## The Portland Observer



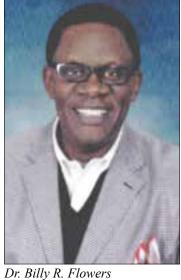
## An ongoing series of questions and answers about America's natural healing profession

## Part 14 **Scoliosis Exam:** The most important test your kids will take all year.

Q: My kids already get back-toschool check-ups. Why should I brother with yet another one? A: Scoliosis, a lateral curva ture of the spine, is one test pro 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, of discomfort and disfigurement before the adolescent growth later in life. For a scoliosis 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 other. However, the best check for might have about your health, checkup with a Chiropractor. phone number shown below. The one professional best trained to detect and correct Flowers' Chiropractic Office spinal disorders. It's a simple, painless, inexpensive procedure that can save your children years



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 symptom is very prominent might be able to help you or for shoulder blade higher than the answers to any questions you scoliosis is an annual pre-school please feel free to call us at the

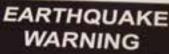
> 2027 Lloyd Center Mall, Portland Oregon 97232 Phone: (503) 287-5504



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





THIS IS AN UNREINFORCED MASONRY BUILDING. UNREINFORCED MASONRY **BUILDINGS MAY BE UNSAFE** IN THE EVENT OF A MAJOR EARTHQUAKE.



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.



Friday, November 8th, 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** 



