

Windermere Lakes

H O M E O W N E R S

A S S O C I A T I O N



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www.windermere lakes.net

Volume 4, Issue 6

SUMMER HEAT CAUTIONS

Stay Safe This Summer



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Don’t get caught off guard this summer drink plenty of water, wear plenty of sun-screen, and exercise early in the morning. Enjoy the summer season and stay safe.

- Submitted by Valerie Salinas

RETIREMENT CHALLENGES

For Today's Families

I recently had the pleasure of hearing David Walker, the former Comptroller of the United States, speak to my company at a training session. Mr. Walker, who made the famous movie “I.O.U.S.A.” is an expert at knowing how the country can reverse the trends of increasing government debt and seemingly unlimited entitlement spending. Now the President of the Peter G Peterson Foundation (www.pgpf.org) he paints a scary picture of what our future can hold if we don’t act. In “I.O.U.S.A.” he forecasts that without intervention, by 2035 the government will spend so much on defense, social security, Medicare and interest on debt that there won’t be enough money to pave a street. But it doesn’t have to be this way.

He believes that the American people are more knowledgeable now than at any time in history about how our government spends money. This is the key to action. Mr. Walker is not a man prone to exaggeration – he is a factual man. And he showed us how various arms of the government can be reformed in a sensible, step-wise manner, starting with a rethinking of tax and entitlement policy. Sure,

(Continued on Page 3)

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can be contacted at www.windmerelakes.net*

* We are establishing our Committees for 2010 and need resident volunteers! If you are interested in participating with us, please contact us at www.windmerelakes.net for more details. This is a great way to meet your fellow neighbors and to help make our Windermere Lakes community a better place to live.

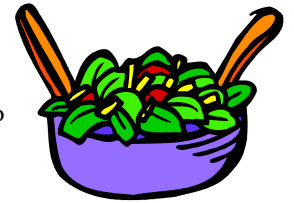
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Recipe of the Month

Black Bean Shrimp Salad

- 1 pound cooked medium shrimp, peeled and deveined
- 1 can (15 ounces) black beans, rinsed and drained
- 1 small green pepper, julienned
- 1 small onion, thinly sliced
- 1/2 cup chopped celery
- 2/3 cup picante sauce
- 2 tablespoons minced fresh cilantro
- 2 tablespoons lime juice
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1/2 teaspoon salt
- 1/8 teaspoon grated lime peel, optional
- 6 lettuce leaves
- 1 cup halved cherry tomatoes



In a large bowl, combine the first five ingredients. In a small bowl, whisk the picante sauce, cilantro, lime juice, oil, honey, salt and lime peel if desired. Pour over shrimp mixture and toss to coat. Cover and refrigerate for at least 2 hours. Using a slotted spoon, spoon onto a lettuce-lined serving platter or salad plates. Garnish with tomatoes. Yield: 6 servings.

Nutrition Facts: 3/4 cup equals 224 calories, 6 g fat (1 g saturated fat), 115 mg cholesterol, 571 mg sodium, 22 g carbohydrate, 4 g fiber, 19 g protein. Diabetic Exchanges: 2 very lean meat, 1 starch, 1 vegetable, 1 fat.

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Gerri Rougeau, Windermere Lakes Resident

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Yard Of The Month

Do you know a neighbor who takes excellent care of their property or a neighbor who has added something new to their yard?

Nominate them by emailing the address to newsletter@windmerelakes.net.

Please include a photo if possible.



Congrats Neighbor!

Retirement- (Continued from Cover page)

he expects our taxes to rise in the future but there is really good hope that our taxes will be used more sensibly. This is real stuff, not a fantasy. In fact in May 2010 he led a by-invitation only summit of the best thinkers on both sides of the political scene to create solutions.

How will your family navigate these waters? Creating a financial strategy for living in this new world of retirement is vitally important. Find out what it takes now to plan for rising inflation and taxes, future college costs, and changes to social security. Learn how to protect your assets from these headwinds and accumulate what you need for the future.

