2023
YOUNG PROFESSIONALS
OF YAMHILL VALLEY
A young professional state of mind

The term young professionals has always been a bit of a moving target, with different interpretations through the decades since “yuppies,” short for “young urban professionals,” came to loosely define a generation of educated young adults in the early 1980s. In those times, the term described something of a path one would take, from college and maybe post-graduate degrees, into the workforce, and then upwards through their careers. In a sense, “young professionals” described the period between college and being a leader in one’s occupation.

The internet and technology have changed the game in myriad ways, and now we’re figuring out how the post-COVID world operates from a business standpoint. But one feature of young professionals that has stood the test of time is how each new class into the workforce is needed for creativity, fresh perspectives and figuring out how best to balance how things have been done in the past and how they can be improved in the future.

Today, I would argue, the term young professionals is less about a path taken and more of a state of mind. Gone are the days when a recent college graduate must find that big city job to be considered a young pro. The term “educated” itself has changed, given the vast educational resources available outside of traditional four-year higher educational institutions. A renewed push for young people to enter trade industries means a 20-something in a rural area can begin his or her career as an apprentice or in the mailroom and carve out a successful reputation as a young professional. Even “young” is difficult to define. Traditionally thought of being early 20s to early 40s, young professionals can be of any age at a time when traditional ways of doing business are constantly being challenged.

This publication highlights the work, character and lives of many young professionals throughout the Yamhill Valley. I encourage everyone reading, younger and older, to consider that “state of mind” in these changing times.

And for those just now paving their career path, a simple recommendation: get involved in something outside of work. Our community has thrived for generations on cooperation between business, nonprofits and local government. As many Baby Boomers age into retirement, it’s as vital as ever for a new crop of leaders to emerge on boards and committees. It’s the experiences and connections gained through serving that will make you the best professional you can be.

by Ossie Bladine
Associate Publisher/General Manager, News-Register & Oregon Lithoprint Inc.
Travis Cooksley

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After trying another type of work, Travis Cooksley was placed at Elk Creek Forest Products by Express Employment Professionals. Starting as a saw operator, he quickly realized Elk Creek was the company for him. He advanced to the shipping department, where he is responsible for shipping truckloads of products with accuracy. He always keeps customers in mind, he said. He’s in constant contact with the sales and production departments to ensure customers get what they order. He enjoys working with all aspects of the company, cooperating with his coworkers and making sure everything is accomplished just right.

“I think the biggest service Elk Creek provides is not wood, but culture to people in and out of Yamhill County,” Cooksley said. He looks forward to a future at Elk Creek “helping train and grow the company.” Cooksley grew up in McMinnville and graduated from McMinnville High Schools career program. He said he enjoys living in McMinnville and Yamhill County. He likes the people, and finds many opportunities here. Cooksley has three fur children: Junipur, Patches and Gaxy. He enjoys hobbies such as bowling, going to the driving range and playing video games.

Marcos Flores, who works in sales at Elk Creek Forest Products, wasn’t sure what he was getting himself into when he applied for a job with the company. But he discovered “the people in the lumber industry are some of the most welcoming individuals...they are here to help everyone be successful.” Management at Elk Creek cares about all the employees, he said. His fellow workers have taught him about forest products.

He likes his duties, too. He recommends the correct products for different applications, coordinates production schedules and organizes logistics to get customers receive materials in a timely and cost-effective manner. In his future at Elk Creek, he wants to learn more about engineered wood and other new developments, and teach the general public about lumber products, as well. Born in California, Flores grew up on a dairy farm near Independence, feeding calves, driving tractors, making cheese and doing other tasks. After graduating from Central High School, he taught English in Mexico for a short time.

He is a member of the North American Wholesalers Lumber Association. Flores and his wife have two Corgi dogs. They enjoy camping, hiking, swimming, star gazing and other outdoor pursuits.

HOW TO FIND A JOB YOU’LL LOVE

As the saying goes: “If you love your job, you’ll never work a day in your life.” If you’re looking for your dream job, here are some tips for setting you in the right direction.

IDENTIFY YOUR PASSIONS

Discover your interests by asking yourself the right questions. What websites do you visit when you want to relax? What types of movies or books do you enjoy? When was the last time you put extra effort into something, personally or professionally? Your answers may provide insight into what you love.

SEEK ADVICE

Your friends and family can help you. Therefore, ask them for their opinions on your perfect job. They may see qualities in you that you’ve downplayed, like public speaking or cooking. Moreover, meeting with a career counselor can help you identify industries or roles you may have overlooked.

