

radio
radio

Xperience

www.radioradiox.com

March 2021
Vol. 3, Issue 3

PETER ISELIN

Founder of Metroland brings us back to where it all began.

14

SO BROWN

Texas to Brooklyn has driven So Brown farther than the miles between them.

18



FREE

A R T M U S I C C U L T U R E



GIFT CERTIFICATES AVAILABLE

INDOOR & OUTDOOR SEATING AVAILABLE AT ALL LOCATIONS

FULL MENU AVAILABLE

SUNDAY BRUNCH AT 217, 10 AM - 2PM



12 1/2 DELAWARE AVENUE
ALBANY, NY
(518) 462-0050



4-52 BROADWAY
TROY, NY
(518) 326-0588



8 DELAWARE AVE
ALBANY, NY
(518) 449-2988



A Song Called No Place Like Home

Kaitie Page is back on the scene with new music for music for these trying times.

BY LIAM SWEENEY

Kaitie Page. Photo provided.

We all have different views of ourselves. A.k.as, stage names, nom de plumes and alter egos. I have “4AM Sween,” a writing and designing beast with a four-legged sidekick with the ability to screw up the laptop in a single pounce. Normally, I’m just boring old Liam. But I live for my alter ego, and it lives for me.

Kaitie Page is a not-so-mild mannered artist who keeps close to her vest the alter ego of Lunic, an electropop, electric violin bearing guardian of the beat. She’s striking out new with a new song as Kaitie, but could Lunic ever truly take a back seat. We shall see.

I sit with Kaitie and we discuss chrome-plated Art Deco rocketry.

RRX: Your music has made you a world-traveler, with at last count twenty-five countries under your belt. That’s a metric (and imperial) ton of diversity. Most people do a world tour, and they don’t break six. Was there any one of those countries where the sound or the scene became something of a driving force with your music, or your approach?

KP: The UK for sure! I spent a few years in London and found that the UK as a whole is one of the most receptive countries to new music. There seems to be a general appreciation of and support for artists coming on the scene who think outside the box and don’t sound like everybody else. New artists

can really thrive in places like London and Manchester more so than in any of the other cities in which I’ve lived. The Brits love their music and they really seem to have an ear for what’s new and good. I miss London!

RRX: You play many things, but you were classically trained in violin and viola. Was that all? And going to electric violin, and electronica in general, have you found that it’s allowed you to pull sounds out of those instruments that wouldn’t translate acoustically? And aside from simple amplification, where are you on the acoustic/electric “battle.”?

Continued on Page 5...

PETER ISELIN
Talent Manager Peter Iselin founded the renown alternative weekly, Metroland.
Page 14

SO BROWN
Songwriter and iconoclast So Brown takes us through dimensions of expression.
Page 18

FEATURES

Streets	8
Observations and Ramblings.....	29
Sassy Says	30



Art Fredette
Publisher

Liam Sweeny
Editor-In-Chief
Creative Director

Kit Haynes
Associate Editor

Dick Beach
Staff Geek

Contributors

Rob Smittix

Josh Reedy

Amy Modesti

Stephanie Bartik

Dawn Grimmick

Sassy Auburn

Jeff Spauling

Jetta Intelisano

Melody Morris

Vito Ciccarelli

Ed Conway

Contact

35D Saratoga Avenue,
Waterford, NY 12188
(518) 326-1673

info@radiatorio.com

Published by Imperial Broadcasting
in conjunction with RadioradioX.
com.



Photo provided.

Contents

- 3** 🎧 **KAITEE PAGE** REINVENTION AND SONGS FOR NEW DAYS
- 14** 🎧 **PETER ISELIN** MAKING A MARK IN ALTERNATIVE NEWSPRINT
- 18** 🎧 **SO BROWN** NEW OFFERINGS FROM A VERSATILE SOUL

Continued from Page 3.

KP: That's right, I was immersed in the classical world from about age 8-20, primarily on viola, but I always gravitated toward the piano although I never had any formal piano lessons. When I moved to LA after university, I began playing acoustic viola & violin in a lot of different bands. That's when I decided to just combine the two instruments and start playing a 5-string electric violin/viola. By default, I ended up teaching myself to play keyboards and guitar, as well. Pop music is pretty simple in terms of chords and structure compared to classical music, so it was a natural progression. Depending on whichever band I was playing in at the moment, I would add different pedals to my 5-string electric violin or I'd just unplug altogether. Personally, I love electronic music and electronic production, but I will always have an affinity for the sound of my acoustic viola... my baby!

RRX: You spent a lot of time in L.A. in the pop-rock scene. You were in the band Porcelain, signed by Universal Records. Being from Loudonville, going to Shaker High, do you think any part of the statement "you can never go home again" is true? How do you adjust to visits home when you spend so much time in iconic scenes?

KP: I definitely love going home to Loudonville and seeing everybody! I would go at least once or twice a year before COVID hit. The reason I don't think the statement, "you can never go home again," is true is because after being on tour buses and traveling to so many cities and countries and feeling so uprooted, all you really crave in the end is to get back to your roots. Also, logistically speaking, now that all tours are grounded due to pandemic regulations, I can pretty much work (paint and write songs) remotely from any city! There's really no "adjustment" when I visit Albany. I feel safe there (emotionally) and lucky to be

surrounded by my family, friends & supportive fellow Shaker grads!

RRX: So now, the turning of the tide, so-to-speak. You went from Lunic, a multitalented sensation, going all over the map, and you had enough. You refocused, found new ground, particularly with visual art. And in my opinion, your artwork alone would make me want to listen to your music. So, can you take us through this turnaround?

KP: It's very rare in music that one person does everything: songwriting, singing, playing every instrument, arranging, producing, engineering, mixing, mastering, promoting, managing, music video production, touring, etc. But in fine art and painting in particular, you can really be fully in control of how a project turns out. For me, painting abstract art, indeed, comes from the same creative headspace as songwriting, but with painting I get to finish the work completely alone with complete creative control. It's an outlet that I definitely need and appreciate in my life.

With music, one of the biggest lessons I learned is that it's important to work with likeminded people who you trust wholeheartedly with your art and who are on the same page as you conceptually. For example, all of my songs start with me alone on piano or guitar and singing. To morph the work into the form I hear in my head, which is oftentimes, if not always, some sort of electronic or dance version of the demo, I need to delegate various responsibilities to various people. Admittedly, this is something I have never been very good at and I made a lot of mistakes with this in the past.

That's why I was so lucky last year to have finally found my team, my people, in Mexico City! And I think that's part of what my eight-year recording hiatus was about – waiting for the right

Continued on Page 28...

THIRD SON RECORDS
RECORD PRODUCTION
DISTRIBUTION & PROMOTION
PUBLISHING-COLLAR CITY MUSIC ASCAP

LQUINN1@NYCAP.RR.COM

LARRYQUINNMUSIC.COM

518-428-9629

49 POINTVIEW DRIVE TROY, NY

BARRETT
BLACKTOP & PAVING
CONSTRUCTION CO. INC.

(518)235-0032

-Free Estimates -Fully Insured
 -All Work Guaranteed
 -All Materials State Approved



Paving & Stone
Delivery
Seal Coating

A family tradition since 1951

www.barrettblacktop.com

 We support our local community & thank our community for their support! 



Gift certificates available.

