



OURx

Yamhill Valley Health & Wellness
2025

A Special Publication of the News-Register Publishing Co.

Experience Compassionate Community Living at Vineyard Heights



Nestled in the scenic heart of Yamhill County, our community is designed for those who seek a vibrant and supportive environment. Enjoy our lush gardens, participate in a variety of social activities, and benefit from personalized care tailored to meet your needs.

At Vineyard Heights, we are guided by our compass true north values of goodness, loyalty, faith, and fun, ensuring every day is filled with enriching experiences.



Discover how we celebrate life at Vineyard Heights, where every detail is crafted to enhance your well-being and foster a spirit of community.

**Explore the difference at Vineyard Heights.
Call or email today to schedule a tour!**

VINEYARD HEIGHTS

Assisted Living & Retirement Cottages

a Compass Senior Living Community



503-435-1000

sayhello@vineyardheightsassistedliving.com

345 SW Hill Road S., McMinnville, OR 97128

vineyardheightsassistedliving.com



Guided by goodness, loyalty, faith, and fun

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The editorial content in this publication is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

OURx Yamhill Valley Health & Wellness is a specialty publication of the News-Register Advertising Department.

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Are You Taking Care of Your Heart Health?	04
Walking: A Healthy Habit Everybody Should Get Into.....	05
12 Essentials to Have on Hand for Everyday Boo-Boos!.....	06
Facts about Probiotics.....	07
3 Inexpensive Ways to Stay in Shape over Winter.....	08
Keep your Screens at Eye Level!	10
Exploring the Health Benefits of Herbal Teas	11
Nourish your Vision with Eye-Friendly Foods.....	12
Spotlight on 4 Trends That Help You Feel Better	14
Dental Sensitivity: Causes and Solutions	15
The Importance of Routine Health Screenings: What Tests you Should Get.....	16
If You Like the Sun, Clap Your Hands — and Use SPF 30!.....	18

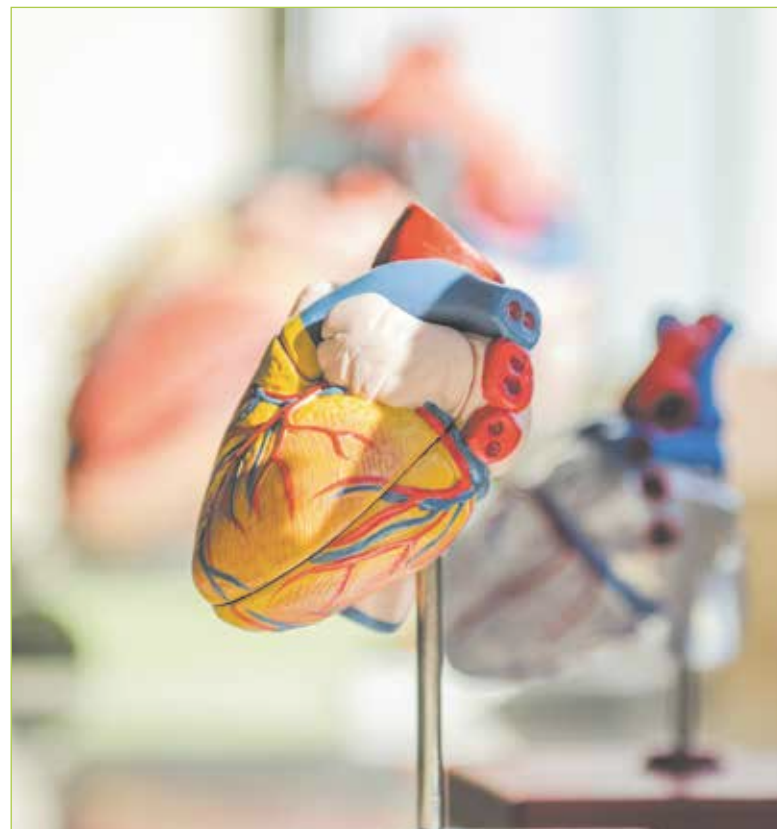
Are You Taking Care of Your Heart Health?

Did you know that cardiovascular disease is the leading cause of death in the United States? One person dies every 33 seconds from a heart condition. In honor of Heart Month this February, take the time to remember the importance of taking care of your heart every single day.

What are the signs to look out for?

Many signs can indicate that you may be suffering from heart disease or at risk of a heart attack. Some of the most common signs include:

- Tightness, sharp pain or a feeling of heaviness in the chest
- Discomfort in other parts of the upper body, like the neck, jaw, shoulders, arms and back
- Shortness of breath
- Profuse sweating
- Nausea
- Dizziness



It's important to note that the signs may be more subtle in women. For example, women may also feel fatigued, have trouble sleeping, experience chest discomfort similar to heartburn and deal with heightened anxiety.

How to reduce the risks

Regular medical check-ups are crucial for your overall well-being. Managing health issues like high blood pressure, diabetes and high cholesterol early on can significantly lower your risk of heart disease.

Living in Style and Comfort

At Vineyard Heights

Escape to the Ideal Lifestyle and Live Your Best Life

At Vineyard Heights Retirement and Assisted Living in McMinnville, residents enjoy an active and engaging lifestyle that promotes wellness and independence. The goal is to keep residents linked to resources and opportunities in the community that will fulfill their interests, needs and goals.

Vineyard Heights offers a wide array of apartment options providing conveniences and comforts that will accommodate your needs. Living quarters come in several styles, ranging from 350 square foot studios to 689 square foot apartments. All include a kitchenette, a private bathroom with a walk-in shower and bedroom/living area, depending on your preference. Retirement cottages offer even more space and amenities, including a washer/dryer and garage. No matter the size, these residences enable you to live in a comfortable and stress-free space so retirement living comes to life!

Assisted living offers an array of care services customized to each individual need while still promoting independence. The amazing and caring staff is available 24 hours a day for those times when there is any type of need for assistance.

Residents at Vineyard Heights have regular opportunities to participate in a variety of life-enriching activities and events designed to stimulate the mind, body and soul. From cocktail hour gatherings where you can learn about the nuances of a good Pinot Noir, to a discussion of the latest best-seller in the Life-Long Learning Series, to exploring new ways to stay healthy in a fitness class, you can expect the unexpected.

