

Sound Waves

Volume 24
Issue 7
April 2014

An
Interview
with

**HANK
WILLIAMS JR**

**THE RIVERGODS
CLUB LISTINGS
BAND LISTINGS
CONCERT INFO
RESTAURANTS
REVIEWS
& MORE**

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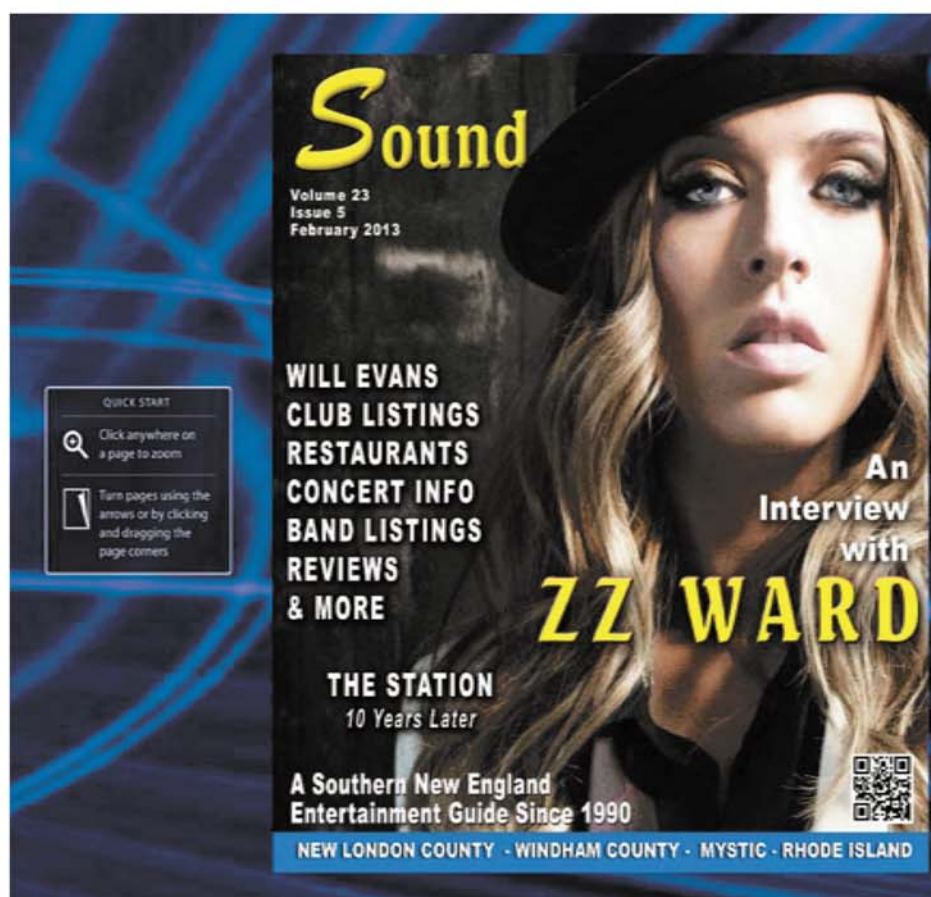


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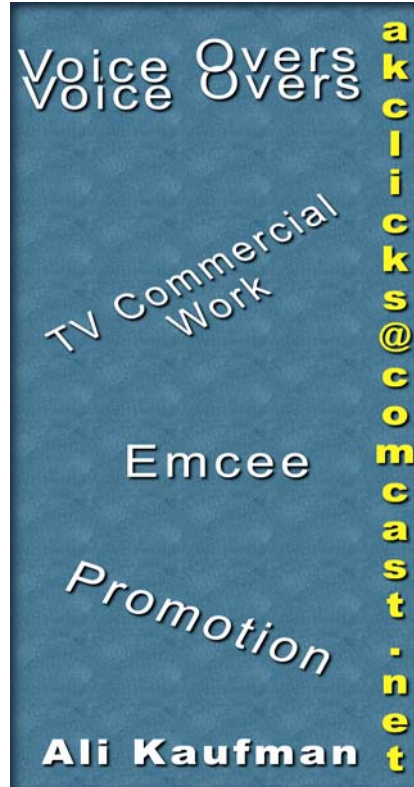
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Sound

Waves

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Editor
David L. Pottie

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

Artist/Graphic Design
David L. Pottie

Advertising Sales
Kathy Pollard
David Pottie
860-572-5738

Email
editor@swaves.com

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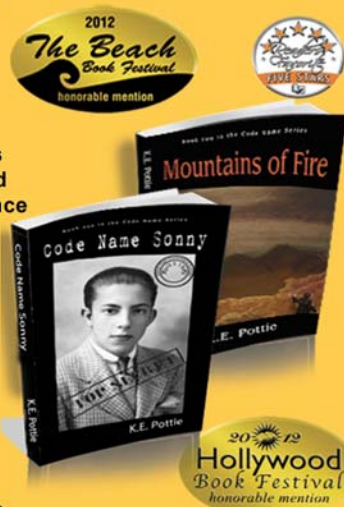
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K.E. Pottie

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out of work...
maybe someday
we will.



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M U S I C	24 ROGER CERESI TRIO	25 EASY BABY
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MUSIC NOTES



“Boston, You’re (Still) Our Home”

By Mark T. Gould

Author’s Note: I wrote this a year ago in reaction to the tragic events at the 2013 Boston Marathon, and to a courageous, tough city and her residents and fans. Since it’s a new year and preparations are underway for a new Marathon, it seemed fitting to run it again. As the Great Papi said, “it’s our f***** city!”

