

Stress Management Program set at Heppner, Boardman Libraries

Offering an oasis of calm during a time of economic woes, "Stress Management: Healthy Minds, Healthy Place" - a program for all ages - will be held by the Oregon Trail Library District (OTLD) at the Heppner and Boardman branch libraries next week.

The one-hour program will be held at 11 a.m. on Sat., April 17 at the Boardman Branch Library, 200 S. Main St. in Boardman and again at 2 p.m. that same day at the Heppner Branch Library, 444 N.

Main St., in Heppner.

Anyone interested in learning more about stress and its effects on one's quality of life is encouraged to attend.

Both presentations are offered by OTLD in partnership with Libraries of Eastern Oregon (LEO) through LEO's A Sense of Place series of programs for rural communities.

Participants will learn tips and tools about managing stress in daily life in our rural setting, as well as the short and long term

effects that stress has on the body and how to recognize and control it.

Common reactions to stress, food and stress - especially relevant around the holidays - and tips and tools for managing stressors in daily lives will also be covered.

The program will be presented by Brienne Bostian, public health education specialist from Oregon Health Sciences University. Recently accepted into the Peace Corps, Bostian has degrees

from Portland State University in Health Sciences and Community Health Education and provides health education workshops in Portland. She currently is employed at OHSU and is a mentor for the Children's Cancer Association chapter in Oregon.

Funding for LEO programs has been provided by the Institute of Museum and Library Services, which works at the national level to further develop our nation's libraries and museums. See imls.

gov on line.

For further information, please contact library district director Marsha Richmond at 541-481-3365 or LEO exec. director

Lyn Craig at 541-763-2355. Richmond is a founding member of LEO and serves on the nonprofit's board of directors.

2010 Shriners' East-West football players announced

The players for the 2010 Oregon Shriners' East-West All-Star football game have been announced. In 2A Bryan Holland of Heppner was selected to play and Mark McCabe of Heppner was selected as an alternate. In 1A Eric Jepsen of Ione was selected as an alternate.

The 2010 game will be played in Baker City.

Real Estate Deals



\$8,000 First Time Home buyer's Tax Credit

Has Been Extended Until April 2010. A \$6,500 Current Homeowners Tax Credit has been added- See David Sykes for details.

*** Time is running out to claim your first time home owners \$8,000 tax credit**



Diner and Bakery Located in Heppner, Oregon. Operating diner and bakery business with home in the back. Includes all equipment to operate and run the business. Real property included. 3 bedroom home comes with the deal. **\$210,000**



\$92,500
Remodeled 3 bedroom close to downtown Heppner. You will appreciate the quality that went into the remodeling of this older home in Heppner. From the wall to wall carpeting in the living room to the beautifully done kitchen this house will be comfortable to live in. Lots of appliances included in the sale including front end washer and dryer, refrigerator, stove microwave and even a swamp cooler. Partially finished basement can be finished out for even more room in this spacious 2 story home. Top it off with a fenced yard, underground sprinklers and Jacuzzi tub in the bath.



\$46,000
NEW LOWER PRICE
Gas Station in Ione Gas station with 5,000 gallon gas tank and 6,000 diesel tank. Absentee owners only have open 1 day per week. Lots of potential for increased business including repairs, tires and service work. Tanks have 20 year warranty and everything DEQ approved and up to code.



\$65,000
Spick & Span in Heppner. Cute 2 bedroom 1 bath home in Heppner. See pride of ownership in this newly remodeled home. New carpeting, linoleum, lighting and much more. Don't spend your time fixing things up, spend your time enjoying your home. Efficient to heat and easy to care for. Stop renting and start owning. Call today and have a look inside, and don't forget the 10% first time homebuyers tax credit available if you purchase this home.



\$77,000
4 bedroom home close to downtown Heppner If you want a home of your own, here it is. Affordable and in good condition the owner has done lots of upgrades and remodeling to make this a special place. Inside are nice hardwood floors and carpeting. Enjoy the efficient kitchen with new counter tops. Outside relax in the large double lot fenced yard with creek frontage, or do some work in the shop. Call for an appointment to see inside.



\$84,500
3 bedroom with view of Heppner. Still time to claim your first time homebuyers or current homeowner tax credit on this 3 bedroom two bath home overlooking Heppner. Down stairs is a den with fireplace, laundry, bath and bedroom/bonus room in daylight basement. Central Heat, new roof. With separate street level access the downstairs room could be used for small in-home business or office.



\$89,000
Quit paying a landlord and build your own home equity. Don't rent, Buy! If you are looking for your first home, consider this remodeled 3 bedroom single story home. New carpet, vinyl windows and lights. Quit giving your money to a landlord and start building equity in your own home.



