

Sound Waves

Volume 25
Issue 9
September 2015

INSANE
1990 2015

An
Interview
with

**Michael
Franti**

**APOAPSIS BAND
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BABY BLUES
SISTER MARY
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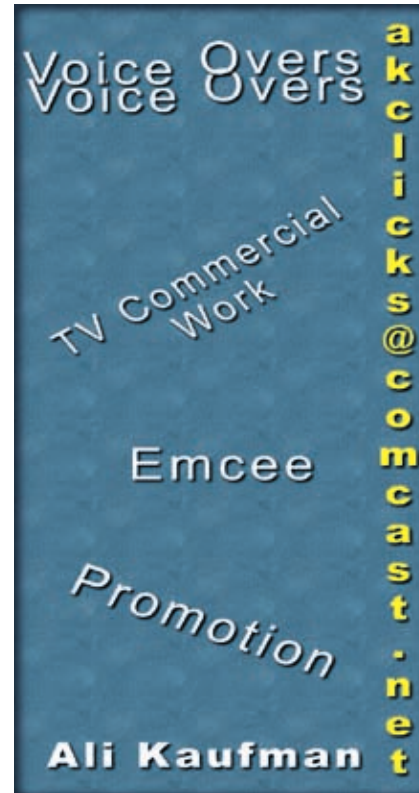
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Sound Waves

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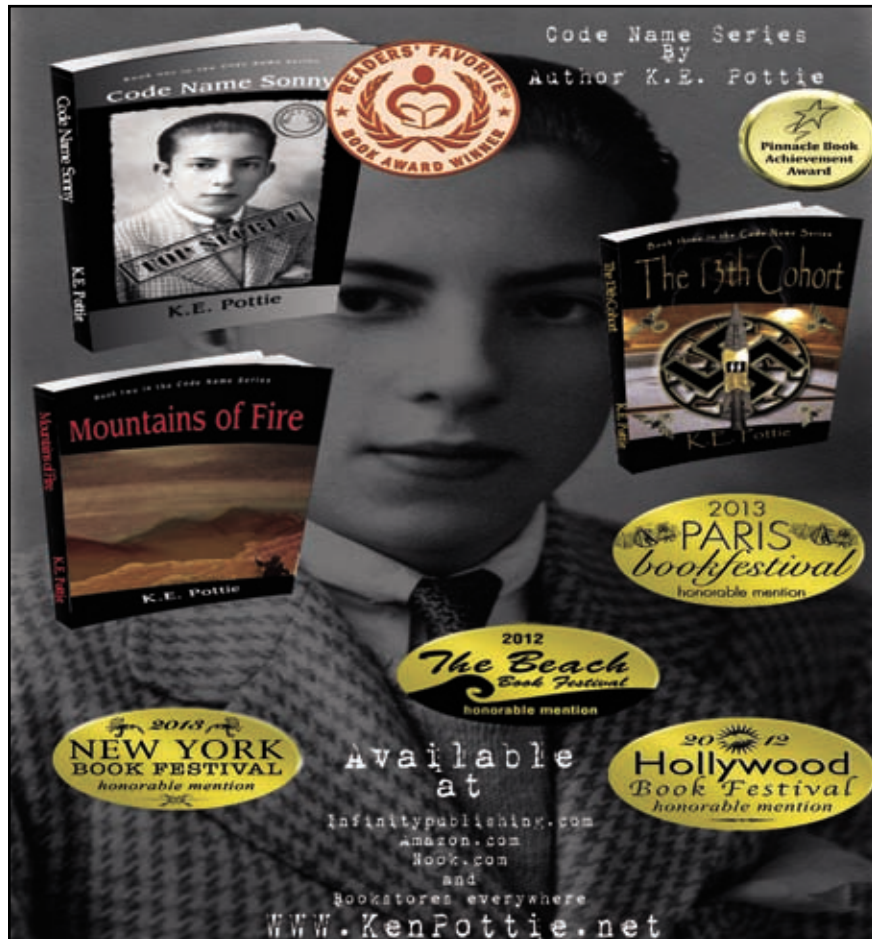
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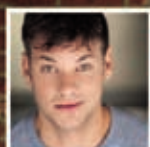
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SOUND WAVES 5

MUSIC NOTES



“The Best Singer You’ve (Probably) Never Heard Of”

By Mark T. Gould

She doesn’t have a web site, and you’d have to look very hard to find her on social media. She’s only released one album on a major label, and that was back in 1982. She doesn’t tour on her own at all, and only performs a hand-

ful of songs when she sings in a band fronted by a dear, old guitar-playing friend.

But, for my money, there is no better singer in the world than Miss Lou Ann Barton.

Who, you ask?

Well, there’s the problem right there.

It wasn’t that easy for me to find her, either. It was back when I was in law school, probably around late ’81 or early ’82. The only way to find out about new music in those pre-Internet days was to read about it in the Sunday music sections of national newspapers.

As such, the library at my law school in Portland, Oregon subscribed to the Los Angeles Times, whose Sunday paper, at least in those days, had a music section called “Calendar” (catchy, huh?) that had reviews and news of new bands, most of which were cropping up in Southern California.

I remember one day reading about how Eagles co-founder Glenn Frey, still to this day a closet R&B fan, was co-producing, with the legendary Jerry Wexler a “Texas roundhouse blues singer, Lou Ann Barton.”

I filed the information in what served as a file folder in those days, i.e., my brain, and the next time I went out scouring for new records, I actually found her first album, “Old Enough,” released on the Eagles’ label, Asylum Records, which, at that time, was pretty much the only label worth recording on.

Anyhow, I bought the album, took it home, unwrapped the record, and put it on my turntable. The band was so jumping that they literally knocked my back in my chair, but I was truly transformed when that enormous, powerful, sassy voice of Miss Barton crashed its way out of the speakers.

I was hooked.

I mean, I’ve loved them all, from Billie Holiday to Ella Fitzgerald, Janis Joplin to Joni Mitchell, Lucinda Williams to Kacey Musgraves, but not one, not a single one, can hold me up and rock me out like Lou Ann Barton.

But, for some reason, follow her career, as a fan, hasn’t been easy. Before I discovered her, in the early 1970s, Barton, a Texas native, was a member of the Triple Threat Revue, with W. C. Clark and Stevie Ray Vaughan. She was a founding member of Vaughan’s band Double Trouble, and did a stint with the legendary Roomful of Blues. During that time, circa 1975, she joined up with Clark to form his W. C. Clark Blues Revue. Yet, she didn’t tour much on her own, outside of Texas, and her recorded output was less than prodigious, to say the least.

Despite some really good press, like what I read in the LA Times, “Old

Enough” did not sell well, did not chart, and she was dropped from Asylum, starting a long journey through a number of very small (read: no marketing and virtually no promotion) labels.

Barton recorded “Forbidden Tones,” a pop-oriented EP, for Spindletop Records in 1986. Her next release was three years later, the fabulous “Read My Lips,” for the Austin-based Antone’s Records, which showcased her incredible blues roots with covers of songs made famous by Slim Harpo, Hank Ballard and Wanda Jackson, among others. A later year, she collaborated with singers Marcia Ball and Angela Strehli on “Dreams Come True,” also on the Antone’s label.

Unbelievably, and tragically for her fans like me, that was pretty much the extended of her solo recorded output, save for a few repackaged “hits” releases.

