

Arts & ENTERTAINMENT

Teacher of the Year

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It is not always easy, but we must model civil discourse and provide students an opportunity for practice so they can navigate the workplace and the world responsibly and with empathy.”

Pilgrim Ricker said she looks at education as a partnership formed between students, educators and the community.

“We all must take a seat at the table and support one another in meaningful ways to create a sustainable, holistic and dynamic educational model,” she said.

The Oregon Teacher of the Year program honored Pilgrim Ricker by awarding her \$5,000, and a matching donation to her school, thanks to Oregon Department of Education and their partner, Oregon Lottery. She won regional Teacher of the Year honors in May and a \$500 award.

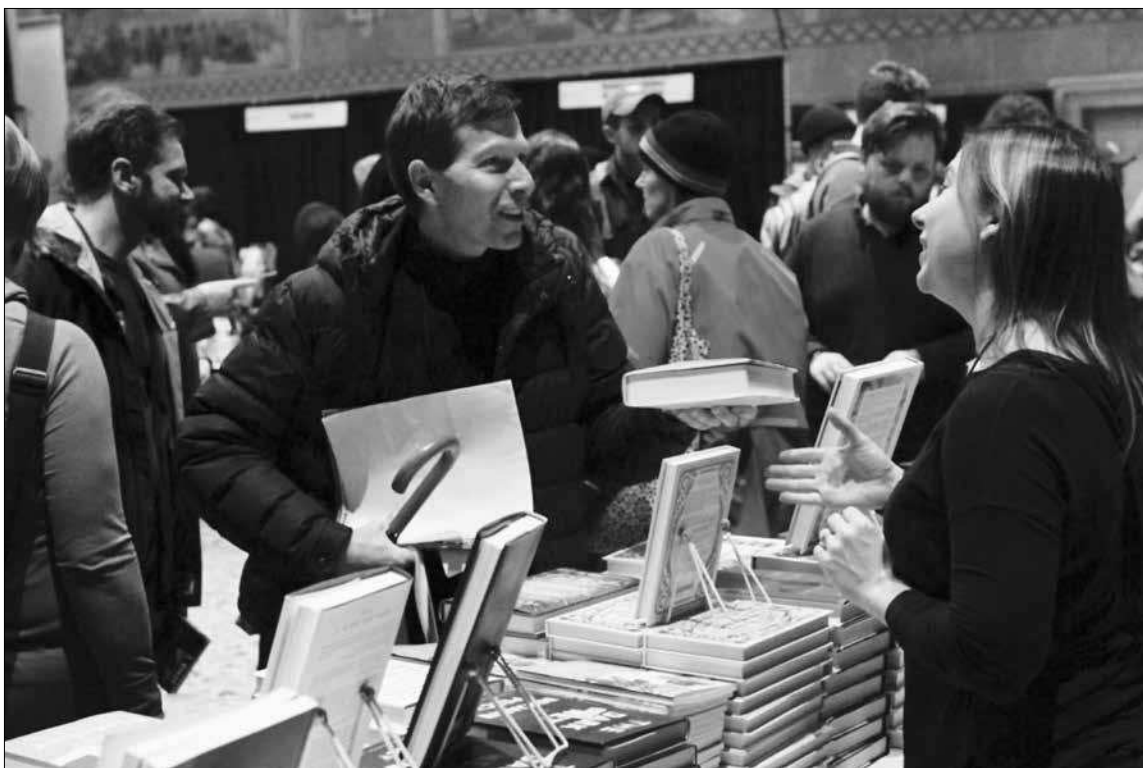
The Oregon Teacher of the Year is selected after an extensive application process that draws on

testimonials and letters of support from administrators, students and colleagues. The teachers are evaluated on leadership, instructional expertise, community involvement, understanding of educational issues, professional development and vision.

Pilgrim Ricker will serve as a spokesperson and representative for all Oregon teachers as the 2019 Oregon Teacher of the Year. She will attend the Washington Recognition Week for Teachers of the Year in Washington, D.C. this spring, where she will meet the President and the U.S. Secretary of Education.

Nominate Next Year's Teacher of the Year

Nominations for the 2020 Oregon Teacher of the Year are now open. If you know of a teacher who is an exceptionally dedicated, knowledgeable, and skilled public school educator in grades preK-12, go to oregonteacheroftheyear.org to submit your nomination. Nominations close Jan. 31.



The Portland Book Festival makes its return on Saturday, Nov. 10 at the Portland Art Museum and neighboring venues, downtown.

Portland Book Festival Fun

Event comes packed with authors, activities

On Saturday, Nov. 10, you're invited to join readers of ages for the largest celebration of books and writing in the Pacific Northwest.

The annual Portland Book

Festival at the Portland Art Museum and six neighboring venues, downtown, brings more than 100 authors, 80 vendors, 13 writing workshops, food trucks, and satellite bookstores from Annie Bloom's Books, Broadway Books, Powell's Books and Green Bean Books.

The festival offers 10 craft workshops and three free workshops for students and teachers. Adult passes for the festival are \$15 in advance or \$20 on the day

of the event. Attendance is free for attendees 17 and under or with a valid high school ID.

Kids and family members are invited to check out storytimes and middle grade events at the Oregon Historical Society, picture book panel discussions at the Portland Art Museum, and young adult author events at the Old Church.

The Portland Book Festival is sponsored by Literary Arts, a community-based nonprofit dedicated to serving readers and writers.

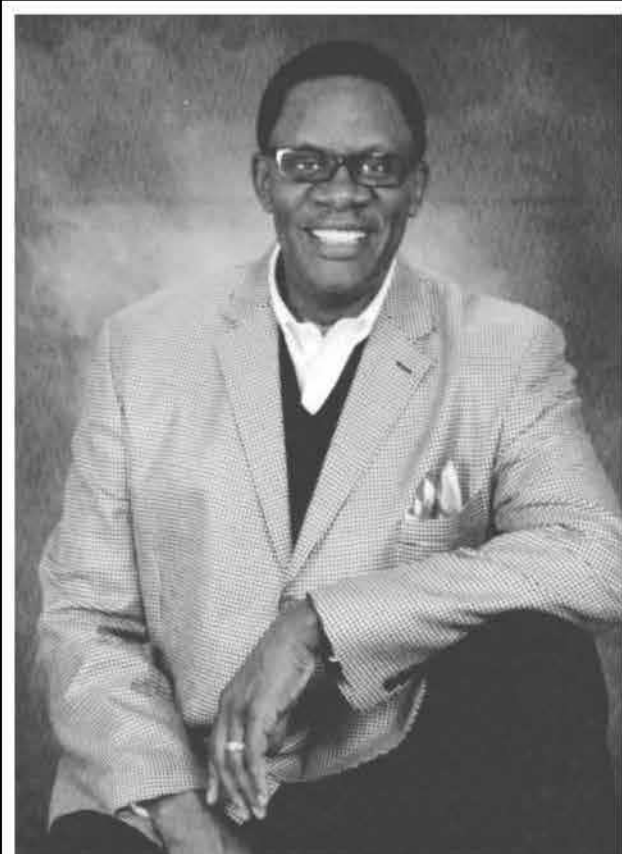
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THE SPINA COLUMN™

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