



# perience *Monthly*

May 2026  
Vol. 8, Issue 5

## **3 Jocelyn & Chris**

Rob Smittix talks to sibling rockers

## **30 Little Feat**

Liam Sweeny talks to keyboardist  
Bill Payne

## **26 Kuntry Strong**

Jason Irwin talks to hip hop artist and  
member of Boondock Kingz

*A  
WAS  
HERE*

**Dave Bourgeois Lex Hoffa Trevor Collins**  
**Gus Unplugged Heavenly Echoes Banshee Tree**  
**Delaney Hafener Shows Leary**

**FREE**



**WALK-INS WELCOME**



**DARKTOWERTATTOO.COM**



**CALL FOR APPOINTMENT**

**564 HOOSICK STREET, TROY, NY (518) 203-7730**



Jocelyn &amp; Chris. Photo provided.

# Jocelyn & Chris

by Rob Smittix

**RRX:** First of all, thank you for doing this today. RadioRadioX and Xperience Monthly are certainly big fans of Jocelyn and Chris. We play your music often, and you've been very kind to us over the years, so we appreciate that.

**Jocelyn Arndt:** Oh, that's awesome. We love you guys. It's amazing what you guys do for the music community, so we're really happy to do this.

**RRX:** Oh, I appreciate that. We're trying, you know?

**Chris Arndt:** Definitely.

**RRX:** You played the Upstate Unplugged music series at White Lake Studios on April 30th. I've been to a number of recording studios in my day, and White Lake kind of takes the cake. They really got the nice setup over there, and it's cozy.

**JA:** Oh yeah, you're right on. I mean ... we might be a little biased because all of our albums we have recorded in this studio – it's actually where we are right now! I feel very at home in this studio; I love it here. But I mean, there's no reason not to

love it here. It's amazing. Like Chris says, it sounds amazing. This whole series is very much like a listening room experience; it's super intimate. Like you said, it's cozy. Get right up in your face and vice versa, which I love as a performer to be able to connect and talk with the audience. You get a little rapport going. There's a back and forth. It's really special, honestly.

**RRX:** I'm in a band with my brother. He's the drummer, so we've got a lot of other elements and space between us. With you two being up front, has there ever been any sibling rivalry over the years? How does that work?

**CA:** There have been sibling rivalries, but not really related to music. They're usually like ... Jocelyn, why haven't you taken out the trash? Chris, why haven't you done the dishes? That kind of thing.

**JA:** Normal stuff, nothing too crazy.

**CA:** No, with the music stuff ... I guess we are both in the front of the stage, but we also both have pretty clearly defined roles. Namely, I am not a vocalist. I sing

some background stuff, and I enjoy that, but being the frontman of the band is very much Jocelyn's territory and her gift. I'm just happy to be there playing some lead guitar sometimes.

**JA:** I mean, honestly, I think we balance each other out. That's true for the performing. It's also true for the songwriting. It's always been like that. We've always written together since we were kids, and I think we balance each other out in that way. I will say, we've only ever performed with each other.

**RRX:** Wow.

**JA:** So it's like we have an unspoken language. One thing that comes to mind, though, I forget when this happened ... Chris, maybe you remember? When we had to switch sides of the stage?

**CA:** Oh, that is bizarre.

**JA:** I tend to flail around a lot, and I kept hitting Chris' back. We did have to switch back at one point so that I wouldn't keep clocking him, but ... No other sibling stuff really, except for the occasional me

*Continued on Page 5...*

## Features



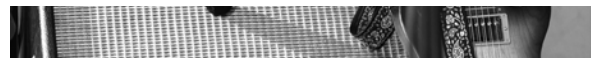
### Jocelyn & Chris



### Kuntry Strong



### Bill Payne



## **Art Fredette**

Publisher, Editor-in-Chief

## **Liam Sweeny**

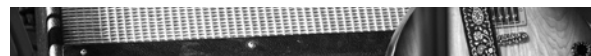
Creative Director/Managing Editor

## **Mike Stampalia**

Features Editor/Photo Editor

## **Rob Smittix**

Program Director



## **Our Team**

*Dick Beach*

*OP Callaghan*

*Joshua Scarselli*

*Peggy Smulsky*

*Stephanie J. Bartik*

*Timothy Reidy*

*Vito Ciccarelli*

*Nate Black*

*Rob Skane*

*BradQuan Copeland*

*Ed Conway*

*Tony Mastrianni*

*Jason Irwin*

*Sara Busone*

*Evan Lauber*

*Charla Earney*

*Chris Busone*

*Tim McDonough*

*Jim Barrett*

*Lori McKone*

*Christopher Ebbs*

*Justin Smulison*

*Sonny Speed*

*Sketchy Hubris*



- 3** Jocelyn & Chris **Sibling Artists**
- 8** Dave Bourgeois **Area Drummer**
- 12** Lex Hoffa **Hip Hop Artist**
- 16** Trevor Collins **Area Guitarist**
- 22** Gus Unplugged **3 Questions**
- 26** Kuntry Strong **Boondock Kingz**
- 30** Bill Payne **Little Feat**
- 40** Heavenly Echoes **Gospel Band Gospel**
- 44** Banshee Tree **Psychedelic Blend**
- 48** Delaney Hafener **The Belle Curves**
- 52** Shows Leary **Musician, Author**

Continued from Page 3.

whacking him by accident.

**RRX:** That's funny. Chris, you mentioned that you're not a vocalist and you recognize Jocelyn as the frontperson of the band, but oh my God ... who would ever want to sing next to Jocelyn? Because Jocelyn's gonna blow everybody away! You've got those chops.

**CA:** (Laughs) It's an intimidating person to share a stage with for sure.

**JA:** This guy can sing, too. Especially the more recent stuff, he's on all the background vocals, so he's in the mix.

**RRX:** Nice. Now, I did hear that you both got scholarships to Harvard, and I was just kind of sidebar wondering, what's it like to be smart? Because I went to Albany High, it's kind of the same thing.

(Both Laugh)

**JA:** Oh man, I will tell you that we're huge nerds and you probably have more real-world experience.

**CA:** We were in a band, I don't know ... I never felt like I was the smartest person in the room there, in high school, or anywhere else.

**JA:** We did some recordings, our original music ...

**CA:** We did, yeah.

**JA:** ... with our college app, so that had to count for something.

**RRX:** It sure does. No, that's pretty cool. I always tried to be smart. So what do you guys have up and coming? Anything that you're working on?

**CA:** We've been doing a lot of songwriting with some of the other artists on the label. There's this artist, Margo Macero, who, if you're in the Capital Region and you don't know about Margo, you definitely should. She is so talented and awesome.

**RRX:** I love Margo, she is awesome.

**JA:** She's so killer. She's the real deal. She's amazing.

**CA:** Earlier, you cracked that joke about sharing a stage with Jocelyn, and I

feel like she's one of the few people who I've seen go up and sing with Jocelyn and pull it off. It's really cool to see you guys sing together.

**JA:** We had the privilege of working with her to write the music for her debut record. Which I think is in the recording process now. I'm excited to see where those songs go. We are also in the process of doing something cool, which is we're reworking some of our selected tracks, some of our favorite songs, into Spanish. And recording Spanish versions of them, which has been really fun. We have recorded one, and we're working on another.

**RRX:** David (Bourgeois) told me a little bit about these Spanish tracks. There's a lot that really goes into that.

**JA:** Oh my gosh, yeah, it is more intensive than I imagined. You know, it's funny ... I feel like the best way to approach it is like a puzzle, you know? Because we've created these songs in English, in our own world, right? I've

always been like the words person, so working with the translator to translate songs in Spanish so that they still have the same feel and still have the same themes, and they're still relatable in that way ... but then there's also the performance aspect. It's been a very challenging puzzle.

**CA:** Jocelyn's lyrics use a lot of idioms and wordplay too, and to translate that ...

**JA:** It's a lot of me asking, how would you say this in Spanish? And they're like ... you would not say that. So we had to bridge that gap. It's been fun.

**RRX:** The only thing I remember in Spanish is "dos cervezas por favor," because you always gotta order two at once. Well, excellent. Anything you'd like to add?

**JA:** We're Jocelyn and Chris. If you don't know us, if you're out there listening, now you do. Welcome to the family!





**LOST & FOUND**  
BAR & KITCHEN

**Nerd Beer & Dope Food, For Reals**

[LOSTANDFOUNDALBANY.COM](http://LOSTANDFOUNDALBANY.COM)

# MAY 2026

**5/1: NOYK-TRL KARAOKE 9PM**

**5/3: CAITY GALLAGHER (FULL BAND) PATIO SHOW 4PM**

**5/4: AIVA 6PM**

**5/5: CINCO DE MAYO- LA DAWGZ FOOD POP UP TRIVIA 7PM MARGARITA SPECIALS**

**5/7: RITZ CARLTON BINGO 7PM**

**5/8: VINTAGE ROUND-UP 11AM - 5PM**

**5/11: CAITY GALLAGHER 6PM**

**5/18: SHANNON TEHYA 6PM**

**5/25: SILVER ARROW BAND 8PM**

**5/29: PRE- PRIDE KICKOFF PARTY W/ LOOSEY LADUCA 9PM TICKETED EVENT**

**5/31: DJ DANCE PARTY - OFFICIAL PATIO OPENING!**



**HOURS:**  
**TUES-THURS: 4PM 'TIL AT LEAST MIDNITE**  
**FRI & SAT: 2PM-2AM**  
**SUN: 11AM 'TIL AT LEAST 5PM**

**942 Broadway Albany, NY 12207 518-694-0670**

# Mutts Gone Nuts




**MAY 10TH**  
**3PM**

**TROY**  
SAVINGS BANK  
**MUSIC HALL**  
1875

**THE GALLEY BAR AND GRILL**  
2839 Rt 9, Malta NY 12020  
518-886-8695  
galleybarandgrill.com

**DAILY FOOD SPECIALS, KARAOKE**  
**FRIDAYS, LIVE MUSIC SATURDAYS,**  
**SATURDAY BRUNCH**









**TAKEOUT AND DELIVERY AVAILABLE @**  
**THEGALLEY.ORDERMYEATS.ONLINE**  
VOTED BEST GLUTEN FREE MENU

**MONDAYS 10 WINGS \$10 IN HOUSE ONLY**  
**TUESDAY 3 TACOS \$10 MIX N MATCH TRIVIA @ 7:30**  
**WEDNESDAY BURGERDAY \$2 OFF ALL BURGERS**  
**THURSDAY \$2 OFF QUESADILLAS & KIDS EAT FREE**  
**FRIDAY \$10 FISH FRYS KARAOKE 8PM**  
**SATURDAY LIVE MUSIC 6PM**

Monday - Thursday 12pm-9pm, Friday & Saturday 12pm - 12 am

**(838) 218-2344**

**HOURS:**  
**TUESDAY-FRIDAY: 10:30-6ISH**  
**SATURDAY: 10:30-5ISH**

**SCARLETTS KORNER**  
**CONSIGNMENTS**

Fashionable Clothing  
Decor  
Handbags  
Art  
Jewelry  
& More

ScarlettsKornerConsignments@gmail.com

1603 Route 9 Suite 9, Halfmoon, NY

**518-237-8372**

**Vital Sign & Graphics**

HOURS  
MONDAY - THURSDAY: 8AM-4:30PM  
FRIDAY: 8AM-4PM  
SATURDAY & SUNDAY CLOSED

**SIGNS WITH A PULSE**

COMPLETE SIGN SERVICE

**VITALSIGNANDGRAPHICS.COM**  
INFO@VITALSIGNANDGRAPHICS.COM

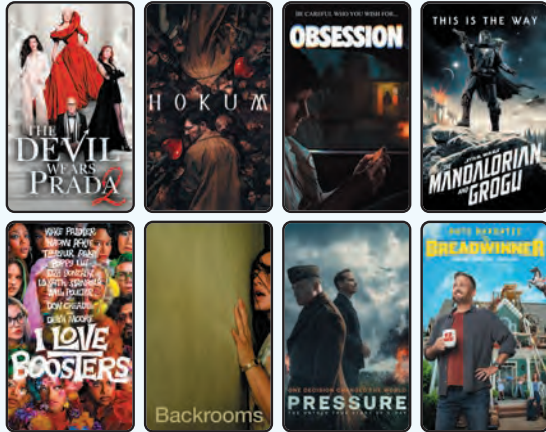
**251 SARATOGA STREET COHOES, NY 12047**



# Scene One Entertainment

**SPECTRUM 8 THEATRES**  
290 DELAWARE AVENUE - ALBANY  
ALBANY'S INDEPENDENT CINEMA SINCE 1983!

COMING IN MAY



and much more!