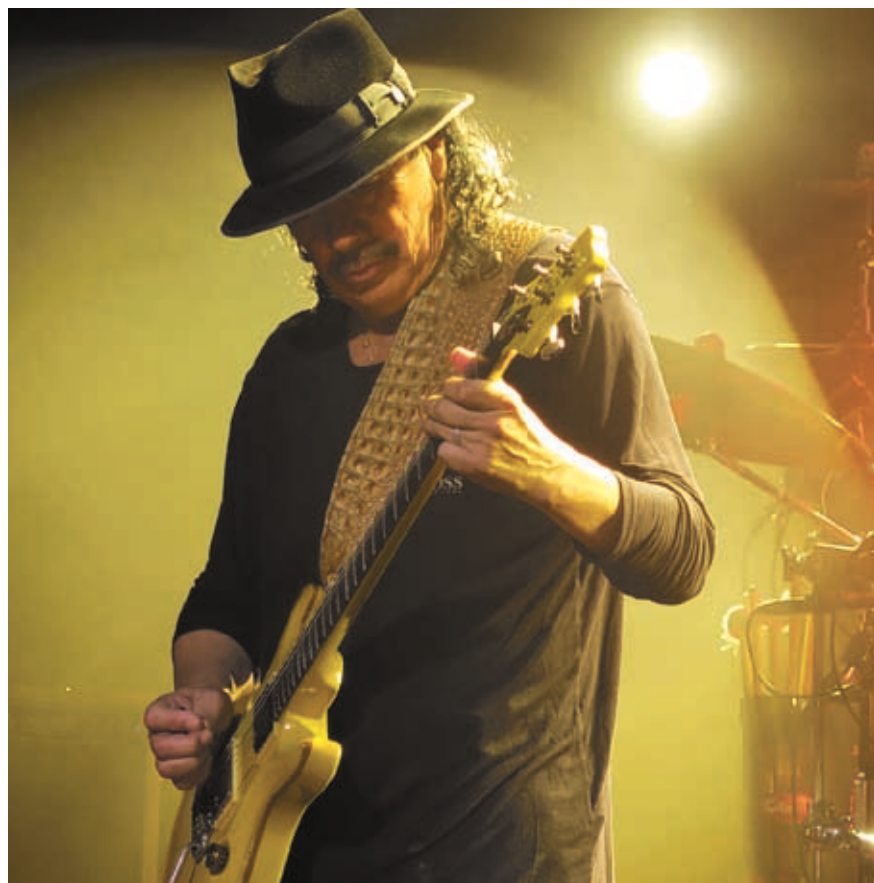
Yet, like the proverbial Phoenix, Barton resurfaced in 2010, playing live and recording with Jimmie Vaughan’s Tilt-a-Whirl Band. Jimmie, the brother of the late Stevie Ray, showcases a handful of her best-known songs in live performances and she has stood out on his studio releases “Plays Blues, Ballads and Favorites,” released in 2010, and its sequel, “Plays More Blues, Ballads and Favorites,” which came out a year later.

Yet, for long time fans like me, her solo work seemed to take a very deep backseat, which was unfortunate.

But, that has now come full circle, too, with the release, late last year, of “The Best!” on Rockbeat Records. Not only does the new record showcase her lengthy career, with remastered versions of “Rocket in My Pocket,” “Sugar Coated Love,” “Shake A Hand,” and “It’s Raining,” along with her best studio work with Vaughan, but it also includes seven unreleased gems, including “Shake a Hand,” where Barton is backed by half of the original Roomful of Blues horn section, and “Maybe,” one of five unreleased tracks she recorded with the Fabulous Thunderbirds.

It’s a fitting career retrospective for one of the, if not the, best roadhouse belters on the planet, the one and only Miss Lou Ann Barton.





Carlos Santana
photo by Bill Harriman



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BAR FLY JOURNALS

By Stephanie Shawn

Hello My Sweet Bar Flies... this summer was filled with some awesome adventures! Concert Series abounded! ARTHUR headed to the DOWNTOWN MYSTIC RIVER PARK to see SUGAR RAY AND THE BLUETONES with DALAI LLAMA, HUNTER, ROCCO, LISA, KEVIN EVERETT an KATHI MURPHY! They danced, they sang, they ate, they drank....fantastic band! They raised the roof and rocked the house , all under the stars!!

Hopefully, you are heading over to the HANGAR at DOONEY AVIATION for Our HANGAR PARTY, hosted this year by the JONNYCAKE



CENTER of Westerly. A Crazy wonderful organization celebrating 40 years helping those in need in our community, with this fun event channeling an Old Hollywood Glam feel. Our favorite band SUGAR will be Rockin” the House, to say Good-bye to summer while we dance the night away, surrounded by nostalgia, antique planes, plane rides to a lucky few and much more! Tickets are \$20 and beer and wine will be sold at the Hangar!

So now, the dirt! As many of my faithful BARFLY JOURNAL readers know, we went to HOLLYWOOD this past month for another taping of BAR RESCUE. This series called BACK TO THE BAR, follows up on several of the previous season’s successes and failures. When they first contacted us, they got a Big Fat No from yours truly, but with producer JOSIAH on the phone wheedling his way into my heart with “Please, please please please...puhleeeeeeeez”.. and weakly ego strokin’ me with things like I was a “Fan Favorite”, (ya, I bet), and also stating they would not do our segment without me, we decided to negotiate. And after making some pretty awesome and fruitful demands from them, We Won! They caved, and got to have two of the funniest girls I know(me and my sis) on their Show Again!

The first thing we did is created two JON TAFFER heads, one happy, one sad and hadda a lot of fun with that! He was our TAFFEROCITY GNOME and he went everywhere with us!. We went to all the trendiest hot spots PUMP and SUR, at which my sister ELIZABETH almost fell to her knees when her idol LISA VANDERPUMP walked out of the back room from her own taping and posed with Bets, who was practically in tears. Betsy’s life is now complete!

We did the Hollywood thing, WALK OF FAME, GRAUMANS CHINESE THEATER, got accosted by MICHAEL JACKSON and SPONGEBOB, 8 SOUND WAVES



treated so well, we had so much fun, the actual taping was fairly quick and painless. In reality, JON is a sweetheart! It’s just a TV show, but we had a blast with him. Any stories about two girls taking off drunkenly from the set were honestly Not Us! They were two different girls from Tennessee who apparently took their tops off and ran off the set, refusing to return. Oh well, Sh*t Happens!

Rompa Stompa Time, Babeeeee... Happy Birthday tooooo MY MAMA MISS DAWN!!, MARGARET WARFIELD, DAWN MARRIOT, HEATHER SOARES, RYAN MACKENZIE, MARK BUSSOLOTTI, ABIGAIL SMITH, DEB DORSEY, JENNIFER O’BRIEN, KELLY RILEY, CHARLIE LATHROP, JOHN ROUSEY, RICH CHRISTINA, BONNIE PIZZA, SAM JAMES, SANDY ALLEN, STEVE TRELLI, JASON THORNTON, TONY CRUZ, MATT COOK, JASON JARVIS, ED GENCARELLI, NIC FARRAUTO, JIM CHILSON, TOM RETANO, BRIAN HOLDREDGE, GREG CHAPMAN, DAVE PACHECO, JOE KOWALSKI, LAUREN BUTTON, NORM CLARK, NIKKI PRUSICK, BRUNO TROMBINO, RITA PELLEGRINO, ANN GAVITT-SERVICE, DENNY COX, BILL DAYON, PAUL CAPUANO, LEE SMITH, LORI ROSE, BRYAN BRENNAN, GONZO, GORDON SCOTT, JOCKO, MARK WILLIAMS, AMBER GARAFOLA, ANGELA THOMAN, DANA, GUY WILLIAMS, TODD SMITH, BIL GROTH, JEN SELVIDIO, MIKE FIDRYCH, BILL BONO, KIMBERLY BARUTI, DEANNA SUTTER and BARFLY FAVE MISS SHIRLEY RAY...

WINDJAMMER’S CELEBRITY GUEST BARTENDING GIG was a

Blast! Thank you to SANDY from FRIENDS OF THE WESTERLY ANIMAL SHELTER, and SALLY TREFES for having me. Me and My Faithful Peeps raised over \$850 for this charitable organization and I am so grateful to my friends and family for coming out to support me. Special Thanks to TONY CARDWELL for his very generous donation, along with WESTERLY AUTO BODY, the HANDLEBAR CAFE and my Best Friends... love you long time!

