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Special Interest Articles:

How to survive the holidays

Office Happenings and Closures.

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How to survive the holidays

We are full steam ahead; the holiday rush has begun. Beyond getting the flu vaccine, there is a lot you can do to help your body and mind during the holidays.

- Get plenty of sleep.
- As you prepare holiday meals, keep yourself and your guests safe from food-related illness. Keep raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces.
- Wash your hands frequently.
- Plan ahead! Shop ahead, bake ahead, and clean ahead. This will allow you more time to relax and enjoy time with your family.
- Check your "Martha Stewart" impulses at the door and accept that you can't do everything
- If you drink, do so in moderation.
- Depression and anxiety increases during the holidays. Watch for signs of depression among your friends and family.
- Take more walks. Physical activity is the best way to benefit your health during the holidays.



Thank you for your referrals!





Staff Spotlight – Stacey Ellis

Stacey was born and raised in Kansas and came to Montana on Vacation in 1984. When she moved to Montana in 1986, she told her family that she was only going to stay for five years. Well, 30+ years later, she is home and where she belongs.

She graduated from Browne Mackie Business College and started her career. Stacey has been the bookkeeper for

Central Insurance Agency since 2010.

When she is away from the office, Stacey and her husband, Scott, enjoy 4 Wheeling in the mountains, camping, fishing and their Yorkie's aka the kids, Bubba, Peanut and Romeo. Family and friends are a huge part of Stacey's life. If they need her, she's there. She is a diehard Dallas Cowboys and Kansas Jayhawk fan.

Office Happening's and Closers:



Our office will be closed on the following dates:

December 25th and January 1st so our employees can celebrate the holidays with their families.



Remember to drive safe on the icy and snow packed roads. Give yourself plenty of time to arrive. Don't add another notch to the ditch count.

Chocolate Crinkle Cookies

Ingredients

1 Cup unsweetened cocoa powder
2 cups vegetable oil
4 eggs
2 teaspoons vanilla extract
2 cups all- purpose flour
2 teaspoons baking powder
½ teaspoon salt
½ cup confectioners' sugar

Directions

In a medium bowl, mix together cocoa, white sugar, and vegetable oil. Beat in eggs one at a time, and then stir in the vanilla. Combine the flour, baking powder, and salt; stir into the cocoa mixture. Cover dough, and chill for at least 4 hours.

Preheat oven to 350 degrees F (175 degrees C). Line cookie sheets with parchment paper. Roll dough into one inch balls. I like to use a number 50 size scoop.

Coat each ball in confectioners' sugar before placing onto prepared cookie sheets.

Bake in preheated oven for 10 to 12 minutes. Let stand on the cookie sheet for a minute before transferring to wire racks to cool



Bring on the New Year!

What an Exciting year 2017 has been. It's truly been a pleasure connecting and reconnecting with our clients. Through our newsletter, Facebook, and one-on-one policy reviews, we have been able to understand and help so many more clients than before. We are energized to see what 2018 will bring and very grateful for all your past business. We hope 2018 brings you much success and happiness.

Amidst the clinking glasses and strains of Auld Lang Syne, remember to be grateful for another happy year.