BEER • WINE • COCKTAILS NOW AVAILABLE!  
MUST BE 21+ TO PURCHASE ALCOHOLIC BEVERAGES.  
[www.spectrum8.com](http://www.spectrum8.com)

**OUR 74<sup>th</sup> SEASON  
STARTS MAY 2<sup>nd</sup>**



25 ERIE BLVD, ALBANY

**Booking Your Parties,  
and Groups**

[www.hucksplayland.com](http://www.hucksplayland.com)  
(518) 242-7575

**WILTON MALL CINEMAS  
AND THE BIG SCENE** FEATURING A  
2000 SQ FT SCREEN!  
3065 STATE RTE 50 - SARATOGA SPRINGS

and  
**MOVIELAND** 400 STATE STREET  
SCHENECTADY

COMING IN MAY



and much more!

Real Butter served over Fresh, Hot Popcorn  
[www.scene1ent.com](http://www.scene1ent.com)

Join us as we launch the **SCENE ONE GREENVILLE DRIVE-IN**, Rt. 32, Greenville! Season begins 5/15!  
[www.drivein32.com](http://www.drivein32.com) or [www.scene1ent.com](http://www.scene1ent.com)

**N** Recreational Cannabis Dispensary  
**NORTHERN LIGHTS**  
N.Y.  
**NLDISPO.COM**  
100 BROADWAY, UNIT 8 MENANDS, NY

Same Day Delivery Now Available  
**NO FEE | WITHIN 5 MILES**  
**\$15 FEE | OVER 5 MILES**

FOLLOW US  
f i

**OPEN 7 DAYS A WEEK: 10AM - 8PM**

KEEP OUT OF REACH OF CHILDREN  
ADULT-USE CANNABIS PRODUCTS ARE FOR USE ONLY BY PERSONS 21 YEARS AND OLDER. KEEP OUT OF REACH OF CHILDREN AND PETS. VARIOUS CANNABIS IN ANY FORM, WHILE YOU ARE PREPARING OR CONSUMING CANNABIS PRODUCTS. THE USE OF CANNABIS AND MAY BE HARMFUL TO YOUR BABY. THERE IS AN UNKNOWN SAFE AMOUNT OF CANNABIS USE DURING PREGNANCY OR WHILE BREASTFEEDING. CANNABIS CAN IMPAIR CONCENTRATION, COORDINATION, AND JUDGMENT. DO NOT OPERATE A VEHICLE OR MACHINERY UNDER THE INFLUENCE OF CANNABIS.

YOU MUST BE 21+ TO ENTER

LIC. NUMBER 000059 **518-472-0278**

**jgsrecycling.com** (518) 874-1565

- ✓ Scrap Removal
- ✓ Metals Removal
- ✓ Refrigerant Recovery
- ✓ On Site Service
- ✓ Pick-up Service
- ✓ Fully Licensed
- ✓ Friendly Service

Recycling & Hauling  
Metals/Freon

392 Hudson River Rd. Waterford, NY 12188

Buy • Sell • Trade

New & Used  
**vinyl**

CDs • Cassettes • Turntables  
Audio Accessories • Turntable Repair

**SOUND HOUSE RECORDS**

52 King St. Troy, NY | 518.621.3496  
@soundhouzerecordsny

# Dave Bourgeois

## Capital Region Timekeepers

by OP Callaghan

**D**ave Bourgeois is a local drummer, composer, producer, and studio owner right here in our own backyard. His work with local favorites Tread and Killtech is legendary, and he's a genuine supporter and curator of local music and talent. For other drummers out there, beware of the dog, and let's welcome Dave Bourgeois!

**RRX:** How did you get started being a drummer?

**Dave Bourgeois:** I grew up in Boonville, a small town in Central New York. It definitely felt like there were more cows than people, but growing up in the country had its benefits. For one, our school district had a very strong music program. Marty Ischia, my grade school music teacher, took the time to really help and encourage me; he is one of the strongest influences in what I do today.

Around fourth grade, we were offered the opportunity to take music lessons at school. I initially chose French horn, but that didn't last long. I briefly considered tuba, but my dad suggested drums. Looking back, I'm not sure he fully realized the level of pure sonic chaos he was about to bring into our home.

**RRX:** Do you come from a musical family?

**DB:** Yes — my dad was a drummer, and his rudiments are still pretty solid. But even more impactful was my family's general love of music. There was always something playing in our house. From Peter, Paul and Mary to Maynard Ferguson and the Glenn Miller Orchestra, there was a soundtrack to everything we did.

Around age 11 or 12, my Uncle Kenny — my mom's much younger brother — gave me an eight-track tape player along with a stack of tapes. That was really my introduction to rock music and artists like Steve Miller and ELO.

**RRX:** Uncle Kenny for the win! Do you play any other instruments?

**DB:** Yes. I play piano and work extensively with electronic music. I also have a fairly large collection of percussion instruments from around the world.

Over the years, I've done a lot of writing for advertising and film, as well as for my own bands and other artists I've worked with.

**RRX:** Cool! Are you self-taught, or did you take lessons?

**DB:** On piano, I'm largely self-taught, though I did have the opportunity to study with electronic music professor and pioneer Joel Chadabe at SUNY Albany.

For drums, I started lessons in elementary school and went on to participate in NYSSMA solo festivals and all-state ensembles. In high school, I moved into private study with Herb Flowers, principal percussionist with the Syracuse Symphony. Later, after relocating to Albany, I studied with Rich Albagli.

I was also playing in professional bands at a young age, often with musicians much older than me. I learned a tremendous amount from working alongside people with more experience.

**RRX:** Tell me about your first kit.

**DB:** My first drum set was a surprise gift from my parents, purchased from a family friend. I came home from school



David Bourgeois. Photo provided.

one day, and they said, "We've got a surprise for you," and there it was. It's still one of the biggest surprises I've ever had.

Shortly after, though ... my dog ate it. Literally. Our German Shepherd had access to the basement where the drums were and decided they'd make a great toy. I came home to ripped-up wood and scattered hardware.

It was a pretty big bummer — but apparently I didn't learn my lesson. I currently have four German Shepherds. Fortunately, none of them seems to have a taste for drums.

**RRX:** I don't know if I trust them, lol! What are you playing now?

**DB:** My wife Anna and I own White Lake Studios, and over the years, I've collected a variety of drums from different manufacturers.

A few years ago, Sawtooth Musical Instruments in Los Angeles reached out and asked if I'd try their drums. They manufacture guitars as well, but the owner, Joe, is a drummer and has put a lot of care into their kits. They sent me their top hickory kit, and I've been recording and touring with it ever since.

They're some of the most

consistent-sounding drums I've ever played—an absolutely beautiful kit. I'm proud to be a Sawtooth endorser. Terrific people.

**RRX:** I checked out their website, and they look impressive! Tell me about some of the work you've done with other artists, bands, etc.

**DB:** I moved to the Albany area in the '90s. I played and recorded with the punk band Killtech, worked with Deb Cavanaugh in the band General Eclectic, and was also beginning to do a lot of producing at that time — playing on many of those projects as well. A couple of studios in the region and one in Vermont also used me as a session drummer.

I was later recruited to play with the Clay People, and a few years after that, I formed the band Treaty, which saw some success.

As I moved into artist development and management, we signed siblings Jocelyn & Chris, whom I've now toured and recorded with for more than a decade. They're family to us at this point. We've charted five singles on commercial Top 40 radio, earned millions of streams, and had music placements in film and

gaming.

Most recently, we signed Glens Falls native Margo Macero, who is phenomenal. We're wrapping her debut full-length now, and I'll be on the road with her later this year in the Midwest and Northeast.

**RRX:** I've seen your work with Killtech and Treaty. Exceptional playing. Who are some of your influences? Has that changed since you started playing?

**DB:** Beyond just listing "drummers," my parents are a major influence. They never told me I couldn't — or shouldn't — pursue music.

My wife is also incredible. She's been with me since the Clay People days and essentially runs our business, handling all the things that allow me to keep creating.

Jocelyn & Chris are on that list as well. I've watched how hard they've worked and how much they've sacrificed along the way.

**RRX:** Tell me about a performance or recording that you are especially proud of.

**DB:** The "Favorite Ghosts" album I did with Jocelyn & Chris is something I'm incredibly proud of. I co-produced it with my friend Joel Moss, who sadly passed away last year.

We took two songs from the record into the US Billboard Top 20 and had the "most added" commercial radio single in the US twice.

Other highlights include playing at CBGB with the Clay People, performing on "The NBC Today Show" with Jocelyn & Chris, and sharing the main stage at Bourbon & Beyond in Louisville with artists like Alanis Morissette, Brandi Carlile, and Greta Van Fleet.

And then there are the radio and awareness-driven moments—like playing in cities such as Peoria and hearing an entire audience sing your songs back to you. That feeling is difficult to describe.

**RRX:** Amazing! What are your future plans? Where can we see you playing?

**DB:** Jocelyn & Chris have stepped back from full-time touring to focus on some educational goals, so we've shifted them into a lot of co-writing for other artists. I'm also working with Jocelyn and a linguist to adapt several of their songs into Spanish, which we're currently recording.

We're releasing a series of re-imagined covers for Margo Macero to build momentum before rolling out her full record, which was co-written by Jocelyn & Chris.

I'll be playing with Jocelyn & Chris on April 30 at Upstate Unplugged, and I'll be out with Margo in Chicago and Indiana in June.

**RRX:** Busy schedule! Good for you! What is something you're passionate about outside of drumming?

**DB:** I'm passionate about original music, artist development, and production — but equally about approaching that work with kindness.

It's important to remember that for an artist, it's never just a "song." It's often a very personal, sometimes fragile expression of who they are — something shaped by hope, excitement, and the constant question of "Is this good enough?"

Please support artists. Go to a show, say something nice.

I'm also incredibly grateful for my team at White Lake / Bridge Road and for the artists who trust me with their music.

Outside of that, I'm a skier, snowmobiler, wakeboarder, and wake surfer. I collect bourbon — and I have four German Shepherds, who I absolutely keep a very close eye on around my drums.

**RRX:** That's a good plan! Thanks for being with us, David, and best of everything to you!

I also want to congratulate Marky "Balboa" Klein on his upcoming tour playing drums for the Erotics! Congratulations to Marky and the Erotics!!!



**COMFORTABLE AND WELCOMING ATMOSPHERE**

**BEER BONES**  
BAR & GRILL

**PATIO NOW OPEN!**

**NEWTON PLAZA, 594 LOUDON RD. LATHAM NY**  
**518-608-4400**

**ELEVATED PUB FOOD**  
**WITH DAILY SPECIALS**



**WIDE SELECTION**  
**OF GREAT BEER AND SPIRITS**



**EVERY TUESDAY 7PM**  
**TRIVIA**  
**NIGHT**

**JUKEBOX**  
**DARTS**



**OPEN 7 DAYS A WEEK**  
**MON-SAT: 11AM - 11PM**  
**SUNDAY: NOON - 11PM**  
**KITCHEN OPEN UNTIL 10PM**

**ALL SPORTS PACKAGES**  
**NFL NBA MLB**



ONLINE ORDERING AND DELIVERY WITH **mealeo**

**BEERBONESBAR.COM**



# THE 78<sup>TH</sup> TULIP FESTIVAL



ALBANY  
AMERICAN CAPITAL CITY

FREE FOR ALL AGES

LIVE ENTERTAINMENT

ALBANYEVENTS.ORG

## SATURDAY, MAY 9

### PARKALBANY & 102.7 WEQX'S MAIN STAGE

The E-Block | 1:30pm

Grace Bowers | 3:00pm

Joywave | 4:45pm

### TOYOTA & WEXT RADIO'S 518 STAGE

Tulip Queen Coronation | 11:30am

Keegan James | 1:00pm

The Sugar Hold | 2:15pm

The Belle Curves | 3:30pm

97otis | 4:45pm

## SUNDAY, MAY 10

### PARKALBANY & 99.5 THE RIVER'S MAIN STAGE

The Hot Yoga Spot's Yogafest | 9:00am

Alex Torres Group | 1:30pm

Ill Funk Ensemble | 3:00pm

MJ the Illusion | 4:30pm

### TOYOTA & WEXT RADIO'S 518 STAGE

Times Union Best Mom Ceremony | 11:00am

Paintbrush Charlie | 1:00pm

Maggie Doherty | 2:15pm

Tops of Trees | 3:30pm

The Ky McClinton Band | 4:45pm



## SATURDAY MAY 9 & SUNDAY MAY 10

### MARKET 32 CARES KID ZONE STAGE

Andy "The Music Man" | 1:00pm & 4:00pm

Park Playhouse | 2:00pm

Melvin the Magnificent | 2:45pm & 4:45pm

Ruth Pelham | 3:30pm & 5:30pm

### AFSP'S WELLNESS STAGE

Hettie Barnhill presents "Rhythm, Stretch & Vibes" | 11:00am

ArtPartners/Tsehaya & Company "Our Paths: In the Beginning" | 12:00pm

YMCA Zumba | 1:00pm

YMCA Afro Beats | 2:00pm

Yoga by Jai Yoga School | 3:00pm

Sisters of the Rising Moon "Belly Dancing" | 4:00pm



AlbanyNYevents

AlbanyNYevents

AlbanyNYevents



Ground Rules: No Alcohol / No Coolers / No Animals / No Glass Containers / No Recording of Performances. All City of Albany Parks are now Tobacco & Marijuana Free.

