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

Service For Life!®

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

Foods That Combat Pollution

Pollution can have a detrimental impact on our health and well-being, causing breathing problems like asthma, skin issues such as psoriasis, a weakened immune system, and high blood pressure. Pollution exposure has even been linked to cancer and heart disease. While we can't always escape exposure to pollutants, we may be able to help reduce its effects. Foods rich in antioxidants may help prevent and even reverse cell damage caused by pollutants. Try including these in your diet:

- **Green tea:** this wonderful tea contains a chemical called polyphenol, which has been shown to counteract the effects of environmental pollutants like pesticides and smoke. Aim for 2-3 cups per day.
- **Fruits and vegetables:** kiwis, citrus, spinach, berries, broccoli, kale, and tomatoes are all packed with Vitamin C, which is great for boosting immunity, reducing the rate of cardiovascular disease, and improving asthma. Aim for 1 ½ to 2 cups of fruit and 2 to 3 cups of vegetables per day.
- **Fish oil:** fatty fish — like mackerel and salmon — contain Omega-3 fatty acids which are not only great for your brain, lung, and heart health, but also combat the effects of air pollution. Aim for 2-3 servings of fatty fish a week.
- **High-fiber foods:** cruciferous vegetables like broccoli, cauliflower, kale, brussels sprouts, bok choy, and cabbage are high in the compound sulforaphane which supports the liver in detoxing harmful pollutants from your body. The fiber in these vegetables helps to limit the body's absorption of toxins and helps to expel them, too. Aim for 2 cups a day.

Wherever possible, aim to buy organic produce to limit exposure to synthetic chemicals like herbicides or fertilizer. Wash your produce with a fruit and vegetable wash before eating to rinse off lingering pesticides, as well as reducing bacteria picked up throughout the produce processing cycle. You can make your own rinse with 1 part white vinegar and 4 parts water.

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!)

Northpaw (north-paw) noun

Meaning: A right-handed person, usually used to refer to an athlete.

Sample Sentence: That boxer has a sharp northpaw jab.

Have A Laugh...

How would you like to hear a construction joke?

Sorry, I'm still working on it!

Homemade Fruit Fly Traps

Save yourself the cash and make your own just-as-effective homemade fruit fly traps:

- Find an unused glass jar or plastic container, like an old water bottle.
- Add a few drops of dish soap, a tablespoon of apple cider vinegar, and a tablespoon of sugar.
- If using a bottle, drill a few holes in the lid, or — if using a jar — add plastic wrap over the top of the jar and poke a few holes in the top with a pin.
- Watch those annoying flies collect in the bottom of the jar!

Quotes To Live By...

“Good health is not something we can buy. However, it can be an extremely valuable savings account.”

—Anne Wilson Schaefer, Author

“At times, our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.”

—Albert Schweitzer, Doctor & Philosopher

“It isn't enough to talk about peace. One must believe in it. One must work at it.”

—Eleanor Roosevelt, the longest-serving First Lady

Why Pay To Monitor Credit?

First, what exactly IS credit monitoring? Monitoring your credit simply means keeping track of changes on your credit report (like new lines of credit or changes in balances). The three main credit agencies TransUnion, Experian, and Equifax monitor your credit, and you can get your credit report once per year for free from each of them at: annualcreditreport.com. However, if you want to check your report more than once per year, regular monitoring of your credit can help you discover problems earlier to prevent identity theft and work on improving your credit score. Websites like creditkarma.com or wallethub.com are free to join and they can alert you to changes in your score, when a new line of credit has been opened, and may provide tips to help you improve your credit score.

So why you would pay to monitor your credit when you can access your credit report for free? Credit monitoring companies that charge monthly fees — like Identity Guard, IdentityIQ, or LifeLock, will usually provide more current information on any changes on your report, send you alerts by text or email when changes occur, and some companies may even investigate suspicious activity for you. They also don't usually sell your data, like some of the free companies may. If privacy is important to you and you want to actively monitor your report, it might be worth it to pay for a service. Also, check with your credit card company—some offer free credit monitoring as a benefit.

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.

Kids And Cyberbullies

Cyberbullying – bullying online or through social media apps — is becoming more prevalent. Here are some signs to watch out for and what to do if you think it's happening with your kid(s):

- **Look for warning signs such as:** an increase in device/social media use, hiding device use in your presence, emotional responses after using a device (sadness, anger), avoidance of social situations that they once enjoyed, abrupt changes to their social media profiles.
- **Tips to combat cyberbullying:** keep device use limited to common areas of the home, talk with your kids about bullying and what it may look like on social media, provide support so they know they can come to you, don't overreact or remove their device and instead talk through possible solutions to empower them, document the bullying by taking screenshots of the bullying and keeping a record of what happened, inform school administrators if bullying is coming from classmates, and if there is a potential threat to safety, take the documentation to law enforcement. Lastly, provide reassurance and support to your child while you navigate this challenge together.

