

Sound Waves



Volume 27
Issue 5
May 2017

**J. GEILS
SEAN CHAMBERS
JOHN PRIMER &
BOB CORRITORE
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CAN X-RAY
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CLUBS
RESTAURANTS
CONCERT INFO
BAND LISTINGS
REVIEWS
& MORE**

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Interview
with**

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9am-noon



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Sound Waves

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Hard Drivin' Man: A Tribute to J. Geils

By Mark T. Gould

It was a warm up within a sound check, and it was a tour de force. A friend and I were standing in the hallway outside the locked Connecticut College gymnasium in New London. It was late '71 or early '72, and we were there to see a very hot band.

Concert crowd control being what it was in those days, we were sandwiched in like sardines, waiting for the lone door to open. Over the din, we were able to hear the band's sound check, something I'd never experienced before (although, truth be told, this was probably only about the fourth or fifth concert I'd attended at that point).

It got quiet inside again, but a few minutes later we heard the blissful sound of an electric guitar, riff after riff after riff. Rockin', bluesy, jazzy, you name it. That went on for about half an hour (I am not exaggerating), with no other sounds, and was about as cool as it gets.

The door opened, and a stage tech squeezed out and walked out toward us.

"What was that?," I asked him.

"J. Geils," he said. "He always plays alone to warm up after the sound check. He does it before every show."

It was that attention to detail and preparation that led to a storied career for guitarist John Warren "J" Geils, who passed away last month at the age of 71.

Geils grew up in Morris Plains, New Jersey, where, from an early age, he heard his father's albums by Benny Goodman, Duke Ellington, and Count Basie, and was escorted by his father to a Louis Armstrong concert. He worked out Miles Davis' music on trumpet and drums, and he listened to blues guitarists Howlin' Wolf and Muddy Waters on the radio.

In 1964, he began attending Northeastern University in Boston, where he was a trumpeter in the marching band. While he was drawn to musicians in Boston, he left Northeastern for Worcester Polytechnic Institute, where he studied mechanical engineering.

While at WPI, Geils began playing blues guitar. He formed an acoustic blues trio, "Snoopy and the Sopwith Camels," with bassist Danny Klein and harmonica player Richard "Magic Dick" Salwitz. They soon moved back to Boston, where they added drummer Stephen Jo Bladd and singer Peter Wolf, who was a fast-talking disk jockey on the popular Boston radio station WBCN. Geils then formed what was originally called the J. Geils Blues Band with Klein, Magic Dick, Wolf, Bladd and keyboardist Seth Justman.

They released their stunning debut, self-titled as "The J. Geils Band," in 1970. The album mixed covers of classic tunes by blues giants John Lee Hooker, Otis Rush, and Albert Collins, with originals penned by Wolf, Justman and Geils.

Between 1970 and 1985, the band released 11 albums, but it was their incendiary, legendary, self-described "house party" live shows that cemented their reputation.

Initially, they opened for established artists like B.B. King, Johnny Win-



ter, The Allman Brothers and The Byrds. Through almost constant touring, and justifiable word of mouth, the band soon built a large following based on their energetic live shows, which coupled the charismatic stage antics of lead singer and front man Wolf, as well as its innovative use of Magic Dick's harmonica as a lead instrument, all augmented and locked down by Geils' controlled, yet intense, guitar playing.

The band broke up in 1985, and Geils began to concentrate on auto racing and restoration. He returned to music in 1992, when he produced an album for Klein, and formed the band "Bluestime" with Magic Dick. He later played in the "New Guitar Summit" with Duke Robillard and Gerry Beaudoin, and in the acoustic trio "Kings of Strings" with Beaudoin and Jerry Miller. He released a solo jazz album in 2005, and continued to appear in sporadic reunion tours with the rest of his band during the 2000s and 2010s.

The second time I was privileged to see the J. Geils Band live was in a slightly different atmosphere than the tiny Connecticut College gymnasium.

It was at the Seattle Kingdome, in October 1981, when they opened for the Rolling Stones in front of over 80,000 fans. The show, however, wasn't much different than the performance before that smaller college crowd some 10 years earlier. It was the same fanny-shaking performance of front man Wolf, harp virtuoso Magic Dick, and all anchored by the steady playing of Geils himself, honed to perfection after more than a decade of wowing audiences, and, yes, after painstakingly sticking to his nightly pre-concert routine of his own breathtaking warm ups.

After the band left the Seattle Kingdome stage, The Stones waited for over an hour before they came on.

It was difficult for even the Greatest Rock 'n' Roll Band in the World to follow J. Geils.

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29	30	31	1	2	3	4
Dean Cardinale 3pm	Matt Vizzo 5pm	Rob Brannon 7pm	Ethan Cash 6pm	Dean & Lil Chris 6pm	Azalea Drive 6pm	Guido Red Light 1pm 5pm

MUSIC NOTES



"The High School That Rocked"

By Mark T. Gould

It all started as a seemingly innocuous, and virtually impossible to pull off, campaign promise.

It was at Staples High School in Westport, Connecticut, back in 1966. A student, Dick Sandhaus, was running for junior-class president, and his big campaign promise was that he was going to have the best junior prom ever, and would make it free.

He won, and, in brainstorming how

to fulfill the promise, it got the idea for a rock concert.

Enlisting the help of another student, Paul Gambaccini, Sandhaus brought his idea to the local Board of Education, where he actually got approval for funding, and, scouring the phone book, began cold calling New York talent agencies, looking for bands. An agent helped him book the first concert, when the Beau Brummels played with the use of some local bands' sound equipment.

That show sold out, and the agent, suitably impressed, help book other acts.

It worked. Over the next three years, the Yardbirds, Cream, Sly & The Family Stone, the Young Rascals, the Byrds, Peter Frampton, and the J. Geils Band, among others played gigs at the school.

Honest. They did.

Hey, if you don't believe me, there's video proof, a documentary about the shows, called "The High School That Rocked," produced by Fred Cantor of Westport, a recently-retired attorney who graduated from the school in 1971.

The film, which is directed and edited by fellow Staples grad Casey Denton, has received splendid reviews, and was selected to open the Southeast New England Film, Music & Arts Festival in Providence last month. It will also be screened at the New Haven Documentary Film Festival on June 3.

Not too bad for a devoted music fan (Cantor previously had a hand in the production of the Remains' documentary "America's Lost Band"), who, although he lived in the town, didn't actually attend any of the shows.

"I was living in Westport, and while I was in junior high at the time, I somehow managed to miss them all," the 63-year-old Cantor told me. "My parents were somewhat strict about my going out at that age."

Nonetheless, Cantor is a lifelong music fan, even playing a bit of piano and writing songs back in the day, which led to the Remains documentary, and, ultimately, his vision of the history of the Staples concerts.

"It was almost a decade ago, while we were in post-production on the (Remains) documentary, that I originally thought about doing a film on the concerts at Staples," he recalled." But the onset of health issues prevented me from going forward.

"Then, roughly five years ago, while I was still contemplating the documentary (and even contacted the Staples Media Lab with the notion that the subject might be a good project for current Staples students), I learned through Facebook that three members of the class of 1970 were thinking about doing a book about the famous Staples concerts and related subject

matter."

Cantor offered to help author Mark Smollin with that project, and ended up researching local materials such as Staples yearbooks and back issues of the Staples and Westport newspapers. Then, as his health improved, he revisited the possibility of making his documentary.

"From the outset, I mapped out in my head that I wanted to focus on the two-year period when six legendary bands, at or near the peak of their fame--who were later inducted into the Rock & Roll Hall of Fame--all performed at Staples," he said. "I thought that concentration of famous bands playing at our local high school in such a short time period was truly distinctive.

