



### Cash for Clunkers

Aug. 5 -- A federal economic stimulus program that offers up to a \$4,500 rebate for trading in a gas-guzzler automobile for a new fuel efficient model proves enormously popular.



### First Hispanic on Supreme Court

Aug 12 -- Judge Sonia Sotomayor becomes the first Hispanic and just the third woman on the U.S. Supreme Court. She was nominated by President Barack Obama, the first black President.



### Under the Microscope

Sept. 23 -- John Jackley of the Portland Development Commission promotes a new economic course for the inner city with the creation of minority-owned businesses and jobs.

### H1N1 Pandemic!

Aug. 26 -- Gov. Ted Kulongoski and state officials join governments around the globe in declaring an emergency to contain the potentially deadly H1N1 flu strain, also known as the 'swine flu.'

### New State Rep Appointed

Oct. 28 -- Long time community leader Lew Frederick becomes the newest state representative from Portland when the Multnomah County Commission vote to appoint him to replace Chip Shields who gave up his seat to replace retiring Margaret Carter.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 17. Understanding Pain: Why do you have it? How can you get rid of it?

**Q**: My friend constantly takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

**A**: You might try asking your friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the pain but will do nothing to take the stress off the spine and

nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left untreated can cause ill-

health in other areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out...for good!

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