They threw the damn tea in the harbor.

That’s pretty much all you need to know about the spirit of Boston and her people.

On December 16, 1773, after city officials refused to return three shiploads of taxed tea to Britain, a group of colonists boarded the ships and threw the tea it into Boston Harbor. The incident, perhaps the first overt political protest in our fledging country, remains an iconic event of American history, planting the seeds of the American Revolution.

Boston, her spirit, and her heroes.

Paul Revere. John Hancock. Samuel Adams.

And, now, Krystle Campbell. Martin Richard. Lu Lingzi. Sean Collier.

In their honor:

I'm wanna tell you a story
I'm wanna tell you about my town
I'm gonna tell you a big fat story, baby
Aww, it's all about my town

Yeah, down by the river
Down by the banks of the river Charles
Aw, that's what's happenin' baby
That's where you'll find me
Along with lovers, buggers and thieves
Aw, but they're cool people

Well I love that dirty water
Oh, Boston you're my home
Oh, you're the number one place

Frustrated women (I mean they're frustrated)
Have to be in by twelve o'clock (oh, that's a shame)
But I'm wishin' and a hopin', oh
That just once those doors weren't locked
I like to save time for my baby to walk around

Well I love that dirty water
Oh, Boston you're my home (oh yeah)

'Cause I love that dirty water

Oh, Boston you're my home (oh, yeah)

Well I love that dirty water (I love it, baby)
I love that dirty water (I love Boston)
I love that dirty water
I love that dirty water (I'm the man, I'm the man)
I love that dirty water (Owww!)
I love that dirty water (a come on, a come on)
I love that dirty water (come on)
I love that dirty water (I'm in love with Boston)
I love that dirty water (Aww yeah)
I love that dirty water
I love that dirty water
I love that dirty water

--Ed Cobb.

May they rest peacefully with Boston’s other heroes.

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4

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11

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18

T-Ray 6pm-9pm

DJ Derek V 9pm

25

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4 Fusion 9pm	5 Guido 7pm	6 T-Ray 3pm
11 John Moore 7pm	12 Stuck Local 7pm	13 Rob Brannon 3pm
18 Dustin Bradley 7pm	19 Dave Mac 7pm	20 Dustin Bradley 3pm
25 Seth 7pm	26 Tony Gabriel 7pm	27 Chris Marolda 3pm
2 Guido 7pm	3 Stuck Local 7pm	4 Darik & The Funbags 4pm

SOUND WAVES 7

BAR FLY JOURNALS

By Stephanie Shawn



Hello My Sweet Bar Flies...March was My Birthday Month, along with some other extra special people in my life and as I get older, I look back at My Life with such happiness! I've done so many things, I've had some hits and some misses in life, but I've lived it as fully as my poor little body and mind can possibly handle!! For the next 50 years of my life, I promise to make each day count and to try to make others in my life as happy as I am.

O what a Party!! If you weren't there then YOU MISSED IT!! If you were, then I hope you had as much fun as I did!! WENDY CARR at AMIGOS TAQUERIA AND TEQUILA in West-

erly is "da Bomb"!! WENDY, along with my Husband Ricky, made my Party and Event to Remember!

The theme of the party was "50 Shades of Stephanie", so for those of you who read the 50 Shades soft porn trilogy, that's what we were channeling. From the handcuffs and whips, to the masks and beautiful VESTA BAKERY cake (complete with black fondant and it's own cleverly crafted handcuff), to the personalized liquor bottles, waitstaff in wifebeaters and bow ties, "Join Us in the Play-Room" Banners, gummi bears and flaming shots, fabulous music by DJ DAVE CHRISTINA and unbelievably talented airbrush artist (JENNA), the entire evening was a "WOW" Moment!



Btw...I told Jenna, I wanted everyone waking up, looking in the mirror and saying "WTF" did I do last night?? with a MIKE TYSON tattoo on their face. I honestly think with all the facial tattoos going on that night, at least one person had to say that the morning after!! I have to admit it, My Party Was Amazing!!! LOL!! Just saying....I want to thank all my amazing friends who came out to make this such a Special Night in My Life. Your unending support is more than anyone could ask for!



From there was "Excellent Party Room" Party 2 at AMIGOS. JEFF'S STAG!! Omg!! What a freakin' hoot!! I was "Raffle Girl" and worked the room like a professional, then just when Jeff was feeling relaxed, I whipped a chair and a tie out and said "Take a seat". Well, I have to say he was a trooper! Sat right down and we put stripper music on (an ancient CD player that annoyingly skipped continuously..uggggg).

Once the technical aspects were worked out and we had the place rockin', I got his hands into the slip knots of my super tie and slipped a blindfold over his trusting eyes, whipped him a few times with my flail. Poor Jeff. Blindfolded. Strapped to a chair. He was putty in my hands.

Imagine his surprise when I removed his blindfold and he realized that

the dance done for him, to the catcalls from his friends, the whipping, the feather boa wrapped all around him, up and down, the hair in his face, the more whipping, more dancing, more body rubs...were all done by his buddy JIMMY in full drag, complete with wig and tassels, on an it'sy bitsy?? leopard shorts with that fabulous feather boa!! Was one of the funniest things I've ever seen!! Jeff was helpless and very unhappy....LOL!! Thank you to PAM ROSETTA for her help in getting JIMMY prepped for the show!! What a fantastic Stag!!

