

the TIDBIT

OUR MONTHLY NEWSLETTER

Welcome to the Tidbit, our monthly newsletter highlighting the latest news, healthy living tips, sports tips, recipes and other fun topics you may find interesting. We hope you enjoy reading and maybe even take away a few tidbits to pass on to others!

Todd Carden, CFP®

Barry Hill

Financial Advisors

IN THE NEWS

One Year Later: Where is Rick Now?

from Rick Gowan

Dear friends,

It seems almost impossible to think that it has been a year since we packed all our belongings and moved to Texas. The time has truly flown. We settled in the small town of Kountze. We are about 30 minutes from Beaumont. We have 17.5 acres & I can always find things to do. We have a garden and we just completed one of Tammy's all time wishes... A swimming pool.

The first six months were extremely frustrating as we dealt constantly with contractors trying to finish our home and get things right. Then I spent a month building a deck & screen porch across the back of the house. My most recent project was fencing a portion of our pasture, building a tack room & stall for a future horse (a promise I made in passing but the girls never let me forget). Tammy and I really enjoy sitting on the screen porch in our rockers & watching the deer & other wildlife.

Matt is doing well with his position at Allstate. Kristin stays busy with home school and their church activities. Josh recently moved here & has a new job as General Manager at Buffalo Wild Wings. We are so happy to have both our sons close to us.

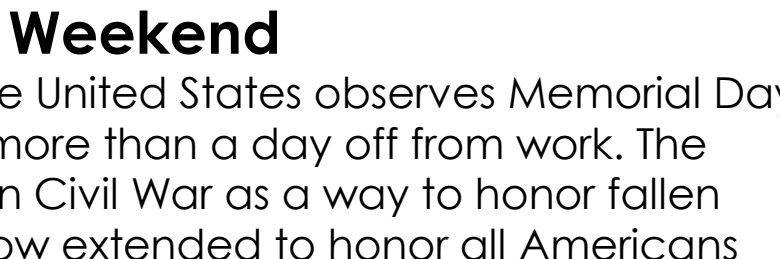
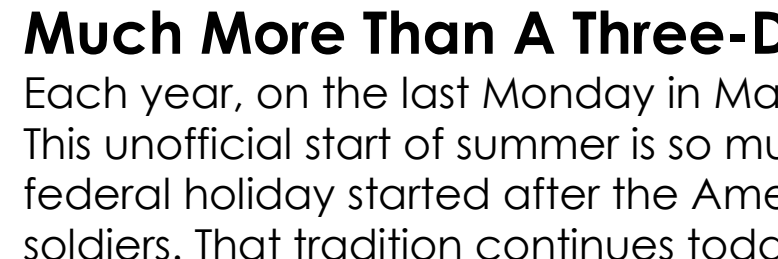
The grandkids are growing like weeds. We generally get to spend at least one day each week with them and they love coming to Nanna & Granddaddy's. We ride the four wheeler, swim, and lots of other activities. They are a blessing and it's hard to believe you can love someone so much.

We miss our friends and family in Alabama. I miss having four seasons although I don't miss the colder months. Here we have two seasons... Hot & hotter. We have mosquitoes that can carry you off & some pretty strange bugs/insects.

In the end, it came down to family. Being here to enjoy our granddaughters makes the change and sacrifice all worth it. I wish each of you the very best and thank each of you for your friendship and trust through the years.

God Bless.

