

How Many Bones are in a Giraff's Neck?

A Healthy back (spinal column) should be flexible, strong, and move without pain. The bones of the back are called vertebrae, and their job is to protect the spinal cord and nerves, allowing for proper mobility and stability.

Your spinal column consists of 24 vertebrae which are connected and supported by ligaments, muscles and specialized joints. Interlocking facet joints help guide and restrict the movement of the vertebrae (much like the training wheels on a bike), while the weight-bearing discs provide cushioning and strength.

In a typical person, there are seven vertebrae in the neck (cervical region), twelve vertebrae in the mid back (thoracic region), and five in the lower back (lumbar region).

The tail bone (sacral region) is actually composed of five sacral and three coccyx vertebrae which fuse in adulthood, so we can consider them one bone.

When vertebrae lose their normal position or motion (subluxation), they can interfere with the nerves, causing numbness, weakness, ill health and even pain. The goal of chiropractic care is to reduce these interferences and allow the body's natural ability to regulate and heal itself.

Oh yes, there are seven vertebrae in a giraff's neck - just like you!

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Baseball Exhibit At Folsom Museum

Baseball is Americas' favorite pastime. Spring training is underway and the Folsom History Museum is pleased to offer a new baseball exhibit. Play Ball! The History of the San Francisco Giants explores this rich legacy. Guest Curator, Richard Macaluso has created an amazing exhibit that chronicles the history and highlights of baseball. The largest part of his collection and the main focus of our exhibit is San Francisco Giants memorabilia. Baseball uniforms, gloves, programs, balls and bats spanning the 50 years of the SF Giants give fans a chance to honor their team. The San Francisco Giants celebrate their 50th anniversary in San Francisco on April 15th of this year.

The ultimate prize in baseball is the World Series Championship. Mr. Macaluso's collection includes memorable moments in World Series history

through photos, programs and artifacts. The exhibit will include tributes to Mickey Mantle and Willie Mays as well information and memorabilia about baseball during World War II. The story of the catcher and the evolution of the position and mitts will be a sub-theme throughout the exhibit. Catcher's mitts from 1890 to present day will be on display.

During the exhibit we are offering two special events. On May 17th we are hosting Sports Card Evaluation Day and on June 7th we are hosting local author and Solon's expert Alan O'Connor.

The Folsom History Museum is open Tuesday-Sunday from 11-4 pm. Admission is \$3 for adults, \$2 for teens and children under 12 are free.

Karen Mehring
Folsom History Museum
985-2707



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