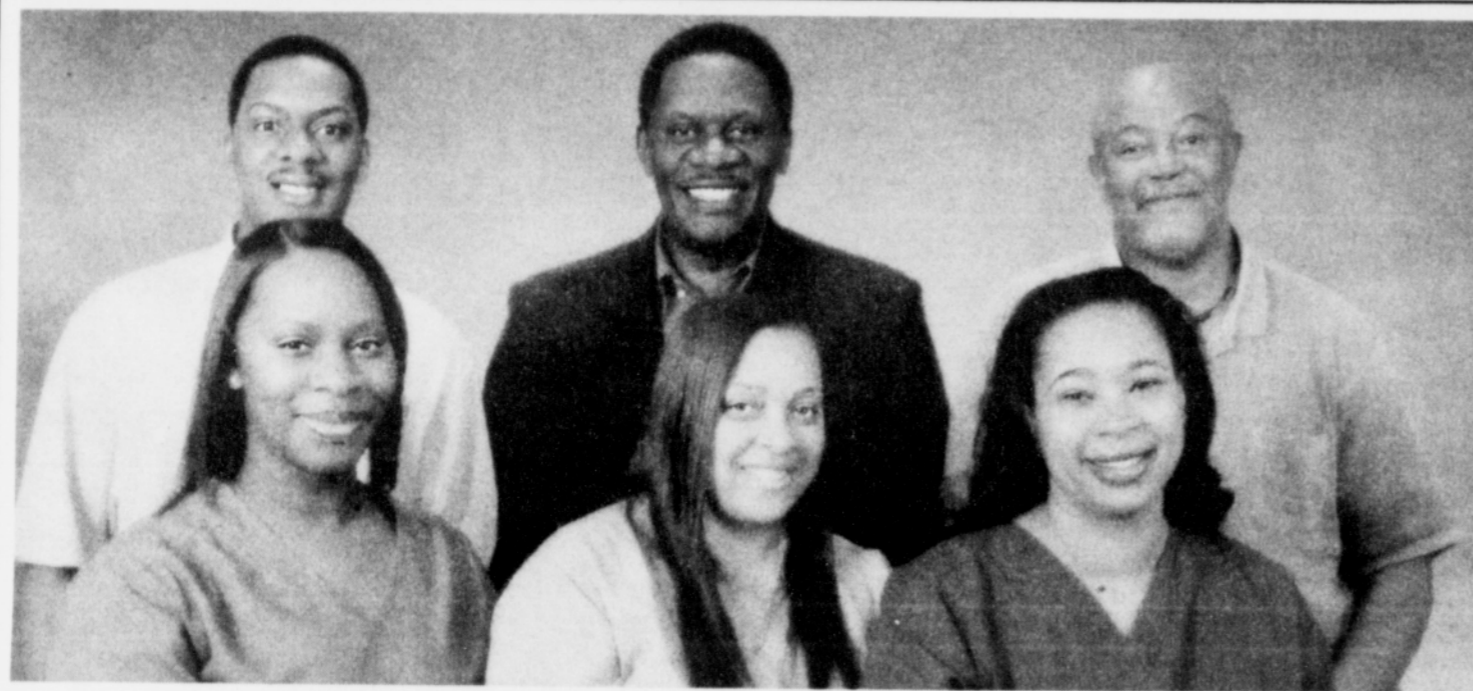




North Portland news and events

St. Johns

NEIGHBORHOOD



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 36. Healing Time

Q: How long will it take until you get well?

A: Your body possesses tremendous healing powers. In fact, by correcting the subluxations which interfere with healing, your chiropractor helps make you well again.

However, your body establishes its own priorities of healing. It is now uncommon for a patient to come in with a history of allergies, sinus trouble, headaches, low back pain, constipations and menstrual irregularity. All at once.

Q: Can you imagine your body healing them all at once?

A: You need to be patient. But, to help you understand which priorities your body may select, your chiropractor will want to know which problems developed first, which bother you the most and whether any might be hereditary.

Your diet and sleep habits could be hindering. Anyone who smokes two packs of cigarettes a day can understand why their lungs aren't clearing up. However, with proper diet, sleep and chiropractic adjustments, you can be sure you're doing everything possible to help your body help you.

And now that you'll understand the role your body plays in healing, you'll understand the role in healing, you'll understand the role your chiropractor plays.

There are three basic phases of treatment.

1. Eliminating the pain.

Though your chiropractor does not treat pain per se, he or she will work very hard to eliminate any pain you might have. In many instances, it is impossible to make any corrective adjustments on your spine until the pain has been eliminated. During this phase, your chiropractor will need to see you often.

2. Helping your body help itself.

This second phase of treatment is very important. This is when your chiropractor corrects your subluxations, allowing your body to start making the necessary repairs. Ligaments will begin to tone up, muscles will start to provide support again and tissues will cleanse themselves. You may find yourself more alert, less depressed and even desiring healthier food.

During this phase of treatment, you will need to see your chiropractor less often. But be patient and keep all your appointments. Remember, your body is going to repair the worst damage first and even though a different problem may seem more urgent to you, your body will get to it in time.

3. Preventative Maintenance

During this phase, you will probably have forgotten the aches and pains of Phase 1. The important thing, though, is not to forget the need for regular checkups. To protect the investment you have made in good health and make sure you haven't gotten any new subluxations, which would start the process all over again.

