

Ever Imagined a Shopping Spree Where the Clothes are Free?

Submitted by: Jane Seaman

At present we are all looking for ways to cut back on expenses, so what if I told you there's a place where you can shop with no need for a credit card, a check book, or cash and that this wonderful place is right on your doorstep, literally.

As an Image Consultant when a client says they "have nothing to wear" the first thing I do is take them shopping in their closet, because within lies a multitude of opportunities. Consider what is actually in your closet; clothes that you liked when you purchased them, clothes from the past that remind you of a particular time or event and possibly some clothes that were gifted. But so many items are never worn. Why? When my clients have an opportunity to consider this, their response is often the same; the closet is so full they forget what they have, they are bored with their clothes, some items no longer fit, some items are out of style, or they have nothing to match it with. Does this sound familiar?

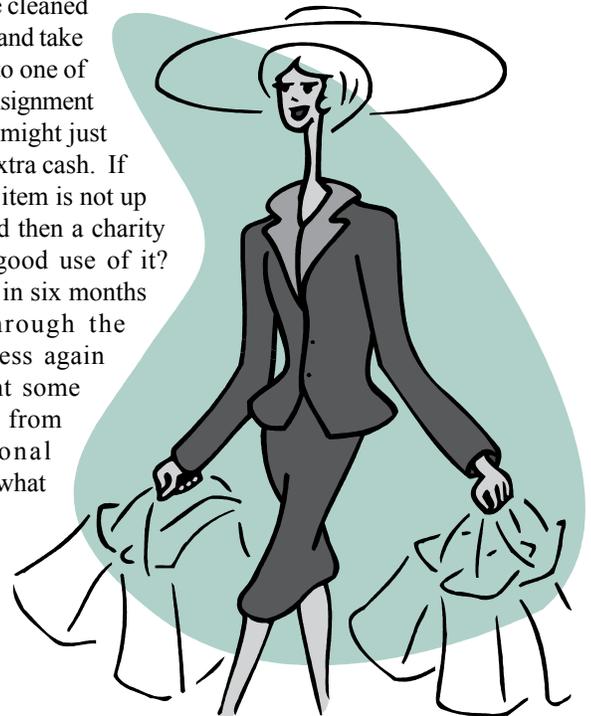
Think again! Your closet can become your personal boutique, all you have to do to shop there is allocate some time. If possible include a family member or friend to help and encourage you. Then open up your closet and go shopping. Take out each clothing item and really, really look at it. If it doesn't fit, could it be made to fit? There are an abundance of excellent tailors in Houston. Look at the item differently, let's say it was a long paisley dress, could it now be shortened and worn over leggings for a more modern look? Could you remove the sleeves, add a belt? Often styles have changed with Jackets and the ones in your closet may now be too long, or have those wonderful 'Dallas' shoulder pads. Yes, they are still lurking in closets everywhere! Could the shoulder pads be removed and the jacket shortened? Sometimes it's simply a case of changing the buttons. Imagine that navy jacket with new bright red buttons, a red tee and denim jeans, it might just work.

The key to successful closet shopping is to have fun and think outside of the box; try that cocktail dress on then add a denim jacket and a simple pair of sandals for a more dressed-down look. Add bright accessories to a tee and a pair of slacks for a more dressed-up look. Try colors together you would never have dreamed of matching, you'll be wonderfully surprised. Forget those old rules of Black and Brown should not be worn together, yes, they can. Consider 'color

blocking'; put together an outfit entirely in one color, right down to the shoes, this will minimize horizontal lines on the body and is guaranteed to make us look taller and slimmer. Now add bright accessories to give the outfit a wow factor. Forget the rules and be creative. The chances are, at minimum, you'll find six to ten new outfits in YOUR closet.

When returning your clothes to the closet hang them in groups; put all your jackets together and then the same for trousers, blouses, skirts, dresses. For your tops try hanging them in order of sleeve length. Hang your suits as separate pieces so you can visually see that they can be worn with other items other than just as a suit.

