

## Newman's Notes...

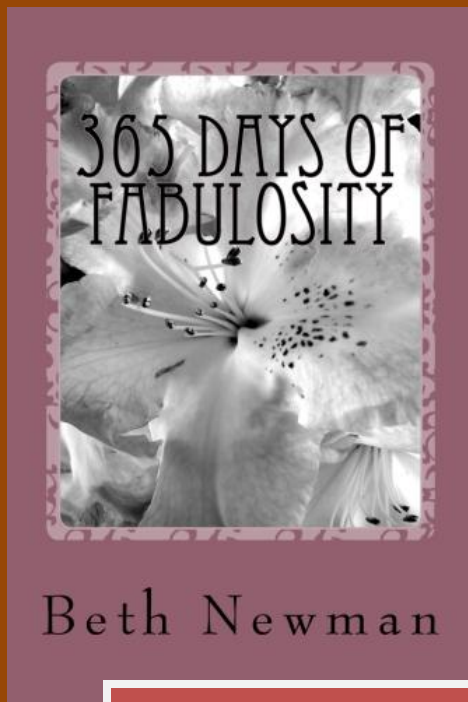
Welcome to the autumn edition of *Elegant*, my friends! It's been a long, hot, dry summer, and we've got some cool ideas to help you recharge for the changing season!

We'll sneak a peek at fall fashion trends, and show you how to get more bang for your wardrobing buck this season –it's all about separates, Sweeties! We'll also discuss the benefits of yoga, and take a moment to reflect on the changing of seasons.

For up-to-date happenings and style and substance tips, be sure to 'like' Newman Image on Facebook!

Cheers to a cool and fabulous fall, Sweeties!

Beth



**Available September 23 through Amazon!**



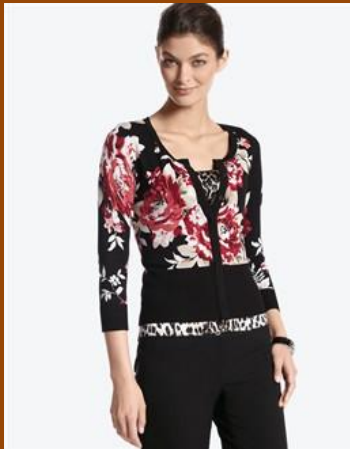
*Women, Wine, and Words of Wisdom* event with author Linda Gayle Thompson, Tiffany Travis, and Laura Pennino. Many thanks to Water 2 Wine Houston for hosting. More *Women, Wine, and Words of Wisdom* events coming soon!

Look Your Best!



*Fall's Best Trends!*

The thing I love most about fall is the fashion choices! This season, it's all about having fun and being bold:



### Mixing Patterns

Mixing patterns is a great way to add visual interest to your look. Make sure that there is a shared color-scheme in both patterns, and temper the look with something solid.

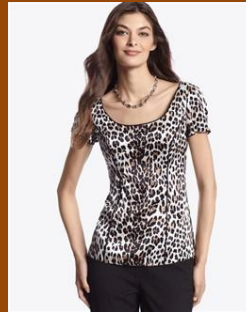
Beth's Fall Shopping Picks:

White House Black Market

New York & Company

Express

Michael Kors



**Animal Print** Go with one key piece, never head-to-toe. If you go with a leopard skirt, avoid a leopard shoe, for example.



### A Fabulous Shoe!

Go bold, go with pattern, and go with a bit of bling on at least one pair of shoes this season!



### Belts

A great way to add structure, visual interest, and emphasis your waistline.



### Faux Fur

Sheer elegance that can be dressed up or down.

Look Your Best!

*Building Your Look!*



The Foundation



-Believe it or not, your undergarments play a huge role in your overall 'look'. Wearing the proper bra is essential. I highly recommend the experts at Soma or Dillard's lingerie department for your next bra fitting.

-No matter her size, most women have a little jiggle somewhere! I encourage every woman to invest in Spanx, which will smooth her silhouette, particularly under thinner fabrics and those fabrics that cling.

**Step Into Style!**

*With Step Into Style, Beth will come to your closet, take a look at what you've got, and assist you in putting it all together (a Wardrobe Analysis); then, you'll hit the stores for two hours in order to find other gorgeous things to add to your revamped wardrobe!*

The Structure



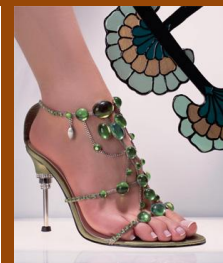
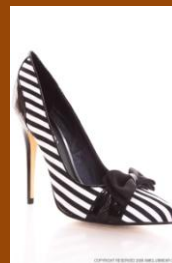
-Completed outfits should have three key pieces: a top, a bottom, and something that pulls it all together (jacket, cardigan, or belt)

