

502 Real Estate

What is on your wishlist?? Prompt, Courteous, Reliable service with TURN HERE REALTY to find your New Home Call Kerry 541 377 6855 . (One Realtor accessing all listings available in our area)

TURN HERE REALTY & TRAVEL

305 SW Court Ave Pendleton

504 Homes for Sale

Summer is nearly here, it's a great time to buy that home you have been dreaming of.

Call Carolyn Rovier 541-786-0822
Ranch-N-Home Realty

Prices are up! Now may be the time to gain some equity and move up to a larger home. Call Matt Vogler for a free Market Analysis.

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

GOLF GAME gone to pot? Sell those old clubs with a classified ad.

504 Homes for Sale

Turn Here Realty & Travel for all your Real Estate Needs-Call Kerry 541 377 6855

TURN HERE REALTY & TRAVEL

305 SW Court Ave Pendleton

601 & 606 SE Emigrant building for sale. 3582 sq ft plus full basement. 5000 sq.ft lot. \$79,500 RMLS#18684546 Call Kal for more info (541) 969-7358
Garton & Associates
541-276-0931

\$395,000 NEW LISTING Time to Wash Car Wash. 27,443lot-witha 3349 building High traffic area. RMLS#19615657 Call Kal for more info (541) 969-7358.
Garton & Associates
541-276-0931

1st time home buyers and don't know where to begin? I can help you every step of the way to owning your own doorstep.

Call Carolyn Rovier so we can get started!
Ranch-N-Home Realty
541-786-0822

504 Homes for Sale

Thinking of selling? Now is a great time to sell, prices are up and interest rates are low.

Give Carolyn Rovier Call at Ranch-N-Home Realty so I can get your home listed and SOLD!

541-786-0822

Current MLS listings include several 3 and 4 bedroom, 2 bath homes for sale in popular locations. Call Matt Vogler, "The Weekend and After Hours Realtor" for addresses and pricing.
John J. Howard & Assoc.
541.377.9470

EAST OREGONIAN CLASSIFIEDS

SUMMER LISTINGS coming on market--Call 541 377 6855 to find the home for you-- TURN HERE at 305 SW Court or call 541 377 6855

TURN HERE REALTY & TRAVEL
305 SW Court Ave Pendleton

504 Homes for Sale

New Listing 712 SE Court . Car wash or Espresso shop on a very high traffic intersection. \$ 94950 Priced to Sell RMLS#19111739 Call Kal for more info (541) 969-7358

Garton & Associates

541-276-0931

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

SIZE UP or SIZE DOWN--Your new home is waiting for you and its time for the move -. Call Turn Here Realty at 541 377 6855 and connect to ALL properties with ONE reliable Realtor.

TURN HERE REALTY & TRAVEL

305 SW Court Ave Pendleton
EVERYTHING is coming up results when you use a classified ad!

504 Homes for Sale

\$239,999- RMLS #18081947 New Listing 4 b/r 1 3/4 bath North Hill. Freshly painted, beautiful hardwood floors just refinished. Great family home. Call Shane for more info (541) 379-7802.

Garton & Associates

541-276-0931

Classified Ads work hard for you!

504 Homes for Sale

RMLS#18381851 Pendleton Property 3 br 2 bath manufactured home on a big lot with small 2 b/r 1bath rental house on same lot. Priced to sell at \$149,990. Call Cathy for more info. (541) 215-0103.

Garton & Associates

541-276-0931

Call for your classified ad today! 800-962-2819

MARK YOUR CALENDARS BUSINESS OWNERS & MANAGERS

BBSI would like to invite you to our Business Networking Mixer!

This will be a fun evening of socializing and networking.

2ND TUESDAY OF EACH MONTH • 5-7PM at MIDWAY BAR & GRILL (1750 N. 1ST ST., HWY. 395, HERMISTON)

