



In This Issue

Holiday Entertaining Tips	4
Pup of the Month Winner	5
Fall Festival Fun	6-7

HOA Upcoming Events & Activities	8-10
Halloween Decorating Winners	12-13
An Ode to Christmas	14



Page 2 Mira Lagos Messenger | December 2022



Mira Lagos HOA On-Site Office Hours & Holiday Closures

Christmas (Sunday, December 25) Friday, December 23 | Closed Saturday, December 24 | Closed

Regular Office Hours: Tuesday - Saturday, 8:30 a.m. to 4:30 p.m., Closed Sunday and Monday

For immediate needs after hours and holidays, contact FirstService Residential 24/7 Customer Service. 877-378-2388 | FirstService Residential miralagos.connectresident.com



Love the Messenger? Want to be in the Messenger?

IDEAS/SUBMISSIONS/PHOTOS

Submit your feedback, ideas, clubs, and photos for consideration to the Communications Committee. communications@miralagoshoa.com

PLACE A BUSINESS AD

Reach homeowners with Community News Connection. info@communitynewsconnection.com 972-396-8855

MAGAZINE DEADLINES / PUBLICATION MONTH

November 22	January 2023 issue
December 28	February 2023 issue
January 25	March 2023 issue



Association Contact Information www.miralagoshoa.com www.texas.fsrconnect.com/miralagos

On-Site Management

Stacy McGrath, General Manager manager@miralagoshoa.com

Brent Toncray, Assistant Manager Brent.Toncray@fsresidential.com

Cynthia Prox, Administrative Assistant Cynthia.Prox@fsresidential.com

Brandy Roberts, Lifestyle Administrator Brandy.Roberts@fsresidential.com

Management Hours* Tuesday - Saturday 8:30 a.m. - 4:30 p.m. Closed Sunday and Monday Office & Clubhouse 3025 S. Camino Lagos, Bldg. 1 Grand Prairie, TX 75054 (817) 473-6787

NEW 3

FirstService Residential 24/7 Customer Service (877) 378-2388

Mail Payments to: Mira Lagos HOA c/o FirstService Residential P.O. Box 30343 Tampa, FL 33630-3343

Submit Architectural Control Committee (ACC) Property Modification Requests to: ACCRequest@miralagoshoa.com

Committee Chairs Chair Meetings: Bi-monthly

Communications Jeanne Spare communications@miralagoshoa.com Meetings: monthly

Landscape Verna Hicks landscape@miralagoshoa.com Meetings: 1st Wednesday, monthly

Pool and Sports Alex Marques poolandsports@miralagoshoa.com 3rd Tuesday (Apr-Sept)

Safety Robert McLain, Chairman safety@miralagoshoa.com Co-chair: Cheyenne McLain Meetings: 1st Tuesday, monthly Social Valorie Felix and Anita Walker social@miralagoshoa.com Meetings: 2nd Wednesday, monthly

Welcome Susan Kennedy welcome@miralagoshoa.com Meetings: monthly/electronically

New Members welcome on all committees!

Board of Directors Ken Self, President Eric Blackwell, Vice President John Hughes, Secretary Alex Marques, Treasurer Kenny Donnell, Director board@miralagoshoa.com

🔰 @MiraLagosHOA

Mira Lagos Messenger

Is the only authorized and official monthly publication for the residents of the Mira Lagos HOA with news and a calendar of community events endorsed by the Mira Lagos HOA & its members.

PUBLISHED BY Community News Connection, Inc. 906 W. McDermott Dr., Ste. #116-352 • Allen, TX 75013 • 972-396-8855 www.communitynewsconnection.com

ADVERTISEMENT SALES

For information or to place an advertisement 972-396-8855 • info@communitynewsconnection.com

Mira Lagos does not in any way endorse or support, nor does it take any credit or responsibility for the services, paid or volunteer, nor the statements made in articles or letters published herein not endorsed by the association or the group decision of the Board of Directors.



