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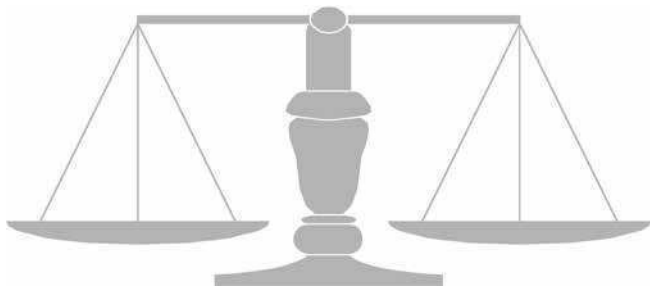


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The Portland Observer

Making Cycling More Inclusive

Two Portland-based business owners will be recognized for their efforts to make cycling more inclusive, accessible and safe when the non-profit Street Trust hosts its annual Alice Awards, Friday, Sept. 28 at 5:30 p.m. at Castaway Portland.

The awards will be presented to Leah Benson, the founder, and owner of Gladys Bikes, a gender-inclusive bike shop, and William Henderson, the co-founder of Ride Report, a company helping cities to improve biking with crowd-sourced data and maps.

"Leah and William are leaders making cycling more inclusive, accessible and safe. Their work demonstrates that transportation alternatives are good for business," says Jillian Detweiler, executive director at The Street Trust.

Multnomah County Commissioner Jessica Vega Pederson will emcee the event which will bring together commu-

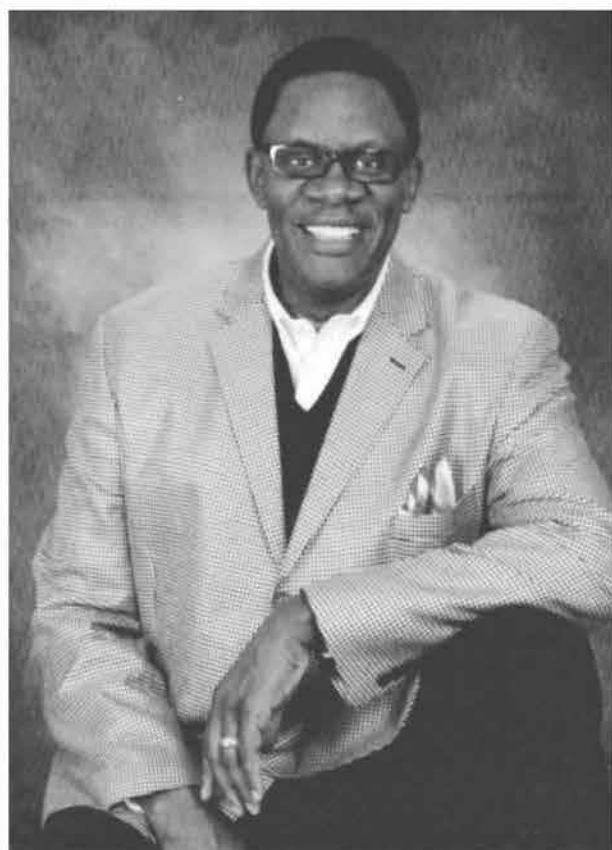


Leah Benson

nity members, transportation activists, and local leaders to celebrate the work to make the northwest the best region to walk, bike and ride transit. There will be food, wine and beer and a live auction with prizes, with the proceeds to benefit The Street Trust. Tickets are available at thestreettrust.org/alice2018.

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Q: How did Chiropractic care come about?

A: Spinal manipulations have been practiced for over 2,500 years. Hippocrates, the "Father of Medicine," advised: "look well to the spine for the cause of disease." But modern Chiropractic came of age back in 1895. In Davenport, Iowa, a patient came to Dr. D.D. Palmer complaining of back pain. This patient had also been nearly deaf since suffering a back injury 17 years earlier. Dr. Palmer noticed a bump on the patient's back, which he suspected was related to a dislocated

vertebra. To relieve the patient's pain and reposition the vertebra, Dr. Palmer placed him on a table and pushed down on his back, performing a spinal manipulation or "adjustment." He performed this adjustment three days in a row. By the third day, not only had the patient's back pain disappeared, his hearing reappeared. Today's Chiropractors know that the central nervous system (housed within the body's spinal column) provides the energy, which governs all bodily

functions. By making sure that the spinal column is in correct alignment, Chiropractors eliminate any possible interference, which would prevent the central nervous system from keeping the body functioning the way nature, intended.

To find out how Chiropractic might be able to help you or for answers to any questions you might have about your health, please feel free to call us at the phone number shown below.

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