

Sound

Waves

Volume 24
Issue 1
October 2013

**ROXY PERRY
IDLEWHEEL
STEVE BRODERICK
STAN BACK
CLUB LISTINGS
RESTAURANTS
CONCERT INFO
BAND LISTINGS
REVIEWS
& MORE**

**An
Interview
with**

PHISH

**NEW DINING
THIS OUT
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Fri

Sat

4

MELEANA

6:30-10:30

5

**DJ
DANCE
PARTY**

11

**Nu
GROOVE**

6:30-10:30

12

**DJ
DANCE
PARTY**

18

**GROUND
CONTROL**

6:30-10:30

19

**DJ
DANCE
PARTY**

25

**WAYNE
MORPHINE**

6:30-10:30

26

**DJ
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INSIDE THE WAVE

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Dear Readers,

Well it has been awhile since I sat down and wrote this intro. But this month there are a few changes. Some good, some sad.

Let's get the sad news out of the way. The first was last month when an area restaurant closed. The RIVERWALK in downtown Mystic. It was a great place for food and music. The owners Steve and his wife made the establishment an enjoyable place to go. It will be missed.

The second sad news is the closing this month of SKIPPER'S DOCK in Stonington Borough. Skippers has been an icon in the area for decades. The Turner family created a place everyone loved to go. Great food. Great views. And some very good music. I highly recommend all our readers to visit them this month and enjoy what Skippers is all about.

These two great restaurants are not closing or have closed because of hard economics. It is because the owners did not renew their leases. That is the saddest part of it all.

Now for the good part. This month we are starting a Dining Out section. Sound Waves has always been everyone's guide to entertainment, but now you can plan a full evening. A place to have some great food, and then a place for some good entertainment. Our writer for the column is Tony Sardo. He is a renowned chef who is now retired. Tony owned his own restaurant in Federal Hill and later worked at the Casino as head chef. So enjoy the new section, and be sure to tell the advertisers that you saw their ad here.

Sound Waves Magazine remains free because of our advertisers. You can support us by telling our advertisers that you saw their ad within these pages! The magazine has been a labor of love for almost 24 years now! Thanks for your support!

Till Next time
David L. Pottie
 Editor

Sound Waves

October 2013
 VOLUME 24, NUMBER 1

Editor
David L. Pottie

Contributing Writers
Bill Harriman
Mark T. Gould
Rex Rutkoski
Don Sikorski
Walter Modliszewski
Stephanie Shawn
R. L. Oeser ~ Jeff Howard
Ali Kaufman
Brian Josephson
Ms Marci Chevia-Hooper

Artist/Graphic Design
David L. Pottie

Advertising Sales
Kathy Pollard
David Pottie
860-572-5738

Email
editor@swaves.com

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we will.



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**ROAD
HOUSE**

5
**DJ
DUBOIS**

11
**RUSH
HOUR**

12
**GRATEFUL
FRIENDS**

18
**BAD
UNKLE**

19
**UNFINISHED
BUSINESS**

25
**SARAH
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**CRUZ
MACHINE
HALLOWEEN
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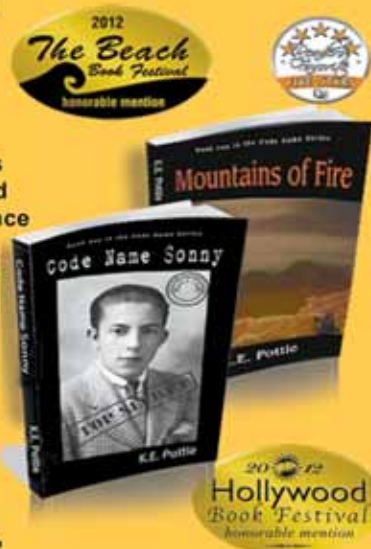
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MARCH 9

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In the Oasis Room

DAVE DOUGLAS QUINTET*

Thursday, November 21, 2013 | 7:30 pm

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In the Oasis Room

THE SARA GAZAREK TRIO*

Saturday, November 23, 2013 | 8 pm

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In the Oasis Room

CATIE CURTIS Holiday Concert

Friday, December 6, 2013 | 8 pm

The "folk-rock goddess" (The New Yorker) delivers some of the finest material of her career along with holiday favorites.

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From the underground dance clubs of 1950s Memphis, Tennessee, comes this Tony Award-winning Broadway musical. Sponsored by Olde Mistick Village.

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Saturday, March 29, 2014 | 8 pm

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Wednesday, April 9, 2014 | 7:30 pm

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In the Oasis Room

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Saturday, April 12, 2014 | 8 pm

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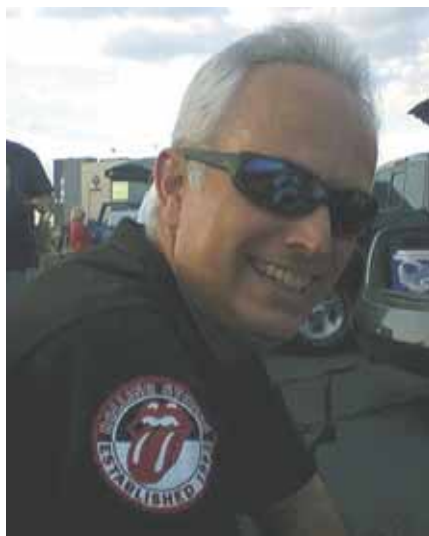
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MUSIC NOTES



“Simple and Sexy”: Paul Cotton Remembers J.J. Cale

By Mark T. Gould

The legacy of a truly great, inspirational songwriter may well lie in how many other artists cover his or her songs. In the case of the late J.J. Cale, that would be, as they say today, “ginormous.”

