

NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

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June 2023

Summer Fun

Dear Friend,

I am excited to once again present to you my monthly newsletter, filled with fun puns, fascinating insights about the world around us, and a delicious salad recipe to help you beat the summer heat.

Whether you're lounging on a beach or battling it out in the concrete jungle, this newsletter is sure to brighten up your day.

Grab a refreshing glass of lemonade, sit back, and enjoy this newsletter. Before I sign off, I want to take a moment to send some good vibes your way. I hope this letter brings you joy and serves as a reminder that I am always here for you. Whether you need help buying or selling a home or just want to bounce some ideas around, I am a mere call, text or email away.

Thank you for your continued support and loyalty, and let's stay connected!.

Jim Urban

INSIDE THIS ISSUE

- For Dad To See
- Unexpected Fungus
- Water Vapor On The Moon
- Morning Fog
- June Roundup
- Summer Exercise Doesn't Have To Be A Drag
- Do Your Plants Get Along?
- The Perfect Summer Salad
- Little Funnies

For Dad To See

Michael 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.

Although a few people thought it was strange that Michael signed up every year to play, the coach saw his diligence and dedication, and always found a slot for him on the roster.

While in college, Michael received the tragic news that his father had passed away. At practice that afternoon, Michael told the coach about his father's death and asked him, "Would it be all right if I miss practice today?"

The coach gently put his arm around his shoulder and said, "Take the rest of the week off, son, and don't even plan to come to the game on Saturday."

That Saturday, the team was losing in the first quarter when the coach and players saw Michael coming toward them. The coach decided instantly to put him in the game.

As soon as Michael took the field, his team caught up, and by halftime, the game was tied. However, the real cheer came when he intercepted a pass for the winning touchdown. His entire team congratulated him on the win.

After the game, the coach approached Michael, who was seated alone in the corner of the locker room, 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, forced a smile and said, "Dad always 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!"

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

Unexpected Fungus

Did you know that the largest living organism in the world is not a whale or an elephant, but actually a fungus? The *Armillaria ostoyae*, also known as the "humongous fungus," covers an area of 2,200 acres in Oregon's Malheur National Forest and is estimated to be about 2,400 years old.

This giant fungus, which primarily lives underground, is made up of a network of thread-like structures called mycelium that can spread over long distances and absorb nutrients from trees and other plants.

It's an incredible example of the diversity and complexity of life on our planet.



Water Vapor On The Moon

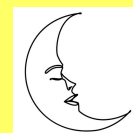
Scientists have found evidence of water vapor on the moon, which was discovered by using data from NASA's Stratospheric Observatory for Infrared Astronomy (SOFIA).

By using its infrared telescope, SOFIA detected water molecules in the moon's Clavius Crater, in concentrations of 100 to 412 parts per million.

This evidence suggests that water might be more widespread on the moon than previously thought.

The presence of water on the moon is significant because it is a crucial resource for space exploration and can be used to create fuel and sustain human life. The discovery, which raises new questions about how the water got there, is a breakthrough in our understanding of the moon's resources and its potential as a destination for future space exploration.

This finding could lead to new opportunities for scientific research and to the development of new technologies that can make space exploration more sustainable and cost-effective.



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Morning Fog

Did you know that your brain needs time to fully wake up after you've been sleeping?

Researchers at the University of Colorado at Boulder have found that the groggy feeling we experience in the morning, called sleep inertia, can be just as impairing as being intoxicated!

This mental fog can last anywhere from a few minutes to an hour, depending on the person. So, if you're planning to operate machinery or maneuver through heavy traffic, it's best to wait at least one hour after waking up to do these activities to ensure you're alert and ready to go. Safety first, folks!

June Roundup

World Environment Day, June 5: This day is to raise awareness and promote actions toward protecting the environment.

National Running Day, June 7: A day designated as a way for runners to reaffirm their passion for running and encourage beginners to make a life-changing commitment to running.

Father's Day, June 18: This day honors fathers and father figures for their contribution to their families.

Juneteenth, June 19: "Freedom Day" is the oldest nationally celebrated commemoration of the abolition of slavery in the US.