"And, I had friends and classmates who were playing in local bands back then who went on to become professional musicians--and who I knew were influenced in some manner by seeing these great musicians up close. So I thought that was a component of why Staples was truly 'The High School That Rocked!'"

What makes Cantor's documentary really work is that he had the novel idea of focusing not so much on the legendary bands, but, instead, on the fans' perspective and how the shows affected them.

And, he said, working with Denton just polished it off.

"Casey (only graduated from Staples three years ago), and I saw the attention that he pays to detail, not to mention his excellent work ethic," Cantor said." Casey was wonderful to collaborate with, and the crew did a terrific job in bringing to life the narrative I had in mind. The finished version of the film absolutely met the goals I had initially set."

Despite the interviews and research, Cantor has reached no consensus about which show was the best one, he said.

"It's difficult to say which show was the best. I have heard great things about different shows from different attendees," he said. "In hindsight, probably the biggest surprise was that Sly & the Family Stone played, believe it or not, a sock hop in the Staples gym."

His research does show why the concert series ended, though.

"The concert marketplace was unquestionably changing at that time," Cantor replied. "The Fillmore East opened in 1968, as did the new Madison Square Garden, and they soon became destinations for headlining acts.

"Staples was still attracting some name acts in ensuing years," he added. "Buddy Miles played there in December 1969, just 10 days before he played with Jimi Hendrix in the now fabled "Band of Gypsies" concert at the Fillmore East.

"But Staples' ability to attract the biggest bands with current hits at or near the top of the charts was no longer the same. Those bands were being drawn to more lucrative gigs," he said.

Cantor said the film is not for sale yet, and that the near-term goal is to have it screen in some other film festivals, and then seek a distributor.

When that happens, and it will, everyone will find out the true story of the High School That Rocked.



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All The World's a Stage



“Rockin’ in the Natural World”

By Sue Menhart

Creative people put up with a lot of stuff trying to create. From interruptions, to computer problems to writer’s block, it’s a wonder we get anything done at all. But come springtime, when the natural world arouses from beneath whatever rock it was under, it’s nearly impossible

to focus. Birds and bees and ants and all the weeds you forgot about last fall are constant distractions. But it’s actually much worse than that.

For me, it all starts when the pond at my home in Stonington, Connecticut defrosts and a couple of marlins show up. One with a pretty green head and one with brown. Having seen this sort of thing before, I know what they’re up to. Before you know it, they’ve got three or four little versions of themselves. They all paddle back and forth... back and forth... all hours of the day and night, like they’ve got nothing better to do. It snowballs from there.

Then the Canadian geese arrive, like the pond is some sort of hotel or something. Their incessant squawking and prancing around doing their business everywhere detracts from my more important art I tell ya. Go back to Canada! And heaven forbid I dare look out the window to see what they’re up to. Oh look it’s a blue heron bothering them, blah blah blah. Then I’m further distracted by Maggie the Magnolia tree with her huge pink and white flowers making a mess of the place and playing house with all the “oh look how cute I am” fowl including but not limited to: tanagers, sparrows, purple martins, goldfinches, wood thrushes, yellowthroats, meadowlarks, Carolina wrens, bluebirds, red-winged blackbirds, yellow warblers, quail and the stupid family of doves that comes back every year thinking they own the place. Aren’t there plenty of other trees to choose from? Don’t you have things you are supposed to be doing, like in Florida or something? I did not authorize the filming of some cutesy Alfred Hitchcock movie! Then the hawks gather by the dozens hawkin’ up a storm and it’s a REAL Hitchcock movie. Please lower your voices, some people are trying to think around here.

Oh but it gets much worse around that bordello of a pond (which is actually a man-made hole filled with water, but whatever.) You see in May, the bullfrogs come to town, or rise from the mucky depths as it were, for their big dance. These bellowing and bawling creatures of green slimy crud are so freakin’ loud even with the windows shut and air conditioners blaring it’s just impossible to think. AND THEY DON’T CARE WHAT TIME IT IS. I’m trying to work here!

And don’t even get me started on the dogs. Because they don’t have to slip and slide their way down the icy back steps they think it’s just fine to want to go out and come in, go out and come in, get a treat, wonder off, making me constantly have to check on them because of the coyotes, wolves, foxes, mountain lions and bears. Dogs!

So one year I had this grand idea to get away from all the commotion of this den of inequity and went on vacation “to create” up at Squam Lake in

New Hampshire. I brought an assortment of notebooks, pens, pencils, and my guitar. I imagined myself immersed in creativity and would be like Thompson or Hemingway penning the days away, and into the night, and then I would return home with a slew of songs I couldn’t possibly whittle down to an album.

Wrong.

First of all, Squam Lake is where that Katherine Hepburn/Henry Fonda movie “On Golden Pond” was filmed. Yes, it’s golden, yes it’s peaceful, yes it’s romantic, and yes you can get in some pretty good fishing. Much had been made of my first introduction to the beloved, sacred, highly regarded, Kings and Queens of the Lake – the loons. My vacationing friends were all abuzz about it. It would be a religious experience they told me. Well let me tell you – THEY DO NOT SHUT UP! I’m talking about the birds, not the other wackos on the lake. Their constant whining and crying and hootin’ and hollerin’ all hours of the day and night – Geez! “Give it a rest!” I would scream. How was I supposed to create under these horrendous conditions!

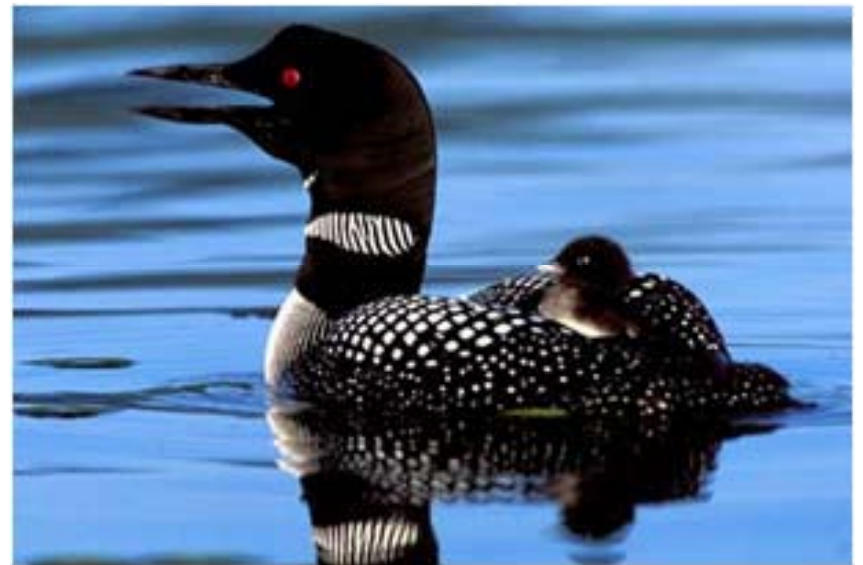
So, as to be expected, I drank alcohol in an attempt to block out the darn things and to fit in with the other vacationers. Somebody said, could have been Hemingway I don’t know, “Write drunk. Edit sober.” So that’s what I did. There must be some sort of art to drinking and writing because my resulting prose was indecipherable! It was the worst combination of cursive and block lettering you have ever seen. And using a computer didn’t help. The gobbly goop typed in those documents actually shut down my spell checker. A message came across the screen: “Are you sure you’re writing in English? Would you like to change languages?” The next morning, following the rules to edit sober, I dutifully opened the notebooks or computer and began to edit.