Cale, who passed away at age 74 in July, is probably best known for writing “Cocaine” and “After Midnight,” which were both recorded by, and now recognized as standards of, Eric Clapton, who also recorded a handful of other Cale-penned tunes. Another Cale song, “Call Me The Breeze,” was covered by such diverse artists as Lynyrd Skynyrd and John Mayer. Cale’s “Crazy Mama” was recorded both by the Band, and later, on a solo project, by Band bassist Rick Danko. More recently, J.J.’s “Ride Me High” and “Travelin’ Light” were laid down by Widespread Panic. In addition, Cale’s “Same Old Blues,” was done by none other than Captain Beefheart, and “Clyde” by Dr. Hook and Waylon Jennings.

Yet, for my money, the man who gave Cale the most poetic justice was Paul Cotton, the former lead guitarist, singer and great songwriter in his own right with the legendary band Poco. So, I decided to ask Cotton, who performances of Cale’s “Magnolia,” originally on Poco’s Crazy Eyes” album, and “Cajun Moon,” recorded for “Cowboys and Englishmen,” rank right up there with any other covers of Cale’s music, what it was that appealed to him about Cale’s songs.

“My next door neighbor in Boulder, Colorado turned me on to J.J. Cale,” Cotton recalled. “I thought the music was catchy, simple and sexy. I never heard a guitar sound like that. Still haven’t. He managed to keep the music consistent all through his career.”

Well, it would take one to know one. Cotton, whose own songwriting credits include the mega-hit “Heart of the Night,” “Bad Weather,” “Ride The Country,” “Indian Summer,” “Too Many Nights Too Long,” and “Barbados,” among scores of others, said that, ironically much like his own songs, you know it’s Cale when you hear him.

“The positive aspect I get from Cale is when I hear that voice and guitar I know it’s him and no other,” he said.

And, according to Cotton, Cale’s songs, again much like Cotton’s, spiritualize a special place celebrated in both writers’ songs throughout their careers.

“I selected ‘Magnolia,’ because it’s so Southern in theme, and ‘Cajun Moon’ for the same reason,” he recalled.

“My vocal on the original ‘Magnolia’ from the ‘Crazy Eyes’ sessions was a first take. It was our producer’s idea to keep that version,” Cotton added.

“We slowed ‘Magnolia’ down from J.J.’s version, and we played it live in the studio, all of us at the same time,” Cotton added.

“‘Magnolia’ is my favorite J.J. song,” he said. “It’s a ballad in a major 7th key, (with a) Southern vibe (that) suits me best. We play ‘Cajun Moon’ in a slower tempo with a harder edge.”

One of the most beautiful aspects of a Poco show when Cotton was in the band, and something that he has carried into his current performances with his own Paul Cotton Band, was the coupling, at the end of the set, of “Magnolia” with his own “Heart of the Night,” thereby creating an ethereal coda that left fans feeling that they walked on air out of the shows.

“‘Magnolia’ and ‘Heart of the Night’ both have the Southern themes running through them,” Cotton said. “They’re also both in the same key, which connects them very nicely.

“Yes, we play both songs in the Paul Cotton Band,” he said. “We start the set with ‘Cajun Moon,’ because of its simplicity, making it easy for our soundman to make adjustments to the sound system as we play it. A lot of times, we end the set with ‘Magnolia’ because of the dynamics the song demands and the really big ending.

Dynamics and a really big ending. Somewhere, J.J. Cale must be smiling because his songs remain in such good hands.



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LIVE MUSIC	3 PAT KIRKER & TOM FOLEY	4 TBA	A Taste of New Orleans in Mystic Sun. Oct. 13th McDonald House Benefit 2 bands 1-7 1-3 Swamp Shaka and Tony C 5-8 Pirates for Peace Raffles, Giveaways 50/50 Raffle hors d'oeuvre at 3pm
	10 LUKE & MIKE	11 THAT'S WHAT SHE SANG	
	17 KEVIN & HEATHER	18 CROW'S TOES	
	24 T-RAY	25 Steve Broderick & Dan Watson	
	31 1ST RESPONDERS	1 The Ashwilitz Allstars	

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BAR FLY JOURNALS



By Stephanie Shawn

Hello, My Sweet Bar Flies..sitting here, all by my lonesome, on my couch, carefully planning out my trip to KEY WEST'S FANTASY FEST. Will it happen this year? Say a little prayer for me! Cause I'm a Fly with a Plan! Faithful Readers will recall last years horrible natural disaster hitting at the same time I was attempting 5 days of non-stop debauchery. HURRICANE SANDY came along while I was plotting and scheming to make it to the KEYS, but I had to beatfeet it back up here, just in time for UGLY SANDY to hit! Obviously, I am hoping for some better weather this year. Fingers Crossed, because I am creat-

ing my SOUTHERNMOST SUPERHERO COSTUME now!!

I have also been talking about BENTLEY'S SALOON in Arundel, Maine for a couple years now. Well, I made it!! Along with about 25 other locals! We begged, borrowed and lied to get the "Always Needed For A Good Time" Baaaffaatha and my fabulous Sista BETSY up there with us! With TAMI as Our Pilot, MR. BELL (the BAAAFATHA) as Co-Pilot and BETS and I giggling in the Back Seat, we arrived to Shock the Shitake out of all the naysayers, who said it would never happen! MR.. BELL? BETS? Road Trip? Yup!! Sho' did!!

BENTLEY'S is located in an idyllic country setting and has a sprawling Bar, broken into quite a few different drinking areas, inside and out, along with a retail shop, cabins and a campground for the hard core Tent People. The first order of business was to be sure we had on appropriate undies and then hop up on the PIG! It's a rather large porcine, silver metal creature, with large ears, sitting in the middle of BENTLEY'S on a Table. Hadda do it!!