\$36,000
2 bedroom 1 bath in Heppner cute and clean. Small home has a finished attic with outside entrance. Propane heat and a new water heater. Vinyl siding and a good roof. Priced to sell. Make a great first home or be an investor and set up as a rental unit. Owner will carry contract.



\$198,000
4 Bedroom with beautiful hardwood floors. Entertain friends while you are cooking in the sumptuous kitchen of this spacious and charming completely remodeled home. From the beautiful hardwood floors to airy office and sewing room you'll find so much to fall in love with. Enjoy the secluded garden deck or the gas plumbed barbeque in this close to downtown home in Heppner.



\$299,995
Top of the world view Or at least top of the town. Great view of Heppner from the exciting 4 bedroom 2.1 bath home on the hill overlooking the fairgrounds. Visit with friends and family while preparing meals in your beautiful open kitchen. Enjoy the expansive carpeted living room in this one of a kind home. Must see to fully appreciate, call for an appointment today.



\$90,000
4 Bedroom 1 Bath 1473 sq ft home on large lot. Located on quiet Street in Heppner.



\$75,000
Restaurant & Lounge Profitable restaurant and lounge. Has Oregon lottery. Real property included.



\$75,000
Restaurant and Lounge in Heppner. All fixtures and inventory included in sale. Turn-key operation. Real property included. Walk in and run your own business. **Price Reduction!**



\$98,000
2 Bedroom near schools and downtown Heppner Just blocks from school and downtown shopping, this 2 bedroom 1 1/2 bath charmer has a fenced yard for children and a separate small yard in the back. Enjoy your reading room, living room and kitchen with window looking out on the street.



\$89,500
2 apartments and shop building for Sale in Lexington On the bottom floor is a former auto body shop and a 1 bedroom apartment newly remodeled renting for \$350. Upstairs is a 2 bedroom apartment that has been completely redone renting for \$375. Building has a good roof and owner says the shop has been completely rewired.



\$72,500
Three bedroom one bath home in Lexington. 1520 square foot home built in 1946. Good roof and foundation. Wood stove and propane heat. Aluminum siding.



\$165,000
"A" frame home with fantastic view of the Blues. We dare you to find a better view of the Blue Mountains at Blake's Ranch. 2 bedroom one bath A frame home on 5 acres. Includes shop and lots of out-buildings with plenty of storage. Enjoy the wildlife from one of the many decks that surround the home. Only 1/2 mile from National Forest!



\$425,000
Highway frontage Commercial Property with rental income in Power City, Oregon 4.52 acres of commercial highway frontage property in Power City between Hermiston and Umatilla, Oregon. Several businesses providing rental income. Includes bare land and .62 acres of residential zoned property. Owner will carry contract. Call me for financial details and potential for this property.



\$15,000
City building lot 2 adjoining city lots make up 10,250 sq ft. Overlooks town on Chase Street. City water, sewer and power all there. Owner will carry contract.



\$25,000
Fixer upper on quiet street in Heppner, Oregon. Priced for a quick cash purchase. This 2 bedroom one bath fixer is located on a large 100 X 132 lot on a quiet street in Heppner.



\$135,000
2 bedroom 2 bath in Heppner This nice 2007 Marlatt home is in excellent condition. Everything was done right when this home was put in. It has a deck, cyclone fenced yard and a 18 X 31 garage. Ceiling fans, along with the energy package will keep you warm in the winter and cool in the summer. There is a den/office, living room and lots of extras. Must see inside this one. Call and schedule an appointment today.



\$45,000
Three Bedroom 2 bath in Fossil This fixer upper is priced right. 1220 square foot home with a small shop building. Do some work and have a nice little place to live or rent out.



\$116,000
3 Bedroom 2 bath home in Lexington This home has metal roof, cement foundation & propane F/A. 128 X 121.66 lot. 2465 sq ft home has full basement and large fenced yard with apple, nectarine and cherry trees. Garage.



\$59,000
4 bedroom home in Heppner This large older Victorian home has a new furnace and a new deck. Large living room and lots of quaint features like old style hand railings, dormers and indoor transoms. Call me for an appointment to look at this unique home.



\$160,000
160 acres with home site - Heppner 160 acres of rolling native grasses -deer, chukars, quail, 4 LOP tags, 3 miles to town, level home site with power and DEQ approved, fully fenced and separate pasture with small horse corral and year round spring. raise 1-10 animals year round and drive your golf cart to Willow Creek County Club. Good view of the valley. School bus runs on county road through the property. Owner will consider carrying contract. Call for details.

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Owner/Broker
David Sykes



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