NIGHTHAWKS

100% Locally Sourced Farm to Table

Outside Seating | Daily Specials

461 BROADWAY, TROY, NY 12180 • (518) 272-1000
NIGHTHAWKSTROY.COM • VISIT US ON FB & IG

CHUNGO BOWLS

DELIVERY ONLY! **GRUBHUB**
Uber Eats




FACEBOOK.COM/CHUNGOBOWLS

CHOOSE FROM A VARIETY OF SOUPS WITH EITHER BREADSTICK OR PRETZEL STICK OR TRY ONE OF OUR MAC N CHEESE VARIETIES.

RIVER STREET

BEAT SHOP



197 River Street
Troy, NY | (518) 272-0433

LIKE US ON  BUY, SELL, TRADE - CD'S, LPS, & MEMORABILIA



TURN YOUR LAND INTO A POT OF GOLD

Lease Your Land to Community Solar

USLIGHT ENERGY

info@uslightenergy.com • 518-288-7800
www.uslightenergy.com/apply-for-land-leasing

Saratoga Springs Digital

PR | Marketing | Advertising

*Now through December 30, 2020
receive a Free 5 page Wordpress website
with any marketing package.*

We are a boutique, full-service media agency focused on helping small- and medium-sized businesses grow in the ever-changing and increasingly competitive information age.

We offer a complimentary strategic plan to every client program. We find solutions for businesses through a proprietary S.W.O.T. analysis process and develop a holistic plan that takes all aspects of your business into consideration.

Call us today to schedule your complimentary consultation.

(518) 491-8080

saratogaspringsdigital.com
saratogaspringsdigital@gmail.com



Saratoga Springs Digital
PR | Marketing | Advertising



NYS Inspections, Computer Diagnostics, Brakes/Tires, Steering, Suspension, Lube, Oil and Filter, Differential Services and MORE!

A Mechanic You Can TRUST!

122 Ontario Street Cohoes

518-237-8170



Hours
Mon - Sat
11am - 8pm

(518) 235-2323

787 & Dyke Ave, Cohoes, NY 12047



COLLAR CITY TATTOO

631 RIVER ST. TROY, NY
518.326.3797

Streets

BY KIT HAYNES

As I walk the streets of this town I am often taken unaware by a memory associated with a past incarnation a particular block had been. I've seen buildings come down and buildings go up in the spaces created like the filling of gaps in an adolescent's mouth. A few weeks ago, walking past the steps that lead to a basement bar where I worked I recalled champagne-tripping down the stairs in high heels, panty hose shredded. To this day I remember overhearing a friend telling someone, "Kit thinks she can fly whenever she drinks champagne." Too many glasses of champagne and the six inches from sidewalk to road can feel like a runway or a landing strip. It could go either way.

My apartment is a little more than 650 steps to an ex-lover's apartment. I'm not a stalker – he no longer lives there but we had some good times in that place. I enjoy remembering them. Like a lot of folks, I walked a good deal during the first months of COVID. It helped combat the tedious restlessness that accompanied the seclusion of quarantine. After a while I extended my walks to include other parts of my past. The stoop where I had my first kiss is, according to Google maps, 12 walking minutes away from my current address. That three-story tenement no longer exists, it's now an entrance to a parking area. The traffic on that block used to head south now it goes in the opposite direction. But the shadow memories are still there.

I still frequent the bars I was going to 35 plus years ago. When you're a years-plus regular the bartender

already begins to pour my drink before I sit down. It's hard to say no to the beer even though I was in the mood for, say, a bloody Mary. The trials of being a regular. Some of these bars have changed ownership and with it, the name. But they are still populated with many lively people. Many are the same people from those past years and some strangers yet to become friends.

Part of my reason for wanting to create this column is to give a tip of the hat to a fine journalist who wrote a column for the Troy Record many years ago, John Scanlon. A lot of you may know or have heard of him. He made the rounds in Troy. Generally, John's gig was to write about the goings-on about town. He accomplished this by making his rounds through Troy. Stopping for drinks, chatting up the bartender and patrons, telling horribly lame jokes, moving on to the next bar until it was time for a ham sandwich and a nap. He'd wake and resume his loop around the city. He was one of many colorful people who inhabited my life. Here's a few off the top of my bean.

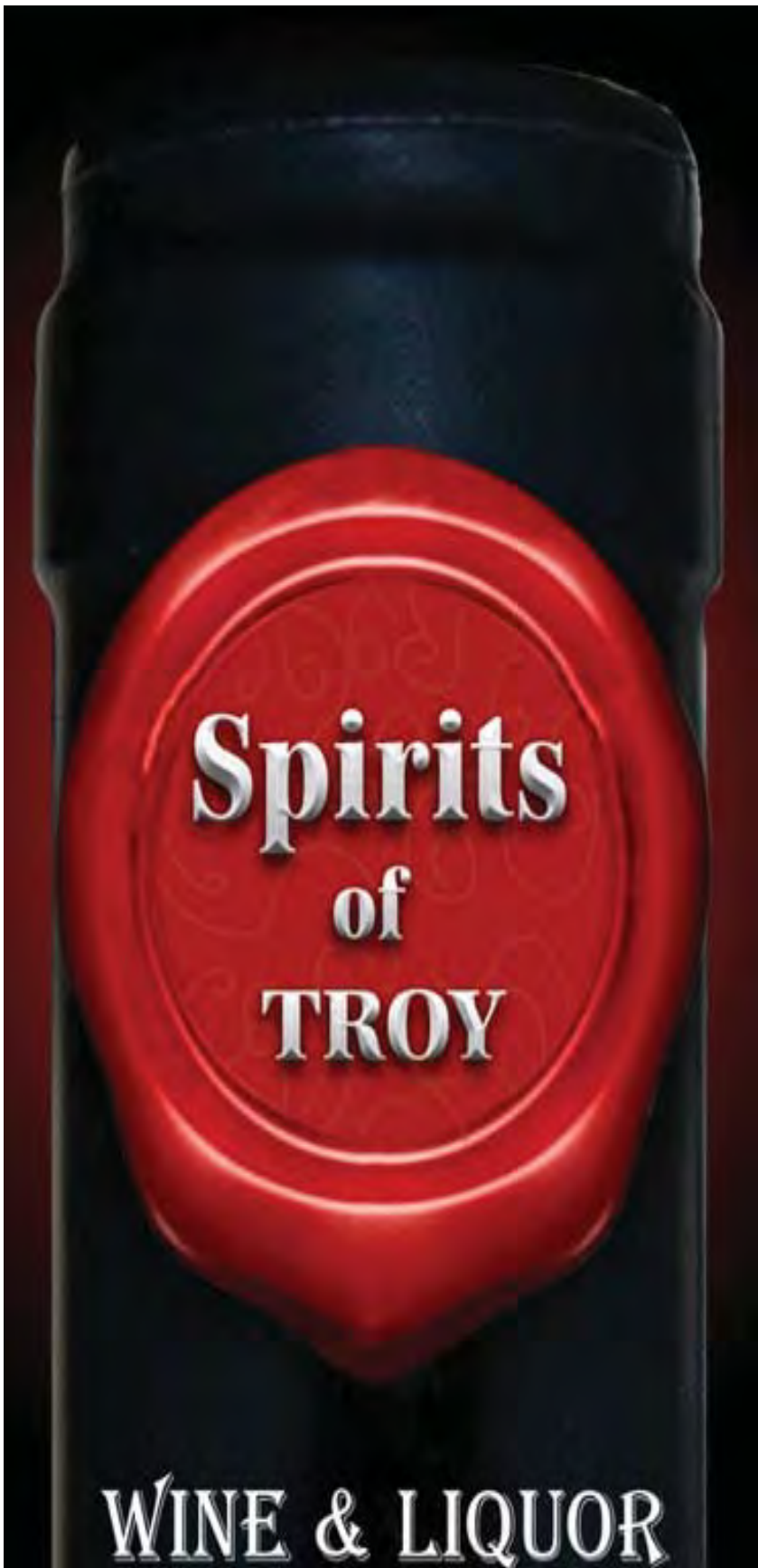
Whether you're still living in your home town or have adopted a new city as your home you'll make or recall memories, create stories, meet people, kvetch about what the mayor is doing, you'll applaud or bitch about how the city workers plowed (or didn't) your street. You'll meet friends at your local watering hole or that little diner just up the road. Tell us a story about your local drinkery or the funny guy at the bodega that sells the best subs in town. We want to hear these stories. Xperience is a 518-local paper and we're hoping you'll take the opportunity to