CHICAGO MARATHON 2022

Runners Club would like to congratulate Mira Lagos resident, Patricia Charles, for competing in the 2022 Chicago Marathon on October 10th!

All Residents: Please send your picture to Alex Marques at mlpoolandsports@gmail.com so we can celebrate your running accomplishments!



"I FOUND IT"



Our Something Hidden Winner is...

Terry D. Sanders of **Valencia Village** is our November winner who found the fall leaves hidden on page 4.

Congratulations!

Something Hidden



Can you find the wreath hidden in this issue? When you find it, email manager@miralagoshoa.com to be entered into a random drawing to win a \$25 gift card and have your photo featured in the Messenger.

Put **"I FOUND IT"** in the email subject line and provide the page number the image is on along with your name, address, and phone number.

Thank you for reading the Messenger!



Holiday Entertaining

As the holidays arrive, so do relatives and friends! To make this season of entertaining joyful for everyone, please remember the Golden Rule and be considerate of your neighbors this holiday season.

Five holiday entertaining tips:

- Make room in your driveway for overnight visitors to park off the street.
- Do not allow vehicles to block driveways, mailboxes, fire hydrants, or sidewalks.
- Be aware of the time of day and your noise level.
- Take loud outdoor parties indoors at night.
- Remember that fireworks are prohibited inside Grand Prairie city limits.



North Texas Food Bank

As a nonprofit hunger relief organization, we distribute donated, purchased, and prepared foods through a network of more than 400 Food Assistance Partners in 13 counties. Every day, we support the nutritional needs of children, families, and seniors through education, advocacy, and strategic partnerships.

North Texas Food Bank 3677 Mapleshade Ln. Plano, TX 75075 214.330.1396 ntfb.org

Grand Prairie Library

gptx.org/library

Holiday Gift Wrapping Thursday, December 1

1:00 – 3:00 p.m. at Warmack Library 5:00 – 7:00 p.m. at Main Library More Info: email Josh, jrudd@gptx.org

Join us to wrap your family's holiday gifts at the library. Free. All supplies – wrapping paper, tape, scissors, name tags, bows, and ribbon – will be provided, while materials last. Bring your gifts and have fun getting into the holiday season with us.

Yoga For All

Wednesday, December 14 | 6:00 - 6:45 PM

Register: email Anne Marie, aholstead@gptx.org

Registration required. Join us for adults-only, beginner-friendly, gentle yoga classes. We will explore mindfulness, yoga postures, and breath meditation in each class. This class is open to people of all levels, body types, and abilities. Please bring your own mat, beach towel, or blanket for practicing. Classes will move outside as the weather allows.

Details apply. All Grand Prairie Libraries activities subject to change. Confirm status before attending.



The city's MyGPTX app technology has become obsolete and is being closed. You can delete the app from your phone. To report issues, please use the city website: **gptx.org**. A new app is in the works and will be announced in 2023.



December 20: End of 1st Semester

December 21-January 3: Winter Break

January 4-6: Student Holiday & Teacher Workday / Staff Development

January 9: School Resumes / 2nd Semester Begins

#WeAreMISD | mansfieldisd.org Calendar subject to change.

CITY OF GRAND PRAIRIE EVENTS

www.gptx.org



Christmas Tree Lighting Friday, December 2 | 6:00 PM to 7:30 PM City Hall, 300 W. Main St.

Grand Prairie, 75050

Join your fellow Grand Prairie citizens for an evening of celebration at the annual Grand Prairie Christmas Tree Lightning at City Hall.

Free Electronics Recycling Saturday, December 3 | 9:00 AM - 11:00 AM City Hall, 300 W. Main St. 75050

Registration required, call 972-237-8159

Electronics recycling events are scheduled throughout the year. The event is free to Grand Prairie residents (and electronics generated from their homes) but space is limited. We cannot accept electronics from commercial businesses. Grand Prairie residents can also bring their recyclables to the landfill any time Monday-Saturday 7:30 a.m.-4:30 p.m.

