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NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

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A Season Of Lasting Growth

Dear Friend,

As September arrives, the changing season reminds us that this is a time for fresh routines, stronger connections, and preparing for what lies ahead. Whether it's around our homes, in our neighborhoods, or in our daily lives, small actions taken now often create lasting results.

Each article is designed to offer something useful, whether it's a practical household tip, a fresh perspective, or a reminder that the strongest foundations are often built through consistent, thoughtful actions.

As we head into the busy fall season, it's also a great time to think about your real estate goals. Whether you're curious about today's market, wondering what your home may be worth, or know someone who is thinking about buying or selling, I'm always happy to answer questions and provide honest, straightforward guidance.

With care,
Jim Urban

What Bees Can Teach Us About Longevity

Thousands of years ago, ancient Egyptians sealed jars of honey inside tombs built for pharaohs. According to one famous story, archaeologists later uncovered some of that honey and found it still edible. While historians debate whether that exact discovery ever happened, the science behind it is completely real: honey is one of the few foods on Earth that can last for centuries.



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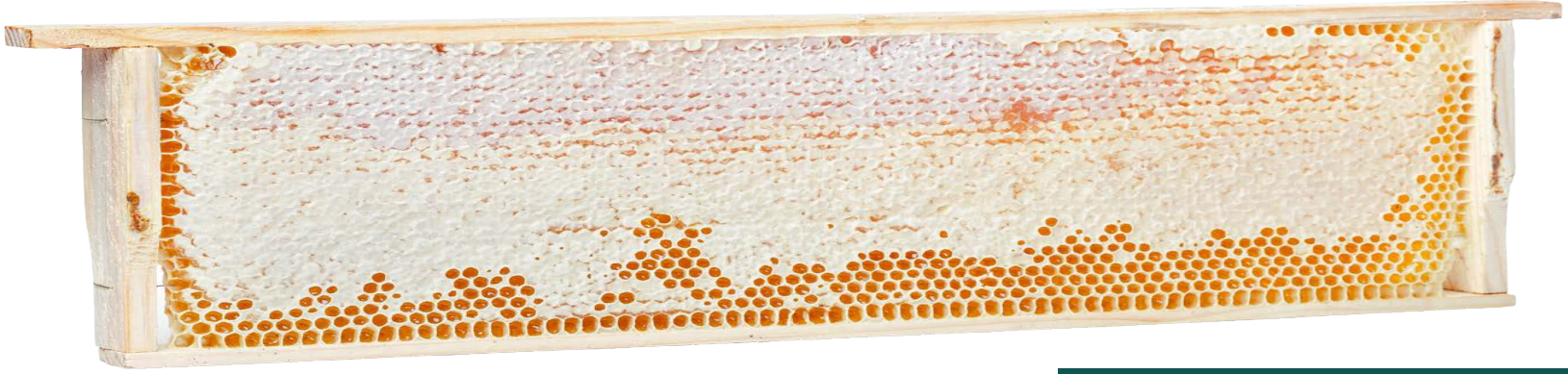
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What makes honey so remarkable is that nature designed it to protect itself. It contains almost no water, which means bacteria and microorganisms cannot survive inside it. Honey is acidic, creating another barrier against spoilage. Even the bees contribute to its preservation. As they transform nectar into honey, enzymes in their bodies produce compounds like hydrogen peroxide and gluconic acid, both of which help stop bacterial growth. That same chemistry made honey valuable long before modern medicine existed.

Ancient civilizations used honey to treat wounds and burns because it could help prevent infection. Sumerian records from 1900 BC even mention honey as a healing treatment, showing people recognized its value thousands of years ago.

What makes honey fascinating is not just that it lasts, but why it lasts. Its strength comes from every element working together with precision and purpose.

If you are looking for straightforward advice on how to sell a home in the current market, or if you want to know how Jim can negotiate like a "Pit Bull" on your behalf when you find your dream home, please visit:

MyHomeValueNow.com

Once there, simply click on either "I'm looking For My Next Home" or "What is My Current Home Worth?"

Celebrate Community On Good Neighbor Day

In a world filled with texts, posts, and notifications, National Good Neighbor Day on Sept. 28 is a reminder that some of the most important connections are right next door.

Being a good neighbor does not require grand gestures. Sometimes it starts with something simple: a smile, a wave, or a friendly hello. Welcoming a new neighbor with a homemade treat or offering a helping hand can turn strangers into friends.

Good neighbors also help create safe, welcoming communities. Keeping yards tidy, controlling pet noise, and respecting shared spaces all make a difference. Small acts of consideration can improve an entire neighborhood.

This day is also a great opportunity to check in on elderly neighbors, offer help with yard work, or simply let someone know you are there if they need assistance. Communities grow stronger when neighbors look out for one another.



Make Your Phone Last Longer

Smartphones are more expensive than ever. Apple's iPhone 17 Pro lineup starts around \$1,000, while premium foldable phones like Samsung's Galaxy Z Fold series can cost well over \$2,000. The good news? You do not need a new phone every two years. A few smart habits can help your device last longer, save you money, and reduce electronic waste.

Here's how to keep your phone running like new for years:

Keep it away from extreme heat and cold. Batteries perform best at room temperature. Leaving your phone in a hot car or freezing weather can permanently reduce battery life.

Stop charging it all night long. Constantly keeping your battery at 100% puts extra stress on it over time. Charging in shorter bursts during the day is better for long-term battery health.

Replace the battery before replacing the phone. A weak battery does not mean your phone is done for. Battery replacement services and repair kits are often far cheaper than buying a brand-new device.