Next order of business was to try to win a HARLEY. Well, quite a few of us were picked for a chance, but spelling out H A R L E Y with dice is fairly tricky and something no one was able to do that night or apparently any other night cuz I wasn't seeing a past winners wall! Some of us rode the Pig, some of us were given a Time Out, some of us tried to body surf over everyone else to strangle a strange wacko, some of us tried to sleep in the car, some of us applied some heavy eye make-up at the end of the evening, but All Of Us had a Great Time....until I was ringing the bell and tearing blankets off of my fellow travelers at 8 a.m. for the Ride Home! Wakey, Wakey! Was Awesome!!



Had our last POKER RUN of the year, with the SUB CITY CHAPTER OF THE SILENT SERVICE MOTORCYCLE CLUB'S! Met most of

the CLUB'S Members at CHRISTOPHER'S, watched a fantastic band of young kids, shopped at fantastic vendors that were on site at the Event and

was lucky enough to run into CHRISTOPHER ZINGUS, whom I haven't seen in Years!! He looked as handsome as ever! What a wonderful event, well-organized and planned! Thanks guys for all you do!!

DONAHUE PARK Event was seriously fun! SUGAR started off the show, with UHNGI SHEA dancing up a storm in the front row! That girl has some serious moves and waaaay more energy than any Energizer rabbit I've ever seen! It was a beautiful night and it appeared that the majority of the town turned



Ed Haberek and My Son Nick...two birthday boys at Donahue Park

out and everyone was dancing! Saw the entire HABEREK Crew, fellow BROADWAY SCHOOL alumni VAL with her man, SCOTT and DANA and KELLI SCOTT oooh and I also saw GEORGE, my favorite WESTERLY AMBULANCE CREW GUY!! The main singer from Headliner, BAD MEDICINE, apparently had some of his own bad medicine, as he kept disappearing behind the stage to quietly vomit between songs.....whoot whoot! What a trooper, he kept on singing!! Can't beat that with a stick and you certainly can not make that she-ott up! Great Job to First Selectman ED HABEREK for putting on a Wonderful, Family Event. Loved it!!

Well, as you know, it's October and that means Halloween, and as I will hopefully be in KEY WEST the preceding weekend, my hope is something Carrraaazy will be going on in our area on HALLOWEEN NIGHT! Have a carrraaazy time, but be safe! I checked some web sites and some facebook pages, but couldn't find a lot at this time, get cracking people! Update those pages!! Some of you haven't posted anything since last year!!

Romper Stomper Bomper Boooooooo...Happy Birthday to my Fabulous Son, NICK also Happy Birthday to BUFFY CHRISTINA, DAMIEN CARSON, ERIC BARITEAU, DAWN BIRKBECK, ED CULLEN, ANGIE SMITH, ROSE TURDO, ALENE POLITO WHIPPLE, ED HABEREK, JASON SOLIS, PAUL FURMAN, AMY LEE, BRAD BENSON, ASHLEY HOFFMAN, RHONDA (SNEEKERS must be having a Partay!) DEMPSEY, ERIC TOOTELL, TRACI ALGIERE, JOHN WULFORST, RON SIPOLSKI, LES ROBERTSON and JEN WHIPPLE!! Happy Birthday!!!

The Handle Bars are down at the BAR! Never fear! A big Thank You to DAVID TRANCHIDA of the WESTERLY SUN for his appropriately scathing editorial on the ridiculousness of the entire fiasco! I hope everyone has a HAPPY HALLOWEEN, I love you my Sweet Flies!



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4 **Tom Burgess**
6pm-9pm

11 **T-Ray**
6pm-9pm

18 **SAVAGE BROTHERS**
10pm

25 **Flip Side**
6pm-9pm

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WHAT'S GOING DOWN IN OCTOBER

Leukemia Bike Run from Providence

(Sunday October 6th)

Meatball Cook Off

(Sunday October 20th)

Halloween Party

(Saturday October 26th)

Home Town Heros Run

(Sunday October 27th)



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4 **FALSE POSITIVE**

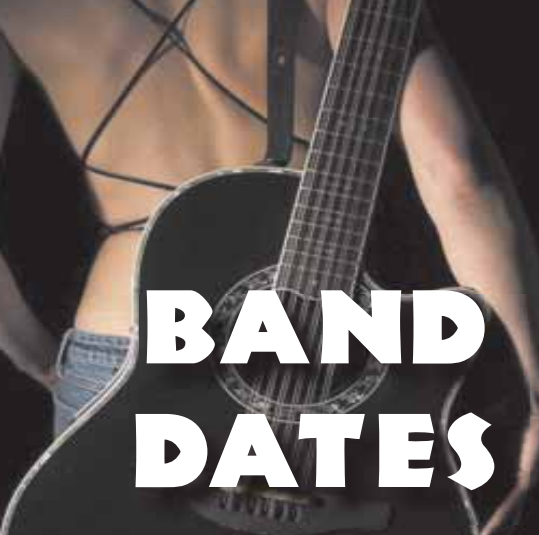
Sat

5 **STRAIGHT PIPES**

COLUMBUS WEEKEND
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BAND DATES

ANDY & BETHANY

3 - Bridge, Westerly RI 8pm
17 - Ancient Mariner, Mystic, CT 8pm
18,26 - Shipyard Tavern, Mystic, CT 7-10
24 - Boathouse, Mystic, CT 7-10
27 - Ancient Mariner, Mystic CT 5-8

AZALEA DRIVE

5 - Hot Rods, New London, CT
12 - Dock & Dine, Old Saybrook, CT 7:30-10
17 - St. Bernards, Montville, CT 6-8