Registration is required online or by phone. If you are unable to select a time during online registration, then all time slots have been filled. Please register for another event date.

<u>Accepted:</u> Computers, laptops, printers, VCRs, DVD players, TVs (no exposed parts please), cellphones

<u>Not accepted:</u> Hazardous materials, liquids, broken monitor tubes, yard equipment, air conditioners, refrigerators

Details apply. All city events subject to change. Confirm status before attending.

Dear Santa...



Christmas is coming fast, and it's time to start working on those letters to Santa!

The North Pole Express Mailbox is set to arrive at the Mira Lagos Clubhouse Office on November 29th.

Fun Fact: all Santa letters sent through the North Pole Express Mailbox are magically delivered to the North Pole to be read by Santa himself.

Wrapping WORD SEARCH

С	В	s	I	s	Ρ	G	Ρ	R	Ζ	U	Х	F	Х	G	J	Т	н	G	R
L	J	А	F	Е	Ζ	L	н	Υ	Ι	R	W	V	I	Ν	U	т	С	Т	Ι
Ρ	L	Е	Ρ	т	Υ	Ρ	С	Q	R	В	R	х	В	Т	В	0	Υ	В	s
0	Ζ	А	Т	А	I	к	н	0	R	W	В	s	Ρ	Ρ	В	Ν	J	R	U
к	т	I	D	R	М	Ρ	0	х	G	G	G	0	F	Ρ	А	к	L	А	0
Т	Х	0	D	0	L	L	х	Т	Ν	Ν	Ρ	s	Ν	А	Q	s	С	Н	V
F	L	н	А	в	С	Ρ	J	U	I	Т	U	V	М	R	т	Q	Ι	т	М
Е	L	V	Q	А	V	А	Υ	Е	G	L	А	Ζ	0	W	Н	М	Т	V	Ν
U	Ν	R	0	L	L	Ρ	Υ	s	А	L	Х	F	Q	s	F	s	Е	А	S
Υ	S	s	J	Е	I	Е	U	G	Κ	Е	Х	Ζ	R	J	S	Q	F	Q	Т
G	н	Т	Х	W	I	R	Т	L	С	В	Е	Q	G	U	М	к	Ν	V	F
С	Q	Y	Κ	А	D	F	Ρ	Ρ	А	А	Ν	0	Е	U	Y	s	В	Ν	W
V	G	Ν	I	т	т	U	С	к	Ρ	L	Ζ	С	Е	Е	D	F	D	0	К
в	W	В	L	Т	0	т	А	G	Ν	I	R	т	S	R	Т	н	В	G	Q
х	0	х	D	С	s	U	R	М	F	S	I	Е	D	Ν	Х	н	т	Е	С
V	D	Υ	Ρ	Ρ	s	D	s	s	F	I	G	V	F	в	В	н	D	Ζ	J
F	L	R	U	С	Ζ	Ν	в	V	G	В	0	W	Ρ	L	Ν	U	В	R	U
М	0	S	R	Е	к	С	Т	т	S	D	Ζ	L	С	т	J	н	Е	Ζ	К
0	F	А	V	Е	С	С	н	М	В	А	G	S	R	Q	С	Y	0	D	Ζ
L	М	Ρ	R	Е	S	Е	Ν	Т	S	С	Ι	s	S	0	R	S	R	В	S

BAGS	TAG	SCISSORS
BOW	KNOT	STICKERS
CURL	LABELLING	STRING
CUTTING	PACKAGING	TAPE
ELABORATE	PAPER	TISSUE
FOLD	PRESENTS	UNROLL
GIFT	RIBBON	WRAPPING

ANSWER KEY ON PAGE 14.









Fall Festival

Residents came together to enjoy fall activities at the Fall Festival and Vendor Fair on Saturday, October 22nd. This year's event included food, horse & buggy rides, face painters, a pumpkin patch, and many local vendors for shopping.

















