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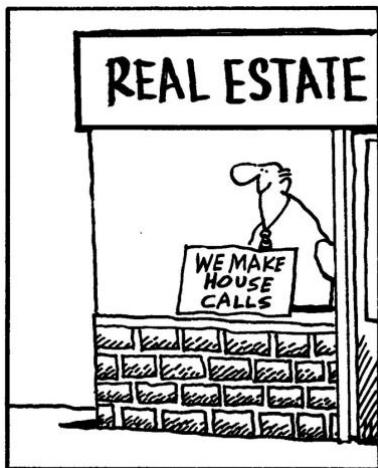
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Sharon Liuzzo's... "Who Ya Gonna Call?"

Service For Life!®

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

Be Good To Yourself

Social media posts about #SelfCare are trendy these days, but what does "self-care" really mean? The things that qualify as being kind to yourself may differ from person to person, but components include being less pessimistic and speaking gently to yourself. Researchers find that when people practice self-compassion, they are less likely to grapple with depression or anxiety. It doesn't necessarily mean they *never* feel depressed or anxious—rather, self-compassion helps people cope with issues in a healthier way. And, as you'd imagine, people who don't experience crippling bouts of depression or anxiety are generally more satisfied with their lives and relationships.

But self-care isn't always easy, especially for people in caregiving roles. Being kind to yourself is a learned skill for most people. Here are a few tips to get you started.

1. **Think of yourself in the third person.** What would you say to a friend or family member who feels what you're feeling right now? What would you do for them? Try to treat yourself with the same care that you'd give to a loved one.
2. **Be aware of how you talk to yourself.** Your inner critic is likely to be more negative than another person would be about a situation, and there's a good chance that internal criticism isn't even accurate. If you can isolate your inner critic's voice, you're better able to analyze the truth of what it's saying. A therapist may be able to help you recognize inner criticism.
3. **Learn grounding techniques.** When you feel yourself starting to spiral, try to shift your focus to your physical environment. Pay attention to the surface you're standing on or how the breeze feels on your face and do some deep breathing exercises.
4. **Keep gratitude notes.** Focusing on one thing every day that you're thankful for can be a powerful way to alter your mood. The notes don't have to be in fancy journals, either—open the notes app on your phone and jot down a line or two.

It may take time to make self-care a part of your daily routine. Once you start to feel the benefits of being kind to yourself, though, you have a better chance of it becoming a healthy habit.

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!)...

nonplussed (pronounced non-PLUST) adjective

Meaning: (1) confused, puzzled (2, **nonstandard**) unperturbed, indifferent

Sample Sentence (1): He was nonplussed when the stranger smiled in greeting as if they were old friends—until he realized it was his high school history teacher.

Sample Sentence (2): We thought the cat would jump at the sound of a horn, but she was so nonplussed she didn't even open an eye.

The New "Nonplussed"

This issue's word of the month has one official definition, but it's become commonly understood to mean something completely different in U.S. English.

"Nonplussed" has described someone who is confused since about the late 16th century. Its new meaning of "unbothered" started popping up in the United States in the 1930s.

Many dictionaries still balk at including the newer definition, but it's a usage you likely hear these days more than the word's original meaning.

Quotes To Live By...

"They who dream by day are cognizant of many things which escape those who dream only by night."

– Edgar Allan Poe, Author

"If you take me out of it, I find 'six degrees' to be a beautiful concept that we should try to live by. It's about compassion and responsibility for everyone on the planet."

– Kevin Bacon, Actor

"Private property began the instant somebody had a mind of his own."

– e. e. cummings, Poet

Should You Use A Travel Agent?

Arranging flights, car rentals, walking tours, and more has never been easier for the average traveler, but there are times when working with a travel agent can save you money on your trip.

- Good travel agents are travel experts. They often can get better deals than average travelers, since they have extensive knowledge of current or short-lived sales and discount options. Travel agents are especially helpful finding deals for group travel or arranging for perks (like onboard credit for a cruise). Some travel agents have expertise on certain destinations, which means they can find deals you won't find on your own.
- When something goes sideways on a trip (and, let's face it, that happens more than we'd like), a travel agent becomes a travel superhero. If a flight delay means you'll miss a connecting flight or a hotel check-in deadline, a travel agent can step in to make alternate arrangements for you. Having your travel agent handle these issues might save you extra re-booking or late fees, not to mention your sanity.
- If you're a member of AAA, your membership means working with one of their travel advisors is completely free. But even if you're not a member, or you want to work with a non-AAA agent, chances are you won't pay extra for the service. Most travel agents make their money from tour companies, cruise lines, or hotels they book for you, but you should always ask up front whether you'll need to pay an additional fee.

Finally, it's important to recognize that your time is worth something. If you're busy, the weeks (or months) needed to feel confident that you're getting a deal is just too long. Outsourcing the legwork to an expert gives you time to focus on other things while they take care of all the details. Look for agents who are members of the American Society of Travel Agents (www.asta.org) or certified by the Travel Institute (thetravelinstitute.com/find-a-travel-agent).

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

Thanks to all of my clients and friends who support my practice and graciously referred me to your friends and neighbors. Rather than pester people with unwanted calls and visits, I build my business based on the positive comments and referrals from people just like you. I couldn't do it without you!

