

# Good News

Your Name here. Your address here. Your email, phone or Website here.

Your picture here

Your Name Here

## How old is that tree? Find out without cutting

Did that grand white oak tree in the woods live through the Civil War? That would be 159 years ago. A white oak can live up to 300 years. So it's possible.

We can calculate the age of the white oak if we know its circumference and growth factor. The circumference of a white oak has to be 100 feet for it to be 159 years old. But that is only for a white oak. Other trees grow at different rates.

Here's how to do the tree age math:  
Using a tape measure, find the circumference

of the tree (starting four feet off the ground).

Divide the circumference by 3.14 (pi) to find the diameter. Now multiply the growth factor by the diameter.

Here are some growth factor rates:

- 2.0: Aspen, Cottonwood
- 3.0: Silver Maple, Pin Oak, Linden
- 3.5: River Birch
- 4.0: American Elm, Green Ash, Red Oak
- 4.5: Black Walnut, Red Maple
- 5.0: Sugar Maple, White Birch, White Oak, Black Cherry

## Make a tree famous on Arbor Day (and other worthy pursuits)

Perhaps you thought Arbor Day was an austere kind of a day devoted to all things serious about trees. And to a large extent, it is.

But did you know Arbor Day is also a great time to party with trees? Here are two projects for family and friends:

### Make a tree famous

Find a majestic tree in your town and make it famous -- or at least try. The best way is to make an official submission to AmericanForests.org, which keeps a database of fantastically large trees by state.

The rules require you to measure the height and width of a tree, its crown spread and find the 'points.' This can be done with a 100-foot tape measure and yard stick, believe it or not. This meas-



uring technique, described on the site, would be a good trigonometry lesson for high schoolers. Short cut: You can also use a smartphone these days to make the calculations with apps like Theodolite. Your tree publicity efforts will also require you to take photos, get a GPS location, and find the scientific and common name of the species.

The state natural resources department usually has a database of big area

trees. You could also try submitting your tree there.

### Plan a Seedling Party

Head out to a wooded area or any place that needs trees, and plant some 6- to 12-inch seedlings. To make it fun, give away some Arbor Day swag (available at arbor-day.org): Bracelets (green, naturally), Plant Trees buttons, stickers, water bottles, mugs, hats, and other items.

One website, The Salonniere, goes so far as to suggest an Arbor Day party playlist; songs include "Little Willow" by Paul McCartney, "Don't Sit Under the Apple Tree" by the Glenn Miller Orchestra, "Norwegian Wood" by The Beatles, and "Mango Tree" by Zac Brown Band and Sara Bareilles, among others.

Be sure to bring a tree field guide so you can identify the neighbors of your seedlings.

## Moneywise

### A mental error that can keep you in debt

Maybe a little debt doesn't feel too bad, but sooner or later people ask themselves, "Is it too much?"

That's when they start comparing themselves to peers. Friend A goes on a cruise twice a year. Debt doesn't seem to be an issue. Friend B doesn't make a lot of money, but is still a credit card clothes horse.

According to financial blogger Michelle Schroeder-Gardner, comparing yourself to others is false security. It makes you think debt is normal. It also makes you think you can afford to have it.

### Insurance to buy in your 30s

Term life insurance is dirt cheap when you're young, but it becomes dramatically more expensive the longer you wait.

It's tempting to wait to buy life insurance until you have children or a mortgage. Typically, people wait until age 30 to 35 to buy life insurance. People aged 25 or younger usually are busy just trying to pay the bills.

But, there is a steep penalty for waiting. A 30-year term policy with a \$100,000 face amount is about \$13-\$15 per month for a healthy 30-year-old male. For a 40-year-old male the premium is about \$20 per month. If you wait until your 50s, when you might have some medical issues, you might pay \$70-\$80 per month or more for a shorter term policy.