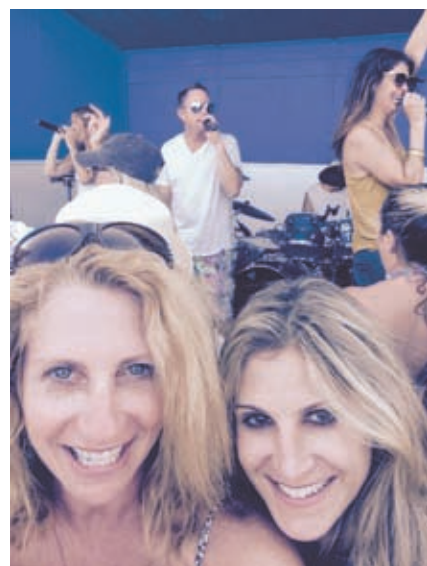
Oooo, almost forgot! Had quite the adventure at GILLETTE STADIUM this month to see AC/DC! I went with TAMI, my husband RICKY and my son RICKY. (CHICK). Well, CHICK Loves AC/DC! He was so excited to be going to the Show, especially at such an amazing Venue. We did a bit of tailgating with one of our BLOCK ISLAND friends, RANDY and his family, who had a kick ass set-up rollin’ in Lot 10!

got tattooed on HOLLYWOOD BLVD, (Stars, naturally), did the TMZ Tour., saw PAUL ANKA at the IVY on RODEO DRIVE. We then went to SANTA MONICA PIER to meet up with AUNT DENISE, COUSIN COURTNEY, and her beautiful daughters, LEILANI and ABBY! Bumper cars, whack a mole, Zoltar fortune telling and many Uber drivers later, I will say it was one of my best vacations Evaaaaa!

But back to JON, or rather BACK TO THE BAR. We were




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Anyways, we head off with the herd and get to the crosswalk and as I reach into my HANDLEBAR CAFE backpack (with Angel Wings), a cold finger of dread runs itself down my spine. OMG!! I forgot CHICK and my tickets at home on the counter! The look on his face of such complete sadness spurred my mofoing ass into MAGYVER mode! I would Not let him down! Out of the corner of my eye I spotted a CVS and with my high heels clicking, I grabbed my son and we trotted briskly (running makes me pee) to the photo kiosk.

After 45 minutes of crying, banging my head on various counters and waiting for downloads and apps to

work, we had our tickets!! The smile on his face was priceless! We made it in, the show Rocked and I got to test the number of brain cells I have remaining and was quite pleased with the results!!

So much more went on this month...i need to write a damn book! This summer was fantastic! I did everything I wanted to and much more, I have no complaints, no regrets! I love my life and will continue to try to live it to the fullest! I love you My Sweest Flies....Ciao for now!



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LOCAL BEAT



Sister Mary Goes Soul-Searching With Subtle Songcraft On Recent "Mountain Blues" Release

By Andrew Kerbs

Much high-fidelity pop music is flashy and overproduced as bands struggle to achieve that radio-ready

sound that will enable them to be one of those few fortunate bands to sign onto a major record label with national airplay in a dying music market. No such pretensions are to be found for Sister Mary Sullivan Brooks, who moved south from her native RI to immerse herself in nature free from the distractions of technology. In the manner of Will Nelson's 70's album "Red Headed Stranger," Mary defies commercial conventions by releasing a barebones, heartfelt album. Armed with only her voice, banjo and guitar, Mary's arrangements are spare on her recent EP "Mountain Blues." Her music consists of only 3 or 4 chords and never compromises the simple emotional directness of the messages in her songcraft.

Mary's album opens with "Bring Me Home," a song about growing up and building a home (and family) in the mountains of West Virginia. Her sweet vibrato-tinged vocal nicely compliments her 2-chord fingerpicking on her guitar (with alternating thumb on the bass strings). A slight subtle male harmony can also be heard above the mix. "Purple Fiddle" also alternates 2 or 3 chords, but with drums and a more strident guitar strum. There is also a nod to Stevie Nicks circa-1975 as Mary sings "I took this love and I took it down" amidst lyrical ambivalence over whether locals' nicities are due either to her "or the mountain."

However, the ballad "Suitcase of Songs" is the most urgent song on the EP, suggesting a lament about alcohol and a life spent touring: "You cant drink or sleep away your problems putting things in your body just to pass the time . . . but time keeps going at the same fast pace and you know that it does by the lines on your face." Its barfighting theme notwithstanding, Mary is equally as hopeful on "Small Town Hometown Blues": "People tell me I'm too big for this town and that I'm going down. It doesn't matter, I'll get outta this town someday." Mary also reveals her self-conscious vulnerabilities: "I can't sing in this town too long knowing that all these people know my songs. So I hit the road instead spending every night in a different bed." Although the theme is sad, the composition itself is full of tuneful vocal "ooohs" and suggests inner strength to persist in the face of a life on the road in poor, post-industrial South-West.

Fans of lo-fi country and bluegrass should enjoy Sister Mary's relaxing, pensive EP "Mountain Blues." Buy it from your local record store soon!



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Band

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AC/JD

3 - Breachway Grill, Charlestown, RI
16,30 - Ancient Mariner, Mystic, CT
24 - Voodoo Grill, Mystic, CT
28 - Daniel Packer, Mystic, CT

AZALEA DRIVE

12 - Fort Rachel Marina, Mystic, CT 5pm
13 - Sneekers Cafe, Groton, CT 5pm
25 - Steak Loft, Mystic, CT 7pm

BEBOBALOUBOB

4 - Richonis, Groton, CT
12 - Sneeker's, Groton, CT
18 - Burke's, Niantic, CT
19 - Harp N Dragon Norwich, CT

BILL'S GARAGE ALLSTARS

14,21,28 - Strange Brew, Norwich, CT

BRANDT TAYLOR

3 - Spring House, Block Island, RI
4 - The Village, Woodstock, CT 8:30pm
5 - Harp n Hound, Mystic, CT
6 - Capt Scott's, New London, CT 2pm
7 - Ballard's, Block Island, RI 2pm
9,16,23,30 - Pub on Park, Cranston, RI 8pm
10,17,25 - Maury's, Danielson, CT 7pm
11 - Stonehouse, Occum, CT
12 - Wilson's Pub, Collinsville, CT
18 - Hanks, Brooklyn, CT 7pm
19 - Blue Back Square, W. Hartford, CT 7pm
25 - Strange Brew, Norwich, CT

THE CARTELLS

4 - Maugle Sierra, Ledyard, CT 6pm
6,13,27 - Maugle Sierra, Ledyard, CT 3pm
7 - Point Inn, Old Saybrook, CT 12pm
11 - Mystic Eats, Mystic, CT 6:30pm
16 - Knickerbocker, Westerly, RI 7:30pm
19 - Bill's Seafood, Westbrook, CT 7:30pm
26 - Harbour House, Mystic, CT 8:30pm

DAN STEVENS

1,8,15,22,29 - Nightingale's, Old Lyme, CT
2 - Old Lyme Inn, Old Lyme, CT
3 - Red Lion Inn, Stockbridge, MA
4 - Daniel Packer, Mystic, CT
5 - Festival, Westport, CT
9 - Stomping Ground, Putnam, CT
10 - Harbour House, Mystic, CT
11 - Crown & Hammer, Collinsville, CT

12 SOUND WAVES

12 - Farmers' Market, Old Saybrook, CT 11am
12 - Raven Hollow Winery, Westfield, MA
13 - Bill's Seafood, Westbrook, CT
17 - Radio Bean, Burlington, VT
18,19 - Manhattan Pizza, Burlington, VT
24 - Steak Loft, Mystic, CT

