

## The Portland Observer

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## The Week in Review

### Terror at Women's Clinic

A man has been charged in the deaths of a police officer and two other people at a women's health clinic in Colorado Springs on Friday. Robert Lewis Dear, 57, is accused of spraying gunfire on the victims and others at the Planned Parenthood facility. He was also heard making a rant against abortion.

### Lewis & Clark Sit-In

Lewis & Clark College students Tuesday pledged to continue occupying the school's administrative building in a protest that began last week after a black student was attacked and earlier racist messages were posted on Yik Yak, an anonymous message board. College President Barry Glassner has scheduled a forum for sometime next week on improving campus diversity, but the student say they won't move until they have concrete plans and protections for students of color.

### Franklin High Security Threat

Franklin High School announced they would be heightening security measures Tuesday as students and staff returned from the holiday break because of a threatening note found in a hallway. Police determined there was no credible threat to the southeast Portland school but offered extra protection and resource officers as a precaution.

### Fires at Madison High School

Classes were cancelled Monday at Madison High School after two fires were set inside the school. Firefighters were called to the northeast Portland school a little after noon on Monday after a fire in a second-floor storage closet trigged an alarm. Another fire was set the same morning in a restroom.



First Lady Michelle Obama meets with Oregon student representative Alena Nore and Tricia Snell, director of local nonprofit Caldera, during a ceremony to honor excellence in mentoring youth through the arts and humanities.

## Honored at the White House

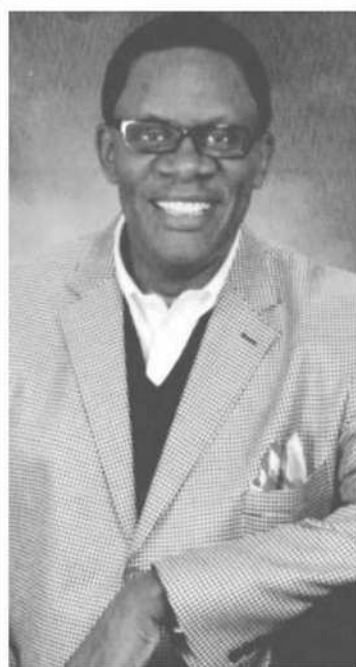
### Local non-profit praised for mentoring youth

Caldera, a local organization that helps empower young people, is celebrating after being honored at the White House for excellence in mentoring youth through the arts and humanities.

High school senior Alena Nore, 18, a representative of Caldera, and Tricia Snell, director of the non-profit, visited the White House Nov. 24 to receive recognition from First Lady Michelle Obama.

The 2015 National Arts and Humanities Youth Program Award is the nation's highest honor for creative youth programs, recognizing the country's best programs as well as highlighting the positive role that arts and humanities play in youth academic achievement, graduation rates and college enrollment.

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Dr. Billy R. Flowers

**Q:** What age groups can a chiropractor help most?

**A:** This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

#### Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, heir irritability is often a sign of the need to be checked.

#### Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

#### Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

#### Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

#### Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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