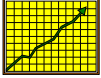


April 2019

The Latest News From Jeffrey and Wade



2019 First Quarter Housing Stats

Below find the average home prices for each category. This information was derived from the Metro Area's MLS (Metrolist) and is believed to be true but not guaranteed. We have listed the number of homes sold for each county, the asking price, the sold price, the difference, the number of bedrooms and baths, the square foot of the home above ground, the total square footage, the year built, and days on the market.

1st Quarter	# Sold	List Price	Sold Price	Difference	Beds	Baths	Above SF	Total SF	Year Built	DOM
Adams	1346	\$ 401,997	\$ 398,700	\$ (3,297)	4	3	1,756	2,575	1991	49
Arapahoe	1497	\$ 479,158	\$ 472,309	\$ (6,849)	4	3	1,893	2,785	1984	39
Boulder	397	\$ 752,732	\$ 739,497	\$ (13,235)	4	3	2,139	3,119	1985	49
Broomfield	186	\$ 531,084	\$ 524,360	\$ (6,724)	4	3	2,049	3,009	1996	47
Denver	1437	\$ 576,678	\$ 567,911	\$ (8,767)	3	2	1,604	2,255	1958	40
Douglas	1208	\$ 589,427	\$ 581,066	\$ (8,361)	4	3	2,345	3,534	2002	58
Jefferson	1342	\$ 520,517	\$ 514,515	\$ (6,002)	4	3	1,854	2,690	1977	41
7 Counties	7413	\$ 525,462	\$ 518,454	\$ (7,008)	4	3	1,896	2,772	1982	45

Five of the Metro Counties' average prices have increased since 4th quarter of last year while 2 of the Metro Country, Arapahoe and Denver have lost some value on the Average. Overall the 7 Metro Counties' average prices have increased by \$3,822 over the last 3 months bringing the average 4 bedroom/3 bathroom, 1896 above ground sq. ft., 2772 total sq. ft. price for a home in the metro to \$518,454; however the number of days on the market on average increased from 41 days last quarter to 45 days. Douglas County has the highest average price for a home at \$581,066 while Adams has the most affordable average price at \$398,700. If you have any questions, please do not hesitate to contact Jeffrey or Wade.

County	4th Qtr 2018	1st Qtr 2019	Difference
Adams	\$ 390,014	\$ 398,700	\$ 8,686
Arapahoe	\$ 486,544	\$ 472,309	\$ (14,235)
Boulder	\$ 692,361	\$ 739,497	\$ 47,136
Broomfield	\$ 500,572	\$ 524,360	\$ 23,788
Denver	\$ 570,564	\$ 567,911	\$ (2,653)
Douglas	\$ 568,015	\$ 581,066	\$ 13,051
Jefferson	\$ 512,598	\$ 514,515	\$ 1,917
7 County Average	\$ 514,632	\$ 518,454	\$ 3,822



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*Still
"Your House Hubby"*

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Cheesy Crack Chicken Casserole

INGREDIENTS:

Macaroni:
3 cups uncooked elbow macaroni

Bacon:
2 tablespoons butter
12 slices bacon diced into 1-2 inch pieces

Chicken:
1.5-2 lbs uncooked chicken cubed
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/2 tablespoon paprika

Veggies:
1 green bell pepper diced
1 medium onion diced
2 tablespoons minced garlic

Cheesy Mixture:
3 tablespoons butter
1/3 cup all-purpose flour
3 cups milk
1 package Dry Ranch Mix optional
1 package (8oz) cream cheese room temperature
3 cups shredded Cheddar cheese
1 can (10 3/4 oz) cream of chicken soup, condensed

Toppings:
Cooked bacon
1 cup shredded cheddar cheese

DIRECTIONS:

Macaroni:

Heat oven to 375°F. Cook and drain macaroni as directed on package.

Cook Bacon:

In a large skillet, over medium-high heat, melt two tablespoons of butter and cook the bacon, stirring frequently, until crispy. Remove from skillet and set aside. Drain grease, leaving only about 2 tablespoons in the skillet.

Cook Chicken:

Add the cubed chicken to the skillet, season with salt, pepper and paprika. Cook stirring frequently, until golden and no longer pink in the center. Remove from skillet and set aside.

Cook Veggies:

Add diced onion, diced bell pepper and minced garlic to the skillet and cook for 3-5 minutes, stirring occasionally, until soft and tender. Remove from skillet and set aside.

