

November newsletter

News & Tips for Clients & Friends of Saber Insurance Agency



It's a boy!

Welcome to the world,
little one!

Congratulations to Ben
and his Wife on your new
bundle of joy!



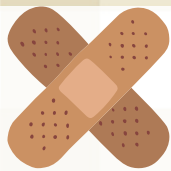
Dates to Remember

- Nov 1** - First Day of Native American Heritage Month
- Nov 1&2** - Dia De Los Muertos
- Nov 5** - Daylight Saving Time Ends
- Nov 10** - Veterans Day
- Nov 23** - Thanksgiving Day
- Nov 24** - Black Friday
- Nov 27** - Cyber Monday
- Nov 28** - Giving Tuesday

Fun Facts

- Each year it is estimated that 46 million turkeys are prepared to provide the traditional feast.
- The Dallas Cowboys and the Detroit Lions have played the most games on Thanksgiving Day. The Lions have played almost each Thanksgiving since 1934 and The Cowboys since 1966.
- Female turkeys don't gobble. Only male turkeys – aptly named “gobblers” – actually make the sound. Female turkeys cackle.





First-aid Best Practices



First aid is a form of emergency assistance that can help support an ill or injured person until professional medical care is available. The ABCs of first aid refer to: airway (making sure the person is able to take in enough air), breathing (helping the person stay calm and keep breathing) and circulation (confirming that the person has a steady pulse).

Any care provided beyond this should ensure no further harm is done and that the person is comfortable until help arrives. Keep reading for an overview of common injuries that can require first-aid assistance and proper response tips.

Shock

- Have the injured person lie down on their back and elevate their feet higher than their head.
- Keep the person warm with a blanket.
- Assess other injuries that may accompany shock, such as broken bones.
- Seek medical attention immediately.



Cuts and Scrapes



- Stop bleeding by applying pressure with a sterile gauze pad or clean cloth.
- If bleeding persists for an extended period after applying pressure, seek medical attention.

Nosebleeds

- Have the victim sit upright to slow the flow of blood and gently pinch the nose for 10 minutes.
- If bleeding persists for an extended period, seek medical attention.

Burns

- If the skin is not broken, run cool water over the burn for several minutes.
- Cover the burn with a sterile bandage or clean cloth.
- Do not place creams, ointments or ice on the burned area.



Poisoning

- If you cannot identify the poison or there are no instructions on the label, call Poison Control at 1-800-222-1222 and seek medical attention if needed.

First-aid Kit Preparation

Having a first-aid kit is the best way to be prepared for home injuries and emergencies. Many retailers sell pre-packaged kits, but you can easily build your own. Be sure to include assorted bandages, alcohol wipes, gauze, gauze tape, antiseptic ointment, instant ice packs, sterile eyewash, elastic bandages, bandage scissors and tweezers in your kit.



Pumpkin Bars



INGREDIENTS

FOR THE SPICED CREAM CHEESE FROSTING:

- 1 (8-oz.) block cream cheese, softened
- 1/2 c. unsalted butter, softened
- 1 1/2 tsp. vanilla extract
- 1 tsp. pumpkin pie spice
- 5 c. powdered sugar

FOR THE BARS:

- 1 1/2 c. unsweetened pumpkin puree
- 3/4 c. vegetable oil
- 2/3 c. packed light brown sugar
- 2/3 c. granulated sugar
- 2 large eggs
- 1 1/2 tsp. vanilla extract
- 1 1/2 c. all-purpose flour
- 2 tsp. pumpkin pie spice
- 1 tsp. baking powder
- 3/4 tsp. baking soda
- 1 tsp. kosher salt
- Baking spray with flour

DIRECTIONS

For the bars: Preheat the oven to 350°F.

In a large bowl, whisk together the pumpkin, oil, light brown sugar, granulated sugar, eggs, and vanilla until well combined. Add the flour, pumpkin pie spice, baking powder, baking soda, and salt, stirring until just combined.

Spray a 13-by-9-inch baking pan with baking spray with flour. Pour the batter into the pan; smooth with a spatula.

Bake for 40 to 45 minutes or until a wooden pick inserted into the center comes out clean. Let cool completely in the pan.

For the spiced cream cheese frosting: In the bowl of a stand mixer fitted with a paddle attachment, beat the cream cheese over medium speed until smooth. Add the butter, vanilla, and pumpkin pie spice and beat until well combined and creamy. Reduce the speed to low and gradually add the powdered sugar. Increase the speed to medium-high and beat until fluffy, about 1 minute.

To assemble: Spread the spiced cream cheese frosting on top of the cake. Cut into squares and serve. Keep leftovers in the fridge, as the frosting will get soft.

Community Events



**Kern Autism Network-Parent
Support Group 2023-2024**
Wed, Nov 8 • 6:00 PM - FREE
2200 Oak Street Business
Entrance Parking Lot
Bakersfield, CA 93301

The Support group is meant for those new to the diagnosis and veteran parents. We address the entire Autism Spectrum to include Asperger's Syndrome.



Bakersfield Mosaic Lamp Making Workshop

**Sat, Nov 25, 10:00 AM - Sun, Nov 26,
8:30 PM**

Charizma Studio
910 18th St, Bakersfield, CA
Learn how to make a Turkish mosaic
lamp in this Bakersfield workshop!



Fri, Nov 10, 8 - 9 PM
Mechanics Bank Arena,
1001 Truxtun Ave, Bakersfield,
CA

Gabriel "Fluffy" Iglesias is one of the world's most successful stand-up comedians.



Date: 11/12/23 Time: 2-3:30pm
2623 F St Suite M Bakersfield, CA 93301

Join us while we recreate this super cute "To Market We Go" painting. Used with permission by original artist, Leah Hayden Boyd.

No experience necessary! We promise!
Your canvases will be pre-traced so you
can enjoy the painting process and have
fun!