DARIK & THE FUNBAGS

4 - Bulkeley House, New London, CT
6 - Newport Blues, Newport, RI
11 - Blackstone Irish Pub, Southington, CT
18 - Lattitudes, W Springfield, MA
25 - Shamrock Pub, Waterbury, CT

THE DRAGONITES

4 - The Bridge, Westerly, RI 8pm
17 - Harbour House, Mystic, CT 7:30pm

FRANKENPHIL

4 - McBrides, Providence, RI 7pm
5,7,20,27 - Pier Rest., Newport, RI 1pm
6 - Buskers, Newport, RI 12pm
12 - Penny Lane, Old Saybrook, CT 7:30pm
13 - Midtown Oyster Bar, Newport, RI 4pm
19 - GarlicFest, Mystic, CT 10:30am
19 - Riverside Park, New London, CT 2:30pm
19 - Seehund, New London, CT 6pm
24 - Harbour House, Mystic, CT 7pm

THE GOAT ROPERS

11 - VFW, Taunton, MA 8-12
19 - Holy Ghost Club, Westport, MA 7:30-11:30
26 - VFW, Taunton, MA 7:30-11:30
27 - Holy Ghost Hall, E. Taunton, MA 1-5

GOPHERBROKE

10 - Bill's Seafood, Westbrook, CT 7-10
12 - La Vita Gustosa, E. Haddam, CT
18 - Blackthorn, Easton, MA 8-11
19 - Bidwell Tavern, Coventry, CT
26 - McKinnon's, Hartford, CT

GREEN TEA

18 - Wheelhouse, Narragansett, RI
20 - Mystic Village, Mystic, CT 10am-12pm

HOPE ROAD

6 - Yellow Kittens, Block Island, RI
12 - Ocean Mist, S. Kingston, RI
19 - Eastern Pt Beach, Groton, CT noon-5p

JACK NAZZARO

5 - Haversham, Westerly, RI
11 - Brazen Hen, Westerly, RI 8:30pm
19 - BuonAppetito, N. Stonington, CT 8:15pm

JAMES HARRIS

3 - Perks & Corks, Westerly, RI
4,18,26 - Venice, Westerly, RI 8pm
8,15,22,29 - Harp & Hound, Mystic, CT
6,9,16,23,30 - Daniel Packer, Mystic, CT
7,20 - Maugle Vineyard, Ledyard, CT 3pm
11,25 - Pizzetta, Mystic, CT 7pm

17 - Steakloft, Mystic, CT 7pm

JOSI DAVIS & HOT DAMN

18 - Maugle Sierra, Ledyard, CT

KALA FARNHAM

4 - Hanks, Brooklyn, CT 7-10pm
6,20,27 - Stomping Ground, Putnam, CT 1-4pm
11 - Rovezzi's, Sturbridge, MA 6:30-9:30pm
12 - Davis Park, Killingly, CT 1pm
13 - Slater Memorial Park, Pawtucket, RI
18 - All Souls, New London, CT 7:30pm
19 - Blue Back Square, W. Hartford, CT 7-9pm
20 - Hanks Dairy Bar, Plainfield, CT 5-8pm
25 - Strangebrew Pub, Norwich, CT
26 - The Duck, Sturbridge, MA 7-10pm

KATIE PERKINS

5 - Sandy's Lighthouse, Misquamicut, RI
12 - Abracadabra, Willimantic, CT

KEVIN MANZELLA

12,19 - Ancient Mariner, Mystic, CT

KEVIN MANZELLA & HEATHER LEPAGE

10 - Steak Loft, Mystic, CT 7-10
13 - Pizzetta, Mystic, CT
20 - Ancient Mariner, Mystic, CT 5-8

KICK

4 - Shea's, Manchester, CT
5 - Louie B's, Southwick, MA
11 - Town Green, Higganum, CT 7pm
19 - Margaritaville, Uncasville, CT
25 - Chicago Sam's, Cromwell, CT
26 - Shamrock Pub, Waterbury, CT

LOOSE CHANGE

6 - Pequot Ledge, Montville, CT 7-11

Ms. MARCI

& THE LOVESICK HOUNDS

19 - Mistick Village, Mystic, CT 3:30pm-6pm

MP3

5 - Burkes, Niantic, CT
20 - Village, Mystic, CT

NO SHAME

12 - Old Roadhouse, New London, CT

RAMBLEWOOD

4 - Andrea, Misquamicut, RI 7-10
11 - Wood River Inn, Richmond, RI

RED LIGHT

4 - Fair, Woodstock, CT 3:30pm & 5:30pm
11 - Mardi Gras, Cranston, RI
12 - Music Lady, Moosup, CT
18 - Upper Deck, Westbrook, CT
19 - Uncle Kranky's, Jewett City, CT

25 - Stash's Café, New London, CT
26 - Brown Derby, Montville, CT

RIPTIDE Jr.

4 - Angies Pizza, Mystic, CT

ROB BRANNON

3 - Hard Rock Café, Mashentucket, CT 8pm
19 - Veterans Park, Griswold, CT 6pm

ROCK N' SOUL REVUE

4 - Beach Club, Madison, CT

SAM E. JAMES

16 - Mystic Pizza II, No. Stonington, CT 7:30-10:30

STYFF KITTY

12 - Black Sheep, Niantic, CT
18 - Sneekers Cafe, Groton, CT
26 - CC O'Brien's, Pawcatuck, CT

SUNDAY GRAVY

13 - Back Porch, Old Saybrook, CT 3-7
16 - Steak Loft, Mystic, CT 7-10
19 - Wood River Inn, Richmond, RI
20 - Ocean Mist, S. Kingston, RI 3:30-6:30
26 - Longshots, Uncasville, CT

VINCE THOMPSON

& THE NEXT FUN THING

12 - Chamard Vineyards, Clinton, CT 4-7
12 - Knickerbocker, Westerly, RI 8-12

THE WHAMMER JAMMERS

6,13,20,27 - VFW, Preston, CT

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CONCERT DATES

Ace Frehley

23 - Lupo's, Providence, RI

Ana Popovic

19 - Infinity Hall, Norfolk, CT

Diana Ross

18 - Grand Theater, Mashantucket, CT

The Georgia Satellites

18 - Infinity Hall, Hartford, CT

Jackie Evancho

19 - Bushnell Center, Hartford, CT

The Jacksons

19 - Grand Theater, Mashantucket, CT

J. Geils Band

5 - India Point, Providence, RI

Jonathan Edwards

25 - Kate Center, Old Saybrook, CT

Josh Groban

26 - Oakdale Theatre, Wallingford, CT

Kim Simmonds

& Savoy Brown

19 - Infinity Hall, Hartford, CT

Nick Jonas

11 - Mohegan Sun, Uncasville, CT

Ryan Montbleau

30 - The Spot, Providence, RI

Slash

18 - Lupo's, Providence, RI

Tommy Emmanuel

27 - The VETS, Providence, RI

The Wailers

27 - Infinity Hall, Hartford, CT

Zappa Plays Zappa

17 - Lupo's, Providence, RI



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Saturday Night
October 3rd
-Band-

WICKED PEACH



Michael Franti

By Tom Matthew

Michael Franti and his band Spearhead are well known for their upbeat songs with a positive message. He tours the world in his dreadlocks and bare feet, spreading the messages of love, compassion, and understanding. His concerts are a big dance party, with Franti himself frequently joining the crowd and jumping around with his fans.

He recently released a new single called “Once a Day”. It is accompanied by a really fun music video filled with all kinds of amazing artists, dancers and athletes. I had the pleasure of talking to Michael recently about his new music, touring with SOJA, meeting the Dalai Lama, and staying positive in a difficult world.

Tom Matthew: You’ve recently released a new single entitled, “Once a Day”. It follows your tradition of a catchy hook, danceable rhythm, and a positive message for people to “rise up”. Tell us about “Once a Day”.

