



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



October 2025
Volume 12 Issue 10

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Sharon Liuzzo's....

Service For Life!®

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

4 Ways To Improve Gut Health

There's a whole galaxy of microorganisms that live in our gastrointestinal system, mainly in the large intestine, called the "gut microbiome." It does the work of digesting what we eat and extracting the nutrients that are critical to our health and well-being, and a healthy gut microbiome is also essential to proper immune system functioning.

It's relatively easy for a gut microbiome to get out of whack, resulting in a range of ailments from bloating to irritable bowel syndrome to diabetes to heart disease, but promoting a healthy gut microbiome can also be pretty straightforward.

The easiest place to start is with the same recommendations medical experts make about just about every health question: getting enough sleep, exercising regularly, staying hydrated, reducing stress, and eating a diet focused primarily on things like vegetables, fruit, whole grains, and legumes. All of that helps contribute to a healthy gut microbiome.

There are other suggestions that are more specifically geared toward better gut health. Here are four easy ways to improve your gut microbiome.

1. **Add probiotics.** Yogurt is a popular probiotic, but other fermented foods like sauerkraut, miso, kombucha, and kimchi are also in this category. There are also probiotic supplements (talk to your doctor before starting these).
2. **Feed your bacteria.** Part of supporting a healthy gut microbiome is making sure those probiotics get what they need to thrive: prebiotics. Fiber is a great prebiotic, including the fiber found in leafy greens, brown rice, nuts, and legumes.
3. **Eat the rainbow.** Increasing the variety of the plant-based foods in your diet (including nuts, seeds, legumes, and herbs) that deliver microorganisms to your system increases the diversity of your gut microbiome, and diversity equals health.
4. **Limit chemical-heavy foods.** There is some evidence that artificial sweeteners and chemical emulsifiers can have a negative impact on gut health, which can lead to things like insulin resistance and inflammatory bowel disease.

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!)

proscribe (pronounced pro-SKRYBE)
verb

Meaning: to prevent, criticize, or outlaw something

Sample Sentence: A recent school board decision to proscribe the use of cell phones in the classroom was controversial among both students and parents.

Bathroom Dust-Up

Dusting in the bathroom before breaking out the spray cleaner might seem like overkill, but it can actually make the job easier and far less frustrating.

A light dusting can reveal the real messy spots underneath the general build-up of dust, allowing you to concentrate the scrub brush where it will really count.

Not only that, dusting first means you're less likely to fill a rag with slimy dust that you end up spreading around as you're trying to clean.

Dad Joke: Le Footwear

Q: What do you call a Frenchman in sandals?

A: *Phillipe Phillope.*

Quotes To Live By...

"Until I feared I would lose it, I never loved to read. One does not love breathing."

– Harper Lee, Author

"I have a two-story house and a bad memory, so I'm up and down those stairs all the time. That's my exercise."

– Betty White, Actress

"It's what you learn after you know it all that counts."

– John Wooden, Coach

FYI: Wills vs. Living Trusts

Most people are familiar with a "last will and testament," even if they don't know all the legal benefits and drawbacks. There are other options for estate planning, though, including a "living trust," and it's important to know the key differences so you can decide which is right for you.

Wills:

- Take effect after your death
- Are subject to the probate process
- Can stipulate guardianship of minor children
- Covers things not explicitly held in a trust
- Cannot protect assets if you become ill or incapacitated
- Are public records (through the probate process)
- Are easy to challenge
- Are relatively easy and inexpensive (often free) to write and maintain yourself
- Do not require a notary or attorney

Living Trusts:

- Take effect while you're still alive
- Avoid the probate process
- Cannot stipulate guardianship of minor children
- Covers only what's explicitly named in the trust
- Protects assets if you become ill or incapacitated
- Remain private
- Are more difficult to challenge
- Are more complicated and expensive to establish and maintain
- Require a notary and, most likely, an attorney

While there are many benefits to a living trust, it's not a strict replacement for a will—in many cases, it's a good idea to have both. Talk with your attorney if you have questions about your own estate planning.

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!

Susan Lamont, Lou Fohn, JoAnn Donnelly, John & Ann Anderson, Alan Sobry, Jim & Margie Milne, Carson & Marilyn Aasen, Chuck & Nancy Conn, Frank Butterfield & Sue Schafer, Julie Simacek, Tom & Linda Albertson, Lynn Scriven, Erica Nelson, Ray Anderes, Margie Serio, Kenny Simonis, Ken Watkins, Bob & Marilyn Watkins and more!

Brain Teaser...

You can find me in the middle of March and April, but not at the beginning or end of either month. What am I?

(See page 4 for the answer.)

What's My Home Worth?

If you want to know your home's current value, I will gladly conduct a **Maximum Value Home Audit**. Request this "no charge" in-depth home value analysis by calling me at: **602-999-1468**.

Historic Home Decor

Wallpaper dates to the 3rd century BCE in China, where people pasted decorated rice paper to the walls.

When the concept was popularized in the U.S. in the early 18th century, early designs were made using hand-painted woodblocks and many were done only in black ink (multicolored designs were extremely time-consuming and slow to produce).

Machine printing in the mid-19th century made the process faster and cheaper, and by the mid-20th century wallpaper was all the rage in home decor in the U.S.

Custom Printing Websites

Whether you're in charge of the matching outfits for your family reunion or opening a shop featuring your art on T-shirts, these custom print shops have you covered.

