

# Newsletter

August 2023

News & Tips for Clients & Friends of Saber Insurance Agency

## Keep Your Home Safe While on Vacation

According to a recent survey, approximately 63% of U.S. adults plan to take at least one vacation this summer. While taking a trip and exploring the world can be fun and exciting, leaving your home unoccupied can be risky.

Before departing, protect your property from accidents and criminals by considering the following precautions:

- Unplug small appliances and electronics.
- Lock all windows and doors.
- Remove any house keys kept outside your home
- Turn off your home's water.
- Ask a friend, neighbor or family member to keep an eye on your home.
- Install motion-activated sensors on outdoor lights and set timers for indoor lighting.
- Stop mail deliveries by visiting the U.S. Postal services website.
- Arrange to have your lawn mowed.
- Avoid alerting others that your home is unoccupied, such as by posting photos of your trip on social media.

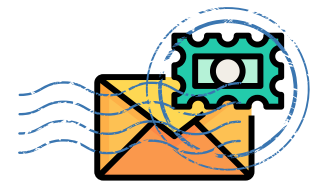
## Quote of the Month

"A new school year means new beginnings, new adventures, new friendships, and new challenges. The slate is clean and anything can happen."

Denise Witmer

## Fun Facts

Before 1913, it was possible for parents to mail their kids to their grandparents through postal services. Imagine being mailed to your grandparent's house!!



# Back to School Backpack Giveaway!!!

Saber will be giving away 2 Backpacks filled with school supplies!!!

## ! How to Enter !

- 1) Follow us on Instagram [@saberinsurance](https://www.instagram.com/saberinsurance)
- 2) Like our Back To School Giveaway post & Repost on your story
- 3) Tag 3 friends below

\*\*\* Bonus entry if you follow us on Facebook & repost this giveaway for a better chance to win \*\*\*

Make sure you follow us on social media and stay informed with our latest insurance news, tips and giveaways!!!

FOLLOW US!



INSTAGRAM  
[@saberinsurance](https://www.instagram.com/saberinsurance)



FACEBOOK  
[@SaberInsuranceAgency](https://www.facebook.com/SaberInsuranceAgency)

SCAN ME 

# Cucumber Lime Agua Fresca

Only 4 simple ingredients are needed to make this classic Mexican Cucumber Lime Agua Fresca. It is light and refreshingly delicious, the perfect drink for the warm weather.



## INGREDIENTS

- 2 medium cucumbers
- 1/3 cup lime juice
- 1/4 cup agave syrup or preferred sweetener (plus more per personal taste)
- 6 cups cold water

## INSTRUCTIONS

- Partially peel the cucumbers. Cut them into large pieces and place them in a blender.
- Add the rest of the ingredients to the blender.
- Blend until smooth, taste and add more sweetener as needed.
- For little to no pulp, use a fine mesh sieve to strain the liquid into a pitcher. If using a high-powered blender, straining should not be necessary.
- Serve chilled or over ice.
- Store in the refrigerator for 2 to 3 days in a tightly sealed jar or bottle. Shake or mix before serving.

## NOTES

The cucumber peel is high in fiber, vitamins and minerals. However, the peel can be a bit bitter so I recommend partly peeling the cucumbers to reduce some of the bitterness without getting rid of all of the peel's nutritional benefits.

### VARIATIONS:

- Chia Seeds: In Mexico, it is very common to find agua de pepino with chia seeds. Not only do they provide additional nutritional value, but chia seeds add a great consistency to this drink.
- Tajin: Tajin (a dried, ground chile with dehydrated lime and salt) and cucumbers are amazing together. Rim your glass with lime juice and Tajin for a special spicy version.
- Mint: Blend 1/4 cup of fresh mint leaves with the other ingredients for a minty variation.

# Community Events



## Sensory Friendly Family Swim Day

Sunday, August 6 @ 10:00 AM - 12:00 PM

McMurtrey Aquatic Center 1325 Q Street #Suite 200 Bakersfield, CA 93301



### Swim Day Schedule/Check-In

Gates open at 10 a.m. for two hours of swimming during our session for the Autism Families. Please register each person planning to enter the gates. Fees we collect are paid directly to the McMurtrey Pool office, therefore, no refunds will be issued due to our prior commitment to having adequate aquatic staff on site.



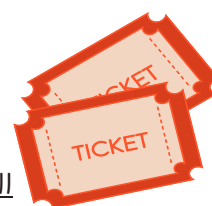
## Kids Movies for \$2 - Regal Summer Movie Express

How to Train Your Dragon: The Hidden World

Aug 15 - 16, 2023 Tu, W (2 days)

Regal Edwards Bakersfield 9000-G Ming Avenue, Bakersfield, CA 93311

(844) 462-7342



Join us all summer, every Tuesday and Wednesday for Regal Summer Movie Express. During the first show of the day, enjoy \$2 tickets as we bring great family movies back to the BIG screen! And save even more by joining Regal Crown Club to get 50% off of popcorn every Tuesday!

Kids movie offerings and times vary by location. Be sure to check the times for your area.



Kern County Animal Services

## Low-Cost Vaccine Clinics 2023



## Low-Cost Vaccine Clinic

Aug 12 @ 8am-11am

Pioneer Park - 4929 Pioneer Dr

Dog Vaccines - \$10 ea.

Cat Vaccines - \$10 ea.

Microchip - \$15 ea.

Dog Licenses



SATURDAY MORNING CLINIC SCHEDULE			
<b>FEB 4</b> Rexland Acres Park 315 E. Fairview Rd. 9am - noon	<b>MAR 11</b> Lamont Park 8304 Segroe Rd. 9am - noon	<b>APR 1</b> Heritage Park 2320 Mount Vernon Ave. 9am - noon	<b>MAY 6</b> Lake Isabella Tank Park 4776 Lake Isabella Blvd. 9am - noon
<b>JUN 10</b> Tehachapi Meadowbrook Park 27750 Westwood Blvd. 8am - 11am	<b>JUL 8</b> Taft - Ford City Park 609 Cedar St 8am - 11am	<b>JUL 22</b> Fruitvale/Norris Park 6221 Norris Rd. 8am - 11am	<b>AUG 12</b> Pioneer Park 4929 Pioneer Dr. 8am - 11am
<b>AUG 26</b> Fruitvale/Norris Park 6221 Norris Rd. 9am - noon	<b>SEP 9</b> Frazier Park 300 Park Dr. 8am - 11am	<b>OCT 14</b> Mojave East Park 15580 O St. 8am - 11am	

## Bakersfield Water Lantern Festival 2023

August 19, 2023

The Park at River Walk 11298 Stockdale Hwy Bakersfield, CA 93311



Water Lantern Festival is filled with fun, happiness, hope, and great memories that you'll cherish for a lifetime. This is a family friendly event that can be shared by everyone. Friends, families, neighbors, and lots of people that you haven't met can come together to create a peaceful, memorable experience.

<https://www.waterlanternfestival.com/bakersfield.php>