Michael Franti: Last year my son was diagnosed with kidney disease, and by the time we had discovered it, he had already lost 50% of his function. When we found out, we thought it would rip our family apart. As we came together to find ways to fight this disease, it actually ended up bringing our family closer together. There was a lot of hugging, a lot of kissing, and a lot of telling each other how much we meant to each other. From that I wrote the song: “Everybody ought to hug somebody once a day”.

In the first verse I say, “Got your friends, got your money, got your family, got your honey” - you got a million things. Then life comes along and knocks you down to the ground. That’s why I say everybody ought to hug somebody once a day.

I remember I was doing everything I could to end my life at 16. I was taking too many risks. I thought I had a million questions. My son at 16, he’s wondering how many days he has left. That’s a hard thing, and the truth is that none of us ever know at all. Our monitor man Jeff, his father unexpectedly passed away a few days ago, and it was a big shock to all of us. So the song is a gentle reminder to love those who are closest to you.

TM: The video features a number of really talented people, including Rik Daniels who does some amazing dancing without the use of his legs, and skateboarder Bob Burnquist pulling tricks on the half-pipe. How did you form the concept to have this big diverse crowd in your music video?

MF: Our fan base is very diverse. In the last few years, me and my fiancée Sara, we started a foundation called the Do It for the Love Foundation. We’re kind of like Make a Wish Foundation. We bring people in advanced stages of terminal illnesses, taking adults with special needs and wounded veterans to live concerts. People can just write to us and say, “My sister is dying, and she wants to see Garth Brooks”, and we send her to the show.

Meeting so many families over the last couple of

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years, I have met such inspiring people. People who have had every reason to give up, every reason to quit. Not only do they not quit, they thrive. They became the most beautiful people and the most talented people. So I wanted to invite people who embodied that, who have fallen down and gotten back up.

Rik Daniels, the dancer you described, he was born without the use of his legs. He was four pounds when he was born. The doctor told his mother he was never going to walk, you should probably institutionalize him, be-

Like I said, we have a motto in our band which is "Love Life". In our house, we add on to that and say "Love life, serve the greater good, and rock out wherever you are".

cause he's going to be a tough challenge for you. And she was like, in Rik's words, "F*** you doctor, that's my child and I'm taking him home! And he's going to do everything my other two kids do!"

As a single mom she raised him. They expected him to do chores around the house, do his homework, and everything else she expected of the other kids. They just had to find ways to adapt. Along the way he became a seven time All-American gymnast.

I met him at one of our concerts, and the way he danced was so inspiring. I said "Someday I want to connect with you and do something." I just thought that in my mind, but I didn't get a chance to get his email or anything. So a few years later I was making a movie and he came to mind. I put a message out on Facebook and said, "Does anybody know this guy?" One of his friends wrote me back.

And Bob is another person, I think Bob is 37 or 38 right now, and he's been in the X-Games since he was literally 14 or 15 years old in the big air competitions. He's always in the top three, year after year. He's someone that if you see him train - I was out there shooting the video, and he would land probably 1 out of every 20 tricks. So here's somebody that falls down something like 95% of the time, and he gets up every time, so I wanted to show his ability to do that.

TM: "Once a Day" was co-produced by the popular Jamaican producer Supa Dups. What did Supa Dups bring to the song?

MF: Supa Dups is an amazing cat. He started off being a DJ, and from being a DJ he got really into rhythm. He's Chinese-Jamaican and his family is all from Jamaica for many generations. He has a group called Black Chiney that was his company. From that he just started doing little remixes on his own, and then he had some success in that realm. He's gone on to do tons of records for Eminem, Rhianna, Drake, and every dancehall artist you could imagine, from Shaggy to Beenie Man.

Recently he's been getting into producing records on the American reggae scene. He's worked with artists like SOJA, J Boog, and a lot of these American reggae artists. When that vibe came through, we connected with it. We worked out of Circle House, which is the studio owned by Inner Circle. It's a legendary studio. Every big artist from the Miami area has worked out of there. Recently Pharrell had booked out one of the rooms for two years while he was making the whole last record. So it's a real super-creative place where there's a lot of good energy. It's all sort of copied around Inner Circle and their love of positivity. They love making records in a more traditional way than people do today.

TM: Last year you were touring with SOJA in support of the hit single, "I Believe". They are another band with a consistent positive message. What was it like spending time with those guys?

MF: It's awesome. They're a very big band. There's a lot of personalities

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Sat. Sept. 5 • 8:30p • \$10 Johnny & The East Coast Rockers Swingin' Rhythm and Blues Fri. Sept. 11 • 8:30p • \$20a/\$25d Billy Gillman Country, at age 11, he had a Top 20 hit on the Billboard country music charts & became the youngest singer to a Top 40 hit on the country music charts.  Sat. Sept. 12 • 8p • \$10a/\$13d The Barley Hoppers & Vince Thompson & The Next Fun Thing - Western/Country/Rockabilly "Vince Thompson & Next Fun Thing is the best talent playing...vintage western swing sound punctuated by originals." - R.Koster "The Barley Hoppers bring you Everlys to Elvis, Merle to the Mavericks, an early rock and roll spectrum." - Kirsten Perry Fri. Sept. 18 • 9p • \$5 Wild Sun DEBUT ALBUM RELEASE! "Little Truths," will be released 9/18/15 by American Laundromat Records. Rick Koster, New London Day music writer called the album "tremendous," & said, "they write irresistibly hummable songs with fluid wit." Sound Waves said, "You won't find a more convincing probe of troubled relationships in today's 21st century world."	Sat. Sept. 19 • 8:30p • \$7 Crows Toes, w/ Special Guest Billy Light & Opening: Wooly Mammoth Rock/Blues - Crows Toes turn heads-the fun & joy of the members is contagious in the best kind of way. Wooly Mammoth plays a talented blend of rock & blues leaving audiences wanting more. Fri. Sept. 25 • 8:30p • \$10 Mike Crandall & Friends Live CD Taping. Blues/Swing Crandall hails from Southeast CT. At 13, he played harmonica walking to school. The band churns traditional blues driven by Crandall's brilliance on diatonic & chromatic harp. Shawn Leonard (guitar), Ed Parnagoni (bass), Steve Peck (drums). Sat. Sept. 26 • 8:30p • \$10 Rick Russell & The Cadillac Horns Blues OPEN MIKE NIGHT EVERY THURS. WANT TO BE A HOST BAND? Doors, 7p • 8pm • NO COVER 9/3: World Record Players, 9/10: Wooly Mammoth 9/17, 9/24, 9/31: TBD Interested in being a Host Band? Contact: shawnallen1115@gmail.com LET'S DANCE WEDNESDAYS \$10 Doors 6:30p \$10, Music 7:30-10p FREE DANCE LESSONS at 7pm! Weds. 9/2 Mystic Horns Weds. 9/9 Shiny Lapel Trio Weds. 9/16 The Cartells Weds. 9/23 Superchief Trio Weds. 9/30 Dan Lord & the Big Shots
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there, and sometimes that's a challenge. But Jacob, who's the leader of the band, has a very passionate voice for positivity and change. He has surrounded himself, like my situation, with people who share that. It's a really big band and all those cats get along really well.

The tour we did was a full-time tour, and every day there was a yoga camp before the main show. All the guys in the band got into yoga, and a bunch of them never practiced yoga before, so it was a really cool time. All of us were saying at the end of the tour that it was our favorite tour we've ever been on. It was a great experience.

TM: You jump right in with the audience at your performances. What's the energy like out there at one of these big shows when you're dancing your way through the crowd?

MF: I love getting in the crowd, and every show I do some songs from the audience. I bring the guitar out there, bring the microphone out there. When I was a kid - I go back to music when you didn't click a button online to get a ticket. You waited in line for hours and hours and hours just to get a ticket, and then three months later, you waited in line to get into the show. You'd go to the concert and run to the front of the stage. We would take turns holding our spot there if anybody had to go to the bathroom, get food or drink or whatever. And when the band came on, we would take very careful notice of what four pedals the guitarist would have, what shoes were the bass player wearing, or whatever.