BAD UNKLE

11 - Sneekers, Groton, CT
18 - Burkes, Niantic, CT
26 - City Sports, Groton, CT

BEN KANE

8,15,22,29 - Dickson's, New London, CT 8pm
11 - Arrigoni Vineyard, Portland, CT 5:30pm
18 - Penny Lane, Old Saybrook, CT 7 pm
19 - Lyme Tavern, Niantic, CT
24 - Dock & Dine, Old Saybrook, CT 6pm
26 - Ridge Vineyard, Preston, CT 2pm
27 - Arrigoni Vineyard, Portland, CT 2:30pm

DAN STEVENS

5 - Fair, Berlin, CT 1:30 pm
5,31 - Perks & Corks, Westerly, RI
6,27 - Bill's Seafood, Westbrook, CT
11,12 - Manhattan Pizza, Burlington, VT
13 - American Legion, Moosup, CT
17 - Octagon Steakhouse, Groton, CT
18 - Daniel Packer Inn, Mystic, CT
19 - Stone Fleet Tavern, New London, CT
20 - Delta Grill, New York, NY
24 - Smokin' With Chris, Southington, CT
25 - Pond House Grille, Glastonbury, CT

DAN WATSON

4 - Harp n Hound, Mystic, CT
5 - Dog Watch, Stonington, CT
6 - Harp n Hound, Mystic, CT 3:30pm
15,29 - Daniel Packer, Mystic, CT
20 - Ancient Mariner, Mystic, CT 5pm

10 SOUND WAVES

20 - Harp n Hound, Mystic, CT

EIGHT TO THE BAR

6 - Towers, Narragansett, RI 7-10pm
11 - Boondocks, Fall River, MA
13 - Elks Club, Leominster, MA 7:30-10:30
18 - Yantic River Inn, Norwich, CT 8-11
25 - Cobbs Mill Inn, Weston, CT

THE GOAT ROPERS

4 - Mt. Hope Farm, Bristol, RI 6:30-9:30
5 - Downtown Café, Norton MA 7:30-11:30
18,26 - VFW, Taunton, MA 8-12
19 - House of Bud's, Hyannis Ma 8:30
25 - St. John's Club, Fall River MA 7:30

GOPHERBROKE

4 - Lulu's, Enfield, CT 7-11
10 - Bill's Seafood, Westbrook, CT 7-10
25 - McKinnon's, Hartford, CT
26 - Bidwell Tavern, Coventry, CT

GREEN TEA

5 - CC O'Brien's, Pawcatuck, CT
15 - Art After Dark, Mystic, CT 6-8

HIT PLAY

9 - Atrium, Mashentucket, CT

HOPE ROAD

4 - HardRock, Ledyard, CT

JAMES HARRIS

5,9,16,19,23,30 - Daniel Packer, Mystic, CT
5 - Mystic Seaport, Mystic, CT 5:30pm
6 - Mohegan Sun, Uncasville, CT 11am
6 - Maugle Vineyard, Ledyard, CT 3pm
8,15,22,29 - Harp & Hound, Mystic, CT
10 - Octagon, Groton, CT 6:30pm
11 - Dock & Dine, Old Saybrook, CT 6pm
12, - Ancient Mariner, Mystic, CT
18 - Maugle Vineyard, Ledyard, CT 6pm
13 - Ancient Mariner, Mystic, CT 5pm
26 - Skipper's Dock, Stonington, CT 2pm
26 - 84 Tavern, Westerly, RI

KEVIN MANZELLA & HEATHER LEPAGE

5 - 84 Tavern on Canal, Westerly, RI
6 - Ancient Mariner, Mystic, CT 5-8
10 - Perks & Corks, Westerly, RI
12 - Shipyard Tavern, Mystic, CT 7-10
17 - Voodoo Grill, Mystic, CT
19 - Ancient Mariner, Mystic, CT
20 - Harp & Hound, Mystic, CT 8-11

MUNSELL BROTHERS BAND

5 - Black Sheep, Niantic, CT

12 - Ryans Pub, Groton, CT

18 - Ivory Pub, Deep River, CT

19 - Buckley House, New London, CT 3-6:30pm

SARAH T

25 - Burke's Tavern, Niantic, CT 8:30

STEVE BRODERICK & THE 100 WATT SUNS

5 - Jonathan Edwards, N. Stonington, CT
18 - Cleats, Westerly, RI

STYFF KITTY

25 - Sneekers, Groton, CT

SUNDAY GRAVY

24 - Malted Barley, Westerly, RI
26 - Acoustic Brew, Voluntown, CT

VINCE THOMPSON & FRIENDS

5 - Chamard Vineyards, Clinton, CT 5:30-8:30
17 - Sneekers, Groton, CT 7-10:30
23 - Rhodes, Providence, RI 5:30-10
24 - Steak Loft, Mystic, CT 7-10

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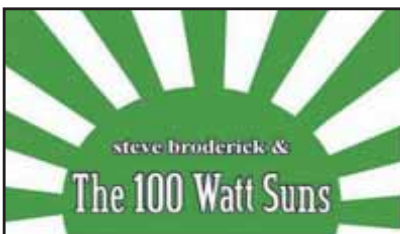


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11,18 - Black-Eyed Sally's, Hartford, CT
15 - Cafe Nine, New Haven, CT

John Legend

20 - MGM Grand, Mashantucket, CT

John Mayall

Kate Center, Old Saybrook, CT

Keller Williams

11 - Toad's Place, New Haven, CT

Manhattan Transfer

4 - Wolf Den, Uncasville, CT

Nine Inch Nails

12 - Mohegan Sun, Uncasville, CT

The Robert Cray Band

19 - Wolf Den, Uncasville, CT

Pearl Jam

25 - XL Center, Hartford, CT

Phish

27 - XL Center, Hartford, CT



Schedule

October 5 - Lake Tavern, Dayville CT
October 12 - Music Lady, Plainfield CT
October 19 - Sneekers Cafe, Groton CT
October 30 - The Wolf Den, Mohegan Sun

