

651 Help Wanted

MORROW COUNTY
 Morrow County is seeking a Full-time Accounting Clerk in Heppner OR. This position requires general accounting experience. Wages start at \$16.56 per hour plus excellent Benefits. For full job description and application visit the Morrow County Website at www.co.morrow.or.us or contact Human Resources at (541)676-5620. Closes July 19, 2019. Morrow County is an EOE.
 Classified Ads work hard for you!

YOU CAN COUNT ON US TO HELP YOU PLAN A PERSONAL, LASTING TRIBUTE TO YOUR LOVED ONE.



BURNS MORTUARY of Hermiston & Hermiston Crematory
 Serving Families with Care and Compassion for Over 70 Years.
 685 W. Hermiston Ave. Hermiston, Oregon (541) 567-6474
www.burnsmortuaryhermiston.com

651 Help Wanted

ALIVE & WELL
 541-567-0272
 2150 N. First St., Hermiston
30 YEAR ANNIVERSARY CELEBRATION!
 JULY 14TH 12pm - 5pm
 FREE Vegetarian BBQ with Purchase
 FREE GIFT BAG with Goodies (while supplies last)
 SALES • SAMPLES • VENDORS
Treasure Hunt for \$20 Gift Cards.
FASHION SHOW 2PM!! WEEK LONG SALE!!!
MELTING MASSAGE BY SUNITA (\$20/15MIN)

Something for everyone in the Classifieds
 Call for your classified ad today! 800-962-2819

651 Help Wanted

CCS offers a harbor to those seeking guidance through personal trials. CCS is committed to offering their award-winning services all over Oregon and behavioral health care to four counties. Since 2010, Lakeview Heights has operated under CCS and assist individuals with acute mental illness as they transition through life. It is an innovative secure residential treatment facility with an engaging layout for customers. Lakeview Heights uses cutting edge services, such as equine therapy, so an interest in this is ideal, but not required. The Clinical Supervisor will use their management, communication and clinical skills to lead our clinical team of Lakeview Heights in Heppner, OR. The Clinical Supervisor will use their diverse abilities to conduct assessments and develop treatment plans. This position requires the supervisor to showcase their expertise in quality individual, group, and family counseling services. You must have a Masters degree from an accredited college in social work, psychology or other human service related field and five years in the delivery of clinical services. You must be a certified Mental Health Investigator (or the ability to obtain certification) and a certified Protective Services Investigator (or the ability to obtain certification) with knowledge of diagnosis, detailed reports, and communicate well diverse populations. Enjoy competitive wages, with excellent benefits and continuous training. This is a fulltime position. The pay range for this position is \$50,400 – \$75,600, DOEE. CCS has a benefit package including health, dental and vision insurance, 401K, potential for tuition reimbursement, student loan forgiveness and paid licensure supervision. Position is open until filled. EOE.

HOMES SELL FAST IN CLASSIFIEDS!

651 Help Wanted

Auditor for Harney County
 Harney County Court is requesting written proposals from certified municipal auditors to conduct the annual audit of the County's financial records for a three-year (3) period beginning with the 2019-2022 fiscal year. Audits shall be conducted according to the criteria prescribed by the Minimum Standards of Audit Oregon Municipal corporations and shall satisfy the provisions of the "Audit of State and Local Governments".
 Harney County Court will make selection of the audit firm. For a copy of the County's audit proposal information go to www.co.harney.or.us
 We look forward to receiving your proposal on or before July 24, 2019 at 5:00 p.m.

661 Childcare/Adult

Contact Rowan or Chloe today to place your classified ad!
 1-800-962-2819
classifieds@eastoregonian.com
 We can highlight your ad with color!

710 Pets & Supplies

Wirehaired Pointing Griffon Puppies, AKC, \$950 Milton-Free-water, OR. 509-520-5123.

828 Misc for Sale

Sell it! Buy it! See it!
CLASSIFIEDS!

We Hear You!



You deserve total audiological care. Professional. Experienced. Local.



Renata Anderson, MA



Pam Wagenaar, Administrative Assistant

2237 SW Court, Pendleton
541-276-5053
www.renataanderson.com

DEDICATED TO YOUR HEALTH
 Friendly, Relaxed, Professional
 General Cosmetic Dentistry for the Entire Family!

- Esthetics
- Root Canals
- Dentures
- Extractions
- Fillings
- Crowns
- Cleanings
- Accepting New Patients!
- Most Major Insurances Accepted

HAYDEN DENTAL GROUP
 SINCE 1970
 Strong Roots in Our Community

CALL TODAY FOR AN APPOINTMENT! **541.567.8414**
 1050 W. ELM AVE., SUITE 240 • HERMISTON Open Monday-Friday

Mom & Baby Support Group

We meet every Friday 9AM -11AM at St Anthony Hospital in Conference Rooms 3 & 4

This support group is Free and specifically geared toward Moms and Caregivers.

We provide Free snacks, support, breastfeeding help and baby weigh ins.

CHI St. Anthony Hospital
 Imagine better health.™
 St. Anthony Clinic
 3001 St. Anthony Way
 Pendleton, Oregon
www.sahpendleton.org

UPCOMING GARAGE OR ESTATE SALE?
 Call 1-800-962-2819 to advertise it in our classified section and get your sale out there!

IT WILL SELL IN CLASSIFIEDS!
 EMAIL: CLASSIFIEDS@EASTOREGONIAN.COM

YOUR HEALTH | TECHNOLOGY

Virtual Training

Gone are the days when going to an exercise class means waking up early and going to a gym. Now, with advances in technology and new smarthome devices, you can join a class from the comfort of your living room.

FIRST THINGS FIRST
 Talk to your doctor about the type of programs you want to use and make sure you're medically cleared to take part. This is especially true if you've recently had health issues, injuries or a chronic illness. Then, make sure you have the right set-up, equipment and space to do what you want.

CHOOSING AN APP
 Typing "fitness" into your app store is going to be overwhelming. Food trackers, run trackers, maps, on-demand workout apps, short workout apps, yoga apps, apps with music, apps without music, apps that track your music. Overwhelming.
 Think about the kinds of workouts you want to do, the time and space you have, and the kind of commitments you want to make. Then read these tips and get surfing.
Do you have a hectic



schedule that's rarely routine? Look for an on-demand app. Make sure it offers the types of workouts you'd like to do (HIIT? Yoga? All of it?) and the level of instruction and length of workout you want to do not only now, but in the future. Many of these are sub-

scription based, so if you get all you can out of that app and need a new one, you'll need to remember to cancel the subscription in the app store, not just delete the app.
Don't have a lot of time or are you new to fitness? Look for apps that are targeted for

short workouts, usually modeled on circuit training. PCMagazine recommends 7-Minute Workout by Wahoo Fitness and The Johnson & Johnson Official 7 Minute Workout.
Want to do some good while working out? Charity

Miles is an app that donates money to the organization of your choice when you log miles running, walking or cycling. If you're motivated by charitable causes and don't mind a little corporate sponsorship, this free app might be for you.