



# Pure Security Insurance

October, 2010 Issue

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**Office Hours:**  
**Mon-Fri: 9 A.M. -5 P.M.**

**About Us**

Pure Security Insurance is a local insurance brokerage. We provide FREE quotes from multiple nationally recognized insurance companies. We are dedicated to finding plans that best fit our client's needs. We specialize in the following insurance:

- Medicare**
- Life**
- Health**
- Dental**
- Long Term Care**
- Health Supplements**

**Fun Fact**

Sharks are the healthiest animals in the world. They are immune to every known disease, even cancer!

**Long Term Care**

<p>As each year passes the human life expectancy expands. At the same time more and more people are being diagnosed with long term illnesses. Due to this, Long Term Care is growing more and more important.</p> <p>Long Term Care comes in handy when someone has reached the point where they must go outside of</p>	<p>their home for care. This type of insurance helps to cover the cost that your insurance company cannot.</p> <p>With Long Term Care insurance, you can choose how long you would like for your coverage to last, with the options of 3 or 5 years, or even up to the value of \$1 million.</p>	<p>With the cost of living growing each year, you can protect your coverage with inflation protection. As the cost of living increases, so does the benefit amount.</p> <p>The earlier you buy your coverage the more affordable the premiums will be. Benefits can also be shared between spouses.</p>
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**Recipe**

**Banana Muffins**

Ingredients:

- 2 cups of flour
- 2 tsp. of baking powder
- 1/2 tsp salt
- 1/2 cup of butter at room temperature
- 3/4 cup of sugar
- 2 eggs
- 3 over ripe bananas, mashed up a bit
- 1 tsp. vanilla extract

Mix together the flour, baking powder, and salt and set aside. In your mixer, mix together the butter and sugar, then add the eggs and mix well. Cream everything together 2-3 minutes. Add the eggs, bananas and vanilla and beat until smooth. Stir in the flour mixture. Spoon the batter into muffin cups and bake at 350 F about 25-30 minutes, until done in the center

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