Printful.com has more than 400 printable items to choose from, from clothing to phone cases to greeting cards. There's no order minimum so you can purchase for yourself or set up a shop to sell your creations online.

CustomInk.com offers brand name clothing that you can customize, including T-shirts, uniforms, puffer vests, and accessories. You can even sell your custom designs for a fundraising project through CustomInk.

RealThread.com adds custom screen printing or embroidery to its extremely soft clothing and bags, with lots of trendy styles to choose from. They also have customizable bandanas for your pup.

How To Be A Safer Pedestrian

Some aspects of pedestrian safety, to be sure, are definitively the responsibility of drivers. There are, however, things pedestrians can do to increase their own safety when sharing the road with motorized vehicles.

- Always use sidewalks when they're available. When there is no sidewalk, you should walk on the side of the road facing oncoming traffic (not alongside traffic going in the same direction you're walking) and as far from the vehicles as you can safely be.
- Use crosswalks to cross streets when they're available. When there is no crosswalk, cross at a well-lit intersection if possible. The vast majority of pedestrian deaths in traffic incidents are in places that are not intersections. Wear reflective gear and carry a flashlight when walking after dark. Most pedestrian deaths in traffic incidents happen at night.
- Look both ways for not only road traffic but also vehicles coming from parking lots, driveways, or street parking.
- Maximize your alertness by not using your phone while you're walking.

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.

6 Expert Wallpaper Hanging Tips

Whether you choose prepaste wallpaper or paper that requires a separate adhesive, there are a few expert tips to keep in mind to make hanging that wallpaper go as smoothly (pun intended) as possible.

- ✓ Make sure all wallpaper comes from the same printing batch for color and print matching.
- ✓ Prep walls well by cleaning them and filling any holes or cracks first.
- ✓ Mark the layout on all the walls first with a level, using the measured width of the paper.
- ✓ Cut paper strips 3-4 inches longer than the height of the wall for pattern matching.
- ✓ Allow adequate time for paste to expand into wallpaper before hanging.
- ✓ Wipe away excess paste before hanging the next strip of paper.

You can find wallpaper at all price points at home improvement centers or sites like Houzz.com and Wayfair.com, and bold designer prints on sites like Spoonflower.com and GrahamBrown.com.

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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 R!

Computer Keyboard Cleaning Tips

Here's how to get dust and dirt out of your laptop keyboard to keep it running properly.

1. Turn off the machine completely and unplug it.
2. Flip it upside down and shake gently to dislodge what you can.
3. Use compressed air on the spaces around keys.
4. Use a microfiber or other lint-free cloth with a very small amount of isopropyl alcohol to wipe surfaces, making sure there's no moisture dripping into the keyboard or laptop itself.
5. Allow it to dry completely before plugging it in and turning it back on.

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: John Leith, SD/AZ.

There are 23 countries named after people, only one of which is a woman. What country is it?

- a) Peru b) Azerbaijan c) St. Lucia d) Ireland

The answer is c) St. Lucia is the only country in the world named for a woman, Lucy of Syracuse. She lived in Sicily in the 3rd century CE. Ireland takes its name from a goddess of Irish mythology, but she wasn't a real person. So let's move on to *this* month's trivia question.

What world-famous entertainer was such an animal lover that, at various points, they kept as pets a cheetah, a goat, and a pig?

- a) Michael Jackson b) Josephine Baker
c) Betty White d) Katherine Hepburn

**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 - \$125,000 – **Great Lot!** East Facing, High Awning, Storage Shed, Full Slab!

PARK MODELS:

#23 - \$129,900 – **New Listing!** Luxury Vinyl Flooring, Quarts Counters, Newer Roof, Shed!

PARK MODELS WITH AZ ROOMS:

#776 - \$262,500 – **Reduced/Beautiful!** Great Location, Front Kitchen, Hard Floors, 1.75 Baths

#911 - \$215,000 – **Reduced!** Beautifully Updated, Large Eat-In Kitchen, Extra Bonus Room

#232 - \$198,900 – **SOLD!** Front Kitchen, Open Floor Plan, 1.5 Baths, Newer HVAC!

#149 - \$139,000 – **Reduced!** Newer Roof, Nice Deck, Extra ½ Bath, Inside Laundry!

#774 - \$185,000 – **Great Location!** Charming, Awesome Deck, Hard Floors, updated Bath!

#500 - \$159,900 – **SOLD!** 2002 AZRM, 2 Baths, Inside Laundry, Newer HVAC, Move-in!

#330 - \$179,000 – **New Listing!** Front Kitchen, 1.5 baths, 2007 AZRM, Inside Laundry, Deck!

#123 - \$143,500 – **Sale Pending!** Great E Location, Hard Floors, Extra ½ Bath, Big Deck!

#111 - \$264,000 – **New Listing!** 2021 Cavco, Open-Eat-In Kitchen, 1.5 Baths, Inside W/D!

#348 - \$137,900 – **New Listing!** Awesome Value, 1.5Baths, Open Kitchen, Newer HVAC, Roof!

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

9/3	Lot #883	\$140,000	9/9	Lot #761	\$150,000
9/17	Lot #500	\$159,900	9/23	Lot # 83	\$185,000
9/24	Lot #715	\$165,000	10/14	Lot #232	\$200,000



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