

SEPTEMBER NEWSLETTER



Dates to remember



economic contributions of laborers to society and recognizing their individual rights.

American labor has elevated our standard of living and driven unprecedented levels of production. The labor movement has played a crucial role in bringing us closer to achieving our longstanding ideals of social and political democracy.

On September 5, 1882, an important date, the United States of America honored the American labor movement, paying tribute to the social and -



September 8 - Grandparents Day

September 13 - Positive Thinking Day

September 18 - Air Force Day

September 21 - International Day of Peace

September 25 - Comic Book Day

September 29 - National Coffee Day

September 30 - Publication of the First Post in the Blog "The Facebook"



LIFE HAPPENS

Plan For Today...

Life insurance is a powerful financial tool that can be used to protect and secure your family's future if you should die too soon.

...Protect Tomorrow



Breathe Easier With Living Benefits

Accelerated Benefits Riders are optional, no-additional cost riders that can allow you to access all or part of your death benefit, while living, if you experience a qualifying terminal, chronic, or critical illness, or critical injury.

The use of the benefit is unrestricted with the exception that ABR proceeds for chronic illness in the state of Massachusetts can only be used to pay for expenses incurred for Qualified Long-Term Care services.*

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TODAY'S MENU

Healthy Guacamole



Ingredients

- Avocados
- Onion
- Tomatoes
- Cilantro
- Jalapeno
- Garlic
- Lime
- Salt

Instructions

Slice three ripe avocados in half, remove the pit and scoop them into a mixing bowl. Then use a fork to gently mash them to your desired level of chunky or smooth. Add the onions, tomatoes, cilantro, jalapeno pepper, garlic, lime juice and salt and stir everything together. That's it. The most delicious, easy guacamole

