

WHERE DID APRIL FOOLS' DAY COME FROM?



On April 1, 1957 the BBC current-affairs program *Panorama* broadcast a report on a Swiss family harvesting their spring crop. The three minute segment was unexceptional in its presentation of a time-honored agricultural tradition in southern Switzerland, with the announcer dryly delivering details about the good weather, the lack of pests, and the uniformity of the produce.

The only remarkable thing about this educational segment was that the crop the Swiss family was so carefully picking from their trees was fresh spaghetti.¹

More than sixty years later, this BBC story is still considered the biggest April Fools' hoax ever played by a reputable media organization.² ([You can view it on YouTube.](#))

It's estimated that more than eight million people watched the April 1st broadcast, meaning it was viewed by the majority of British homes having a TV set in 1957. The prank worked because pasta was not a common food in the U.K.

The next day the BBC was inundated with hundreds of phone calls, some questioning the authenticity of the report but many others asking how they could grow their own spaghetti trees. The BBC's response was supposedly "place a sprig of dry spaghetti in a tin of tomato sauce and hope for the best."

How did we end up with a day where we expect and even applaud mass deception like this?

Throughout history, many cultures have had days where foolishness is celebrated and pranks are expected. The specific origins of our own April Fools' Day are still a little murky. But scholars believe that it may have arisen after the adoption of the Gregorian Calendar in the 16th century.

One of its biggest changes was moving New Year's Day from the beginning of April to January 1st. As the new calendar was being adopted, those who were still going out to make their New Year's Day visits on April 1st were teased for being "fools."³

Folklorist Nancy Cassell McEntire notes that people expect April Fools' Day pranks to be

harmless and that the pranked is often expected to turn the tables on the prankster. If the victim isn't laughing, too, then the April Foolishness has not worked.

In hindsight, if we could catalogue some of the many financial news predictions that never materialized, one might wonder if there aren't more days in a news year like this most famous one. The sad difference is financial forecasters and pundits are actually not joking around.

Reminder: if your investment strategy has to rely on a short-term prediction about the future it's probably taking some significant risks. Avoiding forecast-dependent strategies is a good way to avoid being one of the fooled.

So remember on April 1st that any outrageous or absurd news stories you see may be hoaxes.

Have a great weekend!

Source: Efficient Advisors

Golf Tip of the Week



Take Your Wedge into the Sand... and Beyond

Many people think a sand wedge is only for the bunker. But really, you should use your sand wedge for bunker shots and most pitch shots to the green.

It's important to remember that the sand wedge has "bounce" on the sole of the club, meaning the back trailing edge is lower than the front leading edge. When used properly, or "improperly," as the case may be, the very forgiving design built into your sand wedge could help in a variety of lies and situations.

Try using it on your short approaches instead of a pitching wedge – you may be surprised!

Tip courtesy of Jay Perkins, PGAⁱ

Recipe of the Week

Classic Tomato and Bread Soup



Serves 6

Ingredients:

1 medium onion
4 Tbsp. olive oil (divided)
4 to 6 cloves garlic, minced
2, 28-oz. cans whole, peeled tomatoes
2 to 3 bay leaves
2 cups of chicken stock
1½ cups of cubed, rustic bread (best to use day old)
1 tsp. dried oregano
Pinch of chili flakes
Approximately ½ tsp. salt, to taste
Fresh ground pepper, to taste
Freshly grated Parmesan cheese
Chopped fresh basil or parsley, for garnish

Directions:

1. Begin by adding the olive oil to a 5- to 6-qt. Dutch oven, warmed on medium heat. Sauté onions until translucent. Then, season with salt and pepper, add minced garlic, and cook for a few additional minutes.
2. Next, crush the tomatoes by hand, and transfer into the pot.
3. Add the chicken stock, bay leaves, and dried oregano. Heat to a simmer, then reduce heat to maintain a low simmer. Cook for about 20 minutes.

4. Warm up a large frying pan on medium heat and add the remaining olive oil into a sauté pan. When the oil is hot, evenly spread the cubed bread in the pan. Toss to coat with oil and brown the sides of the bread evenly.
5. After the soup has cooked for approximately 20 minutes, add the browned bread cubes. Cook for about 5 more minutes, then turn off the heat, cover the soup, and let stand for 15 minutes. Remove the lid, then extract the bay leaves and discard.
6. Set aside about $\frac{1}{3}$ of the soup. Purée the rest with an immersion blender or pour it into a food processor and blend until smooth. Re-incorporate the blended and unblended soup. Pour into bowls and serve with grated parmesan and chopped fresh parsley or basil.

Recipe adapted from Simply Recipesⁱⁱ

Health Tip of the Week



Collagen Regenerates and Renews

Collagen is an abundant protein in the body, which regenerates and forms new tissues, but is poorly produced and replaced as we age. Studies have shown that supplementing with collagen may yield health benefits:

- **Faster exercise recovery:** those who supplemented with 3 grams of a collagen extract significantly improved their exercise recovery rates.
- **Help for arthritis:** collagen supplements reduced pain and inflammation in people diagnosed with osteoarthritis.
- **Younger-looking skin:** taking 2.5 to 5 grams of collagen daily resulted in significantly higher skin elasticity as well as improved skin moisture. Additionally, women who took 1 gram of collagen extract showed a significant reduction of dry, scaling skin, reduced lines and wrinkles, improved circulation, and a significant boost in overall collagen levels in the skin.

- **More benefits.** Taking the supplement stimulates tissue regeneration and slows the loss of bone density.

Be sure to research the type or types of collagen to support the benefit you are seeking, and tailor the variety and dosage to your individual needs.

Tip adapted from Amazing Wellness Magazineⁱⁱⁱ

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ⁱ <https://www.pga.com/golf-instruction/golf-tip-day/hybrids-and-irons/handy-sandy>

ⁱⁱ https://www.simplyrecipes.com/recipes/tomato_and_bread_soup_pappa_al_pomodoro/

ⁱⁱⁱ <https://amazingwellnessmag.com/departments/buying-using-collagen>