

## *Jim'sJournal.net - Your Home News*

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February 2024

### Love Is In The Air

Dear Friends,

I hope you enjoyed your January – it always goes by so fast! Getting the holidays packed away and working on New Year's resolutions seems to fill the month! How are you doing with those?

This month's newsletter is a nod to the theme of this month: love! So, I've included a few stories to help us remember the things that are important to us:

- A heartwarming story highlighting the power of community spirit and the importance of connection.
- A simple yet elegant Valentine's Day dinner menu for a perfect cozy night in.
- And a few quirky riddles about love!

If you notice a friend, family member or neighbor who is no longer in love with their home and has buying or selling a home as a goal this spring or summer, call me now and we can get that ball rolling!

Warm regards,  
Jim Urban

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#### Cupid Of Roselake

Clarence, well-known in the picturesque town of Roselake for his exceptional matchmaking skills, was affectionately called "Cupid" by the locals.

However, the townspeople were unaware of a significant detail: Clarence secretly held a profound love for Eliza, the town's florist. Eliza was known for her delicate touch in creating beautiful arrangements at her store, Bloom's Haven.

As Valentine's Day neared, Clarence noticed a shift in the town's mood. The air, usually abuzz with excitement, felt tinged with a sense of longing. People seemed to crave genuine connections, not just grand romantic gestures.

On the night before the holiday, Clarence was sitting by the river, deep in thought, under the stars. He had an epiphany: True love isn't about grand gestures; instead, it's about the genuine moments and sincere emotions shared between people. Taking this to heart, he told everyone in town to do small, kind things for one another on Valentine's Day.

**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**

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



The townspeople liked this idea and shared nice notes and stories, which made everyone feel more connected and a part of a real community.

As the day ended, Clarence, with newfound courage and a single, beautifully imperfect rose in hand, approached Eliza. Standing in the midst of her floral creations, he presented the rose as a symbol of his true, unadorned feelings.

In that moment, as Eliza's smile brightened the dusky shop, Clarence realized his true role as Cupid was to inspire authentic love, starting with his own. The day ended not with the conclusion of a successful match, but with the beginning of a love story rooted in the genuine connection he had always championed.



## Understanding The Gluten-Free Trend

The rise of the gluten-free diet has many people wondering why this dietary choice has become popular. Here's a brief exploration of what gluten is, why some people avoid it and how to determine if it's right for you.

### What is gluten?

Gluten, a protein found in wheat, barley and rye, gives bread its elasticity and chewiness. It's also found in various other foods and sometimes in surprising places.

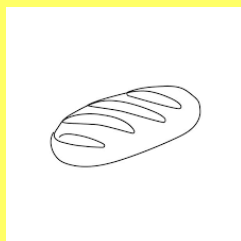
It's important to understand the difference between celiac disease and gluten intolerance. Celiac disease is an autoimmune disorder that causes intestinal damage when gluten is consumed. Gluten intolerance, also known as non-celiac gluten sensitivity, involves discomfort after eating gluten, but without the intestinal damage caused by celiac disease.

### Why go gluten-free?

A gluten-free diet is essential for individuals with celiac disease. Others might find that eliminating gluten reduces digestive discomfort, inflammation or fatigue. However, it's not a universal health solution and should be considered carefully.

### What are the signs of gluten intolerance?

Common signs include bloating, gas, diarrhea, constipation, headaches, fatigue and skin issues, such as rashes or acne, after consuming gluten-rich foods. If you experience these symptoms regularly, then you might want to explore a gluten-free diet. Before you eliminate gluten, consider consulting with a healthcare professional, who might recommend an elimination diet, in which gluten is removed from your diet for a specific time frame and then is reintroduced to notice if symptoms reappear.



### **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](http://Denver5StarReferralCenter.com)**

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

## February Roundup

**Feb. 2, Groundhog Day:** A popular North American tradition in which a groundhog's behavior is believed to predict the weather.

**Feb. 9, National Pizza Day:** A day to celebrate one of the most popular and most versatile foods globally, with pizza restaurants hosting various events and promotions. Pick your topping!

**Feb. 14, Valentine's Day:** A day to celebrate love and romance, commonly marked by exchanging gifts and cards between loved ones.

**Feb. 29, Leap Day:** Occurring every four years, this day is added to the calendar to keep it aligned with the Earth's revolutions around the sun.

## 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**

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## Word Game: Strange Tongues

In this game, try to identify the word from the clue given, being mindful that the answer must be one of two strange words—one with no vowels or one with no consonants.

