

HEALTH MATTERS

Cute, Fuzzy and Dangerous

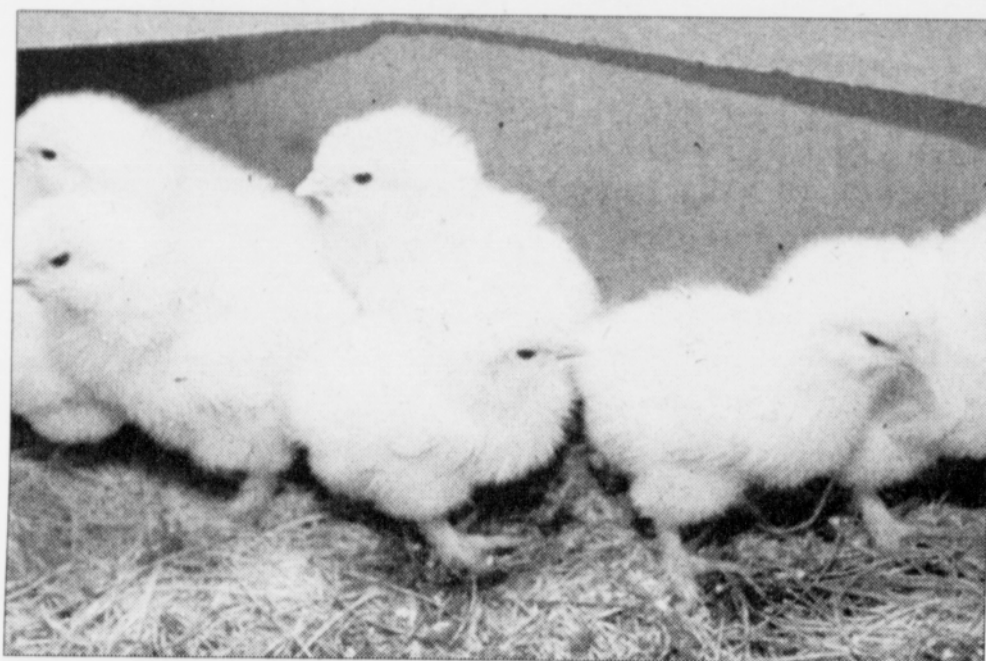
Baby chicks, ducklings, and other young birds may be cute, fuzzy, and look made for cuddling and kissing.

But public health officials in Oregon are advising people that these adorable young birds could make you sick.

As urban farming grows more popular in the Portland area, people may be at risk of falling ill from spring chicks, and other birds, if they don't take the right precautions.

"They are fuzzy, cute, and irresistible to pick up and hold but they can also be loaded with Salmonella," said Emilio DeBess, public health veterinarian at Oregon Department of Human services.

Each year, people are poisoned with Salmonella, a nasty bacteria, after handling baby poultry and fowl. People exposed to the bacteria come



down with diarrhea, abdominal cramps and fever systems lasting days. Some people are sickened to the point of hospitalization.

Children younger than 5 and people with compromised immune

systems are at particular risk.

Health officials recommend people not give baby birds to children, wash their hands after handling them, keep the animals outside, and never nuzzle or kiss them.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

THE SPINA COLUMN™

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

Part 1. CHIROPRACTIC: For the best in natural healing, hearing is believing.

Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated vertebra. To relieve the patient's

pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily functions.

By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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FAB LIVING

W/ REBEKAH STAR

Things you should never say to a single person

As a writer, I avoid cliches like the plague...HAHA! But seriously, cliches are old, tired, and they show absolutely no thought. I mean, do I make you read that some guy's skin was as white as snow? No. It's a major insult to your intellect. So when I have to hear a cliché or overused saying in the real world, as a response to my newly single status or some other dating dilemma, it's offensive and frustrating. Why do we have so many sayings and maxims for dating? A single lady is likely to get slammed with them as soon as she expresses any unhappiness at her situation. Since we could all use a good laugh, I asked some friends and Twitter followers to send in their most hated adages. I know you've heard them all before, but I just couldn't believe how many there were! Here's a tiny compilation. Enjoy - today, they're not directed at you!

• **It happens when you're not looking.** "This is just bull. Some people find people when they're looking; some don't. You're not doing anything wrong by going out and meeting people." -Beth

• **There are plenty of fish in the sea.** "I dated a guy whose last name was Fish. People just had a BLAST with that one." -Kelly

• **So, why are you single?** "I generally dislike this question. I mean honestly, if I knew why, I don't think I would be single right now, would I?!" -Erica

• **You're too picky.** "This may be true, but it feels like I'm getting criticized for my taste, vision, and close-mindedness -- when I'm already down." -Sarah

• **You'll find the right person for you.** -Kelly

• **He's out there.** -Kelly

• **It was just bad timing.** "Like it's so easy to dismiss a guy on such an emotionless and objective reason." -Taryn

• **Just have fun with it!** "Um, don't tell me how to date in my thirties when you got married at 24." -Maya

• **Have you tried online dating?** "Duh!" -Elisa

• **He just wasn't the right guy for you.** "I know! That's what I'm complaining about!" -Elisa

• **Well, when Steve and I first got together...** "Wait, I still want to talk

about me." -Elisa

• **When the time is right, you will meet someone.** -Betsy

• **Wow, I wish I were single and in your shoes!** "Really?! I'm pretty sure you CAN be single if you actually want to be. That there is an attainable dream, so if you aren't messing with me right now out of pity (which I suspect you are), please go for it!" -Kim

• **Your turn next [at weddings].** -NatLondon, via Twitter

• **It will happen when you least expect it.** -dlegas05, via Twitter

• **Some guy is going to come along and ruin your career/life plans.** "I am 32 and no one has ruined the last 10 years of plans." -frolicblog, via Twitter

• **But you're so pretty! Why don't you have a boyfriend?** "There's just no graceful way to answer that." -earnesteats, via Twitter

• **It just wasn't meant to be.** "Any of these platitudes are exponentially more annoying when coming from the mouths of the smugly married." -Reberoodle, via Twitter

• **Sure, Steve rescues kids from abusive homes, donated my sister a kidney, and picks up fresh flowers for me daily on his way home from work, but will he QUIT IT with the sports on TV already?** "Single people just hate to be complained to about petty relationship stuff. If you do this, I'm not going to want to hang out with you. (In fact, maybe I'll call Steve and ask him if he wants to watch the Yankees game?)" -Kim

Bottom line, if you're in a relationship or married and you don't have any specific, original advice or wisdom for your single friend -- and you must use an established saying -- we would prefer to hear neutral ones like, "This too shall pass" or "Take it one day at a time." They are so much more helpful and comforting -- you have no idea!

Also of note: not one person I polled mentioned they were tired of hearing, "He's just not that into you." I think that's because it's not condescending. And apparently, it's not overused. So that one is still OK to say. Thanks for listening. (Yahoo Personals) Please visit our Facebook page at 'Fab Living w/Rebekah Star' and tell us your favorite relationship clichés! Until next week - Live Fabulously!