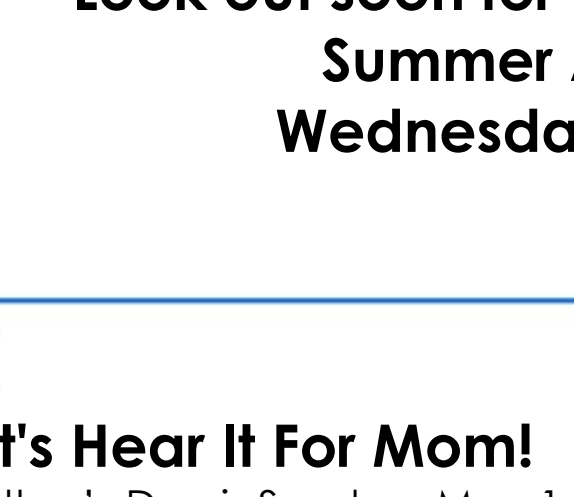
Rick



Much More Than A Three-Day Weekend

Each year, on the last Monday in May, the United States observes Memorial Day. This unofficial start of summer is so much more than a day off from work. The federal holiday started after the American Civil War as a way to honor fallen soldiers. That tradition continues today, now extended to honor all Americans who have sacrificed their lives while fighting for our freedom in the armed forces.

Many also use the occasion to remember family members who've passed, whether military or not. A national moment of remembrance takes place at 3 p.m. local time; another tradition lowers the flag to half-staff from dawn until noon. Of course, it's not unheard of to dust off the grill and enjoy a day outside, perhaps even at the beach. Regardless of how you spend the holiday, I hope you'll be surrounded by family and friends.



Offices Closed Memorial Day

Please note that **we will be closed on Monday, May 29th** due to Memorial Day.

You can, of course, access your accounts online using

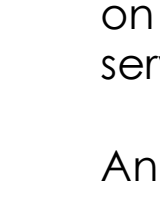
Raymond James Investor Access

at any time, year-round.

SAVE THE DATE:

Look out soon for an invitation to our third annual Summer Appreciation Cookout

Wednesday, June 21st 11am-2pm!



HEALTHY LIVING

Let's Hear It For Mom!

Mother's Day is Sunday, May 14th, the day we honor and give thanks to the one woman who taught us to be healthy and means more to us than any other – Mom.

However, there are some mothers who, quite frankly, stand out a little more, even. If there ever is to be a Mother's Hall of Fame, these amazing women would certainly be worthy of inclusion – along with your mom, of course.

Like the wife of Feodor Vassilyev, who between 1725 and 1765 in a total of 27 pregnancies, is documented to have given birth to 69 children, including 16 pairs of twins, seven sets of triplets and four sets of quadruplets.

Or Elizabeth Ann Buttle, who gave birth to her first child, Belinda, on May 19, 1956, and her second child, Joseph, on November 20, 1997. That's 41 years in between diaper service contracts.

And Jenna Cotton, who gave birth to three children on October 2 – one in 2003, one in 2006 and one in 2007 – thus beating the 7.5 in 1 million odds of having three children born on the same date in different years.

Still, as great as these maternal feats were, we all know that there is only one Greatest Mom in the World. So this Mother's Day, whether it's with flowers, a phone call, a hug or a prayer, be sure to let your mother know that she ranks above all others.



GOING GREEN



Cool for the Summer

The days are getting longer and that means they're getting HOTTER! When the days get hotter, one of the first thoughts we have is our electric bill rising. Not anymore! With a few simple changes, you can leave the A/C on a higher temp and still stay cool day and night – using sheets!

Pop your sheets in the freezer | About an hour before bed, put your sheets in the freezer – they'll keep you cool all night.

Hack your A/C | Wet a sheet with cold water and place it on an open door or window and you've created a homemade air conditioner that works for a few hours at a time.

Make a hammock | Take some king-size sheets and tie them between two trees for a makeshift hammock with built-in shade.



RECIPE ROUNDUP

Mama's Cooking

We have found that there are few things in this life better than mama's (or grandma's) cooking – that yummy, buttery, fattening, soul-warming deliciousness cooked up by the woman who loves you most.

Grandma's Real Southern Baked Beans

Ingredients

- 1 medium yellow onion, small diced
- 8 thick sliced bacon pieces
- 1 roasted red pepper, about 1/3 cup small diced
- 1/3 cup cider vinegar or plain distilled vinegar
- 1 cup BBQ sauce
- 1/2 cup packed brown sugar
- 2 tsp dry mustard
- 2 Tbsp molasses
- 2 Tbsp Worcestershire sauce
- 2 (15 oz) cans great northern beans, drained
- 4 (28 oz) cans pork and beans, not drained

For directions, [click here](#).