1. Ball on string game \_\_\_\_\_
2. Cold noise \_\_\_\_\_
3. Thoughtful musing \_\_\_\_\_
4. Dog threat \_\_\_\_\_
5. Sailor assent \_\_\_\_\_
6. Bronx hello \_\_\_\_\_
7. Seeing organ \_\_\_\_\_
8. Secret sound \_\_\_\_\_
9. Sting alert! \_\_\_\_\_
10. Record playing guy \_\_\_\_\_
11. Not he, she, we, they, or you \_\_\_\_\_
12. Yiddish dismay \_\_\_\_\_
13. Casual yes \_\_\_\_\_
14. Yummy \_\_\_\_\_

(See the last page for the answer key!)

## Valentine's Day Menu for Two

This Valentine's Day, create a special evening at home with an easy, yet delicious dinner menu designed for two. Whether you're a kitchen novice or a culinary enthusiast, these straightforward recipes will set the mood. Tie on your apron, and enjoy a night of culinary bonding with your loved one!

### **Starter: Caprese Salad**

Ingredients: Fresh mozzarella slices, ripe tomatoes, fresh basil leaves, extra-virgin olive oil, balsamic glaze, salt and pepper.

Preparation: Alternate slices of tomato and mozzarella on a plate. Tuck basil leaves between them. Drizzle with olive oil and balsamic glaze. Season with salt and pepper.

### **Main Course: Garlic Butter Shrimp Pasta**

Ingredients: Pasta (like linguine or spaghetti), shrimp (peeled and deveined), garlic cloves, butter, olive oil, dried chili flakes (optional), parsley, lemon juice, salt and pepper.

Preparation: Cook pasta according to package instructions. In a pan, sauté garlic in olive oil and butter. Add shrimp, chili flakes, salt, and pepper. Cook until shrimp are pink. Toss in cooked pasta, a squeeze of lemon, and chopped parsley.

### **Dessert: Chocolate-Dipped Strawberries**

Ingredients: Fresh strawberries, dark or milk chocolate chips, and white chocolate for drizzling (optional).

Preparation: Melt chocolate chips in a microwave or double boiler. Dip strawberries into the melted chocolate, place on a parchment-lined tray, and let them set. Optionally, drizzle with melted white chocolate for a decorative effect.

### **Beverage: Easy Raspberry Mocktail**

Ingredients: Fresh raspberries, lemonade, sparkling water, and a lemon.

Preparation: Muddle a few raspberries at the bottom of two glasses. Fill the glasses with ice. Pour over lemonade and top off with sparkling water. Garnish with a lemon slice and a few whole raspberries.

## It's Always A Great Time To Take A Class

Maybe you're worried that your professional skills are falling behind. Or perhaps you've wanted to learn woodworking, knitting or conversational Japanese and have no idea of where to start. Or maybe you're recently retired and considering ways to keep your mind and body active while you make new friends. The solution can be simple: Take a class. Here are a few ways to return to the classroom, whether virtually or in person.

**Check your local craft store.** Big chains, such as *Michael's* or *Joann Fabrics*, usually have single-session and multi-session crafting and sewing classes available. Mom-and-pop quilting and sewing shops might provide advanced instruction or even blocks of unstructured time to socialize while you work on your own project.

**Visit your public library.** Most public libraries offer activities and classes for people of all ages. Your library card also might provide access to online courses and webinars for everything from business to languages to university-style STEM classes.

**Research community colleges.** If you want a more traditional academic experience or want to work on a degree or certificate, then research community colleges near you. Several states have drastically reduced or eliminated community college tuition to make it more accessible. Check with your state's education agency for more information and eligibility requirements. Go virtual at your own pace.

Although such e-Learning platforms as Udemy, Skillshare, Coursera and LinkedIn Learning don't offer accredited degrees or certificates, they can be great and cost-effective ways to pick up new skills at your own pace. Course quality can sometimes vary, so read reviews and research the instructors before you select a class and dive in.

## Love Day Humor

Why did the banana go out with the prune on Valentine's Day?  
*Because it couldn't find a date!*

What did the stamp say to the envelope on Valentine's Day?  
*I'm stuck on you!*

What do you call two birds in love?  
*Tweethearts!*

What did the light bulb say to the switch on Valentine's Day?  
*You turn me on!*

What did the paper clip say to the magnet on Valentine's Day?  
*I find you very attractive!*

Answer Key: 1-yo yo, 2-brrrr, 3-hmmm, 4-grrr, 5-aye, 6-yo, 7-eye, 8-psst,  
9-bzzzz, 10-dj, 11-l, 12-oy, 13-ya, 14-mmm.



# 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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