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March 2023

Spring Into Action

Dear Friend,

As the days get longer and temperatures rise, it's only natural to want to freshen up – both your home and your life! This March newsletter offers plenty of ways for you to do just that!

Inside you'll find:

- Tips on exercising when feeling under-the-weather
- A recipe featuring delicious, yet unexpected ingredients
- An intriguing story about the start of Facebook Marketplace
- Important dates in March

So don't be shy: take this chance at the start of springtime to spruce things up inside & out in preparation for a summer full of fun family outings beneath glorious sunshine! And if those plans lead you to buy or sell property along the way – I would be honored to offer my help.

Happy Spring,
Jim Urban

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Reacting And Responding

At a restaurant, a June bug suddenly landed on a lady and frightened her. With a panic-stricken face and trembling voice, she started jumping desperately, trying to shoo the bug.

Her reaction was contagious and everyone in her group also got panicky. Then the June bug flew away and landed on another lady in the group.

Now it was the second lady's turn to continue

the drama. The waiter rushed forward to her rescue. In the relay of throwing it back and forth, the June bug fell on the waiter, who stood firm, composed himself and observed the behavior of the bug on his shirt.

Confidently, he grabbed it with his fingers and threw it out of the restaurant.

While I sipped my coffee and watched with amusement, I wondered if the June bug was responsible for their frantic behavior.

If so, then why was the waiter not disturbed? He handled it near to perfection without any chaos. It is not the bug, but the inability of the ladies to handle the disturbance caused by the bug that disturbed the ladies.

When faced with an unexpected bug, the women instinctively reacted while the waiter wisely responded. Reactions can be emotional and uncontrolled, but by responding instead of reacting, we allow ourselves a chance to consider our decisions carefully.

In that moment, I understood that I should not react in life. Instead, I should always respond.

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buttons: "I'm looking For My Next
Home" or "What is My Current
Home Worth?"

What Happens After Mardi Gras?

Every year, the streets of New Orleans come alive with a flurry of color and sound. As part of Mardi Gras celebrations on Fat Tuesday this March 1, revelers can expect to be showered in all sorts of trinkets from parades - some are highly prized collectibles amongst wild merrymakers... others? Not so much!

In fact, about 40 tons of beads must be pulled out of storm drains in New Orleans each year, and that's just the start of the cleanup.

In 2019, garbage trucks collected more than 1,300 tons—or 2.6 million pounds— of trash. In 2021, because of the pandemic, Mardi Gras parades were canceled.

Although the streets were cleaner and the city was quieter, people still held parties, resulting in widespread COVID-19 infections.

Meanwhile, the industries that grew up around Mardi Gras were quietly shrinking. According to some sources, millions of pounds of beads had to be stored in warehouses, causing losses of \$30 million to \$40 million in 2021.

4 Things To Know Before Buying An Induction Cooktop

Traditionally, gas ranges have been the first choice for dedicated home cooks, but that's likely to change.

Induction cooking is gaining steam, and according to *Forbes*, it will overtake gas and electric ranges and cooktops within a couple of decades.

But before you switch to induction, there are a few important things you should know.

1. Induction stoves are more expensive to purchase than gas or electric. The higher price often pays off in the long run, though, because induction models use about 10 percent less energy. Induction cookings saves time, too, because cookware heats faster and more evenly.

2. You might need new cookware. Induction works by activating iron particles to create heat, which limits users to stainless steel or cast iron. Copper, glass or aluminum cookware will stay stone cold.

3. Induction is safer than gas or electric. If safety is a concern—think small children or curious pets—then induction might be a good pick because only the cookware becomes hot, meaning there are no open flames and the cooktop remains cool to the touch.

4. Induction takes time to master. Induction burners require precise placement of the cookware to activate the heating element, and shorter cooking times require you to adjust your usual routines.

5. The use of induction stoves may help reduce air pollutants and release less hot air into the kitchen.

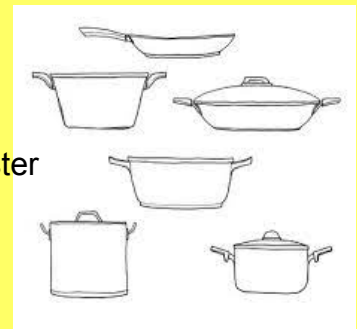
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The Future of Organ Transplants?

Surgeons at the University of Alabama at Birmingham have successfully transplanted kidneys from a genetically modified pig into the abdomen of a 57-year-old man, who was clinically brain dead.

According to the *New York Times*, the kidneys functioned well without signs of rejection. The landmark procedure occurred just weeks after University of Maryland surgeons completed a successful pig-to-human heart transplant.

