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EAGLE SHADOW
 LIFE & ANNUITY



*Helping people
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 secure and protect
 their retirement.*

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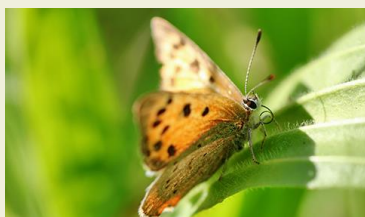
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Top July Events & Celebrations Across the USA

With hot weather and school vacation, it's a popular time for families to travel to beach vacations along the coasts or lakes. Those who are not fans of the heat head for the northern parts of the country where there are slightly cooler temperatures.

Fourth Of July Celebrations:



New York City, Philadelphia, Washington, D.C., and Boston have the biggest July 4th celebrations. Boston's Pops Spectacular launches fireworks from barges in the middle of the Charles River between Boston and Cambridge, accompanied by their famed orchestra.

Food Festivals: New York City Restaurant Week runs mid-July to August. Food lovers have the chance to dine at

some of the best restaurants in the city for a bargain price.

The Taste of Chicago festival in Grant Park mid-July features food from dozens of the city's restaurants and includes music and other entertainment.

The Bite of Seattle takes place at Seattle Center July 19-21 in the Uptown neighborhood.

The Jazz, Food, and Wine Festival in Napa Valley features more than 70 local wineries from July 10 to 20.

America's Favorite Pastime: The Major League Baseball All-Star Game is a competition between the American League and the National League in an annual rivalry. The 2019 game takes place July 9th Cleveland, Ohio at Progressive Field.



<https://www.tripsavvy.com/july-events-festivals-and-holidays-in-the-usa-4169440>

Boost Longevity on Less Than 10,000 Steps



Do you really need to take 10,000 steps to add years to your life?

A recent study sought to challenge the myth of 10,000 steps. After all, the number 10,000 comes from ads for a pedometer marketed in Japan several decades ago. The idea that 10,000 daily steps are needed to boost longevity has no scientific basis.

Finally, someone took a closer look at this number, and the results of the study were surprising.

As it turns out, people live longer if they walk only 4,000 steps per day.

So get out there and move around. A little bit goes a long way!

www.npr.org/sections/health-shots/2019/05/29/727943418/do-you-really-need-10-000-steps-per-day

Simply Patriotic Picnic Recipes

Fresh Corn Salad

This salad will keep for 3-4 days in the fridge after making, so it's a fine choice to make in advance.

Mix in large Bowl:

3 cups fresh, cooked corn
1 medium tomato, chopped
 $\frac{3}{4}$ cup green onion, chopped
 $\frac{1}{2}$ cup radishes, chopped
1 cup cucumber, thinly sliced
1 jalapeno, thinly sliced
 $\frac{1}{2}$ cup chopped fresh herbs (basil, dill, mint, parsley, and/or cilantro)



Whisk thoroughly in separate bowl, then pour onto vegetables and toss to coat:

$\frac{1}{4}$ cup extra virgin olive oil
1 tbsp red wine vinegar
2 medium garlic cloves, pressed or minced
 $\frac{1}{2}$ tsp sea salt (to taste)
Black pepper (to taste)

Add most of the crumbled feta and/or avocado and gently toss, leave a bit aside for garnishing:

$\frac{1}{4}$ cup crumbled feta cheese and/or 1 avocado, diced

Serve immediately or chill for later.

cookieandkate.com/garden-fresh-corn-salad/

Lavender Panna Cotta

Many people use stemless wine glasses for their panna cotta.

2 tbsp water
1 tbsp gelatin
 $1\frac{1}{4}$ cups cream
 $\frac{1}{4}$ cup sugar
1 cup Greek yogurt
Pinch of salt
2 tsp lavender water
 $\frac{1}{2}$ teaspoon vanilla extract
Food coloring (optional)



Add 2 tbsp boiling water to 1 tbsp lavender. Steep for 15 minutes and strain, leaving 2 tsp liquid. Set aside.

Add gelatin and water to a small bowl to soften the powder. Set aside.

Combine cream and sugar in small saucepan on medium heat until the cream starts to bubble around the edges.

Whisk until sugar dissolves. Remove from heat and whisk in the gelatin mixture until it's dissolved. Whisk in the yogurt, salt, lavender water, vanilla, and optional food coloring (6 drops blue, 6 drops red).

