

St. Anthony Provider Spotlight



Dr Schwartz is now accepting new patients.

Family Medicine Physician

Undergrad: University of Rhode Island
Medical School: Ross University School of Medicine
Residency: Family Medicine Residency at Wheeling Hospital in Wheeling WV
Post-Residency: Provided both Inpatient and Outpatient care for all ages in Ohio and West Virginia



3001 St. Anthony Way Pendleton, OR 97801

Andrew Schwartz, M.D.

Call for your appointment today
541.966.0535

FOR MORE INFORMATION VISIT WWW.SAHPENDLETON.ORG

502 Real Estate

Are you thinking of selling? Relocating? I am happy to provide you with a comparative analysis on your home so you can get the best price for your property and I can help you find your next home. I am available evenings and weekends to accommodate your busy schedule.
Call Carolyn Rovier
 541-786-0822
 Ranch-N-Home Realty

504 Homes for Sale

MILTON-FREEWATER
 4 bed, 2 bath, newly remodeled. 1750 sq.ft. Large shop/ garage 30x48 plus 11x12 lawn equipment storage. Large lot, plenty of room for garden.
 \$225,000. 509-301-2177

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

Investment Opportunity- 2 Bedroom home with fenced yard and large detached garage \$108,300 #19260721. Call Kerry to access this or other investment opportunities. 541 377 6855

TURN HERE REALTY
 305 SW Court Ave

CLASSIFIED ADS work hard for you. Try one today!

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

504 Homes for Sale

\$77,500- Two for the price of one! 2 homes on this lot, total of 1024sf (m/l), 3 bed, 2 bath. Both in really good shape. Outbuilding. Jerry 541-969-6378 cell. #18335992

Coldwell Banker Whitney & Associates
 541-276-0021

Connect to ALL properties with ONE Reliable Realtor. Turn Here as we find the New Home for you. Call Turn Here Realty at 541-377-6855 and Speak with Kerry to Find the House on your list!

TURN HERE REALTY
 305 SW Court Ave

\$249,999- 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



\$195,200- 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 Whitney & Associates
 541-276-0021

504 Homes for Sale

\$309,000- MISSION 4 acre mini-ranch. 3 bed, 2 bath 1800 sf (m/l) ranch style home w/large front porch. Metal roof. 4 car garage/ workshop. Barn, tack room, wood shed. Marsha 541-377-5152 cell. #18340292

Coldwell Banker Whitney & Associates
 541-276-0021

\$299,000- Get ready to be stunned! Incredible views highlight this gorgeous property that's been remodeled to perfection. Must see! 829 SW 8th #18048419 Molly Webb 541-969-4188

Coldwell Banker Whitney & Associates
 541-276-0021

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

\$249,900- 1LEVEL, 1604sf (m/l), 3 bedroom, 2 bath home on quiet cul-de-sac. New interior paint, carpet, dishwasher, microwave. Open kitchen w/ pantry, familyroom, utility. Tool shed, yard. Cari 541-377-5058 cell. #19083226

Coldwell Banker Whitney & Associates
 541-276-0021

You can find your dream home...



Check out our real estate listings in the classifieds!

St. Anthony Provider Spotlight



Dr Kargar is now accepting new patients.

Internal Medicine

Board Certification: Board Certified American Board of Internal Medicine, University of Medicine & Dental of New Jersey School of Osteo Medicine

Education: California State University, Hayward

Insurance Accepted: Most major insurances, Medicare, Medicaid

Special Services: Internal Medicine



3001 St. Anthony Way Pendleton, OR 97801

Arian Kargar D.O.

Call for your appointment today
541.966.0535

FOR MORE INFORMATION VISIT WWW.SAHPENDLETON.ORG

Eastern Oregon Parent

Family Medicine

January 2019



Common kids' illnesses
 PAGE 5

Vitamins and supplements
 PAGE 10

Vaping health hazards
 PAGE 15

FREE

Pick up your free copy of Eastern Oregon Parent magazine across Umatilla County!

"Like" Eastern Oregon Parent on Facebook Read current and past issues online at www.eoparent.com



Partying on a Budget

Your Super Bowl get together doesn't have to cost an arm and a leg. If you are on a budget for this year's party, there are ways to save big bucks while hosting a memorable event.

AFFORDABLE FEASTING

Super Bowl Sunday is traditionally a day where finger foods and casual drinks outweigh fancy feasting and sophisticated cocktails.

Go for inexpensive snacks like chips and dip, premade veggie and fruit trays, and barbecued meatballs. Ask your guests to bring their favorite appetizers and drinks, too.

RENTING EQUIPMENT

If you feel your television setup needs an upgrade before guests arrive, but it doesn't make sense financially, consider using a rental service.

Keep in mind that others may have the same idea, so it's important to contact an electronic rental service several weeks prior to the big game.

Enquire about available sizes,

delivery and setup and return methods. In most cases, they will help in every step of the process for a small fee.

DISPOSABLE CUTLERY

Don't worry about purchasing new silverware or dishes for your party. When using paper plates, disposable cups and plastic cutlery, you'll save a ton of money and time during cleanup.