# Cannabis Corner

## by MBF and 400 River

Last issue, we talked a little bit about how to consume cannabis. Let's delve into that more in-depth today. There are so many more ways to get high than just smoking flower - the NY market is providing in a big way. We have a ton of exciting products out there, so let's get rolling!

### Cannabis Flower

Cannabis flower is the most natural way to consume, since the product has undergone minimal processing to get to you. A harvested plant needs to be dried, cured, trimmed, and tested before it hits dispensary shelves. Most product is found in 8ths (3.5 grams), but dime bags (1 gram) are a great budget option, and lots of dispensaries offer half and full ounces of cannabis too. Whatever quantity you choose, you can grind it and let the fun begin. You can roll it in a joint or blunt (if you can even roll a joint!), pack it in a bong or pipe, or vaporize it for a smooth hit. Smoking from joints, pipes, and bongs is definitely a standard way of consuming, convenient, and with a low barrier to entry. Prerolls offer another great way to smoke flower. There's no mess and no joint rolling skills needed. Dry herb vaporizers use a lower temperature than actually smoking, so a strain's flavor won't be impacted by combustion. It can potentially reduce the amount of harmful byproducts inhaled compared to smoking. Don't forget that you can also use flower to make super easy alcohol-based tinctures and crazy strong edibles.

In 2025, New Yorkers made flower the top category of cannabis products sold in the state. Over 35% of all products

sold were cannabis flower. Plus, a further 20% of all cannabis sales in 2025 consisted of prerolls. While this is technically a separate category per the Office of Cannabis Management, the primary input is minimally processed cannabis flower.

### Edibles and Drinks

In NY, 14 percent of all cannabis products sold are in the form of edibles. Easy to dose, consistent, and tasty, edibles are great for cannabis novices. At the moment, the majority of edibles are gummies or chocolate-based products. However, there are new and creative things just hitting the market, like infused popcorn, crispy cereal treats, and even maple sugar candy. THC drinks comprise a small percentage of the market (less than 1%), but a fast-growing one. Drinks are definitely becoming a cornerstone of the industry and a fan favorite.

Edibles can use a variety of different THC-based inputs. Cannabis distillate is a high-potency THC concentrate that doesn't retain any terpenes. It can take 45 minutes or more for distillate to "kick in," where you start to feel effects. Less commonly found are hash and live resin-infused gummies. Unlike distillate, hash and live resin-infused edibles still contain a lot of terpenes and minor cannabinoids for a full-spectrum experience similar to smoking. Lots of gummies now are marketed as "fast-acting," and those use nanoemulsification. Nanoemulsification breaks down the oil to be water-soluble so it can be assimilated within 10-15 minutes of consumption. Some gummies combine various types of cannabis inputs, so they act both quickly and then hit later for a longer high.

THC drinks are quickly becoming a huge market and a very interesting one. As alcohol consumption is waning, THC drinks are there to take their place. Most dispensaries have 5mg and 10mg drinks that are a fun replacement for booze and great to offer alongside alcohol at parties. THC drinks really gained in popularity under the Farm Bill, so you will notice that even supermarkets and some bars have THC-infused drinks. In fact, NY may allow liquor stores to start selling THC drinks, so we will see if and how that pans out.

One huge difference between legal edibles and black or grey-market gummies is the dosage. While working at the dispensary, it was super common for customers to come in and ask for a high-dose gummy, like 300mg or 500mg THC. Friends, those are gas station numbers, black market numbers. In NY, we can only include 100mg of THC in our packages of edibles; anything more wouldn't be compliant in the legal market.

### Concentrates and Vapes

Concentrates are one of the most high-test options available on the market. Distillate is a concentrate derived from dry flower that doesn't contain any terpenes or minor cannabinoids. Most of the time, this is used in edibles or mixed with terpenes for vapes. Live resin is a type of concentrate that is made from flash-frozen cannabis. The cannabis is extracted using solvents, but lots of terpenes and minor cannabinoids are preserved. Live rosin, on the other hand, uses a solventless approach to extracting flash-frozen weed. Heat and pressure from a rosin press are used to create a

nice end product that's very representative of the strain used. Hash comes in many varieties and isn't super popular here in the US. Hop across the pond, and lots of Europeans use hash as their primary method of cannabis consumption (frequently mixed with tobacco!). Serious consumers of concentrates will have a dab rig, which looks kind of similar to a bong. They can also be used to make edibles or added to weed to give your smoke that extra oomph.

Vapes take these concentrates and put them in a handy, portable format. 510 carts will need a battery attachment, but all-in-one vapes are sold ready to be used the moment you exit the dispensary. On the lower end of price points, you'll find distillate vapes; rosin and resin will cost more. Vape pens are the second most common way New Yorkers enjoy cannabis, making up 27% of the legal market.

### Tinctures and Topicals

Though tinctures and topicals only make up a super small segment of the market, they are totally underrated. Not one to smoke? On a low/no sugar diet? Look into tinctures! A tincture is simply cannabis extract in a carrier liquid, frequently MCT oil.

Topicals with THC are an interesting option available for us. Our body's endocannabinoid system includes receptors in the skin, so topicals can be super effective for aches and pains. One of my favorite ways to use topicals is to make sure the product also contains CBD. There's something in the mix of THC and CBD that really helps relieve pain.

# Lex Hoffa

by Liam Sweeny

**RRX:** Growing up in a melting pot of sound and culture, how do you decide whether to come out with a blended style or pick one sound in your world and blow that up?

**Lex Hoffa:** That's a great question. I had the luck of growing up in dual environments. On one side of the coin were Spanish Harlem influences, and on the other side were my Adirondack/ Capital Region influences. With such a stark contrast, my ears and tastes kind of fused and I became this "punk rock hip hopper" as one of my cheer mates described me when she met me in HS. (Shout outs to Melanie and NDBG...Go Knights ...she was my ace on the cheerleading squad and put me onto bands like the Yeah Yeah Yeahs).

**RRX:** Music is empowerment. But it's ironic that listeners may feel empowered, but the musician has the industry sometimes acting against empowerment. How do women get empowerment in a system that doesn't want anybody empowered?

**LH:** I think women get empowerment by not asking for it. As women, we aren't a monolith but any time I had a proverbial foot on my neck I pulled a Kung Fu move and flipped them on their head. I think those looking for it, learn on the journey accidentally. You don't ask for empowerment, you take it.

**RRX:** What's on your plate these days? Any songs or EPs out? Any shows ahead?

**LH:** Thank you for asking! I am currently working on my next project...shes still a work in progress and untitled. We've already released two singles that I'm so excited about (Alexita and Whoo

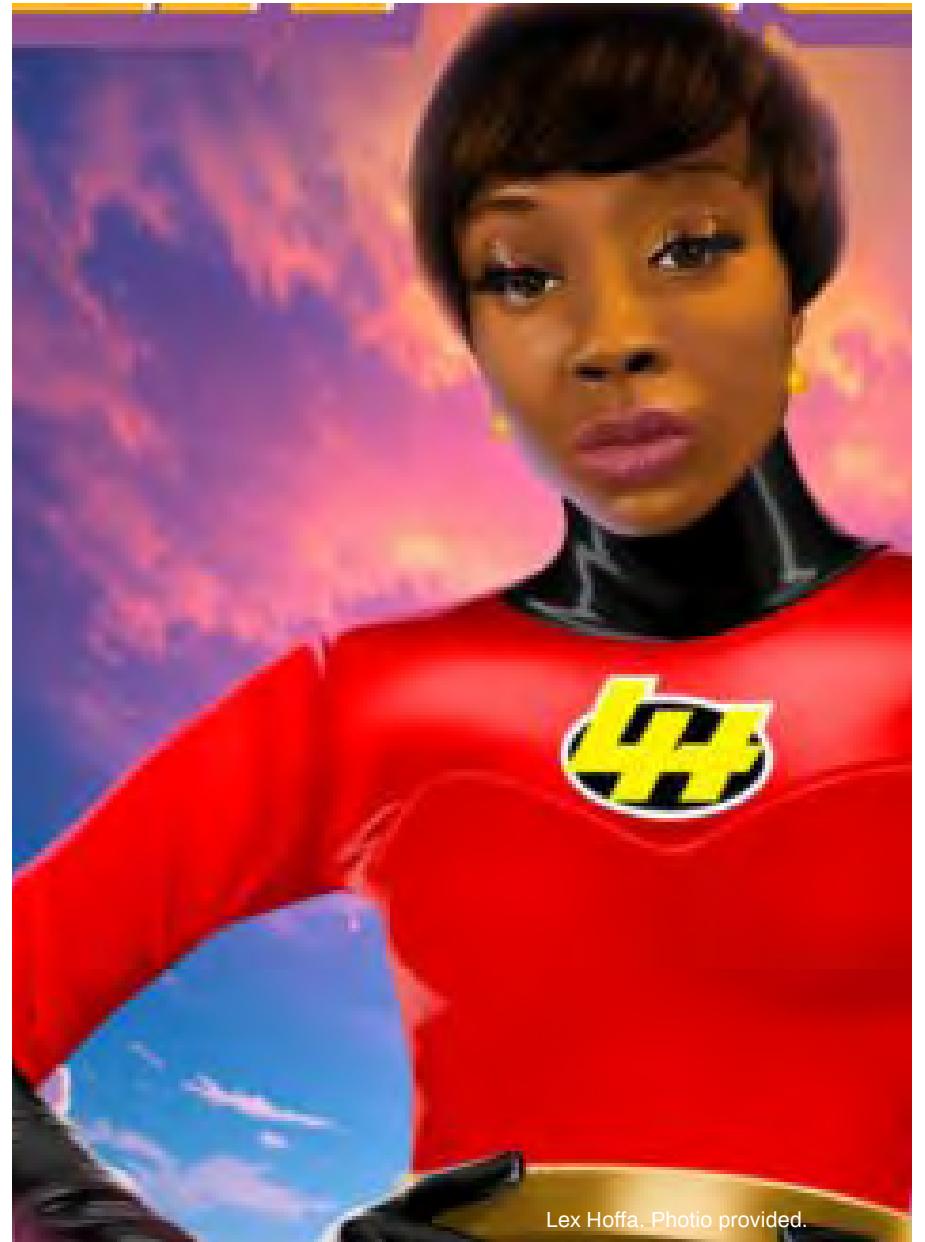
Hah the Rebirth available on all streaming platforms) and I'm so excited to finish this project and showcase my art. This journey has been a lifetime in the making. I'm honored to live it now. As far as shows, we have a huge one coming up. My husband, Wiz Hoffa, will be celebrating his 50th birthday on May 23rd at Empire Underground. We will definitely be having a good time not only celebrating my husband but partying with a mix of the whos who in the hip hop music scene but not just exclusive to the 518. My husband's impact on the mixtape game exceeded the bounds of the Capital Region with Noize Mob, a very successful coalition of mixtape DJs that spanned from local to international so we'll have people coming from all over to celebrate him. People would be surprised how many influence makers come from or have major ties to our little 518. A time will be had!

**RRX:** When you come up with lyrics, how do you prepare? Is there a zone, or is it just instinct?

**LH:** When I come up with lyrics, it's almost like I hear them, so I guess instinct. I hear the lyrics before I even put pen to paper and that's usually my starting point. A good beat and some fire vibes always gets the environment comfortable for me to create.

