

<p><b>104 Special Notices</b></p>  <p><b>PLEASE CHECK YOUR AD ON THE FIRST DAY OF PUBLICATION.</b></p> <p>While we are happy to make any necessary corrections, we can not be responsible for errors appearing for multiple days. Thank you!</p> <p><b>CLASSIFIED LINE AD DEADLINES</b></p> <p><b>East Oregonian</b> 2:30PM the day prior to publication</p> <p><b>Hermiston Herald</b> 10am Tuesday</p> <p>1-800-962-2819</p> <p><a href="mailto:classifieds@eastoregonian.com">classifieds@eastoregonian.com</a></p>	<p><b>354 Auction Sales</b></p> <p><b>AUCTION</b> US Government Bank Repos.</p> <p>June 23th preview date - 9am-4pm</p> <p><b>June 23th, 9 am</b> 312 N 20th Avenue, Pasco</p> <p>Over 70 passenger cars &amp; vans, motor homes, computers, forklifts, air compressors, tools, boats, RVs, ATVs, restraint equipment.</p> <p>13.5% BUYERS PREMIUM FOR CATALOGS</p> <p><a href="http://www.vailauctioneers.com">www.vailauctioneers.com</a> On-line bidding. 509-543-3566 WALIC #2175</p> <div style="border: 2px dashed red; padding: 5px;"> <p><b>WOW!</b></p> <p>Use an attention getter, color, or border to make your ad stand out!</p> <p>Contact Rowan or Chloe at <a href="mailto:classifieds@eastoregonian.com">classifieds@eastoregonian.com</a> 1-800-962-2819 to place your classified ad!</p> </div>	<p><b>504 Homes for Sale</b></p> <p><b>\$178,500</b> <b>Tons of charm/lower North Hill.</b> 2, possible 3, bedrooms. Very nice kitchen, gas range. Hardwood floors. Many upgrades. Central HVAC. Call Vicki 541-969-9441 cell. #19377899</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p> <p><b>\$224,900</b> <b>Oversized corner lot, 4 bed, 2 bath, 1896 sf(m/l) home.</b> Great location in the Sherwood area. Close to school, easy access, move-in ready. Kevin 541-969-8243 cell. #19484998</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p> <p>New Listing... \$275,000 3 Bedroom 3 Bath in Rice Addition. Huge living / Dining room. Fenced back yard. 2 car Garage. Nicely landscaped. Call Today. MLS# 19166329 <b>Rocky Mikesell</b> <b>Blue Jeans Realty</b> "Our office is wherever you are" 541-379-8690</p>	<p><b>504 Homes for Sale</b></p>  <p><b>\$397,000</b> - 4 Bedroom 3 Bath 3754 sq. ft. Mid Century Executive Home. Panoramic View. Private setting. Wonderful home for privacy or entertaining. MLS# 19205109 <b>Rocky Mikesell</b> <b>Blue Jeans Realty</b> "Our office is wherever you are" 541-379-8690</p> <p><b>\$175,000</b> <b>Craftsman charm with modern amenities.</b> 3bed, 2bath. Hardwood floors, wood fireplace. Fresh exterior paint, covered front porch, huge deck great for entertaining. Jef 541 969-9539 cell. #19359654</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p>	<p><b>504 Homes for Sale</b></p> <p><b>\$379,900</b> 4bed, 2.5baths. Refurbished wood floors and new carpet. Remodeled custom kitchen and master bathroom. Basement storage. Private, fenced patio. Double car garage. <b>Marsha</b> 541-377-5152 cell. 19685899</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p> <p><b>\$189,000</b> <b>ATHENA.</b> 3 bed, 2 bath, 1798 sf(m/l) home w/partially finished basement. Updated kitchen, forced air heat and cool. Vinyl windows &amp; siding, spacious 2car garage. <b>Jerry</b> 541-969-6378 cell. #18092363</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p> <div style="border: 1px solid black; padding: 5px;"> <p><b>UPCOMING GARAGE OR ESTATE SALE?</b> Call 1-800-962-2819 to advertise it in our classified section and get your sale out there!</p> </div>	<p><b>504 Homes for Sale</b></p> <p><b>\$149,900</b> <b>City views! Charming 1948</b> sf(m/l), 3 bedrooms, 2 baths, family room. Recent updates. Fresh paint inside/out, some new double pane vinyl windows. Off street parking. <b>Jed</b> 541 969-2887 cell. #18674523</p> <p><b>Coldwell Banker Whitney &amp; Associates</b> 541-276-0021</p> <p>New Listing... \$135000 - 3 Bedroom 1 Bath Ranch Style in Pilot Rock. Hardwood Floors. Vinyl Siding. Large Fenced Back Yard. Central Air Conditioning. Very nice home. MLS# 19534828 <b>Rocky Mikesell</b> <b>Blue Jeans Realty</b> "Our office is wherever you are" 541-379-8690</p> <p><b>Reach the buyer you are looking for with a low cost, effective classified ad.</b></p>
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# BUSINESS DIRECTORY

