



**1** First National Bank  
 Investment Management & Trust  
*Women's Series*

*National S'mores Day is August 10th*

S'mores were named from frequent requests for "some more" whenever the desserts were made.

The first publication of the "Official S'mores Recipe" was in the book, *Tramping and Trailing with the Girl Scouts, 1927*. S'mores are confections made from graham crackers, marshmallow, and chocolate heated until the contents melt. The word "s'mores"--always used in the plural--is short for "some mores," referring to one's appetite for more than just one. It is a cookie particularly popular at Girl Scout's campfire cookouts. Perhaps you'd like to make these confections for your family to celebrate National S'mores Day.

Here are two variations of the S'mores recipes you may not have seen before:

**HOW GIRLS MAKE S'MORES**

- (1) Place Hershey bars on graham crackers
- (2) Toast marshmallows
- (3) Place toasted marshmallows on Hershey bars to melt chocolate

**HOW BOYS MAKE S'MORES**

- (1) Eat Hershey bars
- (2) Eat marshmallows
- (3) Throw graham crackers at other boys

Source: [www.geocities.com/suarezgfam/Smores.html](http://www.geocities.com/suarezgfam/Smores.html)

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1.
2.	3.	4.	5.	6.	7.	8.
9.	10.	11.	12.	13.	14.	15.
16.	17.	18.	19.	20.	21.	22.
	<b>My Bucket List</b> 3:00 – 4:30 p.m., Tuesday, August 18, Windsor		<b>Meet the Experts</b> (Attorney, CPA & Financial Advisors) 10:00 a.m. – 11:30 a.m., Wednesday, August 19, Fort Collins			
23.	24.	25.	26.	27.	28.	29.
30.	31.					Additional details on reverse...

## *Women's Series*

### **My Bucket List**

3:00 – 4:30 p.m., Tuesday, August 18, 2009

*Marks Funeral & Cremation Services*

9293 Eastman Park Drive, Windsor

In the film, *The Bucket List*, Jack Nicholson and Morgan Freeman, two unlikely hospital roommates who both receive a 6 month terminal diagnosis, join together to create a “bucket list.” Get ready to fantasize, laugh and celebrate because Larry Kilpatrick, Mountain Valley Health Care will help you create a list of things you’d like to accomplish before you kick the proverbial bucket. You will build an itinerary to embark on an adventure of a lifetime to fulfill your dreams. And, because you’ve asked for the information, Mike Evans, owner of The Evans Agency will provide some informational items that we rarely discuss... what to do when someone passes and what it means when your decision is to be buried or cremated. Mark Long invites you to tour his beautifully remodeled funeral home (demolished by the tornado) after the seminar. Guests welcome. No charge, but reservations are requested. Please RSVP to Jo Nell Lynd at 970.495.1293 or email [jllynd@1stnationalbank.com](mailto:jllynd@1stnationalbank.com) by Monday, August 10th. Co-sponsors for the seminar are the Aspen Club and Poudre Valley Hospital and Medical Center of the Rockies Foundations.

### **Meet the Experts (Attorney, CPA & Financial Advisors)**

10:00 a.m. – 11:30 a.m., Wednesday, August 19, 2009

*Café Columbine & Bakery*

802 West Drake Road, Fort Collins

Each of us needs to work with an estate attorney or financial advisor during our lifetime, but fear that we will be intimidated or the cost will be prohibitive. Our panel of experts will share their recommendations and answer your financial questions. Being more prepared can save you time, money and give you the peace of mind knowing you have provided for your loved ones. No charge, but reservations are requested. Please register by contacting the Aspen Club at 970.495.7500 or [mbs@pvhs.org](mailto:mbs@pvhs.org). Co-sponsors for the seminar are First National Bank Investment Management & Trust, the Aspen Club and Poudre Valley Hospital and Medical Center of the Rockies Foundations.

## **SAVE THE DATE:**

### **Financial Fitness for Women: Retire Well in Uncertain Times**

2:00 p.m. - 4:00 p.m., Tuesday, September 22, 2009

*Jay's Bistro*

137 West Oak Street, Fort Collins

Presenter: Lisa Whannel, QKA

Vice President & Retirement Plan Services Manager

First National Bank Investment Management & Trust

### **Financial Fitness for Women: Planning for Your Future**

2:00 p.m. - 4:00 p.m., Thursday, November 5, 2009

*The Stonehouse Grille*

125 South College Avenue, Fort Collins

Presenter: Kathleen Thompson, CFP®

Account Executive

First National Bank Investment Management & Trust

#### **IN THE KNOW**

⋮ The Women's Series Calendar is mailed to you on a monthly basis, and we hope that you will join us for some of our events.  
⋮ However, should you decide that you'd rather not receive event information, please contact Louise Kuntzelman at 970.495.9353 or via e-mail at [lkuntzelman@1stnationalbank.com](mailto:lkuntzelman@1stnationalbank.com).  
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