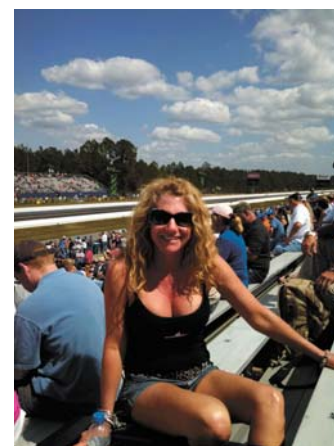
Ever Young BILLY GILMAN showed up at the HANDLEBAR CAFE recently along with karaokes' STELLA TUNES, RAY and STELLA, and they all put on an amazing ST. PATRICK'S DAY SHOW!! The entire town showed up! On a Monday!! Who knew we had so many Irish Folk??

Xtacie's Birthday Party went pretty damn well also. We also had that at the HANDLEBAR CAFE and there was quite the crowd also! Along with world renowned?? guests were TAMI, JULI, JOANNA, LINA, BARBETTE, JANINE, SAM and Ginger were lesser known Royalty like STEVE TEFFT and JAMIE from INK MASTER!! Arriving in their hot Pimp Mobile, they made quite a Splash at Xtacie's Partay including the Big Ones Big Ass!! Carazzzy!!!

The line-up for this year's MYSTIC BLUES FEST was just released courtesy of our Emcee to the Stars, ALI KAUFMAN, with all of the talented Blues Masters in our Area preparing for the second year of this multi venue event. I will be at the MYSTIC SHIPYARD, to see JAMES MONTGOMERY and CHRISTINE OHLMAN. Stop by the OLD MYSTICK ARTS CINEMA in the VILLAGE on April 18 for a Fundraiser featuring EIGHT TO THE BAR.

Wanted to say hello to BAR FLY JOURNAL FAN, JERRY DUNN, also MIKE ROGOFF at PERKS AND CORKS, also on April 21 at STRANGE BREW PUB in NORWICH, Another DAVE POTTIE (the editor's nephew. Who knew there were 2 of them! Yikes!) will be hosting DAVE'S MID-LIFE CRISIS BIRTHDAY LET DOWN...and it will not end well!! Also April 22 at the GRANITE THEATER, I will be modeling a special "Trashion Fashion" made from recyclable or repurposed materials. Put on by the WESTERLY PAWCATUCK CHAMBER OF COMMERCE and the creative mind of LISA LONICKI it will raise much needed funds for the THEATERS renovations.

Happy Birthday to JOANNA, CHRISTINE, EDITOR DAVE POTTIE, JEAL BRECKENRIDGE, ANDREA MAGLIARI, CHAPPY CHAPPELLE, JULI KATHERINE, BOB LAVALLEY, TODD CENTER, ANDREW ST. CLAIR, MARC BERARDO, CASWELL COOKE, ANTHONY EDLEY, CHERYL VARS, BILL LIGHT, KRISTIN MITCHELL PREVITY, SHELLEY HOUGHTALING, RONNIE AND MELISSA?, JOYCE JONES, ROBBY ANGELL, GUY GENGARELLA, GENE DELICATO, JIMMY PONT, MARCIA MARCIA MARCIA, MICHELLE LAVENDER, DAN WATSON, REBECCA BIATCH, JOE TEXEIRA, CATO JOHNSON, JIM HARTLEY, STEVE ANTOCH and MAE HINDLE!! I SEE YOU!



Super Busy Month and with Spring having Sprung, I expect to see a lot more of everyone!! Didn't even get to the Crazy Time in Daytona, with bestie TAMI!! Bike Week and Gatornationals!! We had an Insane Time. Let's just say what happened in Bike Week stayed in Bike Week!! The town will never be the same. Ciao for now, My Sweet Flies, on my way to LISA CLOUGH'S for a "DANCING WITH THE STARS" meeting, so gotta fly.....I love you!!



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12 **Soul City**
19 **Out Riggers**
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17 MIXED NUTS 5-8pm	18 
24 DAN WATSON 5-8pm	25 BEBOBALOOBOB

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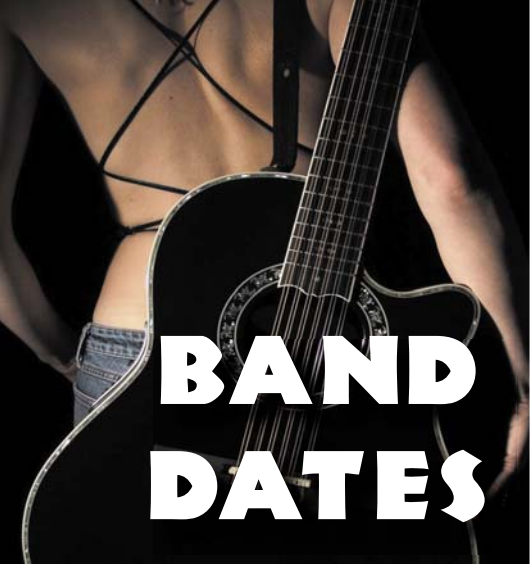
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BAND DATES

ANDY & BETHANY

4 - Daniel Packer, Mystic, CT
5,11,19,26 - Shipyard Tavern, Mystic, CT 7-10
9 - Mystic Pizza II, N Stonington, CT 7:30
17 - Voodoo Grill, Msytic, CT
18 - Breachway Grill, Charlestown, RI 6:30