WHAT'S HAPPENING





Join neighbors for fitness and fun at these Mira Lagos HOA Members only classes at the Clubhouse. Your HOA Photo ID Access Card is required upon arrival.

Yoga - Monthly Mondays | 6:30 PM Dec 5 & 19. Jan 9. Feb 6. Mar 6

Register: schedulicity.com/scheduling/CYBDEW

Reservations required. No walk-ins. Reservations, cancellations, and questions are accepted by the instructor via Schedulicity.

Zumba - Weekly Weekly | 6:00 - 7:00 PM Tuesdays & Wednesdays

Bring only what you need: water, a towel, and your enthusiasm! Waiver required for first-time participants upon arrival.

Class sizes limited. Schedules may vary on holiday weeks. Details subject to change. Guest restrictions apply.



Mira Lagos HOA Upcoming Events & Activities



CHRISTMAS LIGHTS DECORATING CONTEST December 18-25

It's time to shine during the annual Christmas Lights Decorating Contest! All decorated homes in every village will automatically be entered. You may also nominate your favorite display by sending the address by email to landscape@miralagoshoa.com.

Landscape Committee volunteers will be making a list and checking it twice! Judging will take place between December 18th and December 25th, weather permitting. Please turn lights on each night by 6:00 p.m. Winners will be awarded a gift card and be featured in the Messenger.

May your holiday season be merry and bright!



Wear comfy pjs and join us for a fun morning of crafts, cartoons, and cereal with your neighbors and friends. We'll be hanging out at the Clubhouse! All ages welcome.

All events are for Mira Lagos HOA Members only. Events are subject to change. Updates may be found in your homeowner eNews and on the Mira Lagos HOA Facebook page at www.facebook.com/MiraLagosHOA.

WHAT'S HAPPENING

Mira Lagos HOA Upcoming Events & Activities



All events are for Mira Lagos HOA Members only. Events are subject to change.

Updates may be found in your homeowner eNews and on the Mira Lagos HOA Facebook page at www.facebook.com/MiraLagosHOA.





The Mira Lagos HOA is providing free pet identification tags. Please see Cynthia at the HOA office to receive your tag. Each registered pet will have a unique number assigned to help them be reunited with you in the event they are lost and found.

"My dog, Mia, got hers and she loves all the fancy jewelry on her collar." - Cynthia

Tree Recycling & Collection

Trees free of ornaments, stands, and plastic bags can be recycled for free in the two weeks following Christmas (December 25) at the landfill. Artificial trees and trees sprayed with artificial snow cannot be accepted for recycling. Acceptable trees will be recycled into mulch, which is free and available at the landfill to all Grand Prairie residents.

Trees can also be collected on your normal garbage collection day but will be collected as garbage rather than recycled.

Here's a list of tree recycling locations that meet these guidelines:

- Charley Taylor Recreation Center parking lot, 601 E Grand Prairie Rd
- Parkhill Park parking lot, 5100 Block of S. Robinson Rd
- Grand Prairie Landfill, 1102 MacArthur Blvd

WHAT'S HAPPENING

Mira Lagos HOA Upcoming Events & Activities



Let's Watch Sports Together

The Mira Lagos HOA Pool and Sports Committee is offering a chance for residents to watch sporting events for a reduced price! Tickets for the January Cowboys of Color Rodeo are available for purchase at the HOA office. Come and enjoy a great time with your neighbors.

Social Media Special Events

Join over 150 residents who are a part of the Mira Lagos Pool and Sports **GroupMe** and **Facebook group**. In addition to the events already planned for this year, <u>we are</u> <u>organizing SURPRISE EVENTS that will be shared ONLY on social media</u>. Don't miss it!

Chess Players

Pool and Sports is looking to organize chess events in the neighborhood as part of the Mira Lagos Chess Team. If you think you can beat Magnus Carlsen or if you haven't heard about chess, we want to hear from you.