And at the end of your closet shopping you may have found some items that have to go. Take a look at these items closely and ask has the item been worn much, is it somewhat in style? If so, then make sure they are cleaned and pressed and take them along to one of the many consignment stores. You might just earn some extra cash. If you feel the item is not up to being sold then a charity will make good use of it? And finally, in six months time go through the whole process again and reinvent some new outfits from your personal boutique....what fun!



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After Hours	281-221-5000

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Health & Safety

Are you tired of being tired? Fatigue can zap the energy, productivity, and pleasure right out of life. Try these fatigue-fighting tips to keep your energy level high:
Move more – Exercise stimulates circulation, and helps to release feel-good hormones in the body that improve mood and fight off fatigue.
Fuel up – Always eat a full breakfast, and maintain a healthy diet. Eat smaller, more frequent meals to help keep blood sugar levels balanced.



Drink more – Water, that is - Drinking water can help deliver all those nutrients you ingest to the right places, and flush out toxins that make your body weak.
Snooze more – Sufficient, quality sleep is necessary for your body to store up energy for the next day. Sleepless night? Catch a catnap the next day to help recharge.
Get all wet – Take an energizing shower to increase blood circulation. Alternate between hot and cold water (one minute each), ending with cold water.
Stress less – Build some downtime into your stressful day to unwind through exercise, meditation, listening to music, or whatever works for you. The better you handle your stress, the less likely you are to suffer from fatigue.

Helpful Hints

Spring is in the air, which means flowers, baseball games, barbecues, and diets to shed that "winter weight" before swimsuit season. Spring also means it's time for some home maintenance after a winter of neglect. So, muster up some motivation and use these simple tips to put the inside of your home in tip-top condition.

- Do yourself a favor and try out your air conditioning system before the first hot day; otherwise, there'll be a long, smoldering wait for an overbooked repairman. Change the filter, inspect hose connections, and make sure the drain pans are draining freely.
- Check and clean the clothes dryer exhaust duct and kitchen exhaust hood and filter.
- Vacuum the refrigerator coils and your refrigerator will run much more efficiently.
- Inspect, clean and test your smoke and carbon monoxide alarms.
- Clean everything, top to bottom! Use non-toxic soaps for better indoor air quality.



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SUMMERWOOD

Don't Become a Statistic!

Submitted by Allison Weaver

Statistics tell us that the number of new gym memberships skyrocket in January and plummet by the end of March. The same holds true for some who go it alone and start a brand new regimen with their family, friends, or private trainers/classes.....do NOT become a statistic!! You can do this – you can keep it going! Restart, take a different tact, try a new food, start getting outside again and be rejuvenated when the sun comes out – whatever it takes. It is never over when you make a mistake, fall off the horse, eat a pan of brownies, or otherwise bring to a halt your journey toward a full, vital, healthy lifestyle. It is also never too late to begin again.

Re-check your fitness routine. Is it realistic? What is your schedule really like? Do you need to get yourself to bed 15 mins earlier so you can wake up earlier to get a jump start on your day? 15 minutes of stretching, jumping jacks, pushups, and crunches will do wonders to start those endorphins rushing and really begin your day with a bang! How about lunch? Can you eat a salad at work and go for a walk after? How about the stairs? Are they accessible? Ask your “pod buddy” if they want to see how many more flights you can climb in one week.

After Work: Play softball with the kids in the yard. Throw a few sprints in between pitches. Pitch/hit 3 times – 5 sprints....great

together time, practice time and great cardio!

Split training such as this is proven to be at least as effective as, if not more so for some, than a straight hour or two of non-stop training.

Re-check your goals: Are they attainable? How much time have you allowed for planning your groceries, lunches, family dinners? How about your work out routine? Is it written down? Is your routine in bite-sized pieces (pun intended!) or is it more broad spectrum? Remember to be specific in your goals. If your goal is to add 2 minutes to your run tomorrow; that's great! It's a specific goal, time measured, and attainable. But don't stop there.....once you reach that one, set a higher goal, larger than the last, loftier each time. Before you know it – you're hiking in the Rockies!!! It really is doable. You really can do this!!

