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DID YOU KNOW?

(NAPSA)—More than 23 million American adults have never had an eye exam. Take steps to protect your vision so you can see the people and things you love for years to come. Learn how at the National Institutes of Health's National Eye Institute's Healthy Vision Month website: <https://nei.nih.gov/hvm>.

To assist active and veteran members of the U.S. military and their families with do-it-yourself moves, Penske Truck Rental has a toll-free call center, 844-487-6677, and offers a 10 percent discount. For further moving facts and tips, visit www.pensketruckrental.com/discounts/military.

An uproarious new book can make a great gift for any parent. "Parentally Incorrect: True Tales by Real Moms About the F**ked-Up Things Their Kids Have Done" (HCI) by Tracey Tee and Shayna Ferm is in stores everywhere and on Amazon at <https://amzn.to/2w3vzIz>.

Your health and wealth are two reasons to have your HVAC system inspected by a reputable, certified professional—a National Air Duct Cleaners Association member who follows the industry standard for HVAC system cleaning. To learn

more and find these professionals, visit www.BreathingClean.com.

The 10 signs of stroke are confusion, difficulty understanding, dizziness, loss of balance, numbness, severe headache, trouble speaking, trouble walking, vision changes, and weakness. If you ever see or experience them, call 911 immediately. Learn more at www.signsofstroke.org.

Teaching can be a stressful job but teachers say it's worth it. People who feel that teaching is their calling or want to advance their career in education can get information about University of Phoenix teacher preparation programs, continuing teacher education and professional development programs at www.phoenix.edu/education.

Making it easier for working professionals to get advanced credentials in the health communication field, Boston University Metropolitan College offers a fully online Master of Science in Health Communication (MSHC) program. Learn more at www.bu.edu/online/programs/graduate-programs/health-communication and www.bu.edu/met/.

Fabulous Food

Get A Sweet Taste Of Summer With California Avocados



Wild Berry Frozen Yogurt & California Avocado Lime Fudge Parfait

(NAPS)—Summer is officially here, which means that California avocados are at the peak of their season, readily available and optimally delicious. Now is the perfect time to incorporate this nutritious and delicious fruit into just about any dish this season. Its mild, nutty flavor and creamy texture give it a wide range of culinary possibilities.

Warm sunny days call for cool refreshing bites. For a sweet treat, it does not get more satisfying than a delightful frozen yogurt parfait to indulge in the season.

Leveraging the woodland ingredients of the Pacific Northwest and fresh California avocados, CEO and co-founder, Kim Malek and her team at Portland's Wiz Bang Bar created a one-of-a-kind Wild Berry Frozen Yogurt & California Avocado Lime Fudge Parfait recipe that consumers can create at home.

"I never forget how lucky we are to have access to vibrant, delicious fruit grown on the West Coast and that's why I'm honored to include and celebrate California avocados in our newest recipe at Wiz Bang Bar," said Malek.

Wild Berry Frozen Yogurt & California Avocado Lime Fudge Parfait

Recipe created by CEO and co-founder Kim Malek and her team of Wiz Bang Bar for the California Avocado Commission
 Serves: 4
 Prep time: 30 minutes
 Cook time: 3 hours 30 minutes
 Total time: 4 hours

Ingredients:
 California Avocado Lime Fudge Sauce (see make-ahead recipe)
 Wild Berry Frozen Yogurt (see make-ahead recipe)
 4 sliced strawberries or fresh lime zest (optional for garnish)

Instructions:
 1. Add one scoop of Wild Berry Frozen Yogurt to each glass.

until smooth.

8. Pour into bowl and cover with plastic wrap.

9. Place in refrigerator to cool.

Wild Berry Frozen Yogurt

Ingredients:
 3/4 cup sugar
 1/8 tsp. xanthan gum
 1/8 tsp. salt
 4 cups mixed wild berries, fresh or frozen
 1/3 cup tapioca syrup (can be substituted with corn syrup or brown rice syrup)
 1/2 cup water
 11/2 cups whole milk plain yogurt

Instructions:
 1. Add the sugar, xanthan gum and salt in a small bowl, whisk to combine.

2. In a small saucepan, combine the mixed berries, tapioca syrup, water and sugar mixture.

3. Heat the mixture over medium heat, stirring often until mixture comes to a boil.

4. Remove from saucepan, allow to cool for 10 minutes, then pour into blender.

5. Blend to break up the berries (there will be seeds and a few flecks of berry skin still visible).

6. Pour blended berry mixture through a fine mesh strainer into a bowl; discard seeds.

7. Cover bowl with plastic wrap and place in refrigerator to cool for a few hours.

8. Once berry mixture is cool, whisk in yogurt.

9. Freeze in a standard at-home ice cream maker; churn until the mixture is the desired texture of soft-serve yogurt.

10. Use a spatula to scoop the frozen yogurt into a freezer-safe container. (Frozen yogurt can be used right away or be stored, covered, in the freezer for up to 2 weeks.)

For more unique ways to enjoy California avocados, visit CaliforniaAvocado.com.

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Saturday's Graphic

 National Catfish Month

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 Here is how it works...
 We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Good Luck
DAVID JEFFERIS found the Virgo, The Virgin graphic on page 6B (Coldwell Banker Coast Real Estate – bottom right corner, Florence Home App: box). He won a gift certificate to The Chicken Coop.
 Gift Certificates must be picked up within 2 weeks of winning
 Deadline for today's paper: Monday by 2:00 PM
Wednesday's Graphic