Cheesy Mixture:

In same skillet, on medium heat, melt 3 tablespoons butter over medium heat. Stir in flour with whisk until a paste forms. Gradually stir in milk, beating with the whisk. Stir in Ranch Mix if using. Stir in condensed cream of chicken soup and cream cheese until fully combined. Stir in 3 cups of cheddar cheese. Remove from heat.

Combine:

In a large bowl combine: cooked pasta, chicken, veggies and cheese mixture. Stir well to combine and transfer to a 13x9-inch (3-quart) baking dish. Top with the cooked bacon, 1 cup shredded cheese and sprinkle some bread crumbs on top if desired.

Bake:

Bake for 20-30 minutes or until mixture is bubbly and cheese is fully melted.

This makes a serving for 8 and takes about 60 minutes. Serve with Bread and a Tossed Salad. Perfect dish to feed a crowd.



How to Eat for the Better

With age, naturally our bodily functions begin to slow down. In this declining of functions, the most important one affected is our digestive systems. If we keep eating foods filled with saturated or trans fat, or highly processed food and junk food, it will definitely take a huge toll on our bodies. Eventually we won't be able to break down a lot of these foods like we used to. However, don't be sad about this news! It isn't the end! If you feel like you aren't able to make this switch to a healthier lifestyle, we're here to help! We recommend starting in small steps; it shouldn't be an all-or-nothing scenario! Below are a few ideas you should try to get started. Good Luck!

To set yourself up for success, think about planning a healthy diet as a number of small, manageable steps-like adding a salad to your diet once a day-rather than one big drastic change. As your small changes become habit, you can continue to add more healthy choices.

Prepare more of your own meals. Cooking more meals at home can help you take charge of what you're eating and better monitor exactly what goes into your food. You'll eat fewer calories and avoid the chemical additives, extra sugar, and unhealthy fats of packaged and takeout foods that can leave you feeling tired, bloated, and irritable, as well as exacerbating symptoms of depression, stress, and anxiety.

Make the right changes. When cutting back on unhealthy foods in your diet, it's important to replace them with healthy alternatives. Replacing dangerous trans fats with healthy fats (such as switching fried chicken for grilled salmon) will make a positive difference to your health. Switching animal fats for refined carbohydrates, though (such as switching your breakfast bacon for a donut), won't lower your risk of heart disease nor improve your mood.

Simplify. Instead of being overly concerned with counting calories, think of your diet in terms of color, variety, and freshness. Focus on avoiding packaged and processed foods and opting for more fresh ingredients.

Read the labels. It's important to be aware of what's in your food as manufacturers often hide large amounts of sugar or unhealthy fats in packaged food, even food claiming to be healthy.

Focus on how you feel after eating. This will help foster healthy new habits and tastes. The healthier the food you eat, the better you'll feel after a meal. The more junk food you eat, the more likely you are to feel uncomfortable, nauseous, or drained of energy.

Drink plenty of water. Water helps flush our systems of waste products and toxins, yet many of us go through life dehydrated-causing tiredness, low energy, and headaches. It's common to mistake thirst for hunger, so staying well hydrated will also help you make healthier food choices.

Unknown Arthur

We Referrals!!!

If you know someone who needs to sell their home or if you know of someone looking to buy a home. Please let us know and give them our number!

303-775-7466

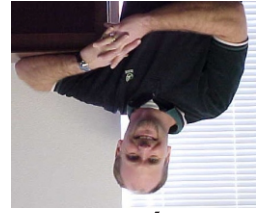
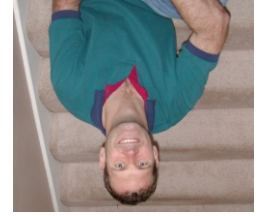
Quick Glance At Home Prices In The Denver Metro Area

