

Brothers take educational approach to care

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IVN Contributing Writer

Although it's not unusual to see twins go into the same career, it's not often that they wind up working in the same medical practice, but that unique situation can be found at Thorsen Chiropractic & Sports Medicine. The practice has offices in both Grants Pass and Cave Junction.

Dr. Nick Baker, doctor of chiropractic (DC), was the first brother to move here. Nick Baker is also a certified strength and conditioning specialist (CSCS) and a certified chiropractic sports practitioner (CCSP). He was nearing an agreement to work at a large practice in Vancouver, Washington, but was unhappy with the assembly-line approach of the clinic.

"They were more focused on making money, and less on the patients, so I decided to not sign a contract with them," he related in a recent interview.

Dr. Scott Thorsen, DC, CSCS, first practiced in Cave Junction nearly 20 years ago, and sold his practice to Dr. Jim Minervini, DC in 2000. Thorsen then bought it back a few years ago. The office has been recently remodeled.

Thorsen was looking for another chiropractor to share the practice and ran an ad in a trade journal. When Nick Baker saw the ad, he called Thorsen and moved here shortly thereafter.

As the practice continued to grow, they realized that they needed more help and Nick persuaded his brother, Dr. Nate Baker, DC, MS to join the practice. Nate has now been living and working here for the past year.

The brothers grew up in the small California town of Sonoma, near Sacramento, but spent time each summer in Medford, visiting relatives. They were gifted athletes, starring in multiple sports in high school and

were so well-known regionally that they were featured in a Modesto Bee article. They both also competed in NCAA Division III college football and track and field.

It was during this period that they became interested in sports medicine and recognized the value of chiropractic treatment.

They have both earned several degrees, including Master of Science in sports and exercise, and both earned a doctorate of chiropractic from the University of Western States (UWS) near Portland. Coincidentally, Thorsen, a Grants Pass native, also earned his doctorate of chiropractic from UWS.

The Baker twins like Cave Junction's small town atmosphere that reminds them of home, and enjoy the seasonal changes and sports opportunities that Southern Oregon offers.

They alternate days at the Cave Junction and Grants Pass offices and are both in Cave Junction on Wednesdays.

They can legally work as primary care physicians, licensed to treat and manage the general health of their patients, from pediatric care to geriatric care.

In the State of Oregon, chiropractors are licensed to perform a wide variety of diagnostic and therapeutic procedures, from urinary analysis to PAP smears, but Thorsen Chiropractic & Sports Medicine primarily focuses on complete musculoskeletal management.

"Our initial exam takes about an hour," Nick explains. "On our busiest days, we see 20 to 25 patients, not 45 as is the case with some practices. We spend times with our patients, and let them know what's going on with their health. We see all types of conditions come through the door from routine muscle or joint issues to someone who has diabetes and doesn't know it."

Nate told the story of one patient who complained of back pain, but the source of the problem was not musculoskeletal. He sent the



(Photo by Judy Hoyle, Illinois Valley News)

Nick (left) and Nate Baker at their Cave Junction office. The Baker twins enjoy working and living in Southern Oregon.

patient to Asante's emergency room, where he was diagnosed with acute diverticulitis, a condition that, if left untreated, can be life-threatening. The patient was given antibiotics that cleared up both the infection and the pain. They also routinely refer patients to the Siskiyou Health Center.

"We offer integrative care and refer patients to other practitioners when needed," Nick said.

For those who are interested, they offer therapeutic lifestyle change, covering mental, emotional and physical health, weight loss, stress, sleep patterns and exercise. They also advise patients on diet and vitamin supplementation. Mandi Feetham, LMT, a

licensed massage therapist, also works in the Cave Junction office.

"Our goal is to teach people how they can help themselves, so we can give them longer lasting options," Nick said. "We don't want anyone to feel dependent on us or feel they have to come in routinely. We teach them to take an active role to reinforce their own care."

Thorsen Chiropractic is open every weekday. Hours are 9 a.m. to 4:30 p.m. Monday, Tuesday and Thursday, closed for lunch from 1 to 2:30 p.m. The office closes at 1 p.m. Wednesday and 4 p.m. Friday.

Call 541-592-6220 or visit www.thorsenchiropractic.com to learn more or to schedule an appointment.

The Archive Zone: by Hillary Mohr from the Illinois Valley News archives

This week we gaze upon Aug. 24, 1978. The summer temperatures were in the high 70s, school registration was starting and the sheriff stepped in a case hotter than the summer air. If you guessed that this is just the beginning of an epic Archive Zone adventure, then you are very correct.

