

THE SPINA COLUMN™

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

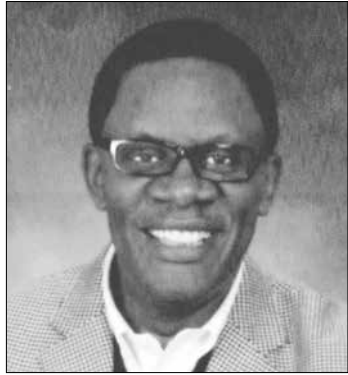
Part 16

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



Dr. Billy R. Flowers

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?

Flowers' Chiropractic Office
2027 Lloyd Center Mall,
Portland Oregon 97232
Phone: (503) 287-5504



Cori Stewart--
Owner, Operator

Avalon Flowers

520 SW 3rd Ave., Portland,
OR 97204 • 503-796-9250

A full service flower experience

- Birthdays • Anniversaries
- Funerals • Weddings

Open: Mon.-Fri. 7:30am til 5:30pm
Saturday 9am til 2pm.

Website: avalonflowerspdx.com
email: avalonflowers@msn.com
We Offer Wire Services



State Farm®

Michael E Harper

Agent

Providing Insurance
and Financial Services



Home Office, Bloomington, Illinois 61710

We are located at:
9713 S.W. Capitol, Portland, OR

503-221-3050 • Fax 503-227-8757

michael.harper.cuik@statefarm.com

Online Sports Betting Debut

CONTINUED FROM FRONT

problem gambling.

The new app, which can be accessed at sports.oregonlottery.org/sports, allows 24/7 betting on professional sports – but not college sports – and all bets must be made within the state, ensured by the app's geo-fencing feature.

Bettors can use Scoreboard for single game bets, parlays and in-game wagers either online or at sports betting kiosks throughout the state.

Betting on college sports may be an online possibility in the future, though, and the Oregon Lottery website states that all the stakeholders, including players, lottery commission members and the governor's office will “determine if expanding wagering opportunities to collegiate sports makes sense for Oregon.”

But the list of professional sports that can be wagered on right now is exhaustive, and includes football, basketball, ice hockey, baseball, soccer, tennis, golf and several more, even cricket and handball. Wagers on horseracing, however, including major events like the Kentucky Derby, will not be offered through the app.

Players must be 21 to use Scoreboard and can set up the app on both IOS and Android devices, with a desktop version available on the Lottery website. Upon online registration and verification, players can fund their account and bet on a variety of professional sports,

including the NFL, NBA, MLB and even NASCAR.

As of 2018, the Oregon Lottery awarded \$2.6 billion in prizes and \$725 million to state and local programs that include state parks, public schools, watershed enhancement, outdoor education, job creation and veterans' services.

The new app is projected to bring in about \$300 million during the first year, with most of that money going to bettors. The deposit limit for player account is \$250,000, which some critics say is too high.

But Pack said the game will send email alerts to players to let them know where they stand in regard to their limits, and they can also select to self-limit their bets. He said the state earned the highest certification possible last year for responsible gaming from the World Lottery Association. Oregon is also credited with having one of the best gambling treatment programs in the country.

“While the Lottery continues to focus on profits to fund state and local programs, our commitment to responsible gaming and support for problem gambling treatment is stronger than ever,” Pack said.

Some experts are concerned about people with gambling addictions finding it too easy to gamble with the new app, says Tom Moore, executive director of the Oregon Council on Problem Gambling. While his organization doesn't give an opinion on legalized gambling, it is focused on gambling addiction

prevention and treatment.

“Our role is to provide the opportunity for treatment and for folks and the industry to come together and talk about what's going on,” he said. “Oregon probably is one of the best states where communication among stakeholders occurs on a regular basis.”

There are free programs for gambling addiction in every county in Oregon, Moore said.

“From our studies, in the adult population, 70 percent gambled in 1997 but last year only 56.6 percent gambled,” he said. “People aren't gambling as much as they used to.”

The gambling numbers are also lower for 13 to 18 year olds, down from 74 percent in 1997 to 39.7 percent last year.

Some folks may still run into problems with gambling addictions, he said, but he suspects it will be a small number.

“Most people in Oregon know that treatment is available and it's free, but that's not true in other states,” he said.

The \$250,000 limit, however, does worry Philip Yassenoff, a gambling treatment expert at Cascadia Behavioral Health, as he recently told the Willamette Week.

“The amount of damage that can be done to them financially or emotionally in a short period of time is concerning to me as a therapist,” he said.

Anyone with a gambling problem can call the Oregon Problem Gambling Helpline any time at 1-877-MY-LIMIT (1-877-695-4648).

Giving Voice to Economic Truths

CONTINUED FROM FRONT

American economic dream for black Americans, drawing from many sources, as it looks “the microcosms of slavery to present day post-Obama backlash.”

Webb says the play seeks “to translate, through the intimacy and flexibility of theater, the effects of disparities in legislative action, capitalism and identity, within the communities in which our black bodies participate.”

In particular, the play asks the questions: What is black wealth? Is black success assimilation? How has black American growth manifested despite disenfranchisement in passing on wealth through land ownership, knowledge of lineage and financial freedom?

Webb said the play intends to produce “rigorous and dynamic original theater that creates advocacy around stories that resonate in our communities and to encourage broad participation in all areas of the production.”

The theme will also be reflected in a 15-minute documentary, “Root Shocked,” to be shown in conjunction with the play, and which tells the story of gentrification and displacement in Portland via the moving of the Portland's historic Mayo House. The production was spearheaded by local African American artist Cleo Davis and produced in association with the University of Oregon School of Journalism and Communications.

The home, built in the 1890s, had already been moved

twice before to make room for other growth, but when the city approved it for demolition last year, neighbors in the Eliot neighborhood, including Davis, protested. They were successful in getting the house purchased for historic preservation and in January it moved to 236 N.E. Sacramento St. where Davis is planning on turning it into a community cultural center that archives the history of African-Americans in Portland.

Webb said the Mayo House story also illustrates how black families can – or cannot – pass on wealth.

“What does it mean to pass on wealth, and how has that happened in our black communities?” Webb asked.