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EAGLE SHADOW
 LIFE & ANNUITY



*Helping people
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 secure and protect
 their retirement.*

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Little Known Facts about April Fool's Day

Although April Fools' Day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.



A 2-day long celebration:

In Scotland, April Fool's Day is a 2-day long event! The Scots call the second day (April 2nd) "Taily Day" and only play pranks that have to do with one's backside. It's a popular prank to put "Kick Me" signs on people's backs on this day.

The Origin of April Fool's Day:

The truth is that no one knows exactly why or how the traditions around April Fool's Day originated. Historians have linked April Fools' Day to festivals such as Hilaria, which was celebrated in ancient Rome at the end of March and involved people dressing up in disguises.

There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fish:

The French celebrate April Fool's Day by sticking paper cutouts of fish on other people's bodies without their knowing. Then, they shout "April Fish" to alert the victim to the prank!



<https://www.history.com/topics/holidays/april-fools-day>

Symptoms of Iodine Deficiency



Iodine deficiency occurs when people lack adequate amounts of the trace element iodine. You may think that you get enough iodine if you eat iodized salt, but the iodine in iodized salt vaporizes as soon as the box is opened. And bromine, a ubiquitous element that's chemically very similar to iodine competes with iodine in the body and can cause issues with thyroid and reproductive organs.

Iodine deficiency can result from eating foods grown in soils with low levels of iodine. In the United States, people who live in the Goiter Belt (the Great Lakes region) are at risk for goiters and other iodine deficiency issues including fatigue, chronic pain, weight gain, and breast cysts.

Iodine supplements can improve symptoms. Supplement with iodine for several months to experience the benefits.

pdfs.semanticscholar.org/a783/773f94fc47badc46aae5903264fd3cd89fcf.pdf

Easter Recipe – Delicious Deviled Eggs

April is one of the most beautiful months of the year as the weather starts to warm up and rain showers encourage flowers to bloom while trees to emerge from their winter hibernation.

Easter, the month's major holiday, falls at the end of the month this



year on April 21st. One of the classic recipes for Easter is deviled eggs, a traditional and delicious side dish perfect for any Easter feast. Celebrate Easter 2019 with this yummy recipe for deviled eggs!

Ingredients:

12 Eggs
¼ Cup Mayonnaise
1 TBSP Butter, softened
2 Tsp Dijon Mustard
2 Tsp Yellow Mustard
1 Tsp White Sugar
Salt & Black Pepper, to taste.
Paprika for sprinkling.

Preparation Instructions:

Place eggs in a large pot and fill the pot with water until well covered. Bring the water to a

boil over high heat, then turn the heat down to medium and boil for 8-10 minutes.

Remove from the heat and drain the water from the pot, and cover the eggs with ice water to allow them to cool completely before peeling.

Cut the eggs in half lengthwise, then scoop out the yolk and set them in separate bowl. Add mayonnaise, butter, both mustards, sugar, salt, and pepper to the yolk and mash the ingredients all together to make the filling.

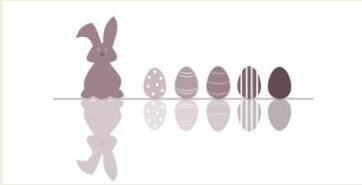
Spoon the filling into each egg white and sprinkle the deviled eggs with paprika to finish.

Refrigerate for a minimum of 1 hour. Serve the deviled eggs cold after refrigerating.



<https://sugarspunrun.com/million-dollar-deviled-eggs>

Easter Bunnies and Eggs



According to some, the Easter bunny arrived in America in the 1700s with German immigrants settling in Pennsylvania. Their children made nests for a colored egg-laying hare called “Osterhase” or “Oschter Haws.”

The custom spread across the U.S. and Easter morning deliveries expanded to chocolate, other candy and gifts. Decorated baskets replaced nests. Children might also leave out carrots for the bunny.

Decorating eggs for Easter that dates back to at least the 13th century, according to some sources. Because eggs were formerly a forbidden food during the Lenten season, it’s thought that people would paint and decorate them to mark the end of the period of penance and fasting, then eat them on Easter as a celebration.