## YOUR GUIDE TO LOCAL PROFESSIONALS

<p><b>Second Hand Store</b></p> <p><b>We Sell Stuff</b> <b>2nd Hand</b></p> <p>342 SW 1st St. Pendleton, OR (541) 969-3073</p> 	<p><b>Collection Service</b></p> <p>Complete Collection Service</p> <p><b>CREDITS</b> INCORPORATED</p> <ul style="list-style-type: none"> <li>Licensed</li> <li>Bonded</li> <li>No Collection</li> <li>No Fee</li> </ul> <p>461 E. Main Hermiston, OR 97838 (541)289-9107 <a href="http://www.creditsinc.com">www.creditsinc.com</a></p>	<p><b>Construction</b></p> <p><b>Gary Adams</b> <b>Construction, LLC.</b></p>  <p><b>From Framing to Finish Work</b></p> <p>CCB# 215307 541-276-6571 <a href="mailto:garyadamsconstruction@yahoo.com">garyadamsconstruction@yahoo.com</a></p>	<p><b>Flooring &amp; Design</b></p> <p><b>Satisfied customers</b></p> <ul style="list-style-type: none"> <li>Golden Rule Service</li> <li>Friendly Designers</li> <li>Experienced Staff</li> <li>Quality Materials</li> <li>Trusted Installers</li> </ul> <p>509-522-0176</p> <p><b>Conner's</b> FLOORING &amp; DESIGN</p> <p>650 NE Rose Street College Place, WA 99324 <a href="http://ConnersFlooringandDesign.com">ConnersFlooringandDesign.com</a></p>	<p><b>Heating &amp; AC</b></p> <p><b>HEATING &amp; AIR CONDITIONING</b></p> <p>SALES • SERVICE • INSTALLATION <b>COMMERCIAL &amp; RESIDENTIAL</b> LOCALLY OWNED &amp; OPERATED</p> <p>24 HOUR EMERGENCY SERVICE</p>  <p>Heat Pumps Furnaces</p> <p><b>THEWS SHEET METAL</b> <b>541-276-3751</b> 1816 N.W. 48th St • PENDLETON EMAIL: <a href="mailto:thews@thews.com">thews@thews.com</a> STATE CONTRS#66036</p>
<p><b>Insurance</b></p> <p><b>WHEATLAND</b> INSURANCE CENTER, INC.</p> <p><a href="http://www.wheatlandins.com">www.wheatlandins.com</a> <b>800-243-8918</b></p>	<p><b>Mortgage</b></p> <p><b>Melisa Webb</b> NMLS #311680 Branch Manager</p>  <p>Ph: 541.701.0545 Fax: 509.936.6111 <a href="mailto:melisa@htmgroupp.co">melisa@htmgroupp.co</a></p> <p><b>AMERICAN PACIFIC MORTGAGE</b> ESTABLISHED. STRATEGIC. STRONG. NMLS #1850 505 E Main Street, Suite A Hermiston, OR 97838 <a href="http://apmcfamily.com">apmcfamily.com</a></p>	<p><b>Painting</b></p> <p><b>A SHARP PAINTER, LLC</b></p> <p><b>PAINTING GREAT HOMES FOR 28 YEARS!</b> Excellent Color Advice Free Bids</p> <p>(2009 Business of the year*) <b>541-276-9679</b></p> <p><a href="http://www.asharppainter.com">www.asharppainter.com</a> CCB#132951 WA LLC#ASHARPL022QF Pendleton Chamber of Commerce</p>	<p><b>Opportunity</b></p> <p><b>YOUR BUSINESS SHOULD BE HERE!</b></p> <p>Call <b>541-278-2670</b> for details!</p> 	

# Exercising

Most people know how important exercise is for a healthy lifestyle, but it's not always the easiest habit to get into.

According to the Office on Women's Health, this is particularly true for women who are overweight, older or have a disability, which can make finding the right exercises harder and can put women at greater risk. However, there are plenty of ways women of all sizes and abilities can work out safely and enjoy themselves.

**LARGER WOMEN**

Extra weight puts more stress on muscles and joints, so women who are overweight may have a harder time exercising. If you're not exercising at all, start slowly — move more around the house, park a little further from the store and stretch or lift small weights while you watch TV. You can use canned foods, water jugs and other household items as weights.

Walking is a great place to start. Start slow and walk for about 10 minutes; as you do this consistently, you'll be able to increase your speed and walk for longer. Make sure you have good shoes and are walking somewhere safe.

If you have a gym membership, take advantage of the swimming pool or the stationary bikes, both of which are



easier on joints. You can also get a session or two with a trainer to set up a routine.

**OLDER WOMEN**

Exercise helps women prevent muscle and bone loss, prevent conditions like diabetes and reduce the effects of arthritis or depression. Much of the same exercises men-

tioned previously will help; start slowly, increase intensity over time and find a routine that fits into your day. Exercises you can do around the house include walking backward and standing from a sitting position. Balance exercises like yoga, pilates and tai chi are especially important for older women, which helps

reduce your risk of falls.

**WOMEN WITH DISABILITIES**

The OWH recommends women with disabilities get the same amount of exercise as all adults. Start with talking to your doctor; she can help you develop an exercise routine that won't exacerbate your

condition. A physical therapist or personal trainer also can help you figure out a routine. Look for opportunities like water aerobics classes, yoga and walking groups or workouts you can do at home and modify for your condition. Consider joining a gym, which will give you access to many different machines and classes.

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