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April 2024

## **Springing Forward**

Dear Friend,

April is such a special month that one can't help but be in a good mood even when bundling up during early mornings. All those flowers popping up with color everywhere and the unexpectedly sunny days are just so delightful— they always seem to produce a smile.

And here's hoping this newsletter produces a smile, with a fun riddle for you to ponder to provide light entertainment. Since it's spring, this issue would be incomplete without a nod to three flowers that represent the season.

The spring market is upon us, and if you think it's time to buy or sell, then I hope you'll call me or drop me a line so we can connect and discuss your options, whether you are thinking of redoing a couple of key rooms or are ready for an entirely new place to hang your hat—and bookshelves.

Here's to a beautiful spring and the exciting possibilities it brings.  
Jim Urban

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### **The Parable Of Two Wolves**

In a small village nestled between a forest and the hills, there lived an old man known for his wisdom. One evening, as the sun painted the sky with hues of orange and purple, he sat outside his quaint cottage with his young grandson, who always yearned for his stories and lessons about life.

"Grandfather," the boy said, "tell me, what is the most important lesson for a person to learn?"

The man smiled and gazed into the distance, where the shadows of the trees were merging with the night. "Inside each of us is a fierce battle that rages on," he said. "It's like two wolves constantly at war with each other.

One wolf represents darkness and despair—it is anger, jealousy, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. It thrives on our worst impulses and feeds on our failures.

"The other wolf embodies light and hope—it is joy, peace, love, hope, calmness, humility, kindness, empathy, generosity and faith."

The boy, absorbed in his grandfather's words, asked with a sense of urgency, "But, grandfather, if they are always fighting, which wolf wins?"

The man looked deeply into his grandson's eyes and said softly, "The one you feed, my child. The one you feed.

The darkness wolf may seem strong and overpowering at times, and it's easy to feed it with our fears and anger. But the light wolf, though sometimes harder to nurture, has the power to fill our lives with meaning and joy."

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

## Riddles To Ponder



1. I'm not alive, but I can grow. I don't have lungs, but I need air. I don't have a mouth, but water kills me. What am I?
2. The more you take, the more you leave behind. What am I?
3. I have keys but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?

Happy Pondering! (The answer key is on pg. 6)

## April Roundup

**April 1, April Fool's Day:** A day for playful pranks and hoaxes celebrated worldwide.

**April 5, National Self-Care Day:** Take steps to promote your physical and mental health.

**April 10, World Siblings Day:** A day to honor the special bond that siblings share.

**April 22, Earth Day:** A global day to support and advocate for environmental protection.

**April 30, International Jazz Day:** Recognizes jazz music's role in uniting people globally and promoting cultural dialogue.

**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

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

## Springtime Splendor: Three Iconic Flowers

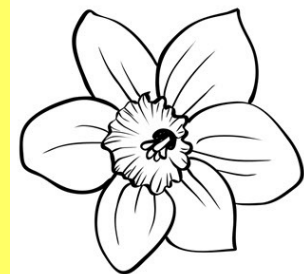
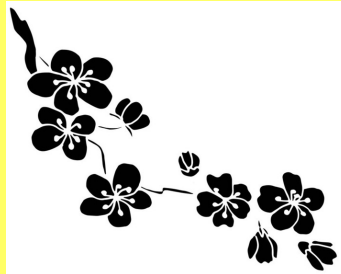
Spring heralds the rebirth of nature. Among the myriad flowers that bloom, three stand out for their beauty and symbolism: tulips, cherry blossoms and daffodils.

### 1. Tulips: Colors of Joy

Origin: Central Asia, popularized in Europe in the 16th century.

Varieties: More than 3,000 varieties, with a spectrum of colors and shapes.

Bloom time: Early spring, symbolizing love and new beginnings.



### 2. Cherry Blossoms: Ephemeral Elegance

Cultural Heart: Integral to Japanese culture, celebrated with Hanami (flower viewing).

Varieties: Range from white to shades of pink.

Bloom Time: Short, typically early spring, symbolizing life's transient beauty.

### 3. Daffodils: Harbingers of Hope

Varieties: About 50 species, with colors varying from yellow to white, pink and orange.

Bloom time: Annually around Easter, symbolizing rebirth and new beginnings.

Resilience: Hardy and enduring, they bloom annually with minimal care.

## Spring Vegetable Curry With Asparagus And Lemon

### Ingredients:

2 tablespoons olive oil  
1 leek, thinly sliced (white and light green parts only)  
3 cloves garlic, minced  
1 tablespoon fresh ginger, grated  
1 tablespoon mild curry powder  
1 teaspoon ground turmeric  
1/2 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1/4 teaspoon chili flakes (optional)  
1 cup sliced carrots  
1 cup sugar snap peas, trimmed  
1 bunch asparagus, trimmed and cut into 1-inch pieces  
1 cup frozen peas, thawed  
1 can (14 oz) coconut milk (light for a healthier option)  
Zest and juice of 1 lemon  
Salt and pepper, to taste

**Prepare the base:** Heat olive oil in a large skillet or wok over medium heat. Add the leeks, garlic and ginger, sautéing until the leeks are soft and translucent.

