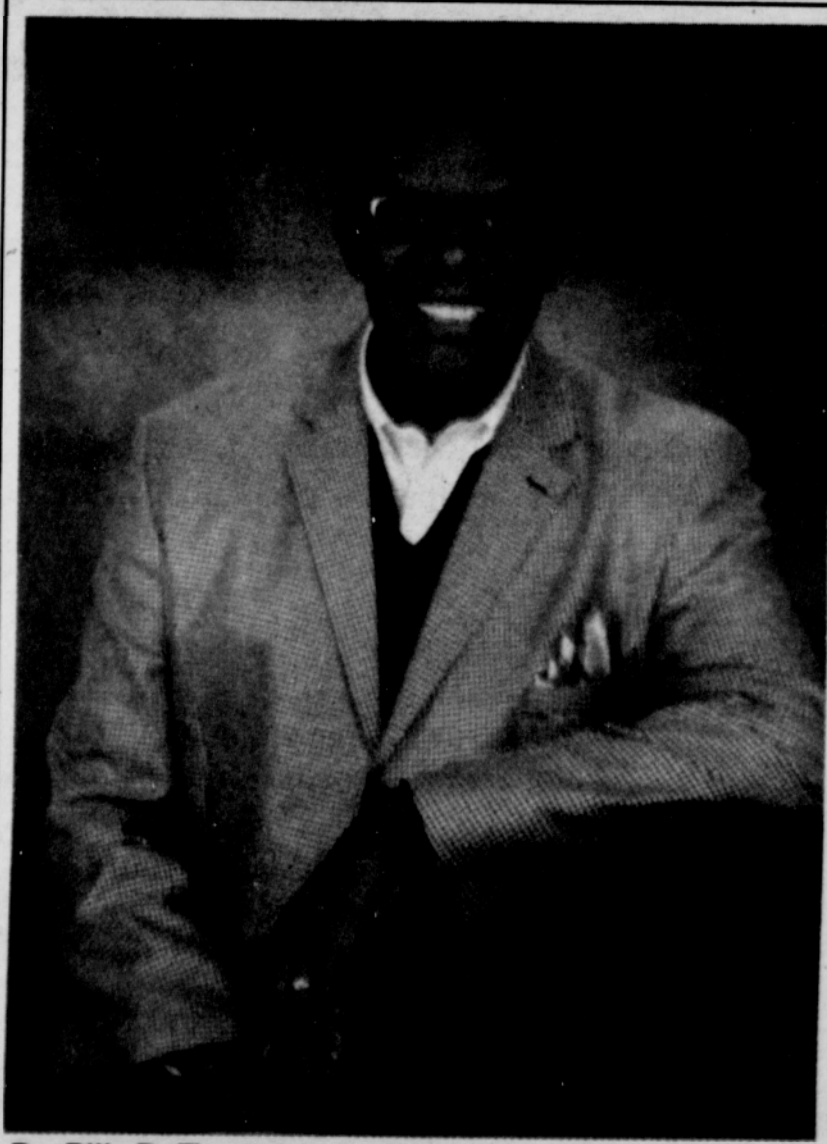


March 2013



<p>3 National Anthem Day Patricia MacLachlan born, 1938 Inventor Alexander Graham Bell born, 1847</p>	<p>4 ☾ First meeting of Congress (1789)</p>	<p>5 Boston Massacre (1770) Dav Pilkey born, 1966 Mem Fox born, 1946</p>	<p>6 Oreo Cookies Sold for the 1st time in 1912. Artist Michelangelo born, 1475</p>	<p>7 National Cereal Day Scientist Luther Burbank born, 1849 Telephone Patent Granted (1876)</p>	<p>8 Working Women's Day Robert Sabuda born, 1965</p>	<p>9 Iditarod Race Begins Dr. Seuss born, 1904 Read Across America Day</p>
<p>10 Daylight Savings Time Begins Abolitionist Harriet Tubman Day Jack Kent born, 1920</p>	<p>11 ● Commonwealth Day Johnny Appleseed Day Earthquakes devastate Japan (2011)</p>	<p>12 Multnomah County Library 6:00pm Thrive Part 1 512 N. Killingsworth-Library Portland, Or 97217</p>	<p>13 Ellen Raskin born, 1928 Good Samaritan Day Uranus Discovered (1781)</p>	<p>14 Anniversary of the National Wildlife Refuge System Pi Day (3.14) Scientist Albert Einstein born, 1879 Casey Jones born, 1863</p>	<p>15 Absolutely Incredible Kid Day Julius Caesar Assassinated (44 B.C.) Ides of March</p>	<p>16 Sid Fleischman born, 1920 James Madison born, 1751 (4th President)</p>
<p>17 St. Patrick's Day Wendell Minor born, 1944 Rubber Band Invented</p>	<p>18 First Walk in Space (1965) Sparky the Fire Dog Grover Cleveland born, 1837 (22nd & 24th President)</p>	<p>19 ☾ Swallows Return to San Juan Capistrano</p>	<p>20 1st Day of Spring Mitsumasa Anno born, 1926 Big Bird's Birthday (Sesame Street character)</p>	<p>21 <i>Children's Poetry Day</i> <i>National Teen-Agers Day</i> Lisa Desimini born, 1964 <i>Single Parents' Day</i></p>	<p>22 National Goof Off Day National Sing-Out Day United Nations World Water Day</p>	<p>23 Toast Day Political Leader Patrick Henry declared, "Give me liberty..." , 1775</p>

Taking Back Our Neighbors One Family at a Time
 April 24, 2013 • 5:00-8:30pm
 Crown Plaza, 1441 NE Second Avenue, Portland, Or
 Tickets: \$45.00 (For Tickets call MLN Family Services) 360-573-9637 or 360-901-6329
 Email: mlnfamily@centurylink.net • Mattie Neal/mlnfamilyservices.org



Dr. Billy R. Flowers

THE SPINA 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.
Q: How can I tell if whiplash has happened to me?
A: Whiplash often exhibits symptoms such as a sore 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: Don't take any chances. Schedule a complete chiropractic

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 NE Hancock, Portland Oregon 97212
Phone: (503) 287-5504