send us those stories and make the other readers want to tell their local town stories. We're calling out for stories from your neighborhoods. Albany has so many diverse neighborhoods with cool stuff happening all the time. I spent a lot of time there in the 80's – heard some great bands at JB Scotts, The Chateau (would love a piece about the bathrooms in that place) and QE2, Rocky from the Palais. Cohoes you've had some great shows at the Music Hall. Tell us about them. And I know you've got some great little bars of your own with your own group of scintillating regulars. And Waterford, with the farmer's market and there's some little

diner I went to years ago that was great. To all the waitresses and bartenders reading this – you must have some great stories. Let's hear them. And this isn't only city-minded. Is there a favorite fishing hole somewhere in Ravena? City, suburb, rural-roll it out for us. Tell Xperience readers about your quirky, seedy, funny, experiences in your neck of the woods. It is now more important than ever to express our love for LOCAL.

The rules for submission. Your article must be 500-800 words. It will be proofread and edited for grammatical errors. Please submit your article to liam.sweeny@gmail.com.





(518)271- 9463

Happy St Pat's Day!
Everthing you need for
your Celebration!
New and Exciting
services coming
SOON!

NEW AMSTERDAM VODKA



1.75 L - \$20.99

EVERY TYPE

Save an additional \$7 per bottle with rebate!

BAREFOOT WINE



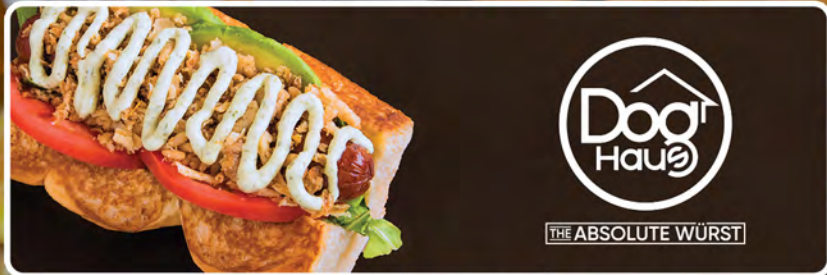
750mL - \$6.99

1.5L - \$10.99

Save an additional \$5 per 1.5L bottle with rebate!

75 Ferry Street Downtown Troy (Corner of 3rd)

DOGS • SAUSAGES • BURGERS



BIER GARTEN



7 SOUTHSIDE DRIVE, CLIFTON PARK
(Just off Northway 9, near Moe's and Jersey Mike's)

518-373-3647
www.doghaus.com

f



PATRICK'S Pub

606 3RD AVENUE
WATERVLIET, NY
(518) 238-3687

Expanded Patio and
Outdoor Seating
Available

Open for Indoor
Customers

ONLY **Takeout**
IRISH PUB! **Now Open 7 Days a Week!**

OPEN

Tues - Wed: 3PM - 10PM
Thurs - Fri: 3PM - 11PM
Sat: 12PM - 11PM
Sun: 12PM - 10PM

EAT IN/TAKE OUT

Great Beer List and
Large Selection of
Spirits

We have the
NFL Package!

Gift Certificates Available

Kitchen closes at 8:30pm each night



**16 Beers and
Cider on Tap**

**Award Winning
Burgers and
2016
Wing Wars
Winner**

Forty*One
SPORTS BAR & GRILLE

41 112th Street, Troy
(518) 235-4141



Tugboat Tavern

*Italian · Seafood · Award Winning Wings
Family Owned · Casual Dining*

159 Bridge Ave. · Cohoes, NY 12047
(518) 233-1085 · www.TugboatTavern.com



HUNGRY & THIRSTY?

We've got you covered!



*Hours:
Wednesday - Saturday
4:00 - 10:00
Sundays
4:00 - 9:00*

THE RUSTIC BARN

150 SPEIGLETOWN RD, TROY, NEW YORK 12182 • (518) 235-5858

WE ARE OPEN!

THE BARN IS BACK! WE ARE OPEN FOR DINE-IN, TAKEOUT, AND DELIERY! WE ARE SERVING WITH INSIDE & OUTDOOR PATIO SEATING, OFFERING THE COLD DRINKS AND AMAZING FOOD YOU LOVE!

VISIT US ON FACEBOOK FOR UPCOMING EVENTS & ENTERTAINMENT

VISIT US AT WWW.RUSTICBARNPUB.COM FOR A COMPLETE EVENTS LISTING!

burritoburrito.

333 Broadway Troy
(Inside the Quackenbush Building)
(518) 712-9099

Now Serving Breakfast

www.burritosquared.com

sawtooth
JEWELRY STUDIO

studio instruction * custom design * expert repair

sawtoothjewelry.com

195 RIVER STREET, TROY

518-753-2177

Lunch Dinner

BROKEN ROAD BBQ

"If You Leave Hungry, We Didn't Do It Right!"

Dine In or Take Out

- The Moo
- Steak
- Jeffrey Dog
- Piggy Fries
- Gator Bites
- Pork Belly
- Brisket
- Chili
- Wings
- Pulled Pork
- Ribs**
- Flatbread Pizzas
- Burgers & More**

Sunday Brunch

1544 State Route 40
Schaghticoke, NY



RARE FORM
BREWING COMPANY

A brewery devoted to the art of uniquely crafted beers. We are always proud to offer a wide-ranging beer menu.

90 Congress Street, Troy, NY
www.rareformbrewing.com



f FOLLOW US ON FACEBOOK!

Waterford's Vintage and Collectibles
One-Stop Shop

Vinyl records, nautical pieces, collectibles, fishing lures, man cave items, advertising and so much more.

ALWAYS buying and selling!

57 BROAD STREET, WATERFORD, NY 12188 • (518) 874-1643

CBD Products Available



77 4TH STREET TROY, NY
648 NEW LOUDON RD LATHAM, NY
UNCLESAMSHEALTHFOOD.com

An ANCIENT SOLUTION



INTRODUCING, THE PERFECT BLEND OF BLACK SEED AND OREGANO OIL TO BOOST YOUR IMMUNE SYSTEM, MAINTAIN HEALTHY CHOLESTEROL, BODY WEIGHT & BLOOD SUGAR

THATCHER ST PUB (518) 463-9214

16 Thatcher St.
Albany, NY 12207

Open at 11am

Happy Hour
Monday - Friday
3pm - 8pm

Updated Menu
Kitchen Always Open

Takeout and Doordash Available

Outside Seating Available



Two Waterford Locations
35B Saratoga Ave 136 Third Street
Hours 6am - 5:30pm

We service children 6 weeks - 12 years

All health guidelines followed and enforced for your child's safety.