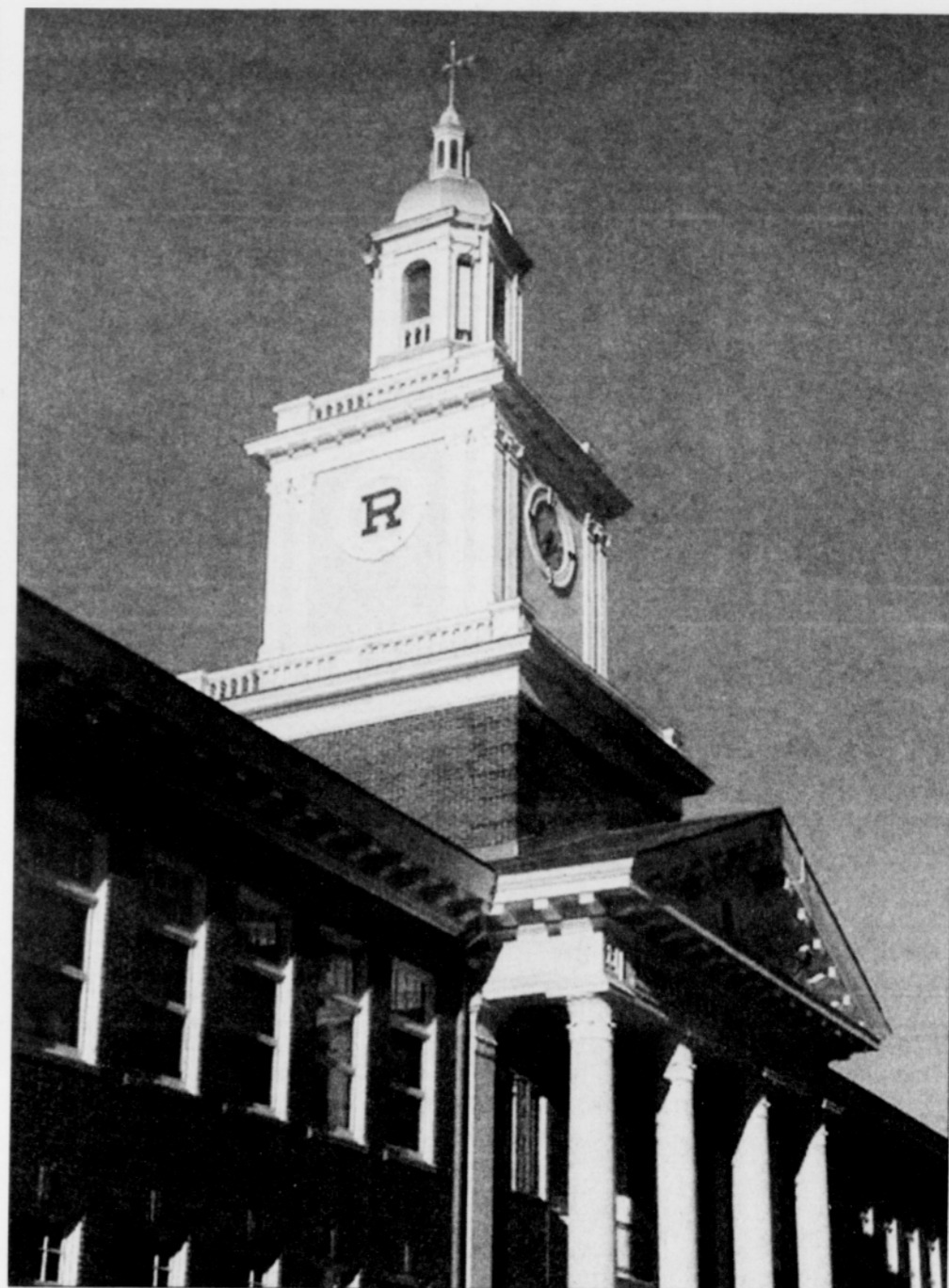
By this time, you will obviously know and appreciate the benefits of proper chiropractic care. And if you're like most people, you want to make sure your friends and loved ones share the same healthy advantage too.

Without drugs. Without surgery. Without question.

Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504



A free barbeque on the front lawn of Roosevelt High School on Friday, Sept. 16 will help kick-off the evening's homecoming football game.

Celebrate Roosevelt's Homecoming Day

Dress up in black and gold and join Roosevelt High School in celebration of their Homecoming on Friday, Sept. 23. A Homecoming noontime parade will run through downtown St. Johns and a vintage classic car display will be held on Roosevelt's baseball field.

All events are free, including a large bon fire that will be held at 5 p.m. on the front lawn of Roosevelt High School followed by a free

barbeque at 5:30 p.m. and a community pep rally to get the players and crowd pumped for the Homecoming football game at 7 p.m.

All family and friends are welcome to join this community celebration. Roosevelt High School thanks the North Portland Police officers, Darrell Grentz, Roosevelt alumni, neighborhood Farmers insurance, and the local fire station #22 for making these exciting events possible.

iPads for All Students and Staff

With funding from two grants, Roosevelt High School in north Portland is the first Portland Public School to turn on new technology with two initiatives that include the purchasing of iPads for students and staff.

In a recent news conference with government and industry representatives at Roosevelt, it was announced that iPads will enable students and staff to have "anytime-

anywhere" access to curriculum and collaboration tools.

The school bought 320 iPads for all teachers and support staff, along with iPads on mobile carts for student use at school. In the fall of 2012, every student will be assigned an iPad.

One grant included the Mt. Hood Cable Regulatory Commission and the other was a federal school improvement grant for Roosevelt's three academies.