November 1 - The Cannery, Southbridge MA
November 2 - The Brown Derby, Uncasville CT
November 9 - Two Brothers, Voluntown CT
November 15 - Hard Rock Cafe, Foxwoods
November 16 - Long Shots, Montville CT
November 29 - Rotten Apple, Groton CT

December 6 - Acoustic Brew, Voluntown CT
December 20 - Sneekers Cafe, Groton CT
December 31 - Music Lady, Plainfield CT

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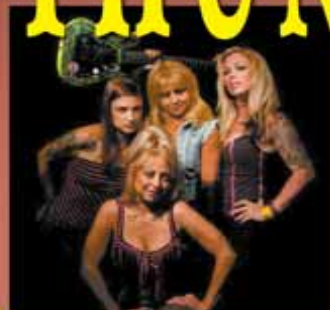
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By Rex Rutkoski

In collaboration, says Mike Gordon, you come upon these unexpected moments when you realize the sum is greater than the parts.

“And it’s just a great feeling to be part of something, to just really click in a way in which you are likely to find a deeper muse when there is more than one person involved,” the bassist adds.

“It even more has to be outside a person where that music exists. Finding that common ground in the music and just letting go can be a spiritual experience when it’s at its best. It’s just so much fun to laugh and have emotional moments and be able to share them.”

And Gordon, guitarist Trey Anastasio, keyboardist Page McConnell and drummer Jon Fishman are once again sharing them together as Phish, adding another chapter to a storied career that Rolling Stone, in dubbing them one of “The New Immortals,” suggests will stand the test of time. Earlier in Phish’s life, the magazine crowned them, “the most important band of the 1990s.”

Their fall tour brings them to Worcester’s DCU Center Oct. 25-26 and Hartford’s XL Center Oct. 27. It is a month in which fans celebrate the second pressing of the group’s “Junta” on vinyl, an album originally self-released on cassette tape in 1989. And they look forward to the Nov. 12 release of “Niagara Falls,” an all new three-CD set recorded live in 1995 at Niagara Falls Convention Center in Niagara Falls, N.Y.

It is billed as a universally recognized high point for Phish.

Longtime supporters have no doubts that there are more such moments to come for a contingent that remains fresh and vital.

Music, says Gordon, remains “an opportunity for people to come together and discover parts of their soul they wouldn’t otherwise.”

Music indeed is the language with which he can express his emotions, says Anastasio. “I have a harder time verbalizing, getting my thoughts across verbally and I feel very lucky to have found something I can purge myself of when I write.”

When he writes, the artist explains, he feels there is order to the universe. “You put the notes in the right place and it all fits together and there is harmony in that little piece of music. For a second I think, ‘Oh, there’s order.’ Everything changes because you are growing, so you have to do it again.”

“Playing in a band always has just been the ultimate joy. As far as anything I could conceive as an occupation, it’s the ultimate dream, the ultimate joy,” says Fishman.

“When we started out we were all like 19 years old and shared a single-minded vision of making Phish be able to sustain us in the world, and be our main vehicle through our journey through life. There are other aspects to that vehicle now. Family is a substantial aspect. Other things require our attention and love and energy also, and they take time.”

He and his fellow band members have been in a very fortunate situation. Gordon says.

“We never predicted it,” he says, “to where we could get to the level where we stuck to it, had enough discipline and communication and getting along between band members, to where it can be so magical and easy to groove together, even at band practice.” Gordon believes that people relate to Phish’s commitment.

“People are part of that, a whole bunch of people. They get a unique sense of community,” he explains. “It does stem from the four of us and the love and commitment we have. It’s rare for a rock band after all these years to get along so well and be playing with the original members.

“If we are getting along and have the commitment to communicate openly about our goals and feelings and musically whatever needs to be said, and the discipline to work on the craft and keep changing and evolving, I think people perceive that commitment.”

Phish really is four parts coming together, says Anastasio.

“The job of any good band, when there is a really good chemistry between the musicians playing, is that everybody makes everybody sound like they are way better musicians than they actually are (he laughs),” adds Fishman. “The whole ‘sum of the parts’ philosophy is really true I feel.”

He says he has felt that in every band in which he has played. “That’s a necessary part for me to have to feel in order for me to be able to delve into the music with any kind of staying power. It’s like any relationship. It’s the same as if you are dating a girl: it’s either good chemistry or bad chemistry. You are either attracted to them or you’re not.”

To McConnell, it’s almost always about a chemistry of the personalities.

“If the chemistry isn’t there, and it doesn’t feel like a real human experience, it doesn’t really matter how many notes you play,” he theorizes. “It’s the chemistry between the four of us. We worked really hard at it for a really long time. Basically it just seems like four (regular) people. That’s what people like about us, our personalities and the way we interact.” Anastasio hopes that people take a positive feel, a joyousness “and a feeling that life is great” from the music.

“We all just really appreciate all the amazing things that happened with the career,” McConnell says. “It’s really been pretty remarkable.”

The acceptance by fans is not taken for granted, Fishman says.

“How can you not be blown away by it everyday?” he asks. “I’m not jaded that people want to come see us. There is a constant state of appreciation that I can make a living doing this. I don’t say it to be cocky, but the sheer joy we feel when we are playing well together is something I can’t imagine it being other than contagious for those open to it. It’s not surprising to me people find that great vibe contagious.”

Phish exists, Fishman adds, because of the support of a lot of people who responded to it as a live band.

One of the rewards of live performance, McConnell says, is that it is very much about the moment. “It only exists for that moment. There is a sense of community that everybody is bringing energy to it, not just the band but the audience as well.”

Phish’s success story, Anastasio says, “flabbergasts me in a certain way.” “But I feel very lucky and I hope that very much if we left a tiny imprint in the stream of music it was of some kind of value to people.”

Phish members’ frequent swims into solo creative waters is one dynamic that keeps the band strong.