AZALEA DRIVE

4 - Twisted Vine, Westerly, RI
11 - Burkes Tavern, Niantic, CT
12 - Aquarium, Mystic, CT

BEBOBALOUBOB

25 - Pier 27, Mystic, CT

BEN KANE

8,15,22,29 - Dicksons, New London, CT 8pm
4 - Ridge Vinyard, Preston, CT 5pm
18 - Penny Lane, Old Saybrook, CT
23 - Steak Loft, Mystic, CT 7pm
26 - La Vita Gustosa, E. Haddam, CT

BRANDT TAYLOR

4 - Hank's, Brooklyn, CT 7pm
5 - Brazen Hen, Westerly, RI
9,11,23,30 - Stick's Tavern, Chepachet, RI
10,12,17,24 - Maury's Pub, Danielson, CT
16 - Blackeyed Sally's, Hartford, CT
18 - Steelhorse Saloon, N. Haven, CT
25 - Carmella's, Brookfield, MA 7pm

THE CARTELLS

4 - Town Hall, W. Hartford, CT 8:30-11:30pm
5 - Bridge, Westerly, RI 8-11pm
11,27 - Maugle Sierra, Ledyard, CT 2-5pm
13,20 - Beach Hotel, Madison, CT 11-3pm
18 - Maugle Sierra, Ledyard, CT 6-9pm
19 - Bill's Seafood, Westbrook, CT 7:30pm
20 - Wolf Den, Mashentucket, CT 7-8:30pm
23 - Knickerbocker, Westerly, RI 7:30-10pm

CHRISTINE COONEY

5,19,25 - Ancient Mariner, Mystic, CT
9 - John's Cafe, Mystic, CT

10 SOUND WAVES

27 - First & Last, Middletown, CT 3-6

DAN STEVENS

8,15,22,29 - Nightingale's, Old Lyme, CT
4 - Hanafin's, New London, CT
5 - Water's Edge, Westbrook, CT 8:30am
5 - Crown & Hammer, Collinsville, CT
6 - American Legion, Moosup, CT
10 - Perks & Corks, Westerly, RI
11 - Daniel Packer, Mystic, CT
12 - Music Center, Coventry, CT 1pm
12 - Bread Box Theater, Willimantic, CT 7pm
13 - Delta Grill, New York, NY
16 - Red Lion, Stockbridge, MA
18 - Gypsy Joynt, Great Barrington, MA
24 - Smokin' With Chris, Southington, CT
25 - Pond House, Glastonbury, CT
26 - Nightingale's, Old Lyme, CT, 10am
26 - Nightingale's, Old Lyme, CT 7pm

DAN WATSON

6 - Harp n Hound, Mystic, CT
10 - Breachway Grill, Charlestown, RI 7pm
11 - Cleats, Westerly, RI
12,15,29 - Daniel Packer, Mystic, CT
18 - Brazen Hen, Westerly, RI
20 - Tara's, Matunuck, RI 3:30pm
24 - Angies Pizza, Mystic, CT 5pm
25 - Black Sheep, Niantic, CT
30 - Mystic Pizza II, N. Stonington, CT 7:30pm

EIGHT TO THE BAR

5 - Knickerbocker, Westerly, RI 8:15
10 - Bridge Street Live
11 - Old Well Tavern, Simsbury, CT 8-12
12 - Nat. Golf Course, Putnam, CT 7-10
18 - Cinemas, Mystic, CT
26 - Bond Ballroom, Hartford, CT 5:30-10:30

THE GOAT ROPERS

6 - Holy Ghost Hall, E. Taunton MA 1-5
11 - VFW, Taunton, MA 8-12

GOPHERBROKE

11 - Tuscany Grill, Middletown, CT
12 - McKinnon's, Hartford, CT
17 - Bill's Seafood, Westbrook, CT 6:30-9
18 - Lulu's, Enfield, CT 6-10
25 - The Grille, Old Lyme, CT 7-10
26 - Bidwell Tavern, Coventry, CT

HAPPY

AND THE MOONSHINE

5 - Malted Barley, Westerly, RI
16 - Rathskeller, Charlestown, RI 8pm
19 - Brazen Hen, Westerly, RI
24 - Steak Loft, Mystic, CT 7pm
25 - Harp and Hound, Mystic, CT
26 - C.C. O'Briens, Pawcatuck, CT

HOPE ROAD

11 - Knickerbocker, Westerly, RI
25 - Church, Boston, MA

THE 100 WATT SUNS

4 - Bridge, Westerly, RI 8pm
5 - Narragansett Cafe, Jamestown, RI
9 - Cafe 9-New Haven, CT. 9PM
23 - Wolf Den, Uncasville, CT 8pm
26 - Dog Watch, Stonington, CT
27 - Boat House, Mystic, CT 2pm

JAMES HARRIS

5,9,16,19,23,30 - Daniel Packer, Mystic, CT
6 - Maugle Vineyard, Ledyard, CT, 2pm
8,15,22,29 - Harp & Hound, Mystic, CT
10 - Steakloft, Mystic, CT 7pm
13,27 - Ancient Mariner, Mystic, CT 5pm
18 - La Luna, Mystic, CT
24 - Perks & Corks, Westerly, RI
25 - Tuscany, Mohegan Sun, CT
26 - Shipyard, Mystic CT 7pm

