

Circle of Safety

Your Consumer Awareness
Advisor

Valentine's Day Gift Ideas

February

Gift Ideas

Give a personalized handmade coupon book. For an adult give them a coupon for Queen or King for a day, or a day off. Ask yourself, "what are their regular duties/responsibilities/chores?" And you do their chores for them. What could be more fun for kids than breaking a few rules, just a bit. Give them a coupon for extra video game time or a night off from their chores. Spending time together is another great way to show your kids you love them. Make a coupon for an activity of their choosing to do together.

Personalized gifts are always a fun way to show you care. You can purchase a trinket box and have your special someone's name engraved on it.

Start or add to a charm bracelet.

Handmade card ideas

This is a fun activity for adults and children alike. Here are a few ideas:

- "Plant one on me" enclosed with a pack of seeds
- "You can count on me when things get sticky" attach a sticky piece of candy

These and other ideas can be found at familyfun.go.com

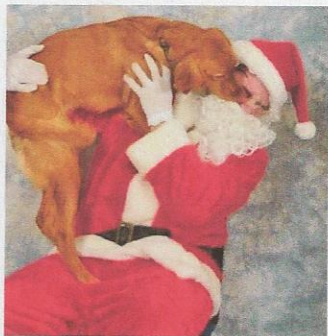
Treats and Eats

- Heart shaped pancakes for breakfast, add strawberries
- Heart shaped red finger Jello
- Heart shaped pizza
- Rice crispy treats with red hot candies or red M&M chocolate candies
- X and O sugar cookies are sure to bring lots of hugs and kisses

From familyfun.go.com, internet, and Jeannette Crass

Love, and protect your family this Valentines Day!

Life insurance gives you a way to safeguard your financial plan, replacing your earnings in the event of your death so your children and loved ones will have the protection they need. Life insurance proceeds can ensure that your spouse or significant other can afford to pay off the debt, so that other financial goals can be met, if one of you are gone.

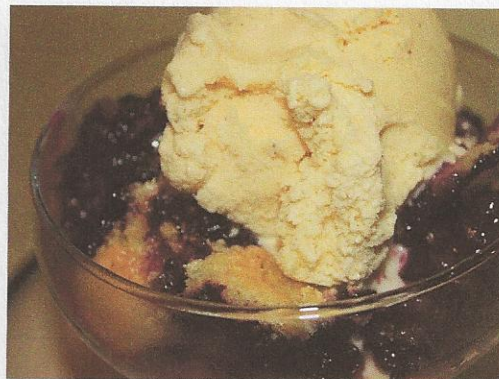


Congratulations to out Pet Contest winner
Ron and Marilyn Cross, and their dog Cali!!!!

They will receive a \$25 gift certificate to the
Nooksack Valley Animal Hospital.

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And thanks to everyone who entered their pets, we really
enjoyed seeing all the pictures! If you didn't get a chance
to look at the pets go to our website.



Mixed Berry Cobbler

If you're using frozen berries, cook with the sugar, and add water only if they're not juicy enough. The fruit mixture should be very soupy.

Ingredients

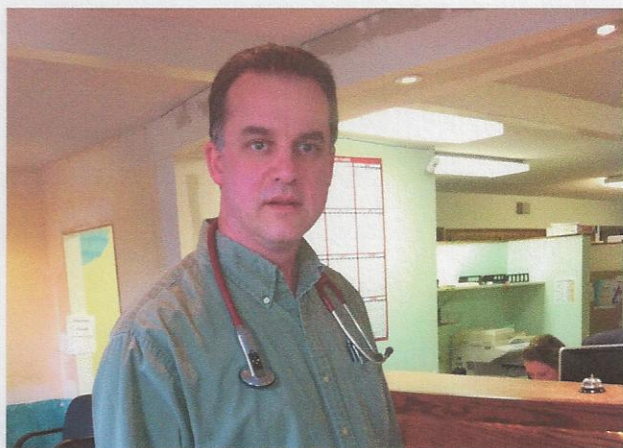
2 cups mixed fresh or frozen berries
1 cup sugar, divided
1/4 cup water
4 tablespoons butter, melted
1/2 cup self-rising flour
1/4 teaspoon salt
1/3 cup milk

Instructions

1. Preheat oven to 350F.
2. Combine berries, 1/2 cup sugar and water in a medium saucepan. Cook over medium heat until sugar dissolves and berries release their juices. Remove from heat.
3. Pour melted butter into 8 (6-ounce) ramekins or a 2-quart baking dish.
4. Combine remaining sugar, flour and salt in a medium bowl. Stir in milk until well combined. Do not overbeat. Pour over butter. Do not stir. Spoon berries and juice over batter. Do not stir.
5. Bake 15 to 20 minutes for ramekins or 35 minutes for baking dish, until crust rises to the top and browns. Serves 8.

Sumas Medical Clinic

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Family Practice Medical Clinic. Since Dr. Claypool retired at the end of May, Dr. Thompson is the solo practitioner there. Dr. Thompson practices the full range of family medicine, including management of diabetes, high blood pressure, high cholesterol and dermatological issues. He has a low radiation x-ray machine and manages numerous traumas, including most fractures, lacerations, etc. He provides pediatric care including childhood immunizations and newborn and pediatric admission to St. Joseph's Hospital. He also practices travel medicine and tropical immunizations.

We strive to provide a family friendly approach to patient Dr. Thompson always tries to patients as people and not diseases. He has done a number of missions trips to underserved areas of the world, including a trip to Haiti last year.