

'That Was Fun! I can't Wait to Read Again'

Dogs make great reading partners

For many children with learning challenges like dyslexia, the idea of sharing a book aloud is fraught with anxiety. Finding the courage to overcome the fear of reading can be a battle.

"I don't like reading because

I'm not good at it," says fifth grader Kaleah.

But not on Shadow Day. At Sitton School in north Portland, the kids in Mandee Bish's classroom have picked out their favorite books to share with a new friend—a black and white poodle named Molly, who is there to listen to their reading.

Educators say that dogs make

great reading partners because they can gently nudge students to keep going, or strategically place a paw to offer support and enhance focus. Dogs also have a calming effect that can reduce anxiety, and their quiet presence boosts confidence, courage ... and reading comprehension.

Indeed, Molly quietly lays on her blanket and sets her chin on



The comfort provided by a black-and-white poodle named Molly helps Kaleah, a fifth grader at Sitton Elementary in north Portland, lower her anxiety level during a reading session.

the kids' legs, closing her eyes to the soft sound of the students' reading. No matter that their words are sometimes halting. No matter that they miss some words or mix up letters. Molly patiently listens, and the kids finish their books and forget for a moment their struggles with reading.

"That was so fun!" says Kaleah. "I can't wait to read again!"

Shadow Day is an annual event to honor Shadow, a dog born on

Valentine's Day, who is the inspiration behind the nonprofit Shadow Project. The Shadow Project arranged for Molly's visit in collaboration with Columbia River Pet Partners to celebrate its 15th anniversary in Portland Public schools, and the fourth year in the district's innovative, collaborative Read Together initiative, which is focused on literacy in underserved schools.

For more information, go to shadow-project.org.



1974: Commissioner Charles Jordan is sworn in as the first African American elected to the Portland City Council.

Prosper Portland celebrates Oregon's black pioneers

Opportunities to celebrate African American contributions to Portland's history continue beyond Black History Month.

Learn more about the courageous and influential men and women who led the Civil Rights Movement in Oregon through the Oregon Historical Society's exhibit and programming, **Racing to Change: Oregon's Civil Rights Years**, through June 24.

www.prosperportland.us/events



AFFORDABLE

JJ

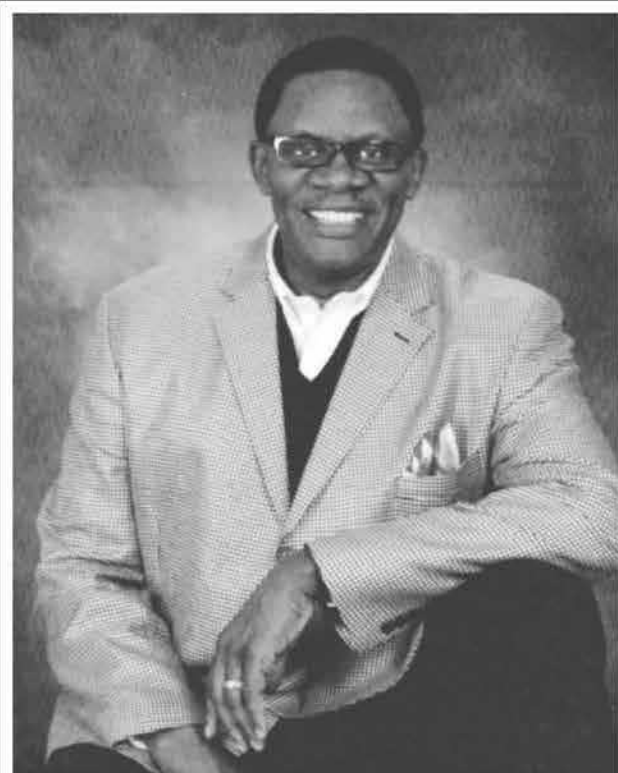
LOCK & KEY

FULL LOCKSMITH - SERVICE
RE-KEY AND INSTALL LOCKS

LOCKED OUT?
WE MAKE KEYS FROM SCRATCH
HOUSE, OFFICE OR CAR

503-284-9582

Serving Portland/Metro area (N, NE, SE, SW & NW)

Dr. Billy R. Flowers

THE SPINA COLUMN™

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

Part 8. CONSTIPATION:

The backing up of body's sewage system.

Q: *Nothing has ever really helped my constipation. What can Chiropractic possibly do?*

A: As a natural form of healing, there is much a Chiropractic and the improved lifestyle we recommend can do to remove the immediate distress and long term health hazards of constipation. But before we begin, you should understand that constipation takes two approaches. The first is the tight, sometimes painful feeling in the lower back area. The second and more insidious type is what we call "hidden constipation." This is

when we seemingly move our bowels regularly, but never completely eliminate everything in our colon (large intestine). This causes the colon to back up and spread toxic poisons throughout the body. This can lead to everything from sinusitis to allergies to arthritis. Chiropractic can help to alleviate this problem by gently turning nerves back on in the colon and small intestine. It is not uncommon for a patient to have two,

three or even four bowel movements after the first adjustments on his or her spine. A man with FBSS (failed back surgical syndrome) went home and had 12 bowel movements that night. And he claimed he wasn't even constipated! Whatever questions you might have about health and healing, you'll find that Chiropractic is often the answer. Call us for an appointment today.

Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504