KNOW YOUR VALUES

If you love being outside in nature, you may not find an office job fulfilling. On the other hand, if you value having free evenings and weekends, then a Monday-to-Friday job may suit your lifestyle best. Once you’ve identified your preferences, find ways to put them to work. Volunteer, take classes or earn certifications in those areas. Look for research into companies and job opportunities in your fields of interest.

Job interviews can be stressful. However, simply changing the way you think about them can help calm your nerves. Think of the interview process as a discussion between equals. If you believe the employer has a lot to offer, know that you do too. Consequently, you shouldn’t be shy about showcasing your skills and talents. Furthermore, stop perceiving job interviews as interrogations. Doing this will only make you feel inferior, undermine your confidence, increase your stress and prevent you from being yourself. Instead, think of the exchange as two potential business partners getting to know each other.

HOW TO MINIMIZE JOB-INTERVIEW STRESS

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THREE TIPS TO ACE YOUR INTERVIEW

Are you preparing for an interview? If you want to increase your odds of landing the position, knowing what your potential employer is looking for is an excellent place to start. Here are some tips you may want to consider:

1. Know the industry
2. Ask questions
3. Prepare for common interview questions

INDUSTRY STANDARDS

First and foremost, you must have realistic expectations. Do some research and talk to other professionals in your industry to determine the average salary and benefits for your level of experience and the position you hope to fill. This will help you avoid making unreasonable demands or accepting an offer that isn’t in line with current standards.

BENEFITS AND PERKS

If the employer can’t offer you the salary you want, you can negotiate for other benefits. After all, the amount you’re paid is just one factor in cultivating a good quality of life. For example, you could negotiate to have flexible hours, work from home or use a company cellphone.

YOUR WORTH

Rather than looking at what you can gain, put yourself in the employer’s shoes and think about what you can offer the organization. Knowing what you bring to the table can help show the employer you care about the success of their business. This could make them more willing to meet your expectations. Most importantly, be confident and don’t undersell yourself.
Mauricio Duran
FUNERAL DIRECTOR

Mauricio Duran had volunteered for many different downtown organizations and worked at several other places before he was introduced to Macy & Son Funeral Directors in 2019. Mauricio is an outstanding young man, his bosses at the funeral home say. “He seems to have taken root in Yamhill County,” they said. “He’s quite the journeyman, as we continually learn about the various jobs he’s had in the area, each of which helped him become the person he is today.”

Raised in Amity, Mauricio graduated from McMinnville High School, then received a bachelor’s degree in economics from Linfield University. Mauricio joined Macy & Son right before the chaos of the pandemic, a true test by fire. He continues to have a positive attitude, works hard and gets along with everyone. “He’s got a good heart, ministers to families and makes a decent dark roast coffee,” his bosses said. Mauricio often can be seen at St. James Catholic Church, walking around downtown or washing cars in the Macy & Son parking lot. “We’re glad to have him with us as a newly licensed funeral director!” bosses said.

Su español no es perfecto, pero ayuda mucho con la comunidad hispana. Le encanta entar involucrado.

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HOW TO LAND YOUR FIRST JOB AS A RECENT GRADUATE

Did you recently graduate from university? Are you looking for your first real job? Although you may come across jobs that require several years of experience, don’t be discouraged. Here are a few tips that get your application noticed.

INFORM YOUR CONTACTS

Tell your parents, friends and former classmates about your job search. Try to name specific companies that interest you. Someone you know may have a close connection that can help you adjust your application accordingly and increase your chances of being selected. It’s a good idea to participate in networking activities and publicize your job search on social media.

BE HUMBLE

Be realistic. Don’t apply for high-level jobs with six-figure salaries. This will only leave you disappointed. As a new graduate, think of your first job as an opportunity to gain experience and prove yourself. If you work hard, you’ll eventually climb up the corporate ladder.

TAKE CARE OF YOUR PAPERWORK

You’ll probably be up against several other candidates vying for the same position. Therefore, make your resume and cover letter stand out by incorporating relevant keywords and action verbs to capture the recruiter’s attention. You may want to hire a resume-writing specialist to help you launch your career.

Becky Turner describes herself as “a solutions-oriented forward thinker who listens to learn, and who specializes in client/customer collaboration and top-notch customer service.” Those qualities make her perfect for her jobs as owner, president and certified medical revenue manager at PBT Practice Solutions, LLC, and as performance manager at J&W Collision Repair Center.

She oversees J&W Carstar’s financial and production efficiency. At PBT, she helps private practice doctors streamline their business, maximize profitability, reduce claims rejection, code reviews, market their services, HIPAA compliance tracking and other issues. “I like seeing the solutions I provide help doctors spend more time and focus with patients and take the worry out of running their business,” she said.

