

184 Personals

Contact Dayle or Grace at classifieds@eastoregonian.com 1-800-962-2819 to place your classified ad!

204 Automobiles

1989 Pontiac Firebird T-Top New paint, tires, and interior. Beautiful car. \$5000/ OBO 541-276-2234

502 Real Estate

How Much is your Home Worth? Call Matt Vogler, The Weekend and After Hours Realtor, for a free Market Analysis. 541.377.9470. More Listings needed to meet current buyer demand!

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

Something for everyone in the Classifieds

WHY store items you'll never use again? Exchange them for cash with a low-cost ad in the classifieds.

GOLF GAME gone to pot? Sell those old clubs with a classified ad.

502 Real Estate

TURN HERE to find your new home before Interest Rates hike. Call Kerry 541-377-6855 for prompt courteous service and Turn into your New Home. (accessing all listings available in our area)

TURN HERE REALTY & TRAVEL
305 SW Court Ave

Thinking of selling or buying a home? I am happy to help with all your real estate needs and I am available evenings, week-ends and holidays to accommodate your busy schedule. Also available on short notice. Call Carolyn Rovier

Ranch-N-Home Realty
541-786-0822

TURN HERE REALTY ---Look for the big blue arrow on SW Court and drop by to find all your Real Estate Needs. Access to all listings for your convenience. Free market analysis to list your home at the right price. Call Kerry 541-377-6855

TURN HERE REALTY & TRAVEL
305 SW Court Ave

502 Real Estate

\$259,000

AWESOME, MOVE IN READY FAMILY HOME IN PENDLETON OREGON!

823 NW 5TH STREET

4 BEDROOM, 2 BATH, 2400 SQ FT RANCH STYLE WITH DAY-LIGHT BASEMENT. RECENTLY PAINTED INSIDE AND OUT! All kinds of updates.
541-969-0401

504 Homes for Sale

Find the House on your list-Speak with Kerry to access all homes in the area . TURN HERE at 305 SW Court or call 541-377-6855

TURN HERE REALTY & TRAVEL
305 SW Court Ave

EAST OREGONIAN CLASSIFIEDS

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

504 Homes for Sale

Prices are up! Now may be the time to gain some equity and move up to a larger home. Call Matt Vogler for a free Market Analysis.

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

RMLS# 18428260 3 B/R 1 BATH home with bonus room and family room. Needs some TLC. REDUCED PRICE. \$106,500.00 Call Cathy for more info (541) 215-0103.

Garton & Associates
541-276-0931

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.

John J. Howard & Assoc.
541.377.9470

MERRY CHRISTMAS & HAPPY NEW YEAR as we find the New Home for you. Call Turn Here Realty at 541-377-6855 and connect to ALL properties with ONE reliable Realtor.

TURN HERE REALTY & TRAVEL
305 SW Court Ave

504 Homes for Sale

\$229,000- The conveniences of condo living await! Highly desirable North Hill corner unit w/incredible views everywhere you look! #18277028 Molly Webb 541-969-4188.

Coldwell Banker & Associates
541-276-0021

PROPERTY WANTED! I have clients who want property in Pilot Rock, Athena, Helix and Weston. If you want to list and sell your property fast contact Kimee Hagewood, Oregon Broker.

Keller Williams Realty-PDX
541-377-1700

IF YOU HAVE an eye for real value, you'll eye the classified ads regularly.

\$264,000- RMLS #18081947 New Listing 4 b/r 1 3/4 bath North Hill. Freshly painted, beautiful hardwood floors just refinished. Great family home. Call Shane for more info (541) 379-7802.

Garton & Associates
541-276-0931

Call for your classified ad today! 800-962-2819

504 Homes for Sale

\$218,500- Charming bungalow. Large living room, formal dining, breakfast nook in kitchen. Back yard entertaining space, finished basement. Dog run and storage shed. Vicki 969-9441 cell. #18091471

Coldwell Banker & Associates
541-276-0021

\$232,900- MOTIVATED SELLER! 2080sf(m/l), 4 bed, 3 bath, a list of repairs and improvements is available. Living room, family room, office, bonus rooms, up-dated kitchen. Marsha 541-377-5152 cell. #18166827

Coldwell Banker & Associates
541-276-0021

\$215,000- Many updates! 1973sf(m/l), 4 bedroom, 3 bath. Kitchen remodel, new interior paint, some new lighting, new deck. Large covered porch, city views, garage, shed. Cari 541-377-5058 cell. #18448462

Coldwell Banker & Associates
541-276-0021

IT'S WORTH IT! GET A CLASS AD!

