



Meet our newest pediatrician

Lina Castillo, MD

As a Pediatrician Dr. Castillo brings with her compassion and a desire to care for your children. In addition to caring for the general pediatric needs of children, newborn to 18 year olds, she also specializes in gastroenterology and hepatology.

“I wanted to become a pediatrician because it brought me joy to know that by making a positive impact on a child's life it could positively impact our world for generations to come.”

Welcoming New Patients

Good Shepherd Medical Group Pediatrics

541.667.3740

600 NW 11th Street Suite E-33 Hermiston, OR 97838



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Hosted by Good Shepherd Advanced Orthopedic and Sports Medicine Institute



J.M. Jeremy Anderson, D.O.
Board Certified Orthopedic Surgeon



Patrick Harrison, D.O.,
Board Certified Orthopedic Surgeon

September 5, 2018
6:00 p.m. to 7:00 p.m.

At Good Shepherd Health Care System
Conference Center 1 and 2
610 NW 11th Street
Hermiston, OR 97838

RSVP <https://gsmgortho.eventbrite.com>
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 LIVE

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ADVANCED ORTHOPEDIC & SPORTS MEDICINE INSTITUTE



3 Essential Outfits for Men

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ists of wardrobe essentials are great if you are trying to build a base. Shifting your attention on the outfit allows you to have more room for creativity and alleviate a lot of stress.

Here are three outfits every man needs in his closet.

THE WEEKEND LOOK

The Clothes

Dark jeans
Black basic tee or polo
Black belt
Black watch band
White sneakers

The Style

The above combo is classic, relaxed and always looks great on every guy no matter his build. The idea is to choose a more neutral color when it comes to the shirt, as well as a style that feels comfortable to

BUSINESS CASUAL

The Clothes

Tailored jeans or chinos
Leather brogues
Dark polo or patterned oxford
Leather jacket

The Style

Business casual, dressy

CASUAL, PUT-TOGETHER

The Clothes

Suit (charcoal or navy)
White semi-spread collar dress shirt
Black or charcoal tie (black for charcoal suit, charcoal for navy)

The Style

casual, put-together — whatever you call it, you should have a go-to outfit in this category. This would be an outfit that transitions well from day to night; a multipurpose wonder, if you will.

WHITE POCKET SQUARE

The Clothes

White pocket square
Oxford dress shoes (black dress shoes for charcoal suit, brown for navy)

The Style

Whether you need it weekly or only once or twice a year, everyone should have a formal look they can put together without thinking. Charcoal and navy are great suit options simply because they are less intimidating than black. They can also be made more casual by forgoing the tie.