Clean the charging port regularly. Dust and pocket lint can quietly build up and block charging connections. A careful cleaning can solve many charging problems instantly.

Protect it from drops and scratches. A sturdy case and screen protector can prevent expensive damage and help your phone keep its resale value.

Install software updates. Updates improve security, fix bugs, and help your phone run smoothly. Turning on automatic updates is one of the easiest ways to keep your device healthy.

Holding onto your phone for an extra year or two can save you hundreds, sometimes thousands, of dollars over time. Your wallet and the planet will both thank you.



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WAKE UP LESS, CAMP LESS

Nighttime leg cramps affect nearly 60 percent of older adults and are often triggered by dehydration, low potassium or magnesium, prolonged sitting, muscle fatigue, or certain medications such as statins and water pills.

Simple habits may help reduce the pain. Stay hydrated in the evening, stretch your calves and hamstrings before bed, and keep moving throughout the day to improve circulation. Potassium-rich foods like bananas, spinach, avocados, and sweet potatoes may also support healthy muscle function.

If cramps happen often or become severe, talk with your doctor. Persistent cramping can sometimes be linked to kidney or thyroid problems or medication side effects.

The Power of Volunteering

Helping others does more than strengthen communities. Research shows volunteering can also reduce stress, improve mental well-being, and create a stronger sense of purpose. Scientists say the greatest benefits come from regular, face-to-face volunteer work that connects people with those outside their everyday circles.

Even with these benefits, relatively few people volunteer consistently. Many say they simply do not have enough time. Yet studies comparing volunteers and non-volunteers have found little difference in how much free time they actually have. Often, the biggest challenge is taking the first step.

Interestingly, many volunteers say they considered getting involved for years before finally doing it. Once they started, however, they discovered the experience was rewarding in ways they never expected.

Surveys also show more people would volunteer if opportunities were easier to access through workplaces, schools, and community programs. Making volunteering part of everyday life could benefit not only communities, but also the health and happiness of the people giving their time.



PLANT NOW FOR A COLORFUL SPRING

Dreaming of bright blooms and a welcoming front yard next spring? Early fall is the perfect time to get started. September and October offer cooler temperatures and warm soil, creating ideal conditions for planting bulbs and shrubs before winter arrives.

Classic spring favorites like crocuses, tulips, and daffodils thrive in most well-draining soils and reward gardeners with some of the earliest color of the season. When planting bulbs, pay attention to their shape. Teardrop-shaped bulbs should be planted with the pointed end facing up and the wider end down. Not sure which side is which? Plant the bulb sideways. Nature usually finds a way.

Planting depth matters, too. Bulbs planted upside down often use too much energy trying to reach the surface, which can reduce or prevent blooming. After planting, give them a healthy start with bulb fertilizer to encourage strong roots and vibrant flowers.

If your daffodils produced leaves this year but no blooms, overcrowding may be the culprit. Over time, bulbs multiply underground and compete for nutrients and space. Fall is the ideal time to dig them up, gently separate the clusters, and replant them with more room to grow.

Another common reason bulbs fail to bloom is cutting foliage back too early. Those green leaves are more than just leftover growth. They collect sunlight and store energy for next year's flowers. Allow foliage to yellow naturally, or wait at least six weeks after flowering before trimming it away.

Fall is also one of the best seasons to plant new shrubs. Cooler weather reduces stress on young plants while roots continue developing underground. For best results, plant shrubs at least six weeks before the first hard frost so they have time to establish before winter settles in.

A little effort this fall can transform your landscape into a colorful, thriving garden next spring.





THE DUST YOU DON'T SEE

Dust is a constant part of indoor life, no matter how clean your home looks. It builds up from fabric fibers, pet dander, skin flakes, and microscopic dust mites that naturally collect inside homes year-round. Even everyday activities like making the bed, walking across the floor, or opening windows can stir dust back into the air.

Indoor air quality matters because most people spend the majority of their time indoors. Dust can contribute to allergy symptoms and asthma flare-ups, especially in the bedroom where people spend many hours each night.

The good news is that a few simple habits can help reduce dust and create a fresher, healthier space:

- Clear clutter to reduce surfaces where dust collects
- Vacuum carpets and rugs regularly using a vacuum with a HEPA filter
- Wipe furniture and surfaces with a damp cloth instead of dry dusting
- Wash bedding regularly in hot water to eliminate dust mites
- Place stuffed animals or delicate fabric items in sealed plastic bags and freeze them overnight to reduce dust mites without washing

A cleaner bedroom is not just about appearance. It can help improve comfort, support better sleep, and make breathing easier for allergy sufferers.

The Secret To Better AI Results

Artificial Intelligence is a powerful tool, but the quality of the output depends on the quality of the prompt. Clear instructions help AI produce more accurate, useful, and professional responses.

Specific prompts work best. Instead of asking AI to “write about taxes,” ask for “a 400-word overview of tax deductions for small business owners.” The more detail you provide, the better the result.

You can even tell AI what to avoid, such as jargon, storytelling, or overly casual language. AI works best when treated like a tool that follows direction. The clearer the instructions, the stronger the results.

If you are looking for a business that provides exceptional service, Jim offers access to his 5-Star Referral Center. To see the businesses Jim refers to his own family, friends, and clients, please visit:

[Denver5StarReferralCenter.com](https://denver5starreferralcenter.com)

You can find the specific services you need by using the search tool on the site.





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When You Have a Thought about Living in a New Home



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