

Do Grocery Store Prices Make You Cringe?

Dear Friend,

Grocery prices are up and seem to keep rising, with no end in sight. In today's **Service For Life!**® Free consumer newsletter, you'll learn tips to make your grocery budget go further on your next trip to the store.

You'll also learn some surprising signs of dehydration, how to talk with your kids about the news, and tips on (hand)writing the perfect note to loved ones – plus fun facts, a trivia challenge, and lots more!

Here's what's happening in your neighborhood.

Finally, we want you to know that you may call us for any reason. And please let us know if a friend, family member or neighbor needs a caring, competent real estate professional to help in buying or selling.

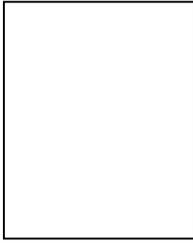
We truly appreciate your friendship and referrals. Enjoy your issue!

Warmest regards,

Evan & Greg Skinner
Turning Point Realty

P.S. When you notice people talking about real estate in the next few weeks, can you tell them about the free consumer information we provide?

They may be people wanting to move this year, and you can tell them about our Free Consumer Report: "How To Avoid 7 Costly Mistakes When Selling Your Home." You'll give them a huge boost in confidence because this guide shows how to net the most money from a home sale in the least amount of time. To request a copy for a friend, simply call us at 614-546-8354 & 614-537-1994.



Buying A Home Soon? Get our Free Consumer Guide, "8 Secrets For Saving Thousands When Buying Your Home." Call us right now at 614-546-8354 & 614-537-1994 for details...

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Evan & Greg Skinner's...

Service For Life!®

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

Stretch Your Grocery \$\$\$

To say that there's sticker shock when we go to the grocery store is an understatement – not only are prices up, but we're paying more for less thanks to what's known as "shrinkflation." Merriam-Webster defines shrinkflation as "the practice of reducing a product's amount or volume per unit while continuing to offer it at the same price."

There are ways we can save money at the grocery store, though. Here are some tips so you can get the most bang for your buck on your next grocery run.

- **Make a list:** It's easy to over-shop when you go grocery shopping without a list. By making a list, not only will you stay on track, but it's also easy to avoid adding random purchases and junk food (especially if you are shopping hungry!).
- **Check it twice:** Be sure to check your list before going to the store to ensure you don't already have what you think you need in the pantry, refrigerator, or freezer.
- **Opt for generics:** When deciding between name brand and generic labels, you may be able to save more by choosing the generic. This is especially helpful with canned fruits and vegetables, fruit juices, and staples like flour and sugar.
- **Watch for sales:** Check your favorite grocery store's sale flyers or apps to see what's on special before you go. If you're running low on something but it wasn't on your list, it may be worth it to go ahead and purchase if it's on sale, especially deals like two-items for the price of one.
- **Become a member:** Some grocery stores have loyalty programs. Sign up and reap the benefits that may range from members-only discounts to points for store credit.

How To Get Top Dollar Selling Your Home...

If you're thinking about selling your home soon, request our Free Consumer Guide, "7 Insider Tips To Net More Money Selling Your Own Home." This report will be your secret weapon to maximize the net profits from the sale of your home. You can get a free copy by calling us at 614-546-8354 & 614-537-1994

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!)...

Brackish (BRACK-ish) adjective

Meaning: A mixture of saltwater and freshwater, like where a river meets the ocean.

Sample Sentence: Manatees swim through brackish water when seeking out warmer waters during winter cold snaps.

A Sssssilly Joke

How do you measure a snake?
In inches—they don't have feet.

Get Moving

Much of our time is spent working, which might mean being stationary for long stretches of time. It's important that we incorporate movement into our day. Here, a few easy ways to do just that.

- Park your car farther away from stores when running errands; those extra steps add up.
- Break up the day with a dance party – put on some music and bust a move.
- Play with your pets: throw a ball with your dog, or go on a string chase with your cat.
- After dinner, instead of plopping down to watch TV, take a quick walk around the block.
- When you do watch TV, lift weights, do some yoga moves, or do some lunges to be active at the same time.