Without a doubt, discovering new interests and making new friends is why many seek retirement living at Vineyard Heights. Situated in the heart of wine country, and next to one of the most beautiful cities in Oregon, it stands out from the crowd. At the heart of it all is the healthy and stimulating lifestyle you've been seeking.

Escape to Vineyard Heights and join residents here for the good life! If you'd like to learn more about how senior living really can be different, schedule a visit at 345 SW Hill Road in McMinnville. Call 503-435-1000 or visit online at www.VineyardHeightsAssistedLiving.com today.



Benefits of Massage Therapy

- Helps alleviate back pain and improve range of motion
- Exercise and stretch weak, tight, or atrophied muscles
- Helps athletes prepare for, and recover from, strenuous workouts
- Lessen depression and anxiety
- Increased circulation of blood and lymph systems improves the condition of the body's largest organ—the skin.

See Your Massage Therapist



Sponsored by:
Alderwood Massage Therapy
www.alderwoodmassage.com
 1709 NE 27th St. Suite J, McMinnville

online booking: **by appointment only**
 503-434-1738
 Camron Dunn, LMT
 OR Lic #16243

Walking: A Healthy Habit Everybody Should Get Into

Less intense than running (but also less demanding for the joints!), walking is an excellent form of exercise that shouldn't be underestimated. In fact, when practiced regularly – for 30 minutes a day, five days a week – walking is extremely beneficial for your health. Whether done at a moderate or rapid pace, it helps improve cardiovascular health, burns calories and reduces stress and anxiety!

Walking provides a long list of benefits. For example, it's affordable and can easily be incorporated into your daily schedule. Just choose to walk to your destination whenever possible. It's as simple as that! Depending on your preference, you can walk alone or with a group, either along local streets or in a more natural setting. What's more, walking is a great way to stimulate your creativity and organize your thoughts while you exercise.

So, who feels like going for a walk?

Taking regular walks is extremely beneficial for your health.



Camron Dunn

L.M.T.
 MASSAGE THERAPIST

Alderwood Massage Therapy

alderwoodmassage.com
 1709 NE 27th St, Ste J,
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As a massage therapist, Camron Dunn, LMT, enjoys working with his clients and helping them ease their pains, increase their range of motion and focuses on pain management.

A graduate of the Oregon School of Massage, Dunn owns and manages his own clinic in McMinnville, Alderwood Massage Therapy. He practices a full range of massage therapies, including relaxation massage, sports massage and focused therapeutic massage -- his passion -- in which he and his clients work together to make sure targeted areas of the body experience relief. Communication is vital to this type of therapy.

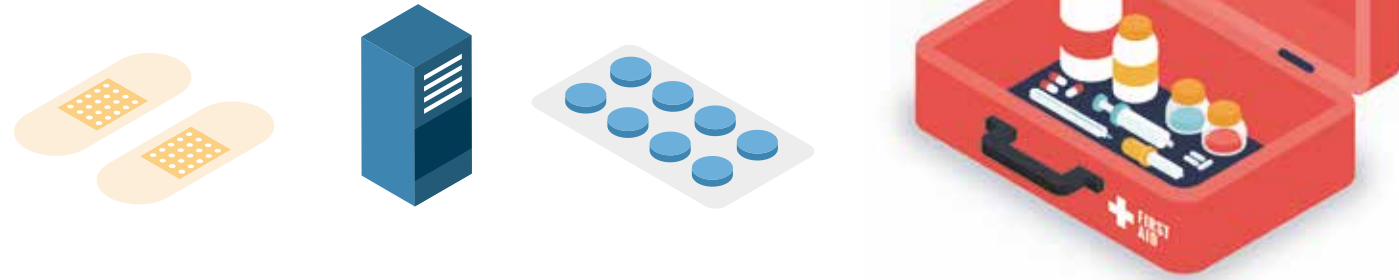
Dunn, the son of a McMinnville chiropractor the late George Dunn, D.C., grew up in the healthcare environment.

After trying other careers, such as baking and working on RVs, he went back to school to become a massage therapist. He is a member of Associated Bodywork & Massage Professionals.

Dunn and his wife, Debbie, have been married for 43 years. They have two grown children and three grandchildren.

In his spare time, he likes to work on his home, which he and Debbie designed and built together. The Duns also enjoy hiking, kayaking and cycling.

12 Essentials To Have on Hand for Everyday Boo-Boos!



Did you know the bathroom is the worst place to keep your first-aid kit? It's the most humid room in the home, and humidity can harm the effectiveness of various medications. Keeping your first-aid kit in a cool, dry and dark place is best. Here are some essential items you should have in your home pharmacy to cover common emergencies:

- 1 A complete first-aid kit that includes a thermometer, scissors, tweezers, a tick remover, adhesive dressings, sterile gauze, hot and cold compresses and elastic bandages
- 2 Hydrocortisone cream to soothe insect bites and minor irritations
- 3 An analgesic, such as acetaminophen, to relieve headaches, fever and pain
- 4 Antacid to counteract gastric reflux
- 5 Antihistamine to combat seasonal allergies
- 6 Antibiotic ointment to prevent minor infections from cuts
- 7 Anti-nausea medication, particularly for travelling
- 8 An antidiarrheal and a rehydration solution to replenish lost fluids and mineral salts
- 9 A saline solution to relieve congestion and cleanse the sinuses
- 10 Topical analgesic to ease muscle aches and pains
- 11 After-sun treatment, such as aloe vera
- 12 Eye drops



John Stout
LICENSED DENTURIST

McMinnville Denture Center

mcminnvilledentures.com
145 E 3rd Street
McMinnville | 503.472.0990

McMinnville Denture Center is a full service denture clinic which has been serving the community for 44 years. Jon Stout, a Licensed Denturist, provides a full range of services including: Denture Repairs and Relines, Partial and Complete Dentures (Repairs and Fabrication), and Dentures over Implants. Jon works closely with dentists and oral surgeons to provide long-term solutions for the best results when wearing removable dentures.