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12 - Longshots, Uncasville, CT
19 - Rotton Apple, Groton, CT

KEVIN MANZELLA

4 - La Luna, Mystic, CT 8:30
5 - CC O'Brien's, Pawcatuck, CT
17 - Steak Loft, Mystic, CT 7-10
18 - Bridge, Westerly, RI 8-11
25 - Shipyard Tavern, Mystic, CT 7-10

LOOSE CHANGE

5 - La Luna, Mystic, CT
19 - Wood River Inn, Wyoming, RI

Ms. MARCI &

Johnny Watson Jr.
26 - Cady's, Chepachet, RI

MUNSELL BROTHERS BAND

18 - Burkes, Niantic, CT

MYSTIC HORNS

2 - Knickerbocker, Westerly, RI
12 - La Luna, Mystic, CT

RED LIGHT

11 - JD Coopers, Putnam, CT
12 - Upper Deck, Westbrook, CT
18 - Stonehouse, Baltic, CT
19 - Oak Bar, Cranston, RI

SANTA MAMBA

18 - Knickerbocker, Westerly, RI

STYFF KITTY

19 - La Luna, Mystic, CT

SUNDAY GRAVY

12 - Wood River Inn, Richmond, RI
17 - Back Porch, Old Saybrook, CT 6-10
18 - John's Café, Mystic, CT
19 - Malted Barley, Westerly, RI
26 - Hot Rods, New London, CT

VINCE THOMPSON & FRIENDS

12 - Chamard, Clinton, CT 5:30-8:30
19 - The Grille, Old Lyme, CT 7-10

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CONCERT DATES

B.B. King

12 - Lupo's, Providence, RI

Ben Taylor

19 - Kate Center, Old Saybrook, CT

Cher

5 - Mohegan Sun, Uncasville, CT

David Johansen

10 - Cafe Nine, New Haven, CT

Delbert McClinton

26 - Mohegan Sun, Uncasville, CT

The Duke Robillard Band

18 - Kate Center, Old Saybrook, CT

Jesse Cook

17 - Bushnell Center, Hartford, CT

Miley Cyrus

25 - MGM Grand, Mashantucket, CT

T.S. Monk Quintet

12 - Garde Arts Center, New London, CT

Queensrÿche

19 - Wolf Den, Uncasville, CT



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Fri. May 9th - PARTY IN THE VILLE
Sat. May 24th - AQUANETT





By Rex Rutkoski

There are hard acts to follow. Then there is Hank Williams.

Programmed since the age of eight to sing his daddy's songs, Hank Williams Jr., has spent a lifetime trying to step out of the giant shadow cast by his legendary parent.

A plunge down a Montana mountain in a snow slide in 1975 almost ended the young Williams' career and life. Lying on what he thought might be his death bed, Hank Jr. vowed, "If I can get out of this, I'll never do any record or any kind of thing I don't feel I want to."

His father (Hank Sr. died at 29 in 1953 in an auto accident), when his son was three years old) lives on in the memories of millions of Americans as one of music's first superstars.

In naming the late Williams to its prestigious Hall of Fame, the Country Music Association (MCA) cited "the simple, beautiful melodies and straight forward, plaintive stories in his lyrics, of life as he knew it."

It was a music reaching both the country and pop worlds that touched people and influenced other musicians, and continues to weave a spell today. Hank Jr., who signed a recording contract at the age of 14, found himself expected to be a vehicle for his father's songs.

Though his style initially was cramped by a public who revered his father, Hank Jr. made a successful move to win a wider audience, including followers of rock and pop interested in the progressive country and country-rock sound.

In his long career so far, the Grammy winner also has won five country Entertainer of the Year awards, four Emmys, earned 10 number one singles, 13 number one albums, 20 gold and six platinum albums. He was inducted into the Nashville Songwriters Hall of Fame and named a BMI Icon award winner. He also has been called a pioneer in bringing arena rock production values to country music.

14 SOUND WAVES

Through all the ups and downs he has retained his love for performance.

"I don't see how anyone can sit there and watch a show and see me play all those instruments and not know that. I think people can tell I'm having a good time on stage. I'm going to make people remember my name when I leave that stage," he promises. "I might go out there and do Lynyrd Skynyrd. You know me. I do what I want to do out there and will continue to do what I want to do out there. I like to get out there if I think I can turn the audience on and make them jump up and down and sing along, and play my blues and stuff and fool around with different instruments. If it ever got to the point it didn't feel right, I wouldn't do it," he assures.

His live repertoire includes material from his latest album, "Old School, New Rules."

Through the decades, that include 70-plus albums, he has proven in many ways he is his own man.

Flash back to the spring of 1992 and his induction into the Walk of Fame in Nashville's Opryland. He surprised even those who have learned not to be taken by surprise by this engaging performer when, instead of placing his hand or foot prints into the cement to seal the moment, he approached from a different direction. His impression, as one onlooker observed, was "a little bit lower and a little bit behind."

The crowd loved it.

It seemed perfectly appropriate since the bottom line of Hank Williams Jr.'s success is his free spirit.

Flash back even further to perhaps the genesis of that attitude and approach, his 1975 fall off the mountain, which seems to have given him a healthy perspective on it all and a solid appreciation for life.