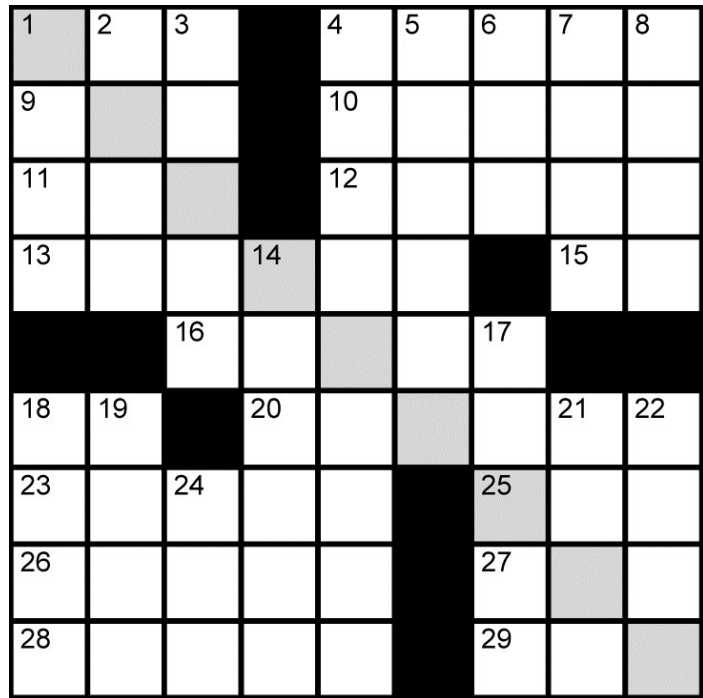
## Tax deduction

Across

1. Some trial evidence
4. Kitchen wrap
9. Sushi order
10. It may be perfect or present
11. 40 winks
12. Legislate
13. Field of activity
15. Tagged player
16. Prenatal test, for short
18. Sinatra's 'Way'
20. Fergie's ex
23. Spooky
25. Zeta follower
26. Manicurist's concern
27. Industrious insect
28. Refuse
29. Not dis

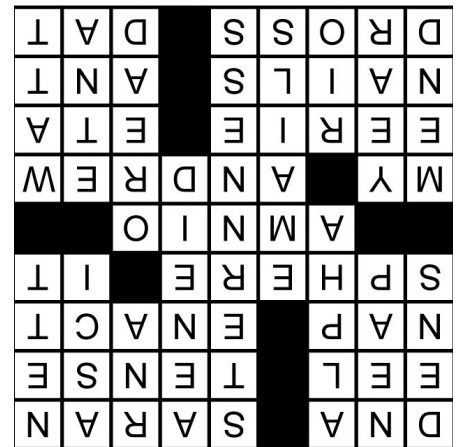
Down

1. Cub Scout groups
2. Half-moon tide
3. \_\_\_ male (top dog)
4. Austerity
5. Trojan War epic
6. Genetic stuff
7. Fungal spore sacs
8. Bottom line, in the U.K.



14. In-box contents
17. Companion of Artemis
18. Fix
19. Calendar span
21. Sicilian volcano
22. Light bulb unit
24. Brazilian hot spot

The headline is a clue to the answer in the diagonal.

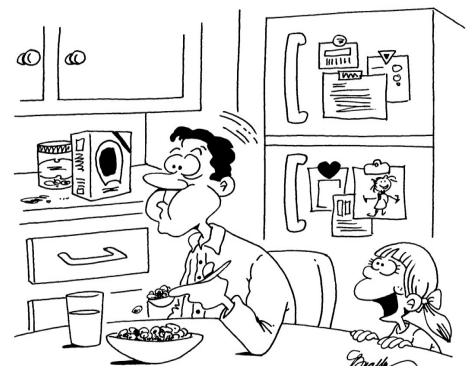


### Insurance to buy in your 50s

Long-term care insurance can help to protect your savings should a spouse go into a nursing home. But, like all things insurance, it is best purchased long before you need it.

Long-term care insurance is best purchased in your mid-50s, when rates will be better and chances of getting accepted are higher.

About 23 percent of applicants in their 60s are declined coverage, while only 14 percent of those in their 50s are declined according to Investopedia.



"It's my Easter three bean salad, daddy. Lima, kidney and jellybeans."

## Beet Pickled Deviled Eggs perk up the Easter brunch

Eggs are a traditional symbol of Easter and they are just as likely to be found hidden outside under a tree as they are on the table at an Easter brunch.

According to the History channel, Easter eggs can be traced back in Christian tradition to the 13th century and are thought to represent Jesus' resurrection and emergence from the tomb. Other historians suggest that because they were a forbidden food during Lent, the people would decorate them to eat on Easter in celebration of the end of the fasting period.

This recipe for deviled eggs from Food Republic uses beet juice to provide an extra level of flavor and color to the whites, helping them resemble Easter eggs. Once finished, these eggs will taste just as good as they look!