At McMinnville Denture Center we take the time to get to know each of our clients and to assess their individual needs. We use the latest technology to make sure that all of our clients get the very best denture products and services available today. The onsite lab enables us to perform most denture repairs while you wait. Because dentures are fabricated in office we are able to provide efficient and very affordable pricing. Our initial consultations are free and we will give you an estimate on all work recommended. You do not require a dentist referral to visit us.

If your dentures need repairing or you're thinking about getting new dentures, give us a call now at 503-472-0990 and book your free consultation now. Visa, debit cards, and insurance claims accepted. We look forward to serving you!

Facts about Probiotics

Probiotics are living bacteria that are good for you, especially your digestive system. Get to know them better with these four facts.

The benefits are well documented

Hundreds of studies have been conducted on the benefits of probiotics. This wealth of scientific data has made it possible to use them to treat various health problems.

Different types of probiotics deliver different benefits

The strain of a bacterium determines the expected benefits of probiotics. Even two similar types of probiotics from different strains won't produce the same results.

Not all yogurts are sources of probiotics

Many yogurts contain strains of bacteria that haven't been scientifically proven beneficial. Choose one that clearly indicates the presence of a strain of bacteria with proven benefits.

Consumption shouldn't be taken lightly

If you're in good health and have enough intestinal flora, you probably don't need to eat probiotics. In fact, taking them without medical advice isn't recommended.

Talk to your family doctor, pharmacist or gastroenterologist before taking probiotics.

Keep Your Beautiful Smile



McMinnville Denture Center

Serving the Yamhill Valley for 41 Years!

HOURS: M/W/F 10am-5pm • www.mcminnvilledentures.com
145 E. Third Street, McMinnville • 503.472.0990



Jon Stout
Licensed Denturist

Repairs
Free Consultation



3 Inexpensive Ways to Stay in Shape over Winter

Do you want to stay in shape this winter? If you don't have the budget for a gym membership or expensive equipment like downhill skis, opt for one of these affordable solutions.

Work out in the comfort of your own home. Don't feel like going out in the cold? Look for free videos or use a workout app on your smartphone. Choose workouts requiring minimal equipment. Often, all you need is a yoga mat.

Go for a walk and set yourself a goal. Dress warmly and wear comfortable boots. Gradually increase the length of your walks from one session to the next. Over a few weeks, you could even try to progress from brisk walking to power walking or even jogging.

Get moving outside and have fun at the same time. If there's a park, skating rink or tobogganing hill near you, use it to get active in any way you can. For example, making a snowman or climbing back up the hill after sliding down can help you burn calories while you're having fun.

Have fun and stay warm!



Breathe Better, Live Better!!! Naturally, Non-Surgically...

Dr. George Siegfried, D.C.
Chiropractic Physician
Since 1983
Dunn Chiropractic Clinic
A Pain And Wellness Practice Since 1922

Patient Testimonial:

"My name is Landon Haney and I am 75 years old. I have had sinus problems off and on since I was a teenager. The most recent one started in 2011 and continued off and on until about a month and a half ago. The nose was really completely plugged off and I heard about Dr. Siegfried on the radio. I knew him from past things he had done for me and always helped me, so I called up and came in. He started the treatments on me, and I have had 8 now. I started noticing improvements after about the third one. I have been completely clear for about the last month and a half and the results of it are according to my wife, I no longer snore. I don't have sleep apnea anymore. I am sleeping through the night, and I am breathing really well with no blockage in my nose, it's amazing." - Crit Haney

Dr. Siegfried joined the Dunn Chiropractic after practicing in Italy from 1983-1984 as the Chiropractor for the Italian Olympic Team's Track and Field Division. He is the leading expert in the Natural, Non-Surgical Bilateral Nasal Treatment of chronic sinusitis and concussions. His other services are expert care for car accident injuries, headaches, back, neck and sciatica pain. He is also a Certified Whole Food Nutritional Consultant. New patients are always welcome. Clinic hours are MWF 9-12 and 3-6. For an appointment call now **971-287-6052** or go to www.nasalspecific.com. Scan the QR Code above.



Would you like to breathe better? Live better?

Naturally, Non-surgically when other treatments fail for...

**Chronic Sinusitis, Allergies, Sleep Apnea, Snoring, Deviated Septum,
Mouth Breathing, Chronic Migraine Headaches, Concussion Symptoms.**



"My name is Landon Haney, and I am 75 years old. I have had sinus problems off and on since I was a teenager. The most recent one started in 2011. The nose was really, completely plugged off and I heard about Dr. Siegfried. I knew him from past things he had done for me and always helped me, so I called up and came in. He started the treatments on me, and I have had 8 now. I started noticing improvements after about the third one. I have been completely clear for about the last month and a half and the results of it are according to my wife, I no longer snore. I don't have sleep apnea anymore. I am sleeping through the night, and I am breathing really well with no blockage in my nose, it's amazing. I do maintenance treatment as needed to keep me breathing better."

Millions are suffering with one of these conditions. Especially at this time of year. Are you one of them? The medical model is drugs, and possibly surgery like the "roto-rooter", or other terms like sinuplasty, septoplasty, balloon sinuplasty or turbinoplasty. Unfortunately, they are all "missing the target". My model for these conditions, for over 40 years has been the Bilateral Nasal Specific Treatment, a natural, non-surgical approach that awaits you that may help you breathe better. To learn more go to www.nasalspecific.com for videos and testimonials or scan the QR code below.

I have been practicing the Bilateral Nasal Specific Treatment since 1976. As the leading expert in this procedure, I've performed the procedure thousands of times. Most importantly, I've been able to help many many patients. I was "anointed" the protégé of Dr. Stober, who developed, taught, practiced this non-surgical technique in Portland Oregon from 1950 until he passed in 1987. I spent 10 years and over 1,000 hours by his side while treating his patients and Dr. Stober only took maintenance treatments from me to help alleviate his facial and sinus pain he suffered with from a broken nose suffered on the farm growing up.

