

504 Homes for Sale

RARE Acreage Available- 17.69 acres -Riverfront Horse Acres- 4 bed/ 3 bath- (2 Master bedrooms)- Coveted 1 Level Ranch home and great level land #18338299

Turn Here Realty & Travel 541-377-6855

\$45,000- PRICE REDUCED! GREAT VIEWS/ 1.49 ACRES ON 2 CITY TAX LOTS. Zoned for stick built or manufactured home. City sewer/water to property. Cari 541-377-5058 cell #13575330

Coldwell Banker Whitney 541-276-0021

FOR QUICK CASH Use a classified ad to sell items you no longer use.

\$289,900- Price reduced on prime commercial property. Close to Main St, next to river walk and on a main arterial through town. Over 8000 sf(m/l) plus parking. For more information call Vicki, 541 969- 9441 cell. #17253884

Coldwell Banker Whitney 541-276-0021

\$207,000- Wonderful sunset views from this classic mid-century daylight basement home. 3 bedroom, 2 bath, hardwood floors, full basement. Large deck, fenced backyard. Great location! Jef 541-969-9539 cell. #18040021

Coldwell Banker Whitney 541-276-0021

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\$449,000- View of the Blues. Custom-built home, 4000 s.f. (m/l), 5 bedrooms, 3 ½ baths. Granite topped island, hardwood floors, basement storage/shop area, 2 car garage, solar system. Kevin 541-969-8243. #17440860

Coldwell Banker Whitney 541-276-0021

\$175,000- North Hill 3 bedroom, 2 bath home, corner lot. Remodeled kitchen and baths w/ beautiful tilework, polished concrete counters. Wood floors, double pane windows, gas-log fireplace. Dawn 541-310-9563 cell. #18381045

Coldwell Banker Whitney 541-276-0021

RMLS# 17288483 Seasonal cabin. Cabin is one bedroom with bathroom. Enclosed porch that could be used for additional sleeping area. Wood burning fireplace. Private and Cozy. Reduced to \$89,900. Call Cathy for more info (541) 215-0103..

Garton & Associates (541) 276-0931

REDUCED-- \$69,900-3000 sq.ft. for home or business-- Make this church your own special place--commerical bulding currently being used as home --4/5/6 bedrooms... how will it work for you? #17615728 Water St Weston.

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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.

LOOKING for a second car? The classified section is a complete car-buyer's guide.

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\$287,500 Beautiful North Hill View. 3 Bed 2 Full Bath. 2 half Baths. Huge living room. Beautiful Oak Kitchen. Double lot. Two double car garages and much more. MLS# 17054486

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

Looking for a new place to live? The classified ads offer a complete section of homes, apartments, and mobile homes to fit your needs. Check daily for new listings!

504 Homes for Sale

Current MLS listings include several 3 and 4 bedroom, 2 bath homes for sale in popular locations. Call Matt Vogler, "The Weekend and After Hours Realtor" for addresses and pricing. 541.377.9470

\$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 Blue Jeans Realty "Our office is wherever you are" 541-379-8690

504 Homes for Sale

\$259,900- 3 bed 2 bath 1852 +/- sq.ft. on oversized level lot with shop. Call Shane 541-379-7802. RMLS #17658050

Garton & Associates 541-276-0931

New Listing \$239,00-0 3 Bedroom Home on 1.3 acres. Very nice home. Granite Countertops. New Flooring throughout. Very nice view of Golf Course and Mountains. MLS# 18100589

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

Counseling Corner Staying Active For Better Mental Health from the American Counseling Association

While the groundhog's prediction this year of six more weeks of winter was right on target for many parts of the country, now that we're firmly into spring it's a great time to start thinking about being more active.

When most of us think of exercise it's for the physical benefits it can provide, and there are many. Regular physical exercise can help trim your waistline, increase aerobic capacity, build muscle size, improve your sex life and even add years to your life.

But if that's not enough to get you up and motivated to start getting more exercise, then you should also consider the mental health benefits being active can also bring. People who exercise on a regular basis report feeling more energetic during the day, sleeping better at night, having sharper memories and feeling more relaxed and positive about themselves and their lives.

Exercise has also been shown to help with some specific mental health issues. Studies have found that an exercise program can often be a way to treat mild to moderate depression. Researchers find that in many cases it is as effective as antidepressant medication but without the side-effects that medications can bring.

Other studies have shown that staying physically active is an easy and very effective way to reduce anxiety and stress. When you're paying attention to exercising you're able to interrupt the flow of worries that too many of us have running through our brains throughout the day. At the same time, it's been shown that when you're active, your body is releasing endorphins in the brain, those natural hormones that help you feel better.



Even if you don't have the time or inclination or ability to turn into a gym rat or a long distance runner, it doesn't mean you should give up on the idea of being more physically active. While most studies recommend about 30 minutes of exercise a day for the best benefits, research also shows that even small amounts of physical activity are better than none.

Taking a 5 or 10 minute walk is a great way to start, and as you begin to do that regularly you'll feel better both physically and mentally.

Yes, it's easy to make excuses not to get more active, but get yourself started, even in small ways, and you'll find the benefits far outweigh those excuses.

Counseling Corner" is provided by the American Counseling Association. Comments and questions to ACAcorner@counseling.org or visit the ACA website at www.counseling.org.

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Eastern Oregon Parent

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The Great Spanking Debate PAGE 15

Louse in the house PAGE 13

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