

Did You Know?

(NAPS)—Mazola® Corn Oil is a smart choice for baking, grilling, sautéing, stir frying or mixing up a marinade. The all-purpose cooking oil offers helpful, healthful facts, tips and recipes at www.Mazola.com.

As Texans gather to celebrate the holidays, the No. 1 way to avoid spreading COVID-19, including to grandparents, children and others who are vulnerable, is to make sure everyone who is eligible gets vaccinated, says the CDC. Learn more and find a vaccine at www.vaccines.gov.

“More than 85% of all renters industrywide indicate they read reviews before making a decision on which apartment they want to live in,” said Mike Gomes, chief experience officer for Cortland, which owns and operates over 200 apartment communities across the country. Learn more at www.cortland.com.

As Kentuckians gather to celebrate the holidays, the No. 1 way to avoid spreading COVID-19, including to grandparents, children and others who are vulnerable, is to make sure everyone who is eligible gets vaccinated, says the CDC. Learn more and find a vaccine at www.vaccines.gov.

An aptitude assessment from YouScience Discovery can show you all of the potential career opportunities that are ideal for your specific talents, including careers potentially never previously considered. Learn more about aptitude assessment and perhaps about yourself at www.youscience.com.

Prediabetes is a serious condition that, untreated, can increase your risk for type 2 diabetes, heart disease, and stroke. Fortunately, a healthy lifestyle can manage or even reverse prediabetes. To learn more, visit the National Institute of Diabetes and Digestive and Kidney Diseases website at www.niddk.nih.gov.

Exercising with the AeroTrainer exercise platform from GOLO, the pioneering wellness solutions company, can help you strengthen and tone your core muscles from the comfort of your home. Visit www.AeroTrainer.com for further facts and tips.

As Idahoans gather to celebrate



the holidays, the No. 1 way to avoid spreading COVID-19, including to grandparents, children and others who are vulnerable, is to make sure everyone who is eligible gets vaccinated, says the CDC. Learn more and find a vaccine at www.vaccines.gov.

As West Virginians gather to celebrate the holidays, the No. 1 way to avoid spreading COVID-19, including to grandparents, children and others who are vulnerable, is to make sure everyone who is eligible gets vaccinated, says the CDC. Learn more and find a vaccine at www.vaccines.gov.

The USDA, the Food Marketing Institute, and Cornell University jointly created FoodKeeper, which is available free at the Google Play or iTunes stores, or via desktop at www.usda.gov/foodlossandwaste. It provides guidance on safe handling, preparation, and storage of more than 650 foods and beverages.

Your Thanksgiving celebration can be even better when you know you've not wasted food or money. To help, the USDA FoodKeeper App provides storage guidance on hundreds of foods and beverages and helpful cooking tips. It's free on Android and Apple devices and at www.usda.gov/foodlossandwaste.

With the border now open, a wonderful way for Canadians to relax and enjoy time with family and friends is on a road trip to Northern Virginia. Perhaps even better, many hotels, attractions and restaurants have discount packages specifically for Canadian visitors. Learn more at www.northernva.org/media/canada/.