

Help Managing Mortgage Debt

People struggling with homeowner debt may get some help when Wells Fargo Home Mortgage and the nonprofit Hacienda Community Development Corp. co-host a free event for Wells Fargo mortgage customers who are facing financial issues and are delinquent in their loan payments.

The foreclosure prevention and home preservation event will take place Sunday, Aug. 10 from 9 a.m. to 4 p.m. at Hacienda's offices, 6700 N.E. Killingsworth St.

"The whole premise is home retention: keeping customers in their homes. What can we do to help our customer sustain homeownership? If there's some kind of way we can provide assistance, we want to do that," said Charles Connor of Wells Fargo Home Mortgage.

Potential attendees can call 866-790-3276 for more information.

The Week in Review

Public Camping to End

A pilot program that allowed homeless individuals to camp on the city's streets at night will end next week and street camping will remain illegal, Portland Mayor Charles Hales announced Tuesday. Hales said that the emergency rules he set for overnight street camping six months ago "caused confusion," and that outreach workers and law enforcement struggled to educate people about the 'Safe Sleep Guidelines.'



Last Charges Dropped

Charges against Officer Garrett Miller, Officer William Porter and Sergeant Alicia White, the remaining officers facing trial in the Freddie Gray homicide, were

all dropped by prosecutors last week. Earlier this year, three other officers charged in the case were acquitted after trials, meaning all parties involved in Gray's death will go without a conviction.

Weed at Oregon State Fair

Oregon State Fair officials along with the Oregon Cannabis Business Council revealed last week that this year's Oregon State Fair (Aug. 26-Sept. 5) will feature "prize winning marijuana plants." A greenhouse for the plants will be sectioned off at the fairgrounds and monitored by security to only allow those 21 and up to enter. The plants will be judged on the same criteria as other plants in the fair.



Republicans against Abortion

Donald Trump's vice presidential candidate Mike Pence stated at a campaign stop in Michigan on Thursday that if Trump sees victory in the November election, the pair will seek to overturn the historical ruling legalizing abortion. "We'll see Roe vs. Wade

consigned to the ash heap of history where it belongs," Pence enthusiastically told attendees during the Grand Rapids visit.

New Plans for Mental Illness

The Oregon Health Authority revealed Thursday that they're beginning a three-year plan to better help the state deal with persons with mental illnesses. The US Department of Justice has been investigating how well Oregon complies with the Americans with Disabilities Act and are enacting some changes that include expanding local mental health services.

Voter Restrictions Annulled

The US Court of Appeals for the 4th Circuit ruled Friday that voter-ID requirement laws in the Republican-majority states of North Carolina, Texas and Kansas are discriminatory, with some facets of them being unconstitutional. The Court found that the laws purposefully made it more difficult for African Americans, who usually tend to vote as Democrats.

Sentence for Peeping Eyes

An employee at the Eyes on Broadway eyeglasses store near Lloyd Center Mall was sentenced to six years in prison on Monday. Joshua Muller, 32, pled guilty to 26 counts of invasion of personal privacy and one count of "using a child in a display of sexually explicit conduct" for recording at least 16 adults and 10 children using the restroom in the eyeglasses shop.

Speed Demons on Camera

In a first for Oregon, the City of Portland announced Monday that they will be installing speed cameras along some of the city's highest crash zones, with the first going up along the Beaverton Hillsdale Highway. The Portland Bureau of Transportation claims it's not an attempt to gain more money through tickets, but to encourage drivers to slow down and prevent accidents.

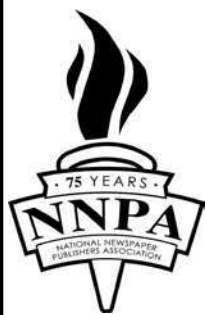
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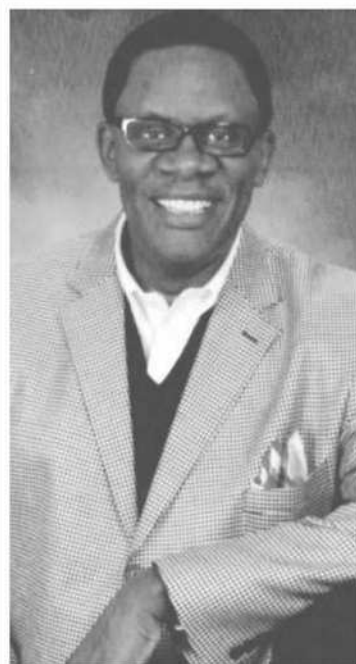
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Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?

A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can't tell you they're in pain, their irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of the girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren't creating spinal problems they'll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet it hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who've been fortunate enough to suffer minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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

Part 35. Different Benefits by Age Group