Are you bored with what you're doing? Shake things up a bit; get some roller blades, a bike (with a helmet), find a fitness class that can be your “night out” with friends. You'll be surprised at how much fun you really can have in the name of exercise!

Are you bored with what you're eating?? Salad does not have to be your main course everyday. How about some grilled chicken with mango salsa? Try adding chipotle sauce to a dish (like broccoli)–

(Continued on Page 5)



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Don't Become a Statistic - (Continued from Page 4)

incredible roasted, smoky flavor with a great kick! No time for fish? There are great frozen Salmon and Tilapia filets, add a little lemon pepper sprinkle, maybe even a light Italian dressing, keep it going with steamed asparagus, and Voila! A beautiful, healthy, and tasty almost instant meal. We are aesthetic creatures, so "eating the rainbow" will add pleasure to the eyes as it adds nutrition to the body. Incorporating red bell peppers, yellow bell peppers, maybe some portabella mushrooms to brighten up and change a dish in color, flavor and texture. Just a spray of Olive oil in a pan and a few minutes on the stove, and you're in business. Remember: Always keep your food as "close to the tree" as possible. That means eat it as God made it; not after it's been processed. This will keep you healthy for life. If you have to wonder – it's probably processed!

You do not have to re-invent the wheel – just keep healthy cookbooks handy, save your favorite fitness websites on your "bookmark" tab, so with a quick turn of the page, or click of the mouse you will add new dimensions to your personal and fitness and nutrition! You can do this – yes you can!!!

Submit Information for Publication in the Newsletter

Please help fill the Summerwood Newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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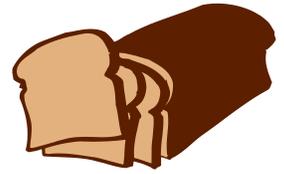


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Recipe of the Month:



Jalapeno Corn Bread

- 1½ Cups Corn meal
- 2 eggs
- 1 tsp. salt
- 3 small jalapeno peppers
- 1 C. cheddar cheese (grated)
- 2/3 C. Vegetable oil
- 3 tsp. baking powder
- 1 can cream corn
- 1 C. sour cream

Mix all ingredients except the cheese. Pour half into greased pan. Sprinkle on half of the grated cheese. Pour rest of batter over the cheese, then top with remainder of cheese.

Bake at 450° for 30 minutes.

*If you would like to submit YOUR recipe
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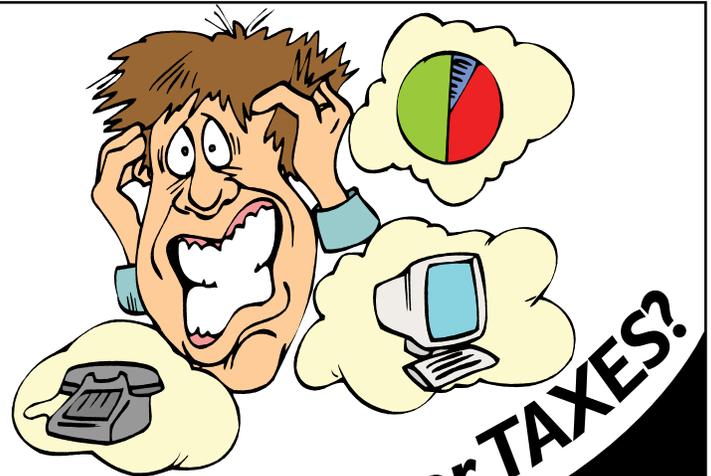
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TAX TIPS

Submitted by John Harris

Its tax time and there are many new tax provisions relating to your 2008 return. Let me go over just a few of these.

1.) For the first time, you can deduct up to \$1000.00 of your real estate taxes even if you do not itemize your deductions.

2.) There is another huge change in casualty losses. Having come from Florida, I am very familiar with hurricane losses. For the first time, you can deduct a casualty loss in federally declared disaster areas, even if you do not itemize, and if you do, it is not subject to the previous 10% of adjusted gross income threshold. In other words, if you had damage from hurricane Ike, and most people had some damage or loss, you may get a tax deduction for your loss. These losses may include anything from roof and fence damage to loss of food in your freezer.

