## Walk your way to better overall health

People turn to many different exercises and pieces of fitness equipment to get in shape and lose weight. What they may not realize is that one of the most effective health strategies requires no additional gear except a quality pair of athletic shoes. Walking is one of the easiest and most accessible activities that can improve overall health. In fact, walking is now being touted as "the closest thing we have to a wonder drug," according to Dr. Thomas Frieden, former director of the Centers for Disease Control and Prevention. Indeed, walking offers a host of benefits, including:

· Reduces the risk of developing breast cancer by as much as 14 percent, according to the American Cancer Society.

Helps a person maintain a healthy weight and lose body fat. · Improves cardiovascular fit-

ness by strengthening the heart. · Improves muscle endurance.

· Helps to prevent or manage conditions like stroke, high blood pressure, cardiovascular disease, and type 2 diabetes, according to the Mayo Clinic.

· Boosts immune function to make a person less susceptible



to common viruses like the cold and flu.

Eases joint pain associated with arthritis, and can even prevent osteoarthritis from developing in the first place, according to Harvard Health.

Helps tame cravings for sweets and other fattening or sugary foods.

The faster and more frequently a person walks, the greater the benefits. One also can alternate periods of leisurely walking with brisk walking as a form of interval training to burn more calories and improve cardiovascular fitness.

-metrocreativeconnection

## Egg casserole can be a brunch staple

On lazy weekend mornings or when entertaining a crowd, it may be more fitting to serve brunch rather than breakfast or lunch. Brunch enables guests or family members to sleep in a little later. Plus the filling combination of menu items can keep people satisfied until dinner later on in the evening.

The recipes for "Farmhouse Skillet" from Lord Honey Traditional Southern Recipes with a Country Bling Twist (Pelican Publishing) by Chef Jason Smith, puts together a blend of savory ingredients into an egg casserole that can be a winner on any brunch table.

Farmhouse Skillet Serves 8-10

1 pound bacon, diced

2 cups cubed cooked ham 1/2 pound breakfast sausage, cooked and crumbled

1 small purple onion, diced 1/2 red bell pepper, diced 1/2 yellow bell pepper diced

10 eggs, beaten

1/2 cup heavy cream 1~(20-ounce) package frozen shredded hash browns, or tater

tots, thawed Salt and ground black pepper

1 cup shredded Monterey



Jack cheese

Preheat oven to  $350~\mathrm{F}.$ 

In a very large cast-iron skillet (12-inch or larger), over medium heat, cook the bacon until crispy. Then add the ham and sausage and stir.

Add the onions and peppers, and sauté for 5 minutes, always stirring.

In a small bowl, whisk the eggs and heavy cream.

Stir the hash browns into the skillet, and add salt and pepper to taste. Cook for 5 to 8 minutes, until hash browns start to brown. Remove from heat. Add the egg mixture, top with cheese, and bake for 20 to 25 minutes or until bubbly and cheese is melted.

-metrocreativeconnection

## A seasonal spring surprise



You can almost feel spring in the air, and with the warmer weather comes delicious, delectable foods. From casseroles to fresh fruits and wholesome vegetables, a change of season offers something to look forward to for nearly every foodie.

A spring dish that is sure to impress is this cheesy asparagus tart. It has melted cheese, cooked asparagus and an under layer of puff pastry baked to golden brown perfection.

Start by cooking your asparagus on the stove top in 5 cups of water for 5-8 minutes. Then soak it in an ice bath until cooled. Transfer to a mixing bowl to add vegetable oil, salt and pepper for tasty, seasoned veggies.

Now it's time to work with your puff pastry. Sprinkle some flour on a flat countertop. Roll out the thawed puff pastry to a 16x10-inch rectangle. Move to a lined baking sheet and prick with a fork to create a thin, flaky texture. Bake around 12 minutes and cool.

The final steps: mix the cheeses, shallots, egg yolks, nutmeg, salt and pepper. Spread this mixture across the pastry and lay asparagus over the top. Bake 5 more minutes.

For a little extra flavor, add lemon zest over the tart.

This tart is a perfect appetizer before Sunday brunch or to cut up and take outside for some al fresco dining this spring.

