

Trail Reopens after Repairs

Four years of fencing and barriers have fallen away as Vancouver's popular Waterfront Renaissance Trail has reopened to the public.

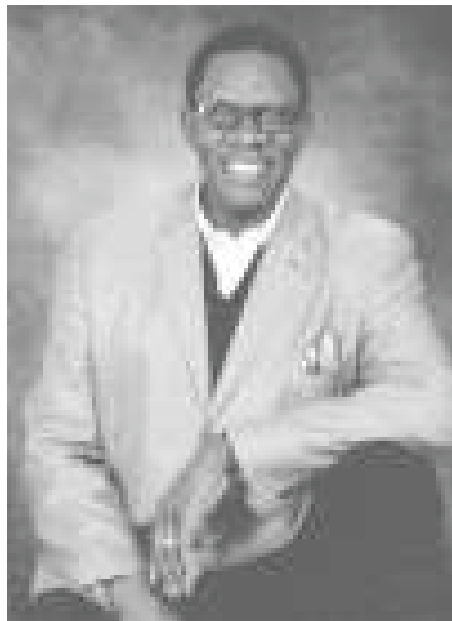
When snowmelt and heavy rain drove the Columbia River to flood levels in 2011, two sections of the trail were lost. The city of Vancouver installed barricades and fencing for public safety, blocking off a long stretch of trail regularly used by walkers, runners, parents with strollers, seniors with dogs, and more.

The structural damage and natural forces to be addressed were complex, as were the environmental regulatory re-

quirements. To add to that, erosion continued to tear away the trail's foundation, raising further issues.

Now -- 370 coniferous root wads, more than 2,500 trees and shrubs, 16,000 tons of rock, and numerous local, state and federal permits later -- the city has reopened the trail, marking a community and engineering success.

An aerial view of Vancouver's Waterfront Renaissance Trail as repairs near completion.



Dr. Billy R. Flowers

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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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