**RRX:** You're working with Wiz Hoffa and the Hoffa team. And Wiz is an iconic figure in the scene, what are you looking to bring out musically?

**LH:** Wiz has been a staple in the 518 hip hop scene since his presence in the inception. I'm honored to work with him. But even prouder to share is last name personally and professionally. I wasn't with him shooting in the gym, but I lace



Lex Hoffa. Photo provided.

up his sneaks and pass him the rock now and that's the important part.

I'm looking to bring a fresh new cultural perspective into the mix. I'm a Black American/Afro Latina of Honduran descent and I'm bringing my personality, energy, culture and my perspective to this thing we all love so much called hip hop. My perspective of the world is what's missing and needed today. Time will tell.

**RRX:** Everybody has a favorite part of the music they play, and sometimes it's something small, a certain pop of your voice, or something like that, maybe. What's your favorite part?

**LH:** My favorite part of my music is what I say in the beginning of every track "Ayo Scotty, beam us up pops". My father introduced me to hip hop very early on and is the reason I'm such a huge fan. He was one of my biggest musical resources. Because of my father, I was listening to Dmx, Prodigy and Pete Rock when the girls my age were solely listening to the Spice Girls, Brandy and Backstreet Boys at the time. He passed away a few years ago so that's how I honor him and help keep his memory alive. The crowd can help me at every show by saying it with.

# Last Vestige

**MUSIC SHOP** EST. 1989  
**RECORDS**  
 MORE RECORDS!  
 RECORDS!  
 RECORDS!

BUY • SELL • TRADE  
**VINYL RECORDS**  
 CDS • TAPES • DVDS  
**ROCK • JAZZ • FOLK**  
**COUNTRY • BLUES**  
**SOUL • R'N'B • PUNK**  
**POP • METAL & MORE!**

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

LARGE COLLECTIONS BOUGHT  
 HOUSE CALLS BY APPOINTMENT

OPEN 11AM-7PM MON-SAT NOON-5PM SUN  
 173 QUAIL ST ALBANY NY 518-432-7736



# Oh Corn! arepas

**AUTHENTIC VENEZUELAN FLAVORS**  
**VEGAN & GLUTEN-FREE OPTIONS**  
**FULL BAR AVAILABLE**  
**PERFECT FOR GROUPS & PARTIES**

TAG US AND **SAVE 10%**  
 TAG @OHCORNAREPAS ON  
 INSTAGRAM WHILE DINING  
 AND **ENJOY 10% OFF YOUR CHECK**  
 DINE-IN ONLY • ONE POST PER TABLE

429 RIVER STREET TROY, NY **Oh Corn! arepas** (518) 326-0199




# WIZARD BURGER

74 N PEARL ST. ALBANY, NY  
 M-F: 11am-8pm  
 Sat: 12pm-8pm  
 Sun: 12pm-7pm  
 518-350-9440

# BURRITO BURRITO

275 RIVER ST. TROY, NY  
 NEXT TO NO FUN  
 Wed: 1pm-10pm  
 Thur: 1pm-10pm  
 Fri: 1pm-10pm  
 Sat: 1pm-10pm  
 518-308-8859

Cut out this ad and redeem at Burrito Burrito for a \$1 Hammers Beer (excl. tax)

PLANT BASED

# 2010 Auto Sales .com

PRE-OWNED CARS & TRUCKS

2010autosales.com  
 (518) 238-0263 343 2nd Ave Troy, NY 12182



518  
 p r e s e n t s

**SAT MAY 23 2026**

**EMPIRE UNDERGROUND**  
 93 N. PEARL ST ALBANY NY

DOORS OPEN 6P-11P  
 16+ EVENT  
 \$20 IN ADV - \$25 @DOOR

# CULTURE NEVER AGES

50th BIRTHDAY CELEBRATION

**WIZ HOFFA & FRIENDS**  
 SURPRISE SPECIAL GUEST  
 WITH PERFORMANCES BY:

**AMXXR P-GUTTER U.S. BAY**  
 JB! AKA DIRTY MOSES . RHAKIM ALI . PESHY KRUGER  
 HOSTED BY  
**DJ BIZ & DJ SHOW**  
 DJ JOHN JAMZ & DEEJAY SMOKE

TICKETS @ TICKETMASTER.COM



"TROY NEW YORK'S HIDDEN VENUE"  
**THE HANGAR**  
TROY, NY ON THE HUDSON

**(518) 272-9740** THEHANGARONTHEHUDSON.COM  
675 RIVER ST TROY, NY 12180



**518-368-8485**  
CLEAN & HEATED REHEARSAL ROOMS  
SEPARATE ELECTRICAL  
SUPERIOR BUILDING MAINTENANCE  
SECURITY  
AMPLE STREET PARKING  
24 HOUR ACCESS  
ROOM SIZES TO MEET YOUR NEEDS  
COMPETITIVE PRICING PER MONTH  
**NORTHALBANYSTUDIOS.COM**

5/2: THE SPRING THING 3-10PM  
5/8: THE SILOS -8PM  
5/9: JOE PERNICE -8PM  
5/14: DIVE PRESENTS THEY ARE GUTTING A BODY OF WATER -7PM  
5/15: SAINTSENECA W/S/G LILY SEABIRD -8PM  
5/23: KYLE ELDRIDGE & CHRIS "SUGARBALLS" SPRAGUE  
5/30: DIVE PRESENTS: TIM KASHER / OLD CANES / DAN LAFAVE & CRAIG DUTRA -8PM



**DRUM LESSONS WITH JASON BITTNER**  
SHADOWS FALL, CATEGORY7, EX-OVERKILL, EMA ALL-STARS, STIGMATA, ETC.  
MULTIPLE STYLES, ALL LEVELS, NISKAYUNA STUDIO  
STUDY WITH A 2X GRAMMY NOMINATED  
30 YEAR TOURING AND RECORDING VETERAN!  
\$50 HALF HR. \$90 HOUR  
MONTHLY DISCOUNTED PACKAGES AVAILABLE AS WELL  
EMAIL - JBITTNERDRUMS@GMAIL.COM TO SCHEDULE




**Ale House**  
Troy, NY  
CHECK OUR FACEBOOK FOR DAILY SPECIALS TAKE-OUT OR EAT-IN  
OUTDOOR COVERED SEATING WED-SUN 2PM-8PM  
600 RIVER STREET TROY, NY 12180 (518) 272-9740



**OUTPOST 40**  
BURGERS • STEAKS • SEAFOOD • BBQ  
1544 NY-40 SCHAGHTICOKE, NY 12154  
MAY LINE-UP  
FRI: 5/8 WHISKEY RIVER 7-10PM  
SAT: 5/9 JOANN'S DRIVING THE BUS 7-10PM  
FRI: 5/15 DONNA TRITICO 7-10PM  
SAT: 5/16 RIVER COUNTRY 8-11PM  
SAT: 5/30 A/C SKYLINERS 7-10PM





**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

**Laser Engraving & 3D Printing**




**(518) 265-9071**

**HOURS**  
MON-SAT: 10AM-9PM  
SUN: 10AM-6PM

**NOW OPEN** 21+

**CASA VERDE**  
DISPENSARY  
(518) 953-0070

**BEST PRICES IN TOWN**  
RELAXED, INFORMAL AND INTIMATE ATMOSPHERE  
WITH A KNOWLEDGEABLE STAFF  
ALL MAJOR BRANDS AND A CURATED SELECTION OF  
VAPES, FLOWER, PRE-ROLLS, EDIBLES AND MORE!

**CASAVERDENEWYORK.COM**

**15 CAMPBELL AVE TROY, NY 12180**



**El Dorado**  
121 4th street Troy NY

Vig Tri Hill Brother  
And T  
The Boys  
Fishmac  
Stew

May 9<sup>th</sup>  
7 Pm Doors  
5 dollar cover  
21 plus

*Marra*  
**Funeral Homes, Inc.**  
Paul L. Marra

246 Remsen Street  
Cohoes, NY 12047

(518) 237-0206  
MarraFH@nycap.rr.com

**CBD Products Available**



**UNCLE SAM HEALTH FOOD**

77 4TH STREET TROY, NY  
648 NEW LOUDON RD LATHAM, NY  
[UNCLESAMHEALTHFOOD.com](http://UNCLESAMHEALTHFOOD.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

# Trevor Collins

## A Journey of Self Belief

by Charla Earney

Troy's Monument Square sits at the center of the city like a small cultural heartbeat. Preparing for an interview invokes within me a certain kind of curiosity that requires my attention and presence. From a corner of the triangular plaza, you can look up at the statue perched atop the monument: a woman raising a trumpet toward the sky. I had passed through the square countless times over the years, but on that morning, I was moving at a different pace and thought New York strikes me as a little irrational. Late winter will offer warmth and sunshine, a hint that spring is finally on its way, then a few days later, it reminds us that we misunderstood the arrangement entirely. The cold simply waits patiently behind the curtain, apparently with a very good memory. As the warm weather shone through, a single sentence had been circling in my head: When one's own self-belief becomes mandatory, one's own truth becomes a liability. It's a complicated thought, maybe more complicated than it needs to be at 11 a.m. in Monument Square. But the idea and phrase lingered. We move through life with a set of well-maintained self-beliefs, adjusting them as we go without even realizing it. And sometimes we quiet the voice that asks the simplest questions: Why? Who? What? When? It is the voice of curiosity.

A teacher once pointed out that people often move through life without really noticing what is in front of them. Some individuals, however, tend to notice things. They slow down. They listen.

They pay attention. They get curious. That ability to hear, listen, and learn is part of what defines local artist Trevor Collins. For Trevor Collins, music did not begin with a dramatic moment. There was no grand stage, no sudden revelation. It began quietly and curiously. There was simply a guitar in the house. "My dad had a guitar in the basement," Collins told me. "He didn't really play much. Maybe a couple chords. But that's how I first got my hands on one." That guitar, a Silvertone electric, became Trevor's introduction to music. His parents were not active musicians, but they recognized curiosity when they saw it. The instrument opened a door.

Later, when Trevor bought his first guitar for himself, he chose an acoustic Takamine, known for its rich tones and reliability. It's the kind of guitar that doesn't try to impress you at first glance, but wins you over the longer you listen to the warmth it is known for. Like most musicians, Trevor did not learn through a single path. His playing developed through a mixture of influences, experimentation, and a staggering number of hours spent practicing. "It's a combination of listening to music my whole life and picking things up from people I idolize," he said. "And then there's just sitting at home practicing, trying to figure parts out." No shortcut there. No secret formula, just time and repetition, which is less glamorous but significantly more effective. From a writer's perspective, it is simply impressive. But practice alone only gets you so far. "What really rounds it out," he added, "is playing with other people." Collaboration changes everything. Add a drummer, another guitarist,



Acoustic guitar. Photo from Shutterstock

maybe a keyboard player, and suddenly the music becomes a conversation rather than a monologue. "That influences where you go," Collins explained. "What the other players are doing shapes your sound."

In his early years, Trevor played mostly with a pick. Fingerstyle guitar came later, during his twenties, inspired in part by players like Mark Knopfler and Tommy Emmanuel.

"Fingerstyle lets you tell a story," Collins said. "You can play the bass line and the melody at the same time. It's almost like playing piano." He eventually developed a hybrid technique, part pick playing, part fingerstyle, that allows him to shift seamlessly between the two. Sometimes, mid-song, he literally folds the pick into his palm so he can transition to his fingers. (So cool to watch!) He admitted with a laugh that it took a long time to learn, which felt like a polite understatement. Unlike some fingerstyle players who rely on long fingernails or thumb

picks, Collins prefers direct contact. "I like the feel of skin on the strings," he said. "I use my fingertips." Years of playing have left their mark: calluses that make contact effortless and allow him to play with both precision and control.

When the conversation turned to gear, a topic that can easily consume guitarists for hours, Collins offered a refreshingly honest perspective. "People obsess over equipment," he said. "But honestly, it's eighty to ninety percent your hands." That realization tends to arrive right after someone buys something expensive. "You need decent gear, so nothing falls apart on stage," he added. "But your technique drives your tone." In other words, the guitar matters. But the player matters more.