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BUSINESS DIRECTORY

YOUR GUIDE TO LOCAL PROFESSIONALS

<p>Second Hand Store</p> <p>We Sell Stuff</p> <p>2nd Hand</p> <p>342 SW 1st St. Pendleton, OR (541) 969-3073</p>	<p>Collection Service</p> <p>Complete Collection Service</p> <p>CREDITS INCORPORATED</p> <ul style="list-style-type: none"> Licensed Bonded No Collection No Fee <p>461 E. Main Hermiston, OR 97838 (541)289-9107 www.creditsinc.com</p>	<p>Construction</p> <p>Gary Adams Construction, LLC.</p> <p>From Framing to Finish Work</p> <p>CCB# 215307 541-276-6571 garyadamsconstruction@yahoo.com</p>	<p>Flooring & Design</p> <p>Satisfied customers</p> <ul style="list-style-type: none"> Golden Rule Service Friendly Designers Experienced Staff Quality Materials Trusted Installers <p>509-522-0176</p> <p>Conner's FLOORING & DESIGN</p> <p>650 NE Rose Street College Place, WA 99324 ConnersFlooringandDesign.com</p>	<p>Heating & AC</p> <p>HEATING & AIR CONDITIONING</p> <p>SALES • SERVICE • INSTALLATION</p> <p>COMMERCIAL & RESIDENTIAL</p> <p>LOCALLY OWNED & OPERATED</p> <p>24 HOUR EMERGENCY SERVICE</p> <p>THEWS SHEET METAL</p> <p>541-276-3751 1816 N.W. 48th St • PENDLETON EMAIL: thews@thews.com STATE CONTRS#66036</p>
<p>Insurance</p> <p>WHEATLAND INSURANCE CENTER, INC.</p> <p>www.wheatlandins.com 800-243-8918</p>	<p>Mortgage</p> <p>Melisa Webb NMLS #311680 Branch Manager</p> <p>Ph: 541.701.0545 Fax: 509.936.6111 melisa@htmgroup.co</p> <p>AMERICAN PACIFIC MORTGAGE</p> <p>ESTABLISHED, STRATEGIC, STRONG.</p> <p>NMLS #1850 505 E Main Street, Suite A Hermiston, OR 97838 apmcfamily.com</p>	<p>Painting</p> <p>A SHARP PAINTER, LLC</p> <p>PAINTING GREAT HOMES FOR 28 YEARS! Excellent Color Advice Free Bids</p> <p>(2009 Business of the year*) 541-276-9679</p> <p>www.asharppainter.com CCB#132851 WA LLC#ASHARPL0220F Pendleton Chamber of Commerce</p>	<p>Real Estate</p> <p>RE/MAX CORNERSTONE</p> <p>1055 S. Hwy 395, Suite 313 Hermiston, OR 97838 541-289-5454 • Fax: 541-289-5456 www.hermistoncornerstone.com</p>	<p>Opportunity</p> <p>YOUR BUSINESS SHOULD BE HERE!</p> <p>Call 541-278-2670 for details!</p>

YOUR HEALTH | SLEEP

Catch Some ZZZs

Sleep is something we can take for granted, until we're plagued by not getting enough of it.

Keep reading to learn why sleep is important and how to improve your sleep health.

WHAT IS SLEEP?

Everyone has an internal body clock that tells you when you to sleep and wake up, usually a 24-hour cycle called the circadian rhythm. The circadian rhythm is tied to lots of things such as light, darkness, hormones and other factors. Our circadian rhythm changes with age; young children tend to sleep more in early evening and may have more REM sleep than other people.

Sleep is important because, during sleep, your body is working to support healthy mental and physical function. The National Heart, Lung, and Blood Institute says sleep deficiency can alter activity in some parts of the brain, triggering trouble making decisions, solving problems and controlling emotions. It's also been linked to depression, suicide and risk-taking behavior.

Sleep is also when your body repairs itself. Deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and stroke.

IMPROVING SLEEP

Allow yourself enough time to sleep. Instead of making sleep the first sacrifice to a busy schedule, protect your time to sleep for your good health. Next, establish and stick to a bedtime routine. Go to bed around the same time and try to wake up at the same time every day. Set quiet time before



bed, and avoid heavy meals before bed, as well as nicotine, strenuous exercise, artificial light and caffeine. Keep your bedroom quiet, cool and dark. You may also choose to take a hot bath or practice relaxation techniques before bed.

WHEN TO TALK TO YOUR DOCTOR

If you're not getting enough sleep

and these simple techniques didn't help, it may be time to talk to your doctor. If you feel sleepy during the day, don't wake up refreshed, or are having trouble adjusting to a new schedule, it's time to seek help.

Before your visit, the NHLBI recommends thinking about the following:

How often do you have trouble sleeping? How long has this been going on?

When do you go to bed and get up? How long does it take you to fall asleep? How often do you wake up at night?

Do you snore loudly? Do you wake up gasping or feeling out of breath?

Do you feel refreshed when you wake up or tired during the day?

Do you doze off or have trouble staying awake during routine tasks, especially driving?