Turner grew up in a small Ohio town in the heart of Amish country. She graduated from Berkshire High School in 1997 and The Ohio State University in 2001. She is a member of the McMinnville Area Chamber of Commerce.

Turner lives in McMinnville with her husband and 4-year-old daughter. She enjoys running, spending time with her family, traveling, walking her dogs, reading and listening to stories and podcasts. In the future, she would like to be a camp host.

Becky Turner
PRESIDENT
PBT PRACTICE SOLUTIONS, LLC
PERFORMANCE MANAGER
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Brian Turner is an observant and precise sort of guy. After spending seven years as a golf professional and golf event coordinator, Brian put his precision skills to work in auto insurance claims. There, he noticed the service provided to customers who’d recently been involved in automobile accidents was sadly lacking. Refocused, Brian took on the challenge to join Roger Fowler at McMinnville’s well-known, full-service auto body shop, J&W CARSTAR.

A native of Okanogan in North Central Washington, Brian earned a bachelor’s degree in history from Washington State University. As general manager and co-owner of J&W CARSTAR, Brian works with dealership and insurance partners to ensure customers’ vehicles are restored to pre-loss condition with the help of CARSTAR’s 15 dedicated and highly skilled employees.

Brian lives in McMinnville with his wife and their newly adopted 3 year old daughter. An avid alpine skier, Brian loves spending time outdoors surrounded by the beauty of the Pacific Northwest—of course, you might also find him playing golf when he’s not helping customers. Brian and his wife are enthusiastic supporters of community dog and cat rescue organizations. He is now serving on the Board of Directors at Michellebook Country Club.

Brian Turner
GENERAL MANAGER
CO-OWNER

BRIAN TURNER
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Lacey Summers
REAL ESTATE BROKER
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503.435.7059 | TheBellaCasaGroup.com
207 NE 19th St, Ste 100, McMinnville

Lacey Summers grew up in McMinnville and now shares her love and knowledge of the community with buyers moving to the Willamette Valley. After graduating from Santa Clara University, she went on to work in marketing for over a decade before setting her sights on real estate.

Lacey likes to ensure the milestone of selling or buying a house is enjoyable by providing “extras” like staging advice, surprise gifts, and having a seller’s house professionally cleaned before an open house.

Lacey devotes herself to each client, taking time to understand their needs and desires. The highly skilled Summers Home Team works with a proactive and innovative approach to exceed client goals. Past clients frequently describe her as warm, patient, considerate, and organized. Outside of real estate Lacey enjoys home remodeling projects with her husband, competitive games, listening to inspiring podcasts, & cheering on her 3 children. Contact Lacey for a consultation to discuss your next move!

• 2023/24 Upcoming President of McMinnville Lions Club
• 2023 member of Yamhill County Board of Property Tax Appeals

three tips for a successful career change

If you’re interested in embarking on a new career, it’s important to consider your options and thoroughly prepare before you decide what to do. Here are four tips to help you make a change.

1. Evaluate your current situation
   Take time to reflect on your professional achievements and shortcomings. Assess your skills, interests and values, and identify sources of dissatisfaction with your current job. A period of introspection before a career change will help guide your efforts and ensure you find fulfillment in your new line of work.

2. Use the available resources
   There are many services that you can access to help you start your new career. You can visit a local employment centre, sign up for a mentorship program or take an aptitude test. Many of these services are free, so take advantage of them.

3. Get the right training
   In some cases, a career change will mean you have to return to school. Rather than enroll in a full-time program, consider taking various training courses and workshops relevant to your new field. This will allow you to broaden your skill set while maintaining a healthy balance between work, school and family. Finally, to ensure you’ll be interested in your new career, start by volunteering or taking on freelance projects in the industry.

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Heather Ankeny
CUSTOMER SERVICE REPRESENTATIVE
Oregon Lithoprint Inc.
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1315 NE Miller St, McMinnville
Heather Ankeny loves working and interacting with people on a daily basis. No wonder she chose to become a customer service representative.
At Oregon Lithoprint Inc, a printing company in McMinnville, Ankeny is responsible for producing job plans so the OLI production crew can meet its customers’ expectations. She also takes care of receiving and general customer service.
The best part of her job, she said, is “the company I work for, my customers, and the people I get to work with every day.”
With 20 years of customer service experience already under her belt, she plans to continue growing within Oregon Lithoprint and the industry.
Born in Southern California, she moved to Eugene during her freshman year of high school.
The mother of “two amazing teenage boys,” Ankeny has lived in McMinnville for about five years. “Its beautiful out here,” she said. “It’s like living in the country, but you’re only a hop, skip and a jump to the big city of Portland or to the coast.”
She and her son enjoy hanging out together, going camping and playing disc golf.

