

Siskiyou Community Health ends hunt for new doc

Annette McGee Rasch
IVN Senior Contributing Writer

The Siskiyou Community Health Center is continuing to expand to meet the needs of the Illinois Valley, and family practitioner Dr. Kori Hunt joined the staff in September - and is still accepting new patients.

Hunt, who has been practicing medicine for eight years, chose to work at the Cave Junction clinic because, “I like that I can see a little bit of everything. A lot of family practice is becoming more like what an internist does, but here, I still get to see a full spectrum.”

Hunt was born in Montana, and then moved with her family to New Mexico during her high school years. She went on to college in Albuquerque, earning a bachelor’s degree in nutrition and dietetics at the University of New Mexico (UNM). She also completed a certificate in dietetics in Virginia before attending UNM’s School of Medicine, where she earned her M.D. in 2008, graduating with honors.

“As far back as I can remember, the human body always fascinated me,” said Hunt, a Native American. “And growing up on the Blackfoot reservation in Montana, I saw so much health disparity there. Almost everybody and their mother have diabetes. It was sad to see. My interest in both medicine and nutrition stemmed from that.”

“So many peoples’ medical problems come from bad eating habits,” Hunt explained. “If you can get people to make the changes, you’d be amazed how much change can be accomplished. One big problem is portion size. Many people are eating way more than they need. As Americans, we often over-estimate our activity levels and underestimate how many calories we’re consuming.”

Hunt shared how during one long cold winter she’d gained 10 pounds just from “munching a lot of trail mix” while watching movies. “It was surprisingly easy to gain

that weight.”

“So many times I have people tell me, ‘I barely eat and I’m walking 3 miles a day’ - but when I get them to honestly write down everything they eat, they begin to see how much they’re actually consuming,” she said, adding that a food diary can really help get a handle on weight issues and highly recommends a great online tool: myfitnesspal.com.

She also explained other factors contributing to the extra weight so many people are hauling around in 21st century America.

“Nine out of 10 times, people are using food for comfort, for one reason or another,” she said. “Whether it’s the way they ate when they grew up - maybe the foods remind them of family - or they’re going through hard times, or, they just don’t know any different.”

She added that economics comes into play as well.

“If you’re working four jobs to make ends meet, who has the time to make meals from scratch? And look at the fast food restaurants, the \$1 menu’s feature cheeseburgers, but a salad costs \$4,” she said. “Unfortunately, it’s often a lot cheaper to eat junk food and processed foods than to buy fresh fruits and vegetables.”

To pay for medical school, Hunt received a scholarship from the United States Air Force. Then, she served as a military doctor, putting in three years at the Eielson Air Force Base just south of Fairbanks, Alaska; and one year in Phoenix, Arizona.

“I got real good at muscular skeletal stuff, from all those young men hurting themselves,” Hunt said. “Also in Alaska, I saw a lot of pregnant ladies and kids, and then, in Phoenix, a lot of retirees.”

Hunt is grateful for her military experience for helping her become a well-rounded physician, but she also displays a healthy humility about the breadth and depth of the medical field.

“If you ever encounter a

doctor who thinks they can do it all, or they know it all, they can be dangerous,” she said. “Run like the wind.”

Hunt met her husband, Ian Hunt, who works as an information technology network administrator, in North Carolina. “I was just starting in the military, doing my residency there, and he was just getting out of the military.” The pair have a 15-month-old daughter, Tabitha.

“We finally got tired of

moving. We’d moved five times in seven years, so we’re ready to put down roots,” said Hunt, explaining how she ended up in Southern Oregon at the end of last summer. “We both love the outdoors and we want our daughter to grow up and know family, and my brother lives in the area.”

The Hunts also share their lives with three rescued Australian cattle dogs. “We only intended to have two dogs, but I ended up volunteering with a rescue

organization and fostered the third one for six months.” She laughed and added, “Though it took me two months to talk my husband into adopting him.”

Choosing to spend as much time as she can with her young daughter, Hunt is working part time at the clinic: Monday through Wednesday.

Those interested in utilizing Hunt as their physician should contact patient coordinator Lisa Luerding at the Siskiyou Clinic.



Dr. Kori Hunt (left), her husband Ian Hunt and little Miss Tabitha Hunt.

(Courtesy photo for The Illinois Valley News)

“With STIHL, there’s a pride of ownership in your land – in doing the job right.”

Scott Cengia | Homeowner

REAL PEOPLE. STIHL PEOPLE.

SAVE \$50!



HS 45
HEDGE TRIMMER

NOW JUST \$249⁹⁵

WAS \$299.95
SNW-SRP

Offer valid through 7/3/16 at participating dealers while supplies last.

★★★★★ 18" blade

“This trimmer is a beast and surprisingly very agile to handle and control.”

– user Stihluser209

SAVE \$30!



MS 271
FARM BOSS®

NOW JUST \$399⁹⁵

WAS \$429.95
SNW-SRP

Offer valid through 7/3/16 at participating dealers while supplies last.

★★★★★ 20" bar¹

“I have owned other saws in this class and the MS 271 has the best power to weight ratio that I have owned.”

– user Tommy80

 Farm Boss

STIHL®



NEW LOW PRICING
ON BATTERY-POWERED EQUIPMENT!

UP TO \$100 LESS!

See dealer for details.

★★★★★

BGA 85 BLOWER

“No more cords to get out, and I don’t have to mix fuel.” – user YARDNUT

MSA 160 C-BQ CHAIN SAW

“It’s a phenomenal little saw!”

– user MaintenanceGuyDan



GET GEARED UP

with protective apparel and accessories.

BUILT IN USA Indicates products that are built in the United States from domestic and foreign parts and components.

Check out these reviews and others on the product pages at STIHLdealers.com.

JOIN US. **#RealSTIHL**

All prices are SNW-SRP. Available at participating dealers while supplies last. ¹The actual listed guide bar length can vary from the effective cutting length based on which powerhead it is installed on. © 2016 STIHL STNW16-421-131506-1

Dave's Outdoor Power Equipment
287 Hamilton Ave. | Cave Junction
541-592-3416 | DavesOpe.com

CHAIN SAWS STARTING AT \$179⁹⁵ | BLOWERS STARTING AT \$139⁹⁵ | TRIMMERS STARTING AT \$129⁹⁵

#1

Selling Brand of Gasoline-Powered Handheld Outdoor Power Equipment in America

"Number one selling brand" is based on syndicated Irwin Broh Research as well as independent consumer research of 2009-2015 U.S. sales and market share data for the gasoline-powered handheld outdoor power equipment category combined sales to consumers and commercial landscapers.

STIHLdealers.com