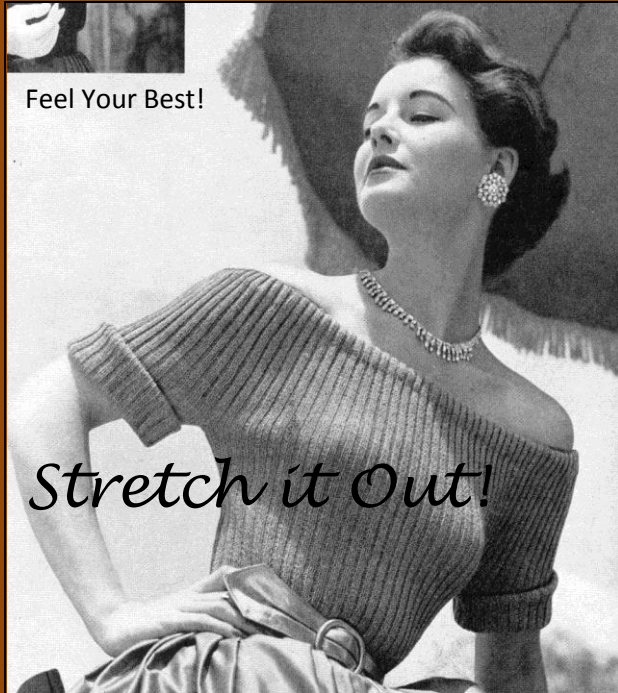
The Add-Ons



-Accessories can make or break one's 'look'! A little bling is good, but do be careful not to resemble a Christmas tree. Go with one key piece, and keep your other accessories minimal.

-Shoes are vitally important. A pointed toe and small heel will elongate the leg. Avoid anything chunky with a square or rounded toe, for these tend to cut off the silhouette. For casual wear, opt for cute ballet flats over sneakers, and no cros!





When some people think of yoga, they imagine having to stretch like a gymnast. That makes them worry that they're too old, unfit, or "tight" to do yoga. The truth is you're never too old to improve flexibility

Yoga stretches not only your muscles but all of the soft tissues of your body. That includes ligaments, tendons, and the fascia sheath that surrounds your muscles. And no matter your level of yoga, you most likely will see benefits in a very short period of time

Some styles of yoga, such as ashtanga and power yoga, are more vigorous than others. Practicing one of these styles will help you improve muscle tone.

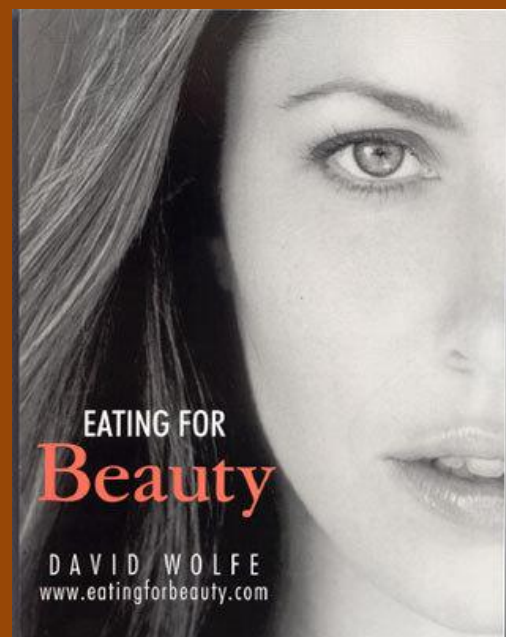
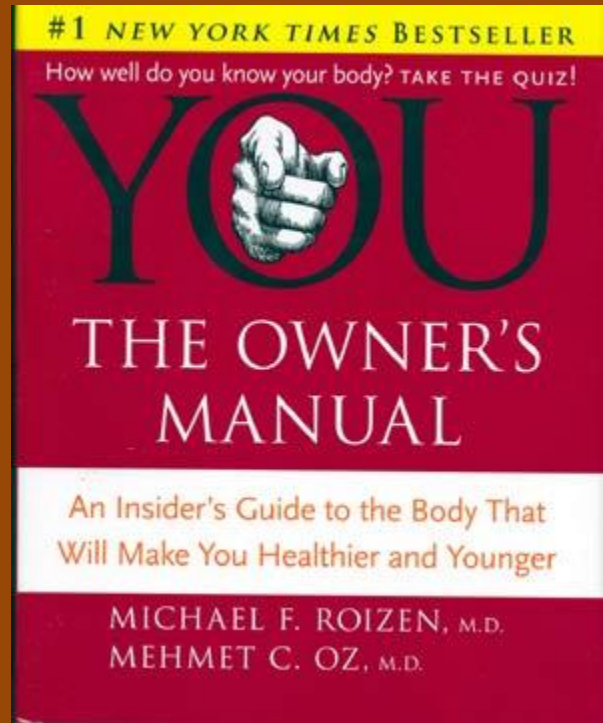
But even less vigorous styles of yoga, such as lyengar or hatha, which focuses on less movement and more precise alignment in poses, can provide strength and endurance benefits.