How To Write A Great Thank-You Note

Whether you're sending an email follow-up for a job interview or thanking a relative for a Christmas gift, there's an art to the thank-you note. It shows that you've gone out of your way to show appreciation. In an age where communication is instantaneous, it can be difficult to know when to send an email, text, or make the effort to write a handwritten card, and what to say. Here are some general guidelines:

- **Emails:** it's most appropriate to send an email in a professional scenario — such as sending a note following a job interview — to remind them of your interest and to thank the interviewer for their time. It shows you are interested and that you follow through. However, if you attended a formal event, it may be worth making the extra effort to thank the hosts in writing.
- **Text messages:** sending a text is for informal situations, like thanking friends and family for visiting or for suggestions they've provided. Also, a text when you're using a gift, maybe with a photo attached, is a great way to show the sender that you appreciate their gift and are getting use out of it (think a picture of the baby in the new clothes Grandma sent).
- **Writing a handwritten note:** thank-you cards these days are more commonly sent as a follow-up to a wedding; to thank friends and family for their thoughtful gifts; to the host of a charity event or dinner; after someone has written a letter of recommendation on your behalf; to thank friends for hosting a dinner party; or to mark a major life-change or anniversary.
- **What to say in your note:** if writing a handwritten note, bear in mind it doesn't need to be an essay but do be specific and mail it promptly. Tell them what you are thanking them for — if it was for a gift, mention said gift and how you plan to use it — how it made you feel, and how much you appreciate their efforts. If marking a major life change, your note can offer support and encouragement, while at the same time acknowledging the transition or change they are experiencing. In an age when we're all busy, the gesture of sending a note shows kindness and appreciation for your relationship.

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!

Gayle Hoyst, Carson & Marilyn Aasen, George Hamilton & Rebecca Clinton, Sharon & Tom Knaup, Julie Simacek, Rick & Beckie Fischer, Roger & Janice McCurley, Billy & Nancy Jones, Jane Nielsen, Bud & Delores Beverly, Mia Banks, Jerry & Sylvia Bosma, Bob & Dee VanDriel, Colleen Houle, Gary & Lorie Dahlheimer.

Thank You! Thank You!

Brain Teaser...

When I am occupied, I can provide protection. But when I am empty, I cannot move on my own and protect no one. And I'm often ignored for months at a time. 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!

Did You Know?

The fastest gust of wind ever recorded reached a whopping 253 miles an hour. A weather station measured the gust during a tropical cyclone named Olivia that hit Barrow Island, Australia in 1996.

Top AI Websites

AI (artificial intelligence) is the latest technology trend that is supposed to help minimize time we spend on tasks, research, and even writing! Check out:

openai.com – use an interactive AI model that answers questions, admits when it's wrong, and has boundaries for inappropriate requests. Ask questions like, "when do I need a new hot water tank" or "summarize the book XYZ."

letsenhance.io – automatically enhances images, improving their resolution, tone, and texture, no matter how old the image is. Also can generate AI art!

thing-translator.appspot.com – This website allows you to take a photo of an item and translate it into a local language where you are travelling. For example, if you wanted another piece of bread in restaurant in Europe, you could take a picture of the bread and use the translator to find the correct word in the language you're looking for.

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 glove!

Seasonal Home Maintenance

This handy seasonal checklist can head off issues before they arise:

- **Fall:** clear leaves and debris from yard/gutters, check fireplace for cracks, service furnace, seal caulking on windows, inspect the roof for damage.
- **Winter:** Clean and store outdoor furniture, get out your snow blower or shovel, add faucet covers to your outdoor faucets to protect them from frost; turn off the outdoor water supply to prevent damage to your pipes.
- **Spring:** clean windows, power wash deck and walkways, have the dryer vent checked for lint, check the windows for rot and caulking, service your water heater, and fertilize outdoor plants and lawn.
- **Summer:** refinish deck, maintain garden, fix paving, replace outdoor faucets if needed.

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: Arne & Judy Teigen, AZ/MN.

What award-winning actress was nominated for a “Worst New Star” Golden Raspberry for her very first feature film role?

- a) Helen Mirren b) Kristin Scott Thomas c) Maggie Smith d) Judy Dench?

The answer is b) Kristin Scott Thomas. She was cast as the romantic lead in Prince's 1986 film, “Under the Cherry Moon,” at age 26. The film was a flop with critics, winning a total of five Golden Raspberry Awards in 1986. So let's move on to *this* month's trivia question.

What is the smallest country in the world?

- a) Ireland b) Vatican City c) The Maldives d) Saint Kitts and Nevis

Call Me At 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:

#24 - \$119,000 - **Reduced!** Brand New HVAC, New Stove, Refrigerator, Partial Furnished, Large Shed.

#326 - \$110,000 - **Sale Pending!** Charming, New Roof, New Walk-in Shower, Parking for 2, Faces E,

PARK MODELS WITH AZ ROOMS:

#143 - \$169,500 - **SOLD!** Hardy-Board Siding, Hard Floors, Large Shed, Dual Panes, Parking for 2

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

#284 - \$119,900 - **SOLD!** Corner Lot, Great Location. Perfect for New Unit or Winter Home.

#126 - \$115,000 - **SOLD!** Awesome Location, beautiful deck, AZRM, Shed with W/D, AS IS

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:

4/3 Lot 774 \$173,000	4/3 Lot 543 \$205,000	4/5 Lot 368 \$117,500
4/4 Lot 146 \$235,000	4/10 Lot 883 \$162,000	4/11 Lot 143 \$168,000
4/11 Lot 110 \$178,900	4/12 Lot 284 \$122,000	4/13 Lot 673 \$105,000
4/19 Lot 528 \$ 86,000	4/20 Lot 190 \$108,000	4/20 Lot 230 \$144,900
4/24 Lot 133 \$115,000	4/24 Lot 126 \$110,000	5/1 Lot 545 \$140,000



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