

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

cbl_life   

FOOD

Roasted Asparagus



- Ingredients:**
- 2 pounds fresh asparagus
 - Good olive oil
 - Kosher salt, and Freshly ground black pepper

- Directions:**
1. Preheat oven to 400 degrees F.
 2. Break off the tough ends of the asparagus. Place asparagus on a baking sheet, drizzle with olive oil, then toss to coat the asparagus completely.
 3. Spread asparagus in a single layer and sprinkle liberally with salt and pepper.
 4. Roast the asparagus for 25 minutes, until tender but still crisp.

IERNVault
LEGAL SERVICES

EFREM LAWRENCE, ESQ.
 Attorney at Law

efrem@iernvault.com
 503-293-3550

Child Support & Custody
 ■
 Motor Vehicle Accidents




Better dental health can lead to better whole health.

A healthy mouth connects you to a healthy body.
 Just one of the ways we're healthier as a whole.


CareOregon
 A  Partner

yourwholehealth.com