If guitar playing is the craft, songwriting is the puzzle. For Collins, music almost always comes first. "The guitar part comes pretty quickly," he explained. "The lyrics can take ten times as long." Rather than writing about a single

moment or relationship, Trevor tends to build songs from several pieces of real life. "A lot of times a song is a composite," he said. "One line might come from one experience, another from somewhere else." Listeners, of course, hear something different. A song that feels intensely personal may be built from fragments. That ambiguity is part of what makes music powerful. It leaves room for interpretation, for someone else to step in and make it their own.

Trevor's life eventually expanded beyond music. Adulthood has a way of rearranging priorities, usually without much warning. Creative pursuits often get pushed aside—not because they lack value, but because life demands stability. Bills tend to be very persuasive. Trevor stepped back from performing regularly during those years, but he never truly stopped playing. "It's always been my stress release," he said. "I've never stopped playing at home." Music remained part of his life, even when it

wasn't part of his public identity. During one of our conversations, Trevor described himself as shy. That may surprise people who have seen him perform, because the confidence he displays on stage suggests something different. But confidence and belief are not always the same thing.

For years, Trevor supported other musicians. He played in bands. He contributed his skills to other projects. Standing in the spotlight himself was not something he felt ready to do. "I just didn't think I was good enough," he admitted. That belief can saturate a person and is more common than they'd like to admit. Eventually, the right beliefs began to surface and ask the right question:

Why not me?

That question led Trevor to a stage much farther from home. After winning the Capital Region Blues Network competition, he earned the opportunity to travel south to compete in the International Blues Challenge in Memphis,

Tennessee. The event draws musicians from around the world. Trevor performed in the quarterfinals at Pig on Beale, a lively barbecue restaurant along the famous Beale Street strip, and later at King Jerry Lawler's Hall of Fame Bar and Grill, a venue that manages to celebrate both wrestling and music, which feels uniquely appropriate for Memphis.

"It was an incredible experience," Collins said.

The experience was less about trophies and more about standing among fellow musicians who share the same devotion to the craft. Collins often references guitarists like Tommy Emmanuel, who reminds audiences that dedication matters more than raw talent. "If you practiced as much as I did, you'd be just as good," Collins said, paraphrasing. It's an encouraging idea, right up until you consider how many hours that involves. After years of supporting other musicians, Collins is now focusing on building his own project as a solo artist while

gradually expanding toward a full band. "I'm doing a lot of solo acoustic shows right now," he said. "But my goal is to build a consistent band and start doing more studio work." He already has new music on the way. His acoustic single "Carry On" was released on March 31, a fitting title for an artist who never truly stopped playing, even during the quieter years.

For Trevor Collins, music never vanished. It was simply waiting. If you happen to be around town, looking for the blues, make a point to hear Trevor Collins. You might recognize something familiar in the sound. You will hear the work of thousands of hours, certainly. I heard something else. I heard tell of the moment a person stepped out of their own self-limiting belief into curiosity. Then he listened and responded to a simple question: Why not me?

When you hear Trevor Collins play, you no longer wonder why. You simply know.



**WE'RE  
HIRING!**

**Job Opportunities:**

- Plant Operators
- Heavy Equipment Operators
- Welders & Electricians
- Laborers/Grounds People
- Haul Drivers
- And More!



**\$23-35/HOUR**

**Visit: [www.Callanan.com/careers](http://www.Callanan.com/careers)**



- Hot Mix Asphalt
- Crushed Aggregate
- Ready Mixed Concrete
- Construction Paving Services
- Asphalt Emulsions- Tack Coat

8 Southwoods Blvd.  
Albany, NY 12211  
(518) 374-2222

**Customer Service**

**Asphalt & Aggregate**  
1-800-446-8649

**Ready Mix Concrete**  
1-888-473-9649

Corporate Office: PO Box 15097 Albany, NY 12212

[www.callanan.com](http://www.callanan.com)

Follow Us: <https://linktr.ee/callananindustries>



**CAFFÈ LENA**

SARATOGA SPRINGS' LEGENDARY LISTENING ROOM  
**A LIVE MUSIC EXPERIENCE LIKE NO OTHER**  
- SINCE 1960 -

CAFFÈ LENA | 47 PHILA STREET, SARATOGA SPRINGS NY | CAFFELENA.ORG | 518.583.0022



**jo's** **Joint** 

Tues-Sat: Open at 4pm  
Sun: Open at Noon

Food  
Drinks  
Live Music  
Football

a high-standing establishment.

Trivia Tuesdays - 7pm / Bar Bingo Wednesdays - 7pm

**221 4th Street Troy, NY (518) 326-2042**

TUESDAY - SATURDAY  
Open at 4pm

Gift Certificates Available  
Takeout and Delivery Available 



**CORCORAN'S**  
TOWPATH TAVERN

**Early Bird Special**  
15% off (Food Only/Dine-In Only)  
(Tues-Sat: 4-5pm)

**Come Check Out Our Daily Specials!**



Corcoran's Proudly Sponsors The Local Lunch  
  
Weekdays at Noon  
on RadioRadioX.com

**33 Saratoga Avenue Waterford, New York (518) 326-2739**

1505 route 9 Halfmoon NY  
Located in Glennpeter Plaza  
518-807-5512



**OTHER ONE**  
BREWING COMPANY

**Brewery and Tap Room Hours**

TUESDAY 5-9 PM  
WEDNESDAY: 5-9PM  
THURSDAY: 5-9PM  
FRIDAY: 5-9PM  
SATURDAY: 12-9PM  
SUNDAY: 12-6PM

**otheronebrewingco.com**

**#1 MOTORCYCLE SHOP IN THE NORTHEAST**



- ✓ PERFORMANCE UPGRADES
- ✓ SERVICE & REPAIRS
- ✓ DRIVE-IN LUBE PLUS
- ✓ PARTS & ACCESSORIES
- ✓ WINTER STORAGE AVAILABLE

**518-266-9657 DON'T HIT THE ROAD WITHOUT US! JJSCYCLE.COM**  
**1397 BROADWAY WATERVLIET, NY 12189**

**ALBANYAMUSEMENT.NET**

**AA Albany Amusement Co.**  
*Your Future in Amusements* **518-272-5776**

ATM MACHINES, DIGITAL JUKEBOXES, POOL TABLES, DARTS & VIDEOS



ALBANY AMUSEMENT CO INC.  
 IS THE ONLY PROVIDER YOU'LL EVER NEED FOR  
 COMMISSION-BASED ENTERTAINMENT EQUIPMENT  
 AND WE'RE YOUR SOURCE FOR ATMS.

**1397 BROADWAY WATERVLIET, NY 12189**

The Capital Region's **ONLY**  
 Feline Exclusive Spa!



**CLEAN AS A WHISKER**  
*Feline Spa & Suites*

**CAT GROOMING**  
**CAT BOARDING**

SCAN ME



237 Remsen St.  
 Cohoes, NY  
 518-603-9446



**T&J**  
 HANDCRAFTED SOAP

271 RIVER STREET  
 TROY, NY 12180  
 518-272-2660  
 WWW.TANDJSOAP.COM

LOCAL ARTISANAL SOAPS,  
 CANDLES, GIFTS, AND MORE.

**SEVEN**  
 DINING & CATERING

7-BISTRO.COM INTIMATE & COMFORTABLE ATMOSPHERE (518) 280-9258



**Monday Night: 50 Cent Wings**  
**Tuesday: Prime Rib Night**  
**Wednesday: Family Style**  
**Thursday: Karaoke**  
**Friday & Saturday: LIVE Music**

**Happy Hour**  
**Starts**  
**2-7PM MON-FRI**

**7 Northside Drive Clifton Park, New York**

**MAY EVENTS**

**KARAOKE EVERY THURSDAY 8PM**

- 5/1: JEFF GRIPPIN 7PM
- 5/2: BRIAN KANE 8PM
- 5/6: OPEN MIC 7PM
- 5/8: HARMONIC DUO 7PM
- 5/9: JOHNNY ANGUS 7PM
- 5/15: NICK HORACE 7PM
- 5/16: KELLY DUO & SON 7PM
- 5/20: OPEN MIC 7PM
- 5/28: FIRST BIKE NIGHT OF THE SEASON!  
 MUSIC BY: ON THE EDGE
- 5/29: DUALING PIANOS 8PM

# ...2..3..4 Quiet Please

## by Chris Busone

“It takes two years to learn to speak and sixty to learn to keep quiet.”

That from renowned author, big game hunter, and imbibor of intoxicating fluids, Ernest Hemingway. A man who never met a marlin or female war correspondent that he didn't want to stick his hook into. But as I read it, the Old Sea-man's quote led me down a pondering pathway of my own, from which a series of questions arose.

Have we become a society of individuals completely convinced that the huddled hungry masses are starved for our opinions on any and all subjects? Even if (and often especially if) we have zero knowledge of the topic at hand? Have we become so self-involved that we are incapable of having a thought without expressing it? Have we lost the fine art of shutting the f\*\*\* up?

Well, let me give you my thoughts on that.

That's right, Shecky. Before you jump up on the seat of your chair and start screaming, “Yea but! Yea but! You have this column!!” Yes. Yes, I do. I have this monthly spring cleaning of the BBs that constantly rattle around in my head, which serves nicely as a release valve for my unquenchable desire to share my thoughts, my very essence of being, and yes, finally, SPEAK MY TRUTH! (Although, truth be told, hardly any of this is ever 100% true ... 60/40 at best.)

As I pondered these questions, my immediate reaction (and I'm guessing some of your jerky knees) led me to conclude that it is Social Media - that overbearing, under regulated, scourge

of the Wifi and Inter-Web waves, that perverter of youthful minds, and purveyor of impure thoughts - that is to blame for this long-winded affliction from which we currently suffer. But that seemed a little too convenient an answer for me. I smell a verbose rodent.

So as I dutifully drilled down a little deeper, I began to notice a subtle but persistent thread, a Da Vinci Code of hidden facts and artifacts, if you will, that seemed to explain our loquacious tendencies more accurately. The pieces meshed together only if you looked deeply into the underbelly of the issue with a honed, discerning, investigative eye and dogged determination. Only then could you assess the data in a way as to identify the true culprit and expose them for who they really are. And the answer was right there all along.

There's just a lot of a\$\$holes out there.

Now, you can blame big bad Social Media for giving those a\$\$holes a platform to spread their horsesh!t to the masses, and you won't hear a complaint from me. There are those who use social media like a modern-day Johnny Appleseed, strolling aimlessly from site to site, post to post, spreading their nonsense throughout the land. (And BTW, what if I don't want apple trees on my property, Johnny? How about you keep your freakin' seeds in your pocket and just move on down the road before I get the USDA on your ass, you bounder.)

But let me be clear, all of this is not to say that everyone isn't entitled to their own opinion; they most certainly



...2..3..4. Photo provided.

are. But you are also endowed with the unalienable right to keep it to yourself sometimes, because the rest of us are entitled to not have to see your gibberish on our posts or hear it interrupting our conversations. But again, to be clear, you have the right to converse about and post whatever you like. Just as it is my right to happily scroll past or block your comments or use them as a hilarious party favor to mock you in a crowd of people.

Now, to my way of thinking, there are two types of offenders in this scenario. The first is just your run-of-the-mill gasbag who can't keep their mouth shut and thinks they need to tell everyone their thoughts on politics, music,

sports, how other people are raising their kids, and any other subject that someone else brings up. They do this at a profoundly loud volume (when did we all start talking so loudly) in an attempt to seem intelligent, while confidently baited, their pearly wisdoms. But if that's the only way you can make yourself feel smart, Shecky, chances are you're what Bugs Bunny used to refer to as a nimrod. So quiet down, and maybe we'll get ice cream later. (That's right, our greatest weapon against these wankers is condescension.)

But while our first type gloms onto others' original thoughts with their Hot Takes (God, I hate that expression)

and memorized soundbites from their news outlet of choice, the second is much bolder. This one takes center stage and presents their own misguided, misleading, sleight of tongue in an attempt to sway others to their way of thinking. Their game is to utilize bombastic oration and wildly inaccurate “facts” which they continue to say loud enough and often enough in hopes that they will become imprinted on the weak-minded and forever be repeated by Nimrod Number One. And sadly, this works really, really well.

You can hear these numbnuts spewing this stuff all over, and when you stop and ask them what one memorized morsel means, they answer with another. It’s genuinely hilarious and alarming all at once.

Let’s take, for example, the biggest vehicle with which this particular type of crap is currently disseminated. The podcast. Anyone from a B-level comic, who started a podcast out of desperation because his career was on the skids (and predictably, the more ridiculous his rhetoric, the more people took him seriously), to any schmoe who orders a laptop and a mic from Amazon can have their own podcast.