(518) 326-4328 (518) 244-3815

An Alternate Genesis

Metroland founder Peter Iselin watch his creation come in to its own and thrive.

BY LIAM SWEENEY

It's important to know where you came from to establish where you should be aiming to go. We here at Xperience like to think that we're charting a new course and doing our own thing. And in large part, we are. But it was not creatio ex nihilo. There were publications and zines before us. And there was one, free, that simply by its delivery there made a place "cool." This was Metroland.

Peter Iselin was the founder, owner, editor and publisher of this slice of Americana. And though he moved on from it, he by no means withered. He's currently a talent manager and music rights consultant. I am honored to bend his ear.

I sit down with Peter and we discuss the aerodynamics of newsprint airplanes.

RRX: I wanted to interview you for being the founder of Metroland, which, from my perch would be a fantastic read. But in looking for you online, I found your bio as a talent manager. Not knowing for sure if it was you, I decided I was also going to interview that guy too. Kismet. So maybe I should just ask you what you're up to at the current minute?

PI: The talent manager sobriquet is a bit misleading. I did manage musical talent, I really managed composers and music supervisors and I lived in LA for 13 years, from '95 to 2008. In the process, I also learned the music publishing business. What I do now, from my humble home in Brunswick, is work for a company in LA, and we license music and sound design for movie trailers and television promos, if that

makes any sense; a music library. I basically run the business end of it.

It gets complicated; there's a local angle to this, in that the founder of this company, called Q-Factory, is a guy by the name of Robert Etoll. And you may recognize Etoll from Ted Etoll, as in Upstate Concert Hall. Ted is Robert's brother. But Robert founded and built this company. He has since sold much of his interest in it, but he continues to be the creative director. So there's a Troy connection, cause he and Ted are both from Lansingburgh. He and I were roommates at Berklee College of Music, talking about Robert now. And we subsequently played in a band together for a few years. So we're old friends.

So after doing various gigs in the music business in LA, I ultimately started working for him about seven years ago and I've been doing that ever since. My title is Vice President, Finance and Business Affairs. Although at this point, I'm basically chief operating officer, and I report to the owners.

RRX: When I think "talent management," I think actors and Hollywood over musicians, and I don't know why. Maybe it's that our culture takes musical talent at some unmentionable "given." But managing musical talent brings to mind ridiculous riders and hotel party sin-eating. Where's the reality of music and talent management?

PI: Well, I knew enough never to try to manage a band, or even a solo artist, having been a musician myself. I'm a keyboard player by training. I instead gravitated toward people who write music for film and television



Peter Iselin. Photo provided.

– this is twenty-something years ago – the only guy I had a hand in managing his talent, if you want to put it that way (I wouldn't) ... I was kind of responsible for bringing Jimmy Fallon up out of obscurity into the LA comics' scene, and I, in fact, introduced him to his first manager. First real manager – not anymore, but – So, that's a whole other story...

RRX: It's a story we'd love to hear.

PI: It's interesting. So I sold Metroland in '95. In 1994, some of my staff decided that putting out a weekly newspaper wasn't difficult enough. They wanted to try to do a sketch comedy show. We got a sponsor, and we got a deal with Channel 23, which was independent at that point, Fox 23, and we put together a half-hour comedy show. Which was terrible, but the upshot was that one of the people cast in it was a sophomore at Saint Rose named Jimmy Fallon, who was very impressive at the audition. And he ended up writing or co-writing some of the sketches and performing in them. And, you know, clearly a talented kid.

We ended up hiring him at Metroland. Back then, you know, everything that was in classifieds, you took them over the phone. And he was a receptionist, classified ads, personal ads, all that kind of stuff. He was still there when I sold it, still working there. He was also going to Saint Rose at the same time, you know. Right before I left for LA, having sold the paper, Jimmy came up to me kind of shyly with a VHS tape and said, "I do stand-up, I don't know if you know that. I do local clubs. So here's my tape, if there's anybody you can play it for when you get out there, you know, maybe you can help me." I said "Sure, sure."

That was August. It sat in my desk until November of that year, in my new office in LA. I was working for a talent management company. I was there to handle musicians. And one day, opening the bottom drawer of my office, I

saw the tape, and was like "aw jeez, I never even watched this myself." So it was a Friday afternoon, and I assembled the small team we had in the office – they were former agents turned managers, but they were all very young – and I assembled these people in the conference room. It was a Friday afternoon, before everybody left for the weekend.

I said "Guys, do me a favor. I promised this kid back home I'd play his tape for people. So give me a couple minutes, let's take a look at it." And remember, I had never watched it. So we put the VHS *ka-chunk* into the player, and up comes Jimmy Fallon doing stand-up, and within about two-and-a-half minutes, the whole room went crazy.

They were screaming at me, "Why haven't you shown us this guy before? Who is he? What is he?" Cause like, here was this good-looking young kid, doing dead-on impressions of people,

musical impressions of people; it was beyond good, it was great. And I was like, wow, I had no idea.

So eventually they said, "Get him on the phone. We want him out here for pilot season" which is the beginning of January, a couple of months away.

So I talked to him, and told him, "Well, you'll have to move to LA." And he said, "Let me talk to my parents. I still have another semester at Saint Rose, so let me see what they think." A couple of days later he got back to me and told me his parents said, "You can always finish your degree later. If this is an opportunity, go for it." So he ended up moving to LA on January 2nd, 1996. And I had been wearing out my welcome at a friend's place, so Jimmy and I ended up getting a place, and were roommates for like two-and-a-half years.

He started to make a name for himself as an up-and-coming stand-up comedian based in LA. In the summer of

1998, he auditioned for Saturday Night Live, and the rest is history. And we're still good friends. Greatest guy in the world. What you see is exactly how he is.

RRX: I can say that we stand on the shoulders of a giant you birthed – Metroland. You really set the bar for alternative publications in the Capital Region. I wasn't *ahem* allowed to look at Metrolands when they first came out – I was wee. But it was just so exotic. Can you take us through the moment you knew you had something enduring?

PI: I guess, to be quite honest, it was various points along the way. Let's just give a little history in that I founded Metroland; the first issue was June of 1978. I founded it as a monthly disco magazine. The only way I can put it. It was nothing like the Metroland that you came to know, or like the paper that you're currently editing. You couldn't even call it journalism. I had no background in journalism, or marketing or anything. I was a musician. But I thought this would be a fun way to make a couple of bucks, and meet girls, you know, be like a big shot. I'm not kidding you; that was my motivation. I figured like I could be the Hugh Hefner of Albany or something.

We would go around, my photographer and I, and we would just take pictures of people dancing in nightclubs, bartenders and waitresses and so on. If you bought an ad, we'd run these pictures too, as the "editorial." And I would write some silly "dot-dot-dot" articles, what was happening. The idea was to capitalize on this whole disco phenomena at the time. It's funny, because recently I watched the incredible Bee Gees documentary on HBO Max. I related to it, because of what happened, just as they depict the world turning against disco, that crazy record-burning thing and all that. That was the handwriting on the wall for me; I had



Photo provided.

Continued on Page 20.



The Trail that Leads to Creativity

*Multi-faceted
Songwriter So Brown
finds herself outside
of her comfort zone.*

So Brown. Photo by Joshua Rothstein.

BY ROB SMITTIX

R**RX:** So Brown, as I've mentioned I am a huge fan of yours, so I know a bit about you and who you are as an artist but for our audience who may not have heard you yet please tell us about yourself and how you became the musician you are today. I know this can be a book but you know, the abridged version.

