



Sharon Liuzzo, Associate Broker
HomeSmart Northeast Mesa
2913 N. Power Rd. #101
Mesa, AZ 85215
602-999-1468



March 2026
Volume 13 Issue 3

Inside This Issue...

Make Your Grocery Budget Go Further...Page 1

Are You Dehydrated?...Page 2

How To Talk To Your Kids About The News...Page 2

The Note Guide...Page 3

Answer This Trivia Question And You Could Win \$50.00 Visa Gift Card...Page 4

Real Estate Corner.... See My Listings in Carriage Manor, What Sold in Carriage Manor...Page 4



Sharon Liuzzo's...

Service For Life![®]

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

Stretch Your Grocery \$\$\$

To say that there's sticker shock when we go to the grocery store is an understatement – not only are prices up, but we're paying more for less thanks to what's known as "shrinkflation." Merriam-Webster defines shrinkflation as "the practice of reducing a product's amount or volume per unit while continuing to offer it at the same price."

There are ways we can save money at the grocery store, though. Here are some tips so you can get the most bang for your buck on your next grocery run.

- **Make a list:** It's easy to over-shop when you go grocery shopping without a list. By making a list, not only will you stay on track, but it's also easy to avoid adding random purchases and junk food (especially if you are shopping hungry!).
- **Check it twice:** Be sure to check your list before going to the store to ensure you don't already have what you think you need in the pantry, refrigerator, or freezer.
- **Opt for generics:** When deciding between name brand and generic labels, you may be able to save more by choosing the generic. This is especially helpful with canned fruits and vegetables, fruit juices, and staples like flour and sugar.
- **Watch for sales:** Check your favorite grocery store's sale flyers or apps to see what's on special before you go. If you're running low on something but it wasn't on your list, it may be worth it to go ahead and purchase if it's on sale, especially deals like two-items for the price of one.
- **Become a member:** Some grocery stores have loyalty programs. Sign up and reap the benefits that may range from members-only discounts to points for store credit.

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

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!)...

Brackish (BRACK-ish) adjective

Meaning: A mixture of saltwater and freshwater, like where a river meets the ocean.

Sample Sentence: Manatees swim through brackish water when seeking out warmer waters during winter cold snaps.

A Sssssilly Joke

How do you measure a snake?
In inches—they don't have feet.

Get Moving

Much of our time is spent working, which might mean being stationary for long stretches of time. It's important that we incorporate movement into our day. Here, a few easy ways to do just that.

- Park your car farther away from stores when running errands; those extra steps add up.
- Break up the day with a dance party – put on some music and bust a move.
- Play with your pets: throw a ball with your dog, or go on a string chase with your cat.
- After dinner, instead of plopping down to watch TV, take a quick walk around the block.
- When you do watch TV, lift weights, do some yoga moves, or do some lunges to be active at the same time.

Quotes To Live By...

"Learn to let go. That is the key to happiness."

– Buddha

"Most folks are as happy as they make up their minds to be."

–Abraham Lincoln, US President

"A kind word is like a spring day."

–Russian Proverb

Surprising Signs of Dehydration

We know that it's important to stay hydrated, but what we may not know is that research shows 75% of Americans are frequently dehydrated. If you're suffering from any of these signs of dehydration, reach for a glass of water, or watery foods like watermelon and spinach.

- **Thirst:** It may seem obvious, but if you're thirsty, have a drink, whether it be water, herbal tea, coffee, milk, or juice.
- **Bad breath or a dry mouth:** Waking in the morning, chances are you have a dry mouth and "morning breath." If you find the same throughout the day, you may be dehydrated.
- **Muscle cramps:** When it's hot out and we're active, our bodies lose fluid, which can lead to muscle cramps. Rehydrate and you'll leave those cramps behind.
- **Sweet cravings:** If you find yourself craving something sweet, it may be due to dehydration.

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.

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!

Kids And The News

There's a lot happening in the world, and it's not always easy to find ways to talk with your kids about the news. But it is important, especially when they ask about something they've heard at school or seen on social media.

If your child comes to you about something in the news, ask them what they have heard, and how they're feeling about it. By providing them with a safe space to talk, you are inviting ongoing dialog during which you can share facts and context. At the same time, try not to share more than they are asking about, or need to know.

One thing to keep in mind is that it's OK to say, "I don't know." When your kids start asking the "whys" behind a news story, experts say that, as parents, we often don't have the answers. It's important for parents to convey that along with the answers you do have.

Write The Perfect Note

In the “smart” and rushed world we’re living in, receiving a handwritten card in the mail is a rarity, and an absolute delight. Whether it’s a birthday or anniversary card, a note of thanks, or a quick hello, etiquette experts say that writing a personal note creates something that will last, not only tangibly on paper but in the recipient’s memory. But where to start?

Start at the beginning, with a salutation like Dear, or Hello. Personalizing the note to the recipient will let them know you were thinking of just them when you picked up the pen. And, you’re off!

If it’s a thank you note you’re writing, jump right in by expressing your gratitude for the gift, including specifics. For example, rather than saying thank you for a sweater, mention the sweater’s color and what you plan on pairing it with. Something like, “Thank you so much for the green sweater; it’ll go perfectly with my favorite pair of jeans.”