3.) You may also qualify for last year's stimulus rebate check this year, even if you

did not qualify last year. (A note on this, last year's check is NOT taxable this year, contrary to some rumors I have heard.)

4) They also raised the IRA contribution limit to \$5000.00, \$6000.00 if you are 50 years of age or older. I know many people lost much of their retirement values in 2008, but it is still a good idea to invest in your retirement accounts. You may want to consider investing in a more conservative investment, but you still should invest! Talk to your financial advisor.

5) If you own your own business, it is still not too late to set up a SEP retirement plan for your business and get a deduction up to \$46,000.00 for 2008.

6) Lastly, the standard mileage rate for 2008 is broken down into two parts. From January 1 to June 30, it is 50.5 cents per mile and 58.5 cents per mile driven during the rest of 2008.

Did You Know?



To correct the calendar over the centuries, years ending in "00" are not leap years unless the first two digits are divisible by 4. Therefore, the year 2000 is a leap year, but 1900 and 2100 are not.

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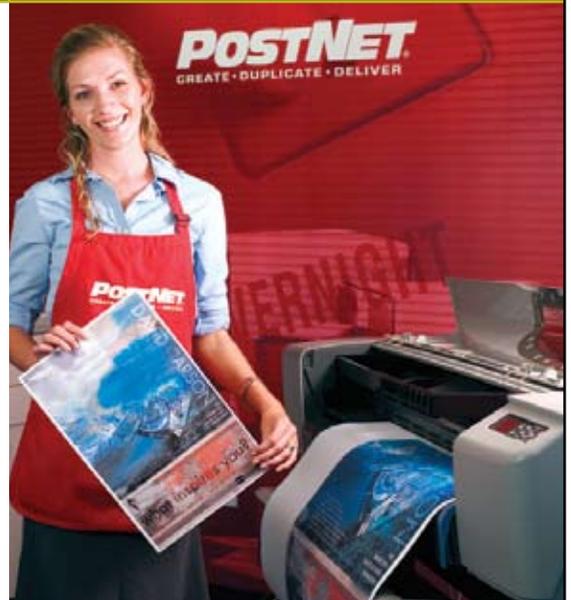
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Alternatives to Microsoft Office

Submitted by Laurie Scott

Anyone who works in an office and with a computer probably has Microsoft Office installed on it. Word, PowerPoint and Excel are found in almost every corporate environment. But when it comes time to buy software for your home computer, most people don't realize there are free and low-cost alternatives.

To start, Microsoft does offer an Office 2007 "Home and Student" edition that I've seen online for as low as \$80. This edition includes Word, PowerPoint, Excel and OneNote, but not Outlook, which is what many Office users expect with their "office" suite.

The most popular free option is probably Sun's Open Office 3 (available at www.openoffice.org). It has powerful word processing, presentation and spreadsheet programs that are compatible with Microsoft Office, and also includes a graphics program and database (but again, no e-mail program.)

Another free alternative is a surprising name from the past. Lotus (owned by IBM) has resurrected its Symphony suite and is closer to Open Office than Microsoft Office. Its programs are IBM Lotus Symphony Documents, IBM Lotus Symphony Presentations and IBM Lotus Symphony Spreadsheets and also offer Microsoft Office compatibility.

Google has recently entered the office application fray with their own product (which are still in "beta" – a Google trademark), Google Docs. It offers Microsoft Office compatibility for Word and Excel with a twist, everything is stored online. You can access and share your files with anyone from anywhere. Some consider this the future, known as "cloud computing" (the internet is the cloud in computer network diagrams.)

Corel offers an \$89 alternative that is compatible with Office Word, PowerPoint and Excel, but includes VideoStudio LE for editing your home videos, and MediaOne SE for enhancing and organizing your photos.

At the time of this writing, the most popular (non-Microsoft) email client, Eudora is undergoing a rewrite but the older versions are still available at www.eudora.com. If you're already using hotmail, yahoo mail, Gmail, or your Internet Service Provider's (ISP) web-based mail, then you don't need an e-mail client to run on your computer anyway.

