

#### LETTER FROM THE EDITOR

I hope the New Year finds everyone happy and healthy! We have had a cold winter this year! I can't seem to get or keep warm, especially since I live with a polar bear! Brad keeps our temperature at 66 in the house, so I always have layers on. The funny thing is that Jackson and Isabelle run around with short sleeves and bare feet. BURR!

The holidays were great for us! We did go to Callaway for the Festival of Lights, but talk about cold! If you haven't been, I highly recommend it. The kids really enjoyed it and have never seen a display like that before. Our heater in the camper worked great and so did the electric blankets, so at least we knew we were coming back to warmth after the light show!

Santa was very good to Jackson and Isabelle this year. Jackson was thrilled to get a Batcave, including a Bat Mobile, with all the good and bad guys! Isabelle's dreams came true when Santa left American Girl doll Julie under the tree. Isabelle's great grandmother is having just as much fun with Julie; she's already created 10 outfits. Julie is better dressed than Isabelle!

Isabelle continues to take gymnastics with the hopes of someday being a cheerleader, beauty queen, fashion designer, wedding dress designer, teacher and ballet dancer in The Nutcracker. Jackson is signed up for spring baseball, and he is so excited to start his career as a fireman, football player, baseball player, superhero and YMCA counselor. Now if I could just get them excited to wake up and go to school each day!

After our November and December meet and greet break, I am ready to get in the swing of things. All of the communities had nice holiday or New Year's get-togethers, and it sounds like they all had a really good time. Be sure to check out page 8 with the photos from Brannon Oak Farm. They played their annual New Year's Newlywed Game with a bit of a twist. Those newlywed ladies sure were beautiful!

As always, Happy Reading!

Stacy Wheelus 678-795-0200 ext. 210



Isabelle and Jackson

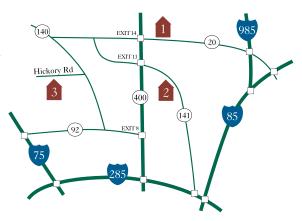


Callaway Gardens

SCREENED PORCH PLAN! Derived from our very popular Asheville plan, the new Ashewood offers even more design appeal. A larger foyer and dining room offer more entertainment opportunities and the inviting screened porch gives you the ability to enjoy the great outdoors in a breezy and protected space. As we wind down on this extraordinary neighborhood, we invite you to consider our current line up of inventory homes affordably priced from the low \$200s. Only 8 homes left to build. Discover the fun lifestyle awaiting you at The Orchards of Habersham Grove. Close to shopping, restaurants, Northside Hospital (Forsyth) and everything else you could ever need – and just 1 mile from Ga 400, Exit 14. (Ga. Hwy 20). Call Deborah or Craig. 678-513-8879.

2. The Orchards of Brannon Oak Farm. BRAND NEW MODEL STARTED! We're very excited to announce the construction of our new Villa model building featuring not only the ever-popular Dogwood plan but also the brand new Cypress plan. This exceptional "end unit" home features a very large dining room with accent columns, extraordinary vaulted living room, gourmet kitchen PLUS a large loft and guest suite upstairs. The second bedroom on the main level has a vaulted ceiling and works well as a guest room, home office or den. You can "Purchase with Confidence" at this flagship neighborhood. Prices range from the \$260s - high \$300s. 1.5 miles East of GA 400, Exit 13 in Forsyth County. Just 1 mile from The Avenue of Forsyth. Call Deborah or Craig. 678-513-8879.

3. The Orchards of East Cherokee. BRAND NEW "ASCOT COURTYARD" PLAN WITH BONUS ROOM! You asked for it; we listened and now we're building it. We're excited to announce the construction of this amazing courtyard-style home featuring free flowing spaces, 2 bedrooms on the main level and a bonus room plus full bath upstairs. It's an incredible value! Come visit The Orchards of East Cherokee today and see how this quiet, tree lined neighborhood is still convenient to everything you need. The Orchards of East Cherokee is centrally located between Roswell, Alpharetta, Woodstock and Canton – with the largest Kroger in Cherokee Country located directly across the street. LOW MAINTENANCE GALLERY HOMES and MAINTENANCE-FREE VILLAGE HOMES AWAIT YOUR VISIT. We're right off the intersection of Highway 140 and Hickory Road. Call 770-345-5409.





Screened Porch. "The Ashewood."



Ready for Brick. "The Cypress" Villa.



A New Start. Lot 95. "The Ascot with Bonus Room."











