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July 2023
 Volume 12 Issue 7

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Sharon Liuzzo's... "Who Ya Gonna Call?"

Service For Life!®

"Insider Tips For Healthy, Wealthy & Happy Living..."

Conquer "Analysis Paralysis"

We face countless choices daily, both trivial and important. Regardless of the importance, however, making decisions requires mental energy—it can be exhausting. It's not surprising, then, that we might feel indecisive about even the smallest things.

Here are some popular decision-making tips to try if you find yourself struggling.

- ✓ **Reduce your options.** Choosing from ten menu items is harder than choosing among three. Reduce your potential options and you can reduce your decision stress. Try just picking items from one menu section.
- ✓ **Be methodical.** Following a series of steps to make sure you're not forgetting something can be useful. This plan (https://www.umassd.edu/media/umassdartmouth/fycm/decision_making_process.pdf), from researchers at the University of Massachusetts Dartmouth, outlines seven steps of effective decision making.
- ✓ **Create a deadline.** To avoid waffling on a decision until it's no longer relevant, set yourself a deadline. If you haven't decided by that date, you can tell yourself what that means (i.e., if you haven't decided that you are going to an event, decide that that means you aren't going).
- ✓ **Try out common decision-making methods.** Flipping a coin or writing a pros and cons list may be just the trick you need to get you out of an indecisive rut. And, if you're unhappy with the result of a coin toss, your gut may be pointing you toward the choice you actually want to make.
- ✓ **Learn from the outcomes, good and bad.** No one is perfect, and even if we follow guidelines for making sound decisions they can still not work out how we'd hoped. Review the results of your decisions later for insights to help you make better decisions in the future.

It's important to keep in mind that overthinking a choice until the option is no longer available is a decision in and of itself—you're choosing not to decide. That may not seem so bad if the question is what you'd like for dinner, but it can also lead to a career or relationship stalling. Most experts agree that making the wrong decision can be better than making no decision. At least you are moving forward!

DID YOU KNOW ...

Unlike most real estate agents, I *DON'T* spend my time pestering people with phone calls or bothersome interruptions to find good clients. Instead, I dedicate 110% of my time and energies to providing such outstanding service, people naturally think of me when a friend or family member needs help buying or selling a home. THANKS for your referrals! 602-999-1468 SharonLiuzzo@aol.com

See All Carriage Manor Listings on My Website at www.SharonLiuzzo.com

Word of the Month...

Studies have shown your income and wealth are directly related to the size and depth of your vocabulary. Here is this month's word, so you can impress your friends (and maybe even fatten your wallet!)

sanctimonious (pronounced sank-ti-moan-ee-us) adjective

Meaning: *negative connotation* to act morally superior

Sample Sentence: His sanctimonious attitude contrasted with his meek manners.

"Under Penalty Of Law"

Those sternly worded "Do Not Remove" tags on pillows and mattresses sound intimidating, but the owners of the pillow or mattress *are* allowed to remove the tags. They date from the early 20th century and were introduced to make sure consumers knew what they were buying—all the materials inside the mattress or pillow had to be listed on the tag. With these labels, companies doing business on the cheap could no longer get away with using trash or old newspapers as stuffing.

A Bridge Too Far

The Italian city of Venice is famous for its many canals and bridges, but there's another European city with a bridge count that positively dwarfs that of Venice. Hamburg, Germany, has almost 2,500 bridges—more than Venice, Amsterdam, and London *combined*.

Quotes To Live By...

"Nobody is as powerful as we make them out to be."

– Alice Walker, Author

"There are years that ask questions and years that answer."

– Zora Neale Hurston, Author

"As long as you live, keep learning how to live."

– Lucius Annaeus Seneca, Ancient Roman Statesman

6 Thyroid Disorder Symptoms

Fatigue is a common symptom of a thyroid disorder, but fatigue is also a common symptom of being a busy human in the 21st century. The butterfly-shaped gland in your neck regulates thyroid hormone (TH), which is important to the proper functions of multiple systems in your body.

Thyroid disorders often go undetected until symptoms are more severe but both hypothyroidism (underactive thyroid) or hyperthyroidism (overactive thyroid) are usually not too hard to treat once identified. Here are some surprising signs that may indicate it's time to talk to your doctor.

