

## WORK STRESS

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 violent act at work. Twenty five percent say they want to scream or shout because of job stress.

Also contributing to job stress is employees' fears of losing their jobs, fear of globalization, outsourcing overseas.

"Have computers and technology made life easier?" Di Salvo asked chamber members. He said in many ways it has, but it has also caused increases in stress because of the faster pace and increased work loads.

Di Salvo said management can go a long way toward lowering stress in the workplace. "The number one characteristic workers want from their leaders is honesty," he said.

"Followers want a leader who knows right from wrong, and admitting a mistake will not cause a loss of credibility," he pointed out. "Next, workers want leadership who is forward looking, then competence and finally they want inspiring leadership. All these things can reduce stress with employees."

## Madrigal to perform at Music in the Parks

Tony Madrigal will be at Music in the Parks at Boardman Marina Park in Boardman on June 18 at 7 p.m.

Madrigal provides music from the 50s and 60s, evoking memories of young love, warm summer nights and great dance music.

He has performed at The Seattle Car Show, Portland's Roadster Show, Concerts in the Gorge, the Sisters Art Festival, country clubs, weddings, reunions, fairs, the PGA Golf Tournament and more.

## Support Team SRS at Route 74

Route 74, recently opened in Ione by Dustin and Karen Padberg, will see new waiters and waitresses on Thursday, June 28, as Relay for Life Team SRS serves the restaurant's guests.

Team SRS will work for tips, and the Padbergs

plan to donate 15 percent of the food profits from the evening.

Team SRS is made up of friends and family of Renee Allen of Phoenix, AZ, who is on her way to becoming a breast cancer survivor. Team captain and Renee's mother-in-law, Janie Allen, contacted Dustin Padberg before Route 74 had even opened, and he quickly agreed to the fundraiser.

"Dustin was my hero when I was seven years old, and he is again at 33," Stephen Allen said when told of Dustin's commitment to the project.

Team SRS will be on duty from 4 p.m. to restaurant closing at 9 p.m.

## Junior golf association schedule

The Northeast Oregon Junior Golf association, (NEOJGA) has set its tournament schedule for 2012. The schedule features eight tournaments for junior golfers ages eight to 18. NEOJGA is in its eighth year providing golf experiences for youth in Northeast Oregon.

"NEOJGA has provided a tremendous opportunity for local kids to experience tournament golf," said Heppner High School golf coach Greg Grant. "It has made tournament golf affordable and accessible for kids who previously would have only one or two tournaments in the area."

"The goal of NEOJGA is to have more golf participation area-wide," said

NEOJGA board member Ken Grieb of Lexington.

Anyone interested in participating in NEOJGA tournaments can access all information at [www.neojga.com](http://www.neojga.com). The schedule is as follows.

- Wildhorse Golf Course, June 19, 9 a.m.
- Pendleton Country Club, June 25, 9 a.m.
- La Grande Country Club, July 1, 9 a.m.
- Willow Creek CC (Heppner), July 5, 9 a.m.
- Echo Hills Golf Course, July 16, 9 a.m.
- Quail Ridge Golf Course, July 21, 9 a.m.
- Big River Golf Course, July 29, 9 a.m.
- Buffalo Peak Golf Course, August 6, 9 a.m.

# CHECK OUT THESE GREAT SPRING REAL ESTATE DEALS



[www.sykesrealestate.net](http://www.sykesrealestate.net) • [www.pendletonproperties.net](http://www.pendletonproperties.net)

**136,000** **New Listing!!**

**New master bedroom & bath in this 3 bedroom** Stop spending your time fixing up your house and move into a home where it's all been done. You'll adore this 3 bedroom, 2 bath on a quiet street near downtown. Remodeled in 2008 with a new master suite, bath and more. Walk in closet, jet tub and tile floors. Well kept fenced back yard with room to park your RV or other toys.

