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## ***JimsJournal.net - Your Home News***

Email: [Jimbyreferralonly@gmail.com](mailto:Jimbyreferralonly@gmail.com), [aleecatemail@gmail.com](mailto:aleecatemail@gmail.com)

March 2024

### **Marching Towards Spring**

Dear Friend,

Hi there! Or, should I say, “top ‘o the mornin’ to you” for this green month filled with shamrocks and rainbows?

March is always such a cheerful month, filled with joy as the chilly winter begins to fade into happy spring. You might even be able to read this newsletter outside if you bring a warm drink along with you.

I hope you enjoy reading this issue, and I do hope it energizes you in some way, somehow. I’d also like to remind you that if you happen to find yourself at a fork in the road and you might want to buy or sell a home, please connect with me so we can come up with options as you decide what path you want to take, whether or not there is a pot of gold at the end of the rainbow.

Warm regards,  
Jim Urban

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#### **The Daffodil: A Herald Of Spring**

As the first signs of spring begin to appear, few sights are as welcome as the cheerful bloom of the daffodil. Known for its vibrant yellow color and distinctive trumpet-shaped flowers, the daffodil is more than just a pretty face; it’s a symbol of rebirth and new beginnings.

Originating in the meadows of Europe and North Africa, the daffodil, or Narcissus, has a long history that intertwines with human culture.

Celebrated in literature and art, the flower is often associated with vitality because of its early spring arrival. In fact, seeing the first daffodil of the year is considered good luck in many cultures.

The daffodil is also a resilient flower. It can thrive in a range of environments, from wooded areas to open fields; and once planted, it often returns year after year, heralding the arrival of spring.

Aside from its symbolic importance, the daffodil also plays a practical role in gardening. It's a favorite among gardeners because of its low maintenance and ability to repel certain pests, making it a beautiful and functional addition to any garden.

As spring unfolds and the daffodils begin to bloom, take a moment to appreciate these harbingers of warmer days. Their bright petals add color to the landscape and remind us of the cyclical nature of life and the fresh start each new season brings.



*"As the winter's icy grip loosens, spring dances in softly, painting the world in vibrant colors and filling the air with the scent of renewal and hope."*

*- Unknown*

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a "Pit-Bull" When You Find  
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Then Click on one of the two  
buttons: "I'm looking For My Next  
Home" or "What is My Current  
Home Worth?"

## March Roundup

### **March 8, International Women's Day:**

Celebrates women's achievements globally.

**March 14, National Pi Day:** Celebrated with pie and math activities.

**March 17, St. Patrick's Day:** An Irish cultural and religious celebration.

**March 20, Spring Equinox:** Marks the first day of spring in the Northern Hemisphere.

**March 23: National Puppy Day:** A day to appreciate and promote puppy adoption.

### **Need to find a business who gives Exceptional Service?**

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## Some Self-Checkout Lanes Are Getting The Pink Slip

Self-checkout has enjoyed years of steady adoption. One study that examined 4.5 billion transactions found that self-checkout accounted for 38 percent of checkout lanes in 2021. But now, many retailers have begun to pause and even roll back self-checkout lanes. Self-checkout was widely viewed as a way to trim labor costs and speed up shopping, but the real-world costs might outweigh the savings.

In the U.K., Nigel Murray, managing director of high-end supermarket chain *Booths*, noted that customers complained about how slow the self-checkout process was and that the machines were impersonal and unreliable. The British supermarket chain is removing self-checkout from all but two of its more than 50 stores. *Target* is piloting a program to limit self-checkout to 10 items or less, essentially turning them into express lanes. *Walmart* and various other chains have announced plans to hire more cashiers.

So why is self-checkout failing to meet expectations? Among other things, checkout clerks are much more skilled than previously acknowledged. Customers buying produce, for example, often ring up the wrong item on the self-checkout machines. To customers, a banana might be just a banana, but one banana might cost 25 cents and another a dollar. Theft is another problem. Some customers might ring up a pricier organic avocado as a regular avocado. Other customers innocently forget to ring up some items in their carts.

On top of that, there are logistical hang-ups. For example, buying alcohol can all but shut down self-checkout lanes as clerks rush around to verify IDs. Turns out, sometimes progress isn't progress. Shoppers can expect to see more human clerks in the not-so-distant future.

## Spring Pea & Mint Soup

This vibrant and light soup captures the essence of spring with its fresh flavors and bright-green color. It is healthy, easy to make, and perfect for a spring day.

