

...Healthy Lifestyle

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Because most cheese contains more sodium and saturated fats, and less potassium, vitamin A, and vitamin D than milk or yogurt, increased intake of dairy products would be most beneficial if more fat-free or low-fat milk and yogurt were selected rather than cheese. Strategies to increase dairy intake include drinking fat-free or low-fat milk (or a fortified soy beverage) with meals, choosing yogurt as a snack, or using yogurt as an ingredient in prepared dishes such as salad dressings or spreads. Strategies for choosing dairy products in nutrient-dense forms include choosing lower fat versions of milk, yogurt, and cheese in place of whole milk products and regular cheese.

Shift to increase variety in protein foods choices and to make more nutrient-dense choices: Average intake of total protein foods is close to recommendations, while average seafood intake is below recommendations for all age-sex groups. Shifts are needed within the protein foods group to increase seafood intake, but the foods to be replaced depend on the individual's current intake from the other protein subgroups. Strategies to increase the variety of protein foods include incorporating seafood as the protein foods choice in meals twice per week in place of meat, poultry, or eggs, and using legumes or nuts and seeds in mixed dishes instead of some meat or poultry. For example, choosing a salmon steak, a tuna sandwich, bean chili, or almonds on a main-dish salad could all increase protein variety.

Shift from solid fats to oils: To move the intake of oils to recommended levels, individuals should use oils rather than solid fats in food preparation where possible. Strategies to shift intake include using vegetable oil in place of solid fats (butter, stick margarine, shortening, lard, coconut oil) when cooking, increasing the intake of foods that naturally contain oils, such as seafood and nuts, in place of some meat and poultry, and choosing other foods, such as salad dressings and spreads, made with oils instead of solid fats.

Shift to reduce added sugars consumption to less than 10 percent of calories per day: Individuals have many potential options for reducing the intake of added sugars. Strategies include choosing beverages with no added sugars, such as water, in place of sugar-sweetened beverages, reducing portions of sugar-sweetened beverages, drinking these beverages less often, and selecting beverages low in added sugars. Low-fat or fat-free milk or 100% fruit or vegetable juice also can be consumed within recommended amounts in place of sugar-sweetened beverages. Additional strategies include limiting or decreasing portion size of grain-based and dairy desserts and sweet snacks and

choosing unsweetened or no-sugar-added versions of canned fruit, fruit sauces (e.g., applesauce), and yogurt.

Shift food choices to reduce sodium intake: Because sodium is found in so many foods, careful choices are needed in all food groups to reduce intake. Strategies to lower sodium intake include using the Nutrition Facts label to compare sodium content of foods and choosing the product with less sodium and buying low-sodium, reduced sodium, or no-salt-added versions of products when available. Choose fresh, frozen (no sauce or seasoning), or no-salt-added canned vegetables, and fresh poultry, seafood, pork, and lean meat, rather than processed meat and poultry. Additional strategies include eating at home more often; cooking foods from scratch to control the sodium content of dishes; limiting sauces, mixes, and "instant" products, including flavored rice, instant noodles, and ready-made pasta; and flavoring foods with herbs and spices instead of salt.

Free fishing weekend for law enforcement

To recognize the service and sacrifice made by Texas law enforcement personnel, the Texas Parks and Wildlife Department (TPWD) is offering the first-ever "Free Fishing for Law Enforcement Weekend" May 18-19 during National Police Week. This weekend, anyone who holds an active peace officer license under chapter 1701 of the Texas Occupations Code can fish recreationally in Texas public waters without needing a valid fishing license or endorsement.

"Free Fishing for Law Enforcement Weekend is a great way to honor the peace officers in our communities," said Senate Peter P. Flores, District 19. "These officers serve us every day; I commend Texas Parks and Wildlife Department to give back in this small but meaningful way. They, more than most, need some restful time outside fishing and enjoying the great outdoors. As a former career Texas Game Warden, I know all too well the burden that follows extensive time on duty. I encourage all folks in law enforcement to take advantage of this opportunity."

