



Chad Owen
 (512) 608-3780
 chad@eslifeandannuity.com



EAGLE SHADOW
 LIFE & ANNUITY



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Little-known Facts Behind Your Favorite Easter Traditions

Easter falls on April 4 this year. Between the colorful eggs, bunny rabbits and chocolate, the celebration has evolved over the years with a whole host of customs to learn about.



Lamb and Ham
 Most early Easter celebrants would have eaten lamb as the holiday has its roots in Jewish Passover. Most American Easter dinners feature ham, because of the timing of the holiday. Years ago, hams cured over the winter months would have been ready to serve in the early spring.

Bunnies - The idea of the Easter bunny giving candies and eggs is said to have originated in Germany during the Middle Ages, the first written mention dating back to the 16th century. Dutch settlers in Pennsylvania brought the bunny to the United States in the 1700s.
The White House Easter Egg Roll tradition started in 1878.

It's said that President Rutherford B. Hayes was taking a walk when children approached him asking about a possible Easter egg roll. He loved the idea and it's been a yearly event since then.

In the old days, pretzels were associated with Easter. Why? Because the twists of this salty treat resemble arms crossing in prayer.

Easter eggs pre-date Easter. Evidence showing Easter eggs originated from Medieval Europe and Christians may not have actually been the ones to start the tradition of giving eggs — a symbol of fertility and rebirth in many cultures.

Good Friday is recognized as a holiday in only 12 states. Occurring two days before Easter Sunday, Good Friday commemorates Jesus Christ's crucifixion, but it isn't a federal holiday. Residents in certain states experience closures, including: New Jersey, North Carolina, and Tennessee.
goodhousekeeping.com/holidays/easter-ideas/g5064/easter-facts/

Protect Your Streaming Services from Hackers



Cybercriminals are using a password-cracking software called OpenBullet, to crack streaming service accounts like Netflix, Hulu, and Disney, according to a recent report from cybersecurity firm Cybersixgill.

OpenBullet allows hackers to check the validity of tons of potential login credentials at a time, and streaming services are a great target because these are accounts that a lot of people have, and typically aren't very secure and may provide access to payment details that can be used on more sensitive accounts, like banking websites.

Protect accounts with unique, complex passwords. Password Managers make it easier for you to create and remember secure and unique passwords for each of your accounts. Or increase security by turning each password into a unique, long sentence that is easy to remember. Consider multi-factor authentication when available and don't repeat your passwords across your online accounts.

money.com/netflix-login-password-hack

Brunch Friendly Easter Cocktails

Cucumber-Infused Gin-and-Grapefruit Fizz



Ingredients for 8 drinks:

2 Persian cucumbers (or 1/2 English cucumber), thinly sliced into rounds, plus more slices for serving
12 ounces gin, such as Hendrick's
8 large ice cubes, or regular ice cubes
3 12-ounce bottles grapefruit soda, such as Spindrift

Place cucumbers in a small pitcher. Mash with a muddling tool or a wooden spoon until cucumbers release juices and break down into small pieces. Add gin, cover, and refrigerate at least 12 hours and up to 3 days.

Place ice in each serving glass. Pour 1 1/2 ounces cucumber-infused gin into each and top with soda. Stir once, garnish with cucumber slices, and serve immediately.

marthastewart.com/1106710/cucumber-infused-gin-and-grapefruit-fizz

Champagne-And-Orange Granita Cocktail

Ingredients for 8 drinks:

2 1/4 cups fresh orange juice (about 7 oranges)
1/3 cup superfine sugar
Elderflower liqueur, such as St-Germain
1 bottle (750 mL) Champagne

Combine orange juice and sugar, and stir until sugar dissolves. Transfer to an 8-inch square baking dish. Freeze, scraping around sides and breaking any lumps with a fork every 30 minutes, until evenly frozen, 2 1/2 to 3 hours. Cover with plastic wrap.

Granita can be made 1 day ahead and kept in freezer until ready to serve.



Spoon 1/4 cup granita into 8 glasses, and add 1/2 teaspoon liqueur. Top off with Champagne.

marthastewart.com/910525/champagne-and-orange-granita-cocktail

Vitamins and Minerals for Healthy Teeth and Bones



Vitamin K2 and D3: These important bone-building vitamins work together. Vitamin D3 helps the body absorb calcium from food. Vitamin K2 ensures that calcium ends up in bones and not as plaque build-up in arteries.