Community Shirts

Mira Lagos community shirts are available for a discounted price of \$10 at the HOA office.





*All events are for Mira Lagos HOA Members only. Events are subject to change and can be cancelled/postponed based on community interest.

Upcoming Activities

These Pool & Sports Committee community events are first come, first serve and only a limited number of tickets are available. Purchase your tickets or pay your entry fee at the HOA office or email Alex to reserve your spot.

ICE SKATING

Saturday, December 17 | 6:00 p.m. Star Center, Mansfield | FREE

SOCIAL BOWLING Wed., December 28 | 7:00 p.m. Grand Prairie, Main Event | FREE

COWBOYS OF COLOR RODEO

Mon., January 16 | 2:00 p.m. (MLK day) Dickies Arena, Fort Worth, \$20 each

We are already planning our events for next year. Feel free to provide your feedback ASAP!

Alex Marques Pool and Sports Committee Chair poolandsports@miralagoshoa.com

All events are for Mira Lagos HOA Members only. Events are subject to change. Updates may be found in your homeowner eNews and on the Mira Lagos HOA Facebook page at www.facebook.com/MiraLagosHOA.

PUMPKIN RUN & Fall Fun

In October, Mira Lagos Pool and Sports organized several events. Our residents played pickleball at Chicken N Pickle, ran at the 2022 Pumpkin Run at Lynn Creek Park, and watched FC Dallas win against Sporting KC at the Toyota Stadium.

For the second year in a row, Mira Lagos was recognized for participating in the Pumpkin Run. Last year, our community received a trophy for participation. This year we won two trophies! Congratulations are due for having the biggest group with over 30 residents securing the "Most Participants" trophy and having the best time in a 5K earning a "1st Place" trophy. Next year, we hope to continue supporting Grand Prairie Metro Rotary Club.

Thank you to everyone who participated in these fun events!















Halloween Decorating Co



2660 Costa Verde Dr.



2823 England Pkwy.



2924 Benissa



2927 Bahia



2951 Bandera



3008 Pamplona





3027 Trevino

3035 Nadar

3051 England Pkwy.



Members of the Landscape Committee had the difficult task of judging spooky holiday décor this October. Competition was frightening with over 100 residents decorating their homes for a chance to be deemed the spookiest home this year. Congratulations to our winners of the 11th Annual Mira Lagos Halloween Decorating Contest.







3052 England Pkwy.

3055 England Pkwy.

3220 Serpis



6929 Nava



7003 Palencia



7048 Playa







7232 Darsena

7479 Tormes

Holiday Décor

Please remove seasonal décor after each holiday. Our governing documents (Article IV, Section 4.25) require all holiday decorations be removed within 30 days after the holiday in which they relate. Thank you.



Property Modifications Require Approval

Before making any modifications to the exterior of your home or lot that are not of the original build, approval must be obtained. To have your

project reviewed, submit an Architectural Control Committee or ACC Request Form with supporting documents or drawings to ACCRequests@miralagoshoa.com.

The only change to a lot that can be made without prior ACC approval is replanting in an existing flower bed including changing out seasonal flowers or replacing dead plant material.



Do You Like Mira Lagos HOA On Facebook?

The number of likes on our neighborhood Facebook page is growing! On our page you will find information to enhance your knowledge of the community.



facebook.com/miralagoshoa Like your page today!

The MiraLagosHOA Facebook page is managed by the Communications Committee and is just for fun! A volunteer will reply to comments (when appropriate), but customer service in not provided though the page. If you need homeowner assistance, please contact FirstService Residential Management directly. Association Contact Information is on page 2.