"When I fell off that mountain, doctors said, 'He's not going to make it.' I had no teeth, no gums. My jaws were wired together for four months. I couldn't eat or drink out of a glass. I wore glasses because the surgery was on my right eye. I wasn't trying to be Mr. Cool (by wearing glasses). I had nine major operations. Even my brain was punctured. A doctor told me, "I don't know what it is. You have been left here for some reason." I dug pretty hard. I had to learn to talk and sing all over again."

Digging deep into his spiritual side was a source of strength, he says. "Now people ask me, 'How can you be so laid back? Why don't things bother you?' Whether it is a corporate decision that they think I'm gonna freak out about (he laughs) or something else, gotta rock on. Smaller things take on a much smaller meaning. These are trivial things that everybody worries about."

"Do you call that hard and cold?" Williams wonders aloud about his attitude, "or older and wiser?"

Williams: "When something like that accident happens, you start enjoying every day. And it just re-emphasized my point of wanting to do my kind of music – just thinking of how quick you can be gone. You think about leaving behind what you want. It makes you get tough, I guess."

In his dictionary, he adds, success is defined as "being happy." "That's number one, and being able to not let your job control you. You can control your job," he explains.

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Asked if he believes he has any more responsibility to country music and its fans than any other musician because he is the son of Hank Williams, he says, "I used to feel that responsibility all the time, but not anymore."

"Now I have a different responsibility and that is to not put myself on for my audience, a responsibility to myself, my music and my band," he explains. "You're out there (on the stage) and say, 'Wait a minute. I wrote a few songs and I've been doing this for all these years. Maybe I can do a few things too.'"

All of which is not to suggest that he does not admire his father's contribution.

"He was one of the first American superstars. His lyrics were so simple, yet so hard. When you think of him you have to think of those lyrics. Me and Waylon (Jennings) used to sit around and talk about it.

"..Also, there was his heavy dance beat and that heavy tick-tack guitar. It was one of the first really solid dance beats. It was easy to find where the beat was on his records. 'Hey, Good Looking' 'and 'Jambalaya' had a drive to it He was a genius."

Had his father lived, William believed "he wouldn't have been living in 1952." "Nostalgia is fine, but you can't live off it."

Ultimately, what is Hank Williams Jr.'s source of creativity?

"The blood of Hank Williams Sr.," he says. "He and I are pretty good buddies. If you think he was an illiterate hillbilly, not hardly. If you think I'm an illiterate hillbilly, just keep on dreaming."

He laughs heartily.



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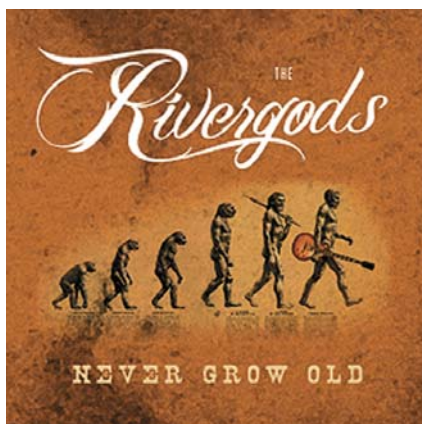
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HEARING AID



THE RIVERGODS "Never Grow Old" Good Sponge Records

When I was asked the review this disc, I thought, "Four songs...what's to review?" Then I heard it and felt a bit differently! All four songs were written by lead vocalist, Ben Parent, who also plays lead and rhythm electric guitar, various acoustic guitars, Dobro, banjo and harmonica. This CD has continuity, yet, each song has it's own personality. The common thread is the quality of the writing, instrumentation and arrangements. Let me not forget the integrity of Ben Parent's voice, that is beautifully complimented by his wife and musical partner, Nancy Parent.

When Times Were Good opens this disc sounding as though it was being played on an old recording player, with acoustic guitar and accordion, then the entire band kicks in. This songs has a hook that goes inside your ears and makes itself at home. The first time I heard this song, I found myself singing it throughout the day. Although I could not identify with, "champagne... in buckets" and/or "Mercedes," I think most all of us who are over thirty...and even more if you're a little older, will identify with the sentiments of the closing chorus of this song, "When will the times be good again?"

Track two, The Curse, starts with unbridled energy...drums blazing, a scream, and commanding guitar riffs! The lyrics have an evolution to them, "There is pain, where there is pain there is the curse, where there's the curse there is the truth..." This evolution reflects the cover design. (visible at theriver-

gods.bandcamp.com) The words of this song are somewhat cryptic, as they are in the third, and title cut, Never Grow Old and fourth and final tune, Rush Hour. It's obvious that Ben Parent has a poet's soul, leaving some things to the listener's imagination.

The title track, Never Grow Old begins on a mellow, Bob Dylan-esque note with acoustic guitar and harmonica. This tune is a particular treat to listen to thru headphones, as the acoustic guitar intro enters softly in your right ear, then the sound of the organ slowly swells in your left ear, joined by the harmonica, electric guitar and drums. Here again, the chorus is contagious! "I'm not gonna try and tell you it'll be alright, 'cause it won't. So never grow old, never slow down. Never say when, you won't always be around. And when you're flying high, may you never come down. When your ship sets sail, may it never run aground!" The lyrics of the verses are embellished with allegories. The solos are tastefully woven into the center of this tune. Ben Parent starts off on electric guitar, followed by harmonica, and an organ solo punctuated with drum stops. As a person who is facing the impending "sunset" of my life, I was particularly struck by the lyrics of the final chorus of this track, "They like to say that youth is wasted on the young, 'cause it is. So never grow old never slow down." With these sentiments in mind, this song was a great choice for the title track!