Didn’t have a clue what I had written, why I had written it, or have any semblance of the melody lines or intended key. What a freakin’ loony disaster. I came back home with a bit fat nothin’.

So here I sit once again, staring out the window onto that house of ill repute, at the turtles multiplying by the day, sunning themselves on the mossy banks, observing the snapping turtles leisurely making their way to the high grass to drop a goodie, and I ponder things. I guess there are worse things to look at rather than my scribbles or computer screen.

Oh and Ode to Joy – here come the lawn mowers.

Peruse more cautionary tales, rants and raves over on my blog “Menhart Musings” at www.suemenhart.wordpress.com.



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AB3 TRIO

26 - Dogwatch Café, Stonington, CT

AC/JD

11 - Voodoo Grill, Mystic, CT

ANDY & BETHANY

4 - The Irons, Mystic, CT 5-8
5 - Ridge Vineyards, Preston, CT 5:30-8:30
6,20 - Shipyard Tavern, Mystic, CT 7-10
14 - Saltwater Farm, Stonington, CT 3-5
16 - Angie's Pizza, Mystic, CT 5-8
18 - Breachway Grill, Charlestown, RI 6:30-10
28 - Pizzetta, Mystic, CT 6-9

ANDY CHANEY

22 - Daniel Packer, Mystic, CT
24 - Mystic Pizza II, N. Stonington, CT 7:30-10:30
25 - Steakloft, Mystic, CT 7-10

ANDY CHANEY

AND MARCY KELLEY

23 - Chapter One, Mystic, CT 8-11

AZALEA DRIVE

6 - Sunset Ribs, Waterford, CT 6pm
12 - On The Waterfront, New London, CT 7pm
19 - Steak Loft, Mystic, CT 7pm

BEBOBALUBOB

5 - Angelico's, E. Hamprton, CT 7-11
13 - Harbor House, Mystic, CT 8:30-11:30
19 - Ivory Pub, Deep River, CT
27 - Toyo, Colchester, CT 8:30-11:30

THE BEN CHARLES BAND

4 - Telegraph, New London, CT noon
12 - Stashes, New London, CT
26 - Harbor House, Mystic, CT
27 - Burke's, Niantic, CT

THE CARTELLS

3 - Steak Loft, Mystic, CT 7pm
4,11,18,25 - Norwich Inn, Norwich, CT 6:30pm
5 - Community Center, W. Hartford, CT 7:30pm
6 - Harbour House, Mystic, CT 8:30pm
10 - Knickerbocker, Westerly, RI 7:30pm
12 - Maugle Sierra, Ledyard, CT 6pm
14,28 - Maugle Sierra, Ledyard, CT 3pm
10 SOUND WAVES

20 - Bill's Seafood, Westbrook, CT 7:30pm
26 - Pazzo, Rocky Hill, CT 7pm
29 - Point Inn, Old Saybrook, CT 12:30pm

THE CRITIC'S

6 - Burke's, Niantic, CT 8:45-12:45
12 - Stonehouse, Baltic, CT
20 - Sneeker's, Groton, CT 8:30-12:30

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7 - Pattaconk 1850, Chester, CT
9,16,23,30 - www.icrvradio.com 4PM
9,16,23,30 - Nightingale's, Old Lyme, CT 6pm
10 - Bee & Thistle, Old Lyme, CT
12 - Westside 2 Pint 0, New Haven, CT
19 - The Stand, Branford, CT
21 - Holmberg Orchard, Gales Ferry, CT
24 - Steak Loft, Mystic, CT
31 - Old Lyme Inn, Old Lyme, CT

DARIK & THE FUNBAGS

12 - Blackstone, Southington, CT
20 - Nanola, Malta, NY
27 - Newport Blues, Newport, RI
28 - Blu on the Water, E. Greenwich, RI 2pm

THE DRAWBRIDGE BAND

11 - Public House, Old Lyme, CT 6-9pm

EIGHT TO THE BAR

13 - Dancing Feeling, Warwick, RI 7:30-11
26 - Owenego, Branford, CT 8-11pm
29 - Capt. Cove, Bridgeport, CT 3:30-7

THE FAKE EXPERIENCE

26 - Sneekers, Groton, CT 8:30-11:30

FRANKENPHIL

4 - Steak Loft, Mystic, CT 7pm
8 - Rathskeller, Charlestown, RI 12pm
11 - Dans Place, W. Greenwich, RI 8pm
12 - McBrides, Providence, RI 6:45pm
13 - Ivory Rest., Deep River, CT 8pm
14 - Ridge Vineyard, Preston, CT 12pm
18 - Atlantic Broadband, Waterford, CT 2pm
18 - Silver Oak, Old Mystic, CT 7pm
20 - Penny Lane, Old Saybrook, CT 7:30pm
26 - On The Waterfront, New London, CT 7pm
27 - Sons Of Liberty, Peacedale, RI 5pm
28 - The Pub, Matunuck, RI 3pm
30 - Stomping Ground, Putnam, CT 8pm
31 - O Rourke's, Warwick, RI 7:30pm

JAMES HARRIS

2,9,16,23,30 - Harp & Hound, Mystic, CT 8pm
3,10,13,17,24,27,31 - Daniel Packer, Mystic, CT
6,19 - Pizzetta, Mystic, CT
11 - Perk & Corks, Westerly, RI
12 - Venice, Westerly, RI 7pm
18 - Steak loft, Mystic, CT 7pm
25 - Mystic Aquarium, Mystic, CT 6pm
26 - Maugle Sierra, Ledyard, CT 6pm

JOHNSON GIRLS

7 - Old Stone House, Brooklyn, NY
12 - All Souls, New London, CT

JOSI DAVIS

20 - Breachway Grill, Charlestown, RI 7pm

JOSI DAVIS

& HER NEXT BOLD MOVE

5 - Pattaconk, Chester, CT 7pm
6 - Knickerbocker, Westerly, RI 8:30pm
12 - Harbour House, Mystic, CT 8pm
27 - Sneekers, Groton, CT

JUNKYARD

HEARTSTRINGS

5 - Baci Grill, Cromwell, CT 7-11pm
6 - Canal Bar, Worcester, MA 7-10pm
12 - Hank's, Brooklyn, CT 7-10pm
13 - Latitude 41, Mystic, CT 7-10pm
15 - Rathskeller, Charlestown, RI 8-11pm
19 - Grill 37, Pomfret, CT 7-10pm
25 - Vincent's, Worcester, MA
26 - 99 Restaurant, Norwich, CT
27 - KBC Brewery, Webster, MA 7-10pm
29 - Angelico's, E. Hampton, CT 4-8pm

MATT n DEAN

11 - Hardrock, Foxwoods, CT

MUDFOOT

26 - Dogwatch Café, Stonington, CT

NICK BOSSE

4,11,18,25 - Habour House, Mystic, CT
13 - Two Brothers, Voluntown, CT
20 - Mystic Pizza II, N. Stonington, CT

PIRATES FOR PEACE

13 - Octane, New London, CT
19 - Waterfront Mary's, Webster, MA
20 - Music Lady, Plainfield, CT
27 - Moose Hall, Bozrah, CT

RIVERGODS

5 - Daddy Jack's, New London, CT
18 - Back Porch, Old Saybrook, CT

27 - The Social, New London, CT

SAM E. JAMES

12 - Backtracks, Westerly, RI
17 - Mystic Pizza II, N. Stonington, CT 7:30-10:30pm

SUGAR

12 - Velvet Mill, Stonington, CT 8pm
19 - Ocean Mist, Matunuck, RI 10pm

THREE2TANGO

12 - 99 Restaurant, Norwich, CT

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20 - Foxwoods, Mashantucket, CT