- **Cognitive function:** An underactive thyroid may cause forgetfulness, while an overactive thyroid can make it extremely hard to concentrate.
- **Bowel issues:** Hypothyroidism can lead to constipation while hyperthyroidism can lead to diarrhea.
- **Heart problems:** Too much TH may make for heart palpitations and chest pain. Too little may lead to higher blood pressure and cholesterol.
- **Skin issues:** Thyroid issues may cause several skin problems, including dry skin, brittle nails, or a swollen face.
- **Muscle pain:** Sudden and unexplained muscle pain, cramping, or weakness may be a sign of an underactive thyroid.
- **Infertility:** Hypothyroidism can disrupt hormones that affect ovulation and lactation.

Would You Like To Know How Much Your Neighbor's Home Listed Or Sold For?

Maybe you're just curious. Or maybe you want to know how much your home is worth. Either way, I can help...with no "sales pitches" or run-arounds. Call me at **602-999-1468** and I'll give you all the facts.

Want To Lose Your Lawn?

Manicured lawns might look nice, but they're also expensive to maintain and environmentally problematic. Replacing your lawn can save time and money, not to mention be a boon to pollinating insects and birds.

Lawn alternatives vary widely by climate, so consult a local gardening expert or resources that are specifically geared toward your USDA Plant Hardiness Zone. Find your Plant Hardiness Zone by entering your zip code here: <https://planthardiness.ars.usda.gov/>

Remember: Plants that are acceptable in one city may be classified as invasive in another. Do your research before you start planting.

- Durable ground covers like clover, moss, Woolly Thyme, and Blue Star Creeper spread quickly, require no mowing or watering, and withstand the rigors of backyard picnics and playtime.
- Xeriscaping isn't just applicable to the desert climates where it's popular. It's all about focusing on native plants that can thrive where you live with little to no maintenance.
- Garden or flower beds can eliminate some lawn areas, but you can also use decorative gravel to fill in the spaces between those beds to get rid of even more grass.

Digital Wallets 101

We've learned to swipe, insert, and tap our credit cards in the checkout line as each new payment method was introduced. But you may not even need to dig your wallet out of your purse anymore—contactless payments through digital wallets are increasingly common.

The question of whether to *get* a digital wallet may be moot: If you have a smartphone, you probably *have* a digital wallet app already. **Apple Wallet**, **Google Wallet**, and **Samsung Wallet** are each associated with the device you have, you just need to activate them.

In each case, you can store your existing credit cards to quickly pay for groceries at a local store, for instance. But, like a physical wallet, these mobile digital wallets can also store things like bus passes, plane tickets, and gym membership cards. When your phone is more likely to be in your hand than your wallet, a digital wallet can be an incredible time-saver.

There are also digital wallets (sometimes called money apps) that are not dependent on an operating system and are primarily geared toward sending and receiving money. This category includes popular apps or websites like **Venmo**, **PayPal**, and **Cash App**. In each case, you can link bank accounts and credit/debit cards to the app to pay for purchases online or in person (by scanning a payee's QR code or knowing their account name). These apps also make easy work of splitting the dinner bill among friends—everyone can send their share to one person who puts down a credit card. Note that the latter form of digital wallet may add a fee for certain transactions.

Digital wallets are generally seen as more secure payment methods since security measures on your phone (like passcodes and facial recognition) make it incredibly difficult for anyone else to access your accounts. And, when you tap your phone at a store's register, the store gets a unique and encrypted code to complete the transaction—even they don't see your account information. As contactless payments and digital money transfers become more prevalent, digital wallets will only get more popular. Check out the one in your pocket!

Thank You! Thank You! Thank You!

I'd like to take a moment to personally introduce and welcome a few of my newest clients and good friends who have supported my business over the years. And special thanks to everyone who thought of me with your referrals! I couldn't do it without YOU!

George Hamilton & Rebecca Clinton, Bud & Delores Beverly, Mia Banks, Colleen Houle, Gary & Lorie Dahlheimer, Tom & Linda Albertson, Niles Beardslee, Don Smith, Sonia Midgarden, Carol Lang, Butch & Cookie Butler, and more!

Thank You! Thank You!

Brain Teaser...

There is only one letter in the alphabet that is not used in any name of any U.S. state. What is it?

(See page 4 for the answer.)

Real Estate Question?

Maybe you want to know how much your home is worth. Or maybe you just need a recommendation for a handyman, carpet cleaner or plumber...

Either way, I love hearing from all of my good friends and clients. And I'm happy to help answer questions you might have about anything relating to real estate or home-ownership.