Quotes To Live By...

"Learn to let go. That is the key to happiness."

– Buddha

"Most folks are as happy as they make up their minds to be."

–Abraham Lincoln, US President

"A kind word is like a spring day."

–Russian Proverb

Surprising Signs of Dehydration

We know that it's important to stay hydrated, but what we may not know is that research shows 75% of Americans are frequently dehydrated. If you're suffering from any of these signs of dehydration, reach for a glass of water, or watery foods like watermelon and spinach.

- **Thirst:** It may seem obvious, but if you're thirsty, have a drink, whether it be water, herbal tea, coffee, milk, or juice.
- **Bad breath or a dry mouth:** Waking in the morning, chances are you have a dry mouth and "morning breath." If you find the same throughout the day, you may be dehydrated.
- **Muscle cramps:** When it's hot out and we're active, our bodies lose fluid, which can lead to muscle cramps. Rehydrate and you'll leave those cramps behind.
- **Sweet cravings:** If you find yourself craving something sweet, it may be due to dehydration.

FREE Consumer Help Is Just A Phone Call Away

Learn valuable secrets for saving thousands and avoiding costly mistakes when buying, selling or refinancing a home. Best of all, it's FREE. Ask about our "Insider's Free Resources" by calling us at: 614-546-8354 & 614-537-1994

DID YOU KNOW...

Unlike most real estate agents, we *DON'T* spend our time pestering people with phone calls or bothersome interruptions to find good clients. Instead, we dedicate 110% of our time and energies to providing such outstanding service, people naturally think of us when a friend or family member needs help buying or selling a home. THANKS for your referrals!

Kids And The News

There's a lot happening in the world, and it's not always easy to find ways to talk with your kids about the news. But it is important, especially when they ask about something they've heard at school or seen on social media.

If your child comes to you about something in the news, ask them what they have heard, and how they're feeling about it. By providing them with a safe space to talk, you are inviting ongoing dialog during which you can share facts and context. At the same time, try not to share more than they are asking about, or need to know.

One thing to keep in mind is that it's OK to say, "I don't know." When your kids start asking the "whys" behind a news story, experts say that, as parents, we often don't have the answers. It's important for parents to convey that along with the answers you do have.

Brain Teaser...

A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

(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, we love hearing from all of our good friends and clients. And we are 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 us at **614-546-8354 & 614-537-1994**. We are here to help!

Did You Know?

Time may not move in the same way for all creatures. Smaller animals with fast metabolisms probably experience time more slowly than we do, because the perception of time depends on how fast the brain can process information. At least, that's what the science suggests!

Clean Out the Fridge

Cleaning out the refrigerator is one of those chores we put off, but can be done in a snap.

- Remove everything from the shelves, drawers, and door.
- Throw out expired items.
- Wash with hot, soapy water and dry with a clean towel.
- Wipe the interior with hot, soapy water, wipe again with clean water to rinse, and dry with a clean towel.
- Replace shelves, drawers, and food.

Photo Editing Websites

Enhance your smartphone snaps with these free photo editing websites.

www.fotor.com – Easily adjust brightness and contrast.

www.photopea.com – Apply filters and add text to your photos.

www.canva.com/photo-editor – Add texture, crop, and adjust the colors.

Write The Perfect Note

In the “smart” and rushed world we’re living in, receiving a handwritten card in the mail is a rarity, and an absolute delight. Whether it’s a birthday or anniversary card, a note of thanks, or a quick hello, etiquette experts say that writing a personal note creates something that will last, not only tangibly on paper but in the recipient’s memory. But where to start?

Start at the beginning, with a salutation like Dear, or Hello. Personalizing the note to the recipient will let them know you were thinking of just them when you picked up the pen. And, you’re off!