Chris Botti

7 - The VETS, Providence, RI

Christopher Cross

13 - Misquamicut, Westerly, RI

20 - Mohegan Sun, Uncasville, CT

David Crosby

29 - Garde Arts, New London, CT

Delbert McClinton

19 - Infinity Hall, Hartford, CT

Fire Fall

12 - Misquamicut, Westerly, RI

Foreigner

5 - Foxwoods, Mashantucket, CT

Jason Aldean

18 - Dunkin' Center, Providence, RI

19,20 - Mohegan Sun, Uncasville, CT

Kris Kristofferson

6 - Garde Arts, New London, CT

Luke Bryan

13 - Xfinity Theatre, Hartford, CT

Mary J. Blige

13 - Foxwoods, Mashantucket, CT

Robben Ford

7 - Wolf Den, Uncasville, CT

Robert Cray Band

26 - Garde Arts, New London, CT

Robert Randolph & The Family Band

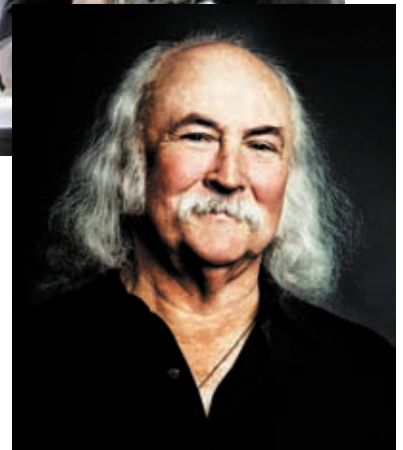
6 - Wolf Den, Uncasville, CT

Tim McGraw/Faith Hill

5,6 - Mohegan Sun, Uncasville, CT

Tony Bennett

10 - Bushnell Center, Hartford, CT



BAR FLY JOURNALS

By Stephanie Shawn

Hello, my Sweet Bar Flies, so here we go again. Another year, another Spring, when the Sun comes out we all get a little boost, a little Spring in our Step. So using that Springy Step, I am putting a little more effort into my officiating. I love weddings and I think I do a damn good job officiating them! Dammit...so message me if you're getting married! Every ceremony is beautifully handwritten and tearfully dramatic and original! Can't beat that with a stick... but speaking of Spring and Love I headed out with Bestie MICHELLE BABCOCK to OCEAN BEACH'S BLESSING OF THE BIKES! Woohoo!



We were so lucky to get a beautiful, warm Spring Day in April to watch the massive crowd of Bikes wheel into the parking lot. I saw so many people I know RUSSELL, TOMMY ARRUDA, KIMMY HANDLEY, JAMIE QUATROMANI, WAYNE and SAM BYZDLO, BOBBY RAT and of course, my Sis ELIZABETH and hub CHRIS CIP etc etc, but missed Miss LINDA SCAVELLO (sad face... cuz this mag ain't got no emojis)! Anyhow, we stood near the exit



and watched the Show..the priest headed down each line of Bikes, blessed them, then sent them on there way... Was Awesome!! Then we headed for a cocktail at PORT AND STARBOARD upstairs from the Boardwalk, and then we jumped on and in our rides and headed over to Old Time Family Fave STASH'S.

I was hoping for a cookout or band or something but we were disappointed.... What the frock? Where the hell was everyone? So we jumped back on and headed out to DOUG'S BROWN DERBY. Saw DOUG, but no music, no cookout. Uggggg. Apparently, we should have headed over to MIKE'S HARLEY because rumor has it, that was The Spot. We are such freaking' losers! Oh well, next year!!

Went to a Paint Class at AMIGOS in Westerly with MICHELE and MAUREEN. We painted an adorable bunny with JEANETTE MORRONE VERTENTES, and when I say adorable I mean JEANETTE'S beautifully painted little Easter Bunny was, Mine? Not so much. Omg! How is it that 20 people in a room can follow the instructions of an artist, with the same canvas and paint and come up with 20 completely different paintings? I don't get it. Saw hostess with the mostess SYLVIA, holding down the door at AMIGOS. She's a Rockstar! And she has beautiful hair! But back to the Paint Class. After a few selective touches from JEANETTE'S magic paint brush, we all walked out of the class with a cute bunny that we can proudly display each Easter for years to come! Loved it!

12 SOUND WAVES

I also got a call from ED HABEREK, who was in town visiting with GAY ANN, his new girl. She and I belted out SWEET CHILD OF MINE, and I banned myself from EVER performing that one again! All my dreams of a possible spot on The Voice? Shot down with one video sent to me the following day. Ugggg another dream shattered. Even with a couple cocktails in me that night, I knew it was reeeeeaaaaally bad! Sorry for any damage GAY ANN and I may have inflicted on the hearing members of the audience at AMIGOS.

DAVE THE EDITOR was out at the KARL KELLEY TRIBUTE, but stopped in to ON THE WATERFRONT for Bloody Mary's with NICKY the Bartender! Tried to drag me along, but some of us have a deadline!!

Just saying!

So, I'm wandering the aisles of STOP & SHOP WESTERLY when I get a call from Hub that an MMA type kickboxing event was being held at DOONEY AVIATION in 2 hours. How in the heck did someone plan out an entire event with 400 audience members, a bar and 13 fights at "Our Airport" and we not hear anything til 2 hours before?

Man, I am losing my touch.

So I raced home, through on some tight jeans, fluffed the hair, strapped some heels to my feet and waited for my DD. MICHELE it is! It's tough being a Bestie! We headed down to DOONEY and bypassed the large, buff looking crowd and maneuvered our way behind the counter. We had our own little Bar, VETRANO'S Pizza and an Antipasto, and we were Golden!



The lobby at the Airport became the warm-up room where all the fighters waited for their bouts! Front row seat to the beautiful bodies! And let me tell you, these fighters were pretty damn tough! I'm not sure if you've ever been punched or kicked in the face, but they took it pretty damn well. Alotta girl fights! And these were some tough beeeootches.

Meanwhile, back behind my counter, suddenly I see some girls waving wildly to me. I'm feeling good, I wave back. Then they wave me toward them. Tough women boxers? Need a sparring partner? Hmmm. I walk over. "Excuse me...can we get some toilet paper in the bathroom?" Seriously? I'm now the custodian? Omg! How do these things happen to me? So I got the toilet paper.....

May 13 MICK MARRA announced THE BOYS ARE BACK IN TOWN! WOOD RIVER INN! ISRAEL MALEK at PIZZETTA. Bingo is Baaaaack! VOODOO GRILL in Mystic! Free to Play and enjoy their Happy Hour Specials, and then of course we forgot Monday Night TRIVIA NIGHT! VOODOO GRILL! Stop by and enjoy there talented musical line up including ETHAN CASH! Just drove by CLYDESDALES and saw ALTER EGO unloading for a show... looked like ROSE'S opening day ride was a success! MR. BELL called me the same damn day and said MISS ROSIE may have put a whopping on his ass the night before. Sheet happens!

And DOUG YORK was out with his daughter CASEY for her Birth-

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day recently. They celebrated at the Golden Triangle. Or is it Bermuda? CLYDESDALE'S, HILLTOP and BACKTRACK'S or maybe it's a square, cuz I believe DANNY'S has got to be on the calendar if you're heading into the Triangle! CASEY works at MYSTIC PIZZA, so stop by, order a pepperoni pizza and a beer and wish her a Happy Birthday!