Spotlight on Arthritis

Creak or crack getting up in the morning? Trouble moving around? Swelling in the joints? You might have arthritis. There are several different kinds of arthritis, some forms of which may cause problems in other organs, but the most common type is osteoarthritis, which is related to aging or an injury. Read on to learn more.

CAUSES OF OSTEOARTHRITIS

Cartilage is a slippery tissue in your joints that absorbs the shock of movement and keeps your bones from rubbing together. When you have osteoarthritis, this cartilage breaks down and the bones rubbing together can damage the joint. Risk factors for osteoarthritis include being overweight, getting older and injuring a joint.

TREATMENTS

There are many treatments for osteoarthritis, including exercise, medicines and even surgery such as hip or knee replacements. But there are things you can do to mitigate the damage and the pain from this condition.

Even though it hurts at first, it pays to keep moving. The Mayo Clinic recommends low-impact exercises (avoid things like running, jumping and high-impact aerobics). Instead, start with gentle stretches and move up to range-of-motion exercises and strength training. Consult with a local physical therapist or gym to learn a variety of beneficial exercises. Exercise can also help you lose weight, which will take pressure off your battered joints.

You can also use hot and cold to relieve pain and relax



muscles and joints. Apply heating pads to the painful joint or take a hot bath to temporarily relieve pain.

Don't use a heating pad for more than 20 minutes at a time. Take cold packs to sore muscles to relieve pain after

exercise. Also quit smoking and to keep a positive attitude, which can be difficult when

you're in pain. Don't be afraid to ask your doctor for a recommendation to a therapist if you need it.

BUSINESS DIRECTORY



YOUR GUIDE TO LOCAL PROFESSIONALS

YOUR BUSINESS SHOULD BE HERE! Call 541-278-2670 for details!

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<p>Insurance</p> <p>WHEATLAND INSURANCE CENTER, INC.</p> <p>www.wheatlandins.com</p> <p>800-243-8918</p>	<p>Mortgage</p> <p>Melisa Webb</p> <p>NMLS #311880 Branch Manager</p> <p>Ph: 541.701.0545 Fax: 509.936.6111 melisa@htmgroupp.com</p> <p>AMERICAN PACIFIC MORTGAGE</p> <p>ESTABLISHED. STRATEGIC. STRONG.</p> <p>NMLS #1850</p> <p>505 E Main Street, Suite A Hermiston, OR 97838 apmcfamily.com</p>	<p>Painting</p> <p>A SHARP PAINTER, LLC.</p> <p>PAINTING GREAT HOMES FOR 28 YEARS!</p> <p>Excellent Color Advice</p> <p>Free Bids</p> <p>(2009 Business of the year*)</p> <p>541-276-9679</p> <p>www.asharppainter.com CCB#132851 WA LLC#ASHARPL0220F Pendleton Chamber of Commerce</p>	<p>Phone Repair</p> <p>NICKS CELL PHONE REPAIR</p> <p>Nicklandreth75@gmail.com</p> <p>541.310.2010</p> <p>www.nicks-electronics.com</p> <p>27 South West Dorian Pendleton, OR 97801</p>	<p>Shoe & Boot Repair</p> <p>Service & Repair at a Price That's Fair!</p> <p>"Providing You With Quality Service For 40 Years!"</p> <p>DESERT COBBLER</p> <p>SHOE & BOOT REPAIR</p> <p>120 NE 3rd St., Hermiston</p> <p>541-567-2008</p>	<p>Opportunity</p> <p>YOUR BUSINESS SHOULD BE HERE!</p> <p>Call 541-278-2670 for details!</p>