City	Baths	Beds	SF Above	SF Total	Garage	Style	Yr Blt	Lot SF	DOM	Sold Price
Greenwood Village	5	5	3937	6005	3	2 Story	1994	33280	6	\$ 1,599,000
Denver	5	5	3271	4896	2	2 Story	2018	6250	7	\$ 1,599,000
Denver	3	4	3260	4056	3	2 Story	1901	8750	87	\$ 1,375,000
Boulder	3	3	2197	2677	1	Multi-Level	1947	8474	7	\$ 1,220,000
Littleton	5	6	4122	6265	3	2 Story	1996	10400	28	\$ 1,000,000
Lakewood	6	4	3092	5049	3	2 Story	2013	9673	2	\$ 919,000
Golden	4	4	2645	4060	2	2 Story	1989	13068	12	\$ 775,000
Lafayette	3	3	3156	4595	3	2 Story	2018	7997	36	\$ 710,000
Denver	4	4	1918	2734	2	2 Story	2013	4000	15	\$ 656,000
Denver	4	5	2196	3285	2	2 Story	2003	3580	5	\$ 650,000
Arvada	2	3	1785	1785	2	Ranch/1 Story	1955	12904	4	\$ 648,515
Arvada	3	3	2351	4702	3	Ranch/1 Story	2015	9931	205	\$ 630,000
Boulder	3	3	1064	1521	2	2 Story	1986	3750	87	\$ 625,000
Denver	3	4	1281	2432	2	Ranch/1 Story	1921	4690	3	\$ 620,000
Littleton	3	3	2437	3524	3	2 Story	2018	5477	42	\$ 610,000
Castle Rock	2	3	2013	4019	2	Ranch/1 Story	2018	7623	3	\$ 559,395
Littleton	3	3	2059	3004	2	2 Story	2018	4820	115	\$ 555,000
Denver	2	2	1192	1552	1	Ranch/1 Story	1896	3120	5	\$ 536,800
Denver	3	4	1108	2216	2	Ranch/1 Story	1961	6170	92	\$ 535,000
Highlands Ranch	3	4	2360	3600	2	2 Story	1993	5445	4	\$ 525,000
Conifer	3	4	2612	2612	3	Multi-Level	1974	226512	0	\$ 520,000
Broomfield	4	5	2024	3060	2	2 Story	1983	7144	5	\$ 510,000
Parker	3	4	2563	3305	3	2 Story	2017	6534	143	\$ 486,000
Littleton	3	4	2366	2366	2	Multi-Level	1992	7101	3	\$ 480,000
Littleton	3	3	1763	2337	2	2 Story	1992	6650	3	\$ 475,000
Englewood	3	4	1356	2470	3	Ranch/1 Story	1959	9453	9	\$ 452,500
Highlands Ranch	3	3	1409	2000	2	2 Story	1997	5009	32	\$ 445,900
Aurora	3	3	2387	3428	2	2 Story	2018	4525	111	\$ 439,990
Parker	4	5	1741	2500	2	2 Story	1997	6268	2	\$ 435,000
Castle Rock	3	4	1813	2523	2	2 Story	2018	4272	71	\$ 424,950
Denver	2	3	1040	2080	2	Ranch/1 Story	1952	6500	172	\$ 420,000
Arvada	1	2	882	1764	3	Ranch/1 Story	1953	5869	6	\$ 410,000
Wheat Ridge	1	2	1042	1242	1	Ranch/1 Story	1950	9188	2	\$ 400,000
Denver	2	3	1118	1118	4	Ranch/1 Story	1953	6220	4	\$ 399,900
Aurora	4	3	1529	2262	2	2 Story	1998	4966	4	\$ 395,000
Commerce City	4	5	1883	2963	4	Multi-Level	2001	5250	19	\$ 379,900
Brighton	3	3	1891	2425	2	2 Story	2006	7150	6	\$ 370,000
Denver	2	4	973	1946	3	Ranch/1 Story	1953	5750	6	\$ 368,000
Denver	2	3	1050	1050	2	Ranch/1 Story	1922	4690	78	\$ 359,900
Commerce City	3	4	1557	2381	4	2 Story	2002	5663	0	\$ 350,000
Aurora	3	3	1710	2187	2	Tri-Level	1991	6273	99	\$ 350,000
Commerce City	3	3	1421	1421	2	2 Story	2003	7087	39	\$ 346,000
Westminster	2	4	1037	2074	4	Ranch/1 Story	1953	7500	7	\$ 342,500
Longmont	2	4	1375	2497	1	Ranch/1 Story	1965	7952	6	\$ 302,500
Golden	1	2	1069	1069	2	Ranch/1 Story	1954	8628	4	\$ 280,000

Sampling of Data From The Multiple Listing Service For Single Family Homes Which Closed On 3/19/2019.

If you would like more information on one of the homes listed about, please email us or call us with the home information and we would be happy to send you the full MLS data sheet for that home.

April
2019



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The Latest News From Your Real Estate Experts



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The Jacobson/Renquist Team Number 303-775-7466

2091 Basil St.
Strasburg, CO
Price \$380,000



In Escrow

New Home In Parker
Stepping Stone
Base Price \$683,900



In Escrow

According to garden.org; on average, your frost-free growing season starts April 30th and ends October 4th, totaling 157 days.
Another great rule of thumb most people in Colorado use is Mother's Day Weekend is when you can start planting your garden. Although we can remember a couple times since living in Colorado the last 10 years that it has snowed on Mother's Day weekend too.

When to Plant Your Garden
in the Denver Metro