And via this homemade BS catapult, these (for the most part) unlicensed, unvetted, unbelievably uninteresting people can expound any and all their views, reviews, and muses for anyone to hear, no matter how offensive or moronic.

But honestly, I don’t think they believe half of what comes out of their mouths on any given day. It’s all just for clicks and views. But it’s their right to say it. And it’s Spotify’s and any other outlet’s right to broadcast it. But Jesus Henry Christ are people seriously basing their belief system on what some f\*\*\*ing failed actors and comics, or a former UFC interviewer, says?! This is where all this becomes troublesome. And while I’ve never minded a reasonable amount of trouble, this sh!

is getting out of hand. And it all makes my point for me that the “shutting the hell up” thing would really help out here.

Because it is my belief that it all starts with people who are just convinced that we all need to hear their saucy slant on every subject imaginable. And for the record, folks, we don’t.

When my Dad was speaking to someone or about to perform some task, and his youngest son piped up with, “Hey Dad, wanna know what I think?” he would turn to me and say, “No.” Then, after a few beats, he’d laugh and say, “Okay, go ahead.” Now, while that fleeting moment of iciness may seem a little harsh to some, that feeling taught me a valuable lesson that not everyone always wants or needs to hear your thoughts. And for good reason. Because, quite honestly, my Dad didn’t need a nine-year-old’s take on how to fix the garage door.

So what’s the thrust here? I guess that it’s not Social Media per se, or podcasts, or talk shows that caused this issue. They simply watered it, fed it, and put it in an area that gets all the good light in the afternoon. The real reason is what it’s always been. Us.

There is a large portion of us who need, nay crave, constant interaction and attention to survive and will say anything to anyone on any subject on any platform to get their fix of mingling with the masses. And I guess that’s not so bad. As long as you do it quietly ... and over there somewhere.

So in conclusion, dear reader, while I usually ask that you count along with me in a resounding closure at the end of each monthly featured piece, let us count silently to ourselves this month in hopes to quell the clamor and rejoice in the silence ... OH SCREW IT GIVE A BIG A\$\$ 2...3...4!!!

(That felt good, didn’t it? Now let me tell you what I think about candy corn ... don’t even get me started on that stuff ...)



**SPRING CONCERT:  
250 Years of Freedom**

**The Mendelssohn Club  
of Albany**

**FRI. MAY 15 AT 7:30 PM**

**CHANCELLORS HALL**

**GUEST ARTIST:  
LOST RADIO ROUNDERS**

**Tickets: \$25**

**mendelssohn.org/tickets**

Since 1909

**CHANCELLORS HALL,  
ALBANY, NY**

**FRIDAY, 15 MAY • 7:30 PM**

**\$25 AT THE DOOR**

**mendelssohn.org/tickets**



# Gus Unplugged

## 3 Questions

by Rob Skane

**G**us Unplugged always plays from the heart. He has a rocknroll spirit that is unmatched and is always digging deep to create very cool original music. Please visit him at [gusunplugged.weebly.com](http://gusunplugged.weebly.com)

**RRX:** What was the moment that made you pick up a guitar and never put it down?

**Gus:** The back cover of my older brother Nick's "Let It Be" vinyl has always stayed with me. When I first saw that photo, full of lights, wires, cameras, amps, guitars, Ringo's percussion scattered everywhere, and, of course, the four of them in the middle of it all, it felt like I was glimpsing the very heartbeat of the music they were creating. I remember wanting to be part of it myself. I must have been about 10 years old. Ironically, my brother Nick gave me my first guitar when I was 12 for my birthday.

**RRX:** If you could go back and tell your younger self one thing about playing guitar, what would you say?

**Gus:** Believe in yourself. Don't

follow what's trendy or popular among your peers. Pursue your passion, do what you feel is right, and keep listening.

**RRX:** When you're not onstage or recording, what kind of stuff do you play when no one's listening?

**GUS:** With my band, Blackcat Elliot, I'm used to living loud, garage grit, punk edges, the rawness of the CBGB's era colliding with the '90s Seattle sound. But when I step into Gus Unplugged, something else happens with me. The volume changes, the room gets smaller, and I find myself drawn toward the old souls. The slow, lonesome songs and the writers who spoke their truth into simple chords. Johnny Cash, Chris Cornell's "Songbook" album, Jim Croce, Bob Dylan, Jackson C. Frank, Kris Kristofferson, Gordon Lightfoot, Sean Rowe, and so many others who understood how to let a story breathe. There's something honest and satisfying about building a song that stands on its own with nothing more than a voice and a guitar.

**FRIENDLY STAFF AND GREAT ATMOSPHERE**

**CRESCENT WRENCH TAVERN**

EST. 2024

1536 CRESCENT ROAD - CLIFTON PARK, NY

**Formerly Pam's Pub**

**FULL MENU AND OPEN FOR LUNCH**  
**LARGE SELECTION OF BEER, WINE AND SPIRITS**

**f 518-373-4947**

**OPEN: 7 DAYS A WEEK**  
**MON-SAT: @11 AM**  
**SUNDAY: @ NOON**

**PLAZA 8: 1536 CRESCENT ROAD**  
**CLIFTON PARK, NEW YORK**

**MIKE'S**

**CAJUN KITCHEN**

*Laissez les Bons Temps Rouler*

**HOME OF THE AFFORDABILITY WINGS!**

**SCAN ME!**



**LOCATED AT**

**DEVITO'S**

**SPORTS BAR & TAVERN**

168 SARATOGA AVE, MECHANICVILLE, NY 12118

**ORDER YOURS TODAY!**

**CALL: 518-416-6858**

[www.mikescajunkitchen.com](http://www.mikescajunkitchen.com)

DELIVERY AVAILABLE ON  **DOORDASH**

**Flexible Rates / Uncompromised Quality**

**Book Stephanie For Your Next Photo Shoot/Event**

Award Winning NY Rockstar Photographer Stephanie J. Bartik  
Published in Guitar World Magazine

**Live Event Photography**

**Band Photoshoots**

**Call: 518-986-3726** Proud Sponsor of The Extreme Music Awards!

**Email: [steph@nyrockstarphotographer.com](mailto:steph@nyrockstarphotographer.com)**

**Website: [www.nyrockstarphotographer.com](http://www.nyrockstarphotographer.com)**



NEXTSTEP FEDERAL CREDIT UNION PRESENTS:

# WAKE UP WEDNESDAYS

STARTING AT  
**5PM**  
RAIN OR SHINE

FREE LIVE  
CONCERT SERIES

DIRECTLY BEHIND RYAN'S WAKE



**WEDNESDAYS @ 5PM FROM 5/13-7/1**

**5/13 - BLUES FOR BREAKFAST** CELEBRATING THE MUSIC OF THE GRATEFUL DEAD

CAP REGION'S HOTTEST PARTY BAND

**5/20 - THE ACCENTS**

**5/27 - 2000'S NIGHT WITH THE HEY NOWS**

**6/3 - THE TROY MUSIC REVUE**  
FEAT. THE FAMILY TREE AND SPECIAL GUESTS

ROCK N ROLL

HOT 80S AND 90S COUNTRY AND ROCK

**6/10 - THE REVIVAL** FEAT. ALYSSA CROSBY  
FROM THE 25TH SEASON OF THE VOICE

**6/17 - YACHT CLUB**

YACHT ROCK

A TRIBUTE TO ZACH BRYAN

**6/24 - HIGHWAY BOYS**

**7/1 - LEGEND**

A TRIBUTE TO JOURNEY

**RYAN'S WAKE | 403 RIVER ST. | CITY OF TROY, NEW YORK**

WWW.SARAHPETRUCCI.ART

UPSTATE

WWW.UPRFM.COM

# PUNK ROCK

**FREE  
EVENT!**

**FLEA MARKET**

ODDITIES

★  
SWEETS

★  
VINTAGE

VINYL

JEWELRY

★  
ORIGINAL ART

TAROT READINGS

ANTIQUES  
& MORE!

**SUN JUNE 7TH**

11AM-5PM

**EMPIRE  
LIVE**

**93 NORTH PEARL ST.**

★ **ALBANY, NY** ★



**WIZARD  
BURGER**  
74 N. PEARL ST. ALBANY



RIVER STREET **Always Buying Collections**

# BEAT SHOP

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

LIKE US ON 



**CDs  
Vinyl  
Memorbilia**

BUY, SELL, TRADE -CDs, LPs, & MEMORABILIA

**Gift Certificates Available**



**Buy, Sell or Trade**

197 River Street Troy, New York (518) 272-0433

**Eat Healthy, Shop With Us!**



**Green Grocer**  
NATURAL FOODS

**1505 Route 9  
Halfmoon, NY**  
(518) 383-1613  
Hours: MTWF: 9am - 7pm  
Thurs & Sat: 9am - 6pm  
Sun: 11am - 5pm



**GREEN GROCER**

**One Stop Health Food Shop**



**Always here when you need us!**

# R B

RUSTIC BARN PUB

**ONE OF THE AREA'S BEST OPEN MICs  
EVERY THURSDAY -6pm**

## Calendar

5/1: THE WHEEL - GRATEFUL DEAD AND BEYOND! 8PM  
5/2: WOLFGANG COLLECTIVE 7PM  
5/7: OPEN MIC FEATURING WESTFALL 6PM  
5/8: ISH (ALLMAN BROTHERS/ SOUTHERN ROCK) 8PM  
5/9: HARMONIC DUO 7PM  
5/10: MOTHERS DAY BLUEGRASS JAM 5:30PM  
5/14: OPEN MIC FEATURING JAROD ELDRED & DEVAN WARIKA 6PM  
5/15: ALEX RIDDELL 6PM  
5/16: PSYCHO MUTTON CHOPS 8PM  
5/21: OPEN MIC FEATURING ISH 6PM  
5/28: OPEN MIC FEATURING MATT MIRABILE 6PM  
5/29: FLATT EARTH & MIDNIGHT CHOIR 7PM  
5/30: SOUL PROVIDER 7PM

**OPEN FOR DINE-IN, TAKE OUT AND DELIVERY**  
[rusticbarnpub.com](http://rusticbarnpub.com)  
150 SPEIGLE TOWN RD TROY, NY 12182 (518) 235-5858

# WEIRD+CUTE ★ART+MORE★



- Original Art
- Art Prints
- Posters
- Postcards
- Keychains
- Stickers
- Pins
- Patches
- Buttons
- Fun Jewelry
- Tote Bags
- Trinkets
- Blind Box Art Toys
- Gashapon from Japan
- Cute Plush

**Bear and Bird is full of things you have never seen before! Lots of lil drawers + shelves for you to explore!**

**BEAR AND BIRD BOUTIQUE+GALLERY**  
160 Jay Street • Schenectady  
[www.bearandbird.com](http://www.bearandbird.com)

TAKE A FIELD TRIP TO THE JAY STREET MARKETPLACE IN DOWNTOWN SCHENECTADY!  
GREAT INDY SHOPS + TASTY PLACES TO EAT!

OPEN TUES-SAT 11-5PM  
SUN 11-3PM

# Kuntry Strong

by Jason Irwin

## 9 Hours in a Basement, Frozen Fried Chicken, and the Casting Couch Scoop on the BoonDock Kingz

**K**untry Strong: 9 Hours in a Basement, Frozen Fried Chicken, and the Casting Couch Scoop on the BoonDock Kingz

Some artist interviews take place in a studio. Some happen backstage before a show. And sometimes they happen in a basement — with a “conversation” that keeps running far longer than anyone expected. Most of my interviews are about 20 minutes. This one went for several hours — and adult beverages may or may not have contributed to that — but we lived through it. This was a hard one to trim down, so an “extended play video” of the day does exist (although who knows if it will — or should — ever surface). It started and ended with laughs. In fact, when my subject walked into my basement studio, the first thing he noticed wasn’t the camera or audio recorder. It was the black faux-leather sofa. “Is this the casting couch?” he asked, eyeing it as if it might come with a waiver form. That’s pretty much how my recent talk/hangout session with hip-hop artist Kuntry Strong (aka Bryan Delurey) unfolded as we talked about new music, old memories, and the strange path that led from upstate New York to a country rap career built 800 miles from where it started. We both currently live in Schaghticoke and have become friends over the last few years, so this meet-up was ultimately inevitable.

