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May 2024
 Volumn 13 Issue 5

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

Service For Life![®]

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

Building A Better Attention Span

It's probably not a surprise to hear that humans have more and more trouble focusing, whether it's at work, reading, or even in a conversation. Rather than dwelling on the factors that cause short attention spans, though, let's consider some of the ways you can regain control over your ability to focus.

Some of the obvious ways to improve concentration are also key to good overall health—getting adequate sleep, staying hydrated, exercising, and eating a healthy diet. Here are a few other things you can try to remedy a short attention span. Note that you may need to try a few things to find one that works best for you.

- ✓ **Task timers:** There are multiple productivity tools that use timers to help people focus on something, which may be easier when you know there's a break built into the process. Some of these tools are typically applied to job settings (like the *Pomodoro Technique*—try visiting <https://pomofocus.io/>) but can be used for things like housework and homework.
- ✓ **Brain "training" games:** Many games have improved concentration as a side benefit, including sudoku, chess, crosswords, and jigsaw puzzles. Brain training games have the bonus of improving memory and cognitive skills as we age.
- ✓ **Getting outside:** Simply being in nature, even for a few minutes a day, is beneficial to our ability to focus (as well as to our overall mental health).
- ✓ **Meditation:** Studies have shown that practicing meditation or mindfulness is among the best ways to improve focus, since it's a brain exercise about being in the present. Even meditating for 10 minutes at a time, a few times a week, can have a huge impact.

Don't forget to set yourself up for success, no matter what tools you try, by removing as many tempting distractions as you can. The "do not disturb" function on your phone can be incredibly helpful in this regard.

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!)

jape (pronounced JAYP) noun

Meaning: (noun) a joke or prank

Sample Sentence: The teacher was confused when he walked into the classroom to find all the desks turned upside down, but he soon realized it was an April Fools' Day jape by some of his students.

All Japes Aside

Fans of *Game of Thrones* or *The Great* are probably familiar with the noun form of our word of the month, the 14th-century word "jape." It originally was used as both a noun and a verb ("to jape" was to trick someone) but fell out of fashion in the 16th century after it developed a secondary meaning: "to seduce." Writers at the time were perhaps trying to avoid confusion about the competing definitions and began favoring other words to describe jokes and pranks.

In the 19th century, however, "jape" had a resurgence with its original meaning and is not uncommon in modern writing.

This Dad Joke Gathers No Moss

Q: What happened when the wheel was invented?

A: It caused a revolution!

Quotes To Live By...

"The present was an egg laid by the past that had the future inside its shell."

– Zora Neal Hurston, Author

"For fast-acting relief try slowing down."

– Lily Tomlin, Actress

"Poetry has never been the language of barriers, it's always been the language of bridges."

– Amanda Gorman, Poet

How To Get Free Money Advice

Hiring a financial advisor may not be an option for everyone. Here are a few ways to get free (or cheap) financial advice, both online and in person.

- **Your bank or credit union:** Most banks and credit unions offer some free educational materials and resources to current customers.
- **Employee benefits:** You may get free (or discounted) financial advice as part of an Employee Assistance Program (EAP) or through your 401(k) at work.
- **Consumer Financial Protection Bureau:**
<https://www.consumerfinance.gov/>– The CFPB is a government agency that is, in their own words, "dedicated to making sure you are treated fairly by banks, lenders, and other financial institutions." Toward this end, the site provides lots of free information on topics like paying for college, buying a house, and planning for retirement.
- **Pro bono financial planning:** Some organizations work for free with underserved and at-risk communities, such as low-income families, survivors of domestic violence, people going through serious medical treatment, and military veterans. Find out if you qualify at:
 - *The Foundation for Financial Planning:* <https://ffpprobono.org/>
 - *Financial Planning Association:*
<https://www.financialplanningassociation.org/advocacy/pro-bono-program/consumers>
 - *Advisers Give Back:* <https://advisersgiveback.org/>

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.

Clean A Smelly Shower Drain

Baking soda and white vinegar may be a good first step if your shower drain smells funky, but sometimes you need a different solution.

These are a few DIY methods to try before you call a professional—just *be very careful to not combine them!* Mixing bleach with vinegar, for instance, causes deadly chlorine gas. Make sure you're working in a well-ventilated area and read product instructions carefully.

- Clogs not only obstruct some water flow, but they also give off an unpleasant odor. Remove what you can by hand, with a simple plastic "drain snake," or even a plunger.
- For drains that aren't clogged but still stink, you can try diluting bleach in hot water (about ½ cup of bleach for 2 cups of water). Wait about an hour after pouring this mixture into the drain, then flush it with more hot water.
- Clean the surfaces on and around the drain, too. A mix of ¼ cup hydrogen peroxide, ¼ cup water, and 1 tablespoon of dish soap makes a great drain cleaner.

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Setting Money Boundaries With Loved Ones

Many people struggle to set boundaries with loved ones, and that can be especially true when it comes to money—a topic that’s hard to talk about at the best of times. We may instinctively want to help the people we care for out of a financial jam, but doing so may end up hurting both parties. Learning how to set and keep healthy boundaries, money-related or otherwise, can be incredibly good for our long-term mental health. Here are some tips to help you set financial boundaries with friends and family.

