

Jim's Journal.net - Your Home News

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Embracing Adventure

Dear Friend,

Every day brings fresh opportunities for me to create, connect and celebrate. As I navigate through life, I am continually fueled by an unshakeable spirit of adventure.

This edition of our newsletter is a testament to that spirit. I've gathered stories that inspire and uplift, from cultivating a stronger sense of self to the unexpected, yet delightful, rise of dogs on social media.

And while we're journeying together, remember that I'm here to guide you through one of the most-significant adventures—the journey of buying or selling a home. The real estate market, I find, is as dynamic and full of opportunity as ever. I am always here and ready to provide support and guidance.

So, find that perfect spot to settle in with this newsletter, enjoy the read and when you're ready, let's embark on a real estate adventure together!

Jim Urban

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A Tale Of Artistic Awakening

Ethan, stuck in a boring job in a busy city, longed for something more exciting. One day he noticed colorful murals around town and felt a spark of inspiration within him.

Driven by curiosity, Ethan went on a quest to find the mysterious artist behind these captivating artworks.

That's when he met Luna, a fascinating painter with a passion that seemed out of this world. Luna became Ethan's mentor, teaching him to embrace his own creativity and imagination.

Working together, they used their collaborative murals to transform neglected parts of the city into vibrant spaces. Their art, carrying messages of hope and self-discovery, quickly gained attention and inspired others to pursue their artistic dreams and challenge societal norms.

As Ethan's fame grew, he underwent a personal transformation. Street art became Ethan's escape from conformity, leading him to discover his purpose and true happiness.

In the heart of the city, Ethan and Luna proudly stood side by side, their murals serving as testaments to the transformative power of art. Their story spread throughout the streets, encouraging people to embrace their passions and use their creativity to light up the world.

Ethan and Luna revealed the universal truth that art has the extraordinary capacity to awaken hearts, shatter boundaries, and bring positive change to the lives of all who embrace it with passion and perseverance.

Need to get Straight Advice on How to Sell a Home in This Market? or Want to Know How Jim can Negotiate for You Like a "Pit-Bull" When You Find Your Dream Home?

Just go to:

MyHomeValueNow.com

Then click on one of the two buttons: "I'm looking For My Next Home" or "What is My Current Home Worth?"

Unveiling The Benefits Of Vitamin B12

Although often overlooked, vitamin B12 is an essential vitamin that plays a vital role in maintaining optimal health, supporting various bodily functions and promoting overall well-being.

- Crucial for red blood cell production, B12 minimizes fatigue and prevents anemia, while also boosting energy levels, enhancing vitality, and combating feelings of tiredness.
- B12 supports neurological function by aiding in the production of myelin, which protects nerve fibers and ensures smooth nerve transmission, thereby improving cognition, memory and brain health.
- By regulating homocysteine levels, B12 effectively reduces the risk of cardiovascular issues and supports a healthy heart.

For those who follow plant-based diets or with limited meat intake, B12 supplementation or fortified foods can help meet the body's requirements.

September Roundup

Labor Day, Sept. 4: This U.S. holiday honors the contributions and achievements of workers and is often celebrated with parades and gatherings.

National Read A Book Day, Sept. 6: This day encourages us to silence the noise and turn the pages for a while.

Autumn Equinox, Sept. 22: This natural phenomenon marks the beginning of the fall season. Time for pumpkin spice everything!

National Pancake Day: Sept. 26: Whichever style of pancake you prefer, get ready to enjoy a stack of them on this day!

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

Just Go To:

Denver5StarReferralCenter.com

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

The Water-Salt-Potassium Connection

Maintaining hydration is essential for a healthy lifestyle, though not necessarily requiring the frequently recommended eight daily glasses of water. The Institute of Medicine (IOM) confirms that most people typically fulfill their hydration needs through food and beverage consumption.

While caffeinated drinks do contribute to fluid intake, excessive sodium intake poses a problem as many individuals often consume two to three times the recommended daily limits. Similarly, insufficient potassium, which is an important nutrient found in various foods, can lead to health issues.

An article from *HealthNews* highlights the importance of balancing salt intake and ensuring an adequate intake of potassium. An imbalance between excessive salt and inadequate potassium can result in high blood pressure.

Therefore, adjusting fluid intake during physical activity and hot weather, moderating salt consumption, and ensuring sufficient potassium intake are crucial factors for maintaining effective hydration.



Lighter Hair For Summer, Naturally

If you're looking to lighten your hair naturally, then here is a tip to achieve a sun-kissed look. Many people have tried lemon juice, but have you ever tried tea? Chamomile tea, that is.

