

SHELLEY DUDLEY

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APRIL 2013 HOME SWEET HOME eNewsletter

Dear Reader,



April pays us her annual visit, bringing a host of outdoor activities including spring festivals, the start of baseball season, national gardening month and all things outdoors. Don't forget to check out our list of local area Fairs and Festivals. And make your administrative professional's day special on April 24th!

Mortgage rates continue at historic lows making now the ideal time to buy or sell a home. Call or e-mail to tap into a wealth of expertise, the latest in up-to-date market information and top of the line service!

Have an great April!

Shelley Dudley



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"One Of Dallas Top Residential Realtors!" - D Magazine

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Dallas/FW's Best:



[Barbecue](#)
[Tex-Mex](#)
[Steakhouse](#)
[Top 100 Restaurants](#)

Want More Restaurant Results?

[Click Here](#) Review a restaurant BEFORE you go! Write Your Own Review! See What Others Think! It's FREE!

Calendar:

[Animal Cruelty Prevention Month](#)

[National Garden Month](#)

[Income Tax Filing Deadline](#)
* April 15th *

[Administrative Professionals Week](#)
* April 21st - April 27th *

[Administrative Professionals Day](#)
(Formerly Professional Secretaries Day)
* April 24th *

[Take Our Daughters & Sons To Work Day](#)
* April 25th *

www.ShelleyDudley.com

We Appreciate Your Referrals



Articles For **April 2013**

Recipes!

Savoring Spring!

This month's recipes have so much to offer: A week's worth of dinners, delicious vegetarian entrees, Thai spring beef stir-fry and a melt in your mouth sun-dried tomato meat loaf that is sure to have those around your table asking for seconds! Enjoy!



More:

[A Week's Worth Of Dinner Recipes](#)



More:

[Going Meatless - A Delicious Collection Of Vegetarian Entrees](#)



More:

[Sun-Dried Tomato Meat Loaf With Red Currant-Wine Sauce](#)



More:

[Thai Spring Beef Stir-Fry](#)



More:

[Spring Salmon And Vegetable Salad](#)



More:

[Slow-Roasted Leg Of Lamb With Spring Vegetables](#)

April Flowers and More!

2013 Spring Perennials

April is National Garden Month and we've brought together some of this year's most popular perennials for you. And you don't want to miss out on some fresh ideas for decorating with houseplants, or quick and easy style updates for your home. Now take a deep breath and enjoy!



Links:

[My Website](#)

[Community News](#)

Consumer Resource Center:

[Home Energy Savings Tips](#)

[Home Energy Star](#)

[Monitor Local Gas Prices](#)

[Product Recall Information](#)

[The National Foundation for Credit Counseling](#)

[National Do Not Call Registry](#)

[Compare Your Home Energy Costs](#)

[Your Annual Credit Report](#)

E-mail addresses are **ONLY** used for sending this newsletter. Please share in confidence.



More: [Style Updates You Can Do Today](#)

More: [Decorating With Houseplants](#)

More: [10 Decorating Cures](#)

More: [Bedroom Essentials](#)

More: [Beautiful Bookshelves](#)

Consumer Corner

Local Area Spring Festivals and More!



One of life's sweet simple pleasures is taking in a festival on a beautiful spring day. We've compiled a list of local festivals for you, along with our usual great consumer news. Start the car, grab the kids, come on, let's go!



More: [5 Ways To Get The Best Mortgage Deal](#)

More: [Sell or Rent A Home When Relocating?](#)

More: [4 Popular Myths About Credit Unions](#)

More: [10 Cheap Fixes To Boost Your Home's Value](#)

More: [7 Little Known Social Security Benefits](#)

Health & Wellness

The latest in Health and Wellness news: Researchers have discovered actual brain differences in people who suffer from migraines. Another study found that teens' mental health was positively affected if his or her family had regular family meals. And in a somewhat controversial study, 25,000 U.S. deaths have been linked to sugary drinks. Lots of food for thought in our April H&W. Here's to your health!



More: [Brain Differences Seen In](#)

More: [Family Meals Nourish Teens](#)

[People With
Migraines](#)



More:

[Fit Kids May
Dodge
Fractures In
Old Age](#)



More:

[Mental
Health](#)
[Isolation,
Loneliness
May Raise
Death
Risk For
Elderly
Certain
Lifestyle
Factors](#)
[Linked To
Arthritis
In Study
Patients](#)



More:

[Sugary
Drinks Tied
To 25,000
U.S. Deaths
A Year](#)



More:





Grind or Shine?



Adversity is the grindstone of life. Intended to polish you up, adversity also has the ability to grind you down. The impact and ultimate result depend on what you do with the difficulties that come your way. Consider the phenomenal achievements of people experiencing adversity.



Beethoven composed his greatest works after becoming deaf. Sir Walter Raleigh wrote the History of the World during a thirteen year imprisonment. If Columbus had turned back, no one could have blamed him, considering the constant adversity he endured. Of course, no one would have remembered him either.



Abraham Lincoln achieved greatness by his display of wisdom and character during the devastation of the Civil War. Luther translated the Bible while enduring confinement in the Castle of Wartburg. Under a sentence of death and during twenty years in exile, Dante wrote the Divine Comedy.



Finally, consider a more recent example. Mary Groda-Lewis endured sixteen years of illiteracy because of unrecognized dyslexia, was committed to a reformatory on two different occasions, and almost died of a stroke while bearing a child. Committed to going to college, she worked at a variety of odd jobs to save money, graduated with her high school equivalency at eighteen, was named Oregon's outstanding Upward Bound student, and finally entered college. Determined to become a doctor, she faced fifteen medical school rejections until Albany Medical College finally accepted her. In 1984, Dr. Mary Groda-Lewis, at thirty-five, graduated with honors to fulfill her dream.



**Adversity - the grindstone of life.
Will it grind you down or polish you up?**