Put June 10th in your calendar to see RANDOM ACCESS at STRANGE BREW. STEVE CERSOSIMO at RATHSKELLAR. Not sure WHAT HAPPENED WITH THE KNICK, BUT SOME amazing shows COMING UP!! MARC DOUGLAS BERARDO on the 7th, WILL HOULIHAN ON THE 11TH, SHINY LAPLE TRIO on the 24TH AND SUGAR RAY AND THE BLUETONES ON THE 26TH. Happy Mother's Day to all the beautiful supportive Mother's in my life especially MISS DAWN MERSHON. Love you!!! And MICHELE? What a special lady! My thanks to you both for making me what I am today!! Fabulous!

Romper Stomper Time, Baby! I see ANABEL COLLADO-MONTALBANO, MIKE GARDNER, CARRIE SYLVIA, JEFF MCCABE, BRIAN GAUDET, JOHN FRIES, BILL SEYLER, DEAN SCHLAIS, ERNIE LOPES, JEREMY URBANIK, MARSHALL MAC, CATHY SIMMS, DAN CAREB, LINDA TURNER WHYTE, BRIAN BRADLEY, JOHN GAVITT, LEE OLIVER, TIM BREAU, TOM SANTOS, JAY MINICUCCI, LESLIE CLEMENTS KING, GREG PICCOLO, KRIS STARKS, SABBY CONTINO, TRICIA KIMBALL, ROBIN BENTZ, CHARLINE EITEL, JOANNE HOLLY, ROXANNE FERRARO, BOB GLADUE, MICHELLE JAMES, CHUCK LANPHEAR, BILLY PEARSTON, JEAN MURRAY, KEVIN MANZELLA, DANNY BROUGH, NEIL ROMA, NICK BURLINGHAM, LISA CLOUGH, CATHY LARKIN, SARAH MORRISEY, JOE PRESTI, KEN SORENSON, MIKE HURD, BERNARD JOHN, KAREN MATHEWSON, BRENDA PECKHAM, JEFF HALL, JOE POLLARD and the beautiful TINA MARIE PLENNINGER celebrating hers in style at the HAVERSHAM with handsome hubby PETE and friends! Happy Birthday!

So, I'm out! Winter is Over and I hope to see you somewhere. Keep the invites coming and keep the faith! Yes NANCY MENHART I like Events! But, musicians, post where you'll be because even if people are not commenting on it, they are seeing it. I know FACEBOOK sucks now with all their changes, but if I wanna find where someone is playing it's a good go to... but as you know, listing in SOUNDWAVES MAGAZINE is so much better! We can just look up the dates and see where you'll be! So send in those dates, peeps! Hope to see you early afternoon on the 19th for BOBBY RAT'S RETIREMENT EXTRAVAGANZA from EB at the HANDLEBAR CAFE with the entire gang! Til next time..I love you, my flies. (kissy face emoji)



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GRACE KELLY



By Niles Wilson

Grace Kelly is a powerhouse saxophone player, an effortless master of technical skill and artistic personality who has been perfecting her craft since she released her first CD at the young age of 12. In the 12 years since the musician has traveled the world, worked with countless jazz legends, and even broken into performing on live television. In spite all her accolades, the first thing that you notice about the musician is how relaxed and down to earth she is. Spending half her life working in the industry clearly has done nothing to break down the spirit of the woman; today she is more driven, inspired, and adventurous than she perhaps has ever been.

When Grace Kelly first picked up the saxophone she didn't want to become a professional musician, she was just infatuated with the powerful instrument she had discovered. By age 12 she had mastered the instrument enough to catch the ear of her music teacher, who suggested she record a CD to look back on in the future. He even offered to play background instrumentation on the album.

"So we did it and the next summer I was writing a lot more songs so we were like 'Hey, let's do another summer project'. And then by the third album our local jazz DJ started playing my music off the CD".

But she didn't stop there. Every year she put out a new CD documenting her growth as an artist. As she continued to churn out projects people began to take notice. She began to be invited to play along artists like Keith Lockwood, Dave Brubeck, and Phil Woods. At 14 she even impressed Woods enough that he presented the budding musician with his signature leather cap. Later their working relationship evolved, and they put out a heartwarming CD together inspired by that moment.

Today Grace has stopped recording music simply to mark her progress, and is focusing more on what she as an artist wants to say. With her explosive 2016 album "Trying To Figure It Out", the musician captured the intense inner conflict and struggles that all humans experience while discovering their path. In fact the artist herself had to struggle to recorded the album in just three months so that it could be released alongside the Emmy nominated series "Bosch", in which she performed an original song (which was then put on the album).

The concept of the album itself was inspired by her time recording out west a few years before. "I was fresh out of college and searching for that next artistic statement I felt I hadn't stepped into quite the way I wanted to...Within that time I was working with different songwriters and musicians, just searching. Everyone in the producing chair would say to me 'You should do this, or you should do that' and it was this really confusing time for me where I would want to go one way, while never really knowing if it was my true authentic me".

Grace still loves the EP that she released at that time, but since then she has continued to reinvent and challenge herself. She even broke out of jazz and tried her hand at scoring the background music for the indie film "The Bird Who Could Fly", an authentic window into what it is like to grow up in a Korean family seeping with disfunction.

"The challenge with the music is that it was a very minimal score...certain scenes all it needed was a sound effect. We worked a 10 hour day with [the director] in the room to get it right because he expressed he didn't want it to come off like a Korean drama. There were certain scenes where if the music was inappropriate it would sound cheesy. That's how powerful the music was".

Another way that Grace chose to expand herself was by making the jump into the television world. Not only did she work with the live band for NBC's variety show Maya & Marty, she also joined the live band for Stephen Colbert's late night show, which was one of the most challenging experiences of her life. What started as a simple request by bandleader John Batiste for Grace to appear one night quickly transformed into a six month stay in which the musician had to familiarize herself with several

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instruments she hadn't touched in a long time.

The biggest challenge that Grace had to tackle working with Batiste's band Staying Human was the fact that for The Late Show they didn't use any written music, or even a setlist. Everything was created off the top, which pushed Grace, and opened her eyes to the improvisational magic that a band with true chemistry could create

Over the course of her time on The Late Show, Grace developed an intense appreciation for Colbert's work ethic. She noticed that like many celebrities he was just a man with a passion that showed itself in how much attention and love he put into making his show go off without a hitch. The hustle of perfection made a profound impression on Grace, and has inspired her to put that same energy and refinement into her own work. "The behind the scenes is not as glamorous as people think it is...there were a lot of days that I thought 'How the hell are they going to put this together?' But they always did, I guess that's the magic of TV".

During her stay on Colbert's show Grace released "Trying To Figure It Out", which drew in a much bigger audience for the album than she was typically used to. The women's powerful presence and creativity quickly captivated everyone who saw her rock it on that stage. She began to receive messages from parents of young girls who claimed her as their new role model. Breaking into the industry Grace didn't think much about the lack of female saxophonists, but she has cherished and embraced being that role for the next generation.

In fact women, and people in general, can learn a lot more from Grace than simply how to play the saxophone like a boss; the musician's internal balance is something to strive for as well. Despite all the confusion and challenges that she has experienced throughout her career Grace is more relaxed than ever, while still embodying all of the passion and drive that got her to where she is. She even has loosened up on her compositions for her studio band, resulting in a more organic and intimate performance.