Start by brewing a strong cup of chamomile tea, and once it has cooled down, use it as a rinse after shampooing your hair. This will help impart a natural lightening effect. For subtle highlights, you can also apply honey to your hair and leave it on for an hour before rinsing it out.

Finally, spend time outdoors, because exposure to sunlight can naturally lighten hair. But remember to take care of your hair by keeping it hydrated and protected from damage.

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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Social Media Canine Stars

It's not just teenagers with purple hair and nose piercings who are dominating social media as influencers these days; dogs have joined the ranks as well!

Gone are the days of TV shows like Lassie. Now, we have Instagram pages with more viewers than some network television shows. Even tiny Pomeranians with bear-like appearances have become huge stars. Jiffpom, with his adorable face and cute outfits, has amassed an impressive following of 10 million people. Boo, the beloved Pom, was once the most famous, boasting 15 million Facebook fans. Although Boo has passed away, his images continue to define cuteness for the world.

Talking dogs have also captured the attention of millions. Mishka, the talking husky, became a sensation with her ability to say "I love you." Despite her passing in 2017, her videos still receive significant views on YouTube. Lifestyle dogs have their own dedicated following as well. Take Maddie, the camping dog who canoes and swims, who has 1.3 million Instagram followers.

Even dogs with unusual appearances can make a splash on social media. Tuna, with his serious overbite, has gained a massive following of 2.1 million on Instagram and provides travel tips for fellow dog owners. But don't be fooled, there's big money involved too. Popular dog posts can generate anywhere from \$1,000 to \$10,000 per post, highlighting the lucrative nature of this industry. WOOF!

Cultivate A Stronger Sense Of Self

Imagine the profound impact on your life if self-discipline were practiced universally. Unfortunately, many of us only display discipline in certain areas or sporadically throughout our lives.

Self-discipline, as described by motivational coach Michael Janke, is the ability to govern one's behavior based on principles, persistence, and sound judgment, rather than succumbing to desire or seeking social acceptance. An essential aspect of self-discipline is the capacity to say "no" to oneself, effectively managing our desires and impulses. This can be particularly challenging in a society driven by instant gratification. However, by practicing self-discipline, we can enhance our sense of self-worth and strengthen our character.

Developing self-discipline requires consistent effort and strategic planning. Simply wishing for it is not enough. It is an ongoing process that demands commitment and dedication.

Here are some steps to guide you toward achieving increased self-discipline:

Identify aspects requiring change: Assess your life for areas where you feel dissatisfaction or a need for improvement.

Document past hurdles: Note challenges and roadblocks you've faced in previous attempts at changes.

Outline motivations: Understand and list the "why" factors driving your desired changes, which can serve as a motivational push.

Contemplate a supportive attitude: Envision the potential benefits and transformative impact of adopting changes with a positive mindset.

Approaching this journey with a mindset of self-deprivation can make the process more difficult. Psychotherapist Carol Juergensen Sheets emphasizes the importance of cultivating enthusiasm for the positive changes that arise from practicing self-discipline.

Unleash your potential through self-discipline. Embark on a transformative journey toward personal growth, success, and fulfillment. Start today for a rewarding future.

Watermelon Pizza For Kids

Ingredients:

1 small watermelon

1 cup Greek yogurt (or dairy-free alternative)

Assorted fresh fruits (such as berries, kiwi, pineapple and mango)

Fresh mint leaves

Honey (optional)

Instructions:

- Slice the watermelon into round pizza-like slices, about 1-inch thick.
- Lay the watermelon slices on a serving platter or a large plate.
- Spread Greek yogurt evenly over each watermelon slice, leaving a small border around the edges.
- Wash and prepare the assorted fresh fruits. Cut them into bite-sized pieces or into decorative shapes, as desired.
- Arrange the fresh fruits on top of the yogurt layer, creating a vibrant and colorful display.
- Garnish with fresh mint leaves, scattering them over the fruit toppings.
- Drizzle a small amount of honey over the watermelon pizza, if desired, for added sweetness.

Serve immediately and enjoy this refreshing and healthy warm-weather treat!

"Creativity is the power to connect the seemingly unconnected, to bridge gaps, and to find beauty in unexpected places. It is the expression of our innermost desires, thoughts, and emotions, woven into the fabric of our existence.

It is the courage to break free from conformity, to challenge the status quo, and to bring forth new ideas that shape the course of history.

Creativity is the language of the soul, the driving force behind innovation, and the key to unlocking limitless possibilities.

So, dare to be different, embrace your unique perspective, and let your creativity be the guiding light that illuminates the world." - Maya Angelou



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 –
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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.

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