



# Valley Ag Insurance Newsletter

January 27<sup>th</sup>, 2020

Volume 1, Number 2

## In This Issue

- Employee Spotlight
- Our Favorite Recipes!
- Recipe Search
- Netiquette

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## Recipe Search

Valley Ag Insurance Inc. is looking for exciting new or tried and true recipes to be featured in our February newsletter! Please submit them electronically to [JTaylor@valleyagins.com](mailto:JTaylor@valleyagins.com) or mail them to our office before February 25<sup>th</sup>, 2020.

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## Comforting Chicken Noodle Soup



### Ingredients

- 2 quarts water
- 8 teaspoons chicken bouillon granules
- 6-1/2 cups uncooked wide egg noodles
- 2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
- 3 cups cubed cooked chicken
- 1 cup sour cream
- Minced fresh parsley

### Directions

- In a large saucepan, bring water and bouillon to a boil. Add noodles; cook, uncovered, until tender, about 10 minutes. Do not drain. Add soup and chicken; heat through.
- Remove from the heat; stir in the sour cream. Sprinkle with minced parsley.

### **Test Kitchen Tips**

- Use frozen egg noodles to give homemade soup an added flair. They are more rustic and thick than noodles and require a bit more cooking. Look for them near the frozen pasta.

### **Nutrition Facts**

1 cup: 218 calories, 9g fat (4g saturated fat), 67mg cholesterol, 980mg sodium, 18g carbohydrate (2g sugars, 1g fiber), 15g protein.

Courtesy of <https://www.tasteofhome.com/recipes/comforting-chicken-noodle-soup/>

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## **Employee Spotlight**

At Valley Ag Insurance, we strive to recognize those that help us serve you. This month's employee spotlight is on Marc Cunningham. Marc

comes to Valley Ag Insurance with over thirty years of experience in Insurance!

He is a hard working individual and strives to make Valley Ag Insurance well known throughout the Central Valley. Marc is appreciated by the staff at Valley Ag Insurance for being so witty and clever. Keep up the good work Marc! We are lucky to have you!

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## **Heavy Rain? Be on the Lookout for Heavy Damage**



Your home protects you from the elements, but heavy rains can weaken that protection. With a little maintenance and a lot of vigilance, it's not hard to stay safe and dry.

Spring rainstorms are a fact of life in many areas of the country, and they help keep things green, even if they keep you inside. But when they get heavy, it's time to start thinking about the potential impact all that water has on your home. The first step is finding and fixing any immediate problems as soon as it's safe to do so. Then, you'll want to take measures to prevent those problems from happening during the next downpour!

### **Where is all that rain going?**

Your roof and gutters form a key line of defense for your home – and in a storm, they're vulnerable, because so many things can damage them. Trees, hail, and other objects can create weaknesses that might lead to leaks in your roof, so check for missing shingles and other issues. And keep your gutters clear so all that water drains properly.

### **Are you checking everywhere?**

Water dripping from the ceiling is hard to miss. Water in your crawl space, however, can easily go undetected because hardly anyone ever checks there. Don't forget to look down there after a storm (or have a professional do it) to make sure everything is nice and dry. If you do see moisture, you'll want to get it out with a sump pump as soon as possible.

And don't just look up – another place to check is your home's exterior, whether it's siding, brick, or another material. Weak spots can be hard to see, so look at various times of the day in different lighting conditions.

Of course, you'll want to make sure your doors and windows are properly sealed to keep the elements out, too.

### **What about around your property?**

Storm water has to go somewhere, and if your property doesn't drain well, or if runoff goes toward your foundation, you could have problems. So watch for patterns, and grade property so it drains away from your home if possible. Always be wary of hillsides and tilting trees after heavy storms, because the land might not be stable.

And don't forget to keep storm drains clear of leaves and other debris. This can prevent flooding both on the streets and your own property.

### **What should you do during the storm?**

During powerful storms, stay inside. This is not the time to check your roof, your exterior, or your property unless

there's an emergency and you know it's safe to go out. Monitor your interior, making sure no water is getting in. If it is, do what you can to alleviate the situation in the moment, even if it means just placing something under a leak to collect the water. For more serious problems, though, remember that safety is the most important thing. If your basement is flooding, for example, don't go down there – you could be trapped and even drown.

Thankfully, powerful storms only hit once in a while. Preparing for them, however, should be on your mind a lot more frequently, because the next one could be tomorrow.

*Reposted with permission from the original author, Safeco Insurance®.*



## Netiquette

In 2020, it seems almost impossible to not use some form of the internet. With netiquette becoming a growing topic, Valley Ag decided to research some “Netiquette” rules for the not-so tech savvy. See the infographics to help you while you surf, blog, post, and share on the web.

Netiquette is short for "Internet etiquette." Just like etiquette is a code of polite behavior in society, netiquette is a code of good behavior on the Internet. This includes several aspects of the Internet, such as email, social media, online chat, web forums, website comments, multiplayer gaming, and other types of online communication.

While there is no official list of netiquette rules or guidelines, the general idea is to respect others online. Below are ten examples of rules to follow for good netiquette:

1. Avoid posting inflammatory or offensive comments online (AKA Flaming).
  1. Flaming= a hostile online interaction that involves insulting messages between users.
2. Respect others' privacy by not sharing personal information, photos, or videos that another person may not want published online.
3. Never spam others by sending large amounts of unsolicited email.
4. Show good sportsmanship when playing online games, whether you win or lose.
5. Don't troll people in web forums or website comments by repeatedly nagging or annoying them.
  1. Trolling= creating deliberate negative comments or posts to upset others
6. Stick to the topic when posting in online forums or when commenting on photos or videos, such as YouTube or Facebook comments.
7. Don't swear or use offensive language.
8. Avoid replying to negative comments with more negative comments. Instead, break the cycle with a positive post.

9. If someone asks a question and you know the answer, offer to help.

10. Thank others who help you online, just as you would in person.

<https://techterms.com/definition/netiquette>

BEFORE YOU



think

**t**=is it true?

**h**=is it helpful?

**i**=is it inspiring?

**n**=is it necessary?

**k**=is it kind?

**Netiquette:** Smart tips for using the 'net' today!

Always **CHECK for CREDIBLE SOURCES**  
to ensure data is valid!

**HELLO**  
MY NAME IS

Do not share any personal information on social media or with individuals that you do not know.

Think before you post:  
Will what I do or say harm myself or anyone else at any point in the future?

Always get permission before going online!

Be sure to check privacy settings on all accounts to ensure that people you do not want viewing your information do not have access to your site or page!

The infographic features a yellow background with various text boxes and icons. At the top right, there are icons of a laptop and a smartphone. A speech bubble contains the 'HELLO' tip. A circular callout contains the 'Think before you post' tip. A large speech bubble at the bottom contains the privacy settings tip. Arrows point from the 'permission before' text to the speech bubbles.