Then I went on to become a doorman at a club, where I saw hundreds of bands coming in. And there were always these bands that would say hello to you, and say thank you at the end of the night to all the staff who worked there. Those were the bands that I noticed were coming back year after year, the ones who connected with the fans, the ones who connected with promoters, and the people who were appreciative of everyone who worked at the club.

I've carried that ethos throughout my career. When I perform a show, I want those people who came in last, who are at the back of the venue, or who maybe bought a cheaper ticket at the back of the venue - I want them to have the same feeling that the people at the front feel. That's why I go into the audience. There's nothing more fun for me in my life than when I'm in the mosh pit at a show, moving up and down with a bunch of people who believe in what you believe in.

Somehow through the music you find that identification with the core beliefs. In our band we have a motto, "Love Life", two words. Every day we are thinking, "What we can do to love our friends, love our families, and to love the planet?" We go snowboarding or bike riding, or yoga or running, whatever we do to take care of our bodies. What are we doing to show compassion for other people, doing acts of compassion for other people in the world who need help? We love life, and I feel like people identify with that at our shows. So to be in the crowd celebrating that is cool. Nothing is more fun.

TM: Recently you had the honor of spending some time with the Dalai Lama. What did you take from that experience?

MF: It was really amazing. I was invited to come play a song at his birthday celebration in Irvine, California. The first performance was in this huge basketball arena. There were a few thousand people there. I played my guitar, and a little wooden drum. I told the story of how I wrote the song, and I started playing and singing it. I look behind me and the Dalai Lama is clapping and singing. I was really moved by that.

I asked him on the stage - because we all got to take turns asking questions - and I asked him, "In the world, it's easy to become frustrated. You read the news every day, and we've got all these difficult challenges we have to face. We're constantly being divided and exploited by politicians. How do you keep going? How do you stay focused on being positive?"

He said, "You have to look inside yourself, find those dark moments, and examine them." He said, "Wisdom does not come just by experience alone.

18 SOUND WAVES

It comes as a combination of experience and human intellect. So you have to look into your heart and the ways you've interpreted those things to learn from them, and when you do that, it's like creating a vision. From that vision you take it to other people and do acts of compassion."

It doesn't mean anything to be a compassionate person who doesn't do anything in the world. That's just a nice person. You have to go out in the world and do acts of compassion. Do things to relieve the suffering of other people. It was really amazing sitting next to him and hearing that.

Afterwards, he said of my performance, "When I first saw you, I kind of scratched my arm and said what's up with these tattoos, and what's up with these dreadlocks, and you looked really hard. And then I heard your music and it was very light. I heard what you had to say in the song, and the song was really exciting. But excitement doesn't last forever." We all laughed. Then he said, "What is important is the words, the meaning when you play it. You want to encourage everyone to listen to the words and take the lyrics on, that's what lasts forever." That's what he goes for, not for the excitement.

And I said, "When I first saw you, I thought that was a cool robe. Where can I get one?" He laughed and said "In order to wear this robe, you must become a monk. And the first thing you'll have to do, Michael, is shave your head, shave your dreadlocks. And the second thing you'll have to do is take a vow of celibacy." Then he goes, "I met your fiancée, so I don't think you want to do that."

He said, "I'm a monk with a lot of restrictions, but you have a really good heart and a really good message so I'm going to make you a monk with no restrictions." So I told my band afterwards, "That's my Wu-Tang Clan rapper name, 'Unrestricted Monk'".

TM: Every time I've seen you, whether live or on video, you've been in your bare feet. What does being barefoot mean to you?

MF: Well, it means that every step is going to feel different. You might be walking on what looks like smooth concrete, but there are cracks, there are bits of grit and things poking up, and every step is different.

I started going barefoot when I was on tour in other countries where kids couldn't afford to wear shoes. So I took off my shoes, and I couldn't even go three steps without going "Ouch! Ouch! Ouch!"

So I went back to San Francisco and after three days it really didn't toughen up my feet, so I went another day, a month, a year, and now barefoot for 15 years apart from planes and restaurants where I wear my flip flops.

TM: If you could give one piece of advice to a young person on finding success in music, what piece of advice could you give?

MF: I think the main thing is to be yourself, and do not be afraid of being that unique person that is you. Because that is your greatest gift to the world, for you to be your authentic self.

Like I said, we have a motto in our band which is "Love Life". In our house, we add on to that and say "Love life, serve the greater good, and rock out wherever you are".

What that means is love life. Keep finding ways to challenge yourself, finding ways to grow, to be your best every day. And appreciate - love your family, love your friends, love the experiences that you have, and approach them with all your passion.

To serve the greater good means to give back, to find compassion and globalize that compassion, to act with compassion every day.

And the final part is rock out. Don't ever lose your enthusiasm for being your unique and authentic self. Find whatever that is for your unique self, and live it, be it. We all need that passion.

TM: That's great advice. I really appreciate you taking the time to be with us today.

MF: Right on, thanks a lot brother.



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Victor Wainwright & The Wildroots

"Boomtown" Blind Pig

Right off the top, I must tell you that this disc is a smile generator! Even if you're not a "blues fan" per se, this recording will change your mind! Aside from a stellar rhythm section, there are two standouts in this band; Victor Wainwright and Stephen Dees. Wainwright is well established in the blues circuit and has won the coveted Blues Music Award as "Pinetop Perkins Piano Player of the Year" in both 2013 and 2014. Bassist Stephen Dees penned twelve of the thirteen cuts and has toured and/or recorded with Hall and Oates, Todd Rundgren, Pat Travers, Novo Combo and Foghat...impressive!

This CD begins with the title track, "Boom Town" written by Dees. If blues fans were inclined to "twerk;" this would be THE song to do it to; with a slinky bump 'n' grind meter. Wainwright and guest organist, Chris Stephenson, bounce back and forth between the organ and piano on the solos! Track two, "Saturday Night Sunday Morning" is straight out rock 'n' roll written by Wainwright and Dees. Stop times at the close of this tune set this tune aside from the pack. Have your dancin' shoes handy! The third cut, "Stop Bossin' Me Baby" is another Dees rocker. Guitarist, Nick Black, helps out, harmonizing with Wainwright on the heavily hooked chorus. A perfectly synchronized guitar/piano solo is the cherry on top! Dees starts out track four poppin' on the bass, joined by the band for "a down home strut" The band testifies to the fact that, as the chorus claims, "If It Ain't Got Soul" it don't roll! Dees salutes some

of the founders of soul; Aretha, Brother Ray, James Brown. Track five, "When The Day Is Done," another Dees composition, is a field holler Gospel tune, featuring the voices of The Wildroots and guest vocals by Beth McKee. With minimal instrumentation...just a garnish of percussion provided by Juan Perez, harmonica, and a dash of guitar, this one will have you shoutin' Halleluia!

Get the bib ready for track six; this Dees tune, "Genuine Southern Hospitality." Guest guitarist Ernie Lancaster lends his slide for this number. This N.O.L.A style tune mentions southern staples; cornbread, butter beans, and homemade peach ice cream. You know it's a homecoming when you're prompted to "join hands, say your prayers." Track seven comes in with a train beat. Along with Dees, this tune was co-written by Wainwright, whose boogie woogie piano tastefully garnishes this tune. "Two Lane Blacktop" takes the listener racing on a musical adventure.

