

**651 Help Wanted**  
RV park needs resident manager with strong people skills. Training provided. Free RV space & other perks. 541-449-1176



**EAST OREGONIAN CLASSIFIEDS**  
Something for everyone in the Classifieds

**651 Help Wanted**  
Temporary Employment  
Six FULL TIME temporary employees needed in Boardman and Arlington OR for 3-4 month project. Schedule is 2nd and 3rd shift, M-F and plus weekends. No special skills or requirements necessary. Job functions involve being physically present and to observe and report anything out of the ordinary while sitting in job shack. Pay up to \$14 per hour, plus hotel and daily per diem. Contact Mark M or Lilly at Omega Morgan. Location Arlington and Boardman, Oregon. 503-647-7474 mark.matthews@omega-morgan.com

**651 Help Wanted**  
DITCHRIDER, WESTLAND IRRIGATION DISTRICT  
This is a full time position, with benefits, and a compensation range of \$17 to \$23 per hour depending on experience. To request a job application, contact Tami Sherer, Office Manager, Westland Irrigation District, 77096 Highway 207, Echo, OR 97826. Office phone number is 541-667-2030. The job description and application is also available on the Westland Irrigation District website www.westlandirrigation.com by clicking on the Ditchrider position link on the home page. Previous experience helpful but will train the right candidate. This position is being advertised until filled.

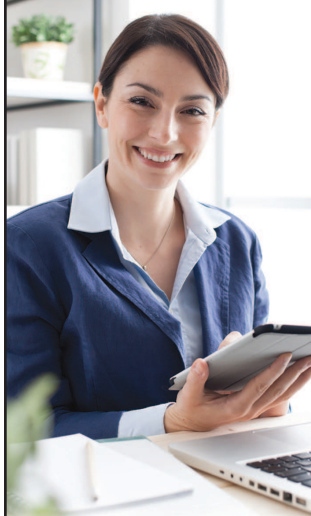
**661 Childcare/Adult**  
Contact Dayle or Grace today to place your classified ad!  
1-800-962-2819  
classifieds@eastoregonian.com  
We can highlight your ad with color!

**810 Furniture & HH**  
DINING ROOM SET  
6 highback crushed velvet chairs. Carved top with glass insert. 2 leaves, extends to 95x44. \$200 (541)276-9623

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Children 10-17 may play with Parent/Guardian, adult must have proper ID. Call for details.  
CAUTION: Participation in gambling activity may result in pathological gambling behavior causing emotional and financial harm. For help, call 1-800-547-6133.

**651 Help Wanted**



Send resume and letter of interest to:  
**EO Media Group**  
PO Box 2048  
Salem OR 97308-2048  
or e-mail: hr@eomediagroup.com



**651 Help Wanted**

**Sales Professional**

Exciting opportunity for a skilled sales and marketing professional with knowledge of ad contacts in the Pendleton/Hermiston area.

East Oregonian is Eastern Oregon's leading media outlet. More than just a newspaper, we represent the community at events, through print and digital products, and bringing credible, relevant coverage to readers and advertisers.

Can you be a part of our team? We seek someone who is skilled in business development, contract negotiations, communicates clearly with an internal support team, thrives in a CRM driven environment and has outstanding proposal and presentation skills.

Do you have what it takes? This position requires a strongly-motivated person to be in the territory daily, with regular check-ins at the Pendleton office. Three+ years of sales experience are required with a marketing or communications degree preferred.

This position comes with generous compensation for someone with the drive and determination to succeed. Benefits include paid time off (PTO), a 401(k)/Roth 401(k) retirement plan, expense reimbursement and insurances.

**661 Childcare/Adult**

**LOOK!**  
Good Shepherd Children's Center is now open to the community! We are a full day learning center that offers childcare and preschool activities. We accept children ages 6 weeks - 5 years. Our facility is open Monday - Friday 6:45am - 6:00pm. For more information please contact Trista. Hermiston, OR. (541)667-3511

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**CLASSIFIEDS!**

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**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

**MEDICAL DIRECTORY**  
To advertise in the Medical Directory, please call:  
Jeanne at 541-564-4531 or Audra at 541-564-4538

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# Try New Activities

Without the motivation to get up and go to work every day, it can be easy to become sedentary. For seniors, this can be especially dangerous as it promotes illnesses like heart disease, diabetes and even cancers. In addition to sticking to an exercise plan, find a hobby that tests your limits and keeps adrenaline high.

It's a good idea to have a meeting with your health care provider before taking on any strenuous activity. You want to ensure your heart and overall health is up for the strain that may be caused when exerting yourself. Once you have the green light from your doctor, here are some tips to remember.

**WHAT IS ADRENALINE?**

According to the Hormone Health Network, adrenaline is a hormone which triggers the body's fight-or-flight response.

During a stressful situation, it causes air passages to dilate and provide muscles with oxygen to respond. Its presence will increase alertness and awareness while improving memory and cognitive functioning. When you choose hobbies that challenge yourself, it's likely your body will experience a surge in adrenaline.

While the hormone rarely causes medical problems, the experts at HNN recommend addressing your doctor if you feel you're experiencing excessive adrenaline or it's affecting your overall health.

**FINDING AN ACTIVITY**

High-adrenaline hobbies aren't only found from experiences like skydiving or bungee jumping. Less risky



options can still leave you feeling refreshed and accomplished.

**Hit the trails:** Go hiking for a new perspective on the outdoors. You can find some famous trails throughout the nation that provide you the

ability to travel while doing something you love;

**Canoeing:** One of the most intimate and intense ways to travel waterways is from the seat of a canoe. They are easy to travel with and are great companions for adventures.

**Scuba diving:** Head to the tropical reefs to witness breathtaking nature or visit a site to examine historical sites underwater.

**STAYING FIT**

Make sure you stay in good

physical shape when welcoming a new hobby. Staying fit will give you a boost when it comes to performing physically challenging tasks and allowing you to enjoy new adventures without overexerting yourself.

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