- **Establish your boundaries beforehand.** Figure out what you’re comfortable with in terms of loaning or gifting money long before anyone has asked. This should reflect your own financial goals, values, and budget. Your comfort level may be that you’re *not* comfortable being a banker to friends and family, regardless of the circumstances, and that’s okay. Be confident in your comfort level—and practice saying it out loud, so you’re prepared.
- **Think about other ways you can help.** If you’re not comfortable lending money, there are other ways you can still be supportive. Maybe you’re willing to help someone make a budget, research financial advisers, or even compare bank loans. Being able to offer a different kind of assistance may feel better than simply saying no.
- **Remember why boundaries are important.** You may resent someone who doesn’t repay you—and they may resent you if you’ve loaned them money before and won’t do it again. Make the value of the relationship part of the conversation around boundaries, so it’s clear to both of you what’s at stake.

If you decide to say yes, consider it a gift rather than a loan. Even if you describe it as a loan, setting up a payment schedule and everything, thinking about it as a gift puts less pressure on the transaction and, therefore, the relationship. The general rule is that you should not lend more money than you’re prepared to lose, and sticking to that suggestion may also help preserve the relationship.

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!

Donna Walker, Don Smith, Bob & Val Wegner, Marty & Phyllis Ruffalo, Marilyn Ward, Eldon & Kathy Biccum, John & Cheryl Jahoda, Don & Jacqueline Ulmer, Jerry & Penny Karki, Ken Watkins, Young He Mattson, Jim Lando, and more!

Brain Teaser...

Name three consecutive days of the week without using Wednesday, Friday, or Sunday.

(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!

Nailed It

Have you noticed that you need to clip your nails more frequently during the summer than the winter? Fingernails (and toenails) grow faster in warm weather. The nails themselves are made of dead cells, but where they grow is stimulated by blood flow—and warm weather means better blood circulation.

Volunteering Websites

Finding a volunteer opportunity that suits you can feel daunting. These websites can help you find your match.

[VolunteerMatch.org](#): Since 1998, this site has connected thousands of nonprofits with millions of volunteers. You can search by location and focus area, and there are even virtual volunteering opportunities.

[RedCross.org](#): The Red Cross has volunteer options in many areas, from blood drives to translation services to disaster response. There are also non-client facing positions like administrative roles or vehicle maintenance.

[CreateTheGood.AARP.org](#): AARP’s volunteering arm, started in 1958, now lists 7,000 volunteer roles that you can search by location, skills, or interest. There are also ideas for building a successful volunteer project of your own.

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:

Yesterday, today, and tomorrow!

Anti-Ant Parade

There are certain seasons when tiny invaders find their way into just about every house in the country. Odorous house ants (also called sugar ants) are common everywhere, and if you've squished one you know they live up their "odorous" name. That scent isn't just offensive to us, it's also a distress signal that goes back to the nest—telling the rest of the colony to multiply and build more nests.

The best way to get rid of these ants is with bait that doesn't kill them instantly. Instead, the ants feed on the poison, bring it back to the nest, and feed it to the rest of the colony. One of the best and cheapest baits in this category is Terro, a Borax-based gel. If you have pets or small children, you can put the gel inside a clean soda can on the floor or counter to keep curious hands (and paws) out.

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: Elaine TenNapel, AZ/IA.

Who sent Christopher Columbus off to explore the New World?

- a) King Henry VII and Elizabeth of York, England b) King Louis XII and Joan of France, France c) King Ferdinand II and Queen Isabella, Spain d) King James VI, Scotland

The answer is c) King Ferdinand and Queen Isabella of Spain commissioned Columbus to set sail for the New World in search of gold, spices, and other riches. So let's move on to *this* month's trivia question.

The theme songs from James Bond movies often become popular hits, but most don't top the charts. What is the only Bond film with a theme to reach Billboard's top spot in the United States?

- a) Skyfall b) The Spy Who Loved Me c) For Your Eyes Only d) A View to a Kill

**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 - \$139,900 - **New Listing!** Lot with high awning, AZRM, ¾ Bathroom, Laundry

PARK MODELS:

#228 - \$132,000 - **SOLD!** Nicely Updated, Big Kitchen, Dual Panes, Huge Deck!

#371 - \$119,900 - **Reduced!** Charming, Clean, Open Kitchen, Newer HVAC, Furnished!

#369 - \$142,900 - **SOLD!** Dual Panes, New Roof, Newer Appliances, Parking for 2!

PARK MODELS WITH AZ ROOMS:

#807 - \$215,000 - **GREAT VALUE!** 2013 **Modular** with 2018 AZRM, 2 Baths, Location!

#679 - \$159,900 - **Sale Pending!** Great Location, Quiet Street, New Windows, Golf Cart!

#272 - \$135,900 - **Reduced!** E.Facing, Newer HVAC, Dual Panes, Remodeled Bath, Deck!

#240 - \$189,900 - **SOLD!** Large AZRM, Hardy-Board Siding, 1.5 Baths, Dual Panes!

#309 - \$140,000 - **New Listing!** Large Deck, Hard floors, Bonus Room, Murphy Bed, ½ Bath

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

4/1	Lot 417	\$145,000	4/1	Lot 253	\$137,000	4/4	Lot 71	\$198,000
4/5	Lot 206	\$122,000	4/5	Lot 369	\$139,900	4/15	Lot 190	\$137,900
4/19	Lot 307	\$170,000	4/19	Lot 765	\$220,000	4/19	Lot 706	\$175,000
4/24	Lot 240	\$179,000	4/26	Lot 1	\$215,000	4/26	Lot 907	\$274,000
5/2	Lot 507	\$140,000	5/9	Lot 2	\$135,000	5/9	Lot 228	\$130,000



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