encouraging it. Provide breaks and clear transitions, so employees know what to do.
- Use the right language. "Meeting" can sound dull and passive. Call it a "working session" or a seminar. Think of and refer to people in the room as participants, not employees or audience members.

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
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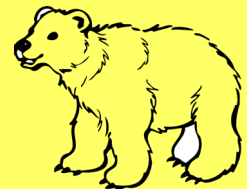
Bear With the Joke

A bear walked into an ice cream parlor, handed a \$10 bill to the clerk, and asked for a hot fudge sundae.

Though the clerk thought this scenario was completely surreal, he also wondered if the bear truly knew the value of money or if he was simply mimicking human behavior. To test out this theory, he handed over a \$1 bill as change when he served the bear his ice cream.

"You know, we don't get many bears around here buying sundaes," said the clerk.

"Ya think?" replied the bear. *"Since when do sundaes cost \$9?"*



Playing Double Time

What could you achieve if you didn't place any limitations on yourself? Jazz pianist Art Tatum— called “the eighth wonder of the world” by Count Basie— is a perfect example of a man who knew no boundaries.

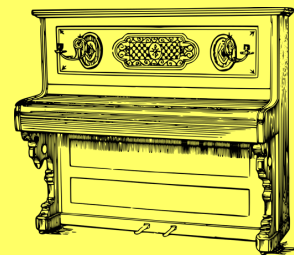
Though blind, Tatum expressed an interest in the piano as a youngster. He listened to the musical stylings of Fats Waller and Lee Sims on the radio for hours, hoping that someday he would be able to perform as well as they did. Of course, that meant he'd have to learn to play, but unfortunately, like many families in the 1920s, his had few resources to spend on music lessons.

As Tatum neared adolescence, he devised his own method for learning the instrument. He persuaded friends to escort him to a jazz club, where he was given permission to sit at the player piano.

As the music played, Tatum kept his fingers hovering lightly over the falling keys, feeling his way through the songs. He practiced late into the night, as often as he could, in spite of his age, his schoolwork, and his part-time job.

Learning to play piano in this manner was difficult, but not just because he was blind. What Tatum didn't realize was that player piano rolls of that era were the result of two pianists playing together. He was learning to play with two hands what normally took four. As a result, he developed an incredible dexterity that enabled him to master the piano. Art Tatum's strong will overshadowed any real or imagined challenges that could have prevented him from learning to play the piano.

At the age of 17, Tatum began playing professionally in a career that spanned decades. What began as a desire to sound like Fats Waller developed into a four-handed playing style that would astonish Waller and fellow musicians throughout the 20th century.



Don't Forget

February is National Time Management Month. Set up each day from the start by planning ahead in the way that works best for you. When you reach a good stopping point around midday, do a quick audit to assess whether you're using your time wisely. Come up with a plan to ensure everything you do is moving you in the direction of your goals, and limit the distractions that have popped up since morning so you can finish the day strong and end with every to-do item crossed off your list.

Spice Up Valentine's Day

Did you know? Turmeric, a key ingredient in curry, is known for anti-inflammatory and antioxidant powers that might enhance the body's natural immune system.

Although it has acquired something of a hipster reputation, the first curry recipe was actually published in a British cookbook in 1747. Here's a modern, delicate vegan version you can make for your Valentine:

Ingredients:

- 4 cloves garlic, minced
- 1 tablespoon grated, fresh ginger
- 1 teaspoon fresh turmeric, grated (or ½ teaspoon ground turmeric)
- 1– 2 tablespoons olive oil
- 1 extra large tomato, finely diced, with juices
- 13.5 ounces coconut milk
- 1 tablespoon lime juice
- 1 teaspoon brown sugar
- ½ teaspoon salt, more to taste
- ¼ teaspoon cayenne, more to taste
- fresh cracked pepper

Prepare the yummy sauce:

Sauté the garlic and ginger in olive oil over medium heat, until just golden, stirring often to prevent scorching. Add the turmeric and sauté one more minute.

Add the diced tomato and sauté until most of the juices evaporate, about 5-8 minutes. Stir in the coconut milk, lime, brown sugar, salt, cayenne and pepper. Add a pinch of salt to taste. Bring the curry to a simmer, then turn off heat until ready to serve over rice or vegetables.



"Love doesn't make the world go round. Love is what makes the ride worthwhile."

~ Franklin P. Jones



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!**

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people you care about.

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