So don't automatically feel like you have to fork out a couple hundred dollars just to have Office functionality at home. There are affordable and even FREE alternatives out there for you.

Happy Computing!

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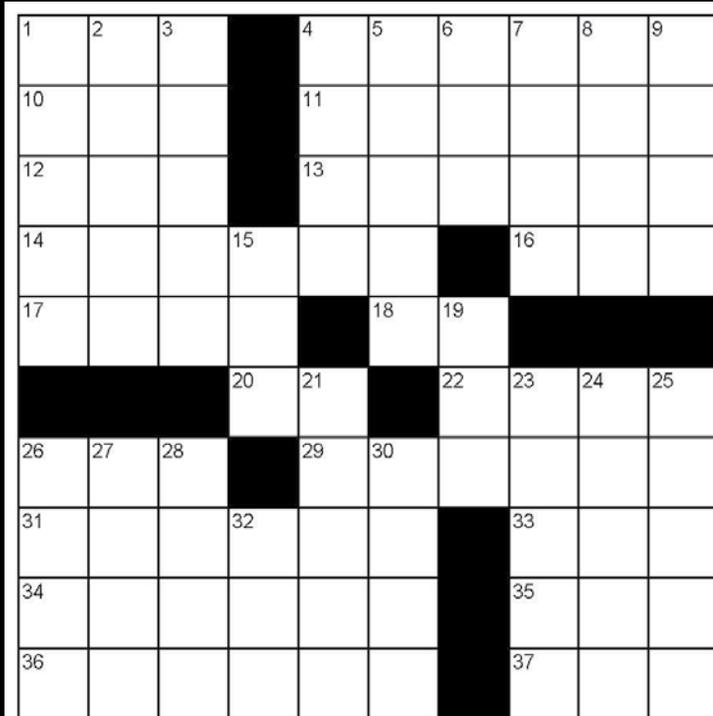
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SUMMERWOOD

Crossword Puzzle



ACROSS

1. Fire remains
4. Alarm bell
10. Fib
11. African country
12. Lodge
13. Chronological records
14. Colorful Mexican shawl
16. Legume
17. Matching
18. Scale note
20. You
22. Club
26. First woman
29. Seed part
31. Plunderer
33. Epoch
34. Verse meter
35. Twitch
36. Secures
37. Ball holder

DOWN

1. List of highly desired guests
2. Tendon
3. ___ Matisse, painter
4. Catch
5. Held the deed
6. May
7. Metal fastener
8. Bored
9. Space administration
15. One of these
19. Often poetically
21. Devour (2 wds.)
23. Gone With the Wind's Mr. Butler
24. Eagle's nest
25. Draw
26. Heroic
27. Phial
28. Writer Bombeck
30. Loch ___ monster
32. Abdominal muscles (abbr.)

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*Solution at www.PEELinc.com

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We will select the top few and post their artwork online at www.PEELinc.com. DUE: March 31st



Be sure to include
the following
so we can
let you know!

Name: _____
(first name, last initial)

Email Address: _____

Age: _____

[This information will only be used to
notify you or your parents if your artwork
was selected.]

SW

Who knows the neighborhood better than a NEIGHBOR?



	Aug 08	Sep 08	Oct 08	Nov 08	Dec 08	Jan 09
\$300,000+	7	2	2	5	3	1
\$250 - 299,999	1	1	1	3	1	0
\$200 - 249,999	1	3	3	4	7	2
\$170 - 199,999	7	1	1	1	2	1
Under \$170,000	7	2	0	3	3	5
TOTAL	17	9	7	16	16	9
New Construction	7	2	2	8	7	8
Resales	10	7	5	8	9	1
Avg \$/Sq Ft	83.02	78.22	78.12	76.08	78.06	60.42
Avg Days on Mkt	88	59	77	113	143	162



Shalene Fox
Summerwood Resident
Broker

Summerwood is the Greater Houston Builder's Association Community of the Year for 2006. **

Is your realtor providing this information to potential buyers? Are they even aware of it?

Make sure your realtor knows the neighborhood so you don't miss out on potential sales.

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* All figures based off MLS data 2/10/09 **For communities 2500 acres