



# THE SPINAL COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

## Part 5. WHIPLASH: It doesn't take a serious accident to cause serious damage.

**Q:** How bad an accident does it take to actually cause whiplash?

**A:** While most people think of whiplash only as the result of a rear end collision, it can occur as a result of a fall or other sudden jolt. In car collisions, speeds as low as 5 MPH (a brisk walk) have caused whiplash. What's more, major studies show there is virtually no correlation between damage to the car and its occupants.

neck, arm or shoulder, nausea, blurred vision and headaches. If not treated immediately, these problems can lead to other more severe ones. To complicate matters, it sometimes takes years before whiplash symptoms occur.

**Q:** What should I do if I've had a fall or a car accident?

**A:** Schedule a complete chiro-

practic exam immediately. Our office specializes not only in relieving whiplash symptoms, but also in making sure those problems don't become bigger ones down the road. For diagnosis of possible whiplash, or answers to any questions you might have about your health, please call us at the number listed right below.

### Flowers' Chiropractic Office

2124 N.E. Hancock Street  
Portland, Oregon 97212  
Phone: (503) 287-5504

**Q:** How can I tell if whiplash has happened to me?

**A:** Whiplash often exhibits symptoms such as a sore

# OPINION

Opinion articles do not necessarily reflect or represent the views of The Portland Observer

## Civil Rights Act was a Turning Point

Now we need to go further and do better

BY CONGRESSMAN JOHN LEWIS

Last week, we celebrated the 40th anniversary of the Civil Rights Act, a turning point in the decades-long struggle against segregation and discrimination. When President Johnson signed the legislation into law on July 2, 1964, America took one step closer to becoming a country which truly judges not by the color of skin but by the content of character.

However, the Civil Rights Act was not something that simply happened, nor was it something that happened simply. It was one step in a long and difficult civil rights movement, one stained with the blood and built upon the sweat of those Americans whose dedication to liberty and equality was stronger than that to their own self-preservation.

As a young Freedom Rider, I rode with courageous men and women beaten with the clubs of hatred, and stood up to the "whites only" and "colored waiting" signs by sitting down.

I marched with men of all races through the choking gas of oppression in Selma and stood shoulder-to-shoulder with women of all creeds before the state capitol in Montgomery. As a country, we promised to overcome. And as a nation, we overcame.

Yet as far as we've come since the days of the civil rights movement, we still have further to go. We still have more to overcome. Unfortunately, the current Administra-

tion has done little to help.

Today, over 1.6 million African Americans are unemployed. One in 10 blacks cannot find work, twice the rate for whites. Almost a half-century after the Supreme Court declared separate but equal to be unconstitutional, more black men are in prison than in college; they make up four percent of the university population and over 40 percent of the prison population. The average white household has six times as much money as the average black household, which is nearly six times as likely to go bankrupt.

It requires a solution that, like the civil rights movement itself, was fueled by unity and brotherhood.

John Kerry has a history of working with African Americans to build more unified communities and a stronger America. In the Senate, John Kerry has opposed attempts to undermine or eliminate affirmative action, and supports programs that enhance diversity and strengthen the colorful fabric of America.

In the wake of the 2000 election scandal, he is a strong advocate for election reform; he knows that every voter must be able to make it to the polls, and that every vote must be counted. He has repeatedly spoken out against racial profiling, and received a 100 percent rating from the NAACP and the Human Rights Campaign for his work in support of civil

*The average white household has six times as much money as the average black household, which is nearly six times as likely to go bankrupt.*

— Congressman John Lewis



Since Bush took office, unemployment among African Americans has increased by 21 percent. More children live beneath the poverty line, and fewer parents can afford decent housing. African Americans make up over 50 percent of America's unemployed population and are having an increasingly difficult time providing for themselves and their families.

Yet, as President Johnson said in 1965, this is not a Negro problem or a Southern problem or a Northern problem. It is an American problem and it requires an American

rights. But we did not struggle just for civil rights; we struggled for civility. We did not fight just for equal rights; we fought for equality. As we celebrate the anniversary of the Civil Rights Act, let us commit ourselves to going further, to doing better. Let us commit ourselves to overcoming the obstacles that we face and working towards the Constitution's promise of a more perfect union.

Congressman John Lewis was one of the planners and a keynote speaker at the historic "March on Washington" in August 1963.

## More Diplomas, Less Degrees

We can do better to prepare youth for college

Nearly 80 percent of them have neither a high school diploma nor a GED, demonstrating a strong correlation between a failed education system and incarceration.

To meet the challenge of gradu-

nity must give them better coping skills for the racism and alienation our students face at mainstream colleges and universities. Such preparedness will go a long way in reducing the number of students who leave college early due to academics or racial alienation on campus.

