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

Service For Life!®

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

Easy Ways To Boost Your Immune System

Immune-boosting fads come and go, but (as with most health-related topics) building and maintaining a healthy immune system is less about "magic pills" and more about focusing on things like diet and behavior.

Here are a few habits you might want to get into to boost your immune system.

- ✓ **Move!** There are many reasons why daily physical activity is good for you, and you can add immune-boosting to the list. Movement helps reduce stress, and stress taxes your immune system. Try to get at least 2.5 hours of moderate exercise weekly (walking, hiking, bike riding).
- ✓ **Be mindful of what goes into your body.** It's no surprise that you'll help your immune system by quitting smoking and limiting alcohol, but the same is true for adding more plant-based foods into your diet. Even some herbs and spices contribute to immune health, including cinnamon, cumin, turmeric, and thyme.
- ✓ **Get a little sun.** Yes, you can take vitamin D supplements, but sun exposure is still considered the best way to get vitamin D into your system—and some evidence indicates it may help your immune system. A good rule is 10-30 minutes, a few days a week (just don't get burned).
- ✓ **Stay current on vaccines.** It takes much longer for your immune system to start fighting off infections if you aren't vaccinated, so illnesses are likely to make you sicker and take longer to recover from. Check with your doctor to find out what vaccines you should be getting.
- ✓ **Relax.** This doesn't mean you have to learn to meditate, but it does mean that it's important to your immune system that you don't let stress take over. Set aside some time every day to do something that relaxes you.
- ✓ **Laugh.** When we laugh, our stress levels decrease, and that's good news for the immune system. Hang out with a funny friend!

PLEASE VISIT MY WEBSITE AT WWW.SHARONLIUZZO.COM. TO VIEW ALL THE CARRIAGE MANOR LISTINGS THAT ARE LISTED BY ALL AGENTS...JUST CLICK THE CARRIAGE MANOR RESORT TAB.

PLEASE CALL ME AT 602-999-1468

IF YOU WOULD LIKE TO BUY OR SELL! REMEMBER... MY GOAL IS TO MAKE YOU HAPPY AND I'M NEVER TOO BUSY FOR YOUR REFERRALS.

[See All Carriage Manor Listings on My Website at www.SharonLiuzzo.com](http://www.SharonLiuzzo.com)

Is Online Therapy Right For You?

Virtual therapy options are increasingly common and popular. If you're wondering whether online therapy is right for you, here are a few important things to consider.

- **Accessibility:** You don't need to go to an office to talk to a counselor, which is especially useful for people who live in remote areas or have mobility issues, but also very handy if you need to talk through something while you're traveling.
- **Multiple formats:** With virtual therapy, you may have the option to text your therapist as well as have video or audio sessions, so you can choose whatever is most comfortable for you at that moment.
- **Insurance coverage:** Even if your health insurance covers mental health care, they may not cover tele-therapy. Be sure to verify this in advance.
- **Affordability:** Some online therapy services offer monthly plans that are already less expensive than some in-person therapists, and those plan prices decrease if you pay for packages in advance, such as for three- or six- month periods.

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.

Preventing Gas Leaks

Natural gas leaks can be extremely dangerous—and because it's naturally odorless, that familiar "rotten egg" scent is added to alert you as soon as possible about a gas leak. But there are some things that can make that warning smell weaker so you may not notice it quickly.

- There is the danger of a spark causing a fire, of course, but natural gas poisoning is also possible if a gas leak goes undetected. Some of the symptoms include nosebleeds, headaches, chest pain, ringing in the ears, and dizziness. Pay attention to your pet's behavior, too, as things like lethargy and vomiting may mean they have gas poisoning, too.
- You should check all your gas appliances regularly to make sure the pilot lights are on (they should be blue with a yellow tip), and it's not a bad idea to have your gas lines checked by a professional. In addition to your home's smoke alarms, you might also want to install natural gas and carbon monoxide detectors to help with early alerts.
- If you detect a leak, immediately open the windows, turn off electronic devices, and shut off the gas. Then call the gas company. Don't go back inside until they say it's safe to do so.

