

Two acupuncture clinics available in Cave Junction

By
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IVN Contributing Writer

This is the second installment of a series about alternative healthcare providers in the Illinois Valley.

There are now two acupuncture clinics in Cave Junction.

Both Jennifer Folkerts and JoAnne Stone are licensed acupuncturists who assist patients with issues Western medicine may not be able to address.

This Chinese system has been practiced for over 3,000 years and has become a widely accepted form of pain therapy in the U.S. over the past few decades. Guided by the Taoist principles of “yin and yang,” acupuncturists seek to restore physical and spiritual balance to the body by allowing Qi (pronounced “chee”), or body energy to more fully express itself to allow healing by tapping into its innate resources.

Acupuncture consists of inserting stainless steel needles into the skin at certain points on the body, depending on the patient’s condition. These 450 acupuncture points are chosen by the practitioner along meridians or pathways where electrical energy flows. These pathways can become obstructed or excessive, which creates an irregular energy flow and illness. Common examples of obstructed energy flow are muscles in

spasm or scar tissue in the body. Since the needles are extremely thin, many people don’t even notice when they’re inserted, but for those who are adverse to needles, other techniques can be used. Practitioners also learn the functions of 400 different herbs and 250 basic formulas, ingredients and indications.

Acupuncture is recommended for asthma, blood pressure that’s too high or low, arthritis, back and joint pain, migraine, tinnitus, sciatica and neuralgia, digestion, elimination, menstrual and fertility problems, chronic fatigue syndrome, insomnia, and even emotional conditions including depression and phobias; among many other uses, including animal care.

JoAnne Stone has been a caregiver since the age of 9 when her mother was diagnosed with breast cancer. She received her Bachelor of Science degree in Developmental Disabilities from Ohio State University (OSU) in 1986.

She became a prevention coordinator at a rape crisis center and taught self-defense skills at OSU, in high schools and for deaf women. Later, she taught sign language to autistic children and helped to develop group homes and apartment settings for the disabled during the shift toward de-institutionalization.

By the age of 30, she was suffering from joint pain, fibromyalgia and multiple allergies. She turned to acupuncture, yoga and lifestyle changes to heal herself. She apprenticed with

Victoria Noble, author of “Motherpeace,” for three years in Oakland, California, and later attended the American College of Traditional Chinese Medicine (TCM) in San Francisco. She earned a Master of Science in TCM and has now been in practice for 20 years.

She moved to Cave Junction in 1998 and has enjoyed great successes including helping a stroke patient recover to the point where he could resume jogging. Stone specializes in pain relief and mobility improvement and has become adept at treating infections of all types, including cellulitis and diabetic ulcers.

Stone enjoys hiking and mountain biking with her dogs and is currently learning horse-back riding and piano. She owns the Illinois River Acupuncture Clinic at 139 S. Redwood Hwy. and can be reached at 541-592-5041.

Jennifer Folkerts moved here this year from Portland, where she had a practice for seven years and also taught Pathology at East West Massage School for three years. A native Oregonian, she received a Bachelor of Science degree from Portland State University. She then attended the National College of Natural Medicine where she received a master’s degree in Acupuncture and Oriental Medicine and three years of Qi Gong training. After completing her training she studied acupuncture, Chinese herbs, and Qi Gong in China; getting specialized training in women’s health, pain manage-

ment, diabetes and cancer therapies. Folkerts uses several different styles of acupuncture and integrates her knowledge of bodywork, Chinese herbs, nutrition, hydrotherapy, and Qi Gong to form an individualized treatment plan for each person. She offers Qi Gong classes to people of all ages and abilities. Her classes are geared toward beginners who are looking for a form of movement that draws one into self-reflection and who are open to looking at their bodies from an energetic perspective.

She employs various body work modalities including Shiatsu, Swedish massage, cupping and Gua Sha in her practice to help loosen muscles and connective tissue and encourage blood flow. She prescribes Chinese and western herbal remedies to treat a wide variety of ailments from pain to chronic disease and teaches her patients stretching and strengthening exercises to help maintain long term pain relief.

Folkerts also offers consultations on the pros and cons of various supplements. While she recommends dietary and lifestyle changes over supplementation, she tailors her recommendations to her patient’s specific needs. Folkerts offers community acupuncture on Tuesdays, Thursday and Saturdays between 12:30 and 2:30 p.m. at her clinic, Cave Junction Acupuncture, 122 S. Redwood Hwy. She can be reached at 541-592-9124.

Sixth annual quilt show set for Oct. 18, 19 and 20

CAVE JUNCTION - The stars will be shining bright this weekend as the Valley Girls present their 6th annual quilt show featuring more than 100 never-before-shown quilts.

The show, set for Oct. 18, 19 and 20, will be open from 10 a.m. to 4 p.m. each day at the Illinois Valley Senior Center, 520 E. River St. in Cave Junction. Admission is \$3.

The show features colorful quilts made by Illinois Valley quilters as a way to show their work as well as help educate the community on the art of quilting. This year’s featured quilter is Coreen Berglund, a talented

quilter who will have a special display of her quilts on hand.

The show also will feature a silent auction of quilt and sewing-related items and there will be a very special “Quilt Country Store” where items sewn especially for the show will be for sale. New to this year’s show will be a section of hand-made quilts for sale.

Also on sale will be a limited number of the group’s 14-month Calendar titled “2014 Valley Girls Calendar of Quilts.” The calendar features local quilters showing off their quilts in local settings ranging from busi-

nesses to scenic areas of the valley including the Illinois Valley Airport, Oregon Caves Chateau and Illinois Valley Golf Course.

Other show highlights include prizes awarded during the “Quilter Bingo” game and attendees also will receive a gift of hand-crafted gift tags.

Never to let guests go hungry, the show also will have luncheon items and desserts available for purchase. Or, quilt enthusiasts can head to downtown Cave Junction where more than a dozen restaurants and retail stores are offering “Quilt Show

Specials” for those who show their hand stamp noting they’ve attended the show. Most specials such as meal and drink discounts are available for just the three days of the quilt show.

A highlight of the show will be a drawing for the group’s star-studded 2013 “Valley Nights” opportunity quilt. The pieced and appliqued quilt that was designed by Joanie Sanford and Dianna Kihs and crafted by group members. Tickets for a chance to win the quilt can be purchased for \$1 each or 6 for \$5 at the show.

Proceeds from the show, the calendar, and the opportunity quilt ticket

sales benefit the Illinois Valley Boys and Girls Club and the Illinois Valley branch of Josephine Community Libraries. During the past five years, the Valley Girls have donated \$13,000 to youth organizations in the valley.

ArtOberfest in Kerby will take place concurrently; offering a juried art show and sale, as well as refreshments, live music and a silent auction. Kerby businesses including It’s a Burl, Seasons N Time, Hampton’s Rock Shop, Yanase Jewelers and the Kerbyville Museum also will be displaying art and offering discounts during the three-day event.



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