Kuntry Strong is one half of the BoonDock Kingz, alongside his longtime collaborator and Georgia resident Danny McAllen. Together, they’ve built a sound

that blends country storytelling with hip-hop energy - along with a tinge of Irish heritage, and shaped as much by lived experience as by geography. That foundation is at the center of their upcoming project, “3 Piece N’ a Biscuit,” which is now a fully recorded EP headed toward a mid-May release. Much of the project has been built in a way that reflects how modern music is made now — not in a single room, but across distance. “At the moment, I’m in my studio at my house; he’s down South,” Kuntry explained. “We’re video chatting, going over songs, writing together. I’m doing a session, recording my parts, and sending the whole session over. He uploads it. It’s all coming from the same place, even though we’re not in the same room.” Kuntry is originally from the Valley Falls area but moved to Atlanta to pursue his music career at age 21. He met his partner through a mutual friend, and within a year, they had formed the group and recorded their first song.

His musical roots include growing up with the sounds of Chuck Berry and Garth Brooks, and later being exposed to Wu-Tang Clan and Snoop Dogg. That could explain the origin of his interest in this particular cross-genre sound. He also cited Bubba Sparxxx, who he described as “a hip-hop guy from the country.”

His favorite rapper of all time? “It’s Jay-Z by a mile.” I also happen to know he’s a huge Guns N’ Roses fan. That’s a pretty broad range of musical taste.

At one point, I asked him the reason



Kuntry Strong. Photo provided.

for his return to the North Country. Every musician has a legend attached to them. Kuntry’s involves an “accidental discharge,” an apartment ceiling, a very unlucky cat, and the authorities asking him if he thought the situation was funny. “Not funny ‘ha ha’ ... funny ‘peculiar,’” was apparently his response. Epic. For the rest of this one — again — the video (if I ever obtain permission to release it). PS ... don’t worry, the cat survived.

This conversation was — probably for the best — interrupted when my wife, Lisa, surprised us with a full chicken dinner with biscuits. It was a sneak attack by the Irwins, and Kuntry didn’t see it coming. “That’s wild,” he said, laughing. “That’s actually a 3 Piece N’ a Biscuit. Perfect.” We all enjoyed the dish while

listening to the new EP. It just seemed fitting. Between bites, Kuntry described the project as a “country rap mud park party record,” rooted in trucks, whiskey, and storytelling that reflects their world. The tracklist includes “Who I Am,” “Time Is On Our Side,” and “Pull Up,” which is the first single, being released on April 23. A fourth song exists, but Kuntry described it as “top secret” and chose not to share details. I tried bribing him with more chicken, but he wouldn’t budge. He also talked about music production and how collaboration has changed over time. He referenced how songs used to require physical travel just to make small edits, compared to now, where entire sessions move instantly between people. The moment turned into the running theme of

the interview — things just happened naturally and somehow fit the project perfectly.

Earlier in the day, Mr. Strong and Mrs. Irwin both took part in what I called the “Eddie Vedder Challenge,” a sort of game show-type contest in which they both tried to interpret lyrics from Pearl Jam. This was staged and “hosted” by yours truly, as it’s well known that Kuntry isn’t a fan of the band or what he calls “90s depressing rock.” He immediately reacted. “Man, I can’t understand a word this dude is saying,” he said. “This sounds like somebody singing with a mouth full of peanut butter.” After a few rounds, he emerged the winner — barely. “I’m sticking with hip-hop,” he proclaimed.

From there, our parley-turned-party drifted into a series of hypothetical scenarios and creative tangents, including what kind of score he would create for a sequel to “Big Trouble in Little China.” He declined, but added that it “would probably sound like Wu-Tang.” “I would

contribute a song, though,” he said. “I’d call it ‘The Check is in the Mail.’” Fans of the film will get that one. This is another running joke with us, as we are both big Kurt Russell fans — and self-proclaimed co-founders of the yet-to-be-materialized Schaghticoke Chapter of the Big Trouble in Little China Fan Club. That led to other strange ideas (mostly mine), including a fake collaboration tied to the 2010 film “Country Strong,” and whether he would do a duet with star Gwyneth Paltrow. “I’d let her handle the hooks,” he joked. He also assured me that he “had that name first,” and added, “And if it wasn’t for my rap spelling, I could have collected on that.”

There was also a deeper moment when he discussed his speech patterns and stutter, which shows up from time to time. “When I’m performing or recording, I don’t stutter at all,” he said. “Everything has to have rhythm. If there’s a pause in the rhythm, that’s when I get stuck.” He explained how speech therapy

helped, but music ultimately gave him structure and confidence. He also talked about how hearing his own voice recorded was something he had to adjust to over time, like most artists.

The conversation also drifted into family, which I noticed is important in his life. In fact, Kuntry’s own daughter is included in many of his group’s videos. They are fun to watch — and uplifting ... packed full of friends just having a good old time sharing positive vibes. I also heard a great story about his grandmother, who is still very socially active in her late 80s. “She’s a socialite,” he said. “She’ll be 88 in June. She still loves going out, talking to people, having a beer.” We stretched far beyond music at points — including discussions about tattoos, late-night creativity, and a question about whether anyone would ever believe half of what was recorded if it was released uncut. I picked up a guitar at one point, and he joined me with some freestyle verse. Kuntry even joked at one point

that the entire thing felt like a documentary in real time. And in many ways, it was.

By the end of the afternoon (OK, fine ... the very late evening), nothing felt structured anymore. It had moved from music to memory to family to absurd humor to real reflection — often without warning and often while someone was laughing in the middle of it. But that kind of chaos is exactly what made it work. Because sometimes the best interviews aren’t interviews at all. They’re just friends in a basement, shooting the breeze — with chicken on the table, drinks in hand, music in the background, and a story that keeps writing itself. This one is just getting started.

Pre-save “Pull Up” from BoonDock Kingz and D. Thrash of Jawga Boyz now on all streaming services, and visit the group online at [facebook.com/BoonDockKingz](https://facebook.com/BoonDockKingz).



**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**



**Audio Lighting Video Photo Booth**

At Raven Events, we know that every event has a story to tell, and we're here to help you make it unforgettable!

**raveneventsny.com**  
**Raven Events 518-817-5923**  
**RavenEventsNY@gmail.com**

radioradiox.com presents

# SLIDIN' DIRTY

Food, Vendors & Live Music

DAD DESERVES SOME FUN!!!

# SUNDAY Father's Day JUNE 21

12-5PM



## GINGER GEEZUS

*Chris Busone*



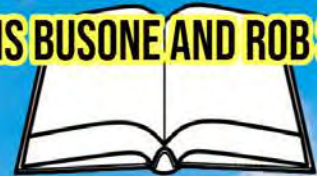
# FREE ADMISSION



Peak Music  
All-Stars



BOOK RELEASE/SIGNING BY:  
CHRIS BUSONE AND ROB SKANE



**ALBANY**

**STATE OF MIND**

**LATHAM**

— DISPENSARY —

**VISIT OUR NEW ALBANY LOCATION!**



**A Higher Standard. A Different Vibe.**

351 Southern Blvd • Albany  
518.330.9673

521 Troy-Schenectady Road • Latham

**FLOWER**

**EDIBLES**

**CARTS**

**ACCESSORIES**

**KNOWLEDGEABLE STAFF**

**OPEN EVERYDAY**

**9AM - 9PM**

**2 LOCATIONS**

**21+ FOR YOUR**

**ENJOYMENT**

OCM-RETL-26-000470.

ALBANY

CAURD-24-000178

LATHAM



**STATE OF MIND**  
— DISPENSARY —

Capital Region's Largest Dispensary  
With the Widest Selection

Edibles • Flower • Pre-Rolls • Vapes  
Concentrates • Edibles and more

**Serving the Capital Region at two locations**

**A Higher Standard. A Different Vibe.**

351 Southern Blvd • Albany • 518.330.9673 • [itssom/albany.com](http://itssom/albany.com)  
521 Troy-Schenectady Road • Latham





Kotowski photographed by Henryk Kotowski - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=9766741>

# Little Feat Feat Bill Payne

by Liam Sweeny

**L**ittle Feat is an iconic band that formed in 1969, and it would be rare to find someone who hasn't heard a Little Feat song. With a sound uniquely their own, the band has refused over the years to do anything not authentic to their principles and vision. We talk to keyboardist Bill Payne.

**RRX:** Little Feat started in 1969. What was it like to start a band in that era, that particular time period?

**Bill Payne:** Well, that's a good question. It was chaotic. There was a lot going on. The Vietnam War was taking place. There was a lot of mayhem, murder-wise with Charles Manson and his people. The LaBianca

family was murdered down the street from where Lowell [George] lived. It was less than a half a mile, I think. You know, things were like they are now. They were intense, but there was music, which was very powerful. It was a powerful agent with regard to voicing concerns and whatnot. It was a great time to be in a band, and a lot of great music was brought out then, too. The times were ripe for people who were creative to be able to address issues. There wasn't the kind of overlay in terms of people telling you what you could write and what you couldn't write and what was correct and what was not correct. I mean, it was just a

lot more wide open back then.

**RRX:** When you guys were starting, was there something you wanted to focus on musically?

**BP:** I think that's a natural thing to do, too, by the way. At first, we were trying out a lot of instrumental music, more like Frank Zappa stuff. Then we started graduating into songs, writing songs, and one of the first ones we (Lowell and I) wrote was "Truck Stop Girl," which the Byrds recorded. There were groups like The Band that were out there. We, we had some stuff that kinda sounded like The Band, the Rolling Stones ... the Stones liked us, we liked them. You know, that kind of

thing.

Being in Little Feat, it's like being in ten different bands, right? Because the scope of the music - it was rock and roll, it was country, it was some R&B. It had a little bit of everything. Then, in 1972, we brought in Kenny Gradney and Sam Clayton from Delaney & Bonnie. And there's an element of Louisiana, New Orleans music in our repertoire, so things graduated from there.

But that's a natural thing to set out a scope in front of you and say, "Hey, what do we wanna do?" I think we made the right call, and it confused a lot of people at first, especially with the people trying to sell our music, that we

were outside the boundaries. You can package it like this and that, but it helps us in terms of longevity to have a band that plays so many different styles.

**RRX:** When I listen to Little Feat, the feeling I get is like when someone's playing accordion. They go out, and the music comes back to a point, and then it expands outward again, and then it comes back in. I hear that a lot in Little Feat. I love it.

**BP:** Yeah, well ... it's more of a thing with jazz players, where you have the music ... Miles Davis used to talk about it ... and I think Zappa too, although he wasn't doing jazz, but it's those areas where you have terra firma under your feet. There's solid ground, and then when you jump off and start swimming, you can either drown, or do the dog paddle, or get eaten by a shark, or whatever, but there's freedom there. And then you swim to the next little island, where there's a recognizable lick of the recognizable riff that you're gonna play. And those things tie in. The Grateful Dead did that a lot, too. So it's just a device that musicians use to be able to, as you say, expand and contract their music. Basically, it's like jamming is what it is.

**RRX:** What's Little Feat doing at the moment? What's going on?

**BP:** Well, Little Feat is on what we're calling the last farewell tour. And this last farewell business is going to take probably two to two-and-a-half years before we come to dock. After that happens, we just won't be jumping on the bus anymore, but we can go out and play residencies. We wanna go on a cruise or two, we can do that. If there's a special festival we wanna play. We'll just have to decide what we wanna do. When the act of actually touring ends (and we can always make records), we do everything we want, but it's a new way of retiring.

**RRX:** Is there any possibility in the near or far future of another

record?

**BP:** Oh yeah, I believe so. Little Feat will certainly do one. I'm gonna be doing a solo project, which will come out after my book. The book is scheduled to be released in February of next year, and I'd say I probably have an album ready for the fall of that year (2027). So we'll see. And Little Feat's gonna be recording too, so there's a lot on the plate right now, which is great.

**RRX:** You wanna tell us anything about the book?

**BP:** They're my memoirs. I want people to know how a kid who learned classical music growing up was allowed by the teacher (Ruth Newman) to play music by ear, as well as learn how to read music by Bach, Beethoven, and Brahms. The facility to do that, and the freedom to play by ear, is what created my personal piano style, and it's worked out pretty well, I would say. I'm leading people through those shows and through the strata of the history that our music was made in, which you alluded to earlier, and it's a pretty darn good book. I mean, Doug Brinkley, who's a friend, he's a presidential historian. He thinks I've written something pretty darn good, so we'll see how it floats once it gets out there. It's a book about music. It's a book about life. It's a book about redemption and family, family things that went very badly at one point, and coming crawling back from that. But also a really good book.

