

# Arts & ENTERTAINMENT

## Sylvester Has New CD

The first two songs from the Norman Sylvester Band's newest recording project have just been released.

Recorded live at north Portland's Ethos, Inc., the new CD features Fine as Frog Hair and Please Lie to Me. Copies are on sale at Music Millennium and at Norman Sylvester Band gigs.

Downloads are also available on iTunes and CD Baby, but the physical CD with photography by Kim Almaise, publisher of Kim's Blues Letter in Eugene, makes it a nice collector's item and ideal stocking stuffer for Christmas.

Both of the singles are originals written by Sylvester, straight-up blues numbers, one fast and one slow, one telling a story of growing up in the south, one a tale of love and love lost, as only Norman can write them.

The two cuts are performed by the basic four piece core band with great piano playing by Frankie Redding Jr., great guitar playing and singing by Norman, and solid backing by the father and son rhythm section of Rob and Paul Shoemaker.

A portion of the proceeds from this recording will be donated to Ethos, Inc to support youth music education.



Norman Sylvester



1093 SW Tobias Way  
Aloha, Oregon 97006  
(503) 642-4620  
(Only 20 minutes from Portland)

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## Jammin' For Justice



Kirk Green

Area residents are invited to join the staff and board of Oregon Action for a night of bluesy rock with the Kirk Green Band and others - all in the name of justice! Wednesday, Dec. 8 from 6 p.m. to 8 pm. at Curious Comedy Theater, 5225 N.E. Martin Luther King Jr. Blvd.

Seating is limited so RSVPs are highly encouraged. Contact Kyna Harris (kyna@oregonaction.org) or call 971-634-0005.

Oregon Action is a statewide non-profit community justice organization dedicated to building power for moderate income progressives on issues of racial, economic and social justice.



Dr. Billy R. Flowers (above center) and his skilled staff are ready to help those in need.

## THE SPINA COLUMN™

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

### Part 31. Treatment for Lower Back Injury

**Q:** My lower back has been aching for months. But I'm afraid of chiropractors, so I haven't seen a doctor. What should I do?

**A:** Back pain is one of the most common medical complaints for people ages 45 to 65. It's also one of the most common reasons people miss work. Fortunately, not many people need back surgery because non-

invasive treatments help control most back pain. If you have recurring back pain that makes it difficult or uncomfortable to complete your day-to-day activities, experts suggest you see a doctor who specializes in spine diseases and

injuries, and who works closely with other specialties related to the spine. A chiropractor will first rule out any serious conditions you might have, and then work with you to determine the best way to treat you pain.

### Flowers' Chiropractic Office

2124 N.E. Hancock Street, Portland Oregon 97212

Phone: (503) 287-5504



722 N. Sumner St. (near the corner of Albina & Sumner)  
Mon-Sat 9am-8pm Sun 10am-7pm.

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