"I used to write out every single part, roll up to the recording studio, put it in front of the band and say 'Play it'. But I'm now developing such a personal relationship with my bandmates that has grown over the years... Everyone has such a unique personality with their instrument so if I can write more for the band it has much more of an authentic band sound...so I'm trying to step away from the super specific parts, and instead give a lot more of a broad idea that we can work out"

Outside of the music itself Grace works just as hard to shape her brand and identity. It is an identity that she (along with the help of her father turned manager) has been developing since she was a child, and she feels weird about letting someone else try to invent it for her. "I do all my social media myself, as well as graphic design and email....there are days where I'm on the computer all day...Nobody told me when I was just starting to become a musician that 'Hey, you're going to need to spend just as much time on the computer, and promoting, and making your own content as you do on your art'. It's really a DIY culture, and it's just turning more into that".

Grace has embraced this transition, and in 2017 she is focusing her efforts immensely on creating more relatable content, and connecting with her fans. She recognizes that so much of the industry's focus has shifted from consuming musicians in the form of a full album, and instead emphasizes consuming musicians as full people. In that spirit she has started several media projects to help herself expand beyond the CD. The first is her weekly "Sunny Sunday Sessions", in which Grace invited fans to hang out on Facebook live for intimate conversations, updates, and of course music. Another weekly project that she has worked on is her pop up series, which airs every thursday, and sees Grace traveling the world, performing new ideas in tons of new places such as the waters of Haiti, the Santa Monica Pier, and even a mysterious and moody parking garage.

But perhaps the most exciting project that Grace is preparing to put out is "Go, With Grace Kelly". The idea behind the webseries is simply to

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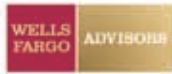
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open up conversation between creatives. The show will feature not only musicians, but also comedians and other guests as well. No matter the profession of the guests, however, Grace makes sure to keep things spicy by ending each episode with a jam between the host and her guest. The first episode, featuring award winning bassist Marcus Miller, was just released on Youtube last month.

Yet despite working so much, and spreading herself in so many directions, Grace has never stopped thinking about and pursuing the message she wants to share. Recently she has begun to develop her follow up to "Trying To Figure It Out". This time she is going to take a lot more than three months to fully develop her theme and ideas, and it could very well result in her biggest album to date.

When Grace Kelly first picked up the saxophone she didn't want to become a professional musician, she was just infatuated with the powerful instrument she had discovered. Still, as the artist continues down her path at the young age of 24, she is prepared to leave a mark on jazz like no one has seen before.



16 SOUND WAVES

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HEARING AID



Real Estate

"In Mind"

Domino

Indie rock is one of those genres that can mean anything. There are bands with lo-fi sounds like The Strokes that sound like they were recorded in their garage. There are psychedelic bands like Tame Impala that make the listener feel like they've taken too many 'shrooms. There are wildly innovative bands like MGMT that use a lot of electronics and sound effects.

Real Estate does none of these things. They just make pleasant songs with thoughtful lyrics and catchy melodies. I loved their last album "Atlas", and their recently released follow-up "In Mind" follows much of the same formula. Beautiful vocals, tasteful production and lots of great guitar lines create a very listenable and enjoyable sound.

The album opens up with their first single "Darling". It carries the signature Real Estate sound - mellow arpeggiated guitars and soothing vocals with a little bit of extra reverb and some swirling phasing coming and going throughout. They have a real talent for blending sounds, tastefully done harmonies and great use of dynamics.

I love that they can make use of the indie rock sound in a tasteful way, creating interest and modernity without the effects becoming the dominant force of the material. The songwriting still comes front and center. Tunes like "Serve The Song" keep an easy pace and paint a beautiful scene without getting carried away.

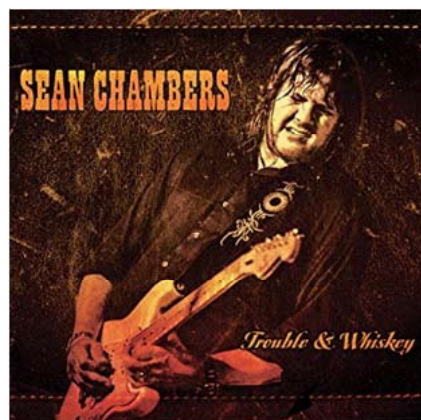
"Stained Glass" is one of my favorites on here. It has a little bit of a synco-

pated rhythmic feel, and the harmonies sound heavenly when the chorus kicks in. I really don't want to compare them to The Byrds, but I can't help noting a little bit of that kind of sound throughout the album, especially on this song.

"In Mind" isn't a dance album or a high-energy party starter. It's more of a Sunday drive through the country kind of feel. Slower songs like "After The Moon" and "Two Arrows" ease down the pace somewhat and meander in and out of a dreamy, cloudlike state.

The rest of the album really doesn't stray too far from their formula. Real Estate has a characteristic sound, and they stay loyal to it throughout. Too many indie rock bands try to do too much and cut across too many genres. These guys do a great job of being tasteful and interesting at the same time. The vocals are very nice, the guitars soothing, and the whole piece of work is very cohesive. I recommend checking it out - this is something almost anyone could enjoy.

- Tom Matthew
Two Ton Music



Sean Chambers

"Trouble & Whiskey"

American Showplace

If you love, love, love guitars check out Florida-born blues guitarist Sean Chambers' sixth release "Trouble & Whiskey." The new album includes seven originals and three covers and DOES NOT QUIT. Support is provided by talented musicians Michael Hensley on B3 and keys, Todd Cook on bass, and Kris Schnebelen on drums.

The album kicks off with the driving

"I Need Your Lovin'" featuring fat guitars accentuated by high on the neck screamin' licks and then rolls into "Bottle Keeps Staring at Me" with some hard driving slide work. Chambers' vocals remind me of Billy Gibbons from ZZ Top - bold and fearless. The title track, "Trouble & Whiskey," is a slow blues number with some beautiful B3 and an unbelievable guitar lead.

The band funks it up on the instrumental "Travelin North" where all the musicians get to shine especially Hensley on keys. The cover of Johnny Copeland's "Cut Off My Right Arm" is dirtier than the original with Chambers' own touches throughout. The cover of Rory Gallagher's "Bullfrog Blues" is super fun and will have you boppin'. Equally entertaining is "Sweeter Than a Honey Bee" which features honkey-tonk piano and resonator guitar while "Handyman" shows off how tight this band is.

Chambers' cover of the blues classic "Careful with a Fool" undeniably proves he deserves a spot right up there with the rest of the guitar greats who have also covered this song - Johnny Winter, Tommy Castro, and BB King. The album finishes with the funky "Gonna Groove" and leaves you wanting more. Visit <http://www.seanchambers.com> for more info.

- Sue Menhart



John Primer & Bob Corritore

"Ain't Nothing You Can Do!"

Delta Groove Music, Inc.

This is the second collaboration for John Primer and Bob Corritore. "Ain't Nothing You Can Do" features an impressive line-up that includes Henry Gray (tracks 3, 7 & 8) and Barrelhouse Chuck (tracks 1,2, 4-6 & 9, 10) on piano, Big John Atkinson (tracks 3, 7 & 8) and Chris James (tracks 1,2, 4-6 & 9, 10) on guitar. The foundation of this rhythm

section features Troy Sandow (tracks 3, 7 & 8) and Patrick Rynn (tracks 1,2, 4-6 & 9, 10) on bass and Brian Fahey on drums. What you hear on this disc are artists who have skillfully gleaned styles from their blues forefathers and made it their own. These cats are keeping the blues alive!

