

NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

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June 2024

June Joys

Dear Friend,

As the vibrant essence of June greets us, I'm excited to share this newsletter with you, packed with curated insights designed to enhance your enjoyment of this bright, summery month.

Your home is more than a place; it's a backdrop for life's most-precious narratives and moments. My mission is to guide you through the intricacies of real estate, whether you're buying or selling, or simply seeking advice about the market.

If you, or anyone you know, wants expertise when navigating the real estate journey, then please view this as a warm invitation to get in touch. It would be an honor to apply my expertise to help realize your real estate aspirations.

I'm grateful for the opportunity to connect with you through this newsletter. Until we meet again in the pages of our next issue, I hope your June is filled with warmth, exploration and moments that invite reflection and joy.

Wishing you a joyful summer! Jim Urban

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All The Universe

The words of Paulo Coelho in "The Alchemist" serve as a beacon for anyone who is on the verge of pursuing a dream or has ever dared to dream: *"When you want something, all the universe conspires in helping you to achieve it."*

This profound statement is not just a piece of advice; it's a statement that speaks to the heart of every dreamer.

Imagine that every star in the sky is a guide, every breeze whispers encouragement, and every obstacle is merely a stepping stone on the path to fulfilling your destiny.

For some people, the idea that the universe aligns itself to our desires is a testament to the power of intention and belief, and suggests that our dreams might not be just fleeting wishes but, instead, calls to action — calls that pull us toward our ultimate purpose.

To live by this quote is to embrace the possibility that nothing is too ambitious, too big or too far-fetched.

**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?"

It's a reminder that the journey toward your dreams might be fraught with challenges that are designed not to deter you, but to forge you into the person who can achieve those dreams.

It's a reminder that while the path may not always be clear, and the outcomes not always immediate, there is a force greater than ourselves that wants us to succeed.

Future of Prosthetics

In the imaginative realms of science fiction, advanced prosthetics like Luke Skywalker's iconic robotic hand, symbolize a future where technology integrates seamlessly with the human body. This future edges closer with each technological leap, notably the development of prosthetic hands that can sense temperature, marking a significant advance for amputees.

These prosthetics, equipped with temperature-sensing fingertips, bridge the gap between loss and recovery by allowing wearers to feel warmth or cold, mimicking the natural sensation of a biological limb. The innovation, known as MiniTouch, uses readily available electronic components, making it a viable option for enhancing existing prosthetic designs with heat-sensing capabilities.

As we venture into this new era, the promise of more sophisticated prosthetics looms on the horizon. The prosthetics market, already exceeding \$8 billion, is poised for further growth with these sensory enhancements, turning science fiction dreams into tangible realities and improving the lives of millions.

June Roundup

World Environment Day, June 5: This day encourages global awareness and action to protect the environment.

Juneteenth, June 19: A day to commemorate the end of slavery in the United States.

International Yoga Day, June 21: Creating awareness about the holistic nature of yoga and incorporating it into our daily lives.

Take Your Dog to Work Day, June 21:
Celebrated annually on the Friday after Father's 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.

Wonky Wheels

Almost everyone has experienced it: You're smoothly navigating a grocery store with your shopping cart when, suddenly, it squeaks. Quickly, one wheel rebels and spins erratically, and you find yourself struggling with the cart as if it were a stubborn animal.

Why does this issue seem to plague grocery carts? The reason is simple: Unlike carts in pharmacies or clothing stores, which usually carry lighter items and stay indoors, grocery carts endure heavy loads and face the harsh outdoor environment.

This exposure to rain, snow, collisions and debris — especially in parking lots — takes a toll, particularly on the wheels and the caster plates attaching them to the cart, which leads to malfunctions. According to *CNN*, this wear and tear, coupled with the high replacement cost of more than \$200 a cart, explains the frequent cart malfunctions.



So, the next time you wrestle with a wobbly grocery cart, remember it's a small price to pay for the convenience of hauling your heavy groceries. It's also a testament to the unseen battles these carts endure in their daily parking lot adventures.

Low Sugar, High Fiber Green Goddess

Ingredients:

1 cup fresh spinach leaves: packed with vitamins A, C, and K.

1/2 avocado: rich in healthy fats, fiber, and B vitamins.

1/4 cup sliced cucumber: hydrating and add a refreshing taste without added sugars.

1/2 green apple: has less sugar than their red counterparts and add a nice, tart flavor along with extra fiber.

1 tablespoon chia seeds: great source of omega-3 fatty acids, fiber and protein.

1 tablespoon flaxseeds: high in omega-3 fatty acids and antioxidants.

1 cup unsweetened almond milk (or any plant-based milk): a low-calorie, sugar-free liquid base that adds creaminess without dairy.

