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Sharon Liuzzo's...

Service For Life!®

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

Is Anger Making You Sick?

You might know what it feels like in your body when you get angry, but the impact of anger on your overall health may not always be obvious. When we get angry, your brain kicks production of stress hormones like adrenaline and cortisol into high gear as it anticipates the potential need to fight or flee. Simultaneously, other bodily functions are slowed dramatically to free up the energy needed for the stress response.

None of this is inherently bad—anger can be healthy and even necessary. But if we don't give our bodies sufficient recovery time after anger it can, over time, contribute to ongoing physical and mental ailments.

There are several ways anger can physically manifest in the body as illness or injury, including heart disease, chronic pain, increased inflammation, breathing problems, weakened immune systems, and digestive problems. We're also more susceptible to things like depression, anxiety, and insomnia. That makes it important to find healthy ways to dispel the stress when we get angry! Here are some of the options to try:

- Exercise provides an outlet for the excess energy that comes with anger. It also produces mood-improving chemicals in your brain, like serotonin and endorphins.
- Meditation and breathing exercises help restabilize your heart rate and breathing pattern (after anger increases both).
- Physically removing yourself from an anger-inducing situation makes it much easier to take a metaphorical step back to see beyond the anger trigger to what's causing it (such as being overwhelmed, guilt, or disappointment).
- Freewriting (writing without worrying about grammar or spelling) can be incredibly helpful to get to the root of what's making you angry, even if you don't realize it until you read it later.
- The body's unmet needs can contribute to a shortened fuse. If you feel like you're quick to anger, think about whether you're experiencing fatigue, pain, dehydration, or hunger at that precise moment.

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!)

ebullient (pronounced ih-BULL-yunt) adjective

Meaning: giddy with excitement; extremely enthusiastic

Sample Sentence: She was positively ebullient after getting an acceptance letter from her top college choice, shouting the news before she even came into the room.

Do You Want Fries With That?

Ketchup is among the most familiar condiments on earth, but it was once also said to have medicinal qualities.

Tomato ketchup was introduced in 1812, and by the mid-1830s an Ohio physician was marketing it in a pill form—he claimed it could cure indigestion and jaundice.

Ketchup pills didn't last long, not least because they didn't cure anything, and in some cases even made people sick. Some "medicinal ketchup" purveyors were found to be labeling laxative pills as "ketchup pills" in 1850, and that was the end of ketchup as curative.

A Chilly Dad Joke

Just-ice is best served cold. If it was served warm, it would be just-water.

Quotes To Live By...

"There is always something left to love. And if you ain't learned that, you ain't learned nothing."

— Lorraine Hansberry, Playwright

"What is often called exceptional ability is nothing more than persistent endeavor."

— Pauli Murray, Poet and Activist

"Speak your mind, even if your voice shakes."

— Dame Maggie Smith, Actress

5 Trusted Traveler Programs

You may love to travel, but airport security is still a hassle. Travelers today have a few options to make it less of a headache.

- **TSA PreCheck** (starts at \$77.95): Expedited TSA processing, including keeping shoes on and laptops in bags; valid 5 years; operated by Transportation Security Administration (TSA).
- **Global Entry** (\$120): Expedited international arrivals processing at participating airports worldwide; includes TSA PreCheck; valid 5 years, operated by US Customs and Border Patrol (CBP).
- **Clear** (from \$189): Expedited security processing at participating airports, arenas, sports venues; valid 1 year; operated by Clear, a private company based in New York City.
- **NEXUS** (\$120): Expedited car and pedestrian travel between USA and Canada, port entry from Canada to USA; may include TSA PreCheck; valid 5 years; operated by US CBP and Canada Border Services Agency.
- **SENTRI** (\$120): Expedited car and pedestrian travel from Mexico or Canada to the USA; may include TSA PreCheck; valid 5 years; operated by US CBP.

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...

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Clean Your Closet Like A Pro

Closet decluttering doesn't have to be daunting. Here are some tips from organization experts:

1. **Prepare your space.** Clear the bed to use for sorting piles. Bring cleaning and organization supplies into the room, including a box for stuff that belongs elsewhere in the house. Staying in the room means staying focused.
2. **Empty the closet completely.** Sort by category (jeans, dresses, formal, workout gear, etc.). Vacuum and clean while it's empty.
3. **Declutter ruthlessly.** For each item, think about whether it fits you, when you wore it last, and whether you'd buy it if you were shopping today. If you're really stuck, put it in a separate box and set a date to reevaluate the contents in 6-12 months. Anything you haven't worn (or missed) in that time is probably safe to get rid of.
4. **Put away what you're keeping.** Put the most-used items in the easiest reach. Label any bins or boxes you can't see inside.
5. **Adjust as needed.** Check in after 3-4 weeks to see if the new organizational system is working for you or if you need to make some smaller changes. Repeat until it's just right.

