



Carrollton Lakes



December 2024

Looking for interested volunteers for our Board committees. Email Rose: secretary@carrolltonlakeshoa.com

Happy Holidays

Merry Christmas



How to avoid Holiday Weight Gain

From November to New Year's, we are probably going to gain weight.

How much weight? The National Institutes of Health study found that people put on about one pound. Over time, those holiday pounds can really add up.

Think ahead about these strategies to avoid scale shock.

- ◇ Resolve to stick with your ordinary portions of meat, veggie, and starch.
- ◇ Sit further away from the table.
- ◇ Make a conscious effort to eat slowly.
- ◇ Drink water before you eat.
- ◇ Focus on visiting, not just the spread.

If you are on a diet plan, remember that one piece of pie doesn't ruin your diet forever.

Friendships need Face-to-Face Time.

In the US and across the world, actual friends are being replaced by acquaintances. Digital contacts are replacing human contact.

YouTube, Facebook, 2-career families and demanding jobs mean that people have less time to belong to clubs or churches. People don't go out as much. They don't do things together.

Today, the average American has only 2 close friends. Shallow friendships prevail, like pals on the Internet. Sociologists are worried about the decline in social connections in the US. Cultivating a genuine friendship takes time. The secret to close friendships? Put down the device and engage the person. Spend some time with a friend. **Face-to-Face.** 

Don't tank your Curb Appeal with these Mistakes

Homes with an appealing exterior sell for an average of 7 percent more than comparable homes that look a little shabby, according to real estate agents. While it may not increase value as much as an updated kitchen or luxurious bathroom, that money still adds up. If you want to cash in on the curb appeal bonus, here are a few things you should consider changing before your house goes on the market.

- * Poorly maintained lawn. If you have bare patches, as many (or more) weeds than actual grass, and ragged edging, give yourself time to whip it back into shape and consider paying a professional lawn service for a little extra polish. You might be surprised at how much you can do within about six weeks.
- * Overgrown landscaping. Bushes and trees should be carefully trimmed into shape and not covering windows entirely. Flower beds should be neat and free of weeds, and rock or mulch should look fresh and full.

You don't need to go overboard with expensive landscaping plants and water

features -- neat and simple landscaping makes a great impression and lets buyers envision their own changes.

- * Dirty house exterior. If the exterior of your home and the driveway and sidewalk are looking grimy, pay to have your home pressure washed or rent a pressure washer to do it yourself.

- * Faded and chipped paint. If your paint is looking faded and maybe peeling in a few spots, throw a fresh coat on right before the house goes on the market.

- * Lawn ornaments. You might love them, but buyers may not. Maybe save the flamingos for your next house?

A FEW NOTES FOR YOU

Please check the bulletin board in the Park. These items will be posted for your review as they occur:

- ◇ **Notice of Board Meeting**
- ◇ **Agenda**
- ◇ **Minutes of Board Meeting**
- ◇ **Carrollton Lakes Newsletter**

BOARD OF DIRECTORS

President: Ryan Kearns
VP/ARC Chairman: Tom Read
Treasurer: Charlie Pritchard
Secretary: Rose Bowman
Outreach Coordinator: Russell Smith

OCEAN BLUE PROPERTY MANAGEMENT

LCM: David Latrella

HOMEOWNERS

- 1. Please send your homeowner info to Ocean Blue.**
- 2. Register w/the Homeowner Portal at www.oceanbluecommunities.com**
- 3. The lights in the park are working.**
- 4. There's a new dog station by the park. And a fancy trash can.**
- 5. New landscaping in progress.**
- 6. Please pay the \$300 assessment from Sept. 2024 if not yet paid.**
- 7. Don't forget our Christmas Decorating Contest!**