There are ten tracks on this recording; tracks one and ten were penned by Primer and track six by Corritore. The remaining seven tunes are well chosen covers. Track one, "Poor Man Blues" is an up-tempo shuffle and not what you might have expected from the title, but it is rather an altruistic outlook. Primer expresses, "Need me some money so I can loan a helping hand...they need food, clothes, water and shelter; help them through the day and night. And everyone would be so happy; everything would be alright!" Corritore plays 3rd position blues harp, giving his solo some unusual harmonies. Track two, "Elevate Me Mama" (Sonny Boy Williamson) is a playful tune filled with double entendre. If you think this song is about elevators, guess again! Primer's guitar riffs are reminiscent of former band mate, Muddy Waters. The third cut, "Hold Me In Your Arms" is an up-tempo shuffle with solos from Gray on piano, Corritore on blues harp and Primer respectively. Primer's vocals are enthusiastic! Track four, "Big Leg Woman" is a familiar theme to the blues. This slow blues echoes classic blues lines like, "...you got somethin' down there, make a bull dog hug a hound!" The slide guitar intro and solo are, once again, reminiscent of Waters' style. Track five, "Gambling Blues" is an up-town shuffle. Corritore delivers a wailing harp solo followed by Primer answering on guitar.

The sixth cut; "Harmonica Boogaloo" is a single chord funky blues, and not surprisingly features Corritore on harmonica who penned this song. Corritore is not the only musician to shine on this track, though. Primer provides some funk of his own, with Gray, James, Rynn and Fahey laying down a solid rhythm section. The seventh cut is the title track; "Ain't Nothing You Can Do" and is a moderate tempo twelve bar blues. Gray starts the solos, followed by Corritore once again playing 3rd position harp. This tune is also graced with the only guitar solo from Big John Atkinson on this disc! Track eight; "For The Love Of A Woman," is a funky twelve bar blues, followed by an up-tempo twelve bar shuffle, track nine, "May I Have A talk With You."

LOCAL BEAT



Olive Tiger Sings of the Highs and Lows of the Experiences of the Female Body

By Andrew Kerbs

I recently had the pleasure of buying Olive Tiger's *Until My Body Breaks*: an orchestral electronic album by a New Haven band consisting of Dane Scozzari on drums, Jesse Newman on strings and Olive

on guitar and vocals. Their music can be light and loving with its romantic allusions. Some of the album's heavier areas bespeak ambivalent relationships with others both loving and evil, and the strife to rise above it all with gritty self-determination and eventually communal salvation with our loved ones.

Tiger's sonorous album starts out with "I Find Myself:" a masochistic song about dancing with a devilish lover whose "so bad for me yet makes me weak in the knees." Perhaps this opening cut speaks to how women find in their lovers something left over from their absent or abusive fathers. She recognizes he is bad for her and yet the singer finds herself drawn to him like a magnet to "find myself within you (or is that with the new?)" and resolve the unfinished business she longed to finish with her own Dad. With its rim shot rhythms and beefy cello, this tune's layers of harmony are so dissonant and yet so beautiful! The Elektra-themed lyrics simply add to its beauty.

"Lament" is an acoustic strum with drooling violins and squeezebox which slows to a crawl of a waltz then back again. This song is apparently about an abusive relationship: "Eye for an eye . . . blind from tears. I wanted to give you all of me but it's too late."

Additionally, "Stardust" features violins shimmering with enthusiasm alongside references to a female on a lonesome highway, striving for validation: "Next time you ask if I'm alright . . . take a good look in my eyes . . . see if you can see all the truths haunting me bursting underneath my face." The piece's wonderfully surprising change of key mid-song parallels her own change and evolution as a grounded person despite her troubles: "Look around I can see I'm standing on ground." Rock drums pick up the tempo towards the end of this psychological song.

"Exodus of Misery" sounds a lot like the same kind of self-determination prevalent in the songs "Stardust": "Let me be. . . I can take whatever comes. When feeling alone you can make it go far from home . . . just roll along right down the road" The song reminds us that sometimes rugged self-reliance is preferable to blaming others for our challenges.

The subtly sociopathic "Killer's Ballad" is strangely titled since its country lyrics are sung in such a slow detached way as to make any sadism appear contemptuous and care-free: "And when you come crashing down you'll never know that it was me." The cold-blooded tone of the song is further conveyed by the chilling string accompaniment during the "wah" guitar break at the song's end.

On a lighter note, "Sunshine" is light and jumpy, featuring clappy "bum-

bums" with a high hat standup bass . . . only to evolve into a heavy rhythm. "Dark" consists of vocals set to background traffic sounds followed by a clappy beat and punchy bassline. Shriill but strident "whoa" hooks are prevalent with their dissonant harmonies in "I to You," featuring a melodic violin and vocals about beach allusions as well as metaphors about passionate love: "You're a mouthful of fire . . . a spark on a vine, a passing blast of heat (and a chemical release). A sharp snare and cymbals also punctuate the "whoas" in "Dark" which slams shut with a cacophonous ending not unlike the band Radiohead or Stereolab. . . all amidst humming tunes about flighty lovers and tea leaves in the sun.

Finally, "Beyond the Gate" appears to be about communion with others you love after death: "Run and don't look back . . . meet me at the gate and see what lies beyond . . . When you lay your body down under the stars, hearts will rise so bright they may not come back down. . ."

Folks interested in the tales of a woman who strives to thrive in life and after death should enjoy this sweet foray into pretty violin and vocal harmonies as well as electronic rhythms. Buy it from your local music store at "Telegraph," "Mystic Disc" or "Fiddleheads" in Southeastern CT.



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Primer goes in rotation in the solo sections, playing slide guitar in his solo, followed by Barrelhouse Chuck on piano, and Primer returns with a robust slide solo!

The final cut is the other tune penned by Primer, "When I Leave Home." From the very beginning of this tune until the end, you hear the tradition of blues kept alive and well! Primer's lyrics attempt to soothe his woman that, "He'll be right back" and that she needn't worry about him cheating on her because, "...a second hand (lover) ain't nothin' but trouble, it'll put you in misery!" Corritore, Primer, and Barrelhouse Chuck all have their say in the solo section with total respect of the blues! If you are a blues lover, I highly recommend this CD!

- Ms Marci

ing the start for the protagonist who has no idea what his day will become. If you think that the first song is the only one you will want to dance to, then you are happily mistaken. Each individual track is an entertaining piece of poetry that creates a connection between the music and its listener. The journey will continue in their next record, which will be more freeform, and draw out a lucid picture to support the story told in this amazing CD so stay tuned.

- David Tacey



Someone You Can X-Ray

"Number's Law"

JC Productions

If you love jamming out to a groovy band that is inspired by a diversity of different musical genres, then Someone You Can X-Ray is right for you. "Number's Law" is an album that illustrates an epic journey where the listener follows a protagonist through an unusual and mystical adventure at a festival. As the day goes on, he encounters many anomalies. This album introduces their new band member Jeff Carter on guitar, contains stunning vocals by singer Dana Newman, and has a few creative and vivid cameos including parallel universes containing farm animals!

The first song, "5th Wheel", opens with the sound of an automobile starting up and transitioning into a funky guitar riff. Violin playing by Bobby Pickett chimes in to make a rhythm that will entice your head to nod along. Then comes in Dana's powerful voice initiating the start for the protagonist who has no idea what his day will become. If you think that the first song is the only one you will want to dance to, then you are happily mistaken. Each individual track is an entertaining piece of poetry that creates a connection between the music and its listener. The journey will continue in their next record, which will be more freeform, and draw out a lucid picture to support the story told in this amazing CD so stay tuned.



