



by Jan Yanez

AgriLIFE EXTENSION Agent

### Have a Happy, Healthy Mother's Day

Nutrient-rich foods provide energy for women's busy lives. A well-balanced diet filled with whole grains, fruits, vegetables, healthy fats, low-fat dairy and lean protein is important for health and wellness.

Nutrition plays different roles during different stages of a women's life. During childhood, foods fuel growth. During childbearing years, diet plays a role in fertility, a healthy pregnancy and prevention of chronic disease. During older years, what women eat can help keep minds sharp and bodies strong.

This year, treat Mom to a delicious meal to show your appreciation and love. Building meals around fruits, vegetables, whole grains, lean protein foods and low-fat dairy is a good way to sample healthier food options instead of giving her candy or pastries.

Put your chef's hat on and get to work in the kitchen. For breakfast, start off with an omelet packed with vegetables, whole-grain toast, fresh fruit and low-fat milk.

For lunch, prepare a whole-grain pasta salad with

**McCabe, Schneeman Engagement Announced!** Whitney Schneemann and Jake McCabe, together with their families, announce their engagement and approaching marriage.

The bride-to-be is the daughter of Max and Brenda Schneemann of Big Lake. She is the granddaughter of the late Mr. and Mrs. Max Schneemann, Jr. of Big Lake and Walter Saner of Ft. Worth.

The groom-to-be is the son of Mike and Diana McCabe of Silver. He is the grandson of Ralph Way and Ann McCabe Way of Midland and David and Annette Deans of Voca.

Whitney is a 2004 graduate of Reagan County High School and received a bachelor's degree in Exercise and Sport Sciences from Texas Tech University in 2008. She is employed by Grape Creek Elementary School as a first grade teacher.

Jake is a 2005 graduate of Robert Lee High School. He received a bachelor's degree in Animal Science from Texas Tech University in 2009 and is attending Oklahoma State University's School of Veterinary Medicine.

The couple will exchange vows August 11, 2012, in the First United Methodist Church of San Angelo.

her favorite vegetables and olive oil and vinegar. Offer a cup of tomato soup on the side and fresh fruit.

For dinner, treat Mom to



grilled salmon with a green salad and roasted potatoes. Great dessert ideas include low-fat yogurt or angel food cake topped with fruit.

# It's Mothers Day May 13th!

Let us express your love for Mom on Mothers Day with a beautiful floral arrangement or spring garden!

We also have blooming and spring plants available.

Call early to ensure best gift selection!

We will be open Saturday, May 12th, for your convenience.

## B's Blossoms N Bloom

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We also deliver to Bronte, Blackwell & Sterling City!

## Feeling like you paid too much in taxes this year?

This year, evaluate whether you can benefit from:

1. Tax-advantaged investments. If appropriate, consider tax-free municipal bonds to provide federally tax-free income.\*
2. Tax-advantaged retirement accounts. Consider contributing to a traditional Individual Retirement Account (IRA) or 401(k) to help lower your taxable income.
3. Tax-advantaged college savings accounts. Contribute or gift to a college savings plan for your children or grandchildren.

\*May be subject to state and local taxes and the alternative minimum tax (AMT).

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Call or visit today to learn more about these investing strategies.



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