If you have a question, tip or idea, call me at **602-999-1468**. I'm here to help!

Sink Or Swim

Dress up your fizzy water with a little citrus and you'll notice something odd: lemons float and limes sink. This is true regardless of whether the fruit is whole or sliced. Limes, it turns out, are slightly more dense than lemons, which are typically about the same density as water.

Plant Tracker Apps

Keeping plants alive has never been easier, thanks to the many plant tracker apps available. These are all available for both Apple and Android phones.

Planta (getplanta.com): The free version reminds you to water your houseplants on a schedule tailored to the pot size and type and distance from windows. The paid version (\$36/year) adds features like fertilization prompts, a light meter, and help from Dr. Planta for ailing flora.

Blossom (blossomplant.com): This app covers both indoor *and* outdoor plants with plant and disease ID, plus detailed care guides. The light meter feature is only available for Android. There's a free trial, after which it's \$19.99/year.

PictureThis (picturethisai.com): The huge plant ID database (free) is the main appeal here—it includes more than 10,000 indoor and outdoor species and boasts 98% accuracy. More features come with the \$30/year subscription.

Thanks For Thinking of Me!

Did you know I can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping me in mind with your referrals...and spreading the word about my services.

Brain Teaser Answer:

The letter Q

Toaster Tidying

When was the last time you cleaned your toaster? Chances are it's due, but luckily it's pretty easy. Here's how.

- Make sure it's unplugged and completely cool!
- Pull out and dump the contents of the crumb tray, dislodging stuck bits with a scrub brush.
- Wash the crumb tray and let it dry completely before putting it back.
- Clean out toaster slots with a small brush or a rubber spatula. You can also wipe them out gently with a damp rag.

Have A Laugh...

What's the difference between a poorly dressed man on a unicycle and a well-dressed man on a bicycle? Attire.

THANK YOU for reading my Service For Life![®] personal newsletter. I wanted to produce a newsletter that has great content and is fun and valuable to you. Your constructive feedback is always welcome.

AND... whether you're thinking of buying, selling or financing real estate, or just want to stop by and say "Hi," I'd love to hear from you...

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Disclaimer: The information contained in this letter is intended for informational purposes. It should not substitute as legal, accounting, investment, medical or other professional services advice. Always seek a competent professional for answers to your specific questions. This letter is not intended to solicit real estate properties currently for sale.

“Who Else Wants To Win A \$50.00 Visa Gift Card?”

Guess who won last month's Trivia Question? I'm pleased to announce the lucky winner of last month's quiz. And the winner is ...drum roll please: Marie Bader, Mesa/Alberta.

Which of these sports will make its debut at the 2024 Summer Olympics in Paris?

- a) Breaking b) Skateboarding c) Sport Climbing d) Surfing

The answer is a) Breaking...but don't call it break dancing. Skateboarding, sport climbing and surfing debuted in Tokyo and will return to the Summer Olympics in Paris. So let's move on to *this* month's trivia question.

In the U.S., you'd “knock on wood” for good luck. In what country do carp scales represent similar good fortune?

- a) Poland b) Japan c) Madagascar d) Jamaica

Call Me At 602-999-1468 OR Email Me At SharonLiuzzo@aol.com

And You Could Be One Of My Next Winners!

Real Estate Corner...

VACANT LOTS:

#907 - \$89,900 – Perfect for New Park Model or Modular, Motorhome, Fifth-Wheel or RV! N/S Exposure.

PARK MODELS:

#396 - \$110,000 – **New Listing/Sale Pending!** Large Deck, Furnished, Parking for 2, W/D in Shed, Faces E. AS IS

PARK MODELS WITH AZ ROOMS:

#468 - \$199,900 – **Sale Pending!** Large Corner Lot, Large AZRM, 2 Baths, Large Tile Deck, Mt. View!

#807 - \$220,000 – **New Listing!** 2013 Modular with 2018 AZRM, 2 Baths, Great Location, Furnished!

If you are thinking of listing, now is a great time to sell since there is a very little inventory in Carriage Manor. Please call if you would like a free comparative analysis on your property.

HERE IS WHAT SOLD IN THE NEIGHBORHOOD SINCE MY LAST NEWSLETTER:

6/1	Lot 429	\$145,000	6/5	Lot 465	\$115,000
6/9	Lot 76	\$112,000	6/23	Lot 723	\$ 85,000



See All Carriage Manor Listings on My Website at www.SharonLiuzzo.com