Band tours and recordings, blended with solo projects, give artistic life a freshness for the individual musicians, one that translates back to the group as a whole.

The point has been “for us all to go out and have experiences and grow and come back together and challenge each other again,” says guitarist Trey Anastasio, whose Trey Anastasio Band performed at the inaugural Lockn’ Festival Sept. 7 in Virginia. That line up included Furthur, Widespread Panic, The Black Crowed, Punch Brothers and others.

Just a week earlier, he and Phish offered live webcasts of their 3-night run in Commerce City, Col., at www.LivePhish.com. Fans were able to tune in on their large screen TVs and other devices.

In stepping away from Phish for a while, the individual members give themselves a test to live in the moment, Anastasio says. It also has allowed them to explore making music in more intimate spaces once again.

In the time they have taken off from one another, adds drummer Jon Fishman, they’ve gained a deeper appreciation for what Phish actually is all about. “There’s so much history and everything there. You can’t just build something like that for this many years and just walk away.”

The solo work has allowed the men of Phish to explore their artistry in other creative outlets, bringing what they’ve learned back to the band

“Any time you go away from each other it allows the people involved to learn new things to say and do,” Fishman explains. Collaboration and playing with other musicians makes you a better musician, he adds. “And it’s just a great feeling to be part of something, to just really click in a way in which you are likely to find a deeper muse when there is more than one person involved,” he explains.



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Cover Story Continued

Bassist Mike Gordon finds additional motivation in investigating different approaches to music.

Having had the opportunity to play with other people, says keyboardist Page McConnell, “only increases the appreciation for the other members of Phish and what we may do in the future.”

That future includes a multi-night residence in Madison Square Garden, New York City, Dec. 28-31. “There is no substitute for playing in front of people, live music. No one can take that away from you,” McConnell tells young musicians.

In addition to their deep body of work, Phish can be expected to draw from material on their most recent group studio project, the aptly named “Joy.” It might be seen as a statement of how the band feels about working together.

“There was a lightness and a freedom to this record,” McConnell has said. “A lot of our issues had been talked through, problems had been addressed, and all our boats were pointed in the same direction.”

At the first rehearsal, he recalls, Phish ran through two or three old songs and immediately jumped right into new material. “We had accumulated more new songs than ever before,” Gordon said. “It became obvious that we were going to make an album.”

There was a conscious decision about the approach to making the CD. Anastasio says he had a vision that the record would “sound like the four of us playing together.” He was very much against overdubbing, he explained. “I just wanted to set up our gear and play,” he said.

Producer Steve Lillywhite, whose heavyweight credits include U2, the Rolling Stones, Dave Matthews and producing Phish’s 1996 “Billy Breathes” album, returned to work with the band. “This was the most relaxed and happy I’ve ever felt in

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the studio,” says Fishman. “For the first time, there was no difference between how I approached playing in the studio and how I play live,” he explained.

“Joy” includes more jamming than most previous Phish records.

“In some ways,” says Gordon, “I think this one is more for our fans than any of our other albums.



Mike Gordon

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Idlewheel

"The Old Roots" Stone Barn/Dogpile

I don't know about you, but, in these shallow days of significantly underwhelming album-length releases, it's a rarity and a revelation when a new one, chock full of sparkling songs, emotions and performances, leaves you wanting more.

Such is the case with "The Old Roots," the latest from Idlewheel, ironically not really an album per se, but rather a six-song, acoustic EP that, in the hands and glorious, moving voices of members Craig Bickhardt and Jack Sundrud, is a spare and honest harmonic joy.

But, it's not like it's the first rodeo for these guys. Bickhardt, a veteran Nashville-based songwriter, and Sundrud, the bassist/songwriter and singer with the legendary band Poco, are well acquainted with these well-traveled roads, and it shows in their confident, yet easy going presentation of these songs. Over the years, they've written songs for Ray Charles, Johnny Cash, Martina McBride, Kenny Rogers and the Judds, to name just a few, and their bar remains very high, indeed.

The amazing thing about "Roots" is that, whether the songs be about family, relationships, home, or just plain life in general, Bickhardt and Sundrud can still make them all sound so fresh, innovative and vital.

These guys have seen, and lived, the road both less and more traveled, and thankfully are still willing to experience it and write about it. This is music by, for and about America, performed by two of the very best, still at the top

of their games.

The six gems on "The Old Roots" make you wish for a lot more from Idlewheel.

- Mark T. Gould



Roxy Perry

"In My Sweet Time"

BluePerry Hill Records

I was pleased when I was asked to review this disc. I've heard of Roxy Perry for a long time, but hadn't had an opportunity to hear her until I heard this disc. This CD features 12 songs, 11 of which are originals penned, produced and arranged by Ms. Perry. She certainly works her mojo on this recording!

This disc begins with "Bed of Blues" and a plaintive piano intro that sets the stage for Roxy's powerful yet not overly forced vocals. The tempo steps up with a funky groove on "Easy For You Baby." There's a great hook in the chorus, "cause I don't want nothin' that don't belong to me," that I'm surprised she didn't use for the title of this song. I'll tell you this, it has a really snappy ending! Track 3, "Roadmaster" has what one might say "suggestive" lyrics. She lends her voice on multiple tracks singing some well executed harmonies on the chorus, very reminiscent of The Andrew Sisters.

She does her own ballad like interpretation of Hank Williams', "I'm So Lonesome I Could Cry" on track 4 with a tasteful guitar solo by Matt Rae and Roxy on country style harmonica.

The funky feel continues on cut 5, "Blues Come To Call." Ms. Perry shows

her true inner poet with metaphor filled "Goodbye Honey" and projects some feminine fortitude in "Don't You Worry."