SB: I was born in Houston, Texas; my mom was a piano teacher so I was playing before I could speak. My teachers would try to steer me towards classical pieces which were fine and all, but I really loved rock n' roll. I thought I was John Lennon reincarnated and dressed like him in 3rd grade. I was also gender non-conforming, which got me shunned by most of Texas society, so I spent a lot of time in nature by myself.

Decades later, with forays into punk rock in South Florida as a drummer, and rural Alabama playing old delta blues, I now live in Brooklyn NY

as a multi-instrumentalist singer/songwriter.

RRX: So, I know you've worked with multi-Grammy winner Norah Jones and from my recollection I believe you two are pretty good friends. With that being said she was lucky enough to work with you and certainly the other way around too.

SB: I remember the day she and I recorded my song August from my album Point Legere. We were together in Trout studios in Brooklyn. That song has two "characters" so to say in it, me the narrator, and a siren-like embodiment of Mother Nature, which was her. She was singing these stacks of vocal harmonies, layers, so totally precise in her pitch and melodic ideas, while also being free and sultry with the delivery. She's brilliant, like a ninja master of singing, and it was definitely humbling but also lots of fun, to work with her.

RRX: Your music styling is diverse

but certainly you are not known to be a rapper, however as I've told you before the first song that really pulled me in was a (rap) song entitled "The United States of Deprivation." The song as I understood it, told a story around your life. From not being accepted for who you are to addiction and how the BP oil spill effected your home. Thank you for writing such a powerful song and I know you've got some new material on the way but if you could for a moment please tell us a bit about this song.

SB: Sure thing. I've always tried to be a servant of the music and to go wherever the songs lead, even when it is out of my comfort zone. This time the idea that came was a very raw rap song. I'd walk through the neighborhood speaking it out loud, working out the phrasing. I think I was listening to a lot of Lil Wayne at the time. And yes, to everything you said. Clearly, we are living in a very sick and troubled

world- we are products of that world. I think it's easy to point a finger at others and blame them, but in this song, I wanted to point the finger at myself and say, "yes, here I am, I am a part of this, here is my darkness". Thanks for saying it resonated with you; it was painful for some of the people that care about me to hear it. I think there's always this tendency in people, or at least in me, to gloss over the rough stuff and try to paint a pretty facade, but there's a quote I've always really liked: the truth does not change according to my ability to stomach it. So here was my contribution.

As far as the oil spill, I don't know if you have like a happy place/memory from childhood of a place in nature that you were totally in love with? The Gulf Coast is that for me. Now, it's eerily quiet. No fish jumping. Barely any birds. People will say the beach is clean, but where is all the life? The life is the magic. The life is what interests

me.

RRX: You've lived in various parts of the country. Have you found your surroundings alter what you think and write about? As a songwriter myself I imagine it would.

SB: My answer is: yes, totally! All of my favorite artists have a strong sense of place in their work, their landscape or setting if you will. Bjork-Iceland. William Faulkner- American South. Frida- Mexico. I do live in Brooklyn now, and recently bought a little place on a mountain in the Catskills. All of this "winter stuff" is new to me coming from the South.

I think all places have an energy to them, that can include why certain people are drawn to them. New York for example is super-charged, amped-up; a person can get rich and famous here but can also fail terribly. There's also this incredible community that happens here. During the pandemic, all these street shows started popping up. I'd call my neighbors and we'd do a show on the corner, maybe with the upright bass player from downstairs, an accordion player from a couple blocks over...and all of a sudden, we had these new combinations of people who wouldn't usually play together. With the whole block dancing and running around, uplifted in what was a very stressful time. For me, that is the magic of Brooklyn.

On a side note this makes me remember when I visited a "ghost town" in Arizona, like where they turn an old mining town into a tourist attraction. There was a fiddler, an old guy like out of a Western with a beard to his belly, busking. And I said, do you know the song Faded Love which Patsy Cline and Willie have covered but is by Bob Willis. And we had this magic moment in an abandoned ghost

town. That's the stuff I live for. And if I wasn't telling you now, no one would have ever known!

RRX: So, the big question. What are you working on? I feel honored that you let me listen to a few unreleased tunes and I love the direction you are going in.

SB: With these new tracks, I was at a place where I was ready to step away from everything I thought I knew, both as a person and as an artist. To let go of all my old ideas and wander into the great unknown. Whereas before I

had worked in a studio with live musicians to tape, now it was just me and producer Jack Mason, holed up for hours in Electric Lady Studios. The songs range in subject matter from, reaching a point of absolute defeat and therefore offering oneself to a kind of Goddess figure (Any Way You Please) (and BTW Rob I welcome your take on

these), to the newest release, Attention, that echoes back to those lost Texas trails I spent so many hours biking, but the now, the grownup is lost and can't get their bearings, their truth...It might not end well. But then again, maybe there are no bad endings, maybe we are all heading to the same place?



Continued from Page 15.

to shift out of being a monthly disco magazine. That's when it turned into being a weekly newspaper. So we're talking '79-'80.

The irony all along was that I had made a living, sort of, playing live music, and when I abandoned that to do a magazine, it was the antithesis of live music; it was disco.

But with the weekly, we came back to being, I guess you could call us an arts and entertainment paper. But I was still doing "Buy an ad, get a story." It still had that pennysaver mentality. But we started to attract some decent writers about music and the arts. We covered the whole JB Scott's scene. We chronicled that, and it turned into a kind of popular entertainment bible if you will, because in those days, there was a lot of live music, clubs and concerts - everything.

Then, in 1987, for the first time I went to a conference of the Association

of Alternative Newsweeklies (AAN). We applied for membership, and they said, "C'mon, we're not going to accept you as a member, you're fluff. It's all arts writing. Where's the political stuff? And obviously you're beholden to your advertisers." And everything else.

That was over the summer, in beautiful Victoria, British Columbia, Canada. And I came back from that all fired up, like, "You know what? We're going to do this right." At that time, we had a columnist from western Massachusetts by the name of Stephen Leon. Young kid back then, was writing freelance, concert reviews for the TU and writing a column for Metroland. Anyway, I decided, since I respected him, and he was a real journalist with a master's degree and everything; I made him managing editor, and we re-made Metroland into a real newspaper. All of the sudden, you couldn't just get a story with an ad; we lost a lot of ad

revenue, at first. But, you know, I found religion, and I wanted this thing to be respectable. And that is the point at which it became what most people now recall as Metroland, where we still continued the arts coverage and music and everything else, but we brought in the political and cultural angles. And we had some really good writers. And we started doing real restaurant reviews, even if they were negative; we ran them and lost advertisers.

To answer your question, a couple of years into this new format, probably in the late '80s, I realized that we had, in fact, created a serious journalistic enterprise that would endure. I had no idea of the technological revolution that was coming, but that would best answer your question.

RRX: One more Metroland question. I haven't been to the point yet of seeing what I've been a part of creating here in other hands. I've not yet taken even a month off. But you created this

great thing, enhanced the cultural vibrancy of this whole region, and you've seen it go beyond you. I'm sure you have many things to say about this. Say one of them.

PI: I'll be quite honest with you, I have a lot of respect for Stephen Leon, who ended up buying the paper in 1995 with a group of investors. A great writer and a great editor, and if you follow him on Facebook, you'll know in a minute that the guy's a brilliant writer. From a creative standpoint, he took it to another level. It got even better with him totally at the helm. Unfortunately really for both of us, I don't think he would disagree that neither he nor I were exceptionally great businessmen. Whatever success it had under me was in spite of myself, and I think he had a hard time grappling with the business aspect of it as well, especially as the world started to change.