**Spice it up:** Add curry powder, turmeric, cumin, coriander and chili flakes. Stir well for about a minute until the spices are fragrant.

**Add veggies:** Mix in the carrots and cook for 3–4 minutes. Then add the sugar snap peas and asparagus, cooking for another 5 minutes until they start to soften, but retain some crunch.

**Simmer:** Stir in the thawed peas and coconut milk. Bring the mixture to a gentle simmer, then reduce the heat and cook for another 5 minutes. Avoid boiling to keep the vegetables crisp.

**Season:** Add lemon zest and juice, then season with salt and pepper.

**Serve** over a bed of fluffy quinoa or basmati rice for a complete meal.

This spring vegetable curry is light, zesty and bursting with the flavors of the season. The asparagus, sugar snap peas and fresh herbs bring a crisp, fresh dimension that's perfect for a springtime meal.

Enjoy this delightful dish as a celebration of the season's bounty!

## 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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**See Page 7**



## Spring Skin Care Essentials

Spring's arrival means updating your skin care routine to adapt to warmer, more-humid weather. Here are key tips for men and women to maintain healthy, radiant skin this season:

1. **Switch To Lighter Moisturizers.** Opt for water-based moisturizers—instead of heavy, oil-based ones—to maintain hydration without excess oiliness.
2. **Gentle Exfoliation.** Exfoliate gently once a week to remove dead skin cells accumulated during winter.
3. **Sun Protection.** Use a broad-spectrum SPF (at least 30) daily, reapplying every two hours when outdoors.
4. **Eye Care.** Apply light eye creams to address the delicate under-eye area, especially if spring allergies cause puffiness or dark circles.
5. **Hydrate And Eat Healthy.** Drink plenty of water and eat a diet rich in fruits and vegetables to nourish your skin from the inside.

Remember, adaptation is the key to spring skin care. Lighter products, increased sun protection and increased hydration will keep your skin fresh and vibrant throughout the season.

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## Embrace The Outdoors & Get Fit Doing It!

Spring invites us to step outside and shake off the winter chill. Although such traditional activities as jogging and cycling are great, let's explore some creative and unconventional ways to stay fit this spring.

**Nature's Obstacle Course:** Transform a local park into your fitness playground. Use benches for step-ups or tricep dips, swing from low-hanging tree branches for pull-ups or balance-walk along curbs. These fun activities challenge and engage your whole body.

**Outdoor Yoga Adventures:** Take your yoga mat to different outdoor locations each week—a serene lakeside, a quiet forest or even a scenic mountaintop. The changing environments will add an element of novelty and challenge to your practice.

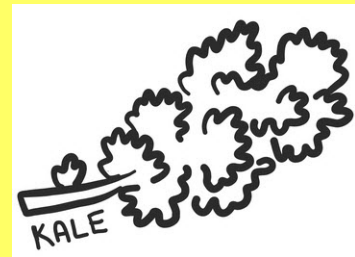
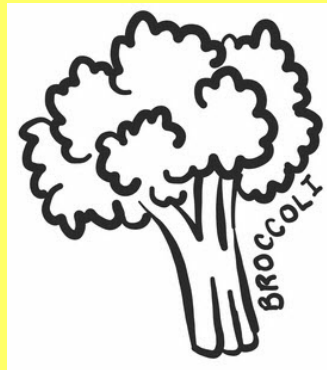
**Wildlife Photography Hikes:** Combine photography with hiking for a unique fitness adventure. Trekking to capture the perfect shot of spring blooms or wildlife can turn into a great workout!

## Vitamin K: The Unsung Hero

Vitamin K, often overlooked yet crucial for health, plays a key role in many ways. It's vital for coagulating blood, preventing excessive bleeding and strengthening bones by regulating calcium. It also shows potential in preventing arterial calcification and reducing heart disease risk.

Rich sources of it are green leafy vegetables, such as kale, spinach and Swiss chard, as well as broccoli, Brussels sprouts and certain vegetable oils. Smaller amounts of it are found in fish, meat, eggs and dairy. Vitamin K deficiency is rare, but people on blood thinners should monitor their intake carefully.

Consulting a healthcare provider, especially when considering supplements or if on medication, ensures a balanced Vitamin K intake is aligned with overall health needs. Essential yet understated, Vitamin K is a key component of a well-rounded diet and overall health maintenance.



## Riddle Answer Key

*1.Fire. Fire can grow and spread, but is not a living organism. It requires oxygen to burn, but is extinguished by water.*

*2.Footsteps. As you walk and take more steps and you leave more footsteps behind you.*

*3.A keyboard. A keyboard has keys, but no locks; space (bar), but no physical room; and you can enter (using the 'Enter' key), but cannot physically go outside of it.*



# 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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