

CHAMPIONS 
Barbering Institute, Inc.

STUDENT BARBER SHOP! ★ ★ ★ ★ ★
 5 Star Service, quality cuts & more at prices you can't beat.
 Call to schedule an appointment for discounted grooming services.

\$10 Haircut
\$12 Hot Towel Shave
\$12 Signature Facial

Mark Your Calendars
OPEN HOUSE June 11, 2017 | 4:30-6pm
 Learn about our Professional Barbering Program!

NEXT GENERATION OF LEADERS • BUSINESS PROGRAM • INDIVIDUALIZED ATTENTION

apply@cbl.life | Phone: 503-477-5616
 424 NE Killingsworth St., Portland, OR 97211
 website: cbl.life   

FOOD

Shrimp Avocado Salad



Ingredients:

- 1 pound peeled and deveined cooked shrimp, coarsely chopped
- 2 plum tomatoes, seeded and chopped
- 2 green onions, chopped
- 1/4 cup finely chopped red onion
- 1 jalapeno pepper, seeded and minced
- 1 serrano pepper, seeded and minced
- 2 tbslp each minced fresh cilantro, lime juice, rice vinegar, and olive oil
- 1 teaspoon adobo seasoning
- 3 medium ripe avocados, peeled and cubed

Directions:

1. Place first seven ingredients in a large bowl. Mix lime juice, vinegar, oil and adobo seasoning; stir into shrimp mixture. Refrigerate, covered, to allow flavors to blend, about 1 hour.
2. To serve, gently stir in avocados. Serve over lettuce. Serve with lime wedges.

IERNVAULT
LEGAL SERVICES

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 503-293-3550

Child Support & Custody
 ■
 Motor Vehicle Accidents




4 out of 4 new parents agree, pregnancy brain is...
 wait, what were we talking about?

CareMoms (and dads) from CareOregon is filled with tips and resources to keep you and your baby healthy. Just one of the ways we're healthier as a whole.



yourwholehealth.com