

EASTERN OREGON marketplace

Place classified ads online at www.easternoregonmarketplace.com or call 1-800-962-2819 between 8 a.m. and 5 p.m. Monday through Friday. After hours, leave a voicemail and we'll confirm your ad the next business day. Email us at classifieds@eastoregonian.com or fax: 541-278-2680

Deadline is 3 p.m. the day before publication



211 S.E. Byers Ave. 333 E. Main St.
Pendleton, OR 97801 Hermiston, OR 97838

See www.easternoregonmarketplace.com for classified ads from all over Eastern Oregon

EAST OREGONIAN • HERMISTON HERALD • BLUE MOUNTAIN EAGLE • WALLOWA COUNTY CHIEFTAIN

EO ON THE GO
BUSY SCHEDULE?
GET THE
EO E-EDITION
AND GET GOING!

- 24/7 Online Access
- Top Rated Stories
- Community Calendar
- Marketplace
- E-Edition & More!

Everything you need.
Everywhere you go!
The EO-Online.
Get Moving.



CALL 1-800-522-0255
FOR DETAILS!
EAST OREGONIAN

Eastern Oregon
Events
See local events at:
easternoregonevents.com

GIVE your budget a break! Check today's classified ads for excellent buys on the items you need.

BUY IT!
SELL IT!
FIND IT!
East Oregonian
Classified
1-800-962-2819

104 Special Notices

PLEASE CHECK YOUR AD ON THE FIRST DAY OF PUBLICATION.
While we are happy to make any necessary corrections, we can not be responsible for errors appearing for multiple days. Thank you!
EAST OREGONIAN CLASSIFIEDS

104 Special Notices

CLASSIFIED LINE AD DEADLINES
East Oregonian
3pm the day prior to publication
Hermiston Herald
10am Tuesday
1-800-962-2819
classifieds@eastoregonian.com

166 Good Things to Eat

Davis Orchards Fruit Stand
9am-5pm
Closed Saturdays
Fruit Stand will be closing December 20 for the Season
Apples & Pears
53285 Appleton Road
Milton-Freewater, Oregon
541-938-7093 ext 2
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!

184 Personals

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

502 Real Estate

Happy Holidays from Ranch -N- Home Realty! Call Carolyn Rovier 541-786-0822, Ranch-N-Home Realty
HOMES SELL FAST IN CLASSIFIEDS!
First time home buyer? I can take away the confusion and will help you every step of the way. Buying a home is easier than you think! Call Carolyn at Ranch-N-Home Realty, specializing in eastern Oregon.
541-786-0822
Ranch-N-Home Realty
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



ST. ANTHONY HOSPITAL VOLUNTEERS have the unique opportunity to make a positive difference in peoples' lives every day that they generously donate their time and talents.

Volunteering gives you the opportunity to learn new skills, make new friends and develop new interests!

When you join the St. Anthony Hospital family, you will experience the personal fulfillment and rewards that only come from helping others.

At St. Anthony Hospital, you can volunteer as little as an hour a week or as often as you'd like. Your service is greatly appreciated, so we are thankful for any time you offer. We attempt to find just the right fit for your talents and skills and our hospital needs.



- Frequent volunteer opportunities include:**
- Customer service/cashier in the gift shop, Inspirations.
 - Customer service at the information desk.
 - Patient services.
 - Day Surgery

If you'd like to discuss how you can join the St. Anthony Hospital family, please call the number below.
Emily Smith • 541-278-2627 • emilysmith@chiwest.com

CHI St. Anthony Hospital 2801 St. Anthony Way, Pendleton, OR 97801
www.sahpendleton.org

Backyard By Design, LLC Give the Gift of Outdoor Space For the Holidays!
Holiday Special!
15% Off Solar Shades!
Offer Expires: 12/31/18
FREE ESTIMATES!
541-720-0772
102 E Columbia Dr.
Kennewick, WA 99336
Call for showroom hours
www.mybackyardbydesignor.com
Pergolas • Patio Covers
Patio & Solar Shades
Solar Screens • Screen Rooms • Retractable Awnings & More!
License #188965

The greatest gift you can give someone is your time & attention.
Happy Holidays
Morrow County Veterans Services
541-922-6420

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 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

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

GARAGE SALES are a big success when advertised in the classified ads!



Holiday State of Mind

Not everyone has a joyful, happy holiday. The stress of parties, gift-buying, travel, family and expectations can trigger or exacerbate mental health conditions. Here are some ways to keep yourself centered this holiday season.

SET REALISTIC EXPECTATIONS

Don't paint Norman Rockwell holiday scenes in your head, and especially avoid comparing yourself to other family members, advises the National Alliance on Mental Illness. Instead, adjust your expectations and try to focus on positive accomplishments and experiences.

HERE COMES THE SUN

Make sure to make time to soak up

some rays, especially if you're prone to seasonal changes in mood. Even indoor lighting, like fluorescent lights, can help. Punch up your exposure by taking a quick walk outside on a sunny day.

STAY AWAY FROM THE DRINKS

Alcohol is a depressant, and while it may be tempting to reach for a drink to relax at a party or after a stressful day, don't do it. NAMI reports a 20 percent overlap between people with anxiety or

mood disorders and substance use, even though alcohol and drugs can exacerbate their symptoms.

SEE YOUR THERAPIST

If you're in therapy, stay there. With a busy holiday schedule, it can be difficult to keep appointments. But make your therapist a priority. The holidays, with travel, family and more, can bring up a lot of emotions. Make sure that you're coping with them in a healthy way.

Keep up with your medications, too, and make sure you get any prescriptions filled before you hit the road.

REST UP

Yeah, we know. Busy. But try hard to stick to your regular sleep schedule and routines. If your batteries are running low, don't be afraid to take a day and recharge. However, don't isolate yourself. Spend plenty of time with supportive, caring people.

© ADOBE STOCK