Jason Cook
OPERATIONS SUPERVISOR
Oregon Lithoprint Inc.
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Jason Cook oversees and supervises bindery department as well as general operations at Oregon Lithoprint, which prints the News-Register twice a week and many other publications sent around the Northwest and Beyond.
In other words, he’s responsible for everything from repair and maintenance of equipment used for binding publications to maintaining inventory, training new employees, managing the facilities and quality control.
He came to Oregon Lithoprint after finishing a tour in the military. A family member was working at the printing plant, so he applied for a job there as well.
He said one of the best parts of his job is being constantly busy. He also enjoys training new employees and watching them grow and thrive.
Born in Sacramento, Cook moved to Oregon in 2007. He graduated from high school before joining the Army. He served as a combat engineer, during which he learned a variety of skills, including mechanics, heavy equipment operation and electrical work.
He and his wife live in McMinnville with their 9-year-old daughter. He enjoys “anything outdoors,” he said. When he’s not working, he enjoys camping, hunting and “just driving in the mountains exploring the terrain.”

Rachel Thompson
PHOTOGRAPHER
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Rachel Thompson joined the News-Register in 2022. She is responsible not just for taking photos for the newspaper, but also for photo processing, archiving and studio work.
She fell in love with photojournalism while studying at Pacific Union College, where she earned a degree in photography. It gave her “a means of exposing hard truths, affecting change and contributing to the world in a meaningful way,” she said.
Her job allows her to meet people of all ages and backgrounds, “often times at the point of their passions…living out their dreams, finding their way, making a way for others.”
Every day is a new adventure, she said, recalling that one day she photographed a 101st birthday celebration, and five days later the first baby of 2023.
She feels she is “living in and documenting history every day,” she said, adding, “It’s a profound honor and responsibility.”
Thompson grew up in Puyallup, Washington. In addition to a bachelor’s degree in sociology and criminal justice, she holds Wine and Spirits Education Trust Level certification and is a certified Sherry Wine Specialist. She and her husband, Chad, have two cats and a puppy. She hopes to add a ram and a turtle someday. Her plans also include rebuilding engines, restoring classic cars, and maintaining vineyard contracts for the grapes she produces from her land.
She enjoys analog hunting, sports, music and everything about nature.

Jenna Preston
ACCOUNT EXECUTIVE
Oregon Wine Press
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As an Oregon Wine Press account executive, Jenna Preston helps market “all the amazing companies that make up the state’s diverse wine regions a worldwide destination.”
She educated herself about wine after being hired for not knowing the subtle terroir-driven, vineyard-specific differences between five Burgundian Pinot noir.
“Initially I wanted to write a more approachable subject,” she said. Writing for the free, monthly Oregon Wine Press became her goal. “I have always been a pen-and-paper person and infatuated with the Oregon Wine Press,” she said.
Now she enjoys working “for such real, truly amazing people, all while being a part of preserving the value of the written word.”
A fourth-generation Oregonian, Preston was born in Portland and raised in Vancouver, Washington. In addition to a bachelor’s degree in sociology and criminal justice, she holds Wine and Spirits Education Trust Level certification and is a certified Sherry Wine Specialist. She and her husband, Chad, have two cats and a puppy. She hopes to add a ram and a turtle someday. Her plans also include rebuilding engines, restoring classic cars, and maintaining vineyard contracts for the grapes she produces from her land.
She enjoys analog hunting, sports, music and everything about nature.

Jen Mathews
ACCOUNTING ASSISTANT
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As an accounting assistant at the News-Register and Oregon Lithoprint, Terri Hart manages the Accounting Receivable department, accounts receivable and payroll. She is moving into human resources duties, as well.
She enjoys: the people and the company. “Contrary to popular belief, this kind of job has so much variety,” she said. “I never know what I will be facing from one week to another.”
She came to Oregon Lithoprint after working after working in the machinery maintenance field for several years. She started a career change that would let her expand her knowledge and grow. “I knew this would be something I would love doing with my time,” she said.
Hart grew up in Tiller, a very small town in Douglas County, then moved to slightly larger Roseburg, where she went to Western Oregon Community College. Over the years, she has attended many leadership courses, team-building workshops and production training courses.
She loves gold panning, geology and enjoying local lakes and rivers. Someday, she hopes to buy property in the Amity or Carlton areas.