It's got gooey, melted cheeses, is seasoned well and has hearty asparagus on top. Plus, it's a vummy way to add vegetables to your kids' diet (and yours, too). Find more spring recipes and

dining ideas at Culinary.net. **Cheesy Asparagus Tart** 

Servings: 8-10 5 cups water 1 pound asparagus Ice water

2 teaspoons vegetable oil 1/4 teaspoon salt, plus additional, to taste, divided

1/4 teaspoon pepper, plus additional, to taste, divided

Flour, for dusting

1 sheet frozen puff pastry,

1 cup grated Fontina cheese 1 cup grated Gruyère cheese 1 tablespoon shallot, minced 2 egg yolks

3 tablespoons milk

1/4 teaspoon nutmeg 1 lemon, zest only

Heat oven to 400 F. In large skillet, add water and asparagus. Cook 5-8 minutes until asparagus is bright

Drain asparagus and soak in ice water.

In large bowl, mix drained asparagus, vegetable oil, salt and pepper until combined.

Flour surface area. Using rolling pin, roll out pastry to 10x16-inch rectangle. Transfer pastry to parchment-lined baking sheet. Prick pastry with fork. Bake about 12 minutes, or until golden brown. Cool slightly on baking sheet.

In large bowl, mix Fontina cheese, Gruyère cheese, shallot, egg yolks, milk, nutmeg and salt and pepper, to taste, until combined. Spread cheese over pastry, leaving 1 inch around edges. Lay asparagus over cheese mixture.

Bake 5 minutes, or until cheese has melted.

Sprinkle lemon zest over tart and serve.

--Family Features/ Culinary.net

#### Enterprise Finnish Cemetery donations

Memorials and donations are always welcome to assist with the upkeep of the Enterprise Finnish Cemetery. They may be sent to Candy Hess, PO Box 24, Lakota, ND 58344.

### Make brunch better with bacon



From classic combinations like bacon and eggs to more extravagant offerings, a brunch spread offers a blank canvas for creativity and opportunities to enjoy your loved ones' favorite morning noshes.

For your next brunch celebration, whether it's a special occasion or just an excuse to spend time together, consider adding what may become a new family favorite to the menu. This bacon banana bread combines two morning meal classics in one easy-to-enjoy bite.

Plus, it's made using Coleman Natural Bacon so you can feel confident you're feeding your family all-natural pork sourced from American Humane Certified family farmers who raise their animals the way nature intended -- 100% cratefree without antibiotics or added hormones. The preparation is simple (just 10 minutes in the kitchen) so you can put this dish together and catch up with loved ones while baking a sweet and savorv snack.

For more brunch recipe ideas, visit ColemanNatural.com. **Bacon Banana Bread** 

Prep time: 10 minutes Cook time: 70-80 minutes Servings: 6-8

Nonstick cooking spray 1-1/4 cups all-purpose flour, divided

1 teaspoon baking soda 1 teaspoon baking powder

1 cup sugar 3 medium bananas, mashed

1/2 cup canola oil 2 eggs

1 teaspoon vanilla extract

8 slices Coleman Natural Bacon, cooked and cut into 1/4-1/2-inch pieces

Preheat oven to 325 F. Lightly grease 9x5-inch loaf pan with nonstick cooking spray.

In large bowl, combine 1

cup flour, baking soda, baking powder and sugar. In separate bowl, combine mashed bananas, canola oil, eggs and vanilla

Add banana mixture to dry ingredients, stirring until just In small bowl, toss bacon and

remaining flour until bacon is lightly coated. Fold flour-coated bacon into

batter. Pour batter into prepared loaf pan.

Bake 70-80 minutes, or until toothpick inserted near center comes out clean.

Cool in pan on wire rack 20 minutes before inverting bread onto wire rack to cool completely.

Cut and serve.