- Submitted by Rich Keith

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from the heart



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- Submitted by Valerie Salinas

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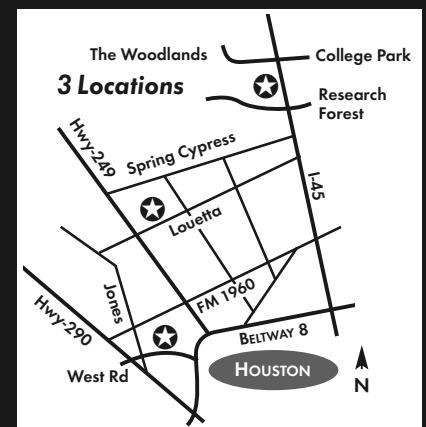


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Event: Cy-Fair Express Network Monthly Networking Luncheon
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Time: 11:30 am – 1:00 pm
Where: Houston National Golf Club
16500 Houston National Blvd
Houston, TX. 77095

Networking and Business Luncheon

Cy-Fair Express Network invites you to their monthly meeting and luncheon. Lots of fun, networking, and giveaways. Bring plenty of business cards. Please make reservations by June 18 to Anya Lucas @ (713)459-2331 or anya@lucascarcare.com. More information @ www.cyfen.org.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

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Alan "Petrodamus" Lammey, host of 'Energy Week', can be heard every Sunday on 1070 KNTH in Houston.

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Don't Waste Your Money "Speeding" Up Your Computer

Maybe you've seen them on TV, the commercials for "FinallyFast.com", "MaxMySpeed.com" or "MyFasterPC.com". And online you'll find even more like "SpeedUpMyPC". They all promise to make your computer MUCH faster. All you have to do is download and run their "free" product. Of course, after you run it, the program finds all kinds of problems with your computer, and offers to fix it for you. All you have to do is BUY the product at this point, and \$30-\$40 later, your computer is (maybe) a LITTLE faster. But it doesn't stop there; they then offer to sell you other software to fix other "problems" that may exist with your computer.

What do these programs do? They do what you can easily do for free. Mostly they delete temp files, cookies and unnecessary registry entries. Deleting temp files and cookies won't have any noticeable impact on speed, but if you want to you can easily do both yourself. To delete your temp files, click on the "Computer" icon on your desktop or "Computer" in your "Start" menu. Right click on your C: drive and choose "Properties". Right there you'll see a button that says "Disk Cleanup". Click the button, check the boxes, click on "OK" and you're done. Cookies can be deleted in the Tools/Options menus of your web browser (personally, I don't spend time worrying about cookies.)

I don't recommend you mess around trying to clean-up your registry (the registry is a VERY LONG list of settings telling your computer what programs are installed, where you like your icons, the color of your background, etc.) If you know what you're doing and know how to back-up the registry before making changes, then you probably stopped reading long before now. If you don't know how, then just leave it alone. Using a registry cleaner MIGHT make your computer start 1/2 a second faster, but you risk making a change that can make your computer impossible to boot, in other words "don't try this at home."

So what is REALLY slowing down your computer? After years of use, your Windows machine starts to use more and more memory. There are things like neat little tools that give you the weather or news on your desktop, printer software, camera software, instant messaging programs, etc. In addition, there are programs that came with your computer when you bought it that you may not even use. Programs like AOL, Quicken or Microsoft Money, the manufacturers "support" program, trial software and others. Many of these have small parts of them that start up each time you start your computer. With enough of these little "starter" files running in the background,

(Continued on Page 7)

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Don't Waste Your Money - (Continued from Page 6)

the memory (not your hard drive) runs out and soon your computer starts slowing down.

The best thing you can do (and those paid software programs can't) is remove the programs you don't need and/or use. If you use Windows XP, go to your Control Panel and look for the "Add/Remove Programs" icon. This will show you a list of all the programs installed on your computer. For Windows Vista and Windows 7, the Control Panel now calls it "Programs and Features". You need to be careful to remove only programs you're SURE you're not using – don't go crazy with it.

The two biggest things that make a difference are best left to a professional. There are entries in the registry that can be manually deleted to stop programs from starting up with your computer. Also, adding memory is easy and cheap, but you need to be sure you're putting in the right type for your computer.

Speeding up your computer doesn't have to be expensive. If you are going to spend your money, spend it on the right things, you can take care of the easy stuff yourself for free.

Next month we'll cover the basics of your computer's memory and hard drive (how they affect the speed of your computer) and we'll say goodbye to Windows 2000.

- Submitted by Laurie Scott

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