Continued on Page 28...



Gift Certificates Available

CORCORAN'S
TOWPATH TAVERN

INSIDE SEATING AVAILABLE

Monday through Wednesday: Open @ 4pm
Thursday: Closed
Friday and Saturday: Open @ 4pm
Sunday: Closed

Daily Drink Specials!

Patio Seating - Takeout and Delivery Available.

33 Saratoga Ave, Waterford, NY 12188 • (518) 326 - 2739



Beautique Salon

Hair and Makeup Services!
Open and Booking Appointments
Safe & Sanitary Atmosphere
Full and Part-time Booth Rentals Available
Gift Certificates Available

Come See Us!

(518) 383-3333

Crescent Commons
1471 Route 9, Clifton Park, NY 12065



ILLUSIVE
Minutes from Downtown Albany

**GIFT CERTIFICATES
AVAILABLE**

www.facebook.com/illusiverestaurantandbar
3 FERRY STREET, RENSSELAER, NY | 518•977•3602 | WWW.ILLUSIVES.COM



CLEMENT
Frame Shop & Art Gallery

"Where Picture Framing is an Art"

Paintings & Prints
More time at home?
Enhance your space with love
Frame some special photos
Add some special artwork

Original Art by Local Artists

Accepting New Framing Orders
Visitors must wear acceptable face coverings and maintain appropriate distancing.

Ltd. Editions by American Artists

Current Hours
Tuesday - Saturday: 10am - 5pm
Or at Your Convenience by Appointment

201 Broadway, Troy, NY
clementart.com and Facebook
(518) 272-6811
clementart@nycap.rr.com

**BE BOLD
LIVE PASSIONATELY
GET DIRTY**



**GIFT CERTIFICATES
AVAILABLE**

SLIDIN' DIRTY
9 FIRST STREET TROY, NY WWW.SLIDINDIRTY.COM



Berben Wolff's

Vegan Delicatessen
Student Discounts Available

NOW TWO LOCATIONS

TROY
4th & Ferry Street

ALBANY
227 Lark Street



Featuring over 28 DOORS designated to cold crafts, ciders, imports and domestics.

Easy bottle return - all brands and no limits with precounts and drop and go service.

35 Saratoga Ave A, Waterford, NY 12188

Curvy Girls Food Truck and Catering

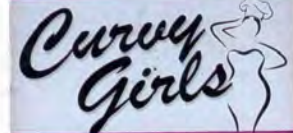
Heather Valade
Owner/Chef

PO Box 181
Schaghticoke NY, 12154

518-892-3843

Curvygirlsfoodtruck@yahoo.com
Friend us on Facebook

Breakfast & Lunch



Catering Available

Happy hour 4-6 pm Weekdays

OPEN
Mon-Sat: 11am
Sun: Noon

PAM'S PUB



Plaza 8

Clifton Park, NY

518-373-4947

1536 Crescent Road Ste. 8

Serving
Full Menu
Best Wings In Town

Take Out
Available
Give US A Call

Check Facebook for Daily Specials!

Outdoor Covered Seating
Wed - Sun
12pm - 8pm

Takeout



(518) 272-9740

600 River Street, Troy, NY 12180

Limited indoor seating now available.

Gift certificates available.

STRIVE
FOR GREATNESS
BARBERSHOP
& Salon

Hours
Tues - Sat, 9am - 6pm

For Appt, Call

Madysen Stone
(518) 300-9487

Dan Brown
(518) 203-6353



20 Northern Drive, Troy

JUNE'S RESTAURANT

501 East Street
Rensselaer, New York 12144
www.facebook.com/JuneBugsCafe501




THE TRAIN STOPS HERE!
Open Mon - Sun
4pm

Outside Seating Available

Kitchen Open

Rensselaer's Neighborhood Pub



Jennifer Stoffels Sparklinjen@gmail.com

Sparkling Jen's Cleaning Services

Residential / Offices / Post Construction

(518) 316-0114

THE SCOREBOARD



NEW KITCHEN ADDED
NEW BAR!
NEW FLOOR!
NEW LOOK!

COME JOIN US AND SEE!



f 29 - 124TH STREET, TROY

FREE DELIVERY!
On Orders Over \$10

33 Caroline Street
Just off Broadway
SARATOGA SPRINGS
(518) 584-3632
Sun-Thurs: 10am-12am
Fri-Sat: 10am-4am

654 Rt. 9
D'Andreas North
GANSEVOORT
(518) 584-3632
Open Every Day
11am-9pm



A Slice of Italy

Large Delivery Area
Catering Available

Order Online:

www.Mealeo.com
www.GrubHub.com
www.DandreasPizza.com

 Find us on: [facebook.](https://www.facebook.com/dandreas)

Last Vestige

MUSIC SHOP

MORE RECORDS!
RECORDS!
RECORDS!



SUPER TUESDAYS!
EVERY TUESDAY BUY 1
GET ONE 1/2 OFF
EQUAL OR LESSER VALUE

EST. 1989

RECORDS

BUY • SELL • TRADE
VINYL RECORDS
CDS • TAPES • DVDS

**ROCK • JAZZ • FOLK
COUNTRY • BLUES
SOUL • R'N'B • PUNK
POP • METAL & MORE!**

LARGE COLLECTIONS BOUGHT
HOUSE CALLS BY APPOINTMENT

OPEN 11AM-7PM MON-SAT NOON-5PM SUN

173 QUAIL ST ALBANY NY 518-432-7736

**Reach out to the Capital Region.
Advertise with Radioradiox and
Xperience Monthly.**

EST.



2018

radioradiox.com

Contact our sales staff: info@radioradiox.com

Mon - Thurs: 10am - 7pm

Fri: 10am - 7:30pm

Sat: 10am - 6pm

Sun: 12pm - 5pm

HALFMOON

**WINE &
LIQUOR**

**Large Selection
of Minis**



Everything you need for St. Patrick's Day

Large Selection of Irish Whiskey
and Irish Creams

Check out Halfmoon Wine and Liquor's selection
of specially priced wines

HALFMOON WINE & LIQUOR

1471 Rte. 9, Halfmoon (next to Fred the Butcher)

518-557-2877

PERSONAL. PROFESSIONAL. LOCAL.

THE EXPERT IN HOME FINANCING

JEFF DORRANCE

Loan Officer NMLS# 1427884

C: (518) 414-6221

D: (518) 924-8003

O: (518) 924-8001 x506

JDorrance@premiummortgage.com



SCAN FOR MY DIGITAL BUSINESS CARD!



935 New Loudon Rd, Suite 3A, Latham, NY 12110
NMLS# 1695490 | Licensed Mortgage Banker NYSDFS

Bova Beauty Bar



*Cuts-Color-Styling-Hair Extensions
Brazilian Blowouts-Skincare-Massage
Eyelash Extensions-Booth Rental Available*

426 River Street Troy

For appointments call-518-892-8542

Now Showing
Love

Soul X

to the
Capital Region

www.radioradiox.com

The S. SAXON Co.

Fine Jewels



1471 Rt.9 Ste.106
Halfmoon, NY 12065

(518) 630-5243

BRAHMIN



Buying gold, jewelry and coins.

leather handbags USA made
www.ssfinejewels.com

Gent's
BARBER CO.

88 REMSEN STREET
COHOES, NY 12047

Call / Text for an Appointment!