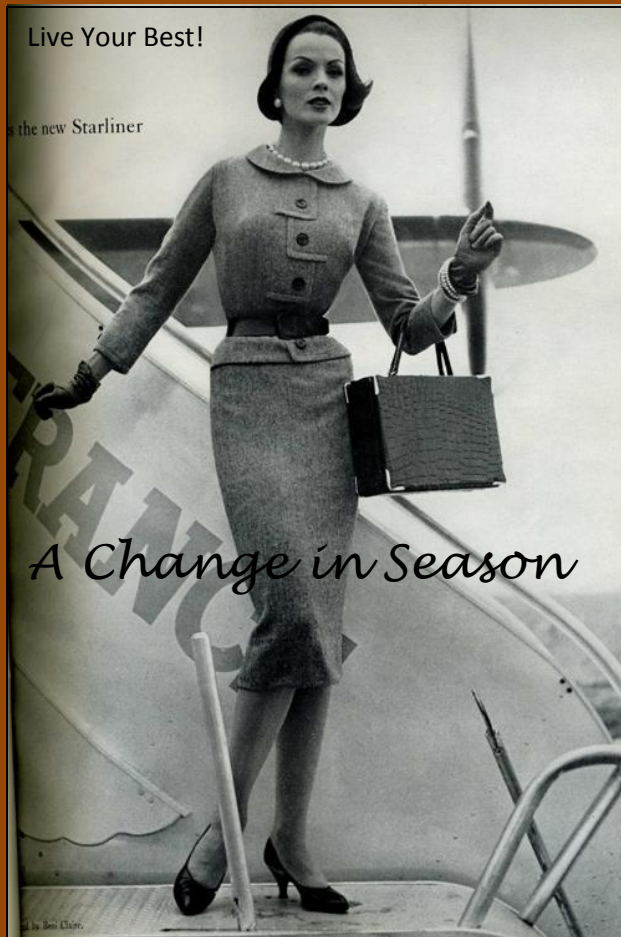
Some potential benefits of yoga may be hard to study scientifically. For instance, yoga has been said to increase spiritual awareness. Nevertheless, there is an abundance of anecdotal claims for what yoga can do. Go to any yoga studio and listen to students after class.

Happy stretching!

*Beth's Picks*

Yoga classes - Lifetime Fitness in Sugar Land with Margie or Frannie





1. Do I wake up each morning with a passion – an excitement – about what the day may bring?
2. Do I take pride in my appearance by taking the time to dress and groom myself properly and appropriately each day?
3. Do I take the time to eat well and get some form of physical exercise each day?
4. Do I blow my top at life's little inconveniences, or do I tend to handle trying situations with grace and good manners?

If your answers aren't quite what you want them to be, now is the time to figure them out in order to live more abundantly. Remember, with silence comes wisdom. Let the quiet beauty of fall assist you in reassessing your goals (or in making new ones). A change in season could lend itself to a change in you.

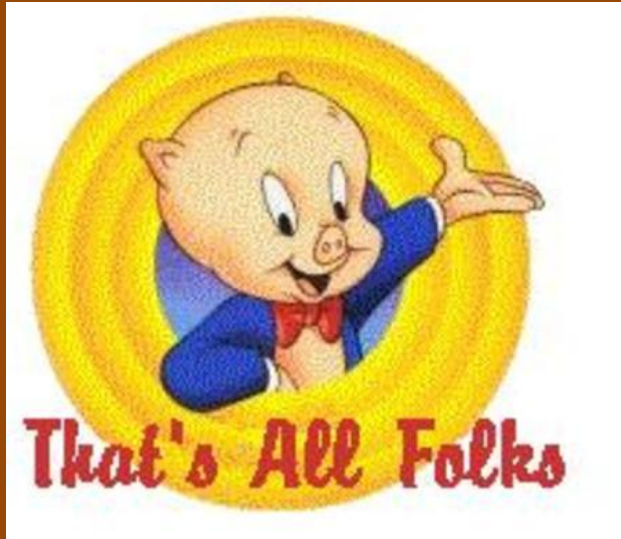


I'm writing this on the most perfect of days.

The oppressive summer heat has made its exit, and we enjoy pleasant days and cooler evenings now. We've recovered from summer's steady stream of activities, and the delightful insanity that comes with the holiday season hasn't quite hit us yet. It's that peaceful, easy feeling that comes as we transition into fall.

To me, autumn is the most fabulous of seasons. The days are a bit shorter now, and the leaves are beginning to change. Sunrises seem much more brilliant. Nature's begging for our attention. It has mine.

It's a wonderful time for reflection and to ask yourself the following questions:



Enjoy a fabulous fall – Cheers, Sweeties!

## Elegant Shout-Outs!



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<p style="text-align: center;"> <i>Become a First Style Fashionista!</i>  <small>A girl's guide to ultimate fabulousity</small>          Betty Newman       </p>	<p><b>First Style!</b></p> <p><b>Empowering girls through fashion, etiquette, and overall success strategies!</b></p> <p><b>Become a First Style Fashionista available through Amazon!</b></p>
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We are always in need of fabric donations for *First Style* classes and after-school clubs. Hugs and kisses going out to Nelly Youakim and Christy and Shana Schnitzer for their recent contributions!

Be sure to 'like' Newman Image on Facebook for daily fabulousity tips!

