

**Special Notices 10**

**PLAN FOR your DOWNUNER** Tour to Australia and New Zealand in April!  
References available!  
Call Kerry  
**TURN HERE REALTY & TRAVEL**  
(541) 377-6855

**Personals 20**

Email or Call Dayle classifieds@eastoregonian.com 1-800-962-2819 to place your classified ad!!

**Homes for Sale 100**

**\$110,000**  
**WITH** garage conversion it has 1,109sf(m/l). Add doors to the conversion it's a 3bedroom, 1bath. Updated vinyl windows. Patio, fenced w/garden space. Dawn 541-310-9563cell. #17272241

**Coldwell Banker Whitney**  
(541) 276-0021

**Homes for Sale 100**

**\$110,000**  
**WITH** garage conversion it has 1,109sf(m/l). Add doors to the conversion it's a 3bedroom, 1bath. Updated vinyl windows. Patio, fenced w/garden space. Dawn 541-310-9563cell. #17272241

**Coldwell Banker Whitney**  
(541) 276-0021

**\$125,000**  
**ATHENA** HOME/GREAT CONDITION. 3bedroom, 2bath, 1188 sf(m/l) manufactured home, corner lot. Large, shaded front deck, off street and RV parking. Cari 541-377-5058cell. #16443563

**Coldwell Banker Whitney**  
(541) 276-0021

**\$159,900** 3 Bedroom 2 Bath Ranch Style Home near Sherwood School. Large fenced yard. 2 car Garage. Large Storage Shed. Very nice. MLS# 17078846

**Rocky Mikesell**  
**Blue Jeans Realty**  
"Our office is wherever you are"  
(541-379-8690)

**Homes for Sale 100**

**\$205,000**  
**MID-CENTURY** w/view of town/mountains, hardwood floors, gas fireplace, built-ins. Updated, modern kitchen, vinyl windows, remodeled upstairs bath, finished basement. 3bed, 2bath, 2160(sf(m.l)). Jef 541-969-9539cell. #17693714

**Coldwell Banker Whitney**  
(541) 276-0021

**\$239,000**  
**OVERLOOKING** Wallula Gap. Year around Weston Mountain living, 4.92acres, 1974sf(m/l) 2002 Marlette. Certified wood stove. 1840sf(m/l), 6bay garage/shop. Good well, paved road. Marsha 541-377-5152cell. #17636025

**Coldwell Banker Whitney**  
(541) 276-0021

**Homes for Sale 100**

**\$245,000**  
**WELL-MAINTAINED,** one-owner, custom home overlooking Grecian Heights park w/incredible views. 4bedrooms, 3baths, 2kitchens; park-like yard is easy maintenance, UGS, mature landscaping, lighting. Molly 541-969-4188cell. #17511133

**Coldwell Banker Whitney**  
(541) 276-0021

**\$329,000 BEAUTIFUL** North Hill View. 3 Bed 2 Full Bath. 2 half Baths. Huge living room. Beautiful Oak Kitchen. Two lots. Two double car garages and much more. MLS# 17054486

**Rocky Mikesell**  
**Blue Jeans Realty**  
"Our office is wherever you are"  
(541-379-8690)

**Homes for Sale 100**

**\$329,900**  
**SO** much to enjoy! 3bed, 3bath with great room plus large family room. Kitchen: granite counters, stainless appliances. Gas fireplaces. Two lots w/deck space looking toward park. Vicki 541-969-9441cell. #17297249

**Coldwell Banker Whitney**  
(541) 276-0021

**\$97,500**  
**A** must see home! 2bedroom, 1bath, 842sf(m/l) home. Newer vinyl windows, vinyl siding. This home offers an oversized garage/shop, private fenced backyard. Kevin 541-969-8243cell. #17162183

**Coldwell Banker Whitney**  
(541) 276-0021

**ATTENTION INVESTORS!** Reduced Price, Modern Duplex built in 2012, Stucco Exterior with great city views. 3 bedroom and 2 bedroom units. Now \$179,900. Call Matt Vogler, 541.377.9470.

**John J. Howard & Assoc.**  
(541) 377-9470

**CLASSIFIEDS GET** results!

**Homes for Sale 100**

**BIG PRICE** Drop: Was \$435K, Now \$399K!  
Birch Creek - Impressive Custom Built 3 bedroom, 2.5 Bath Home, on 5+ acres. 3 car garage, Water Rights, Pipe & Wheel Line, 3 stall open barn, Pasture/Hay, 36x47 Shop. Open Floor Plan, Soaring Ceilings, Modern Kitchen, Sun Porch, Deck, Professionally Landscaped, 360° Views. Must See to Appreciate.

**John J. Howard & Assoc.**  
(541) 377-9470

**CALL FOR** reliable honest guidance in your home purchase. 541-377-6855 or drop by the office on Court Avenue.

**TURN HERE REALTY & TRAVEL**  
(541) 377-6855

Where would you like your home?? **GREAT LISTINGS** throughout the area -- I have access to all homes listed!