DEVON LEBLANC (518) 380-1635 BARBER
SEAN QUELL (518) 268-7216 BARBER
PAUL MURRAY (518) 698-9181 BARBER

f ARTCENTRIC MARKETPLACE



Troy's Headquarters
for Vintage Furniture
and Decor

i 266 RIVER STREET, DOWNTOWN TROY, NY (518) 691-0007

HATCHET HARDWARE
Authorized **ACE** dealer
HARDWARE | PAINT | GARDEN | LIFESTYLE

BRUNSWICK 831 HOOSICK RD
TROY 63 3RD ST
WATERFORD 42 SARATOGA AVE

PALATINE BRIDGE 6133 STATE HWY 5
NISKAYUNA 1448 BALLTOWN RD

SCAN FOR MORE INFO & TO FOLLOW US

IL FARO
restaurant & bar

698 North Pearl Street, Albany, NY - (518) 463-2208

SIEVERT'S SPORTS, INC.

54 CROSSINGS BLVD CLIFTON PARK, NY 12065 518-982-1210

Serving for over 38 years... Come See Us!

\$10 OFF

We are Here for You Your Hometown Sports Store!

ALL SPORTS EQUIPMENT, SPORT CLEATS, & RUNNING SHOES, ALL SEASON LONG!

NIKE adidas DER ARMOUR new balance

\$10 OFF PURCHASE **f** **i** **MARCH & APRIL**

FLYERS LOGOS BROCHURES

WALKER ROAD STUDIOS
WRITING AND GRAPHIC DESIGN

69 HEART AVENUE, COHOES, NY 12047 (518) 496-8087 WALKERROADSTUDIOS@GMAIL.COM

Peter Islen (Cntd.) Kaitee Page (Cntd.)

Continued from Page 20.

After 17 years doing Metroland, I was more than ready to change careers. And change climates. Literally. And I was inspired to move to California, and I wanted to get into the entertainment business. And I did, more or less. So I had no compunctions about Stephen taking over because I had a lot of respect for him. And again, his tenure was longer than mine. He went 20 more years. And went down with the ship, and through, really, not too much fault of his own; it was inevitable. When you see papers like the Boston Phoenix and the Village Voice, the big ones, go down, how are you going to keep a small one alive?

By '95 I was so ready to get out of that publishing grind, week after week after week after week. And these winters.

RRX: This is where you answer the question I didn't ask. Editorial, commentary, valediction. Educate, enlighten, emote – the floor is yours.

PI: I never really contemplate this kind of thing, but I guess I do consider it, at this point in my life, an accomplishment that I was – even if I didn't necessarily do it for the right reasons – somehow I was able to birth a publication that became very valuable to the community for a good long run, and went 20 years beyond me. If there's anything I can take from the experience, it's that. I have a sense of pride about that.



Continued from Page 5.

team. I wasn't going to move forward with music another inch until I found the right people, even if it meant never recording a song again. I think this is exactly how discerning one has to be in the music world.

RRX: Now there's Kaitee. But there's also Lunic. I wouldn't think you could just hop from one aspect of you to another without sharing and borrowing here and there. But Kaitee is you, and being you, there's gotta be more vulnerability, right? Is it easier to have a moniker when you're putting yourself out there?

KP: Well, there's definitely less privacy now that I'm using my real name haha! I've already begun getting all the Instagram video phone calls from fans around the world as well as cute little fan voice memos in my inbox lol. I think the fans feel more connected to me now that I'm using my real name rather than a moniker. Truth be told, part of the reason I opted to ditch the moniker was because a few other musicians have actually violated my trademark and gone ahead and released music using the same moniker. Not cool, and entirely illegal, but not a battle I'm keen to fight right now. But also, I knew I'd be doing things differently now, making different choices, establishing different goals for my music. The shift is not so much an artistic shift; I still write songs in solitude, from the heart, at the piano or acoustic guitar, the same way I've done for the past 15 years. It's more of a structural shift – where to take the songs once they're done and what to do with them. That's going to be the main difference between Lunic and Kaitee Page.

RRX: Your resurgence as a singer/songwriter came during the pandemic, fueled by the protests. And from our perspective, the pandemic might as well have a byline, it's mentioned in so

many articles. But this is history, all of it. Do you feel any weight of history, like "this is what Kaitee (or Lunic) did while all this was going down"?

KP: Yes, I definitely feel the weight of history happening right now, but more so on a grand scale rather than on an individual level. It's a great time to be creating, maybe one of the greatest. There is so much energy in the air, flowing in all different directions at different speeds and different levels of intensity – I feel it, daily. Sometimes I feel like it's going to blow me right over. But the key with any creator, regardless of which art form is used, is to acquiesce or submit to that energy and let it flow through you and back out of you

in its new form with your own personal ingredients added in. All art really is, in the end, is recycled energy.

RRX: This is where you answer the question I didn't ask. Memories, recollections, sayings... Educate, enlighten, emote – the floor is yours.

KP: I know a lot of people are feeling lonely and perhaps hopeless right now with everything that is going on. I just want to encourage whoever is reading this to go start writing that novel you've been contemplating; go take the piano lessons or guitar lessons you've been curious about; start painting, sewing, sculpting, building, writing, cooking, singing, drawing, inventing! Now is the time to create!



Photo provided.

Observations And Ramblings From a Cranky Old Guy

BY JEFF SPAULDING

A couple issues back I did a “Hail and Farewell” to WGY’s Chuck Custer, upon retiring after thirty-six-years with the company.

Bye Chuck, and hi Doug Goudie, who partners with Kelly Lynch on News Radio 810/103.21 WGY.

Doug’s not Chuck, Chuck’s not Doug, Kelly is Kelly. I suggest you give them a try.

The partnership of radio co-hosts doesn’t succeed every time, it takes patience, trust, the comfort the other person has your back.

There are times, however, when if at first you don’t succeed, fire the weak one and bring in another patsy.

Many of us know Bob Mason and Bill Sheehan...

What about Bob Mason and Cliff Nash?

How many Morning Show changes at WGNA?

And don’t get me started on the revolving wheel at FLY 92. Of course, I’m jaded and think things went downhill after the end of Todd Pettengill and the Wake-Up Service.

Let me share the number of “co-hosts” I’ve had over the years, most times I was lucky.

The first (and you never forget your first right) was (and still is) Roger Price. I was working nights at what was called a “Full Service” radio station (i.e. not a clue what the format is) in Mansfield, Ohio. Roger became my partner in crime for two hours every Thursday night doing a trivia show (we’re both major geeks). I knew Roger from our previous station, as Roger says we REALLY are “brothers from a

different mother.” In time we both moved on but stayed in touch for decades, saw him a couple years ago for my 40th college homecoming, this past year he strengthened our friendship with his support after my heart attack and bypass procedure.

My next “official” co-host was in (I think) 2004-2005 in Pittsfield, MA.

Her name was Sharon Steele, who worked for the company before, and was very popular.

Not to be insulting but Sharon had a “rough” personality, and a potty mouth. A steady stream of F-Bombs was quite normal, she was also playing the dominant one, if she didn’t like you, you knew immediately.

In other words, I was in love, she could have been my wife.

Joking, I was married, as was she, with a child on the way.

So, the time came for Sharon to go on maternity leave.

After a week, on a Friday morning, the boss called us together with horrible news.

There was an emergency with Sharon at the hospital, she died. So did the

unborn child.

Sharon Brophy-Forst, aka Sharon Steele, was only 38.

That was Friday, over the weekend we decided to start the morning show with the announcement of her death, I was joined by Sharon’s best friend Dee Myers Scace, we shared stories and took phone calls

It was the most difficult show I ever had to do and have since done in my career.