Sweet Apple Christmas Carol Party

Every year the Sweet Apple homeowners join together at the Clubhouse to sing Christmas carols and enjoy a presentation of bell ringing.







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# Historic Lake Rabun Hotel & Restaurant

One of only 129 hotels to make the *National Geographic Traveler Magazine's* Top Stay List 2009, the Historic Lake Rabun Hotel & Restaurant is nestled in the North Georgia mountains. Since 1922, guests have relaxed in the lodge setting, taking in the relaxation that comes with woods and waterfalls.

Enjoy the hotel's cozy restaurant featuring fine art by regional painters or dine al fresco on one of two decks under the hemlocks and pines. The restaurant promises good times with heaps of southern hospitality, offering the best of the South using locally grown, organic produce whenever possible. The menu changes frequently depending on seasonality and freshness of products.

If you want to get active before you relax, Rabun County offers a variety of activities from horseback riding, rafting and shopping to golfing, fly fishing and boating.

#### TO LEARN MORE:

35 Andrea Lane, Lakemont, GA 30552 706-782-4946 or toll free 1-800-398-5134 www.lakerabunhotel.com































Roswell Holiday Party

This year guests celebrated at the Poubletree Hotel in Roswell.
About 100 homeowners came out for a night of fun!





The Orchards of Sweet Apple
Sold out in 2005

Sweet Apple Holiday Party

More than 50 homeowners came over to the Clubhouse for a festive evening.

















The Orchards of Brannon Oak Farm
Now selling

Brannon Oak Farm's Annual
New Year's Eve Celebration included
more than 50 homeowners. Live
music, catered dinner plus fun
and games!



# Eating Well As You Get Older

#### **Benefits of Eating Well**

Whatever your age, your daily food choices can make an important difference in your health and in how you look and feel.

Eating a well-planned, balanced mix of foods every day has many health benefits. For instance, eating well may reduce the risk of heart disease, stroke, type 2 diabetes, bone loss, some kinds of cancer and anemia. If you already have one or more of these chronic diseases, eating well and being physically active may help you better manage them. Healthy eating may also help you reduce high blood pressure, lower high cholesterol and manage diabetes.

PLAN YOUR MEALS AND SNACKS TO INCLUDE

- plenty of fruits and vegetables
- plenty of grains, especially whole grains
- low-fat or fat-free milk and milk products
- lean meats, poultry, fish, beans, eggs and nuts
- limited amounts of fats (saturated and trans fats should be as low as possible), cholesterol, salt (sodium) and added sugars.

Talk to your doctor if you have specific dietary needs.

Eating well helps keep up your energy level, too. By consuming enough calories, you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, and how active you are.

Consuming the right number of calories for your level of physical activity helps you control your weight, too. Extra weight is a concern for older adults because it can increase the risk for diseases such as type 2 diabetes and heart disease and can increase joint problems. Eating more calories than your body needs for your activity level will lead to extra pounds.

If you become less physically active as you age, you will probably need fewer calories to stay at the same weight. Choosing mostly nutrient-dense foods – foods that are high in nutrients but low in calories – can give you the nutrients you need while keeping down calorie intake.

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, begin by taking small steps, making one change at a time. For instance, you might buy whole-grain bread, leaner meats, or more fruits and vegetables when you shop.

Whatever your age, you can start making positive lifestyle changes today. Eating well can help you stay healthy and independent – and look and feel good – in the years to come.

Source: NIH Senior Health















The Orchards of Sugarloaf Parc Sold out in 2007

Sugarloaf Parc Annual Trim-a-Tree Party

Sugarloaf Parc celebrated the holidays by festively decorating the Clubhouse. Homeowners came over for fun and friends!



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The Orchards Group offers any of The Orchards homeowners a place to list classified ads for free. We will advertise personal items only; no real estate sales, please. This section will be offered on a first come, first served basis. We will need to know the item for sale, your asking price and your phone number. Due to production deadlines, we will need your information by the first of each month. Then your ad will appear in the subsequent month's new letter. It's easy! Just call Stacy Wheelus at 678-795-0200 ext 210. Or, if your prefer, you can e-mail your ad to swheelus@orchardsgroup.com.

In order to keep interest in the classified ad section, we will only keep an item in for 3 issues. After it appears in the third issue the ad will be pulled.

## FOR SALE

#### **REDUCED!** Infrared Health Mate.

Free Standing Indoor Sauna.
40 deep x 60 wide.
Comes apart for easy transport.
Retails new for S4800. S900 OBO.
Marg or Ed 770-346-7716

#### 2 Motor Chairs For Sale.

Shop Rider Sprinter Scooter. Used less than 5x. retails for \$5-6K New. \$2,000. Pride Mobility Jazzy Select.