Calcium: Vital for healthy bones, this mineral can be found in soybeans, almonds, and vegetables like okra, kale, cabbage, broccoli, spinach, kale, mustard, and collard greens

Phosphorus: In tooth enamel, negatively charged phosphorus and positively charged calcium make a magnetic matrix that protects teeth.

1. [healthline.com/nutrition/vitamin-d-and-vitamin-k](https://www.healthline.com/nutrition/vitamin-d-and-vitamin-k)

2. [healthline.com/nutrition/vegan-calcium-sources](https://www.healthline.com/nutrition/vegan-calcium-sources)

Retirement Planning Tips for Solo Ager

Among boomers, there is one growing trend of "solo agers," or those who retired without marrying anyone or having any children. According to the American Society on Aging, around 20% of boomers fit this trend.

Solo agers' retirement planning includes these crucial considerations along with income needs to enjoy a comfortable and financially confident retired lifestyle.

Support Network: Everyone needs help at some point in their lives, especially during retirement. Siblings or other relatives living nearby can meet the need, but ensuring a support network of some sort in retirement to perform household chores, assist with driving or help with pets, meals, or shopping during medical emergencies, routine treatments or recovery.

Housing: Aging-in-place is a desirable goal for most retirees, who must evaluate their current home in terms of

their retirement lifestyle. Property maintenance, repairs or major projects like roof replacements, access to stairs and storage spaces, ability to use walkers or scooters, and availability of a home health aide or other home care services in the area are all important factors.



Powers of Attorney for Estate, Retirement, and Health

Issues: Different people can be named as power of attorney for financial decisions, medical-services decisions, and health decisions, including legal guardianship. Working with an estate planning attorney to facilitate these details will help ensure all of these affairs are in place beforehand.

A living trust can bypass the probate process to simplify and accelerate the estate settlement process for your heirs.

generations.asaging.org/older-adults-aging-place-affordable-safe

It Happened In



April 4, 1949 – Twelve nations signed the treaty creating NATO, the North Atlantic Treaty Organization, uniting for common military defense against the threat of expansion by Soviet Russia into Western Europe.

April 14, 1828 – The first dictionary of American-style English was published by Noah Webster as the American Dictionary of the English Language.

April 18, 1906 – The San Francisco Earthquake struck at 5:13 a.m., followed by a massive fire from overturned wood stoves and broken gas pipes. The fire raged for three days resulting in the destruction of over 10,000 acres of property and 4,000 lives lost.

April 24, 1800 – The Library of Congress was established in Washington, D.C. It is America's oldest federal cultural institution and the world's largest library.

historyplace.com/specials/calendar/april.htm

Plants that Repel Mosquitoes Naturally

Warmer weather brings backyard barbecues, beach days and our most famous uninvited guest: the mosquito. Attracted to the carbon dioxide in our breath and compounds emitted in our sweat and our body heat, these bugs are sure to show up without some strong deterrents.

For a natural way to avoid getting bit this season, try adding some of the following plants that repel mosquitoes in and around your house.

Potted plants can be placed closest to the area you want to deter mosquitoes, such as windows, doors, walkways, seating areas and dining areas.

Basil naturally emits its aroma, so there's no need to crush the leaves or prepare it in any way. Basil is toxic to mosquito larvae, so you can put it near standing water to deter mosquitoes from laying eggs.

Lemon verbena or Lemongrass has a high level of citral, an oil used in mosquito repellants. This ornamental plant tastes great in soups and other dishes. Pregnant women and new moms should stay away from lemongrass, shown to cause birth defects.

Scented geraniums have a small portion of citronella oil that contributes to their mosquito-repelling capacity.

Garden recommended plants repel multiple types of insects and work as a natural insecticide.



Garlic's pungent smell is a deterrent for mosquitoes.

Lavender can calm your mind after a long day and drive mosquitoes and other flying pests far away.

Catnip contains the chemical nepetalactone, a strong mosquito repellent and feline attractant. This and other chemicals make it more effective than DEET, found in most insect repellants.

Marigolds contain pyrethrum, a compound used in many repellants and sometimes referred to as "nature's insecticide."

Rosemary, a popular seasoning for many dishes helps keep several insects away from you and your vegetables. Toss some rosemary in a fire for an aromatic insect repellent -just keep close to the smoke.

proflowers.com/blog/plants-that-repel-mosquitoes