"The Texas Parks and Wildlife Department is proud to offer free fishing to law enforcement this weekend to show our appreciation and gratitude for everything they do to protect and serve the great state of Texas," said Carter Smith, TPWD Executive Director. "These selfless heroes, including



Interview! The Robert Lee High School state bound girls golf team was interviewed recently by KIDY Fox television station from San Angelo. The team was also featured on their show, The Rundown, and the girls had a good time.

our own Texas Game Wardens and State Park Police Officers, put their lives in harm's way every day to protect our people, property and natural resources. This weekend we encourage them to spend some time outside enjoying fishing in the public waters and communities that they work so hard to protect."

In 1962, President John F. Kennedy proclaimed May 15 as National Peace Officers Memorial Day and the calendar week in which May 15 falls, as National Police Week. Established by a joint resolution of Congress in 1962, National Police Week pays special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others.

With more than 150 major lakes and reservoirs, 813 Community Fishing Lakes, 19 Neighborhood Fishin' lakes, and 191,000 miles of rivers and streams, Texas offers a bounty of high quality fishing opportunities and breathtaking scenery for law enforcement to explore this weekend. Fishing tips, bag & length limits, fishing locations and more can be found at tpwd.texas.gov/fishing.

Law enforcement personnel who don't have the opportunity to enjoy "Free Fishing for Law Enforcement Weekend" May 18-19 don't have to put their fishing rods away just yet, because Free Fishing Day in Texas is coming up on June 1, 2019. On the first Saturday in June of each year, everyone in the state can fish recreationally without licenses or endorsements. Free fishing

opportunities can also be found at more than 70 state parks across Texas any day of the year.

Learn more about National Police Week at <http://www.policeweek.org/>.

TxDOT kicks off National Motorcycle Safety and Bicycle Awareness Month

A press event was held at the Texas Department of Transportation district office in San Angelo on Monday, May 6, to announce May as both Motorcycle Safety Awareness Month and Bicycle Safety Month. Community partners who joined TxDOT at the event where Brian Bylsma - Blue Knights, San Angelo, Texas, XXXV; Sgt. Justin Baker - Texas Department of Public Safety; Jerry Middleton - San Angelo Bike Association; Jon James - City of San Angelo; Sgt. Cade Solsberry - San Angelo Police Department, Motorcycle Unit and Mark E. Jones, P.E. - TxDOT San Angelo District Engineer.

As spring weather draws more motorcyclists onto roadways the risk of fatalities increases. Last year 417 motorcyclists died on Texas roadways, an average of more than one fatality a day. It's a number the Texas Department of Transportation is working to reduce by asking motorists to be extra vigilant. In 2018, the number of motorcycle crashes in the city of San Angelo totaled 27. These crashes resulted in five motorcyclists being seriously

injured. In our 15-county district, there were 65 crashes, 16 serious injuries and one motorcyclist death.

TxDOT launched "Share the Road: Look Twice for Motorcycles" - a campaign supporting National Motorcycle Safety Awareness Month in May. "Share the Road: Look Twice for Motorcycles" urges drivers to be extra cautious, since motorcyclists are more difficult to see while on the road and are less protected than other motorists.

TxDOT is urging motorists to:

- Look twice for motorcycles, especially at intersections.
- Always assume motorcycles are closer than they appear to be, and avoid turning in front of an oncoming motorcycle.
- Use turn signals and check blind spots before changing lanes.
- Always maintain a safe following distance.
- Give motorcyclists a full lane, especially when passing.
- Obey posted speed limits.

As for bicycle safety, Jerry Middleton, with the San Angelo Bicycle Association, covered the topics of proper bicycle maintenance, safety, and riding with the proper attire. This includes wearing bright colors so the rider is visible, always wearing a helmet, and wearing proper shoes. City of San Angelo representative Jon James talked about the city's bicycle plan and how they are incorporating more bike lanes into new construction projects.

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