Prepare the Ingredients: Wash the spinach leaves, cucumber, and green apple thoroughly. Cut the avocado in half, remove the pit, and scoop out the flesh. Core and slice the green apple. Slice the cucumber.

Blend the Greens: Add the spinach, avocado, cucumber, and green apple to a blender. Blend on high until the mixture starts to become smooth.

Add Remaining Ingredients to the Blender: Add the chia seeds, flaxseeds, and almond milk. Blend again until the mixture is completely smooth. If the smoothie is too thick, you can add a little more almond milk to reach your desired consistency.

Enjoy: Pour the smoothie into a large glass and enjoy immediately for the best flavor and nutrient retention.

This smoothie combines hydrating and fiber-rich ingredients with healthy fats and proteins to keep you full and energized. It's a perfect way to start your day or as a refreshing post-workout recovery drink. Enjoy your healthy, low-sugar, high-fiber summer treat!

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!

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A Stargazer's Guide To Summer Nights

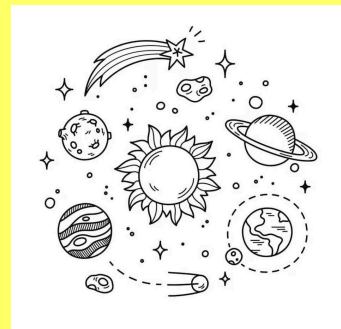
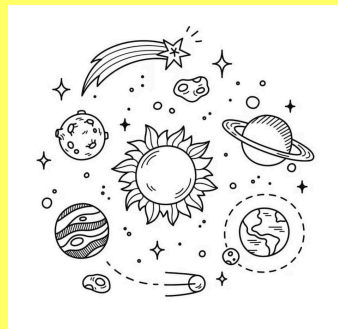
The warm nights of June offer a canvas for celestial wonders, which are perfect for avid and casual stargazers. Here's a concise guide for not-to-miss sky-gazing opportunities, validated by leading astronomical sources.

The Bootids Meteor Shower Peak: Around June 27th, the Bootids could surprise with more than the usual five to 10 meteors per hour, advises the International Meteor Organization. It is best viewed in dark skies post-midnight, according to Planetary Showcase.

Jupiter and Venus: These planets light up the early June dawn. Watch for their close encounter mid-month, a visual treat according to NASA.

Saturn at Opposition: With a small telescope, catch Saturn and its rings as it brightens in mid-June, making it a prime viewing target, as noted by the American Astronomical Society.

Summer Triangle: Vega, Deneb and Altair form one of the summer's celestial highlights.



Stargazing Tips

Darkness Is Key: Use light pollution maps to find the darkest viewing spots.

Adjust Your Eyes: Allow 15 minutes for your eyes to adapt to the dark.

Use App Assistance: Choose stargazing apps carefully to maintain night vision.

The June 2024 sky is ripe for exploration, with meteor showers, planetary alignments, and the Milky Way's splendor. Supported by insights from the International Meteor Organization, NASA, and the American Astronomical Society.

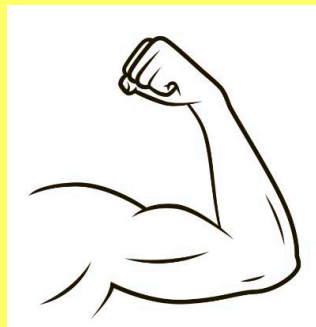
Muscle Matters

A vast majority of people neglect strength training exercises, such as weightlifting, using resistance bands, or practicing bodyweight exercises like squats and push-ups. However, overlooking this type of exercise has consequences, as highlighted by the U.S. Centers for Disease Control and Prevention (CDC), which advises most adults, including seniors and those with chronic conditions or disabilities, to engage in muscle-strengthening activities at least twice weekly, along with 150 minutes of moderate aerobic activity.

The merits of strength training are numerous:

Weight management: By preserving and building lean muscle mass, strength training enhances metabolism, aiding in weight management. Additionally, increased muscle mass correlates with improved insulin sensitivity.

Bone health: Activities such as resistance training and weight-bearing exercises foster healthy bone density and mitigate the risk of osteoporosis.



Enhanced quality of life: Engaging in muscle-strengthening activities facilitates everyday tasks, such as stair climbing and heavy lifting, thereby improving overall physical function. Moreover, it can help older adults prevent falls.

Management of chronic conditions: Individuals with conditions such as obesity, arthritis, depression or diabetes can all find relief through strength training.

Initiating a strength-training regimen, with approval from your healthcare practitioner, need not be daunting. Only simple attire and adequate space are needed. Opt for three to five fundamental exercises, such as squats, wall push-ups, glute bridges and step-ups, and perform two to three sets of eight to 12 repetitions, with a minute rest between sets.



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 – Get All Six Reports FREE!

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I'm here to guide, lead and protect you and the
people you care about.

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