Cut eight, written by bassist Dees; "Wildroot Farm" features his wife, Patricia Ann Dees. Her sweet tones are a contrast to Wainwright, with whom she shares the vocal duty with in this lazy rhythm number. Harmonica player, Stephen Kampa does a melodic solo. Track nine features Wainwright on piano, or as he calls it, "Piana's Savannah Boogie;" a song he composed solely...flat out boogie! The final four tunes on this disc were written by Dees. This track, "The Devil's Bite" is sung with a sinister tone by Wainwright. Guest guitarist, JP Soars contributes his haunting acoustic guitar. Continuing with a darker side is cut eleven's "Reaper's On The Prowl" in which Dees thumbs his nose at death! Track twelve, is a pure blues swing blues shuffle! "Back On Top" features guest guitarist Robert "Top" Thomas, playing in sync with Kampa on blues harmonica with lyrics that flourish with optimism proclaiming, "I won't be lookin' back, I will not live in the past...I'll grow from my mistakes, next time I'll be smart!"

The final cut, "Wildroot Rumble" is an energetic minor key romp giving individual band members a chance to shine. The solos begin with harmonica, then on to piano, guitar, and back to harmonica in the stops. Everyone's

energy is unbridled, nonstop jamming. The drums and bass even join in soloing until the song reaches a crescendo; bravo! Well worth buying!!!

The band; Victor Wainwright-lead vocals, acoustic & electric piano, Hammond organ

Stephen Dees-bass, acoustic & electric guitar, vocals, tambourine

Patricia Ann Dees-tenor saxophone, vocals, co-lead vocals (track 8)

Nick Black-electric guitar, vocals, co-lead vocals (track 3)

Billy Dean-drums

Charlie DeChant-tenor & baritone saxophones

Ray Guiser-tenor saxophone

Stephen Kampa-harmonica

- Ms Marci



Barrington Levy *"AcousticaLevy"*

Doctor Dread Presents

Barrington Levy is a Jamaican reggae artist from the old school. His career started as a teen in 70's dancehalls, and has been an admired international singer ever since. Recently, he released an acoustic album featuring stripped back versions of many of his hits. It is pure gold.

Barrington Levy is a reggae artist, but this is not really a reggae album. Once you take away the drums, you lose the backbeat and the reggae feel. The album has more of an acoustic rock and pop vibe without the distinctive reggae one-drop going on. It is replaced with passionate guitar and a focus on Levy's exquisite and emotive voice.

Barrington Levy is an incredible singer. He's one of these old-school cats that really exemplifies the art of the crooner. He's capable of hitting high notes far above your average singer's range, and his sense of timing and dynamics can move you deeply.

The album starts off with a very catchy song entitled "Murdera". It features a

steady rhythm from some hand percussion and tambourine. It is one of the few songs on the album to have any percussion at all. It's one of the only political minded tracks on the album, and it's hard hitting.

My favorite track on the album is "Be Strong". It's a passionate plea from a man to his woman to stop accusing him of messing around and to trust him completely. It is delivered with incredible passion, and Levy's voice just cuts right through to a deep place where you can really feel the emotions: "...we've been together for so long, and we've been through so much; I try to do right, yah, but everything I do seems to go wrong; If I didn't love you baby, I'd be long gone; I need you now, I need you to be strong".

Another great track is "Things Friends". It's a critique of people who are only around because you have money, fame, and other things. "I don't want no things friends; I want genuine friends; to be with me right through the end, and just not some things friends". Typical of much roots reggae, the album is full of positive sentiment and criticism of people that waste their time chasing materialistic goals.

I fell in love with this album from the first listen. I'm a sucker for a good acoustic album, and I was blown away by Barrington Levy's incredible voice and strong lyrics. If you're looking for something different than the mainstream, check out "AcousticaLevy" - it's the kind of music just about anyone can enjoy.

- Tom Matthew
Two Ton Music



Apoapsis *"Balance"*

Coming from various corners of Connecticut, the metalcore/progressive metal 5 piece Apoapsis makes its debut with Balance, a 6 song EP, which combines a variety of influences in this 29

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minute release.

The EP opens with reverb-filled clean guitar followed by crushing distorted guitar, bass, and matching drum hits on its minute and a half instrumental track, “Ballistic” – serving as a template for the band’s consistent ability to produce memorable melodies over heavy grooves, the intro is complimented by Balance’s standout track, “Standing Tide.” This four and a half minute song is sure to be a radio single wherever progressive metal is enjoyed, with memorable shifts from a more progressive style to straight punk within the first 30 seconds, only to shift back to progressive grooves before leading into what is perhaps the heaviest moment on the record: a blood-curdling high scream that leads into matching guitar, bass, and drum triplets. The track, like many other on the record, follows up with a memorable chorus before introducing a clean, jazz-influenced bridge section.

As the EP continues, the action doesn’t let up – it only becomes more diversified. “Forward Motion” serves as a straightforward, heavy grooving song with a melodic buildup that explodes into a breakdown, whereas “Don’t Hold Back” displays the band’s versatility, with sections ranging from heavy sections played with machine-like precision to Spanish styled jams, and more radio-friendly choruses. “From Within,” a notable weak point on the album, presents a strong potential for a progressive anthem, but falls short due to shoddy production. Title track “Balance” builds upon the strengths of the grooves presented in “Forward Motion” while introducing the most thrash-influenced sections on the album, eventually concluding with a return to the first melody on the release.

And while the songs are all enjoyable, production is the main flaw of this EP – with such lush content, it’s unfortunate that Balance’s production works against itself, which is most noticeable on both “Don’t Hold Back,” which contains sections that seem to cut too abruptly, and “From Within,” which sounds more like a demo due to noticeable mistakes, odd drum sections, and volume disparities. Vocal production is also notably poor, as it is sometimes a struggle to hear singer Drew Pinto amongst other instruments; screamer Jon Hammer does not suffer from this problem, but has noticeable phrasing issues on “Don’t Hold Back” during the first section and occasionally sounds off time by a hair.

Overall, despite its issues with poor

production which are most notable in vocal production and “From Within”, the Balance EP is a strong first release for Apoapsis and leaves the progressive metal audience with a longing for more.

- Sarah Anne Harris



Rosemary's Baby Blues

“On Time & Feelin’ Fine”

Indie

On their website, Rosemary's Baby Blues (aka; RBBs) is described as “A high energy ROCKIN' R&B/Blues Band that keeps you moving and grooving all night long.” I couldn’t agree more! Their newly released CD, “ON TIME & FEELIN' FINE” is a “party on plastic.” Featuring some of the area’s most talented and versatile musicians, this disc features nine well chosen cover tunes penned by the likes of Delbert McClinton, The J.B.’s, Bobby “Blue” Bland, JD McPherson, Muddy Waters, The Mar-Keys, Big Joe Turner and Rufus Thomas.

This Boston, MA based band consists of a strong rhythm section, blazing horns and powerful vocals. All are quite evident from the very first song with a cover of Delbert McClinton’s, “Every Time I Roll The Dice.” Jake ‘The Snake’ Jacobsen provides smooth slide guitar contrasted by his commanding voice! The solos begin with Rosemary Casey on tenor sax, and end with Travis Colby on piano. Both solos are strong and original in their approach. Even though this is a cover, the band injects its own spin by segueing into The Rolling Stones, “Let It Bleed” to end the song. The next tune is a funky instrumental by The JB’s; “Pass The Peas.” While The JB’s version focuses more on trombone, RBBs passes the solos around like the peas at the dinner table,

beginning with trombone, then trumpet, sax, organ, bass (love it) and guitar. Track three switches to soulful groove with Jacobsen covering Bland’s tune “Poverty.” The forth cut, “North Side Gal” is a rumba penned by McPherson. Harmonica player Bismo Beerbelly is featured in this tune with Chicago style harmonica. Bass player Joe Peck shines on vocals.

I really liked what RBBs did on track five for an arrangement of the Waters tune, “Got My Mojo Workin.” They play it N.O.L.A. style, opening with the drums. The solos begin with the trumpet, trombone then sax. They all jump in for the final solo giving it that “second line” feel. Peck hit the vocal mic once again for this track. The sixth cut, “The Rub” is another McClinton tune sung by Jacobsen; funky and fun! I was happy to hear one of my favorite instrumentals; a tune by The Mar-Keys, in the mix...a very well done version of “Last Night” with all the band members having a solo. Colby punctuated this tune playing some fine piano. The eight cut; blues staple, “Flip, Flop & Fly” again features Beerbelly on Chicago style harmonica. Drummer Larry Bassick does the vocals. I have to say, I like his vocals better on this tune than I do on “Walkin’ The Dog, which is the next number. I did, however, think that the trumpet “Wedding march” intro was a nice twist and the solos were fun and funky; something this band does very well!

