

# Voters Urged to Maintain Tax

PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

continued ▲ from Front

sure 26-64 passes, remains unclear.

Some programs currently funded by the temporary income tax include \$597,000 to Oregon Project Independence, a program providing home visits to seniors, some of which are disabled, helping them with routine daily tasks

to avoid a need for expensive and restrictive nursing homes.

According to a list of Multnomah County expenditures, \$2.7 million of the income tax is spent on senior and disability services, \$5.1 million on healthcare, \$4.1 million on drug and alcohol treatment, \$6.3 million to mental healthcare, \$600,000

to developmental disabilities services, \$10.8 million to jail operations, \$3.3 million to prosecution and law enforcement and \$1.5 million to juvenile services.

All programs funded under the temporary income tax are at risk of cutbacks or elimination if Measure 26-64 passes and the income tax is repealed.



Vanessa Gaston of the Urban League of Portland and Cupid Alexander of the Northeast Multicultural Senior Center consider the impact to senior and healthcare programs if Measure 26-64, the referendum to repeal Multnomah County's income tax passes in the Nov. 2 vote-by-mail election.



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 20. It's Just Your Nerves:

#### Chiropractic's answer to an age old answer

**Q:** I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

**A:** Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that be-

tween 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talking about emotional nerves. The research team, of course, was talking

about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxation), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before

You know it, you will have another throbbing headache. In Chi-

ropractic, we work with reducing subluxations, releasing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

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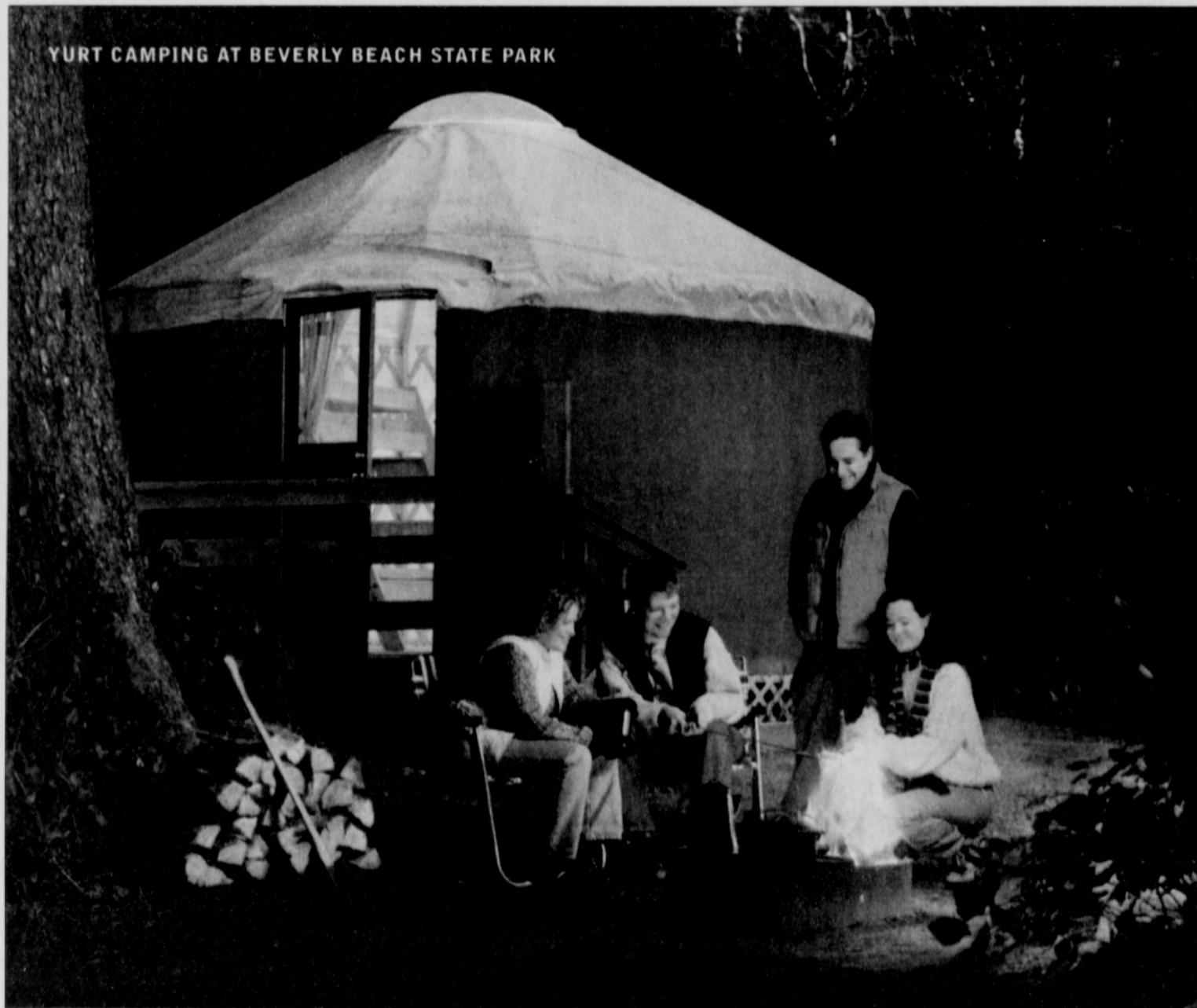


An exercise class that helps people keep their mobility is an example of services at the Multicultural Senior Center that could lose funding because of Ballot Measure 26-64.



yurt (yûrt) n. OREGONIAN FOR WARM AND DRY.

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oregonlottery.org Lottery games are based on chance and should be played for entertainment only.