Pour into glasses and **chill covered** for at least 3 hours.

www.saltandlavender.com/lavender-panna-cotta

Little Known Facts on Independence Day



Long-Standing Traditions:

The oldest celebration that continues to be observed today is the 4th of July Parade in Bristol, Rhode Island, which took place for the first time in 1784.
worldstrides.com/blog/2016/07/10-facts-about-independence-day/

The First 5 Presidents:

Three of the first 5 presidents of the U.S.A. died on July 4th. Presidents John Adams, Thomas Jefferson, and James Monroe all died on Independence Day. Thomas Jefferson and James Monroe passed away only hours apart in 1826.
acei-global.blog/2013/07/03/20-fun-facts-about-the-4th-of-julyindependence-day/

International Independence Day:

The United States isn't the only country that gained its independence in July! Belarus, Venezuela, Argentina, Belgium, France, Canada, the Maldives, and the Bahamas also gained independence within this summer month.
www.ducksters.com/history/july/nhistory.php-things-you-never-knew-about-father-s-day-father-s-day-67623

Aspirin for Heart Disease and Cancer Prevention

Many people are familiar with the idea of taking aspirin to prevent strokes and heart attacks, but recent studies have shown that aspirin can also help prevent cancer.

For heart disease patients, aspirin works by preventing blood clots from forming in the blood which in turn lowers the risk of heart attack and stroke caused by blood clots.

Aspirin therapy is recommended by the U.S. Preventative Services Task Force for people between 50 to 59 years of age who are not at an increased risk of bleeding.

People older than age 59 may also benefit from taking one aspirin per day to reduce the risk of heart attack and the risk of cancer. In the past, doctors were recommending that only patients in certain risk categories over 60 years of age take aspirin every day, but new research now shows that everyone could enjoy a lower cancer risk and patient's who've been diagnosed with cancer have a much better prognosis. Doctors who know about this research may start

recommending an aspirin per day to more patients because the benefits of taking aspirin every day outweigh the risks.

In 2012, three studies were published in The Lancet showing that low-dose aspirin helps prevent cancer in middle-aged individuals, but recent studies showing that aspirin may have a valuable role in treating cancer have made headlines lately. Peter

Elwood of the Cochrane Institute in the UK looked at 71 studies that included 120,000 people who had been taking aspirin in addition to their conventional

cancer treatment and compared their outcomes with 400,000 people who did not take aspirin as part of their cancer treatment.

He found that the odds of surviving a cancer diagnosis was 20-30 percent higher for patients who took aspirin than for those who did not. This was true for all patients no matter when they started taking aspirin after their diagnosis.

www.mayoclinic.org/diseases-conditions/heart-disease/in-depth/daily-aspirin-therapy/art-20046797

www.medicalnewstoday.com/articles/323206.php



It Happened In ...



July 6th 1885 –

After working to create a vaccine against rabies, Louis Pasteur delivered the very first anti-rabies vaccine to a boy who had been bitten by a dog with a rabies infection. ¹

July 10th 1973 –

The Bahamas gained its independence from Britain on this day in 1973. The country had been claimed as a British Crown Colony for approximately 250 years before finally obtaining independence. ¹

July 28th 1929 –

Jackie Kennedy was born Jacqueline Lee Bouvier in Southampton, New York to parents John Vernou Bouvier III and Janet Lee Bouvier on this day in July 1929. She would marry U.S. President John F. Kennedy in 1953. ²

1 - historyplace.com/specials/calendar/july.htm

2 - en.wikipedia.org/wiki/Jacqueline_Kennedy_Onassis

3 Rewarding Part-Time Work Opportunities for Retirees

According to a recent Merrill Lynch study, almost half of retirees today say that they are working or that they plan to work in retirement.

There are some compelling reasons to stay in the workforce, after all. Continuing to work keeps retirees mentally sharp, it provides a sense of satisfaction and connection to a community, and it provides a financial cushion that improves quality of life. **With that in mind, below is a list of part-time jobs that offer decent pay, social engagement, and mental stimulation.**

Consultant

Consultants provide advice to companies or individuals. Having years

of experience in a particular field makes part-time retirees perfect for this line of work. Consultants often help their clients work through complex issues to solve problems. The best way to get work as a consultant is to network with people in your field and let them know you're offering consultancy services. Earnings range from \$25 - \$100/hour.



Interpreter or Translator

If you speak, read, or write another language fluently, you could earn about \$20/hour offering your services at government agencies that provide public services, or at businesses that might have clients from different linguistic backgrounds. It's also possible to work online as an interpreter or translator through websites such as Upwork or Fiverr.

Adjunct Professor

You don't have to have a PhD to land a job at a community college teaching courses that can benefit from your years of

real-world experience. This isn't a high-paying job. Most adjunct professors make \$1000-

\$5000 per course, but it can be fun to teach college students and pass information on to the next generation. For retirees most interested in finding work with a sense of community and satisfaction, teaching can be a rewarding part-time option.

agewave.com/wp-content/uploads/2016/07/2014-ML-AW-Work-in-Retirement_Myths-and-Motivations.pdf