This disc ends with an instrumental; an original called “Killin’ Time” and, to my taste, is the highlight of this recording. This tune is FUN-KAY! The horns riff round an’ round, and then the band does a “break-down” with just the guitar playing a funky rhythm, while the band claps out the beat and the drums and bass join in. If that wasn’t enough, all this happens with a whole lotta hoop ‘n’ holler goin’ on! I was told by Ms. Casey that they intend on doing more originals on their next disc. If this song is any indication of what is to come, I eagerly await its arrival!

RBB line-up; Jake ‘The Snake’ Jacobsen- guitar/vocals, Larry Bassick- drums/vocals, Joe Peck- bass/vocals, Travis Colby- piano/Hammond B3, Bismo Beerbelly-harmonica, Rosemary Casey-tenor sax, John Abrahamsen-trumpet, Wayne Mogel-trombone.

“Killin’ Time” (track ten) Gordon Beadle-baritone sax, Pete Henderson-guitar, Lenny Peterson-trombone, Mike Walker-bass.

- Ms Marci



Mac Demarco

“Another Day”

Captured Tracks

Guaranteed to become a star in the indie rock world, Mac Demarco has quickly become one of my favorite artists. The brilliance and innovation that spills out of every track Demarco releases astounds me. Even more impressive is the quantity of quality music that Demarco has put out in just over a year with a studio album, a demo album, a self-released instrumental mix tape, and now a mini-LP all done with constant touring.

The Canadian musician’s music has sent critics into a whirlwind trying to define with names such as “slacker rock,” “blue wave,” and “jizz jazz.” Mac Demarco’s youthful outlook and uninhibitedness comes out on his latest record.

The album starts off with “The Way You’d Love Her,” a charming song that illustrates a third-person view of the desperate emotion one has for a love that isn’t theirs: “Told her how you feel, but never really got the chance to show her what it really means to love her,” Demarco croons. This song shows Demarco doing what he does best: glorious guitar hooks and grooves paired with his soothing inelegant voice. Perhaps most entrancing in the song is the low-key energetic guitar solo that displays itself exactly as what it is: a twenty-four year-old just having fun.

The title track showcases the thoughts of a paranoid lover who is convinced that knocking at his girlfriend’s door “must be another one she loves.” Demarco’s solemn voice is remarkably poignant in this piece showing the fearful side of love. Like most of the tracks on the record, this song doesn’t even scratch the three minute mark, but this doesn’t mean it should be dismissed.

Continued Page 25
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COOKING WITH THE BLUES



By Luci & Jack Chaplin

We took another trip into West-erly – to the Brazen Hen – for this month's column. The Brazen Hen is a sister restaurant to the Harp & Hound (Mystic) and The Black Sheep (Niantic), all owned by Leo Roche. When we first walked in to the Brazen Hen, we felt as if we were walking into a fancy restaurant with beautiful high ceilings, a spacious dining room, and a 50+ person bar. While we were impressed by the décor, we were slightly put off by the atmosphere. The lights were turned up and the music was loud: it was trivia night! Most everyone in the place was participating in trivia, and although it looked like they were greatly enjoying themselves, as out-siders with no intention of partaking

in trivia, we thought that it was too loud.

Michelle, the hostess, was lovely and encouraged us to stay—I am glad that we did! When we asked Michelle what she recommended, she suggested that we try their Guinness French Onion Soup and the Brazen Hen, which is one of their signature dishes. For appetizers, we took Michelle's advice and ordered the Guinness French Onion Soup (\$5). We also ordered the Lump Crab Cakes with Cajun Remoulade (\$12). Oftentimes with French Onion Soup, the broth is very thin. This soup, however, was easily one of the best soups that I have ever had. The Guinness accentuated the flavors without being overpowering and the broth was thick and made from scratch. The onions were perfectly caramelized, the croutons were thinly sliced, and the Swiss cheese that was melted on top was delicious. The Lump Crab Cakes were also excellent. They were served on a bed of greens with a Cajun Remoulade. Each cake was packed with crab! The table next to ours ordered house fried potato chips with a Cashel Bleu Cheese sauce, which we will definitely order next time.

As entrees, we ordered Ale Battered Fish and Chips (\$14) and the Brazen Hen (\$18). With the Fish and Chips, we received one large piece of fish served over fresh cut French Fries. I don't think that the chips were house cut, but they were very good nonetheless. The Brazen Hen was especially impressive. They served a whole braised hen with smoky bacon, herb potatoes, Shiitake Mushrooms, carrots, and a nice au jus. The hen was large and plump, almost like a small chicken. What I found to be especially impressive about the Brazen Hen was that it was served with lingonberries. Lingonberries are popular primarily in Austrian and German Cuisine; it is very hard to find lingonberries anywhere around here.

In Dallas, we owned Chaplin's Restaurant on Greenville Avenue. I used to slice lamb loin into medallions and marinate it with Dijon, garlic, olive oil, black pepper, and rosemary. I would then grill it and serve it with an au jus similar to the Brazen Hen, and garnish it with lingonberries. One night,

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a high profile local chef came in to Chaplin's and ordered the lamb medallions. I went out to the table once they had finished their meal and was met by many compliments. He then asked me if I made my own lingonberry jelly. I had to laugh because it was hard enough to find jarred lingonberries, let alone fresh lingonberries. I appreciated that he thought that I was well-enough connected to find my own berries though!

Even though we were quite full after our meal, we looked over the dessert menu and decided to get a coffee drink for dessert. We ordered coffees with Bailey's and Peppermint Schnapps—it was the perfect after dinner drink. We had a nice conversation with our waitress Nancy towards the end of our meal. She told us that she has been in the restaurant business for 40 years and that her family has been in Mystic for seven generations. Nancy was incredibly attentive and professional. She had nothing but wonderful things to say about the owners and about the Brazen Hen itself.

As the night progressed, we actually began to appreciate the music and ambiance from Trivia Night. The crowd was clearly enjoying themselves and trivia night is undoubtedly an excellent promotion for the restaurant. In the future, we will probably visit on a quieter evening, but we will certainly be back, especially for their Irish Bangers and Mash.

Until next time,

Jack & Luci



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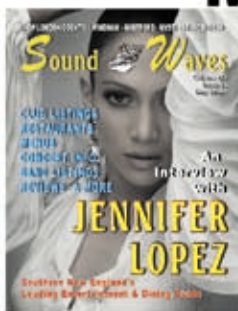
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The upbeat rhythm of "I've Been Waiting For Her," is juxtaposed with Demarco's chilled out voice. The opening lyrics "give up my life for the rhythm, for the beat of a heart like hers," displays the sentiment of the kind message he chooses to display to whoever she is. Mac concludes this song with a rhythmic solo that fits right into the beat of the song.

The album concludes with "My House by the Water," a song that packs a surprise. The song is simply filled with water sounds and synths, which is nothing notable until the music stops and Mac Demarco gives out his home address followed by a promise: "stop on by, I'll make you a cup of coffee." You have every right to be skeptical about this, but, as it turns out, the address is completely legitimate and over thirty people have already come around to Demarco's Queens home where, as promised, he made them a cup of coffee.

Though only twenty-three minutes long, this mini-LP packs a punch as a youthful new age of music comes grooving out. The advent of "jizz jazz" is upon us and it is clear that Mac Demarco is the king. Having been featured on his first late-night television show just a few months ago, it won't be long until Mac Demarco is a household name.

- Nic Hall



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