If it’s a thank you note you’re writing, jump right in by expressing your gratitude for the gift, including specifics. For example, rather than saying thank you for a sweater, mention the sweater’s color and what you plan on pairing it with. Something like, “Thank you so much for the green sweater; it’ll go perfectly with my favorite pair of jeans.”

A note to a friend can be as simple as diving into a memory of the two of you together, or sharing that something you saw reminded you of her. Knowing that she is on your mind will brighten her day and certainly bring a smile.

And don’t flinch at seeing your handwriting. Most people’s penmanship is suffering in these days of computers, smartphones, tablets and voice memos. Writing a note in your own handwriting may be intimidating, but think of it as an expression of your voice; our handwriting is unique to each of us. Seeing your words in your writing will be even more meaningful to the person reading them.

Lastly, write when the inspiration strikes – it’ll mean a lot to you, and to the person you’re writing.

Thank you! Thank you! Thank you!
Thank you! Thank you!

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

Call us at 614-546-8354 & 614-537-1994, or email at sales@soldbyskinner.com

Discount Commissions Every Time !

Thanks For Thinking of Us!

Did you know we can help you or any of your friends or family save time and money when buying or selling a home? Thanks for keeping us in mind with your referrals...and spreading the word about our services.

Brain Teaser Answer:

He's playing Monopoly.

Fun Feathered Facts

With more than 11,000 species of birds found worldwide, there are plenty of fun facts about them.

- Some birds' eye color changes from juvenile to adult, including gulls, raptors, and ducks.
- Hummingbirds can fly backwards.
- Birds can see the earth's magnetic fields, which helps with their migrations.
- Crows hold funerals for their friends.
- Some birds can sleep while flying!

Have A Laugh...

I only seem to get sick on weekdays.
I must have a weekend immune system.

THANK YOU for reading our Service For Life.[®] personal newsletter. We 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," we would 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 \$25 Dollar Gift Card?"

Guess who all won last month's Trivia Question? We are pleased to announce the lucky winners of last month's quiz. And the winners are ...drum roll please: Judy Daniels, Bill Diehl, Christine Hank, Jennifer Morbitzer, Jon MacLean, Rick Stamper, and Trey Watson.

The "Ring of Fire" is famous for volcanoes, but some of the world's most active aren't on the Pacific Ocean. Which non-Ring of Fire country has the most active volcanoes?

- a) Kenya b) Italy c) Ethiopia d) Iceland

The answer is d) Iceland. Iceland has 10 volcanoes that have been active since 1960, while Italy has 2 (still currently active), Ethiopia has 6, and Kenya has 0. So let's move on to *this* month's trivia question.

What was released in July of 2007, and called a "gamechanger"?

- a) Bluetooth b) Macbook c) WiFi d) iPhone

Call Us At 614-546-8354 & 614-537-1994 OR Email Us At sales@soldbyskinner.com

And You Could Be One Of Our Next Winners!

Real Estate Corner...

Q. What key steps should I take to make my home show like a model?

A. Look at your home through a potential buyer's eyes. Here are three essential steps:

- **Clean and repair.** Your buyer's first impression is from the street. Clean up the yard, the landscaping and check your exterior paint job. On the inside, shampoo the carpets, scrub the floors and clear off all the counters. Remove old wallpaper and paint the walls a neutral color. Fix things that need fixing, like squeaky doors, broken tiles etc.
- **De-Clutter.** Get rid of all that "stuff" you've accumulated in the garage, the backyard and the basement. And don't forget the closets!
- **"Stage" it to look like a model home.** Put away your personal items and remove large pieces of furniture. Ask your REALTOR[®] for ways to "dress up" your home (candles, new linens etc.) to maximize your selling potential.

For more tips, ask for my Free Consumer Report called **"Make Your Home Show Like A Model Without Breaking the Bank."** We will get a copy to you.

Do you have a question you want answered related to real estate or home ownership? Feel free to call us at 614-546-8354 & 614-537-1994. Perhaps we will feature your question in our next issue!

Get Free money-saving home tips at my web site: www.soldbyskinner.com