

JIMSJOURNAL.NET - YOUR HOME NEWS

NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

Visit: www.homereferralteam.net

Or Call: (303) 588-7000

Embracing Transformation

Dear Friend,

As October greets us with its crisp air and vibrant fall colors, I am delighted to bring you this edition of my newsletter. October is a time of transformation, where nature's beauty reaches its peak and the cozy comforts of the season invite us to slow down and savor life's simple joys.

Whether you're curling up with a warm drink or taking a break during a busy day, I hope you find joy and inspiration in this newsletter. As we navigate through this beautiful season of change, remember that I am here to support you in any transitions you may be considering, especially if a move is on the horizon. buying or selling a home is a significant step, and I'm dedicated to helping you or someone in your circle every step of the way.

Wishing you a wonderful October filled with warmth, wellness, and wonder.

Jim Urban

A Second Chance

Although it was long past her bedtime, Sophie couldn't sleep. She climbed out of bed, quietly crept to the living room, and saw her tired mom sitting with a huge smile and reading a book, with a basket of unfolded laundry at her feet.

Hearing Sophie enter, her mom looked up and said, "A book by Erma Bombeck," already knowing what Sophie was about to ask because moms just know. She patted the couch next to her, smiled when Sophie plopped down next to her, and started reading aloud:

OCT 2024

INSIDE THIS ISSUE

A Second Chance

October Dates

AI, On The Go

**Autumn Wellness
Tips**

**Famous Phrases
From Sailors**

**Genesis of the
Modern Job Interview**

**Cozy Fall Mulled
Mocktail**

**This Halloween, Eat Your
Pumpkins**



If I had my life to live over, I would spend more time listening and less talking. I would spend more time on loved ones and less on work. Spend more time living in my living space and less cleaning it. Spend more time learning from the older people in my life and less trying to convince them I already know it all.

I would spend more time finding joy in each moment, spend more time on love and forgiveness, and less on anger and insults. Most of all, given another shot at life, I would seize every minute ... look at it and really see it ... live it ... and never give it back.

Glancing over, she saw Sophie's eyes closing. Instead of putting her back to bed, she pulled her daughter close and breathed in the moment. The laundry could wait.

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?"

October Dates

National Taco Day, Oct. 4: Celebrate with delicious tacos of all kinds!

World Mental Health Day, Oct. 10: An internationally recognized day that aims to raise awareness about mental health issues, promote mental well-being and advocate for improved support and resources.

World Food Day, Oct. 16: A day established by the United Nations to highlight the importance of food security and sustainable agriculture, with a focus on combating hunger and malnutrition.

Halloween, Oct. 31: Enjoy spooky costumes, trick-or-treating, and festive decorations.



AI, On The Go

Ten years ago, the notion of having a powerful and complex AI program might have seemed like science fiction. But soon it will fit in your pocket because Apple is partnering with ChatGPT to bring AI to iPhones.

Apple Intelligence, unveiled at June's Worldwide Developers Conference, has generated ample buzz by allowing users to use native AI on Apple's powerful proprietary chips.

Typically, AI tools are accessed via the internet: Users connect with the AI tool provider's servers, which can do all the heavy lifting to make the AI actually work. *Apple Intelligence*, however, will allow users to use native AI on Apple's chips.

Apple Intelligence can be used to write, proofread, and summarize text, which is ideal for composing emails and articles and as a research tool for such tasks as troubleshooting a problem with your swimming pool pump or your website code.

You can also create images, monitor your emails, and more. In some cases, however, Apple might ask to send specific requests to ChatGPT. Doing so would allow iPhone and Mac users to tap into powerful servers when necessary.

Compared to Microsoft and Google, Apple has been slow to roll out its own AI solutions. But the timing put Apple in a prime position to study AI's problem areas and learn from mistakes. In the meantime, Apple has bought more than 24 AI companies, and CEO Tim Cook has argued that AI will play an integral role in many of the company's products.

Apple Intelligence will be ready this fall. Among the iPhones already on the market, only the 15 Pro and 15 Pro Max will get it. The platform will also be available on Mac computers that have an M1 or newer processor.

As Apple continues to integrate AI into its ecosystem, users can look forward to a seamless blend of cutting-edge technology and everyday convenience. With *Apple Intelligence*, the future of AI is not just at our fingertips; it's in our pockets.



FREE REPORTS!

Free Information!

- How Sellers Price Their Homes Free Information!
- The 5 Biggest Mistakes Home Buyers Make
- How to Sell Your Home For the Most Money

FREE NEWSLETTER SUBSCRIPTION!

See Page 7





AUTUMN WELLNESS TIPS

Autumn is the perfect time to focus on your wellness because the season can bring a change in weather and routine.

Embrace Seasonal Foods: Incorporate the bounty of seasonal produce into your meals, such as squash, sweet potatoes, apples, and pears. These foods are rich in vitamins and other nutrients that can help boost your immune system and keep you feeling satisfied.

Layer For Outdoor Activities: Don't let the cooler temperatures keep you indoors. Layering allows you to stay warm and comfortable while enjoying outdoor activities.

Enjoy Warm Beverages: Swap out your usual cold drinks for warm beverages that can provide comfort and hydration. Herbal teas, warm apple cider, and even a homemade chai latte can be soothing, enjoyable, and hydrating.

Practice Mindfulness: Take a few moments each day to appreciate the beauty of the changing season. Whether it's through a mindful walk, meditation, or simply sitting quietly with a warm drink, these moments of mindfulness can reduce stress and enhance your overall well-being.