### Ingredients:

2 tablespoons olive oil  
1 medium onion, finely chopped  
2 cloves garlic, minced  
4 cups fresh or frozen green peas  
4 cups vegetable broth  
A handful of fresh mint leaves  
Salt and pepper, to taste  
Optional: Crème fraîche or yogurt, for garnish  
Optional: Fresh lemon juice, for a zesty twist

### Instructions:

Heat the olive oil in a large pot over medium heat.

Add the chopped onion and sauté until translucent, about 5 minutes.

Add the minced garlic and cook for another minute until fragrant.

Stir in the green peas and pour in the vegetable broth.

Bring the mixture to a boil, then reduce heat and simmer for about 10 minutes. If using fresh peas, then simmer until they are just tender.

Add the fresh mint leaves to the pot.

Using an immersion blender (or a regular blender, working in batches), puree the soup until smooth.

Season with salt and pepper to taste. If desired, add a squeeze of fresh lemon juice for a zesty flavor.

Serve the soup hot, garnished with a dollop of crème fraîche or yogurt, if desired.

This soup is delightfully simple and brings a burst of spring to your table. Enjoy it as a light lunch or as a starter for your springtime meals!

## 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

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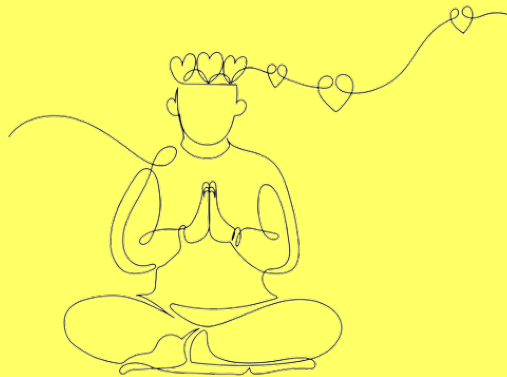


## Spring Into Health, Naturally

Spring, while a time of renewal and growth, can also bring its own set of health challenges, including allergies and changes in our bodies' responses to the warmer weather. To help you navigate this seasonal shift smoothly, here are five tips for staying healthy during spring.

These suggestions include traditional methods, a touch of Eastern medicine, and some lesser-known strategies to combat allergies and maintain overall well-being.

- 1. Stay Hydrated with Herbal Teas:** As the weather warms, maintaining hydration is key. Opt for herbal teas such as nettle or peppermint, which can help alleviate allergy symptoms due to their natural antihistamine properties.
- 2. Incorporate Local Honey:** Consuming local honey can potentially help build immunity against local allergens. The key is to start with small amounts well before allergy season peaks.
- 3. Practice Nasal Irrigation:** Using a neti pot with saline solution can help clear out pollen from your nasal passages and reduce allergy symptoms. This practice, rooted in Ayurvedic medicine, is effective for sinus health.
- 4. Qi Gong for Immunity:** The ancient practice of Qi Gong combines movement, breathing and meditation to enhance the flow of energy (Qi) in the body, boosting overall health and strengthening the immune system.
- 5. Focus on Anti-Inflammatory Foods:** With spring's arrival, aim to eat more anti-inflammatory foods, such as leafy greens, berries and fatty fish. These types of food can help mitigate inflammation caused by allergies and improve overall well-being. Implementing these tips can help ease the transition into spring and make it a healthier, more enjoyable time.



## Seniors Can Make A Difference Helping Animals

Although loving animals can be a lifelong passion, for some people, being a full-time caregiver to one might not be realistic. But you still miss things like the warmth of a cat curled up on your lap or a dog coming for a head pat.

The good news is you can still have them. Animal shelters usually need volunteers, and seniors are answering the call.

From adoption counseling to simply playing with the kittens, seniors can assist in various ways at shelters. Adoption counseling involves guiding potential pet owners through the process, ensuring the right match is made between the animal and their new family. For pet lovers who prefer a more hands-on approach, spending time with the shelter's residents is a rewarding experience.

Playing with kittens, walking dogs and providing much-needed companionship are a few simple ways seniors can brighten the lives of these animals. Their presence brings comfort and joy to the shelter's inhabitants, making their stay a little less lonely. While prior knowledge of animal care is helpful, it is not a requirement.

Shelters often provide training programs for volunteers. The time commitment required varies depending on each individual's availability, but some shelters require a time commitment of around eight hours a week. The flexibility of volunteering allows seniors to contribute at their own pace, ensuring a balance between their personal lives and their dedication to animal welfare.



*“Animals are reliable, many full of love, true in their affections, predictable in their actions, grateful and loyal: Difficult standards for people to live up to.”*

– Alfred A. Montapert



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

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