The final track, Rush Hour, parades the poet Ben Parent is. The lacy acoustic guitar intro fills both ears. The hook positions itself between equally flowery electric guitar and organ as the rhythm section joins in. The chorus, "Rush hour's the wrong time for a scenic drive," sits between verses with cryptic messages. The solo portion is subtle, featuring Nancy Parent on petal steel guitar, which is also present throughout this song like a hauntingly sweet spirit. The final chorus fades out with all the instrumentation floating gently into the air.

I truly enjoyed this recording. I understand that it is an EP, but, all I have to say in conclusion is that I wish it was longer. It left me wanting more!

Unsung heroes;

Nancy Parent: acoustic guitar, pedal steel, vocals
Dan Spano: organ, piano, accordion, Wurlitzer
Mike Palazzolo: bass, vocals
Trevor Chandonnait: drum kit
David Dorfman: baritone sax

- Ms. Marci Hooper

"My apologies to The Mystic Horns for a piece of misinformation that was in the review for Live The Other Night. It was recorded live at The Mystic Workshop Space and mixed by Carl Querfurth at Q productions. It is not a studio recording."

- Ms Marci



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DINING OUT



By Tony Sardo

April is the beginning of the in-shore salt water fishing season. Fluke [summer flounder] will soon be the bill of fare, a good eating fish and fun to catch. April is also work on the boat month - polish, sand, paint, repair and launch. In March two of my fishing buddies Sean Brennan and Doctor Michael Lang went the big ocean in the sky, both young, good people and great fisherman, also good eaters. You will be missed and some of the fish will be safer now.

It is also for most of us time to lose some pounds, cut back on Calories, summer is on its way. Will your shorts fit? What is a Calorie? It is the amount of energy it takes to raise one kilogram of water by one

degree Celsius. This unit is used for a total amount of food energy in a product. Eat in moderation, drink 64 oz of water a day and your shorts will fit.

In March the local sausage makers, made their Soppressata, an Italian dry salami. This salami originated in Apulia and Calabria, it is dried for three to twelve weeks depending on its size. Westerly R.I. is where it originated from Calabria. Other region of Italy produce Soppy but they are different than our variety. Soopy is hot or sweet, contains few calories and no sugar, good to eat, tasty and lean. It is difficult to find out of this local area.

Some so called experts claim sugar in our diets, not fat, is responsible for our obesity epidemic. I believe this to be correct. Sugar gives us that lift we want when celebrating or needing a reward for something well done. We are eating more than we need, not by choice, we find sugar in processed foods, soups, sauces, cereals, and breads. Also in alcoholic beverages and soda do we find much sugar. Sugar, a carbohydrate found naturally in many foods from lactose in milk to fructose in fruit and honey. We need some sugar in our diets to fuel our muscles and keep our brain active. The problem is many foods have sugar added, empty calories, that cause our bodies to draw on nutrients from the rest of our diet to process them. This affects our health and immunity leaving us prone to bugs and colds. A high sugar intake causes our blood sugar to go up giving us a high followed by a low making us tired, irritable and craving more sugar. It's a vicious circle that may be contributing to our weight problems as well as health concerns like heart disease, high blood pressure, and diabetes. Look for carbohydrates and sugar content on nutritional labels on the food you buy in markets. Less than 5 grams per 100 grams is low, more than 15 grams per 100 grams is high. Some ways to cut back on your sugar and carbohydrate intake are reduce sugar added to beverages. Sprinkle cinnamon instead it helps to stabilize blood sugar and adds flavor as well. Avoid low fat diet foods which are high in sugar and salt to add flavor because of the loss of fats. Eat smaller portions of regular foods. Try avoiding artificial sweeteners they

send confusing messages to the brain and cause over eating. Cut back on sugar in recipes add spices instead. Eat nuts and fruit for snacks as well as fish, fowl and low carbohydrate foods. Protein foods slow stomach emptying helping to reduce cravings. Eat wholesome foods in moderation and walk off calories to stay healthy.

Many people have asked me what a "FRIFFATA" is. A friffata is an Italian omelet cooked on top of a burner and finished in the oven. For four people you need eight eggs, a ten inch sauté pan, and a quarter of a cup of cream or whole milk. You can use leftover vegetables, meat, grated or whole cheese or any fresh ingredients. A favorite of mine is mushrooms, diced red peppers, sweet Italian sausage meat, onions, and one clove garlic. Break your eggs in a bowl whip in liquid with a pinch of pepper and salt. Sauté your vegetables and meat in the pan add your egg and liquid to the pan, set your heat to medium low and let the bottom slightly brown. Sprinkle some grated cheese on the top and place it under your broiler. When it turns golden brown it is done. The next step is tricky, take a dish as large as your pan and place it on top of the pan and flip the pan over. Sprinkle fresh chopped parsley on top and cut like a pie and enjoy for breakfast, lunch or dinner.

Remember eat in moderation and the best exercise I know is push yourself away from the table.