--Family Features





Receiving a diploma is something to take seriously, even for those students who are somewhat older than their fellow graduates. In 2003, Gustava Bennett Burrus graduated from Richmond High School outside of San Fransisco, Calif., at the age of 97. Ruth Hayes Green graduated from the Adult High School of the Perth Amboy, New Jersey Adult Education Center in 2010 at age 98. In 2013, 106-year-old Fred Butler, a student at Beverly High School in Massachusetts, received his high school diploma. He broke the Guinness World Record for oldest graduate previously held by Allan Stewart of Australia, who received a Bachelor of Laws degree at age 91 from the University of New England, New

-metrocreativeconnection

### ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023**

of the American Family Life Assurance Company of New York In the state of New York 1.138.113.993 Total Assets Total Liabilities 815,370,344 Aggregate write-ins for special surplus funds Common Capital Stock 2,000,000

Preferred Capital Stock Aggregate write-ins for other than special surplus funds Surplus notes Gross paid in and 33,331,688 287,411,961 contributed surplus Unassigned funds

Total capital and Total Liabilities, Capital and Surplus and Surplus 1,138,113,99
NORTH DAKOTA BUSINESS
ONLY FOR THE YEAR 2023 1,138,113,993

Total Life and Annuity Premiums Written Total Life and Annuity Direct Losses Paid Total Accident & Health Direct Premiums Written

Total Accident & Health Direct STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER

OF INSURANCE I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the

Company in this office.

IN TESTIMONY WHEREOF I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D.

Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE **COMPANY'S CERTIFICATE OF** 

JON GODFREAD

AUTHORITY
WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and WHEREAS, the said company has

filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law

aforesaid, NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at

Bismarck this first day of May, A.D., 2024. (SEAL) JON GODFREAD Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

# **DECEMBER 31, 2023**

of the American Income Life Insurance Company

special surplus funds Common Capital Stock 11,680,107 Preferred Capital Stock

Surplus notes Gross paid in and 71,892,869 297,004,038 contributed surplus Unassigned funds Total capital and

and Surplus 5,296,153,08
NORTH DAKOTA BUSINESS
ONLY FOR THE YEAR 2023 5,296,153,089

Total Accident & Health Direct

Company in this office.

IN TESTIMONY WHEREOF, have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D.

Commissioner of Insurance
STATE OF NORTH DAKOTA

duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the usiness of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law

GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at

Bismarck this first day of May, A.D., 2024. (SEAL) JON GODFREAD

60577 ABSTRACT OF STATEMENT FOR THE YEAR ENDING

In the state of Indiana

Total Assets 5,296,153,089 4,890,576,075 Total Liabilities Aggregate write-ins for

Aggregate write-ins for other than special surplus funds 25,000,000

surplus Total Liabilities, Capital 405,577,014

Total Life and Annuity Premiums Written 5,003,551 Total Life and Annuity Direct Losses Paid 1,236,801 Total Accident & Health Direct

Promiums Written 347,005

Losses Paid 86,056
STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER

OF INSURANCE I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the

JON GODFREAD

OFFICE OF THE COMMISSIONER OF INSURANCE **COMPANY'S CERTIFICATE OF** AUTHORITY
WHEREAS, the above corporation

aforesaid, NOW THEREFORE, I, JON

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

### 62200 ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023**

of the Accordia Life and Annuity Company American Memorial Life Insurance In the state of Iowa 12,575,419,912 12,575,419,912 Total Assets Total Liabilities Aggregate write-ins for special surplus funds Common Capital Stock Preferred Capital Stock Aggregate write-ins for other than special surplus funds Surplus notes Gross paid in and contributed surplus 926,818,899

Unassigned funds -248,089,421 Total capital and 678,729,480 surplus Total Liabilities, Capital and Surplus 13,254,149,392 NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023
Total Life and Annuity

Premiums Written Total Life and Annuity Direct Losses Paid 7,290,620 Total Accident & Health Direct Premiums Written Total Accident & Health Direct

Losses Paid STATE OF NORTH DAKOTA
OFFICE OF THE COMMISSIONER OF INSURANCE

I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the

Company in this office.
IN TESTIMONY WHEREOF I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SEAL) JON GODFREAD

Commissioner of Insurance
STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE COMPANY'S CERTIFICATE OF **AUTHORITY** 

WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,
NOW THEREFORE, I, JON

GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws. do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D.,

Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

JON GODFREAD

### 67989 ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023** of the

Company In the state of South Dakota Total Assets 4,667,599,481 4,403,902,252 Total Liabilities Aggregate write-ins for special surplus funds Common Capital Stock 2,500,000

Preferred Capital Stock Aggregate write-ins for other than special surplus funds Surplus notes Gross paid in and 160,253,920 100,943,302 contributed surplus Unassigned funds

Total capital and Total Liabilities, Capital and Surphy and Surplus 4,667,599,474
NORTH DAKOTA BUSINESS
ONLY FOR THE YEAR 2023

Total Life and Annuity Premiums Written 80,984 Total Life and Annuity Direct Losses Paid 715,896 Total Accident & Health Direct 0 Premiums Written Total Accident & Health Direct

Losses Paid
STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE I, Jon Godfread, Commissioner of Insurance of the State of North

Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the Company in this office.

IN TESTIMONY WHEREOF I have hereunto set my hand and

affixed the seal of this office at Bismarck, the first day of May, A.D.

JON GODFREAD Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE **COMPANY'S CERTIFICATE OF** 

AUTHORITY
WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid, NOW THEREFORE, I, JON

GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D., 2024. (SEAL)

JON GODFREAD Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

#### 69337 ABSTRACT OF STATEMENT FOR THE YEAR ENDING **DECEMBER 31, 2023** of the

American Financial Security Life Insurance Company In the state of Missouri 19,722,877 Total Assets Total Liabilities 6,042,552 Aggregate write-ins for special surplus funds 1,500,000 Common Capital Stock Preferred Capital Stock Aggregate write-ins for other than special

surplus funds Surplus notes Gross paid in and contributed surplus 12,403,307 Unassigned funds -222,982 Total capital and

13,680,325

surplus Total Liabilities, Capital and Surplus 19,722,87
NORTH DAKOTA BUSINESS
ONLY FOR THE YEAR 2023 Total Life and Annuity Premiums Written

Total Life and Annuity Direct Losses Paid Direct Losses Faid
Total Accident & Health Direct
Promiums Written 76,238 Total Accident & Health Direct
Losses Paid 27,871
STATE OF NORTH DAKOTA

OFFICE OF THE COMMISSIONER OF INSURANCE I. Jon Godfread. Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the

Company in this office.

IN TESTIMONY WHEREOF, have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SEAL)

JON GODFREAD Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE **COMPANY'S CERTIFICATE OF** 

AUTHORITY
WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the pusiness of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law

aforesaid, NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at

2024. (SEAL) JON GODFREAD Commissioner of Insurance (Publish May 2, 9 & 16, 2024)

Bismarck this first day of May, A.D.,

# 71471 ABSTRACT OF STATEMENT FOR THE YEAR ENDING

**DECEMBER 31, 2023** of the Ability Insurance Company In the state of Nebraska Total Assets 1,179,380,037 **Total Liabilities** 1,144,614,426 Aggregate write-ins for special surplus funds

Common Capital Stock 2,500,000 Preferred Capital Stock Aggregate write-ins for other than special surplus funds 14,250,000 Surplus notes Gross paid in and

contributed surplus 77,796,445 Unassigned funds -59,780,834 Total capital and surplus 34,765,611 Total Liabilities, Capital

and Surplus 1,179,380,00 NORTH DAKOTA BUSINESS 1,179,380,037 ONLY FOR THE YEAR 2023
Total Life and Annuity Premiums Written 5,428 Total Life and Annuity Direct Losses Paid

Premiums Written 6,96.
Total Accident & Health Direct 6,965,970 Losses Paid

STATE OF NORTH DAKOTA

OFFICE OF THE COMMISSIONER

OF INSURANCE

Total Accident & Health Direct

I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the Company in this office.
IN TESTIMONY WHEREOF

Bismarck, the first day of May, A.D. 2024. (SEAL) JON GODFREAD Commissioner of Insurance STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER

OF INSURANCE COMPANY'S CERTIFICATE OF

I have hereunto set my hand and affixed the seal of this office at

**AUTHORITY** WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,

NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws. do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025. IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D.,

JON GODFREAD Commissioner of Insurance

(Publish May 2, 9 & 16, 2024)