After a while I was given a couple more co-hosts to work with in Pittsfield. The first a lovely girl named Kelly (Kellie? Kell-E?) I just call her useless, I could say more but I don’t want to risk lawsuits.

Briefly afterward I worked with a very talented woman named Jess Lesure, our time together didn’t last long, I was being forced, I mean it was suggested I go solo in the afternoons, so we brought in young buck and hot stud Bob Heck (extremely talented on his own), both had great success in Pittsfield, they clicked, made me proud.

My last “official” co-host, Kate Sullivan, we were doing the County thing

in the Glens Falls/Queensbury area.

We worked just over two years, she reminded me SO much of Sharon, she had that same roughness but great caring for the community, she was also a local AND a Hillbilly woman.

Love the girl but she scared me, piss her off and it’s a solo Morning Show, and NOT hosted by me.

Things ended in 2010 after I two crashes on the Northway. If I could still deal with the live in Schenectady round trip to Queensbury routine five days a week I might have been there still.

Before I leave, plugs for two talented women at my current employer, Diane Donato and Rachel Davis, on occasion I’ve shared the microphone with each, and being a News Talk station, we can’t fall back on music. I’d work with them at the drop of a hat.

Reminder, check out Doug and Kelly!

Be hearing you.



Help your business
come out of the
shadows.

EST. 2018

Contact our sales force:
info@radioradiox.com

radioradiox.com



SASSY Says Toasting March 2021

BY SASSY AUBURN

Ahh, March. It is the month for the beginning of spring! Longer days, warmer temperatures, melting snow (we hope) and of course St. Patrick's Day! This is known to many as the holiday for drinking and celebrating whether we are Irish or not. I'll throw down the standard disclaimer that says please drink responsibly, do not drink and drive, don't drink if you are under 21 and the standard "don't be a dick." But the Irish know their liquors and certainly know how to mix them up. I know a little bit about the Irish drinking habits and know they have some great recipes. Let me give you some suggestions if you are going out (ha!) or just enjoying the day at home. Grab a glass, a spoon and some of these ingredients and become a mix-master on this traditional day of green. Ready to cook, you mucker? Here we go:

Whiskey – To be honest, nothing else needs to be said. March whiskey sales are probably higher than any other month. Jameson, Ireland's most famous whiskey, has been around since 1780. Created by John Jameson for the first time, we honor his legacy as still being the most popular Irish whiskey even 200 years later. Now there are even more Jameson varieties than just the standard. For a sipping beverage, don't forget to try Jameson Black Barrel for a remarkably smooth, triple distilled whiskey that still is distinctly Jameson. Other solid Irish whiskeys include Tullamore D.E.W., Kilbeggan, and The Irishman.

Classic Irish Coffee Recipe:

1-2 tsp brown sugar
 4 oz. strong coffee
 1 ½ oz. Irish whiskey
 1 oz. heavy cream

**** Warm a coffee glass. Add the brown sugar to the glass. Add coffee and whiskey. Stir till sugar is dissolved. Lightly whip the heavy cream and slowly add on top (pouring it over the back of a spoon helps.) Do not stir. Enjoy!****

Beer – When most people think of St. Patrick's Day, they think of beer and lots of it. But March tends to highlight dark, rich beers more often than the rest of the year. When you think of Irish beers, the common go-to beverage is Guinness. Do not be blind to the others, however. There are other tasty beers such as Harp Lager (also made by Guinness), Smithwicks Red Ale and Kilkeny Cream Ale. All these options are now available in stores due to the new canning system to give you that off-the-tap taste.

Quick and Easy Beer

Bratwurst

2 tsp olive oil
 6 bratwursts
 1 large sweet onion (sliced into ¼" rings)

6 oz. Irish Beer (stouts taste best)

****In a large Dutch oven, heat 1 tsp of the olive oil. Brown the bratwurst until they are a rich, golden brown. (Do NOT puncture the sausages or they will get dry.) Remove to a platter. To the drippings, add the rest of the olive oil, and the cut sweet onion. Toss**

the rings to coat them with the oil. Cook, stirring often until the onions are limp and golden. (Do not overcook them--dark brown is too much!) Return the brats to the onions then add the beer. Cook over medium heat for 12-15 minutes until the beer has cooked down to a syrup. Turn the bratwurst over about halfway through the cooking time. Remove and place on buns with the onions or serve as a meal with the onions as a side and some so-da bread.**

Irish Cream Liquor – This tasty, sweet beverage was created based on the classic Irish whiskey. Although it is not a traditional Irish beverage, it was created by an International Distillers agency in Dublin in 1973. Within the European Union, it is a protected product that must be produced in Ireland. Its largest markets, however, are the UK, Canada, and the United States. Of course, Bailey's is the best known and most used Irish Cream, but some other brands worth trying are Saint Brendan's, Carolans and Whistler's. Check the info on the different Irish Creams out there since some now are infused with flavors such as honey, cocoa, caramel, and spice.

Irish Cream Chocolate

Mousse

4 oz dark chocolate, chopped
 3 eggs separated
 1 tbsp Irish Cream liquor
 1 cup whipped cream
 chocolate shavings

****Melt the dark chocolate in a small saucepan over low heat. (You can melt**

the chocolate in the microwave on very low power, 1 minute at a time while stirring in between.) Remove from heat and allow to cool at room temperature but not harden. In a bowl, beat the egg yolks and stir in the melted chocolate and Irish cream. Fold in ½ of the whipped cream. In a separate bowl, beat the egg whites until stiff. Fold the egg whites into the chocolate mixture. Pour the mousse into serving glasses and garnish with remaining whipped cream and chocolate shavings before serving.**

It really is not fair that before I finished writing this, my mouth was watering for some of these great recipes. And I had to pathetically settle for a hot dog and a pudding cup because I had none of these items in my fridge. But you will find that the ingredients needed to create these simple creations are at your local supermarket... and liquor store of course. Although I am not Irish (I am actually Scottish, so my kilt gives me a bit of a pass), these great dishes will be made throughout the month. Let's welcome in Spring with some tasty Irish favorites. I can guarantee, when I whip up these dishes at home it will be done COVID style: Erin go Bra-less!



Fur-Ever Friends
INDOOR / OUTDOOR PLAY AREA

FUN!!

NO CAGING

NAIL TRIMMING

TRAINING CLASSES

GROOMING

FRIENDLY STAFF

DAYCARE CAMERAS

FUN!!

Doggie Daycare
Kenneling, Bathing & More



GIVE US A LIKE!

FACEBOOK.COM/FUREVERFRIENDSDOGGIEDAYCARE
FUREVERFRIENDSDOGGIEDAYCARE@GMAIL.COM

**OUR TEAM OF TRAINED STAFF TAKE
PRIDE IN PROVIDING AN
INTERACTIVE, HANDS ON DAYCARE.
WE OFFER LIVE WEBCAMS TO WATCH
YOUR FUR-BABIES AS THEY PLAY.**

FUR-EVERFRIENDSDOGGIEDAYCARE.COM
518-203-6211

151 SARATOGA ST, COHOES, NY

Gluten free, vegetarian and vegan options
always available.

Take out and
Dine in

Quesadillas, tacos, bowls,
soups and more!!!



Delivery through
Grubhub & Mealeo

MUDDADDY
FLATS QUESADILLARY

EAT IN TAKE OUT DELIVERY

49 3rd Street, Troy, NY 12180
(518) 326-0630