### Ingredients:

- 2 serrano peppers, divided
- 3 cups water
- 1 cup white vinegar
- 1.5 cups sugar
- 2 small beets, peeled and sliced



- 3 cloves garlic, crushed
- 3 bay leaves
- 2 tablespoons whole black peppercorns
- 1 tablespoon kosher salt
- 12 large hard-boiled eggs, peeled
- 2 tablespoons mayonnaise
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon Dijon-style mustard
- 1 tablespoon Sriracha sauce
- Mild curry powder or smoked paprika for garnish, optional

### Directions:

1. Halve one of the serrano peppers lengthwise, keeping the seeds. Place

the pepper in a large saucepan and add the water, vinegar, beets, sugar, garlic, peppercorns, salt, and bay leaves. Bring the mixture to a boil over high heat, then reduce to low. Simmer until the beets are tender, about 20 minutes. Remove the saucepan from the heat and let cool to room temperature.

2. Carefully add the eggs to the beet liquid and refrigerate for at least six hours. Take them out of the liquid and let them dry completely.

3. Cut the dried eggs into halves lengthwise and remove all of the yolks.

4. Place the yolks into a mixing bowl and arrange the whites on a serving platter. Add the mayonnaise, olive oil, Sriracha, and mustard to the yolk, mixing and mashing thoroughly.

Then, fill the egg whites with the mixture. Slice the last pepper into rounds and use one to top each deviled egg. Sprinkle with paprika, smoked paprika, or curry powder, if desired.

## Bat Appreciation Day, April 17. Earth Day, April 22.

### Progress: A tiny bat and many humans drink to success

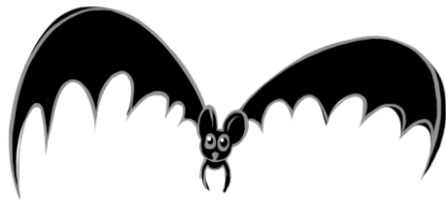
Here's your good news story from the animal kingdom today: the lesser long-nosed bat is thriving.

In fact, you might want to raise a toast to the little guy...a tequila toast.

In 2018, the animal became "the first U.S. bat species to officially recover from the imminent threat of extinction," according to National Geographic Magazine.

The little bat colonizes caves and abandoned mines from southern Mexico to Arizona, living on the nectar trail of agave plants. But their roosts have been repeatedly disrupted or destroyed by traffickers in humans and drugs and even noisy recreational cavers. And their food sources have been disrupted by makers of Mexico's biggest legal export: Tequila.

While volunteers have helped by



putting up bat-friendly cave gates, tequila has been another problem.

The bat's primary food source, agave nectar, has been in decline. Bats need

blooms to feed and to pollinate agave plants. Tequila makers need to cut down plants before they bloom. The agave plant itself has been weakened because growers clone plants, rather than letting the bats naturally pollinate them.

National Geographic explorer Rodrigo Medellín started a program to certify tequila producers as bat-friendly if they let a portion of their agave plants flower and the fields be pollinated naturally.

For now, pass the salt and lime: it is working. There has been enough response to simultaneously aid the harvesting of the agave and preserve bats. Medellín hopes to continue his work and to provide wins for the bats as well as tequila aficionados.

## Holy Saturday tradition: Blessing the baskets

One treasured Easter tradition belongs to Poland with its Swieconka -- pronounced "sh-vee-en-soon-kah"-- or blessing of the Easter baskets.

Polish Catholics bring their baskets to the church on Holy Saturday, to be blessed. The baskets remain untouched in the church until Easter Sunday, where they can be admired by all.

Filled with ceremonial foods that symbolize various facets of the holiday, the baskets are made of wood or twigs and lined with white linen or lace. They are decorated with ribbon and sprigs of boxwood.

The food includes eggs, bread, cheese, butter, ham, horseradish, and salt, among other variations. Eggs symbolize life and the resurrection; the butter is often carved into the shape of a lamb to represent the Lamb of God; bread is for new life ("Bread of Life"); horseradish or vinegar is a reminder of the Passion of Christ; the meats represent abundance and generosity; and cheese represents moderation.

# April 2019

Your picture here

Your company information and logo here.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's	2	3	4	5	6
7 Crime Victim Rights Week	8	9	10	11	12	13
14 Palm Sunday	15 Tax pay day	16	17	18	19 Passover Good Friday	20
21 Easter 	22 <b>Earth Day</b> End plastic pollution	23	24	25	26  Arbor Day	27
28	29	30				