Summer Solstice, June 21: This day marks the longest day of the year in the Northern Hemisphere and the official start of summer. Surf's up!

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See Page 7

Summer Exercise Doesn't Have To Be A Drag

Want to work out but feel too tired due to the summer heat? Try these tips before you begin your workout to help you stay motivated!

Choose the right time of day. Try to exercise early in the morning or late in the evening, when it's cooler and more comfortable.

Stay hydrated. Drink plenty of water before, during and after your workout to prevent dehydration and keep your body functioning optimally.

Wear appropriate clothing. Choose lightweight, breathable clothing that will keep you cool and comfortable during your workout.

Find a workout buddy. Exercising with a friend or family member can help you stay motivated and accountable, and make your workouts more enjoyable.

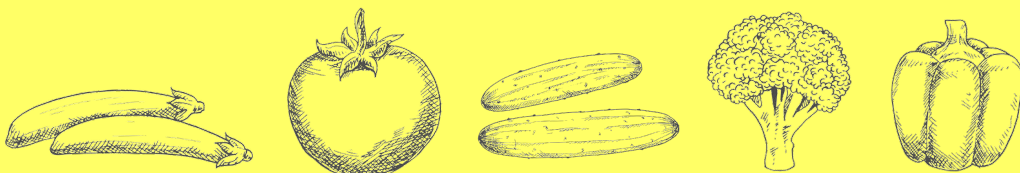
Mix it up. To maintain your interest and prevent boredom, try different types of exercises, such as swimming, rollerskating, biking or yoga.

Do Your Plants Get Along?

Possessing even limited knowledge about companion planting can go a long way in ensuring you have a productive and harmonious garden, because not all plants are compatible. Here are some combinations of plants to avoid in your garden:

1. Beans can hinder growth for plants in the onion and cabbage families, including broccoli, cauliflower, kale, chives and garlic.
2. Carrots and some herbs attract the same pests and can easily become overrun. Try growing your carrots alongside legumes and nightshades, such as tomatoes or peppers.
3. Kale and other vegetables from the cabbage family can stunt tomato growth. Plant kale with fragrant companion plants, such as mint or rosemary, to repel pests.
4. Asparagus and onions compete for the same resources. To avoid this, consider growing your asparagus alongside parsley or basil.
5. Rosemary is great for pollination but can release chemicals that limit or prevent the growth of cucumbers. Keep these two at a distance from each other.
6. Corn and tomatoes attract the same pests and compete for resources. However, corn and melons thrive together.
7. Lettuce won't grow well alongside onions or garlic, but can flourish with cabbage or broccoli.
8. Cauliflower grows poorly next to strawberries and prefers the companionship of onions and herbs.
9. Spinach can't compete with aggressive potato plants, but grows well with peas and strawberries.

By avoiding these plant combinations, you can ensure a bountiful harvest and a flourishing garden.



The Perfect Summer Salad

Ingredients:

4 cups cubed seedless watermelon

1/4 cup chopped fresh mint leaves

1/4 cup crumbled feta cheese

1 tbsp honey Juice of 1 lime



Instructions:

In a large bowl, combine the cubed watermelon and chopped mint leaves. In a small bowl, whisk together the honey and lime juice.

Pour the honey-lime dressing over the watermelon and mint and toss gently to combine. Sprinkle the crumbled feta cheese over the top of the salad.

Serve chilled.

This colorful and flavorful salad is not only delicious, but it is also packed with nutrients. Watermelon is low in calories and high in vitamins A and C. Mint is known for its digestive properties. Feta cheese adds a bit of protein and calcium to the dish.

Enjoy this refreshing summer salad as a light and healthy snack or side dish at your next summer BBQ.

Little Funnies

I'm a big fan of whiteboards. I find them quite remarkable.

Acupuncture is a jab well done.

I like what farmers wear, overall.

A boiled egg is hard to beat.

Once you've seen one shopping center, you've seen a mall.

She tried to make a chemistry joke but got no reaction.





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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people you care about.

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

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