Researchers believe that organs grown in genetically modified animals could potentially save countless lives. In the United States alone, more than a dozen people die every day while waiting for a kidney transplant.

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How Facebook Marketplace Got Started

Some of the biggest moves in the business world fly under the radar but can still have a massive impact on organizations and society at large. While such celebrity CEOs as Elon Musk make international headlines, Deb Liu never graced the front page for launching Facebook Marketplace.

Regardless, her efforts changed the way many people buy and sell. Interestingly, Liu first pitched integrating commerce into Facebook during a job interview in 2009. Liu landed a role at Facebook, but the commerce idea initially failed to gain much traction.

Nevertheless, she persisted, and the project slowly snowballed. Meanwhile, Liu helped set up the company's Credits program, which people can use to play video games. She also worked on the Facebook Platform, which enables developers to use Facebook data to build applications and services.

Ultimately, Liu approached her time at Facebook with the mindset of an entrepreneur. She continued to pursue her vision for integrating commerce and Facebook Marketplace launched in 2016. The rest is history. Facebook Marketplace drummed up \$26 billion in revenue in 2021 and Meta says that a billion shoppers a month use the platform. These days, folks use Facebook Marketplace to run virtual garage sales or even to remove vehicles from their garage.

Easy, Heart-Healthy Sardine Avocado Toast

The humble-tinned sardine has never gotten a fair shake. Tender and a little salty, these tiny members of the herring family typically lack any unpleasant fishy odor or taste, and they are packed with heart- healthy omega-3 fatty acids, vitamin B-12, calcium and other beneficial minerals. The American Heart Association recommends eating oily fish twice a week; and tinned fish, such as sardines, are an easy, inexpensive and shelf-stable choice. Combined with heart-healthy avocado and a fried or poached egg, sardine avocado toast is filling and delicious.

Ingredients:

4 slices sturdy bread

1 large ripe avocado

4 large eggs

1 tin sardines (smoked sardines in olive oil is recommended)

1 teaspoon lemon juice

Salt and pepper to taste

Pinch garlic powder

Balsamic vinegar

Peel and mash the avocado. Add lemon juice and garlic powder, and season to taste with salt and pepper. Set aside, then remove sardine fillets from the oil—about two fillets per slice, depending on the size of the fillets. With a fork, break the fillets into chunks and discard any stray pin bones. Set aside and toast the bread. While your bread toasts, drizzle oil into a skillet and place over medium-high heat until the oil shimmers. Fry eggs to desired doneness (or poach in them boiling water if you prefer a healthier version.)

To serve, spread each slice of toasted bread with mashed avocado and top it with your desired quantity of sardines. Lay the egg on top and drizzle with balsamic vinegar. Add more salt and pepper, if desired, and serve.

Jokes for Spring

What can you find in the middle of April and March, but not at the beginning or end of either? – *The letter R!*

What is a flower's favorite kind of pickle? – *A daffo-dill.*

What did the gardener do after she retired? – *Not mulch.*

Does February march? – *No, but April may!*

March RoundUp

International Women's Day, March 8: A day to celebrate women and women's rights worldwide.

St. Patrick's Day, March 17: A global celebration of the Irish culture. Don't forget to wear green! *Pinch*

Spring Equinox, March 20: This day marks the beginning of Spring. Wahoo!

National Mom and Pop Shop Owners Day, March 29: Our economy could not run without mom-and-pop businesses. Head to your favorite small business and thank them with a purchase.

National Doctors Day, March 30: This is an annual observance dedicated to physicians who enrich and save lives. Why not call or text your doctor and thank them for all they do?

Exercising While Sick: Dos And Don'ts

Regular exercise is a healthy choice for most people—and a great way to shake off winter gloom. But when common winter illnesses hit, sometimes the healthiest choice is to stay home and rest. Here are some basic tips to help exercisers know when to grab their shoes and when to head back to bed.

DO the neck check. "If all of your symptoms are above your neck, such as a stuffy nose or mild headache, then it's probably fine to exercise," said Thomas Weidner, professor of athletic training at Ball State University, in an interview with the *New York Times*. Multiple studies have shown that exercise does not worsen cold symptoms or lengthen the cold.

DON'T hit the gym if you have any symptoms below the neck, including hacking coughs, nausea, upset stomach, fatigue or body aches. Stay home instead and rest.

DO take it easy. According to *health.com*, strongly consider minimizing the intensity if you're used to high-impact workouts. A 20-minute walk is a good choice if you're under the weather, and it could alleviate your cold symptoms.

DON'T power through a fever or worsening symptoms. You should be fever-free for at least 24 hours before you exercise again. If you feel worse during your workouts, then recognize that as a sign from your body that you need to rest.



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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