Suspect in GP murder arrested in CJ. A routine car stop by Cave Junction's police sergeant Carrol Huffman led to the arrest of a suspect in the murder of "Cosmic Curt," the man who was found under a bridge in Grants Pass Aug. 8 with two bullets in his head. Huffman stopped the vehicle in front of Hammers Market in Cave Junction about 8 a.m. Wednesday. Arrested was Timothy

Lee Marsolf, 22, of Orange County, California. Marsolf was taken to the office of Grants Pass police detective Larry Russell for questioning. Curtis Dale Castle, 31, was shot twice in the back of the head sometime after dark the night of Aug. 7. His body was found lying beside a sleeping bag about 25 feet from the Rogue River near the Caveman Bridge on the south side. The 22 caliber rifle apparently used in the crime was recovered from the river by deputy sheriffs. It reportedly had been purchased by Castle a year ago in California. District Attorney Bob Burrows said the bullets in the victim's head matched those in the rifle when it was recovered. Castle, whose identity was unknown until a chemistry

professor from Shasta College, where Castle had been a student four months ago, identified the body. Why Marsolf was a suspect is unknown at press time.

Head-on accident victim in serious condition. Two women and a juvenile were injured Friday in a head-on collision on Highway 199. In the intensive care unit of Rogue Valley Memorial Hospital in Medford is Sandra Gloria Benson, 19, of 5515 Westside Road, Cave Junction, after receiving a compound fractured skull in the accident. (Wednesday morning the *Valley News* was told she was out of intensive care, and rated in "fair" condition.) Marcella Josephine Gibson, 54, of Medford, is at Josephine General Hospital in Grants Pass where she

is listed in satisfactory condition with a broken right ankle and knee. A passenger in the Gibson vehicle, 13-year-old Virginia Lee Gibson, of Medford, was treated at Josephine General Hospital and released. According to Oregon State Police, the accident occurred near Round Prairie Road. Gibson was headed south on Highway 199, and Benson was northbound. Benson veered into the southbound lane as she rounded a curve, hitting Gibson's car head-on.

Group forms to help people. A new group has been organized here in Illinois Valley. The name of the group is "Illinois Valley Human Resources Committee." The stated purpose of the committee is to bring together

people and organizations that may be utilized to assist persons in the Valley that have problems too large to handle by themselves. The committee has been meeting for about four months, on a once a month basis. Paul Cavaille, of the Mental Health Clinic, has been heading up the formation of the group, which is now made up of several school teachers, local pastors, doctors from the I.V. Clinic, and persons involved has an area of expertise through which he or she is able to help an individual with a need. Through the resources of the "committee," any person may refer the person in trouble to someone or an agency that has the ability to give assistance.

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It's a... Touchdown Auction!

The Illinois Valley High School Football Team is hosting their biggest fundraiser of the year - the 2016 Touchdown Auction!

When: Saturday, August 27, 2016

Time: 5:30pm to 9:00pm (no host bar at 5:30pm, dinner starts at 6:00pm, Live Auction begins at approximately 7:15pm)

Location: Siskiyou Smokejumper's Base Museum (IV Airport), Cave Junction

Price: \$20 per ticket - Includes dinner
 \$150 for 8 tickets - Includes dinner, reserved table and a bottle of wine

Dinner will be catered by Carlos' Restaurant. There will be many silent auction items to bid on, grab bag prizes and a Live Auction.

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Illinois Valley Naturally!

Art's Red Garter

POOL TOURNNEY
 Tuesdays @ 6:30

KARAOKE
 Wednesdays 9 PM

STEVE BERG

Friday, Aug. 19
 5:30 PM

from
Taylor's Country Store

Wild River HANDCRAFTED FOOD & ALE

Ross Welcome & friends
 Saturday night @ 6

Every Wednesday Open MIC Night
 6 - 8 p.m.

Jay Barley
 Fridays @ 6 p.m.

Karaoke w/ Steve

Friday, Aug. 19 @ 9 p.m.

Pool Tourney - Saturdays at 7

Free Pool Games on Sunday

Sportsman Tavern

The G Spot

Jammer's Hump Day Karaoke
 8 p.m. - midnight

OPEN MIC
 THURSDAYS 7 - 10 PM

Doug C & the Blacklisted (Rockabilly)
 Fri., Aug. 19, 8 - 11 p.m.

The Rockets
 Friday, Aug. 19, 8 p.m.
 \$5

Jammer Dave's Karaoke
 Sat. Aug. 20 @ 8 p.m.

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