



RE/MAX
CORNERSTONE
1055 S. Hwy 395, Suite 313
Hermiston, OR 97838
541-289-5454 • Fax: 541-289-5456
www.hermistoncornerstone.com

643 Business-Sales Opportunities



651 Help Wanted

Juvenile Director
Salary Range \$5587-\$7861
DOE + Excellent Benefits
Located in Morrow County, Oregon

Morrow County is now accepting applications for a Full-time, Exempt, Juvenile Department Director. This position is responsible for all administrative duties and operation of the juvenile department, including juvenile case management. Minimum requirements include BA or BS degree in a related field and 4 years of experience in corrections, juvenile reform, and/or management. For complete job description and to apply, go to www.co.mor-row.or.us or contact Morrow County HR at 541-676-5620, or Email kcarlson@co.morrow.or.us. Posting closes on June 24, 2019

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!

Classified Ads work hard for you!
EAST OREGONIAN CLASSIFIEDS

If you have an eye for real value, you'll eye the classified ads daily!
ADVERTISERS who want quick results use classified ads regularly.

Providing Funeral and Cremation Services for Umatilla County since 1887



PENDLETON PIONEER CHAPEL
Folsom-Bishop
Ron and Valori Martin

131 SE Byers Ave., Pendleton
541-276-1221 • www.pioneerchapel.com

You can find your dream home...



Check out our real estate listings in the classifieds!

ADVERTISERS who want quick results use classified ads regularly.

P E N D L E T O N



4TH OF JULY Parade

HOSTED BY THE PENDLETON VFW "LET' ER BUCK" POST 922

10 AM THURSDAY, JULY 4, 2019

★ **THEME: "Only in America"** ★

STAGING AND LINE-UP:
Horse Staging Area: Western Auto/Baxter Parking Lot
Line-Up Area: SW Dorion Street

ROUTE:
From City of Pendleton building on SW Dorion to Main Street to SW Court to the Convention Center

WHO MAY ENTER:
Any Individual, Organization or Business - ALL ARE WELCOME

JUDGING:
All Entries will receive a participation ribbon. Trophies will be awarded in the following 14 Categories:
MOTORIZED - Best ClubMOTORIZED - Judges' Choice
BUSINESS/COMMERCIAL • FIRST RESPONDERS & ARMED FORCES
PEOPLE WITH PETS • BAND / DRUM & BUGLE • YOUTH DANCE & DRILL GROUPS • FLOATS • CIVIC GROUPS & SERVICE CLUBS
YOUTH GROUPS • EQUESTRIAN (2 riders or less)
EQUESTRIAN GROUPS • EQUESTRIAN GROUPS - Royalty
HORSE & BUGGY/WAGON

In Addition, the VFW will award the "Patriot Trophy" to the entrant with the most overall votes (Winner of Patriot Trophy not eligible for additional trophies)

ENTRY FORMS:
May be picked up at the Pendleton Chamber of Commerce, Dean's Athletic, DG Gifts, Elite Guns & Tactical and the Pendleton Downtown Association
You may also mail requests to VFW Post 922 • PO Box 787 • Pendleton, OR 97801 or email requests to: fbradbury@yahoo.com

★ **Questions? Call Fred Bradbury at 541-377-7474** ★



St. Anthony Provider Spotlight



JD Ward, DO. OB/GYN is now accepting new patients.

Obstetrics and Gynecology
Education: Boise State University, Western University of Health Science
Board Certification: Board Certified American, Board of Obstetrics and Gynecology
Insurance Accepted: Most major insurances, Medicare, Medicaid
Special Services: Obstetrics

CHI St. Anthony Hospital
3001 St. Anthony Way
Pendleton, OR 97801

JD Ward, DO. OB/GYN

Call for your appointment today 541.966.0535
FOR MORE INFORMATION VISIT WWW.SAHPENDLETON.ORG

Dealing with Stress

According to the Office on Women's Health, women report higher levels of stress than men.

This could be because women are more likely to work the second shift — doing the full-time job of household and family management in addition to working a full-time job. Chronic stress can have consequences like irritability, nervousness, depression, headaches and stomachaches; it can impact a woman's ability to get pregnant, have negative effects on pregnancy and affect how she adjusts after childbirth. Stress also can affect menstruation and sexual desire and could make symptoms of PMS worse.

OWH suggested several ways to get a handle on your stressors and how you respond to them to help you live a healthier, less stressful life.

- 1. Know your stressors.** Write down which situations cause the most stress and how you respond. Taking notes can help you find patterns, which can allow you to prepare for those moments and take steps to alleviate or mitigate the stress you feel.
- 2. Set and enforce boundaries.** If you feel overwhelmed with projects, deadlines or other demands on your time, identify your priorities and cut back on nonessential



tasks. Learn to say no — at work, with your friends and family, with volunteer and church obligations.

- 3. Use your support system.** Talk to family and friends and ask for their advice and support. Explain what you need from them and enlist their help in reducing stress. Consider talking to

a counselor; even a couple of sessions can help give you coping tools.

- 4. Make sleep a priority.** This includes both quantity and quality of sleep. Changing hormones women experience because of menstruation and pregnancy can contribute to a higher rate of insomnia and other sleep

problems; insufficient sleep at night can lead to lower productivity during the day and weakened immunity and can trigger or exacerbate a mental health condition. OWH recommends adults get seven to nine hours of sleep a night. Aim to go to bed and get up at the same times each day and reduce distractions in

your bedroom.

- 5. Set one goal for better health.** You can't fix everything, but you can find one habit that boosts your health that you have the energy to tackle. That can be taking a walk during your lunch break, taking the stairs or spending less time looking at your phone.

© ADOBE STOCK