Buttermilk Biscuits & Sausage Gravy

Ingredients

- For the biscuits:
- 2 cups all-purpose flour
- 3 tsp baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1/4 cup butter (1/2 a stick)
- 1 cup buttermilk

- For the gravy:
- 1 lb bulk sausage
- 2 Tbsp flour
- 1 1/2 cups milk or half 'n' half

For directions, [click here](#).

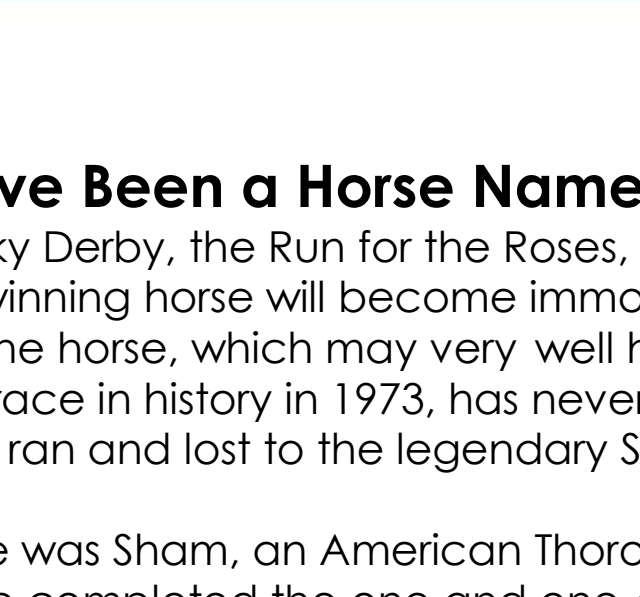
Bonus recipe for dessert:

[Cold Oven Brown Sugar Whipping Cream Pound Cake](#)

JOKE OF THE DAY



What type of bird should you never take to the bank?



A robin!

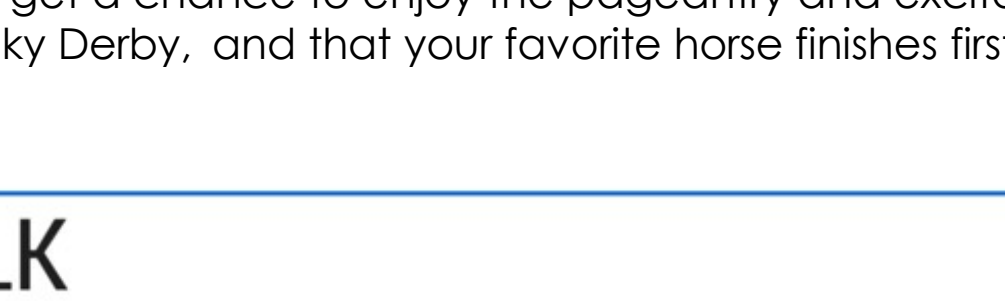


SPORTS CENTER

What Could've Been a Horse Named Sham

The 143rd Kentucky Derby, the Run for the Roses, takes place on Saturday, May 6, and another winning horse will become immortalized as the race's champion. But one horse, which may very well have run the second fastest Kentucky Derby race in history in 1973, has never enjoyed any such notoriety, only because he ran and lost to the legendary Secretariat.

The horse's name was Sham, an American Thoroughbred race horse, and one of only three who completed the one and one-quarter mile track at Churchill Downs in less than two minutes. Secretariat won the race with a time of 1:59 2/5 minutes. However, official times are only kept on the first-place horse, and 1/5 of a second was added to the times for the losing horses for every length they trailed the winner. Since Sham finished just two and a half lengths behind Secretariat, his time was unofficially judged to be 1:59 4/5 minutes. The next fastest finish at the Kentucky Derby was by Monarchos in 2001, when more accurate electronic timing clocked his time at 1:59:97.