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!)

datafication (pronounced da-tuh-fi-KAY-shun) noun

Meaning: the act of turning both online and offline human behaviors and actions into data, from which analysts can derive meaning

Sample Sentence: Everything we do can become a data point, including how we move through cities—datafication of pedestrian movements means Amsterdam's streetlights are set to brighten or dim based on whether or not people are out walking.

DIY Ant Repellants

Periodic ant invasions in the kitchen or bathroom aren't uncommon, but they are annoying. Here are some easy ant repellants you can make with items you may have in your pantry already.

- **Cinnamon and mint:** These strong scents are said to make ants run in the opposite direction. Many people swear by cinnamon or peppermint oil in any places where you've seen ants.
- **Food-grade diatomaceous earth:** Sprinkle this around where you've seen ants; it's a tried-and-true method of keeping them and other unwanted bugs away.

Quotes To Live By...

"The most common way people give up their power is by thinking they don't have any."

– Alice Walker, Author

"Children have never been very good at listening to their elders, but they have never failed to imitate them."

– James Baldwin, Author

"You know you're old if someone compliments you on your alligator shoes, and you're barefoot."

– Phyllis Diller, Comedian

Brain Teaser...

Lose me once, I come back stronger.
Lose me twice, I'm gone forever. What am I?

(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!

Oily Chalk?

Crayola crayons are a staple of many a childhood, but do you know where the name comes from? In 1903, the wife of the company's founder combined the French word for chalk, "craie," with the beginning of the word "oleaginous," which means "oily or greasy."

Websites to Learn Languages

Whether you just want to know a few phrases before your next vacation or you're looking to become fluent, there are lots of online ways to learn.

duolingo.com: DuoLingo's game-style language lessons help make learning fun. There are 38 languages to choose from—including fantasy languages like Klingon and High Valerian—and it's totally free (you can pay for an upgrade to remove ads).

busuu.com: Busuu not only has language lessons for more than a dozen languages, it can also connect you to native speakers around the world so you can practice. There's a 7-day free trial and live lesson plans start at \$26/month.

pimsleur.com: The Pimsleur Method is all about listening to lessons, and the Pimsleur app is full of 30-minute lessons in more than 50 languages you can listen to while doing housework or driving. There's a 7-day free trial and it's \$14.95/month after that.

How To Make Weddings Cost Less (& Be More Eco-Friendly)

It's not uncommon these days for weddings to cost upwards of \$20,000. On top of that, weddings and receptions can generate a lot of waste. Here are a few ideas that can help reduce the price tag of a wedding while also doing Mother Earth a favor.

- **Print minimalist invitations.** Put as much information as you can onto a wedding website, so you don't have to print as many inserts. Save-the-date notes can be sent electronically, too.
- **Forgo fresh bouquets.** Fresh flowers are gorgeous, but they may not be great for the environment. There are beautiful eco-friendly options, including silk flowers, dried flowers, and even stunning wood flowers that can be used for years. You can give them out to guests, too, as they leave.
- **Look for gently used wedding decor.** It's easy to find nearly-new goodies online, including wedding decor. Try Facebook, Etsy, your local 'Buy Nothing' group (buynothingproject.org), auction sites like eBay, and even estate sales.
- **Rent instead of buying.** There are many parts of a wedding that can be rented—including utensils and tableware (more eco-friendly than disposable), silk floral arrangements, wedding jewelry, and tuxedos.
- **Hire caterers that source locally.** When produce doesn't have to be shipped long distances, it's better for the planet *and* your bank account. Choose a caterer that uses local and seasonal ingredients.
- **Decorate with live plants that double as wedding favors.** Potted plants make excellent decorations for weddings and receptions, and then your guests can bring them home to plant in the garden or decorate their homes.
- **Skip the balloons, lanterns, and rice.** Balloons may be eaten by wildlife and floating lanterns are a fire hazard. And tossing rice on the newly-married couple is also an environmental no-no—choose something like dried lavender instead.