I joined the Dunn Chiropractic Clinic—A Pain and Wellness Practice since 1922-- in1984, after finishing my tenure living and traveling the world with the 1983/84 Italian Olympic Team's Track and Field Division until after the 1984 Los Angeles Olympics. My regular chiropractic practice includes caring for patients with car accident injuries, regular chiropractic care and also as a certified counselor in whole food nutritional supplements and diet.

For a limited time only, you can schedule a consultation for only \$97 (normally \$297) by calling **971-287-3426** on Monday, Wednesday and Friday from 9-12 and 3-6. I look forward to meeting and consulting with you to see if you are a candidate for this potentially life changing procedure.

Dedicated to your health and wellness,

Dr. Siegfried
Dr. Siegfried

Breathe Better Now!



The actual nasal specific procedure.



"After the eighth treatment, I was sleeping solidly for 8 straight hours for the first time in 8 years. And by the way, no more drugs!!"

—Jon V.N.

"Thanks, Dr. Siegfried. No more sinusitis, snoring, mouth breathing or sleep apnea."

—Ni kita Z.



Dr. Siegfried **971-287-3426**
Since 1983 MWF | 301 NE Dunn Place, McMinnville
www.nasalspecific.com



Scan here to visit us today!
SCAN ME!

Keep your Screens at Eye Level!

Find out more about text neck syndrome

Spending several hours every day leaning your head over a screen, such as a tablet or smartphone, is bad for your health. This common habit places a significant amount of strain on the neck. Lowering your head and stretching it forward to look at your device creates tension and pressure on your spine, which can lead to text neck syndrome.

Symptoms

Over time, a host of problems can arise, including the following:

- Osteoarthritis
- Torticollis
- Headaches
- Numbness
- Herniated discs
- Pain in the wrists, neck & shoulders
- Difficulty breathing

You can avoid text neck syndrome by maintaining good posture when using your devices. Position the screen at eye level so you don't have to tilt your head. Use support if necessary. If the damage has already been done, consult a professional, such as a chiropractor, osteopath or physiotherapist, to help with your symptom

When you tilt your head forward, the weight that your spine must bear increases. For example, when your head is upright, the weight on your neck is around 10 pounds. However, when you tilt your head forward at an angle of 45 degrees or more, the weight increases to over 50 pounds.



Transitional Life Care Clinic, Inc.

ADULT PRIMARY CARE

Rock of Ages Valley View Retirement Village

15604 SW Rock of Ages Road, McMinnville
Phone: 971.261.6130 | Fax: 971.261.6146

Transitional Life Care Clinic, Inc. is an adult primary care clinic located on the beautiful campus of Rock of Ages/Valley View Retirement Village. We are dedicated to providing our patients compassionate and personalized care.

Our board-certified, Adult Nurse Practitioner Kim Martinez was born and raised in Northeast Washington. She completed her Bachelor of Science in Nursing through Washington State University Intercollegiate Center for Nursing Education. She also attended the University of Portland, where she earned her Master of Science. She has been practicing in McMinnville for over 20 years.

Kim and her husband, John, a local physical therapist, have four children. They are very involved in their children's activities, their church, and volunteering in the community. When time allows, Kim enjoys being outdoors, gardening, canning, and relaxing with a good book.

For more information or to schedule a new patient appointment, call 971-261-6130.

Transitional Life Care Clinic, Inc. and Rock of Ages/Valley View Retirement Village are both not-for-profit 501c(3) organizations.



Therapeutic Associates Ability Physical Therapy

THE TREATMENT YOU NEED,
THE CARE YOU DESERVE

Therapeutic Associates Ability PT

TherapeuticAssociates.com/AbilityPT
2191 NW 2nd St.
McMinnville | 503.434.9594

Therapeutic Associates Ability Physical Therapy's mission is to optimize the health and well-being of our community through holistic, evidence based therapy. We offer exceptional one-on-one care with highly educated specialists in orthopedics, manual therapy, pregnancy and postpartum care, and pelvic health. Our services also include aquatic therapy (we have a pool on-site), ASTYM, vestibular rehabilitation, industrial rehabilitation and return-to-sport and injury-prevention programs. We treat the entire lifespan and are committed to being a valuable member of your healthcare team.

Conveniently located on the corner of NW 2nd Street and NW Hill Road, it is our goal to provide comprehensive physical therapy care to our growing community. We are committed to focusing on the cause of your condition, not just the symptoms, and are dedicated to helping you better understand your condition and the expectations of your rehabilitation journey.

We are an active, friendly and compassionate team of individuals who are genuinely committed to your path to recovery. We truly believe movement is the best medicine, and we are committed to helping you reach your goals, one day at a time.

Our clinic hours are from 7 a.m. to 7 p.m. Monday through Thursday, and 7 a.m. to 6 p.m. on Friday. For more information, visit TherapeuticAssociates.com/AbilityPT.

Exploring the Health Benefits of Herbal Teas

Unlike caffeinated teas, which are derived from the Camellia sinensis plant, herbal teas are made from a blend of herbs, flowers, spices and fruits, providing a caffeine-free alternative with diverse health advantages. Consider these benefits:

1. Improved digestion.

Ingredients like ginger, peppermint and fennel are known for their digestive properties. For example, peppermint tea can help alleviate bloating and indigestion, and ginger tea is renowned for reducing nausea and promoting gastrointestinal health.

2. Reduced stress. Herbal teas such as chamomile and lavender have calming effects that can help reduce anxiety and promote better sleep. Plus, chamomile tea contains antioxidants that bind to certain brain receptors, encouraging relaxation and reducing insomnia.

3. Less inflammation. Turmeric tea is rich in curcumin, a powerful anti-inflammatory agent that can help reduce inflammation and pain. Curcumin's antioxidant properties can also help reduce oxidative stress, which is closely linked to inflammation.

4. Higher immunity. Echinacea tea is widely recognized for its ability to strengthen the immune system, helping to fend off colds and infections.

5. Enhanced metabolism. Rooibos tea is loaded with antioxidants to help boost your metabolic health and control your appetite. It also contains aspalathin, an antioxidant that may help regulate blood sugar levels.

