

B & S INSURANCE  
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# B & S Newsletter

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## Where does the Tradition of Halloween come from?

Have you ever asked yourself, "Who in the world ever thought of the idea of walking around in weird costumes, trick or treating, and/or putting a carved-out pumpkin in your window?"

The many customs we have today in relation to Halloween have their origins in the religious practices of the Romans and the Druids, therefore dating back many centuries. The Romans worshiped various gods and on October 31, a special feast was held in honor of Pomona, goddess of the fruit trees. Later, the Druids, an ancient order of Celtic priests in Britain, made this feast an even more extensive celebration by also honoring

Samhain, lord of the dead. This was normally done on November 1 and it was therefore decided to conveniently honor both Pomona and Samhain on October 31 and November 1.

The custom of trick-or-treating and the use of "jack-o'-lanterns" comes from Ireland. Hundreds of years ago, Irish farmers went from house to house, begging for food, in the name of their ancient gods, to be used at the village Halloween celebration. They would promise good luck to those who gave them good, and made threats to those who refused to give. They simply told the people, "You treat me, or else I will trick you!"



**Don't forget to change your  
clock back!  
Sunday, November 6th, 2011**

## Did you Know?

If you wait until you're 65 or when you're retired, you pay nearly twice as much for the same policy!  
So it's never too soon to start thinking about Life Insurance!



## Slow Cooker Beef Stew

Prep Time: 20 Min

Cook Time: 12 Hrs

Servings: 6

### Ingredients

- 2 pounds beef stew meat, cut into 1 inch cubes
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 tsp. ground black pepper
- 1 clove garlic, minced
- 1 bay leaf
- 1 teaspoon paprika
- 1 teaspoon Worcestershire sauce
- 1 onion, chopped
- 1 1/2 cups beef broth
- 3 potatoes, diced
- 4 carrots, sliced
- 1 stalk celery, chopped

### Directions

1. Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.
2. Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.



## Annual Election Period Is Going On Now!

### Prescription Drug Plan (Part D)

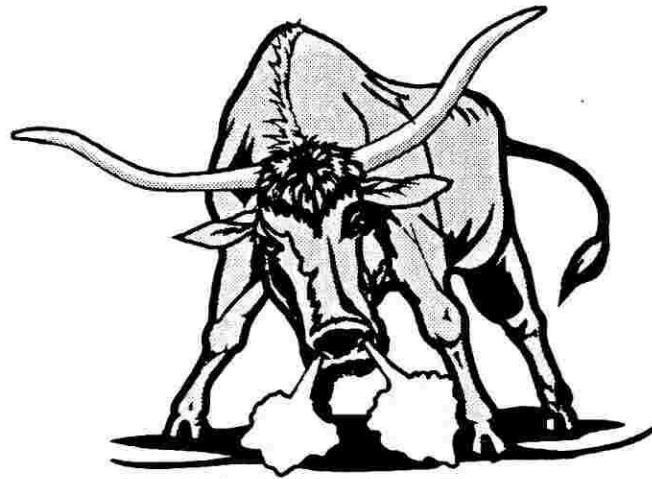
Starting October 15th, 2011 through December 7th, 2011

At this time, you should have already received a packet stating what your plan was for 2011 and what it will be for 2012.

We are here to help you! If you have questions or would like to discuss a new plan, just give us a call!



Medicare Rx



## CALL FOR A FREE QUOTE TODAY!

We are an Independent Agency, with many companies to offer.  
We search a variety of Companies to get you the coverage that  
best fits your needs, at the most affordable premium.  
We offer the GREAT service you expect.

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