Perhaps even more important than academic and social preparation are financial considerations. Many who start college are unable to complete it because of financial pressures. To that end, Presidential candidate John Kerry has proposed a \$100 million fund to help minority students complete college.

The proposal would also require colleges to report the number of minorities who enroll and graduate. Although \$100 million falls short of fulfilling the needs of our students, it is certainly a start - and \$100 million more than his opponent has proposed.

Judge Greg Mathis is chairman of the Rainbow PUSH-Excel Board and a national board member of the Southern Christian Leadership Conference.



Judge Greg Mathis

ating more youth from college, we must better prepare our students for the rigors of college. Our public schools must prepare them better for the academic challenges of college and our parents and commu-

BY JUDGE GREG MATHIS

Since slavery was abolished, education has served as the foundation of all our struggles for equality. From the building of black colleges to the Supreme Court challenges for educational equality, much of our struggle has been centered on education.

Last month we received the good news that the African-American high school graduation rate reached an all-time high in 2003. More than 80 percent of all our youth graduated from high school last year, compared to only 70 percent in 1993.

Clearly, we are winning the struggle to graduate our students from high school. A bigger challenge, however, is to graduate more of our young people from college. There are currently more black

## Brutality Hurts Mankind

Editor's note: Wajdi Said of the Muslim Educational Trust of Portland submitted the following to condemn the beheading of a Korean hostage by Islamic militants in Iraq:

"Whosoever killeth a human being for other than manslaughter or corruption in the earth, it shall be as if he had killed all mankind, and whoso saveth the life of one, it shall be as if he had saved the life of all

mankind." (Quran 5:32)

"God created the heavens and the earth for just ends and in order that each soul may find the recompense of what it has earned and none of them be wronged." (Quran 35:22)

"As you press on for justice, be sure to move with dignity and discipline, using only the weapon of love. Let no man pull you so low as to hate him. Always avoid violence.

If you succumb to the temptation of using violence in your struggle, unborn generations will be the recipients of a long and desolate night of bitterness, and your chief legacy to the future will be an endless reign of meaningless chaos. Hate begets hate; violence begets violence; toughness begets a greater toughness. We must meet the forces of hate with the power of love." (Rev. Martin Luther King Jr.)

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**AAHC African American Health Coalition, Inc.**  
Presents for your health,  
**Wellness Within REACH Activity Calendar**

**Aerobics**  
Mallory Ave. Christian Church  
Mon, Wed, Fri, 6-7am, Pierce • 5:30-6:20pm,  
Granville • 6:30-7:30pm, Nickerson

**Low Impact Aerobics**  
Daniel's Memorial Church  
Tue, 7:15-8:15pm, Granville

**Water Aerobics** (Contact AAHC)  
Columbia Pool, Matt Dishman,  
Salvation Army

**African Dance**  
Matt Dishman  
Sat, 10-11am, Addo

**Body Conditioning**  
Wild Oats Market  
Sat, 9:30-10:30am, Nickerson

**Chicago Step**  
Matt Dishman  
Fri, 6:30pm, Kendrick

**Kickboxing**  
Humboldt Elementary  
Tue, Thu, 6-7pm, Keller

**Pilates** (Contact AAHC)  
Matt Dishman  
Tue, 8-9pm

**Stretching/Body Sculpting**  
(Class courtesy of Matt Dishman)  
Matt Dishman  
Tue, Thu, 7-8am, Lois

**Tai Chi** (Contact AAHC)  
St. John's Community Center  
Tue, 6:30-7:30pm

**Walking Group**  
Peninsula Park  
Sat, 12:30pm, Woods  
**NEW LOCATION!**  
Lloyd Ctr, 1st Fl. in front of Sears  
Tue, Thu, 6:30pm, Woods

**Weight Mgmt./Conditioning**  
Whitaker Track  
Tue, Thu, 9-10am, Hasan

**Yoga**  
Wild Oats Market  
Tue, Thu, 7:30-8:30pm, O'Rourke

Columbia Pool, 7701 N Chautauqua  
Daniel's Memorial Church, 1234 NE Killingsworth  
Humboldt Elementary, 4915 N Gantenbein  
Mallory Ave Christian Church (Gym), 126 NE Alberta  
Matt Dishman, 77 NE Knott

Peninsula Park, 700 N Portland  
Salvation Army, 5325 N Williams  
St. John's Community Center, 8427 N. Central  
Whitaker Track, NE 42nd & Killingsworth  
Wild Oats Market, 3535 NE 15th

**REACH** Racial and Ethnic Approaches to Community Health  
A Program of the African American Health Coalition, Inc.  
Sponsored by the Centers for Disease Control and Prevention (CDC)

Contact AAHC at 503-413-1850 or visit our web site at [www.aahc-portland.org](http://www.aahc-portland.org)

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