ROCK OF AGES/VALLEY VIEW RETIREMENT VILLAGE

503.472.6212
15600 SW Rock of Ages Road, McMinnville, OR
retire@rockofagesvalleyview.com | rockofagesvalleyview.com

TRANSITIONAL LIFE CARE CLINIC, INC.
ADULT PRIMARY CARE
Located on the campus of Rock of Ages/ Valley View

NEW PATIENTS WELCOME!
For more information or to schedule an appointment, please contact us at
971-261-6130 · FAX 971-261-6146
15604 SW Rock of Ages Rd, McMinnville, OR 97128

Rock of Ages/Valley View Retirement Village and Transitional Life Care Clinic, Inc. are both Not-for-profit 501c(3) organizations dedicated to providing personalized care.

Therapeutic Associates ABILITY PHYSICAL THERAPY

Quality care for a better quality of life.

Your Physical Therapist For Life.
Specializing in Orthopedics, Post-Surgical, Work Injuries, Motor Vehicle Injuries, Pelvic Health and Aquatic Therapy.

2191 NW 2nd St. | (503) 434-9594
7am-7pm Mon-Thurs | 7am-6pm Friday
www.therapeuticassociates.com/AbilityPT

Nourish your Vision with Eye-Friendly Foods



The saying “you are what you eat” extends to the health of our eyes. Nutrition plays a crucial role in maintaining optimal vision and preventing eye-related issues. Include these specific foods in your diet to improve your eye health:

- **Leafy greens.** Vegetables like spinach, kale and collard greens are rich in antioxidants like lutein and zeaxanthin, known to protect the eyes from harmful high-energy light waves like ultraviolet (UV) rays.
- **Omega-3 fatty acids.** Fatty fish such as salmon, mackerel and trout are abundant in omega-3 fatty acids. These essential fats contribute to the structural support of cell membranes in the eyes and may help prevent age-related macular degeneration (AMD) and dry eyes.

• **Colorful fruits and vegetables.** Fruits and vegetables with vibrant colors – like carrots, bell peppers and berries – contain vitamins, beta-carotene and antioxidants that support overall eye health.

• **Nuts, legumes and seeds.** Almonds, walnuts, lentils, chia seeds and flaxseeds are rich in vitamin E and zinc, that promote retina health and prevent cataracts and AMD.

• **Whole grains.** Whole grains like quinoa, brown rice and oats contain vitamin E, zinc and niacin, contributing to overall eye health.



Thomas Kolodge D.D.S., M.D.

ORAL & MAXILLOFACIAL SURGEON

Mountain View Oral Surgery & Dental Implants

MVOralSurgery.com
1046 NE 3rd St
McMinnville | 503.472.1468

Thomas Kolodge, D.D.S., M.D. was raised in Beaverton and graduated from Aloha High School. Dr. Kolodge earned a degree in Biology from George Fox University while on a soccer scholarship. He then attended the New York University School of Dentistry. Dr. Kolodge went on to complete medical school and residency in oral and maxillofacial surgery at the University of Nebraska Medical Center.

Dr. Kolodge first decided to pursue oral surgery in 1998, after observing Dr. Johnson while an undergraduate at George Fox. A special friendship was formed and after completing dental school, medical school and his residency, the two launched Mountain View Oral Surgery. Dr. Kolodge is a member of numerous physicians’ and dentists’ associations and maintains privileges at Providence Newberg Medical Center.

In his spare time, Dr. Kolodge enjoys adventuring with his wife, Sarah, and their two sons. Anywhere from the mountains to the beach, they love to spend their days outside. When not exploring, he loves to play golf and sing for his beloved Portland Timbers.



Boonyapa Purt D.M.D.

ORAL & MAXILLOFACIAL SURGEON

Mountain View Oral Surgery & Dental Implants


MVOralSurgery.com
1046 NE 3rd St
McMinnville | 503.472.1468

Dr. Purt is a board-certified oral and maxillofacial surgeon. She grew up in Beaverton, Oregon, and graduated from Southridge High School. After attending Case Western Reserve University in Cleveland, Ohio, for undergrad, she went on to obtain her dental degree from CWRU School of Dental Medicine in 2014. While in dental school, she was commissioned as an officer in the United States Army and upon completions of her dental degree, she was selected to undergo residency training in Oral and Maxillofacial Surgery at San Antonio Military Medical Center.

After residency, Dr. Purt moved to North Carolina and served as an Active Duty surgeon and mentor for four years at Fort Bragg’s Oral and Maxillofacial Surgery and 2-Year AEGD residency programs. She returned home to the Pacific Northwest in 2022 to join Mountain View Oral Surgery. In her free time, Dr. Purt enjoys traveling and exploring the outdoors with her husband and family. She loves to swim, snowboard, fish, and hike.

Top Quality. Top Service. Top Shelf.

TOP SHELF CANNABIS
353 SE BAKER ST. McMINNVILLE | 503.472.2405



TOP SHELF CANNABIS

Top Shelf Cannabis DISPENSARY

topshelfcannabismcminnville.com
353 SE Baker Street
McMinnville | 503.472.2405

At Top Shelf Cannabis in McMinnville, we are seriously focused on quality, selection and service — that’s why we’re called Top Shelf. We’re also passionate about the benefits of cannabis. We know many people can experience relief with the right cannabis products.

At Top Shelf Cannabis, we like to offer products with broad appeal — something for everyone. We stock items to fit within any budget so every customer who walks through our door can find something affordable. We also carry exclusive top shelf products, items available locally only through us.

We feature one of the largest selections of THC-free CBD cannabis products in Yamhill County. These options offer the benefits of the cannabis plant without the “high” traditionally associated with the use of cannabis.

Our staff of six shares a unique passion for the cannabis industry and the potential ways it can benefit so many people. Most Top Shelf employees have extensive experience in the industry and considerable product knowledge. All are committed to providing the best customer service in town. We love meeting new people and hearing the stories of our customers! At Top Shelf Cannabis, we’ll make you feel welcome and completely at ease.

Top Shelf Cannabis is located at 353 SE Baker St in McMinnville, about three blocks north of Walgreens. For more information call 503-472-2405. The shop is open seven days a week from 9am to 9pm.