THANK YOU, THANK YOU! THANK YOU!

I want to share a little secret with you. I don't spend my time cold calling or pestering people for business. Instead, I focus 110% of my efforts on giving such outstanding service that people naturally think of me when a friend, neighbor or family member needs a caring and competent REALTOR®.

Collen Nibbe, Leon & Patricia Fryer, Jacques & Corrine St. Martin, Mike & Jean Yaremchuk, Ken & Adel Wilmon, Mike & Marcia Dyer, Roger & Janice McCurley, Don & Jackie Ulmer, Sharlene Durbin, Andrew VonPinnon, Brenda Cook, Davina Tidwell, Gayle Holst, Ron & Bobbie Buesing, JoAnn Donnelly, Lou Fohn, Harley Mulder, Mike & Judy Williamson, Ron & Bobbie Busing, Lou Fohn & JoAnn Donnelly, Niles & Marilyn Beardslee, Linda Haderli, and more!

[See All Carriage Manor Listings on My Website at www.SharonLiuzzo.com](http://www.SharonLiuzzo.com)

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:

A tooth

Ah-choo!

Not everyone says "bless you" after someone sneezes. Here are a few things you might hear if you sneeze while traveling abroad.

- Croatia: *Istina*, which means "truth"
- France: *À vos souhaits*, which means "to your wishes"
- Germany: *Gesundheit*, which means "health"
- Hawai'i: *Kihe, a mauili ola*, which means "sneeze, and you shall live"
- Spanish: *Salud*, which means "health"

A Joke For Word Nerds

What's the difference between ignorance and apathy?

I don't know, and I don't care.

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 \$25.00 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: Deb Dunn, Prescott/Mesa.

In Singapore, it's illegal to chew gum.

Which of these is also illegal in the country?

- a) running out of gas on the highway b) using someone else's WiFi
c) wearing camouflage d) climbing trees

The answer is b) using someone else's WiFi. The others are illegal in (A) Germany, (C) parts of the Caribbean, and (D) Toronto. So let's move on to this month's trivia question.

To prevent bad energy from following them to a new house, Americans in the early 20th century did what at the old house when they moved?

- a) sprinkled salt in the doorway b) burned a new beeswax candle
c) left one teacup behind d) burned the dishcloths

**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:

PARK MODELS:

#320 - \$115,000 - **New Listing/Sale Pending!** Large Deck, Dual Panes, Shed with W/D, 2014 HVAC
#24 - \$115,000 - **SOLD!** Faces North, Large Parking Area, Furnished, Large Shed!

PARK MODELS WITH AZ ROOMS:

#558 - \$164,900 - **SOLD!** Mt.View, Hard Floors, Nice Deck, Large Shed, Newer HVAC!
#517 - \$169,900 - **SOLD!** Nice Tile Deck, Large AZ RM, Extra 3/4 Bath, Newer Roof, Furnished!
#562 - \$124,900 - **SOLD!** Big AZRM. Nice Sized Deck, Inside Laundry, Furnished!
#911 - \$189,900 - **New Listing/Sale Pending!** Beautifully Updated, Corner Lot, Newer HVAC, Golf Cart!

I have a few new listings that will be Coming Soon so stay tuned! 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. Thank you!

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

6/1	Lot #558	\$164,900	6/2	Lot #729	\$155,000
6/2	Lot #394	\$185,000	6/6	Lot #517	\$166,000
6/7	Lot #562	\$124,000	6/13	Lot #24	\$115,000
6/21	Lot #627	\$105,000	6/21	Lot #547	\$187,900

Do you have a question you want answered related to real estate or home ownership? Feel free to call me at 602-999-1468. Perhaps I'll feature your question in my next issue!



[See All Carriage Manor Listings on My Website at www.SharonLiuzzo.com](http://www.SharonLiuzzo.com)