Gently Used. \$1,500. Call Rose 678-277-9900

#### Wheelchair

Like New, \$1,000. Call Barbara: 770-851-7778

#### Queen Bed Comforter Set.

Includes skirt, 2 shams, fall colors reversible floral/solid excellent condition. \$35. Call Carol 678-349-2206

Chest or dresser with self-hanging mirror. Great for entry way or bedroom. \$600.00. Mahogany Sligh Grandfather clock. \$1500.00 obo. Call 770-889-9454 Color Printer. Brand New, Factory Sealed, in its original box! Light weight. Prints beautiful 4" x 6" pictures in under 1 min! Print directly from any camera memory card. S40. (retail price:S89.99) Ben 770-993-9332

# WANTED

90's or newer auto with low miles, good condition. Call Bill 770-645-7824

### LUNCH BUNCH GROUPS MEET IN CUMMING RESTAURANT

Habersham Grove and Brannon Oak Farm Ladies Lunch Groups coincidentally ended up at the same restaurant in Cumming this January. Looking good, ladies!



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# FEBRUARY RESALES & LISTINGS...

## ALL OUR HOMES ARE OPEN TO THE PUBLIC ONCE A MONTH. CALL IF YOU ARE INTERESTED IN COMING TO AN OPEN HOUSE.

#### **FOR SALE**

**Orchards of Crabapple.** 4437 Orchard Trace. 2-bedroom/2-bath Abbey floor plan. This unit is freshly painted, newer carpet and hardwoods in kitchen. Best deal in Roswell and you can walk to shopping. Call for pricing.

The Orchards of Habersham. 2580 Grapevine Circle. Former Asheville model. 2-bedroom with activity room upstairs. Extra cabinets in the kitchen, surround sound and sun tunnels are just a few of the upgrades. Professionally decorated and furnished. All furniture is included at this great price. All you need is your tooth brush. \$258,000.

The Orchards of Windward. 2957 Oakside Circle. Very rare to come on the market Vanderbilt floor plan. Approximately 1950 square feet. Ten foot ceilings with beautiful crown molding welcomes you to this warm home. 3-bedrooms/2-baths and a spacious bright sunroom. Maple built-ins, computer area in Kitchen, solid countertops, hardwood floors are just a few of the appointments is this fine home. \$286,900.

**The Orchards of Windward.** 3005 Oakside Circle. Finally a Hamilton Floor Plan. Very traditional 2-bedroom floor with extensive molding. A Covered porch welcomes you to this home. Some of the features include cherry cabinets, a huge dining room and sunroom all in this gated community for \$225,000.

#### **UNDER CONTRACT**

The Orchards of Roswell. 2704 Village Lane. 2-bedroom/2-bath Abbey floor plan in sought after Roswell neighborhood. Great location in this gated community. Additional desk in kitchen. Enjoy maintenance-free living in this active community. \$237,000.

#### **SOLD**

**The Orchards of Windward.** 3066 Oakside Circle. Two master Abbey floor plan. Great location in subdivision, close to clubhouse. Tile in kitchen and laundry room. Neutral colors; move right in. Stone exterior. A price you cannot beat.



### DEAR FRIENDS & NEIGHBORS,

Dear Friends and Clients,

I hope everyone had a great holiday season. As we begin 2010, the phones are starting to ring. It seems as if we are getting more and more out of town buyers looking for carefree living.

The word is that interest rates may be going up. If you are considering making a change, now is a great time to do it.

To help ensure a quick sale of your home, keep these tips in mind.

Freshen up that paint. Dingy, dirty walls turn off buyers. The best color is a warm neutral color, something that does not attract the buyer's attention to the walls. Don't use a different color in every room. This will make your home look chopped up and leave a bad impression with a buyer.

Keep windows clean and free of obstructions. It is better to let all the natural light you can into a room. Welcome the buyer at the entry. Put out a new doormat. Make sure the storm door is spotless. Sweep all debris from you front porch. Polish the door knob and knocker. First impressions do count.

Have a great month!

Geri Beckmann, Resales Specialist Orchards Development, LLC 404-290-2330

If you want a Realtor with successful resales experience and a dedication to selling maintenance-free ranch Orchards condos, call Geri Beckmann at (404) 290-2330. She is the person to handle your buying and selling needs!