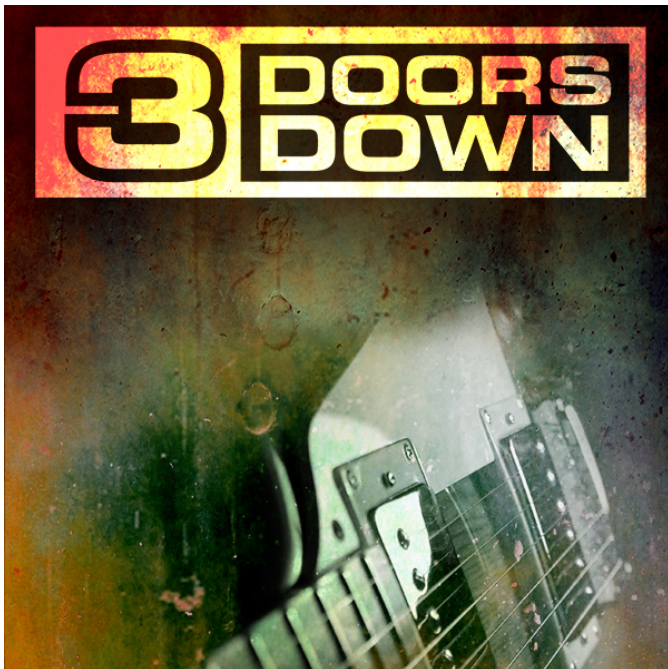


*(Flashback - 12 years ago, **3 Doors Down** were one of the hottest groups on the horizon. Here's an interview on the eve of their San Antonio show back in 2003. The group's upcoming CD is titled "Us and Tonight" and set for release later this fall.)*

By RAMIRO BURR 9-12-2003

When 3 Doors Down blew on the scene seemingly out of where in 2000 with the smash single "Kryptonite,"



the group members were rookies says guitarist Chris Henderson.

Rookies, at least, in the studio.

“In the first album we didn’t really know what to do,” Henderson said. “We didn’t know how to approach making a record, but now we know how to approach making a record.”

### 3 Doors Down on U.S. tour, new CD coming

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"Kryptonite" came from the same six million-plus selling album "The Better Life" that also yielded radio hits like "Loser" and "Be Like That."

3 Doors Down headlines a show tonight at Sunken Garden Theater. Opening is Seether and Our Lady Peace. Tickets are \$28.50 through Ticketmaster.

The band is touring behind their follow-up CD "Away from the Sun."

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"This one (new CD) is definitely crawling along compared to the other one but not every record can sell like a Britney Spears record, you know," Henderson said. "I don't care one way or the other. I just want to eat at the end of the day. I just want to...feel in my heart that I've done a good job and I feel that I have."

With the rapid success of the first album the band had little time to adjust and develop as songwriters, said Henderson.

"But on this album we definitely grew as songwriters and I think together as a band. Playing together onstage for two years, you kind of learn what each other are thinking, so to speak," he

said.



“It made it easy for us to write this record and this is the direction that the band wanted to go naturally. We didn’t just sit down and say we’re going to write softer music or harder music, or write about this or that. Nobody talked about what it was going to be about. It just happened. I think that’s where we grew. The songwriting is different, the guitar playing is much better, the recording process was a lot better, we had a 100% more input than we did on the first one.”

Several tunes off the new CD have landed on the charts including the hit single title track, “When I’m Gone,” “The Road I’m On,” and the new single “Here Without You.”

“ ‘Here without You’ is about being away from the things that you hold special to you. The things that you take for granted. For me it’s my family, being away from them so much. When I’m on the road, I’m always thinking about my wife, my kids, or whatever. That’s kind of how that song came about. Brad feels the same way. He’s missing his mom, his wife, his house—that’s what inspired that song.”

The band – which includes vocalist/drummer Brad Arnold; guitarist Matt Roberts; bassist Todd Harrell and new drummer Daniel Adair - toured for two years after “The Better Life” and the current tour ends later this year.

After that, says Henderson the band is ready for a break – and then back to the studio.

“Yeah, we got to have a break, we’d go crazy if we didn’t,” he said. “I want to produce records during the break. I’ve got enough bands to keep me busy for two years. I’m still going to work. I’m a workaholic.”

He said working with other groups feeds his creative juices.

“It definitely gives me new ideas. It broadens my horizons, so to speak. It keeps everything new and fresh. So I’m looking forward to it.

“But breaks are important because you go crazy out here— you keep pushing yourself and pushing yourself. The roads a hard place to make a living, people don’t realize. There’s a lot of guys that work construction on the road, they can relate. Those kinds of guys that travel for a living, they can relate.

“But when you travel as much as we do, it really takes a lot out of you. And if you try to travel and work and have a good time at the same time, it just kind of makes your body want to shut down after a couple of weeks.”