**New Listing!**

**\$125,000**

Nicely remodeled 3 bedroom 2 bath home on large flat lot. Extra parking. This is a solid home with lots of storage, shop and covered parking. Family and pet friendly with a fully fenced yard and garden areas. RV parking. Appliances and pellet stove included. Call and make an appointment to view this home  
 775 N Shobe, Heppner

**\$159,000**

Clean well maintained home on extra large lot. Large spacious rooms with carpeting throughout. Use the wood stove for cozy heat in the Winter, or the simplicity of central heat and AC. Fenced back yard with garden space and place for the kids to play. Big dining room & spacious kitchen make this excellent for entertaining. Has plug in for emergency electrical generator.  
 635 S. Cowins, Heppner

**\$365,000**

**New Listing!**

Nice parcel near residential neighborhood and also close to the new Boardman City Center. City water and sewer available

**\$82,500**

**Cute 3 bedroom in Heppner.** A nice fenced yard for the kids located on a quiet street. Storage shed outback and new lawn just planted makes this three bedroom one bath home ready to move into. Great starter home or pick it up as a rental. Has a carport too.  
 340 Green Street, Heppner

**\$141,500**

Well built, immaculate, beautiful landscaping, view of city, great neighborhood, view of Mt Adams on clear day describes this home. One bedroom and living room have city view, small office views park like setting. Kitchen has island, dishwasher, pantry, garbage disposal. Dining room has wood floors, sliding door looks at shade trees, flowers spring to fall. Utility room, garage, large metal shed have many cupboards and for much storage.  
 215 Rock St., Heppner

**Home with acreage!**

**24.26 acres**

**\$175,000**

**2 Bedroom 1 bath home on 24.26 acres in Lexington.** Close to town with your own piece of land. Rare small parcel with home and shop. Have some animals or just elbow room from your neighbors. Several parcels could be resold. Home is in good condition with foundation, newer septic system, metal roof and large upstairs that could be used as another bedroom.  
 325 West D. Street, Lexington

**SALE PENDING**

**\$92,000**

Hard to find small acreage close to town. Fenced and small barn for animals and garden space. Has good metal roof, foundation and double paned windows.  
 880 S. Heppner/Spray Hwy.

**Acreage for Sale**

**35.44 Acres inside Heppner city limits 3:23 outside city limits**

Has a good building spot and room for animals. Water and electricity located nearby **\$65,000**  
 Heppner/Spray Highway

**\$110,000**

**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.  
 145 E. Main, Lexington

**\$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.  
 150 E. Main, Lexington, OR

**\$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.  
 215 S. Court, Heppner

**Mountain Cabin!**

Have your own cabin in the mountains to live in or use for weekend get aways. Surrounded by Pine and Tamarack trees. Sit on the deck and look out at the forest. **\$70,000**  
 Blake's Ranch

**\$339,000**

**Auto Repair Business in Heppner, OR** This is a going concern which shows a profit each year. Includes real property, business, inventory and equipment. Loyal customer base and good reputation.  
 126 E. May, Heppner

**\$25,000**

**View lot at Lakeview Heights.** Own one of the last view lots at Lakeview Heights. 84 X 120 approx. Water, sewer, phone and power available.  
 Lakeview Ct., Heppner

**Price Reduction!** **\$129,000**

**4 bedroom 2 bath home in Heppner.** You won't feel cramped in this 4 bedroom 2 bath 2146 sq ft home. It has a full basement with mini kitchen downstairs, and fully carpeted rooms upstairs. Enjoy barbecuing on the covered patio. And there's lots of room for a garden in the large backyard. Call now for an appointment to visit this home.  
 475 W. Morgan, Heppner

**Price Reduction!** **\$125,000**

**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.  
 345 Linden Way, Heppner

**\$50,000**

**2 bedroom home on large lot in Lex** Lots of room for a garden and other activities with this 2 bedroom 1 bath single wide mobile home in Lexington. Lots of upgrade including new flooring, new roof, insulation, new vinyl windows, water heater and much more.  
 185 E. Arcade, Lexington

**Affordable Building Lots Available!**

\$8,500 - \$10,500 - \$11,500 - \$14,500  
 \$15,000 - \$17,500 - \$22,500

.84 acre to 5.95 acre lots in Emert Addition #2 lone. Utilities include - phone, water, power, septic approved. Ready to move in

See [sykesrealestate.net](http://sykesrealestate.net) for map of all available lots

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 188 W. Willow  
 P.O. Box 337  
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[david@sykesrealestate.net](mailto:david@sykesrealestate.net)  
[www.sykesrealestate.net](http://www.sykesrealestate.net)

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Information deemed correct not guaranteed

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