Stop by and check out Top Shelf Cannabis. We’d love to meet you, show you our shop, explain our products and answer any questions you may have. Cannabis can offer many benefits and Top Shelf may be the best place to discover how it might help you!

Spotlight on 4 Trends That Help You Feel Better

Do you feel the need to refocus? Do you want to make your well-being a top priority? These trends are excellent ways to help you achieve this goal.

1. Digital detox

Spending too much time in front of screens or being too reliant on your smartphone can harm your health. To be healthier in this digital age, it’s a good idea to learn to take a break from your connected devices or limit the distractions they create.

You can do this by uninstalling less relevant applications, turning off notifications from messaging platforms and unsubscribing from newsletters that don’t interest you. You can also try implementing screen-free time into your schedule, such as at the dinner table.

2. Intuitive exercise

You don’t always need to push yourself to the limit to stay fit. Instead of rigorous training programs and measurable objectives, listen to your body’s signals and move only for pleasure and well-being. In other words, rethink your approach to physical activity. Do what you feel capable of doing and what you feel like doing.

In a childlike way, give yourself the freedom to move according to your mood or needs and rest when you need to. However, regularly moving your body is essential to reap all the benefits.

3. Anchoring or rooting

Often called grounding or earthing, this practice involves establishing a direct connection with the earth to take advantage of the electrical currents that run through it and balance your bio-electrical system.

It’s all about getting in touch with natural elements, such as walking barefoot, lying in the grass, swimming in the sea or gardening without gloves. Grounding has been shown to reduce inflammation, chronic pain, stress and premenstrual symptoms. It can also help improve your mood, energy levels, blood circulation, sleep quality and much more.

4. Mini meditation

You don’t need to meditate for an hour to feel its benefits. Taking a break and concentrating on breathing for just a few minutes several times a day is enough.

It’s easy! You can meditate in small doses while waiting in line or while your food is heating up in the microwave. It calms the mind, lowers blood pressure, improves concentration, encourages positive thinking, and slows brain aging.

Where will you start to take charge of your well-being?

DENTAL SENSITIVITY Causes and Solutions



Did you know that tooth sensitivity affects around one in three adults? Those affected may experience sharp pain in their teeth when drinking hot or cold beverages or eating acidic, sweet or spicy foods. Flossing, oral issues and even inhaling fresh air can also cause discomfort.

Causes This phenomenon is called dentin hypersensitivity and is generally caused by receding gums. This exposes the roots of the teeth, no longer providing full protection to the sensitive dentin layer beneath the enamel. Tooth sensitivity can also be linked to damaged enamel.

Solutions Toothaches can be frustrating and limit your food and drink choices. Fortunately, there are solutions to treat and prevent tooth sensitivity. Follow these tips to give yourself the best chance of minimizing pain:

- Whenever possible, avoid acidic foods and drinks that can damage your enamel, such as orange juice and fizzy drinks. At the very least, drink them through a straw to reduce contact with your teeth.
- Use a toothpaste designed for sensitive teeth.
- Brush your teeth gently with a soft-bristled brush at least twice a day.
- Review your brushing technique. Ask your dental hygienist for advice.



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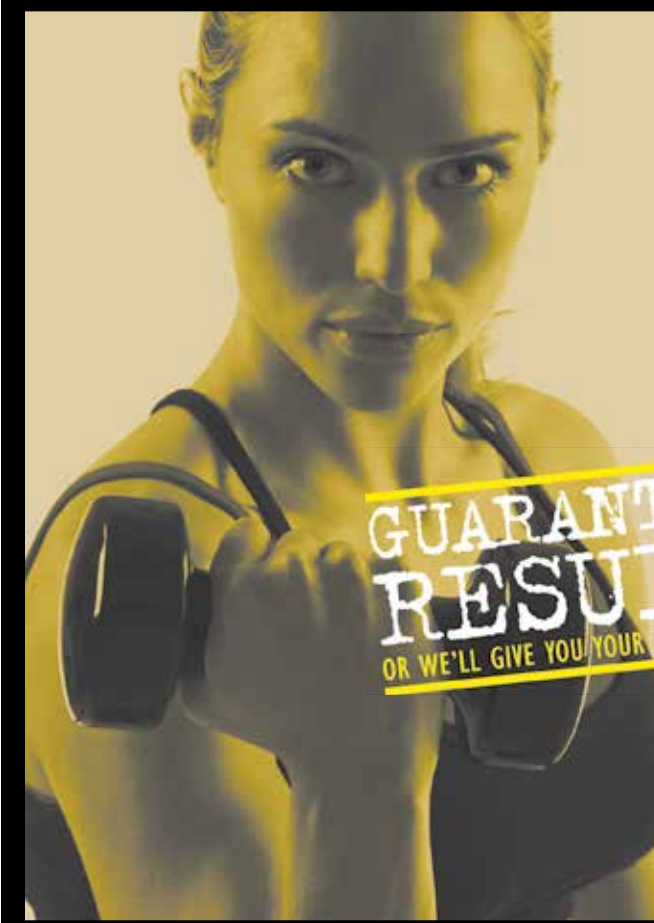
For over 27 years, David Faxon and his team at Excell Fitness have been serving the local community by helping people perform their best with cutting-edge health and fitness programs.

Located in McMinnville, Excell features the widest range and most up-to-date group exercise classes, NASM-certified personal trainers and lifestyle coaching.

Faxon is constantly looking for ways to improve his gym with new equipment, contemporary classes and fresh ideas. His motto is “Don’t just live, live to Excell!”

The gym offers group exercise classes including Silver Sneakers™, pump, yoga, cycling and Zumba in addition to group strength-training classes and small group training. Excell’s one-on-one training and state-of-the-art cardio equipment is well-known.

Excell also offers education-based nutrition program and counseling, as well as new-member orientation training sessions. Faxon especially promotes the philosophy of long-term health benefits that help change people’s lives.