George Hamilton & Rebecca Clinton, Bud & Delores Beverly, Mia Banks, Colleen Houle, Gary & Lorie Dahlheimer, Donna Walker, Don Smith, Carol Lang, Terri Gibbons, Chuck & Rebecca Blades, and more!

Thank You! Thank You!

Brain Teaser...

You start with an eight-letter word. Remove one letter, and you still have a word. Remove another, and you still have a word. What is the word?

Keep removing one letter at a time until you have one letter left and you have a word every time. What is the word?

(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**.

Desk-Sized Tech

Today's teens might look at the clunky box of an old VCR and compare it with sleek modern laptops or tablets and laugh. That is if they even know what it is! Did you know the original VCR was the size of a desk? The Mark IV was produced by Ampex, and cost \$50,000 in 1956. That's half a million dollars in today's money.

Scholarship Websites

Here are a few of the many sites that help students find scholarships they're eligible for:

bold.org: This easy-to-navigate site makes quick work of finding relevant scholarships. There's even an option to filter for colleges that don't require an essay in their application.

bigfuture.collegeboard.org: Click on "Pay for College" on the home page for resources like a scholarship directory and a scholarship search tool you can filter according to your needs.

scholarshipowl.com: One selling point for this site is it will automatically re-apply for any of your scholarships that don't ask for additional information every time, which is a potential time-saver.

6 Important Tasks When Moving

Moving is incredibly stressful, even when you're excited about the move—it's recognized as one of the most stressful things people go through in life. Having a detailed moving plan helps ease some of the stress and makes you less likely to forget something in all the activity:

1. Do a walkthrough and take measurements to help determine where your furniture will go.
2. Change the locks. You never know how many keys the previous homeowner gave out. If it's a rental, make sure to check with the landlord!
3. Do any necessary childproofing or pet-proofing of outlets, cabinets, and windows.
4. Find the control panels for the house's operating systems, like the fuse box and water valve.
5. Clean and paint when it's empty. There's no easier time to tackle these things.
6. Meet the neighbors. Moving trucks attract attention, so your neighbors may come to you. If not, consider knocking on a few doors to introduce yourself.

For a more complete to-do list, check out this moving planner (moving.com/move-planner/). There are checklists for the whole process, from eight weeks before the move to the first month after moving day.

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.

Booster And Car Seat Safety Tips

Car crashes are the second-leading cause of death for children and adolescents in the United States. To help keep your little ones safe, it's important to use the proper car or booster seat for each stage of your child's development.

There are a few different types of car and booster seats, and the appropriateness of each one is based on a child's height, weight, and age. Car seats have their own seat belt restraints built into the seat, and the seat itself is buckled in with the car's seat belt. Booster seats have no other restraints; the child is buckled in using the car's seat belt.

Rear-facing car seats are for infants and up to the ages of 2–4. When they outgrow the rear-facing seat, it's time for a front-facing seat until they're at least five years old. Children graduate to booster seats when they've outgrown the front-facing seat and until the car's seat belt fits them properly without the booster, which may not be until the 9–12 age range.

The National Highway Traffic Safety Administration has a detailed car and booster guide (nhtsa.gov/equipment/car-seats-and-booster-seats), and you can search their site for any seat recalls (nhtsa.gov/recalls). You can even get help installing seats properly from a certified child passenger safety technician in your area (cert.safekids.org).

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:

Starting (starting, staring, string, sting, sing, sin, in, I)

Proper Pepper Prep

Cutting bell peppers the right way means the seeds don't scatter all over the place. The gist is this:

1. Cut off the stem so the top of the pepper can be flatter against the cutting board.
2. Slice the outer edges of the pepper away from the seedy center, following the curve of the pepper with the knife.
3. Each of the pieces can then be cut easily by pressing them flat against the cutting board, skin side down.

Celebrity chef Gordon Ramsay demonstrates the technique in this video (youtu.be/hZGqtmwboHU).

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: Deb Dunn, Mesa/Prescott.

Who was the first author to use a “typemachine,” or typewriter, when writing a manuscript?

- a) Mark Twain b) Ernest Hemingway c) Emily Dickinson d) F. Scott Fitzgerald

The answer is a) Mark Twain. After he saw a woman demonstrating the machine in a store window in December 1874, Twain bought one at the cost of \$125. He later submitted the first typewritten manuscript for publication, *Life On the Mississippi*. So let's move on to this month's trivia question.

The most common first name among U.S. Presidents is James (there have been six). How many presidents had no middle name?

- a) 3 b) 8 c) 11 d) 16

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:

PARK MODELS WITH AZ ROOMS:

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

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

#114 - \$184,900 - **Reduced!** Faces East, Tile Deck, 2 Bathrooms, Inside Laundry, Furnished!

If you are thinking of listing, now is a great time to sell since there is very low inventory in Carriage Manor. Please call or write if you would like a free comparative analysis on your property. 602-999-1468 or SharonLiuzzo@aol.com.

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

9/1	Lot #431	\$167,000	9/7	Lot #268	\$247,500
9/13	Lot #623	\$245,000	9/19	Lot #274	\$159,000
9/22	Lot #1	\$157,900	9/25	Lot #778	\$162,845
10/2	Lot #468	\$189,000	10/6	Lot #432	\$ 85,000



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