

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.



to common viruses like the cold and flu.

- 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 fitness by strengthening the heart.

· 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.

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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.



Jack cheese

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.

- 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 to taste
1 cup shredded Monterey

Preheat oven to 350 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.

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.

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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 yummy 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, thawed
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 green.
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

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% crate-free 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 savory 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 extract.

Add banana mixture to dry ingredients, stirring until just combined.

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

Did You Know?



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 Francisco, 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 South Wales, Australia.

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Table with financial data for American Family Life Assurance Company of New York. Includes Total Assets (1,138,113,993), Total Liabilities (815,370,344), and Gross paid in and contributed surplus (33,331,688).

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

Table with financial data for American Income Life Insurance Company. Includes Total Assets (5,296,153,089), Total Liabilities (4,890,576,075), and Gross paid in and contributed surplus (71,892,869).

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Table with financial data for Accordia Life and Annuity Company. Includes Total Assets (12,575,419,912), Total Liabilities (12,575,419,912), and Gross paid in and contributed surplus (926,818,899).

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Table with financial data for American Memorial Life Insurance Company. Includes Total Assets (4,667,599,481), Total Liabilities (4,403,902,252), and Gross paid in and contributed surplus (160,253,920).

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Table with financial data for American Financial Security Life Insurance Company. Includes Total Assets (19,722,877), Total Liabilities (6,042,552), and Gross paid in and contributed surplus (12,403,307).

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Table with financial data for Ability Insurance Company. Includes Total Assets (1,179,380,037), Total Liabilities (1,144,614,426), and Gross paid in and contributed surplus (77,796,445).

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