Set A Gentle Routine: With the hustle and bustle of the season, setting a gentle and flexible routine can help you stay balanced. Prioritize activities that bring you joy and relaxation, and don't be afraid to adjust your schedule, if needed. A balanced routine can help you manage stress and maintain a sense of calm.

FAMOUS PHRASES FROM SAILORS

Loose cannon: Today, an unpredictable person. Then, a literal unsecured big iron tube that was going to hit something and cause a lot of pain.

Batten down the hatches: Today, get ready for trouble. Then, literally get an iron bar to cover the door of a ship for terrible weather.

All hands on deck: Today, there's a problem and we need everyone here now. Then, it was the same, except on an actual ship's deck.

Learn the ropes: Today, learn the rules and skills of a job. Then, literally learn how to tie and use ropes.



Businesses That Give Outstanding Customer Service?

Request a free copy of my service directory.

All the businesses listed in it have a proven track record for providing the kind of outstanding customer service you deserve.



GENESIS OF THE MODERN JOB INTERVIEW

Thomas Edison, the genius behind the light bulb, batteries, and motion pictures, also had a knack for revolutionizing job interviews. Imagine being interviewed by the man himself. Sounds electrifying, right?

Edison wasn't your typical mad scientist working alone in a secret lab. With more than 10,000 employees throughout various companies, he needed the best minds for his cutting-edge projects. Enter the Edison Tests — detailed questionnaires that went far beyond mere technical skills.

Edison's interviews were anything but ordinary. Picture this: He serves you a bowl of soup. If you salt it before tasting, then he marks you as someone who jumps to conclusions — definitely not what he wanted in a meticulous researcher.

Back in his day, employers rarely considered personality fit. Edison, however, was ahead of his time. His 140-question test required a whopping 90% to pass. In 1921, only 32 of 718 candidates succeeded. Even Einstein stumbled on this one!

Edison might have also accidentally invented news leaks. After his test was leaked to *The New York Times*, he had to rewrite the whole thing. Talk about unintended innovation! Edison's approach to hiring — blending technical know-how with personality insights — has shaped today's job interview.

So next time you're prepping for an interview, remember: You might have Edison to thank for those quirky questions!

COZY FALL MULLED MOCKTAIL

This warm, spiced drink combines apple cider, cranberry juice, and festive spices, making it perfect for cozy gatherings and celebrations. Enjoy the taste of the season without the alcohol! Whether served at a holiday party or a quiet evening at home, this delightful beverage will bring a touch of warmth and cheer. The rich blend of flavors will leave everyone asking for the recipe.

Ingredients:

4 cups apple cider	3 cinnamon sticks
2 cups cranberry juice	4 whole cloves
1 orange, sliced	2 star anise

Instructions:

Combine all ingredients in a large pot. Simmer over low heat for 20-30 minutes. Strain and serve warm.



THIS HALLOWEEN, EAT YOUR PUMPKINS



Pumpkins are not just for jack-o'-lanterns — they're a nutritional powerhouse offering numerous health benefits. Rich in vitamins A and C, pumpkins play a crucial role in boosting immunity and maintaining eye health.

They are also high in fiber, which aids digestion, promotes a healthy gut, and helps keep you feeling full for longer periods. Additionally, the antioxidants found in pumpkins are effective in combating chronic diseases and promoting overall well-being.

There are many delicious and versatile ways to integrate pumpkins into your fall diet. Try adding pumpkin puree to your smoothies for a nutrient-packed breakfast, or incorporate it into soups for a rich and creamy texture.

Baked goods like muffins and bread also benefit from the addition of pumpkin, providing extra moisture and flavor. Don't forget about roasted pumpkin seeds, which make a tasty and nutritious snack.

Embrace the pumpkin season for a healthy autumn boost and enjoy the myriad of ways this versatile vegetable can enhance your meals and your health!

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](https://denver5starreferralcenter.com)

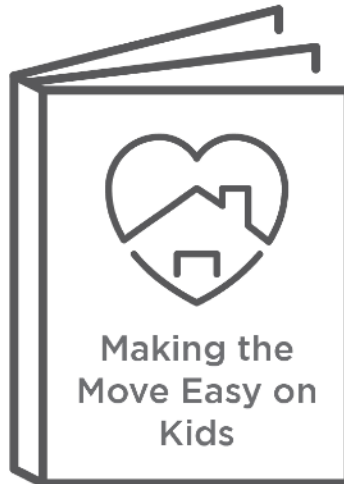
Then enter the type of business you need in the search engine.





SMART ADVICE FOR YOU AND THE PEOPLE YOU CARE ABOUT

When You Have A Thought About Living in A New Home



**AVOID BUYER'S REMORSE AND SELLER'S REGRET
GET ALL SIX REPORTS FREE!**

Simply text or call me at (303) 588-7000 and I'll get them to you right away.

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



JIMSJOURNAL.NET - YOUR HOME NEWS

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

**Go Green: Recycle This
Newsletter!**

After you've enjoyed my
newsletter, please recycle
it by passing it along to a
family member, friend,
neighbor or coworker.

This newsletter is intended for entertainment purposes only. Credit is given to the authors of articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft.

Copyright 2024 Jim Urban, Urban Companies Real Estate

This information is solely advisory, and should not be substituted for medical, legal, financial or tax advice. Any and all decisions and actions must be done through the advice and counsel of a qualified physician, attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper medical, financial, legal or tax advice.