A note to a friend can be as simple as diving into a memory of the two of you together, or sharing that something you saw reminded you of her. Knowing that she is on your mind will brighten her day and certainly bring a smile.

And don’t flinch at seeing your handwriting. Most people’s penmanship is suffering in these days of computers, smartphones, tablets and voice memos. Writing a note in your own handwriting may be intimidating, but think of it as an expression of your voice; our handwriting is unique to each of us. Seeing your words in your writing will be even more meaningful to the person reading them.

Lastly, write when the inspiration strikes – it’ll mean a lot to you, and to the person you’re writing.

Brain Teaser...

A man pushes his car to a hotel and tells the owner he’s bankrupt. Why?

(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!

Did You Know?

Time may not move in the same way for all creatures. Smaller animals with fast metabolisms probably experience time more slowly than we do, because the perception of time depends on how fast the brain can process information. At least, that’s what the science suggests!

Clean Out the Fridge

Cleaning out the refrigerator is one of those chores we put off, but can be done in a snap.

- Remove everything from the shelves, drawers, and door.
- Throw out expired items.
- Wash with hot, soapy water and dry with a clean towel.
- Wipe the interior with hot, soapy water, wipe again with clean water to rinse, and dry with a clean towel.
- Replace shelves, drawers, and food.

Photo Editing Websites

Enhance your smartphone snaps with these free photo editing websites.

www.fotor.com – Easily adjust brightness and contrast.

www.photopca.com – Apply filters and add text to your photos.

www.canva.com/photo-editor – Add texture, crop, and adjust the colors.

Thank You! Thank You! Thank You! Thank You! Thank You!

I would like to take a moment to acknowledge and thank a few of the special people in my life who’ve helped build my business with their enduring support and referrals. I couldn’t do it without you!

Lou Fohn, JoAnn Donnelly, Carson & Marilyn Aasen, Chuck & Nancy Conn, Lynn Scriven, Kenny Simonis, Gord & Maureen Weeks, John Schumacher, Debbie Tieri, John & Ann Anderson, John & Carol Leith, Rhonda Grist, Glen Grist, Dale & Julie Elgersma, and more!

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:

He's playing Monopoly.

Fun Feathered Facts

With more than 11,000 species of birds found worldwide, there are plenty of fun facts about them.

- Some birds' eye color changes from juvenile to adult, including gulls, raptors, and ducks.
- Hummingbirds can fly backwards.
- Birds can see the earth's magnetic fields, which helps with their migrations.
- Crows hold funerals for their friends.
- Some birds can sleep while flying!

Have A Laugh...

I only seem to get sick on weekdays.
I must have a weekend immune system.

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...

Sharon Liuzzo, Associate Broker
HomeSmart
602-999-1468

SharonLiuzzo@aol.com
SellnBuy55@gmail.com
www.SharonLiuzzo.com



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: Cindy Lueken Mesa/MB.

The "Ring of Fire" is famous for volcanoes, but some of the world's most active aren't on the Pacific Ocean. Which non-Ring of Fire country has the most active volcanoes?

- a) Kenya b) Italy c) Ethiopia d) Iceland

The answer is d) Iceland. Iceland has 10 volcanoes that have been active since 1960, while Italy has 2 (still currently active), Ethiopia has 6, and Kenya has 0. So let's move on to *this* month's trivia question.

What was released in July of 2007, and called a "gamechanger"?

- a) Bluetooth b) Macbook c) WiFi d) iPhone

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:

#477 - \$95,500 - **Reduced! Great Lot!** East Facing, High Awning, Storage Shed, Full Slab!

PARK MODELS:

#23 - \$109,900 - **Reduced! Luxury Vinyl Flooring, Quarts Counters, Newer Roof, Shed!**

PARK MODELS WITH AZ ROOMS:

#911 - \$215,000 - **Great Location! Beautifully Updated, Large Eat-In Kitchen, Extra Bonus**

#149 - \$139,000 - **Reduced! Newer Roof, Nice Deck, Extra 1/2 Bath, Inside Laundry!**

#348 - \$124,900 - **Great Value! Awesome Value, 1.5 Baths, Open Kitchen, Newer HVAC, Roof!**

#734 - \$264,900 - **Reduced! Great Location! 2022 Modular, 2 Baths, SS Appliances,**

#677 - \$168,900 - **Sale Pending! Large Tile Deck, 1.5 Baths, Hard floors Throughout, Shed!**

#776 - \$242,500 - **New Listing! Great Location, 2013 with Hardy Board, 2 Baths, 2023 HVAC**

#269 - \$149,900 - **Reduced New Listing! East Facing Corner Lot, Big Deck, 1.5 Baths,**

#197 - \$229,500 - **New Listing! 2012 Modular with AZRM Tag, 1.5 Baths, Hard floors, Deck!**

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

2/10	Lot 780	\$135,500	2/13	Lot 495	\$112,000
2/18	Lot 698	\$140,000	2/19	Lot 491	\$153,000
2/27	Lot 388	\$214,000	2/27	Lot 700	\$132,000



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