Brain Teaser...

I am so fragile that simply saying my name will break me. 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!

Here, Kitty Kitty

We're all familiar with the purr of a house cat, but did you know that some bigger cats can also purr? The truly "big cats" (such as lions, tigers, jaguars, and leopards) roar rather than purr—while bobcats, cougars, lynxes, ocelots, and even cheetahs can all purr but not roar.

Distraction-Free Writing Websites

Writing is hard enough without distractions. These websites help you to focus on whatever you're working on, from a school essay to your next novel.

<https://www.calmlywriter.com/> works online (free) and via an app (\$14.99). It's all writing space, no menus, and only a few formatting options. You can go full-screen to hide your browser tabs, too.

<https://ommwriter.com/> is an app that combines a clean writing space (with a full-screen option) with visual and audio elements designed to inspire creativity. To download the app, there's a one-time payment of \$9.93.

<https://www.novlr.org/> is writer-owned and particularly geared toward creative writing. There is a limited free version and two tiers of monthly pricing (\$4 or \$14) for more features. All versions offer full-screen view. There are also website builder tools, plus a community of writers to chat with.

Keeping Your Kids Safe Online

Internet safety is a critical part of any 21st-century child's education. Kids need different guidance based on their ages, but here are some lists of Dos and Don'ts parents can teach children when it comes to cyber hygiene and security.

Do:

- ✓ Set social media and app profiles to private.
- ✓ Enable password protection on mobile devices and ensure that location sharing is off for any app that isn't essential.
- ✓ Spend time with your kid online to model internet safety and respectful communication.
- ✓ Explain that sarcasm and humor don't always translate well online. Emphasize being respectful so they're not seen as a bully.
- ✓ Encourage them to tell a trusted adult if they see online bullying or inappropriate content.
- ✓ Require a parent's or guardian's password to download anything.
- ✓ Consider requiring that computers and mobile devices be used in a common area.
- ✓ Use parental safety features that come with your computer or internet service provider, or buy parental security software.

Don't:

- ✗ Share personal information (like a location or address).
- ✗ Share inappropriate content, *even if it's sent to someone you know in real life.*
- ✗ Meet up in real life with someone you only know online.
- ✗ Engage in cyberbullying.
- ✗ Click on pop-up ads (or anything unfamiliar) without checking with a trusted adult.

One of the best ways parents can keep kids safe online is by keeping the lines of communication open—you want kids to tell you, without hesitation, if they see something concerning or feel unsafe online. Check out ConnectSafely.org for detailed internet safety guides for parents and children.

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!

Jim Lando, Susan Smith, Loren & Arlene Oostema, Roger & Janice McCurley, Shane Korman, Aasen & Marilyn Carson, Susan Lamont 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:

Silence!

Vinegar Doesn't Play Well With...

Vinegar is a household staple that makes an excellent cleaning solution for numerous surfaces. There are, however, a few things you should never mix with vinegar, because the mixtures are extremely toxic. Use these separately, but never together:

- **Bleach** can be a miracle worker on tough stains, and it's a strong disinfectant. But when it's combined with vinegar, it produces deadly chlorine gas that is dangerous to breathe and can also burn skin.
- **Hydrogen peroxide** is another useful cleaning agent and may even be in your first aid kit. But when it's combined with vinegar, it becomes peracetic acid, a corrosive solution that is also toxic to breathe.
- **Baking soda** combined with vinegar isn't toxic, but the mixture can explode if you put it in a sealed container.

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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“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: Roy Coulman, SK/Mesa.

What sport made its debut at the 2024 Summer Olympics in Paris?

- a) Skateboarding b) Karate c) Surfing d) Breaking

The answer is d) Breaking, or breakdancing, made its debut at the 2024 Summer Olympics in Paris. Sixteen “B-Boys” and “B-Girls” competed in a round-robin competition, followed by quarterfinals, semifinals and medal rounds. Skateboarding, surfing and karate all made their Olympic debuts at the Tokyo 2020 Games. So let's move on to this month's trivia question.

What flying creature's old names have connections to both Darwin and a Harry Potter character?

- a) Bumblebee b) Butterfly c) Owl d) Raven

*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:

#896 - \$132,900 – **Reduced!** Nice RV lot with high awning, AZRM, ¾ Bathroom, Laundry

PARK MODELS:

#877 - \$137,900.00 – **New Listing!** Huge Tile Deck, Hard floors, Newer HVAC, Newer Roof.

#10 - \$134,900.00 – **New Listing!** Newer Wood Laminate Floors, Furnished, Faces N.

PARK MODELS WITH AZ ROOMS:

#478 - \$159,900 – Huge Tile Deck, 2 Baths, Bonus Room, Hard Floors, Spotless!

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

8/20 Lot 362 \$249,900

8/26 Lot 782 \$138,000



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