Trees and trimmings Feasts and thanksgiving We await the joy you bring each year Homes filled with presents and laughter Lingering bliss for weeks after From a season that abounds with love and cheer We lean into your warmth As we gather round To share stories from long ago Christmas, we welcome you with open arms May your joy rest upon every home *By Meisha Mayo*

WORD SEARCH ANSWER KEY

С	в	s	T	s	Ρ	G	Р	R	z	U	х	F	х	G	J	T	н	G	R
L	J	А	F	E	z	L	н	Y	1	R	W	V	I	Ν	U	т	С	Т	T
Р	L	Е	Р	Т	Y	Ρ	С	Q	R	В	R	х	В	I	В	0	Y	В	S
0	Ζ	А	т	А	Т	Κ	н	0	R	W	В	s	Ρ	Р	В	Ν	J	R	U
к	Т	Т	D	R	М	Ρ	0	х	G	G	G	0	F	Р	А	к	L	А	0
I	Х	0	D	0	L	L	Х	Т	Ν	Ν	Ρ	S	Ν	А	Q	S	С	н	V
F	L	н	А	В	С	Р	J	U	I.	I.	U	V	М	R	Т	Q	I	Т	м
Е	L	V	Q	A	V	A	Y	Е	G	L	А	Ζ	0	W	н	М	1	V	Ν
U	Ν	R	0	L	L	Ρ	Y	s	А	L	Х	F	Q	S	F	s	Е	A	S
Y	S	s	J	Е	Т	Е	U	G	к	Е	Х	Ζ	R	J	S	Q	F	Q	т
G	Н	т	х	W	Т	R	1	L	С	в	Е	Q	G	U	М	ĸ	Ν	V	F
С	Q	Υ	к	А	D	F	Ρ	Р	А	А	Ν	0	Е	U	Y	s	В	Ν	W
V	G	Ν		Т		U	С	K	Р	L	Ζ	С	Е	Е	D	F	D	0	к
В	W	В	L	Т	0	Т	А	G	Ν		R	Т	S	R	Т	Н	В	G	Q
х	0	х	D	С	s	U	R	М	F	s	I	Е	D	Ν	х	н	т	Е	С
V	D	Υ	Ρ	Ρ	s	D	S	s	F	T	G	V	F	В	В	н	D	Ζ	J
F	L	R	U	С	Z	Ν	В	V	G	В	0	W	Ρ	L	Ν	U	В	R	U
М	0	S	R	Е	Κ	С		Т	S	D	Ζ	L	С	Т	J	н	Е	Ζ	Κ
0	F	А	V	Е	С	С	н	М	В	А	G	S	R	Q	С	Y	0	D	Ζ
L	М	Ρ	R	Е	S	Е	Ν	Т	S	С		S	S	0	R	S	R	В	S

Resident Clubs & Activities

For Homeowners by Homeowners



BOOK CLUB Host: Marlow McGuire

When: Last Thursday, monthly, 6:00 p.m. Email: miralagosbookclub@gmail.com

Group: facebook.com/groups/miralagosbookclub

Join us monthly on Thursdays and connect with our group via our Facebook group to get details on our book of the month and where we will meet up each month.

MIRA LAGOS BOOK CLUB PRESENTS

Story Time with Toddlers Tuesday, December 6 at 9:00 a.m.

Librarians from the Grand Prairie Public Library welcome our community's little readers for an animal-themed story time, followed by open play at the Mira Lagos HOA Clubhouse!

MULTICULTURAL CLUB

Host: Lanh Phan

Email: miralagosmulticulturalclub@gmail.com Group: facebook.com/groups/miralagosmulticulturalclub

Do you live in a culturally diverse community? Absolutely! The goal of this club is to promote awareness, cultivate inclusiveness and mutual respect of multicultural diversity. Join us today so we can embrace and celebrate our differences.

NETWORKING CLUB

Host: Marlow McGuire Email: miralagosnetworkingclub@gmail.com Group: facebook.com/groups/miralagosnetworkingclub

Are you looking for an engaging group of neighbors who are excited about networking? This is the club for you! We are committed to thriving together.

