

THE SPINA COLUMN™

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



Dr. Billy R. Flowers

Part 16: Chiropractic VS. Morning Stiffness: A deadly blow to the agony of awaking.

Q: I used to be so stiff in the morning I could scarcely tie my shoes. Worst of all I was only 37 years old. Now that's all changed since coming to your office. I'm eternally grateful to you and Chiropractic. I just don't see how it works so well, particularly with-out medication.

A: We very much appreciate your kind compliment. It is true that many of our patients do rest better at night and wake up feeling more relaxed and refreshed. Chiropractic works by taking the stress and irritation off the nervous system. As the nervous system gets well, you will notice that

the spine begins to lose the rigid stiff feeling that it had. Muscles can begin to relax because they don't have to work to make the body bend and move. When the nerves are finally as healthy as they should be, the body will reflect that by being flexible and well rested. If you have had problems with muscle stiffness, trouble resting or if waking up gives you the feeling that you've been through World War II, it's a great time to wake up to the feeling of Chiropractic! Call today for an appointment. Isn't it time you stepped up to Chiropractic?

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Police Boost Safety, Security

Transit officers go undercover

For those who use TriMet, the Transit Police Division wants you to know that the person next to you just might be an undercover police officer.

It's just one of the ways the multi-agency division is trying to stay one step ahead of those who use TriMet buses and trains for purposes other than getting from Point A to Point B.

"Individuals thinking about committing a crime on a bus or train should think twice," said Transit Police Division Commander Donna Henderson. "They'll never know if the person sitting next to them or across the aisle is an undercover cop."

Henderson said when TriMetriders have been surveyed crime is not the issue that concerns them the most when on TriMet property, which spans Multnomah, Washington and Clackamas counties, it's the quality of life issues among riders that seem to be problematic.

"Things such as loud, obnoxious behavior and vulgar language are intimidating to riders," Henderson said. "They do not rise to the level of crime, but they are important to TriMet customers and important to us."

The Transit Police Division consists of 36 sworn members from six different law enforcement agencies. Half of the officers are assigned to Portland with the remaining coming from Beaverton, Gresham, the Multnomah County Sheriff's Office, Milwaukie and Tigard.

Transit Police Division officers provide safety and security for the general public and employees within TriMet's 575 square mile service area. This includes 92 bus routes, 18 major transit centers, and 56 Park & Ride lots. Currently, TriMet has about 320,000 daily boardings on buses and MAX trains.



Officer Michael Kuenzli of the Transit Police Division gives Sherry Remy a warning for not paying a fare to ride on a MAX train at the Albina/Mississippi station in North Portland.

See Something? Say Something

- If you see a suspicious object or behavior, tell a TriMet employee or call 9-1-1.
- TriMet employees can request police or fire response.
- MAX trains have up to four emergency intercoms to reach the operator.
- Free 9-1-1 calls can be made at pay phones located at all MAX stations and at transit centers.

To assist in crime prevention, Transit Police Division officers make use of surveillance cameras on all MAX trains, about one third of all MAX platforms and on most buses. Additionally, the cameras also help officers in the apprehension and prosecution of criminals. Also, three police K-9 units were added to perform random security searches of MAX trains and buses.

"These sweeps increase visibility and boost the transit system's comprehensive security program," said Henderson, who has been with the

Portland Police Bureau for 19 years.

Other missions performed periodically by the division include checking for fares, undercover missions aboard buses and trains, and partnering with other police agencies to address community issues. The goal of the missions is crime prevention. TriMet ridership has increased yearly while crime has decreased. In 2006, the total number of reported crimes committed against TriMet customers dropped from the previous year, to about one incident per 100,000 boardings.

Riders can also help maintain safety on the buses, trains and at stops and stations. "TriMet customers need to be active participants in their security," said Henderson. "If there is something suspicious or an incident, immediately tell a TriMet employee or dial 9-1-1. If you see something, say something. The sooner we can begin our investigations, the more likely we are to get a prosecution."

For more information, visit trimet.org or call 503-238-RIDE.



Top Honors for Graduate

On Saturday, June 16, Jyonna Alexicah St. Gerard graduated from the University of Oregon, where she received a Bachelor in Science in Business Administration with an emphasis in Human Resources, and a Bachelor of Science in History with a concentration in African and African American History. St. Gerard was also a member of the UO History Department's Honors College and a Dean's List recipient. St. Gerard is the daughter of Denise Lathan of Portland.

'The View' Considers Goldberg

(AP) -- ABC's daytime show "The View" appears close to adding Whoopi Goldberg and Sherri Shepherd as regular cast members following a year with more plot twists than a soap opera.

An executive close to the show who spoke on condition of anonymity because negotiations were ongoing wouldn't deny they were the top candidates.

Goldberg, 51, would give "The View" creator Barbara Walters a big name to replace Rosie O'Donnell. In less than a year on the show, the brash O'Donnell was a never-ending source of headlines for her feuds with Donald Trump and co-star Elisabeth Hasselbeck. Despite the near-constant need for damage control, ratings shot up.

Goldberg is one of the few per-



Whoopi Goldberg

formers to earn Emmy, Grammy, Tony and Academy awards in her versatile career, and could be expected to take the moderator role filled by O'Donnell.

Shepherd, 40, has been a guest host on "The View" more than a dozen times, five times this month alone — an indication that producers were considering her seriously.

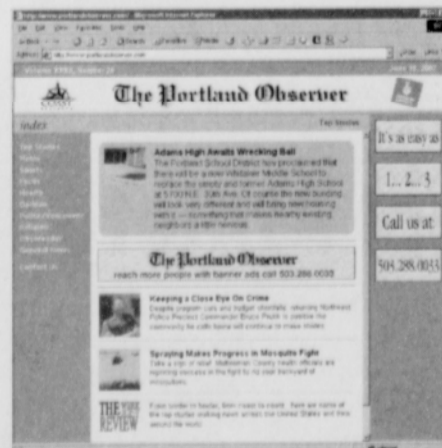
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