

Healthcare on the Line

CONTINUED FROM FRONT

election of President Trump.

Voting "no" would jeopardize health insurance coverage for up to 350,000 Oregonians who would otherwise qualify under the Oregon Health Plan. But opponents say it would force lawmakers to figure out a way to fund the healthcare program from other revenue sources.

The special election came about after three Republican representatives, Julie Parrish of West Linn, Sal Esquivel of Medford, and Cedric Hayden of Roseburg pooled their resources to help gather nearly 85,000 signatures to refer the bill to a vote.

Patty Wentz, an advocate from Yes for Healthcare, which also includes the Oregon AARP, Oregon Nurses Association, Oregon Medical Association, and Oregon School Boards Association, told the Portland Observer that if Measure 101 is passed, premiums will decrease by about \$300 a year for people who buy their own coverage -- that's folks who aren't covered by an employers' insurance plan. And it would fund Medicaid, which 1 in 4 Oregonians count on, including 400,000 kids.

"It's very important for everyone to vote," she said. "Healthcare is at stake."

Christy Similia, a registered nurse who endorses Measure 101,

said passing the ballot would protect health care coverage for patients and stabilize the insurance market.

"When families don't have coverage, a single hospitalization can throw them into a financial spiral it can take years to get out of. Having a coalition of more than 160 organizations shows that Oregonians believe that everyone in our state deserves health care," she said.

Another voice in the wave of support comes from the chief executive officer and president of Central City Concern, Rachel Solotaroff, who is also a physician. The organization provides facilitates healthcare, affordable supportive housing, supportive

employment, and peer support to help move people out of homelessness, overcome their addiction, and become thriving members of the community.

She told the Portland Observer that passage of the measure will mean that 4,500 healthcare clients who suffer from a mental illness and are served by the organization will be able to receive medication, counseling, and case management to get off the street and build meaningful lives.

If the Medicaid funding falls through, she said, it would be more costly for everybody, not just low income folks.

"What we will see is all these people that I described to you who don't have care will start seeking it in really expensive ways and that cost will shift back to the taxpayer. So by investing in affordable health care for all Oregonians, you're not only doing the right thing for the quality of life of everybody in our state, your also

making the smarter financial decision for yourself, as a taxpayer," Solotaroff said.

Portland's Resistance said voting yes will help supplement a gap in health coverage that the Trump administration is trying to make wider by undercutting the Affordable Care Act. The group argues that a lack of healthcare access disproportionately impacts people of color and the working class.

"Portland's Resistance envisions a just society which provides access to health services for all of its members throughout their lifetimes. We're calling for health care that is culturally competent and individually responsive, recognizing a long history of health based injustice," Courtney Rae, an organizer of Portland's Resistance, said in a press release.

More information about Yes for Healthcare, including how to volunteer to do door-to-door canvassing, can be found at yesforhealthcare.org.

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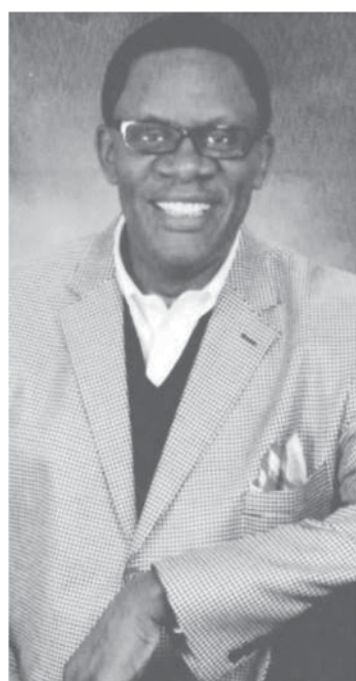
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Avakian said.

In each civil rights investigation, the Bureau of Labor and Industries approaches the complaint not with a bias for or against the complainant, but with a duty to determine the unique set of facts, officials said. In the vast majority of all employment, housing and public accommodations complaints filed under the Ore-

gon Equality Act of 2007, BOLI investigators have found that no substantial evidence exists to support charges of discrimination based on sexual orientation or gender identity, officials said.

Any Oregon employer seeking to navigate the Oregon Equality Act or other civil rights protections can contact BOLI's Technical Assistance for Employers with questions at (971) 673-0824.



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 (curvature 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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