[history.com/topics/holidays/easter-symbols](https://www.history.com/topics/holidays/easter-symbols)

Spring Cleaning: Top Tips for Organizing and Refreshing Your Home

Spring is the time for clean and April is a good time to open the windows and begin re-organizing your home for the busy months of summer ahead. April is the traditional time for deep cleaning to promote good health and a positive environment.

So get ready to freshen up! Below are some top tips for a healthy, clean home:

Set Up Your Strategy With a First Pass.

Create a strategy to organize each room of your home first, before you begin cleaning. Put toys and miscellaneous items where they belong. Organize your drawers and put like items with like items. After you’ve organized everything, it will be much easier to sweep, mop, and wipe down surfaces to make your space sparkle.

Clean from the top down.

Start by cleaning the light fixtures and fan blades and work downward in your home. That way, if there’s dust or bugs, you can clean up whatever falls from up high as you work your way down.



Go room-by-room.

If you clean your home one room at a time, the project will be more comprehensible and less daunting. Also, room-by-room cleaning can help you stay more organized through the process. Choose a room and dedicate several hours or one day to that space and then move on to the next room.

Consider Eco-Friendly Cleaning Products.

Eco-friendly cleaning products such as baking soda or vinegar can be used to clean any room of the house without harming your health.

Instead of harsh detergent, use soap nuts to wash sheets or curtains. And to add the smell of freshness, consider spraying a light mist of lemon, cedarwood, or lavender essential oil with water throughout the house.

[helloglow.co/how-to-clean-a-house-in-one-day-and-keep-it-clean](https://www.helloglow.co/how-to-clean-a-house-in-one-day-and-keep-it-clean)

It Happened In ...



April 2nd 1513 –

The famous Spanish explorer Juan Ponce de Leon discovers Florida and claims the land for Spain after landing at St. Augustine.

April 15th 1912 –

The Titanic strikes a massive iceberg, sinking shortly after embarking on her maiden voyage from Southampton to New York City.

April 18th 1775 –

The Midnight Ride of Paul Revere and William Dawes occurred as the two men rode out of Boston about 10 p.m. to warn patriots at Lexington and Concord of the approaching British.

April 30th 1912 –

Palestinian Jews declare independence from Britain and establish the independent country of Israel. Tens of thousands of Jewish Holocaust survivors flock to the Promised Land shortly thereafter.

<http://www.historyplace.com/specials/calendar/april.htm>

Avoiding Tax Scams in Retirement

It's tax season again! While you can't avoid Uncle Sam, you can avoid tax scams by following a few simple rules to protect yourself and your identity.

Retirees are targeted by scam artists during tax



season because they are likely to have large nest eggs. Preparation both online and in-person is a means through which criminals can gain access to your personal information as well as to an individual's tax refund. ^{1,2}

Stay safe this tax season by following these simple rules:

Seek out only qualified tax preparers who are listed in the IRS Directory of Federal Tax Return Preparers and always double check your return after it's been prepared by another person to verify that the information it contains is correct. Some scam artists will route your refund into their own account. Avoid this problem by hiring someone reputable to prepare your taxes. ^{3,4}

Never give out personal details by phone, email, social media, or even in-person without checking directly with the IRS to find out if an agent has

been directed to contact you. Agents only contact people by phone or in person after sending multiple notices via U.S. mail. Call the IRS at 1-800-829-1040 to verify

your caller or visitor's affiliation with the IRS. ^{1,2}

Use secure passwords for everything from banking to social media. Steer clear of identifying information such as children's or pet's names. Use anti-virus software and never share personal information with a web site that does not have "https" in its URL. ¹

If you owe taxes, always make the payment to the "United States Treasury" and never to a person or even a corporation. Payments to the IRS should be made according to specific guidelines. ¹

1 - money.usnews.com/money/retirement/aging/articles/8-ways-for-retirees-to-avoid-tax-scams

2 - irs.gov/newsroom/tax-scams-consumer-alerts

3 - irs.gov/newsroom/irs-dont-be-victim-to-a-ghost-tax-return-preparer

4 - www.irs.gov/newsroom/ten-tips-for-choosing-a-tax-preparer