COOKING WITH THE BLUES



By Jack Chaplin

With Mother's Day coming up I've been thinking a lot lately about all the foods that our Mothers forced us to eat with threats of punishment and loss of privileges if we didn't eat what was on our plate. Now these foods are in vogue ie. Beets, Spinach, Kale, and yes even those smelly Brussel Sprouts. Roasted Beets w/ Goat Cheese, who would of thunk! Spinach in and on top of everything is the rage, Raw Kale is being massaged in exotic oils and vinegars, mixed with ancient grains like quinoa and sold for high dollars. Even my Cousin Dave brags about roasting Brussel Sprouts in a cast iron skillet over crazy high heat to caramelize the natural sug-

ars! We've come a long way Baby! Now I understand Liver, there is no middle of the road, you either love it or hate it! Even under extreme duress I wouldn't eat it. I'd stand strong and My Mother would eventually knuckle under, I think because she couldn't stand it neither. I have been hearing about this restaurant in Westerly that serves this dish of beef hearts, livers, and who knows what other offals in a spicy tomato sauce called Spezzie. If My Mother had tried to get me to eat that I'd do what my Father did when he didn't like what was on the table, eat a whole sleeve of Saltines with butter!

I was invited to the fights at Mohegan Sun a few Saturdays ago by Josh Feldman, the owner of Lazy Leopard. He sponsors Cassius Chaney who fights in the Heavy Weight division. Being 9 and 0 this promised to be an important fight with a tough opponent. I don't usually take off on a Saturday night but went and we met up for dinner at Sol Toro Tequila Grill, which is located right next to the arena in the Sun Casino. Of course we parked the furthest away possible and had to hike it in. I really feel for the non smokers who have to work in that environment breathing that second hand smoke! Having asthma that air really bothered me but I sucked it up, literally! Josh and Kendra were already there, the crowd was thin so we got a table right away. We immediately ordered drinks, Guacamole made table side and Barbacoa Nachos to start while we waited for Kendra's Uncle and Cousin, the Dave's. I always rate a Mexican restaurant by how good their chips and salsa are and they were on point. Hot chips made in house and a fire roasted salsa that had some pep! It was nice to kick back and watch the guac. being made to order. Made with two large avocados, fresh lime juice, onions, diced tomatoes, and chopped jalapeños, it was a hearty portion. The Nachos would have made a meal in itself, loaded with a spicy braised beef, cheese, beans, and you know the rest. LaKisha ordered the Chicken Taquitos, Josh and Kendra the Street Tacos (Choice of Smoked Shrimp, Red Snapper, Fried Chicken, Roast Duck, Barbacoa and Pork Belly). The

20 SOUND WAVES

Street Tacos (served with 3) all had different slaws, sauces and relishes. I hung back and didn't order anything batting clean up, I tried a Taquito and Kendra offered up a Pork Belly Taco. Cousin Dave ordered the Quesadilla Grande which lived up to its name and Senor Dave had the Duck Tacos. They weren't offering up any and having just met them I didn't ask for a taste but it all looked great. A nice touch is that they offer up rice and re-fried beans family style for the table. I really liked the menu, short by most standards, all the major hitters! From what we ordered, all were excellently prepared and served, the prices were very reasonable The service was on point, the waitresses had great personalities and were well trained. Towards the end Johnny Haines came to the table. I met Johnny when He had just come to N.L. from Chicago and was working at the Waterfront. Of he is a bad ass guitar player as well! He was heading home early but was kind enough to buy us a round of drinks, I missed out, I wasn't drinking! We will be back there soon, I want to eat my way through the whole menu. Some restaurant menus are so vast and nothing looks good, not to worry here, everything sounds appealing. Check out their website for hours and reservations. They got real busy by the time we left. soltorotequilagrill.com. 5 Stars!!

Now for the main event, the reason we came, to watch Cassius Chaney fight for a 10 and 0 record. I hadn't been to one of Cassius's fights before but had met him with Josh a few times. At 6'6" and 245 lbs. he is an imposing figure but with a smile that lights up a room. Cassius was an All-State Basketball player at Old Saybrook High School and went on to Univ. of New Haven, #6 High Scorer in the schools history. After basketball he got into boxing and was one of the top amateur boxers in the world before turning pro in 2015. The fight game has taken Cassius across the U.S. and to Europe all in a short amount of time. He has been the sparring partner with some major contenders and trained by some big names in the fight game. John David Jackson, Bernard Hopkins long time trainer was working his



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corner this fight. There were some preliminary bouts that were really good, three fighters from Kazakhstan won their bouts and were very impressive! They were tall, lanky and had what my Father use to call, "Buggy Whip Arms" that packet a wallop! LaKisha looked up Juan Goode, Cassius's opponent before his bout. Goode, 33, from Detroit had 12 fights, eight wins, six by knockouts and looked to be a strong opponent. The stats showed he had a 75% chance to knock Cassius out and when he came out I was a little concerned, he looked like a mini Joe Frazier! When they came into the ring I found myself sitting on the edge of my seat! It was a six rounder and right off the bat Cassius was keeping that long reach to his advantage and in Goode's face. When Goode got in close Cassius did a good job counterpunching, getting back outside, not standing in banging and brawling. I felt that our man won most of the first five rounds with one more to go. I was worried about a late knockout, the only way that Goode could win. It came down to the final seconds before Goode pored it on with some solid punches that could have rocked Cassius but he hung tough. Cassius is young at 26 and relatively new to the fight game. He is smart, well spoken and a student of the boxing game doing sort of an apprenticeship through sparring sessions with major contenders, soaking up the nuances and details. Boxing is filled with shady characters not always out for a fighters best interest. Cassius wants to go to Florida to focus on his conditioning and to get in top shape before he thinks about the next fight. As an arm chair observer to Cassius, be careful dipping your head down to the right and opening yourself up to a left hook! How about having two notable boxers based here in NL, Shelito (Shelito's Way) Vincent, #1 in the US #5 in the world, fighting Dec. 2nd and Cassius (The Honorable) Chaney, 10 and 0! You know what's honorable is Cassius's day job, mentoring youths!! Big Heart, Big Punch!

We ended up in Mystic a few weeks ago and were thinking of a place to grab a sandwich. I remembered hearing about a place close to the train station that made killer grinders and found it on a side street, Pasta Fresca & Piadina at 2 Lincoln Ave. I could tell when we pulled in that this is how a true Grinder Shop should look, kind of like pulling up in front of Sonny's in NL Surrounded by family homes sits Pasta Fresca, a small white building. We walked into a small entry way and saw an even smaller kitchen in the back. We ordered up two larges, one eggplant parmesan and one chicken salad. Before we had ordered we hadn't been sure about the chicken salad and were offered a sampling, the size would have made a small sandwich! It was tasty and surely homemade. The prices are hefty like the sandwiches but a large could feed two easily! The meat on a sandwich is like a Pastrami Sandwich from Katz Deli in NYC. You could ask for a few slices of rye and make two sandwiches! Be careful if you have a hernia or a bad back, I'm glad they don't charge by the pound! While we waited the owner Tia Bettencourt gave us a cup of the soup du jour, Buffalo Chicken Chowder. It was seasoned perfectly and had white beans in it which was a nice addition. Test of a true chef is soup and she passed. Come to find out we knew each other from a charity event at Ocean Beach for Meals On Wheels. Tim Grills use to put it on. Tim had Timothy's years ago where Daddy Jack's is now! If Tia worked with Tim at TVCCA before opening her own spot so I knew then that she knew what she was doing! We got home and got into the grinders, they sure enough they great. We ate off of them for a few days and we will be going back again very soon. Pasta Freca is open Mon - Fri 10-3, Sat 9-2, perfect stop on the way to the beach or out for a drive along the shore. Prego!

I want to wish all Mothers a Happy Mother's Day. We Love You! You made us what we are today. Jack



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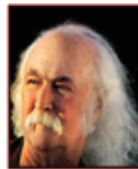
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