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The Importance of Routine Health Screenings: What Tests you Should Get

Routine health screenings play a crucial role in maintaining overall well-being and detecting potential health issues early on. Staying proactive with regular screenings can significantly contribute to a healthier lifestyle and better outcomes. The following essential tests should be considered as part of routine health screenings:

- **Blood pressure check.** High blood pressure can often go unnoticed but can lead to serious health complications such as heart disease and stroke. Regular blood pressure checks can help in early detection and management.
- **Cholesterol check.** High cholesterol levels can increase the risk of heart disease and stroke. Screening for cholesterol levels is recommended, especially for individuals over 40.
- **Blood sugar test.** Diabetes is a prevalent health concern in North America. Routine blood sugar testing can help in diagnosing diabetes or prediabetes early, allowing for timely intervention and management.
- **Vision and hearing tests.** Regular eye exams and hearing tests can detect issues early, preventing further deterioration and improving quality of life.

• **Cancer screening.** Depending on your age, gender and other risk factors, various cancer screenings may be recommended, including mammograms for breast cancer, Pap smears for cervical cancer, colonoscopies for colorectal cancer and prostate-specific antigen (PSA) tests for prostate cancer.

• **Routine immunizations.** Staying up to date with vaccinations is essential for preventing infectious diseases. Vaccines such as the flu shot, tetanus-diphtheria-pertussis (Tdap) and human papillomavirus (HPV) are often recommended for individuals of all ages.

Early detection through screenings can lead to better health outcomes and a higher quality of life. Set up a physical with your doctor to arrange the tests appropriate to your medical needs.



Rose Olsovsky
MAOM, DIPLO. OM, LAC

Reclaimed Health

reclaimed-health.com
609 NE Baker St, Suite 250
McMinnville | 541-213-8784

Rose is an Oregon Medical Board licensed acupuncturist, board certified herbalist and holds her master's in Traditional Chinese Medicine. Rose values the complimentary role that nutrition and herbal medicine provide in relieving pain and improving overall patient health. She believes that approaching each patient with an inquisitive outlook allows room for more information to be revealed, which then aids in better treatment planning. Rather than chase symptoms in hopes they resolve one by one, Rose seeks to get to the root of patient complaints in order to improve not only chief concerns, but all areas of life.

Rose prioritizes holistic medicine and uses an all angles approach to achieve optimal treatment results. In addition to acupuncture, Rose combines the use of several other hands-on modalities such as fire cupping, gua sha, and shiatsu massage to increase the healing benefit of each treatment session.

Rose's ultimate goal is to help each patient feel empowered to take action in multiple areas so they can support their own healing.



Dr. Kayla Price
DACM, DIPLO. OM, CFMP, LAC

Reclaimed Health

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McMinnville | 541-213-8784

Dr. Price is an Oregon Medical Board licensed acupuncturist, board certified herbalist, certified functional medicine provider, and holds her doctorate in Traditional Chinese Medicine. She is a dedicated medical provider with a passion for empowering individuals to achieve better health and longevity through sustainable lifestyle habits.

With a multifaceted approach to wellness, she combines her expertise in Traditional Chinese Medicine (acupuncture), Functional Medicine, Genetics and metabolic health to address various health concerns. Kayla's approach goes beyond merely treating symptoms; she emphasizes education and empowers her patients to take an active role in their own well-being. Through her guidance and support, she teaches individuals the importance of adopting sustainable lifestyle habits that promote better health and longevity. By addressing the underlying causes of health issues and providing the tools for lasting change, Kayla helps her patients achieve vibrant, balanced lives.

Enjoy Living In Your Body Again.



- Are you tired of feeling like just a number in the healthcare system?
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- Told “there’s nothing wrong” when you know something doesn’t feel right?
- Managing symptoms endlessly without finding real, lasting solutions?

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Whether you're managing chronic pain, recovering from illness, or supporting healthy aging for a longer, more vibrant life, this is the ultimate self-care investment. It's not just about avoiding symptoms—it's about optimizing your health so you can thrive. If you're ready to break free from the limits of conventional care, now is the time to discover the life-changing benefits of this holistic, whole-systems approach. Your future self will thank you.



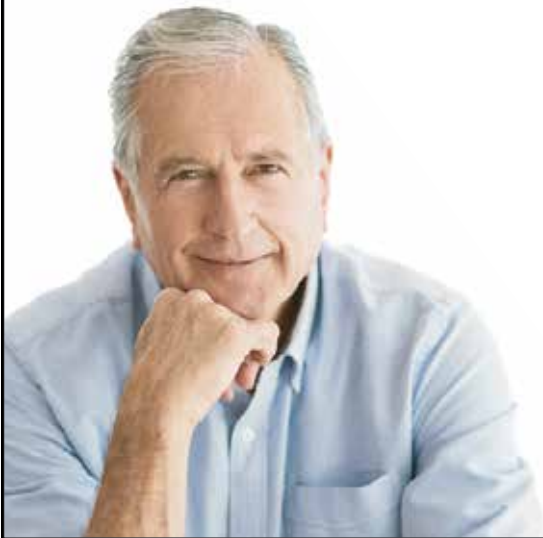
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If You Like the Sun, Clap Your Hands — and Use SPF 30!

After a long, harsh winter, many people eagerly await the arrival of summer. And for good reason! With patios and golf courses opening, birds chirping and flowers blooming, it's hard not to feel invigorated by the warmth and sunshine. However, while the sun has many benefits, you must be mindful about how you interact with it. Here's why.



Dangers of sun exposure

It's important to remember that the sun emits powerful UV rays that can affect your health and appearance:

- Sun exposure increases the risk of developing melanoma and non-melanoma skin cancer, as well as eye and lip cancer.
- Staying in direct sunlight for any length of time can cause your body temperature to rise. Also known as sunstroke, this phenomenon can be very dangerous, causing convulsions and unconsciousness.
- Sun damage is the leading cause of premature skin aging. It can cause wrinkles, sagging and dark spots.

Tips for protecting yourself

There are several habits, products and accessories to help you enjoy the sun without compromising your well-being. Here are a few examples:

- Apply a chemical or mineral sunscreen with SPF 30 or higher when you go out in the sun.
- Buy high-quality sunglasses that provide both UVA and UVB protection. Choose a style that also protects the sides of your eyes.
- Choose tightly woven clothing and wear a cap or wide-brimmed hat.
- Whenever possible, avoid going out in the sun when it's at its strongest.