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TUESDAY NIGHT	PRIME RIB Draft Beer Only \$2.50
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THURSDAY NIGHT	1/2 PRICED APPETIZERS (excludes Scallops & Crab Cakes) COMPLIMENTARY GLASS OF HOUSE WINE With purchase of Dinner Entree

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Wednesday - Sunday



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Wings (10) \$8.95 or Tender (4) ~ \$7.95

(Naked Wings or Breaded Wings)

Includes celery, carrots & 1 dressing
Like Variety? Mix & Match (5 per flavor)

Sauces:

BBQ - Honey BBQ - Spicy BBQ - Bourbon BBQ
Hot Thai Peanut - Gin & Soy - Garlic Butter w/Parmesan
Mango Habanero - Hawaiian Sweet w/Coconut Flakes
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Dry Rubs:

Cracked Pepper - Garlic & Herb - Caribbean Jerk - Tequila Lime
Cjun - Ranch - Cajun Ranch - Garlic Parm - Sesame - Blackened
Chipotle Cinnamon - Asian Ginger ~ Garlic & Chile - Lemon Pepper
Habanero - "Everything"

Don't Forget To Pick Your Dipping Sauce

Ranch - Bleu Cheese - Honey Mustard - Creamy Garlic - BBQ
(Extra Sauces are 50¢ each)

Salads

Iceberg Wedge Salad ~ \$6.95

Large wedge of iceberg lettuce topped with
chopped tomatoes, bacon and a rich & creamy
bleu cheese dressing

Caesar Salad ~ \$6.95

Crisp romaine lettuce tossed with creamy Caesar
dressing then topped with fresh grated
parmesan cheese and croutons

House Tossed Salad ~ \$6.95

Crisp iceberg lettuce tossed with purple cabbage,
cucumber, tomato, carrots & green pepper

Add Grilled or Crispy Chicken \$3.95

Add Grilled Shrimp \$2.50 per piece

(Try the chicken or shrimp with any one of our wing
sauces or dry rubs!)

Friday Nights ~ Prime Rib - 5pm till it's gone!

Queen \$13.95 - King \$18.95 - Kranky \$25.95

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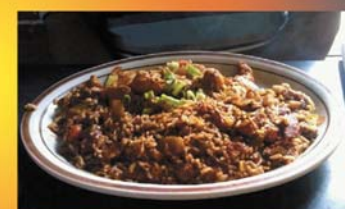
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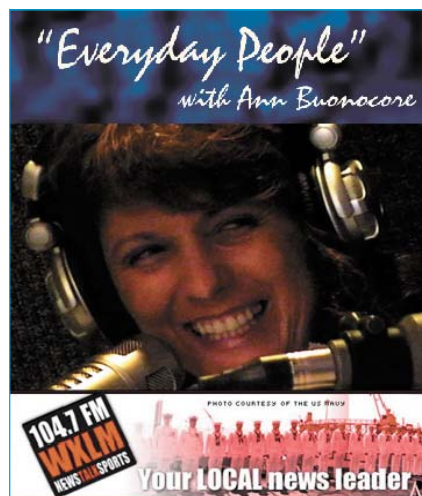
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Hours:

Tuesday 3:00 – 9:00

Wednesday, Thursday, and Sunday 11:30 – 9:00

Friday and Saturday 11:30 – 10:00

Lunch – Wednesday to Saturday 11:30 – 3:00

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TO THE GARDE ARTS CENTER

In the *Oasis Room*

T.S. MONK QUINTET

Saturday, April 12, 2014 | 8pm

Son and protégé of the legendary Thelonious Monk, T. S. returns to the Oasis Room after last year's sold out performance. Winner of *Downbeat*'s prestigious 63rd annual Album of the Year Reader's Choice Award. **Sponsored in part by the Jazz@Garde Community Fund.**

FOR A COMPLETE CALENDAR OF EVENTS, VISIT WWW.GARDEARTS.ORG.



Save Movies Film Festival

ALL IS LOST

Saturday, April 5 | 3pm

After a collision at sea, a resourceful sailor finds himself, despite all efforts to the contrary, staring his mortality in the face. 106 min - PG-13

Save Movies Film Festival

AMERICAN HUSTLE

Saturday, April 5 | 7:30pm

A con man and his seductive partner is forced to work for a wild FBI agent, who pushes them into a world of Jersey powerbrokers and mafia. 138 min - R

Save Movies Film Festival

AUGUST: OSAGE COUNTY

Sunday, April 6 | 3pm

A look at the lives of Weston family, whose paths have diverged until a family crisis brings them back to the house they grew up in. 121 min - R

Save Movies Film Festival

GLORIA

Thursday, April 10 | 7:30pm

The story of Gloria, a free-spirited older woman, and the realities of her whirlwind relationship with a former naval officer. 110 min - R (Spanish with English subtitles)



Save Movies Film Festival

THE HUNT

Friday, April 11 | 7:30pm

A lonely teacher's life slowly gets better, but his new luck is about to be brutally shattered by a lie. 115 min - R (Danish with English subtitles)



Save Movies Film Festival

CUTIE AND THE BOXER

Saturday, April 12 | 3pm

This love story explores the chaotic 40-year marriage of a famed boxing painter and his wife. 112 min - R (English and Japanese with English subtitles.)



Save Movies Film Festival

HER

Saturday, April 12 | 7:30pm

A lonely writer develops an unlikely relationship with his newly purchased operating system that's designed to meet his every need. 126 min - R



In the *Oasis Room*

KATHY KOSINS & JOHN DI MARTINO

Thursday, April 24 | 7:30pm

An evening of jazz with ASCAP award-winning singer/songwriter Kathy Kosins and the Grammy-nominated pianist John di Martino. **Sponsored in part by the Jazz@Garde Community Fund.**

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