GRAND LAGOS CORVETTE CLUB

Host: Reginald English Contact: ereginald90@yahoo.com

Phone: 214-336-1283

Do you own a Corvette and like to show it off? Would you like to meet new people? Do you like giving back to your community? If you answered "YES" to these questions, then we're looking for you! The Grand Lagos Corvette Club is made up of Grand Peninsula and Mira Lagos residents who own a Corvette. Call or email Reginald to join us!

MEN'S FRATERNITY

Host: Alex Marques

Email: ctasr@yahoo.com

This group is for men from the neighborhood. Together, we'll go over "33 The Series" to pursue authentic manhood as modeled by Jesus Christ in His 33 years on earth. Practical insights. Biblical principles.



BUSINESS NETWORK Host: Alex Marques

Contact: www.linkedin.com/groups/14100399/

The goal of this group is to connect business professionals and entrepreneurs that live in the Mira Lagos community through network meetings, book reviews, webinars, and other initiatives.

LIST YOUR CLUB TOO!

Host: Your Name When: Your Schedule Contact: How to Reach You

Do you host a small group that is open to your neighbors? Your neighborhood club or activity could be listed in the next Mira Lagos Messenger. Email communications@miralagoshoa.com.

Clubs are initiated and hosted by residents. The Homeowners Association does not endorse any resident club or activity and does not endorse products, services, or postings by such groups. Dates, times, locations, and other details may change. Contact the host for details.





Mira Lagos HOA Clubhouse Rental Information

\$500 Deposit (refundable)

\$50/hour, minimum 2 hours

\$75 Cleaning Fee (no exceptions)

Capacity 150. Tables and chairs included in the rental. Patio and courtyard area included in rental.

If Alcohol will be present:

\$65/hour* additional security required

*Security cost may vary depending on availability.

Grand Prairie Police Officer required (arranged by HOA staff)

TABC licensed bartender required (arranged by homeowner)

NO HOLIDAY BOOKINGS!

Information: admin@miralagoshoa.com Reservations: reservations@miralagoshoa.com Additional details apply.



DVERTISE HERE

For ad rates and sizes, call 972-396-8855 or email info@communitynewsconnection.com

5 Ways to De-stress and Find Joy This Holiday Season

By Meisha Mayo

The most wonderful time of the year can evoke a wide range of emotions from grief to joy, anxiety to bliss, as no one person will experience the holiday season the same. While visits are being planned, loved ones are being remembered, and efforts to support those in need amp up, we want to share five ways to tune out the noise and tune in to what's right in front of you.

1) Unplug.

Turn off your cellphone or put it in airplane mode when you need a break from constant notifications and social media. Doing this might be difficult if you have guests visiting from out of town, but turning off nonessential notifications or logging out of social media for a little while is a great way to stay present and make lasting memories with your loved ones.

2) Go on vacation.

Whether your destination is tropical, wintery, local, or international, an end-of-the-year vacation is never a bad idea. Vacations are always a perfect opportunity to rest and get rejuvenated for the year ahead.

3) Write it out.

The end of the year can be challenging for a lot of people as many are navigating holidays with a new normal. No matter what you're feeling, taking time to journal your thoughts and emotions can help you process your experiences. Jot down a sentence or two, or fill up a few pages to access the peace that writing out your feelings can bring.

4) Practice Gratitude.

Studies show that practicing gratitude can have a positive impact on one's mental health, support better sleep habits, and reduce stress. Block out time on your calendar to pause and savor the good moments and memories, your body will thank you.

5) Get Festive.

Get In Touch

I can't wait to partner with you.

972-467-3232

Tanika@TanikaDonnell.com

SCAN ME

Janika U

rdable & Luxury Home Experts

The colder months keep many of us homebound, and adding a little holiday cheer to your home can boost your holiday spirits. If you're on a budget, there are plenty of stores that have affordable décor options to give your home that warm and inviting holiday feel.



If all you want for Christmas is to sell your house you've come to the right woman for the job. Let's get your house sold so you can move into a brand-new home for 2023!