



Eastern Oregon Marketplace

Powered by
EAST OREGONIAN

TUESDAY
February 12, 2019

**Postal
Customer
Local**

STANDARD
PRE-SORT
PERMIT #73
U.S. POSTAGE PAID
PENDLETON, OR
97801

Tips for a Great Valentine's Day

For a holiday intended to celebrate love, Valentine's Day has a complicated legacy; according to Psychology Today, couples are more likely to break up in the weeks surrounding the day. Why? Experts say unrealized or unreasonable expectations or comparisons to past celebrations can make what on any other day would be just fine a disappointment.

Another reason, psychologists say, is because Valentine's Day tends to add even more pressure on couples who are already struggling. They want to make it a perfect night to prove to themselves they're not having problems, or they find their negative feelings intensified by the day's events.

To make Valentine's Day a great opportunity for a big, romantic gesture of love or a quiet reminder of why you've been together as long as you have, plan ahead, know what you both want and give yourself a chance to have a fun day with your partner.

Make reservations as far in advance as possible. This isn't just for restaurants and hotels either; line up a babysitter as soon as you can. If you wait until the last minute, your options will be limited.

Talk to each other. Make sure you know each other's expectations and you know what your partner wants. You'll have a much better holiday if you plan your festivities together. Do either of you want flowers delivered to your office or breakfast in bed? Tell each other beforehand.

Don't go overboard on spending. It's easy to max out your credit card on flowers,



© ADOBE STOCK

chocolate, dinner out, a limousine or whatever grand plans you have. Figure out your budget and find creative, fun and romantic ways to maximize your resources.

Turn off your phones. It's hard to disconnect completely (especially if you have kids at home with a babysitter), but do the best you can to silence your phone. Ignore

calls from work, don't check texts, and even if you're just hanging out on the couch, stay off Twitter and Facebook and talk to each other.

Add a little personal touch.

A handmade card or handwritten note, a random text in the middle of the day, small gifts that will mean a lot to each other all can make your day a little more special.

Missing Your Marketplace?

Go Green and Save!
Look for the Marketplace green box

Valentine's Day

The Marketplace is now available everywhere you go. Money-saving coupons, local discounts and community classified—you'll save time and money when you go green!

Get your FREE Marketplace at these locations:

Pendleton

KOA- Mountain View RV Park
Tum-a-lum Lumber
Speed Wash Laundry
Employment Department
Premium Lube
Hometown Cleaners
Perfect Look
Salvation Army
Round-up Athletic Club
St. Anthony Hospital
St. Anthony Hospital
Outpatient
Les Schwab
Pendleton Public Library
Lifeways
CAPECO
Pendleton Tire Factory
Mission Market
Arrowhead Travel Plaza
BMCC Business Office
Eagle Lodge
East Oregonian office

Hermiston

O'Reilly Auto Parts
Walmart
Bottle Drop
Chevron Gotta Stop
Carniceria Julissa
Rocket Mart
Main Street Laundry
Pheasant
Bi-Mart
Hermiston Herald office
Safeway Plaza between
Safeway & Big Lots
Safeway Plaza between
Footwear & Great Clips
Chuckwagon
Fiesta Foods
Affordable Family
Eyewear
Little Caesars Mall
Smoke Shop
Space Age

Boardman

Hometown Harvest Foods

Umatilla

TT's Mini Mart
Crossroads Truck Stop/ Café
McNary Market

Helix

Helix Post Office

Athena

Athena One Stop Mart

Weston

Weston Post Office

Milton-Freewater

Milton-Freewater Post Office

Stanfield

Center Mart

More locations coming soon! The Marketplace; Save more do more!

SEE WEEKLY ADVERTISING CIRCULARS INSIDE