This disc continues with five more tunes. All with their own flavor, yet containing a continuity. On cut 9, "You Cried For Me," she very gleefully gloats about upon hearing that an ex actually cried thinking about her...adding a "Na-na-na-na-na-na" guitar quote. Have to say, very clever! This disc gets down to the roots on "Let Me Have My Rest" with some well played slide on a Dobro guitar.

"In My Sweet Time" is a blues ballad worthy of being the title track. It goes beyond the "1-4-5" trappings of many blues tunes. The final cut features the duo of Roxy on vocals and Mike Ventimiglia on piano. She spins a yarn that she has died and was not good enough for heaven but "Not Bad Enough" for hell. It has a "distant" sound, as if it was recorded over the phone. I guess what she was going for was to sound like she was calling from the beyond. If that was her reasoning, it works!

This is a definitely a purchase worthy recording. I know more than I few tunes from this disc will end up on my iPod...SWEET!

- Ms Marci



Steve Broderick & The 100 Watt Suns

Independent release

This disc is more like an EP than a CD. I guess I could begin by saying three little words, "Short but sweet!" When I did a little research, I was surprised to find that Steve Broderick was a former member of The Trans-Siberian Orchestra. Impressive! I wasn't surprised to learn that this band played at "concert style venues" like Mohegan Sun Casino in Uncasville, CT and Chan's in Woonsocket, RI. The lyrics and arrangements of these songs command attention.

There are five cuts on this disc, all of them penned by Steve Broderick with the exception of a collaboration with Joel Hoekstra on track 5, "Fifty Fifty." All five songs have great hooks and as



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a bonus, a little country/pop twang... mostly by means of Steve Broderick's vocals. Sometimes, I think the accent got a little in the way of the words, though.

The first cut, "You Can't Hide (your crazy)" tells the tale of a woman in his life who can behave for just so long then...all Hell breaks loose and she throws a drink in his face! Then on the second track, he boasts about a woman who's so fine that all these wonderful things and experiences in his life, "Couldn't Hold A Candle" to her. Track three has a Celtic groove. It sounds almost like a lover's lament, "If it wasn't for you, where would I be?" SURPRISE, it's about, "A Little Caffeine." I had no problem identifying!

The fourth cut, "Fifty-Fifty" is the aforementioned collaboration with Joel Hoekstra, a fellow Trans-Siberian Orchestra member. The music is a toe tapper but I must confess, this is the only song I had trouble with, lyric wise. I could only pick out scattered words here and therefore, found issue with understanding what was meant by the phrase, "I caught you in a fifty-fifty!"

This disc ends with the ballad in which Broderick offers up comfort and optimism to his woman. Times are tough,

but there's hope, "Round The Bend!"

- Ms Marci

Personnel, as listed on the cover;
Steve Broderick - voice
Dan Watson - guitar and voice
Bill Light - guitar and voice
Don Culp - drums
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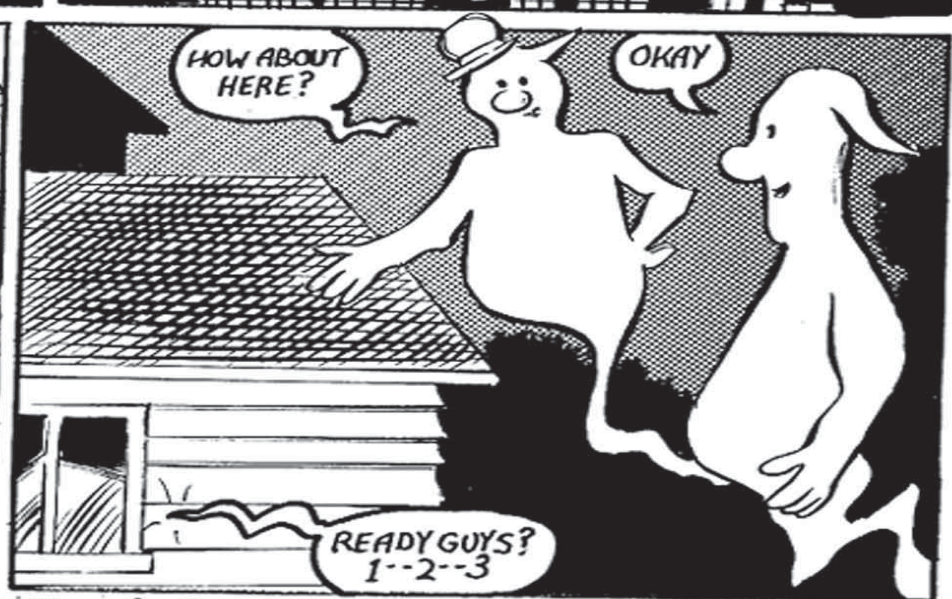
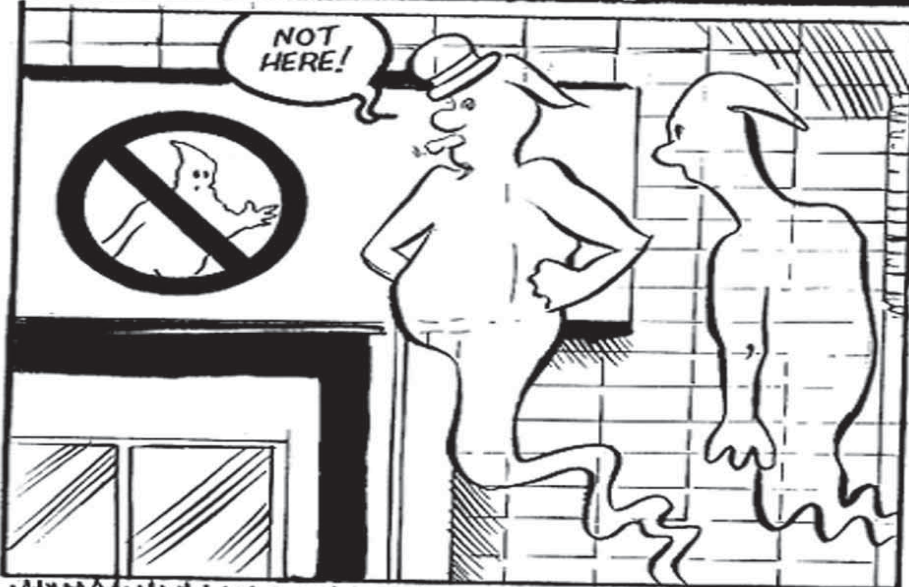