Visit your local shops to find high-quality sun protection.



Dr. Stephanie
Campbell
PHYSICIAN

Campbell Dermatology
& Aesthetics
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Dermatology is about more than aesthetics, according to Dr. Stephanie Campbell of Campbell Dermatology & Aesthetics in McMinnville. It's about improving health, confidence and quality of life, she said.

From addressing chronic conditions to identifying skin cancer early to educating people about taking care of their skin, dermatologists play a critical role in overall health care, Campbell said.

Campbell Dermatology & Aesthetics provides treatment for a wide range of conditions, such as acne, rosacea and psoriasis. Dr. Campbell offers total body skin examinations, mole and cyst removals, skin cancer excisions and non-surgical skin cancer treatments, superficial radiation therapy, hair loss evaluations and hair growth treatments, wrinkle relaxers, chemical peels and other cosmetic services.

In educating her patients, she wants to correct the myth that sunscreen isn't necessary on cloudy days. Not true, Dr. Campbell said; UV rays penetrate through clouds and cause damage.

She recommends protecting skin with sunscreen every day. It's one of the best habits you can adopt for long-term health and to prevent premature aging, she said.

Dr. Campbell grew up in Los Angeles. At 21, she had an opportunity to live in Guatemala, where she volunteered in a small medical clinic that offered care to underserved communities. "It was a transformative experience, one that opened my eyes to the profound power of medicine," she said.

She was drawn to dermatology, which fits "my love for problem-solving, patient care and precision," she said.

"It's a field where science, artistry and human connection merge seamlessly," she said. "It's fulfilling to know that my work can improve not only someone's health, but also their sense of well-being and quality of life."

An osteopathic medical doctor with a holistic approach emphasizing the interconnectedness of body, mind and spirit, Dr. Campbell is a double board-certified dermatologist and Mohs (skin cancer) surgeon. She has training and experience in treating a wide range of skin conditions.

She belongs to the American Academy of Dermatology and the American Society of Dermatologic Surgery, International Peeling Society, and World Congress of Dermatology and Aesthetics.

Dr. Campbell loves connecting with her patients and building relationships. Each one brings a unique story, challenges and perspectives, she said.

She called it an "incredible privilege" to be a medical professional and business owner in the Yamhill Valley. A married mother of two, she also loves the area's natural beauty and vibrant culture.

"This community is unmatched, filled with supportive, kind-hearted people who create a strong sense of connection and belonging," she said.



Joel
Viles
PHYSICIAN ASSISTANT

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At Campbell Dermatology and Aesthetics in McMinnville, Physician Assistant Joel Viles works with Dr. Stephanie Campbell to evaluate, diagnose and treat patients with dermatologic conditions.

Born in Walla Walla, Viles grew up first in Milton-Freewater, then Lincoln City. He graduated from Lincoln City's Taft High School, then earned a bachelor's degree in English from Portland State University.

After taking a few years off, he returned to school to earn a master's degree in physician assistant studies from Oregon Health Science University in Portland.

"I've always had an interest in the sciences and wanted a career where I could help people," he said.

While studying, he also worked as a mental health tech in the emergency room at a Portland hospital. There he learned a lot about the medical system and the different roles that enable it to function, he said.

"Gradually, I realized that I wanted to be a part of that community and felt the role of a physician assistant would be a great fit," he said.

He is a member of the American Academy of Physician Associates, the Society of Dermatology Physician Assistants and the Oregon Society of Physician Associates. He completed the SDPA diplomate fellowship.

Medicine is fascinating, Viles said. It's a dynamic field that is constantly evolving.

Working in a dermatology clinic, he said, "I appreciate the wide variety of conditions seen in dermatology, and having the opportunity to make a positive impact in my patient's lives."

The Yamhill Valley is a "fantastic community," he said. "I feel privileged to serve here."

He plans to continue in this fascinating field. Twenty years from now, he said, he plans to be "working with our fantastic team here at Campbell Dermatology and Aesthetics to provide the best care possible!"

Viles lives in McMinnville with his wife and his dog, Marty. In addition to practicing medicine, he enjoys traveling, writing fiction, reading, backpacking and running.

One of his favorite activities is camping next to a river with his wife and dog, and spending a couple of days swimming and reading. Backpacking in the Willowa Mountains is another favorite.

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With a keen understanding of how patients' dental health can affect their overall health, Dr. James Nelson really gets to know his patients so he can customize dental care to overcome obstacles and meet each patient's goals. Dr. Nelson's passion for complex aesthetic cases enables him and his team to help people realize the smiles they most desire.

Dr. Nelson was awarded his dental degree from the Loma Linda University School of Dentistry in Southern California. He is a fellow in the Academy of General Dentistry and actively pursues continuing education, keeping up-to-date on the most current trends and technologies in the dentistry profession.

Dr. Nelson lives in McMinnville with his wife, Wendy. The couple have 12 children, both biological and adopted. When he's not helping his patients, Dr. Nelson loves hiking and traveling with his wife. He also enjoys fishing when he has time.



"I expected to jump through a lot of hoops, not so, he made it easy!"
~Anna Redl

"I am so glad I met Dr. Nelson," Anna Redl explains after arriving at Dr. Nelson's practice with orthodontic and gum problems "Yamhill County is lucky to have him in our community." She didn't desire to put time and expense into orthodontics but she did desire long term functionality with a beautiful smile. "Dr. Nelson isn't your average dentist, he is an artist...my transformation has been Day and Night, I couldn't be happier!" While it was a challenge to achieve perfect, natural looking esthetics without some orthodontics, her end result was a much-improved smile. "I have recommended Dr. Nelson to family and friends and will continue to sing his praises."

"Thank you Dr. Nelson!!" JAMES B. NELSON, DDS
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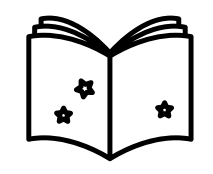
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