**YOUR DREAM** home is right here in the Classifieds... check our listings for your next move!

**Buy It! Sell It! Find It!**  
**The East Oregonian Classified**  
**1-800-962-2819**

# Smart SUMMER Snacks

**FAMILY FEATURES**

A busy summer schedule requires plenty of energy, and while relaxation is sure to help, what you eat is your essential source of fuel. Just like filling up your gas tank, food is what makes your body go.

A well-balanced approach to eating is a smart way to ensure your body gets the nutrients it needs to power you through each fun-filled day and keep you operating in tip-top shape. An eating plan such as Atkins offers a balanced approach with delicious foods that contain fiber-rich and nutrient-dense carbohydrates and good fats and proteins, while focusing on reduced levels of refined carbohydrates and added sugars.

Reach for snacks full of seasonal fruits and vegetables like peaches, cucumbers, zucchini and raspberries that will satisfy your appetite and fuel your summer days. Find more warm-weather recipes and tips to stay energized throughout the season at Atkins.com.

**Tropical Raspberry Smoothie**

Recipe courtesy of Atkins  
Prep time: 5 minutes  
Servings: 1

- 1/2 cup coconut cream
- 4 ounces firm silken tofu
- 1/2 cup red raspberries, plus additional (optional)
- 2 teaspoons sugar substitute (optional)
- 1/8 teaspoon coconut extract
- 3 ice cubes
- whipped cream (optional)

In blender, combine coconut cream, tofu, raspberries, sugar substitute, if desired, and coconut extract; blend until smooth. To remove seeds, strain mixture through sieve then return to blender.

With machine running, add ice cubes, one at a time, and blend until smooth.

Pour into tall glass and garnish with whipped cream and raspberries, if desired.

**Peachy Prosciutto Bites**

Recipe courtesy of Atkins  
Prep time: 10 minutes  
Servings: 4 (3 bites per serving)

- 1/2 cup whole almonds
- 2 medium peaches (each 2 1/2 inches in diameter)
- 4 ounces cream cheese
- 2 teaspoons ground cinnamon sugar substitute (optional)
- 12 thin slices prosciutto
- 12 basil leaves (optional)

Heat oven to 350 F.

In single layer, toast almonds 10 minutes. Let cool then coarsely chop. Set aside.

Slice each peach into six wedges and set aside.

In small bowl, combine softened cream cheese with cinnamon and pinch of sugar substitute. Add almonds; blend to combine.

Lay out single slice of prosciutto, place 1 tablespoon cheese mixture on top of peach wedge and top with basil leaf. Place wedge at one end of prosciutto and roll up. Repeat with remaining ingredients.



Photos courtesy of Getty Images

**Avoid the Hidden Sugar Effect**

The frenetic pace of summer activities makes on-the-go foods the norm. While many portable snacks tout healthy benefits and good-for-you nutrition, it's easy to be confused about what truly makes up nutritious foods, as well as how the body responds to various foods.

According to the recent Sugar Gap Study conducted by Atkins Nutritionals, Inc., there is a significant gap in Americans' knowledge about nutrition and the "hidden sugar effect," where certain foods turn into sugar during the digestive process. While a person can't see these sugars, his or her body can. The study revealed that only 1 in 10 Americans are aware that certain foods can cause the hidden sugar effect.

Make better choices and avoid hidden sugars this summer

with these tips for finding foods that won't create excessive sugar spikes:

- Beware of sugary beverages, especially fruit juices. Keeping well hydrated is especially important when temperatures rise, but sweet drinks can pack an excessive amount of sugar.
- Know that not all snack bars are created equal – with many packing a sugary punch. An option such as the Atkins Harvest Trail Coconut Almond Bar combines roasted coconut and almonds which can keep you feeling full and satisfied without the hidden sugars.
- Understand which foods can cause blood sugar spikes – it's more than cakes and candy. All carbohydrates elevate blood sugar; even ancient grains and brown rice convert into sugar when digested, making it important to enjoy these foods in smaller portions. Learn more at [hiddensugar.com](http://hiddensugar.com).

**Smoked Salmon, Cucumber and Cream Cheese Roll-Ups**

Recipe courtesy of Atkins  
Prep time: 5 minutes  
Servings: 4

- 2 cucumbers (8 1/4 inches long each)
- 8 tablespoons cream cheese
- 12 ounces smoked chinook salmon (lox)

Use mandolin or vegetable peeler to cut long, thin strips of cucumber.

Spread cream cheese onto smoked salmon, place strip of cucumber at one edge and roll up with salmon and cream cheese. Pin in place with toothpick. Repeat with remaining ingredients.

**Zucchini Crisps**

Recipe courtesy of Atkins  
Prep time: 10 minutes  
Cook time: 10 minutes  
Servings: 4

- 2 medium zucchinis
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 2 tablespoons Parmesan cheese, grated
- garlic powder (optional)
- Italian seasoning (optional)
- rosemary (optional)
- dill (optional)

Heat oven to 400 F.

Cut zucchini into 1/4-inch slices. If small, cut diagonally. Brush both sides with olive oil and season with salt, pepper and Parmesan. Season as desired with garlic powder, Italian seasoning, rosemary or dill.

Place in single layer on baking sheet and bake 10 minutes, turning once. Cool on wire rack.

