

# Arts & ENTERTAINMENT



## Gulf Coast Soul and Dance

*The Suffers, a Gulf Coast soul band from Houston that brings classic R&B and rock and roll to crowds that love to dance, will be in Portland Sunday, March 17 for a 9 p.m. show at Mississippi Studios in north Portland. The group is promoting their new album 'Everything Here.' For tickets, visit [ticketsoffice.com](http://ticketsoffice.com)*

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## Healing Healthcare Blues Concert

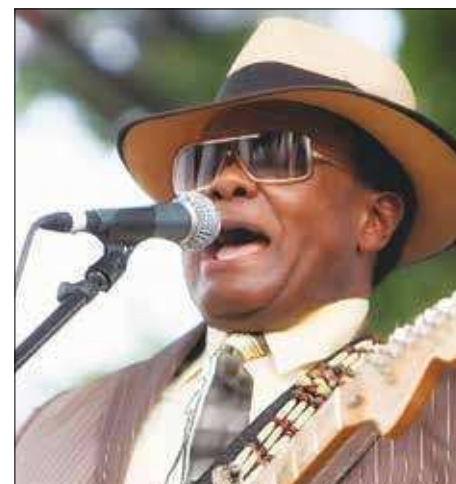
A date has been set for Portland's eighth annual Healing the Healthcare Blues Festival featuring 'Boogie Cat' Norman Sylvester and an all-star lineup.

The concert supports the universal healthcare movement and the local organization backing it, Health Care for All-Oregon. It will be held Saturday, April 27 from 5:30 p.m. to 11 p.m. at the North Portland Eagles Lodge 7611 N. Exeter and Lombard.

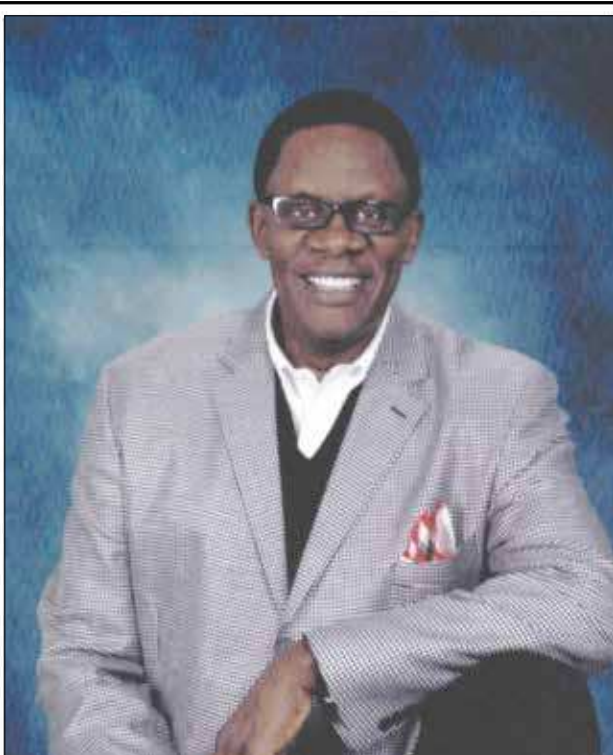
The party will bring out some of Portland's best blues musicians, including Sylvester, Bayou Boyz, the LaRhonda Steele band, Bloco Alegria, and Richard Arnold to name a few.

Musicians know all too well that people are still facing medical bankruptcy, suffering serious illnesses and even dying due to the lack of good healthcare coverage, Sylvester said.

For tickets and more information, visit [hcao.org](http://hcao.org).



Norman Sylvester



Dr. Billy R. Flowers

## THE SPINA COLUMN™

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

### Part 20. It's Just Your Nerves: Chiropractic's answer to an age old answer

**Q:** I have been to see a number of doctors about my headaches. The most recent one said it was, "just nerves" Can Chiropractic help?

**A:** Your doctor was probably right. Chances are it is your nerves. An independent research team recently announced that between 90% and 95% of all head-aches were due to pressure on the nerves. Your doctor was probably talk-ing about

emotional nerves. The research team, of course, was talking about the nervous system. When pressure or irritation gets on nerves (scientifically known as subluxa-tion), tension in muscles will result. In the neck, this tension will work its way up to the skull. Next, blood flow will be altered. Before you know it, you will have another throbbing headache. In

Chiropractic, we work with reducing subluxations, releasing the irritation from the nerve fibers. Muscles can relax. The body will no longer send a message of pain and your headaches will be gone for good! If you're tired of hearing that your problem is "just nerves," call us today. We've got the answer to the "just nerves" answer.

### Flowers' Chiropractic Office

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