

EASTERN OREGON marketplace

Place classified ads online at www.eastoregonmarketplace.com or call 1-800-962-2819 between 8 a.m. and 5 p.m. Monday through Friday. After hours, leave a voicemail and we'll confirm your ad the next business day. Email us at classifieds@eastoregonian.com or fax: 541-278-2680

Deadline is 3 p.m. the day before publication

East Oregonian

We accept:  

211 S.E. Byers Ave.
Pendleton, OR 97801

333 E. Main St.
Hermiston, OR 97838

104 Special Notices



IT'S WORTH IT! GET A CLASS AD!
HOMES SELL FAST IN CLASSIFIEDS!

104 Special Notices

PLEASE CHECK YOUR AD ON THE FIRST DAY OF PUBLICATION.

While we are happy to make any necessary corrections, we can not be responsible for errors appearing for multiple days. Thank you!

WHY WAIT! GET YOUR CLASS AD NOW!

184 Personals

WOW!

Use an attention getter, color, or border to make your ad stand out!

Contact Rowan or Chloe at classifieds@eastoregonian.com 1-800-962-2819 to place your classified ad!

502 Real Estate

How Much is your Home Worth? Call Matt Vogler, The Weekend and After Hours Realtor, for a free Market Analysis. 541.377.9470. More Listings needed to meet current buyer demand!

John J. Howard & Assoc.
(541) 377-9470

ADVERTISERS who want quick results use classified ads regularly.



Being a baby boomer or having a blood transfusion before 1992 are some common risk factors for Hepatitis C?

GET TESTED TODAY!

Good Shepherd has a limited number of FREE Hep C tests available for those at risk.

Contact your healthcare provider or the Good Shepherd Education Department 541-667-3509 or healthinfo@gshealth.org

Working every day to promote a healthy community



Live Us On:    



Serving Eastern Oregon Since 1983

NEED HELP INSURING A YOUNG DRIVER? WE CAN HELP!

www.wheatlandins.com

Pendleton • Athena • Hermiston • The Dalles • Heppner • Ione • La Grande • Enterprise • Elgin • Baker City • Condon

455 E. Main St., Hermiston • 541-567-8834

GENERAL FAMILY DENTISTRY

DESERT DENTAL

Crowns • Bridges • Dentures
Veneers Dental
Implant Restoration

(541) 567-8161

995 Orchard Avenue • Hermiston

Ryan M. Wieseler,
D.D.S., PC WWW.DESERTDENTALSILES.COM

Tom Denchel's 

FORDCOUNTRY.COM

541-567-3291

555 S. Hwy 395, Hermiston
Mon.-Sat. 8am-7pm | Sun. 11am-5pm

We are **HUGE** supporters of our community and we are very proud to be **GIVING BACK**

Hermiston

CHRYSLER DODGE Jeep RAM

541-567-5555

81143 N. Hwy 395, Hermiston
Mon.-Sat. 8am-7pm | Sun. 11am-5pm

TWO DEALERSHIPS, ONE FAMILY, SERVING YOUR FAMILY & OUR COMMUNITY

YOUR HEALTH | EXERCISE

Get Moving Together

Physical activity is critical to staying healthy, and what's good for the grown-ups is good for the kids, too. Find out how to get fit as a family.

GUIDELINES

The U.S. Department of Health & Hospitals recommends children 6-17 get an hour or more of moderate to vigorous physical activity per day. Adults should do at least 150 minutes to 300 minutes per week of moderate intensity exercise or 75 minutes to 150 minutes a week of vigorous intensity activity. Older adults should also aim for balance training and be as active as their abilities and conditions allow.

PLAY GAMES

One way to get fit as a family is to take up a new game or sport. Play basketball, golf or tennis. Look into disc golf, dodgeball or softball. You can join a community league, church league or set up a neighborhood tournament. Local parks may have facilities you can use for free or reduced cost, and look for used equipment at yard sales and secondhand stores.

TAKE A HIKE

Find some easy walking

trails nearby and get moving. Be aware of weather conditions that might make trails muddy or impassible, and make sure you take along plenty of water, sunscreen, bug spray, and anything else you need to be away from civilization for a few hours. Depending on the trails, you may also be able to bring the family dogs, too.

One thing to keep in mind: Footwear. Wear good quality socks and shoes made for going off the beaten path. If you don't have these, visit your local sporting goods store for a good fitting to prevent injuries.

AVOIDING INJURIES

Medline Plus gives you these tips to stay safe during exercise, especially if you're new at it.

Warm up with stretches and start off slowly. Don't push your body too hard or try an exercise that's too strenuous for your level of fitness.

Use proper equipment and form. If you're new to a gym or sport, consider asking a more experienced friend to help or hiring a trainer.

Use proper safety equipment. Depending on the activity, this could include the right footwear; helmets if needed; mouthguards; goggles; pads or other protective guards. If you're not sure about proper fit, visit a local sporting goods store.

