

# THE SPINA COLUMN™

An ongoing series of questions and answers about America's natural healing profession.

## Part 14

### Scoliosis Exam: The most important test your kids will take all year.

**Q:** My kids already get back-to-school check-ups. Why should I bother with yet another one?

**A:** Scoliosis, a lateral curvature of the spine, is one test you probably not included in your children's back-to-school physical checkups. And yet, it is disturbingly common among teenage girls. If left untreated, scoliosis often leads to painful arthritis of the spine. But if the disorder is detected by age eight, before the adolescent growth spurt, there is better than 50% chance for complete recovery.

**Q:** How can I tell if my daughter might have scoliosis?

**A:** The most common visible symptom is very prominent shoulder blade higher than the other. However, the best check for scoliosis is an annual pre-school checkup with a Chiropractor. The one professional best trained to detect and correct spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years



Dr. Billy R. Flowers

of discomfort and disfigurement later in life. For a scoliosis checkup, or for answers to any questions you might have about your own health, call us at the number below.

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.

#### Flowers' Chiropractic Office

2027 Lloyd Center Mall,  
Portland Oregon 97232  
Phone: (503) 287-5504

# Reprieve on Earthquake Rules

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community leader, what I know is that all process is improved by listening to more voices," said Hardesty. "I am committed to continuing the conversation to improve Portland's resilience in the event a disaster strikes, and I am excited to see what suggestions this new unreinforced masonry building committee comes up with."

The hope is that the new voluntary requirements will resolve the litigation filed to stop the



Mandatory requirements for posting earthquake warnings on unreinforced masonry buildings are eased.

enforcement. The city will continue, however, to pursue a mandatory retrofit policy for public buildings, including schools, officials said.

Over 1,600 buildings made of brick and mortar or brick and plaster, called unreinforced masonry (URM) buildings exist in Portland, according to the city's website.

The new unreinforced masonry committee will consist of volunteers from a wide variety of backgrounds. Members will start meeting this fall and will be charged with presenting recommendations to the City Council within a year.



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FREE COMMUNITY EVENT

# SAFE HOMES! HEALTHY HOMES!

Friday, November 8<sup>th</sup>, 2019  
2:00 - 5:00PM | 714 NE Alberta St.

- Free produce (while supplies last)
- Holiday crafts
- Sharps/needle & medication disposal
- Indoor air quality tips
- Tour the inside of an actual ambulance
- Insurance enrollment assistance
- Free flu shots
- Immunization info
- GREAT PRIZES and FOOD!

For more information, call 503.946.5680 or stop by North by Northeast Community Health Center.

north by northeast  
COMMUNITY HEALTH CENTER

CORNER STORE COMMUNITY COCIC  
CHRISTIAN WOMEN COUNCIL

Ninth Annual  
Scholarship Benefit

## Twelve Tribes Taste Festival

Saturday September 15, 2018  
Vancouver Avenue 1st Baptist Church  
3138 N. Vancouver Ave.  
Portland, OR 97227  
1:00pm - 3:00pm

Get ready for fine dining at its' best!  
Italian ~ Oriental ~ Mexican ~ American ~ Soul ~ Cajun  
B-B-Q ~ Seafood ~ Southern ~ Vegetarian ~ Deserts  
Salads and more

Donation \$13.00 10yrs. - adults  
9yrs. & under pay  
\$1.00 each year of age

This event supports the Della Mae Johnson Scholarship Foundation

For more information, please call 503-283-6312