Dylan Wilhelm
SPORTS EDITOR
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P.O. Box 727, McMinnville, Oregon
Wilhelm, who joined the News-Register staff in 2022, creates and manages all sports content in the newspaper and its website. He attends multiple sporting events each week around the county, covering six high schools and Linfield University.
What he enjoys most, he said, is building relationships with coaches and players. “The games themselves are fun to watch and report on, but without the insight from coaches and players I would not be able to do what I do,” he said. He added that he’s always looking for story ideas from community members.

Questions?
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If you're trying to determine what type of career would most suit you, here are some suggestions based on five key personality traits.

**FOR THE ASSERTIVE**

If you love working with your hands, consider jobs in the industrial and agricultural sectors. From machinery operators to mechanics and farmhands, there’s a variety of positions available to satisfy hands-on types.

**FOR THE TACTILE**

If you enjoy working with people, consider jobs in the service and hospitality sectors. From waiters and waitresses to hotel managers, there are many fulfilling positions available.

**FOR THE INNOVATIVE**

If you like to create and innovate, then a career as a programmer, web designer, engineer, or researcher could be right for you. As technology becomes more central and the challenges posed by global warming become more pressing, we need more innovators on the front lines. Whatever kind of person you are, there’s a career path that’s right for you.

**FOR THE METHODICAL**

If you’re highly organized and meeting deadlines is your forte, you might be interested in a career as an administrative or legal assistant, chef, truck driver or landscaper. Being organized and capable of meeting deadlines is essential in many professions.

**FOR THE COMPASSIONATE**

If you’re passionate about caring for others and meeting new people, you may want to consider a career as a caregiver, nurse’s assistant or orderly. From home care to hospital positions, there are many fulfilling positions available.

Whitney grew up playing sports locally and graduated from Williamette High School in 2014. She then played collegiate basketball at Williamette University in Salem, and graduated with a Bachelor’s Degree in Exercise Science in 2018. Whitney finished her Doctorate of Physical Therapy from Saint Francis University in Lorain, Pennsylvania, in 2021.

Whitney decided to return to the area where she grew up with her husband, Agustin. She enjoys being active, especially when it involves the outdoors. Hiking and snowboarding are among her favorite hobbies. Whitney also likes training Crossfit and learning about health and wellness.

Whitney enjoys working with people of all ages to personalize their recovery and mobility. She is happy to use her knowledge of exercise and movement in her work.

When John Andrew, DPT, Cert. MDT, CSCS launched Andrew Physical Therapy, he wanted to provide a place where science, education and caring came together to give his patients genuine relief from pain. Today, John’s cheerful outlook and positive can-do attitude permeate the clinic. His passion for helping his patients lessen their pain and return to their favorite activities is evident in the way his clinic functions.

John emphasizes a hands-on approach and encourages patient education. John holds a master’s degree and a Doctor of Physical Therapy (DPT) from the University of North Dakota School of Medicine and Health Sciences. He was awarded his Certified Specialist in Conditioning & Strengthening (CSCS) in 1997. In 2011 John completed his training with the McKenzie Spine Institute, becoming the first Certified McKenzie Spine Practitioner in McMinnville. As a certified practitioner in mechanical diagnosis and therapy, John is trained to help find a solution to musculoskeletal problems, especially as they relate to the spine. John lives in McMinnville with his wife and daughters. In his spare time, he enjoys hiking, bicycling, weight training, surfing, stand-up paddle boarding and spending time with his family.

When Whitney decided to return to her hometown, her main goal was to stay active and help others. Whitney enjoys working with people of all ages to personalize their recovery and mobility. She is happy to use her knowledge of exercise and movement in her work.

When Jordan Visser was 14, he was looking for a way to stay active while playing high school basketball. Passionate about sports and physical fitness, Jordan hated being sidelined and was grateful when treatment by his physical therapist got him back in the game. Little did he know his own success would launch his adult career path.

As a physical therapist at McMinnville’s Andrew Physical Therapy, Jordan is passionate about getting his patients back into their own games, whether it’s sports, outdoor recreation or just day-to-day living. Born in Anchorage, Alaska, Jordan earned his undergraduate degree and Doctor of Physical Therapy from George Fox University. Jordan lives the work ethic and mentorship he learned as a teen athlete and enjoys helping his patients feel better and perform their best.

Jordan loves spending time with his wife and children. When he isn’t busy helping his patients regain their strength, Jordan enjoys Pacific Northwest outdoor activities like hiking and backpacking.
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