

Staab moves muscles to align the body

By Dan Mancuso
IVN Staff

On the surface Jeff Staab is like many other fathers and husbands in the Valley. Staab along with his wife Sarah share a passion for parenting and participating in the Valley. The two are raising their three girls ranging in age from 14 down to 6, and Sarah is the CJ Farmers' Market manager.

Staab a former steelhead and salmon fishing guide, still likes to hit the rivers with his buddies when he is not coaching his daughters' soccer teams, Rolwing and occasionally teaching Sunday school at St. Patrick's.

What? Go back to Rolwing. Rolwing, what the heck is that? While it may seem that this is a new craze, it's actually been around for more than 50 years and you have Staab to thank for bringing Rolwing to Cave Junction.

Rolwing as the technique is called is often confused with deep tissue massage, but it's not really a massage at all, it's more like a chiropractor for muscles. According to information from the Rolf Institute in Boulder, Colorado, back in 1916 when Ida Rolf earned her Ph.D. in biochemistry from Columbia University her research founded a fundamental discovery about the body, and its connective tissues called fascia. Fascia supports muscles and holds muscle and bone combinations in place. In time the body loses its balance due to posture, unnatural body motions and simple accidents, Rolf's technique brings the body back toward its original form.

"In some sense it has a greater goal in mind. Rolwing looks to achieve structural change in your body. The general function of Rolwing is to get things to let go, and for your body to put itself in the proper alignment," Staab said. "When your body is not at war with gravity, the body functions

with more ease."

Staab, a Florida native, ended up in Cave Junction around the turn of the century and ended up finding work as a fishing guide on the Rogue. Oddly, it is fishing that really brought Rolwing to the forefront. Staab had some experience with Rolwing before the career change. As a fishing guide Staab found that many of the motions used created profound discomfort and sought a way to correct that.

For the past two years Staab has been perfecting his technique and recently put out his own shingle on Redwood Hwy., next to Art's Red Garter.

Staab offers two result-orientated therapies, which relieve pain and enhance mobility, deep tissue massage and Rolwing. According to Staab many people come in with one issue that needs attention, which he can address with a standard deep tissue massage. But for the more adventurous, Rolwing's 10-session program is where you are looking to get the maximum benefit. "After the program is completed you should feel that your body has let things go and is in better alignment, and have optimal function and mobility." Each session begins with Staab studying the person's posture. "I try to mimic how they stand and move, I can feel in my body where I need to work on the clients' body. I can feel the tightness so I can adapt my treatment to focus on the issue at hand."

Even patients that come in for work on a pre-localized area still may get confused. "Why is he working on my legs? It's my shoulder that has pain." When you adjust one muscle it has an effect on other muscles because the body is a whole package," said Staab.

Rolwing and deep tissue massage treatments have benefited the contractor with chronic shoulder pain, the crabber with back

pain, the 12-year-old athlete, the 85-year-old grandmother and has helped many others recover from injury and pain.

Overall, Staab feels thankful to have found his place within the Rolwing community, "I prayed for work that was meaningful and helpful to others and a good means to provide for my family. I am positive that God was listening and blessed me with this."

If you want to learn more about Rolwing or deep tissue massage, contact Staab at 541-415-0469 for a consultation.



(Photo by Dan Mancuso, Illinois Valley News)

Jeff Staab

FIRE ...

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When Dickson publically asked why Humphres spoke with this outside lawyer, without first consulting the board, he claimed it was because he felt like he was accused of wrongdoing in their previous public board meeting. Dickson then accused him of using district funds for legal council on a personal matter.

Humphres, speaking on the matter of cost incurred to the district, said that he was told that he was granted a small window of free council time though he was unable to corroborate such a claim. After the meeting, Humphres spoke with the lawyer's office regarding the bill and secured a discount, bringing it down to \$406.

Since the board had no specific rule against such an action they immediately made a motion to bar incurring any expense to the district unless the entire council is notified and takes a vote. The motion passed unanimously at five to zero.

A third controversy arose when it was found that Humphres asked Jamie Paul, administrator and the one responsible for crafting the minutes, to change certain parts of the minutes without notifying the board. Though official changes can be made to the minutes, the usual process is that they are discussed by the board members in a public meeting then they cast a vote deciding if the changes are necessary. When Dickson asked why Humphres wanted to make the changes he said that the wording was essentially misleading.

Lastly, the meeting prior to June 8 was recorded by Paul with her own notes so that problems with the minutes "wouldn't happen again." Up until this point, board meetings were never actively recorded. She was asked to do so by Humphres who did not notify the rest of the board. Dickson, not opposed to recording current or future meetings, expressed her disapproval of his action passionately saying that it was "courteous" to inform people about such a change. The council members then decided that, from now on, all Illinois Valley Fire District public board meetings will be recorded.

When Humphres was questioned as to his position on the controversy he declined to answer any questions. "The board doesn't want to continue with any of this, I talked to them about if they wanted me to make a statement and they said, 'Nope we're moving on.' That's where we're leaving it at and I've got to go with what the board says."

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