

# HIDDEN VALLEY

PRIVATE ESTATE HOMES

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Jan/Feb 2010 Newsletter

**Cold and flu season is upon us. Here are a few tips to stay well:**

**Wash your hands often.** Carry hand sanitizer with you just in case no sink is available.

**Drink plenty of fluids.** Water flushes your system and washes out the poisons.

**Eat foods containing phytochemicals.** "Phyto" means plants. The natural chemicals in plants give the vitamins in food a supercharged boost. Dark green, red and yellow vegetables and fruits work better than vitamins.

**Lastly, make sure to get plenty of rest to ensure your immune system can fight off those germs.**



*If you would prefer to receive your newsletter via email send your email address to: [reception@CAndersonHomes.com](mailto:reception@CAndersonHomes.com)*

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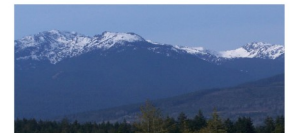
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## Happy New Year 2010

Well another year has come and gone. With a new year comes new possibilities. Most of us make resolutions in the beginning of the year with hopes of following through. Some of us do, some don't, but either way everyone starts out with a new attitude. With all the economy woes in 2009, a new year brings new possibilities. With that in mind here are few things to look forward to in 2010: The Win-

ter Olympics are happening in February. Men and women from different parts of the world will be working diligently to bring gold to their country. Be sure to cheer on the US. Buzz from the financial world is that this recession could end, or at least slow down, in 2010. Ben Bernanke, US Federal Reserve Chairman, has stated that 2010 is "The year of recovery." Lastly, as you may

have noticed we have new neighbors and more are coming. There has been more activity in Hidden Valley as people are looking for a beautiful spot to build their new homes. Be on the lookout for more growth in our neighborhood. Welcome 2010!



## Welcome Home!!!

Jon and Lori have moved into their completed home at Lot 13, Phillips Parkway.

Kolby and Ashley will be moving into their new home next month at Lot 35, Saydee Lane.

Make sure you drop by and welcome them to the neighborhood.

**Construction to homes in Hidden Valley continues.**

**Bob and Mary have flooring, cabinets, millwork and interior painting going on this month at Lot 12, Parkway Heights.**

**Richard and Jeanne have broken ground on their home at Lot 20, Park Forest Drive.**

**Construction has begun on Lot 34, Saydee Lane.**



Don't forget to tell your friends and family about the wonderful lots still available in Hidden Valley Private Estates!