So it is safe to assume that had he run the Kentucky Derby in any other year or against any other horse than Secretariat, Sham would most certainly be counted among the sports' most legendary competitors. That he isn't, well, is a shame.

We hope you get a chance to enjoy the pageantry and excitement of this year's Kentucky Derby, and that your favorite horse finishes first.

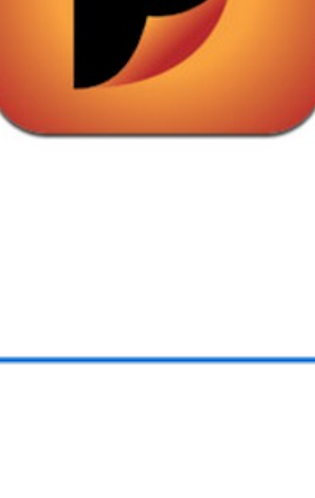
TECH TALK



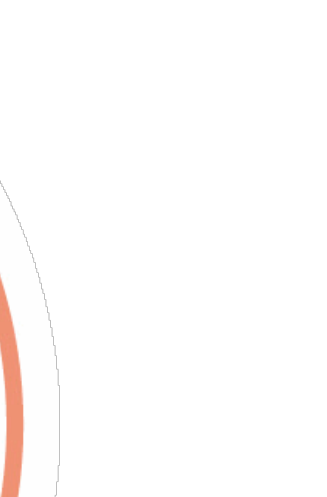
Sanity-Saving Technology

Let's face it – being SuperMom is hard work! Thankfully, we live in a time where technology reigns and there are dozens of apps to help those moms on-the-go. Who better to compile a list of the top apps for busy moms than a SuperMom and parenting blogger, Theresa Edwards? For a list of her picks for the top 25 apps for busy moms, [click here](#). A few of our faves are listed here:

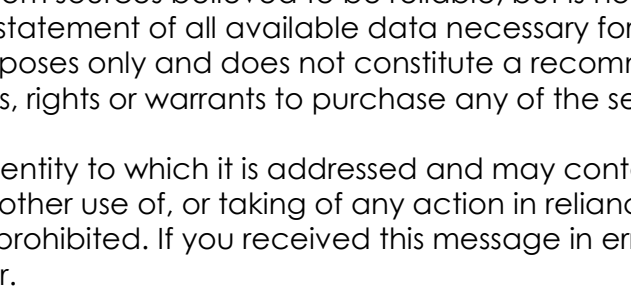
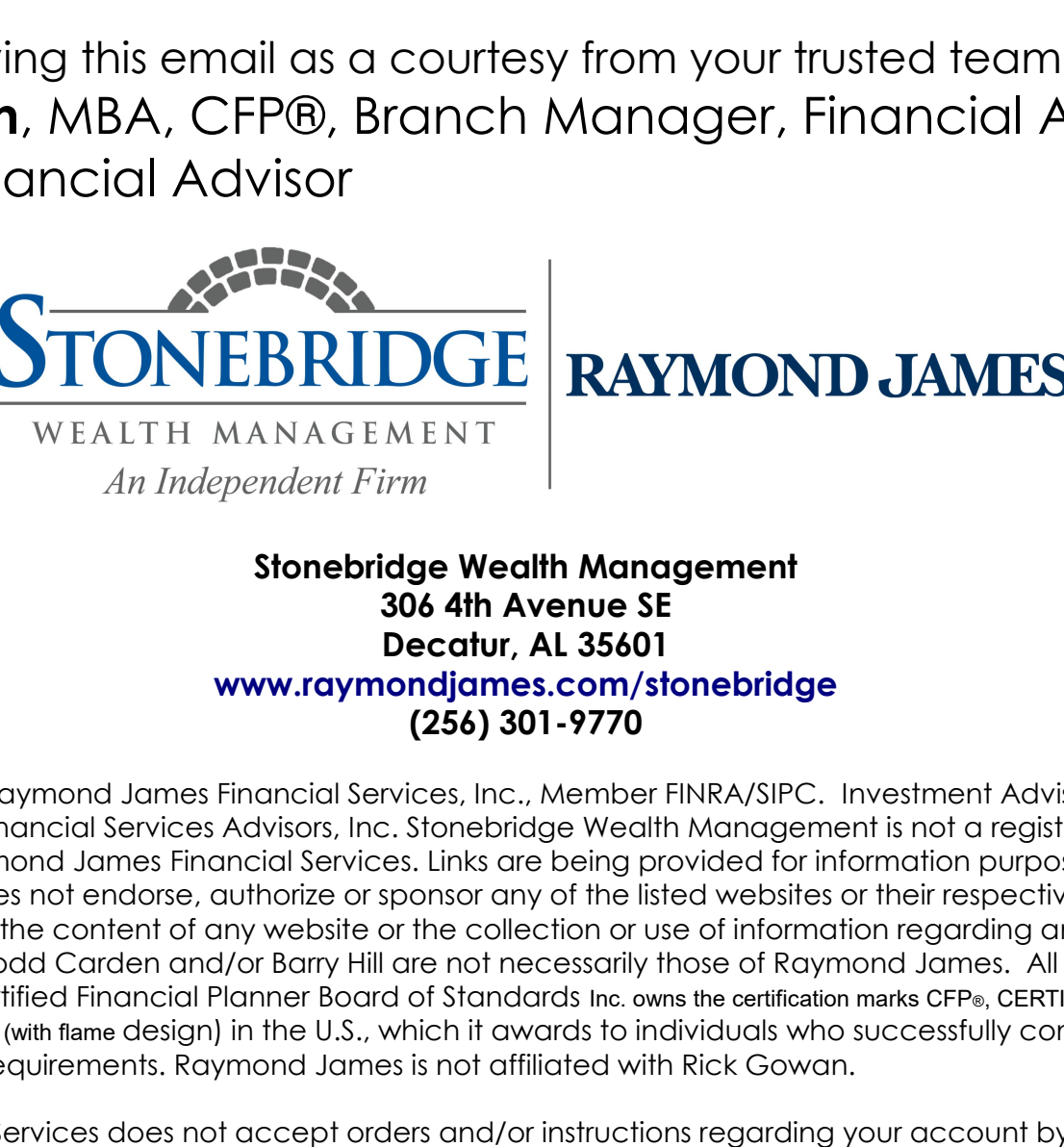
ContinousCare | This app takes care of all things health-related: from scheduling doctor visits to getting medical advice; this app is a one-stop shop for all your pediatric care needs. You can type in symptoms and come up with a list of remedies or be instructed to consult a doctor.



Kids Eat Free | We love anything that saves you money, so this app is right up our alley! If you're out and about and looking for somewhere to dine, use this app to pull up a list of local restaurants that offer free kids meals. Free meals equals money in your pocket!



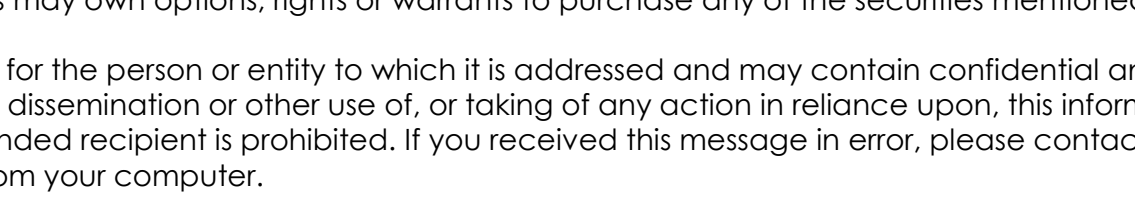
Chroma | Raise your hand if your kids love doing chores... We know. But boring chores are a thing of the past with the Chroma app! This app sets up a list of chores for each member of the family, and assigns a point value to each of them. This competition-style to-do list will have your kids competing to finish their chores first and best, never complaining when you ask them to take out the trash again!



You are receiving this email as a courtesy from your trusted team of advisors:

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