

504 Homes for Sale

REDUCED- \$205,000 – 2,326 Mfg Home on 1.28 Acres in Pilot Rock. Large 3 Bay Shop/Hay Shed/Tack Room. Corrals and more. Plenty of room on this property. MLS# 17435209 Rocky Mikesell

Blue Jeans Realty
“Our office is wherever you are”
541-379-8690

\$175,000 - Ukiah 3 Bed 2 Bath Home. Very nice throughout. 210x100 Lot. Detached garage. Garden area. Fenced Yard. Vinyl Siding. Very nice home. MLS# 17230137 Rocky Mikesell

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Classified Ads work hard for you!

\$129,500- 4 Bedroom 2 Bath MFG Home. Open floor plan. Fenced Yard. Over ¼ acre. Plenty of room for your needs. Exceptionally nice home. Call for information. MLS# 17603897 Rocky Mikesell

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NEW LISTING!!! THIS IS NOT A DRIVEBY!! 2,921 square feet on .38 of an acre. Home was remodeled in 2009 with added on great room and master bedroom and bath. Kitchen has been totally updated, 4 bedrooms total and 3 bathrooms. This is a hard to find home with all this space on one level. Come take a look!!! Call Milne at 541-377-7787.

Clark Jennings & Associates, 541-278-9275

Just reduced price for this gorgeous upgraded manufactured home with tremendous view of City!! Home has 3 bedrooms, 2 bath with oversized attached garage. Granite like counter-tops, walk-in master shower, dog kennel, underground sprinklers. Ready to move into. \$229,000. Call Milne Purchase McLaughlin 541-377-7787

Clark Jennings & Associates, OR LLC
541-278-9275

BUYER meets seller every day of the week in the classified columns of this newspaper.

PRICE REDUCTION - Gorgeous Custom Built Home, 3 bedrooms, 2 baths all one level, vaulted living area. Large shop 30X40 with downstairs shop area, workbench, 3/4 bath. Upstairs is a guest quarters with full bath, large rec room and additional room. Room for rv. Owner is listing agent and licensed Principal Broker in State of Oregon. NOW \$339,000. Call Shelly 541-379-4382

Clark Jennings & Associates, OR LLC
541-278-9275

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EQUAL HOUSING OPPORTUNITY

All real estate advertising in this paper is subject to the Fair Housing Act which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation, or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under 18.

This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. Our readers are hereby informed that all dwellings advertised in this newspaper are available on an equal opportunity basis. To complain of discrimination, call HUD toll-free at 1-800-669-9777. The toll-free telephone number for the hearing impaired is 1-800-927-9275.

507 Homes w/Acreage

\$348,800- 12+ acres about half-way between Pendleton and Hermiston. House, bunkhouse, barn, shop, chicken coop. Call 541-379-7802

Garton & Associates (541)276-0931

ADDING a room to your home? Furnish it with items advertised in the classifieds.

Immaculate home lying on 94 acres m/l between Pilot Rock and Pendleton. Home has 3 bedrooms, 2.5 baths with attached guest house with 1 bedroom, 1 bath and two car garage. There is a shop, hired hand home, storage buildings, and beautiful landscaping. Part of the acreage is in alfalfa, part is in orchard grass, water rights and fully fenced. Very nicely done. Call Ned at 519-386-7541 or Milne at 541-377-7787 for more details.

Clark Jennings & Associates 541-278-9275

516 Lots & Acreage

View Lots - Royal Ridge Incredible views starting at \$30,000. Land / Home Financing. Custom Home Builders/ Developers welcome. Call for details. Rocky Mikesell

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3 Tips for Cooking Up a Healthy New Year

(Family Features)

After a holiday season filled with indulgent food and limited time for exercise, there’s no time like the New Year to adopt some new, healthy habits.

These additional tips can help you get a healthy start to the New Year:

Change up your routine. Start by making a few lifestyle changes, such as maintaining a healthier diet or increasing your exercise regimen. Maybe you’d like to shed a few pounds or tone up before the weather gets warmer. Changing up your eating (and drinking) habits can be the first step on the path to success.

Start at the tap. Make sure your healthy eating habits include cooking with the best-tasting water possible. You may be surprised to know that the water coming from your faucet may contain unwanted contaminants such as lead and mercury. That means you could be washing your fruits and vegetables or making soups and smoothies with water that contains impurities. Contrary to what some people may think, boiling water does not completely remove certain contaminants like lead from water.

“Drinking water daily is an important component to staying healthy, as water keeps you hydrated, aids in digestion and transports vitamins and other nutrients. I prefer drinking filtered water to make sure I avoid potentially unwanted contaminants,” said Keri Glassman, a registered dietitian, nutritionist and PUR spokesperson. “I recommend installing a faucet filtration system that won’t break the bank, such as the PUR Advanced Faucet Filtration System, for a superior, on-demand solution for clean, healthy and great-tasting water right from the tap.”

Visit PUR.com to learn more about superior faucet filtration systems and how to get cleaner, better-tasting water.

Create healthy, hearty recipes. There are plenty of delicious and nutritious recipes that can help fuel your body all year long. For example, this hearty soup is full of tasty, powerful ingredients like protein-rich chicken sausage; nutrient-dense kale and butternut squash, which are excellent sources of fiber; plus vitamins and minerals. Garlic, onions and cloves add a kick of antioxidants and flavor.



White Bean Soup with Spicy Chorizo

Recipe courtesy of Keri Glassman

Cook time: 30 minutes

Servings: 1

- 4 cups kale, chopped
- 1 medium butternut squash, peeled and cut into 1/2-inch pieces
- 1 can (14 ounces) cannellini beans, drained
- 2 cups PUR filtered water, plus additional for rinsing
- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 links precooked chicken sausage, diced
- 3 1/2 cups low-sodium chicken broth
- salt, to taste
- freshly ground black pepper, to taste

Rinse kale, squash and cannellini beans in filtered water. Set aside.

In pot over medium heat, heat oil. Add onion and garlic, stirring frequently until softened, about 5 minutes. Add sausage and saute 2 minutes, or until warmed through and slightly browned.

Add squash, kale, broth and 2 cups filtered water. Cook, partially covered, 15-20 minutes, or until squash is softened.

Reduce heat to low. Add beans and gently simmer uncovered 3 minutes. Season with salt and freshly ground black pepper, to taste, before serving.

#14051

Source: PUR

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