

# Arts & ENTERTAINMENT

## No-Holds Barred Memoir:

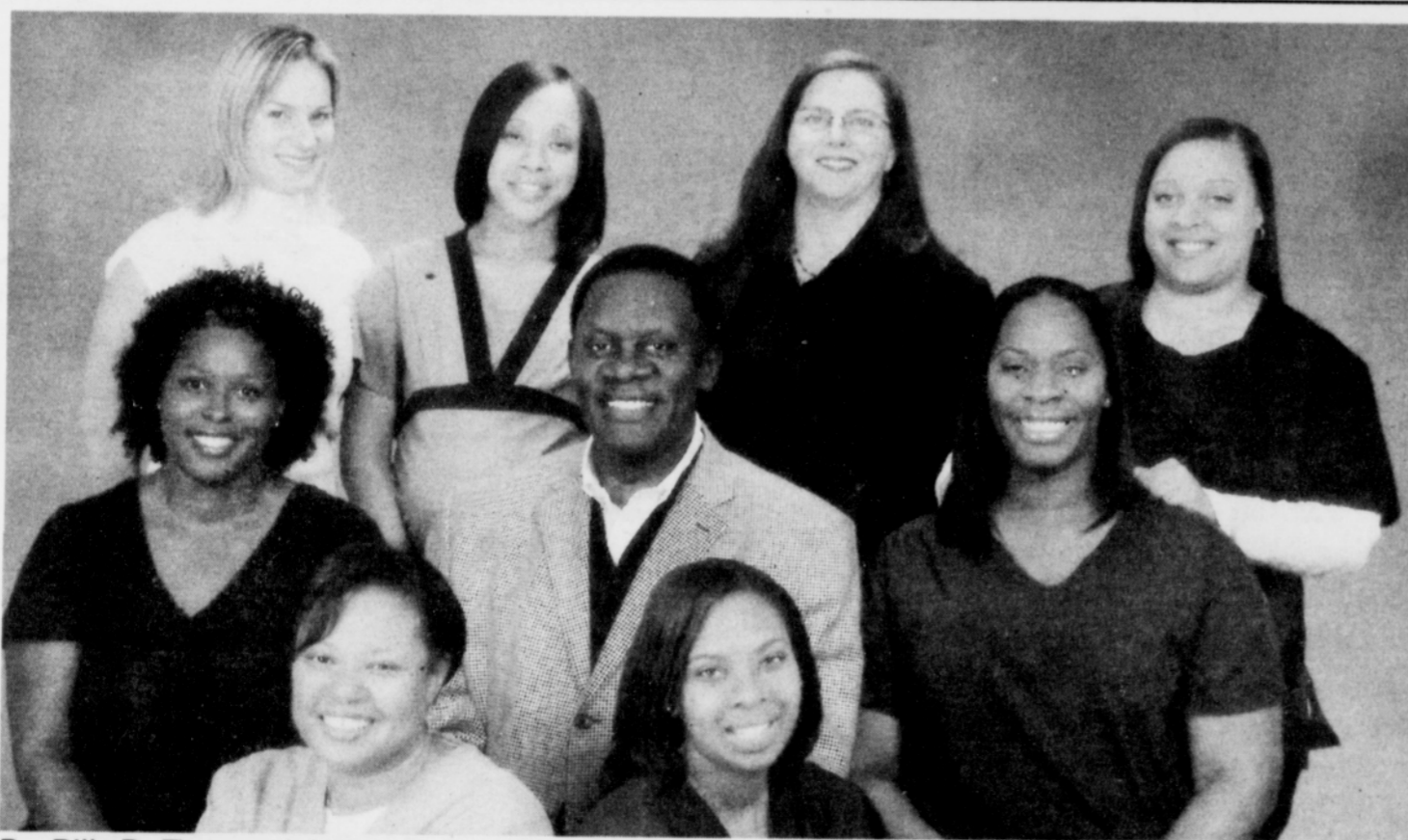
### Storm Large gets personal with book 'Crazy Enough'

Portland indie music sensation Storm Large is the voice behind a most moving and entertaining memoir: Crazy Enough.

The book chronicles the author's experience coming-of-age as the youngest child barreling through life under the care of a mentally-ill mother and a family on brink of implosion.

The story is edgy, gritty, and fearless, and leaves little to the imagination as large presents a no-holds barred journey through her formative years and into adulthood rebelling against what she believes to be her unavoidable fate: that of her mother's.

It chronicles Large's struggle with her mother's condition, her rejection and fear of ending up like her mother, chasing her own demons through drug abuse, hypersexuality, and her ultimate redemption through forgiveness, humor, and a career in music.



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 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 ner-

vous 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 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?

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