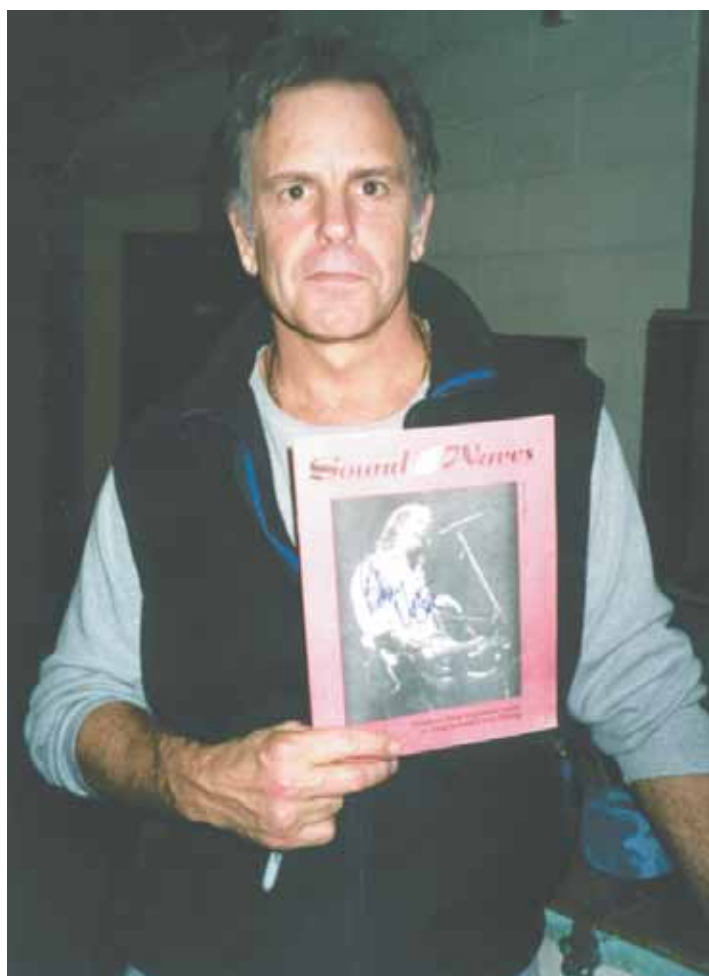
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DINING OUT



By Tony Sardo

Bring back those crazy, hazy, lazy days of summer. Those days of bass, bluefish, fluke and porgies. Those days of grilling and eating outdoors!

Let me introduce myself. My name is Tony Sardo. I am a fisherman, and also a professional chef. I create simple ways to prepare foods to suite your palette. I owned a restaurant for many years and was a chef at both Mohegan Sun and Foxwoods Casinos for 12 years.

I am now retired, and own two fishing boats. The first, a 36 ft boat I use for offshore fishing, mostly tuna. No luck this year on the tuna, as they were too far out to chase.

My second boat is a 18ft with a center console, which I use to fish the coast. This season was good for bass, blues and fluke!

Even though the fluke are mainly gone, the stripers and blues are schooling to go south. Some will stay north in strange places, such as Millstone and downtown Norwich, but most will swim to warmer waters for the winter.

On October 10th, blackfish aka tautog season begins, and this very firm, tasty, mild whitefish can be found in shallow rock piles. They will eat green crabs, mussels, and clams, to name a few of their favorites.

Fresh bass, bluefish and fluke are all excellent tasting fish, and very easy to cook. One of my personal favorites to eat are porgies, also referred to as scup. They are pretty easy to catch, although very quick, and can be a challenge to clean. A sharp knife, strong hands, and a bit of patience, are needed to prepare these fish for the saute pan, but in my opinion, are well worth the work!

The whitefish, such as striper, fluke, black seabass and blackfish, can all be easily prepared by simply melting butter over medium heat, salt and pepper to taste, and sprinkle with breadcrumbs. When fish has turned white on the bottom, you can place pan under a broiler, and fish is done when the breadcrumbs turn a deep brown in color. Many people have asked me how long do you cook your fish, and my answer is, "until it is done"! Because it all depends on the what method of cooking you're using, pan frying, grilling, or baking, and heat temperatures vary, the finished product should be white in color, and flaky in texture. Adding a splash of lemon juice when fish is done, is always a flavor enhancer!

Bluefish, on the other hand, is a dark, heavy fish and needs a bit more care in preparing. It should be put on ice, immediately after catching, and when

this is done, there is no need to bleed it out. If fish is not put on ice immediately, the taste of the fish will be too strong for most palettes.

One simple way I like to prepare bluefish, is too cut a few pieces of heavy duty aluminum foil and form into a 12" by 12" square. Place some slices of butter on the bottom, then put 1/4" slices of a small potato, put fish fillet on top of potatoes, add salt and pepper to taste, then ad 1/4" slices of either fresh lemon or lime, overlapping them across fillet, and top that with a few slices of onion and tomato. Loosely wrap foil, leaving a pouch on top, place on the grill or bake in a 300 degree oven. When foil pack begins to steam, check for potatoes to be soft and fish flaky. Serve in or out of foil pouch. Enjoy!

Time to go, the fish are calling! And remember, a bad day of fishing is always better than a good day of work!





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