



# Lighthouse Financial Solutions

Guiding You To A Brighter Future

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Volume 4, Issue 4, April 2016

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## Tulips: April's Flowers



**Blooming throughout April 2016 and into May across North America, Tulips lend color and cheer to the overcast world.** Delicate looking leaves and blooms hold up surprisingly well in the face of hailstorms and the occasional downpour. Varied from stocky squat blooms to tall and graceful, these solid and bi-color beauties are the essential April flower.

Tulips are indigenous to mountainous areas with temperate climates and thrive in climates with long, cool springs and dry summers.

**Brought to the Netherlands in 1594, tulips became wildly popular, triggering a speculative frenzy now known as tulip mania between 1634 and 1637.** Tulip bulbs became so

expensive they were treated as a form of currency, or rather, as futures. Now the world's main commercial tulip producer, generating as many as 3 billion bulbs annually, **the Netherlands are forever linked with tulips, and the cultivated forms of the tulip are often called "Dutch tulips."** The Netherlands have the world's largest permanent display of tulips at the Keukenhof.

**Events across the country allow you to enjoy these colorful flowers in abundance.** The Skagit Valley Tulip Festival in Washington State is held annually, April 1 to April 30. There is an annual Tulip Time Festival in early May in Holland, Michigan and Orange City, Iowa holds a Tulip festival in late May.



## Historical Outlook- April 6, 1896

The first modern Olympic games opens in Athens, Greece



At the opening of the Athens Games, King Georgios I of Greece and a crowd of 60,000 spectators welcomed athletes from 13 nations to the international competition.

All the competitors were men, and a few were tourists who stumbled upon the Games and were allowed to sign up. Track-and-field events were held at Panathenaic Stadium, originally built in 330 B.C. and restored for the 1896 Games. Americans won nine out of 12 of these events.

The marathon competition, followed a 25-mile route run by a Greek soldier who brought news of a victory over the Persians from Marathon to Athens in 490 B.C. Appropriately, a Greek, Spyridon Louis, won the first marathon at the 1896 Athens Games.

## Eating In Season: April Fruits and Veggies

**Eating in Season ensures your produce travels a shorter distance and required less energy to grow so there is a financial and energy savings. In many cases, it also means more of the nutrition in seasonal fruits and vegetables is passed along to you compared to foods grown out of season or shipped over long distances.**

### What's in season for April?

Spring Greens like sweet and crunchy Chard, peppery Arugula, complex and fiery Mizuna, and sweet tender Pea Shoots can be combined fresh from your garden, farmer's market, or produce aisle into a tantalizing and nutrition-packed salad or these greens can be stir fried, steamed, or sautéed with onions or garlic.

Strawberries – these tender fruits picked ripe in spring gardens have a sublime sweetness that cannot possibly compare to the standard mass farmed berries picked green so they survive the road trip and artificially “ripened” upon arrival.



### Meyer Lemons

This crossbreed between a lemon and possibly an orange or a mandarin was named after Frank N. Meyer who first discovered it in 1908, and is only found in early spring. Meyer lemons have a sweeter and less acidic taste than more popular lemon varieties like Lisbon and Eureka. Use for salad dressings, fresh juices, smoothies, and desserts—or just add a few sliced into a glass of water.

Mangos are grown in Florida and California. One cup of sliced mango has 107 calories, 3 grams fiber, and over 20 vitamins and minerals. They're also an excellent source of antioxidant vitamins A and C and have nice amounts of vitamins E, B6, K, and potassium. Mangos contain

plant chemicals called flavonoids, which may help control high blood pressure and help reduce the risk of heart disease.

<http://www.shape.com/healthy-eating/meal-ideas/10-fruits-and-vegetables-season-during-april>

## April Checklist



**Garden:** Select and plant fruit trees and berry plants. Cut out all the dead canes from your Raspberry patch. The new canes that will bear this year's fruit should have new, swollen buds along the edges. Thin these to five canes per foot.

Plant Peas, Carrots, Beets, Spinach, Cauliflower, Cabbage, Potatoes, Radishes, Parsnips and Onions. Uncover strawberry beds and keep them well watered.

**File your taxes before Tax Day. (April 15th)** - It's one of those things that just has to get done. Finish filing those taxes and then treat yourself to something fun.

**Get outside on Earth Day! (April 22nd)** - Plan a picnic in the park, go on an afternoon bike ride, or plant a few flowers in your yard. The best part about celebrating Earth Day is how easy it is—just grab some friends and enjoy your time outdoors!

## What is Your Economic Anxiety Level?



**Many Americans continue to experience anxiety over their economic situation,** according to a recent poll from Marketplace and Edison Research.

"Data tell us that our economy is growing stronger every month, yet people feel like they're continuing to struggle. People are losing sleep over worries about advancing their careers, finding work if they lose their jobs, paying the mortgage and making rent" - Deborah Clark, Marketplace V.P.

**Among the more than 1,000 Americans surveyed on their financial situation:**

Over a quarter of survey respondents are losing sleep and 63% are sometimes or frequently anxious about it. Forty-two percent said they feel stuck in their current financial situation.

Two in five of those surveyed with student loans regret their decision to borrow.

### **Hourly VS Salaried Workers**

Only 30% of Among hourly workers, 32 percent say their financial situation causes lost sleep, compared to 17 percent among those who are paid a salary.

Similarly, 43 percent of hourly workers feel stuck, while only 21 percent of salaried workers report feeling that way. The Economic Anxiety Index scores of those groups reflect that difference. Hourly workers have a mean Anxiety Index of 39, compared to 26 for salaried workers.<sup>1</sup>

1 - <http://www.edisonresearch.com/marketplace-edison-research-poll-finds-individual-economic-anxiety-even-in-growing-economy/>