I think it's honestly told. Just writing about Lowell could have taken up the whole book, but you know, I wanted to tell the truth about people, but without hurting people.

**RRX:** Yeah, right, and that's not always easy

**BP:** Not easy to do so, but I think I did it.



Collar City  
 Tattoo EST 2012 2021  
 631 RIVER ST. Troy, Ny  
 518-326-3797  
 WALK -INS  
 WELCOME  
 TC



WOMEN ARE MAKING MUSIC  
 WAMM  
 Fest '26  
 Sunday, September 20th  
 12pm to 8pm  
 SLIDIN' DIRTY  
 433 River St. Troy, NY  
 + Indoor and Outdoor Stages +  
 Vendors and family entertainment  
 +Lineup announced in June+  
 \$25 Blind Faith Tickets  
 available until June 1st on our website:  
 WAMM518.com  
 After June 1st \$35 advanced / \$40 at the door  
 SLIDIN' DIRTY  
 SUBSCRIPTION MONTHLY  
 Vibrations Media and Arts, LLC

**SATURDAY MAY 16TH**  
**THE PARK THEATER HUDSON 8PM**  
 723 WARREN STREET HUDSON, NY

**Black Mountain Symphony**      **Kilashandra**



**TICKETS \$20 IN ADVANCE, \$25 AT THE DOOR**  
**GET TICKETS AT [PARKTHEATERHUDSON.COM](http://PARKTHEATERHUDSON.COM)**



*Professional Custom Picture Framing for over Thirty Years*



*"Just had my first experience with J Gernon Framing, and from first contact to job pick-up, it was a five-star..."*

*"Jon was a dream to work with!! Accommodating, customer-first mentality, and the framing is gorgeous. Highly recommend!"*

*"Amazing art and selection of framing options!"*

*"Jon expertly advised and helped select the appropriate frames which complimented each piece perfectly. Each print came out amazing. I highly recommend!"*

*"Jon is a master framer with years of experience. But more importantly, he listens to you and creatively comes up with solutions that fit your needs."*

*"Have had multiple pictures framed and have always received excellent service and wonderful results. We are thrilled with the quality of work we've received, highly recommend!!!"*

**6 Brunswick Road Troy, NY**  
**518.487.0350**  
**[www.jgernonframing.com](http://www.jgernonframing.com)**



SAWTOOTH JEWELRY STUDIO  
 CLASSES & WORKSHOPS  
**HANDCRAFTED JEWELRY**  
 EXPERT REPAIR  
 ESTD 2015

*Start Your Holiday Shopping With Us!*

193 RIVER STREET  
 DOWNTOWN TROY  
[WWW.SAWTOOTHJEWELRY.COM](http://WWW.SAWTOOTHJEWELRY.COM)

# BOUTIQUE &

(518) 280-3745  
boutiquecoffeemadesimple.com



Winter Hours: Tues-Fri: 7:30am-2pm Sat: 8am-3pm Sun: 8am-1pm

Gluten free baked goods, Coffee Flights Seasonal Drinks  
unique gift items, healing crystals and stones  
Espresso, tea, coffee, lattes and specialty drinks

BEHIND FRED THE BUTCHER **NOW WITH EXPANDED SEATING!**



1471 US-9, Unit 110 Halfmoon, New York



# THATCHER ST. PUB

**100% Women Owned and Operated**

2 Pool Tables and Interactive Dartboard  
**Daily Lunch Specials for \$10 or Less**

HOURS:  
TUES-THURS: 11AM-11PM  
FRIDAY: 11AM-2AM  
SATURDAY: 4PM-2AM  
KITCHEN: OPEN LATE

NEW YORK LOTTERY **Quick Draw** Touchtunes Jukebox with Free Photobooth!

FACEBOOK.COM/THATCHERSTPUB (518) 463-9214  
16 THACHER STREET ALBANY, NY 12207

# 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

# COLIN MCCARTHY



## "STEPPIN STONES"

STREAMING ON ALL PLATFORMS



# Habitat for Humanity

## by John Norris

### Hammers and Ales

**S**CHENECTADY – For the past year and a half, I’ve been writing a column called Pint-Sized. It’s focused on locally produced beer and has been published primarily in the Daily Gazette family of papers. I was asked to help a local charity that does incredibly important work helping families get a leg up in the community.

I reached out to RadioRadioX to let them know about an upcoming event that I believe their readership will enjoy. It was well received; the publisher and I are on the same page when it comes to giving back to the community.

You never know where a column on craft brew will lead. One day you’re in your office thinking about hops and malt, and the next day, you’re leveraging beer connections to help your community. I was recently honored to be asked to help with fundraising and promotion for a Habitat for Humanity of Schenectady County event.

I was at my desk on a Wednesday morning when I received a phone call from Eileen Handleman of Capital Affairs, LLC. She’s the public relations expert who is working with Habitat to nail down every detail and to ensure their event is a success. I answered the phone, and Handleman said, “I hope you don’t think I’m stalking you, but I’ve been reading your column for a while now, and I have a favor to ask.” She gets right to the point.

You’re reading this now, so it’s no spoiler to say, I said “yes.” Handleman is a consummate professional whose candor and friendliness made it impossible for me to say no. As soon as

she explained that I could play a small part in helping to house three families, I was all-in.

The goal of Habitat’s program is to turn qualified lower-income families into homeowners, providing them with an equity stake in their community. Home ownership is one of the best ways to build generational wealth in America.

To ensure their success, each home is newly built by Habitat staff and volunteers, which makes them affordable. The new construction also ensures that homeowners are purchasing a safe, quality-built first home. Families work with Habitat affiliates to ensure they are ready to assume the long-term responsibilities of home ownership.

Since 1976, Habitat affiliates all over the world have helped over 46 million individuals and families achieve strength, stability, and self-reliance through shelter. If someone dreams of becoming a homeowner but hasn’t found an affordable way to achieve that dream, Habitat may be able to help. The homes are not free, but they are affordable and come with low-interest financing.

So here are the details: On Saturday, May 9, Habitat for Humanity is holding a fundraiser called Hammer & Ales at Armory Studios in Schenectady. It’s going to be a high-energy brew and bite event that pairs local beverage makers with area restaurants in support of their The House That Hops Built campaign — a \$400,000 effort to build three new Habitat homes in Schenectady in

2026.

At the event, some of the Capital Region’s most passionate craft beverage producers and local restaurants are coming together for a cause that goes well beyond the plate and the pint.

Pete Bednarek, co-owner of Wolf Hollow Brewing, is spearheading outreach to the craft beverage community. His center of influence brings together a strong lineup of regional breweries, distilleries, and cideries. On the culinary side, Sawyer Pollard of Meat Stick Chick, fresh off her Slidder Slam win at the Albany Chefs’ Food & Wine Festival, is teaming up with her sister Charley Pollard of Frog Alley Brewing Co. and Mill Lane Distillery. This highlights the collaborative spirit behind the event.

Hammer & Ales will feature approximately 10 beverage and restaurant teams competing in the Brewer’s Build-Off and People’s Plate Awards. There are also food and beverage tastings, live music, and interactive elements throughout the afternoon.

“This event is about what happens when a community shows up for its own,” said Barbara Bishop Ward, Event Chair. “Every ticket, every pour, every bite helps build homes for local families.”

The event is supported by a strong group of community sponsors, led by IUE CWA Housing Corporation (Habitat Home Sponsor), Marshall & Sterling (Blueprint and Presenting Event Sponsor), and Fenimore Asset Management (Cornerstone Sponsor), along with numerous additional business

and community partners. In just a few short months, the campaign has already surpassed its halfway point, raising more than \$236,000.

I’d love to see some of the more than 50 breweries I’ve visited and reviewed over the past 18 months participate. It’s a meaningful way to give back. We’re all in this together. Whatever support you can offer will help three hardworking families build a stronger future in our community — and that generosity will benefit us all.

There are a few sponsorship spots left. If you own a local brewery or restaurant and have a place in your heart for the significance of this endeavor, please consider reaching out to me or to Habitat directly to find out more about this worthy cause. Huzzah!

Event Details:

Saturday, May 9, 2026

4:00 PM – 7:00 PM

VIP Experience begins at 3:00 PM

Armory Studios NY

125 Washington Avenue, Schenectady, NY

Tickets are available now:

<https://schenectadyhabitat.charityproud.org/EventRegistration/Index/26916>

Learn more about The House That Hops Built campaign:

<https://schenectadyhabitat.org>

All proceeds support Habitat for Humanity of Schenectady County’s mission to build strength, stability, and self-reliance through shelter.

# 3 Amazingly Unique Establishments



**Mcaddy's Pub**  
TROY, NEW YORK

**452 Broadway  
Troy, NY**

**(518) 326-0588**

**mcaddyspub.com**

**Susies**

**8 Delaware Ave  
Albany, NY**

**(518) 449-2988**

**susiespub.com**

**THE LOCAL 217**  
TAPROOM & KITCHEN

**12 1/2 Delaware Ave  
Albany, NY**

**(518) 462-0050**

**thelocal217.com**

**Indoor & Outdoor Seating Available At All Locations  
Full Menus  
Gift Certificates Available**



ARTWORK BY:  
**RAINA SCHOEN-THOMAS**  
RAINA.SCHOEN.T@GMAIL.COM

**BROTHER T & THE BOYS**

EL DORADO TROY NY 5/8 AND 5/9  
"UNDERNEATH THE STARES" SONG RELEASE

LAST HORIZON SYRACUSE, NY 5/15  
"CALM BEFORE THE STORM" SONG RELEASE

EMPIRE UNDERGROUND ALBANY, NY 8/27  
"RING THE BELL" SONG RELEASE

**BROTHERTANDTHEBOYS.COM**

**EVERY DAY IS TACO TUESDAY IN COHOES  
HEY YOU! COME GET YOUR TACOS!**

TACOS  
QUESADILLA  
NACHOS  
& MORE...



JOIN US FOR WEEKLY TACO TUESDAY SPECIALS

**TACOS N' STUFF**

86 REMSEN ST. - COHOES, NY

TUESDAY - FRIDAY | SATURDAY  
11:30 AM - 8:00 PM | 2:00 PM - 8:00 PM

[www.tacosnstuff.com](http://www.tacosnstuff.com)

CLIP THIS COUPON

**\$2.00  
STREET  
TACOS**  
W/ COUPON  
LIMIT 2 PER  
CUSTOMER

MUST PRESENT THIS  
COUPON IN PERSON  
WITH YOUR ORDER

**DAILY  
SPECIALS**

CATERING  
AVAILABLE  
FOR ANY  
EVENT

TO LEARN MORE

SCAN ME




**PEAK  
MUSIC**

Music. Community. Hope.

**GIVE US A CALL  
518-786-7963**

**NEED MORE INFORMATION?  
SCAN THE CODE**

**Sing with Confidence.  
Play with Joy.**

**Small, Supportive  
Adult Classes in  
Voice, Guitar &  
Songwriting.**

**Have Experience? Just Starting?  
PEAK MUSIC has a Program for YOU!**

**LEARN REAL SKILLS IN A FUN,  
LOW-PRESSURE ENVIRONMENT  
MADE FOR ADULTS.**

Learn More by Visiting...  
<https://peakmusicstudios.com/adult-classes>





# Music Notes

## The Art and Science of Music

by Peak Music Studios

### The Voice Is Not a Mystery

People often say that the voice is an instrument. That is true, but it needs to be understood carefully. The voice is not an instrument in the same way a guitar or piano is; those can sit in a room and wait. The voice does not exist outside of the person. It is a living instrument, built into the body and shaped by breath, posture, tension, fatigue, emotion, health, thought, rhythm, courage, and habit. It is physical, musical, and expressive all at once. Because of that, it is often more misunderstood than any other instrument.

That misunderstanding starts early. People believe the voice is magic, that some are born with it and others are not. They assume great singers simply “have it,” and if singing does not come easily, then the voice must not be there. That is not the truth. The voice is trainable. It can be strengthened, coordinated, stabilized, refined, and made more reliable and expressive. But that only happens when we tell the truth about what the voice actually is.

At the beginning, the voice is not an instrument of performance. It is an instrument of awareness. Before a singer learns style, they must learn permission. Before power, safety. Before trying to impress, they must learn to make sound without fear. For many singers, the first battle is not range or tone. It is trust. Can they make sound freely? Can they allow the voice to exist without panic or self-judgment? Can they stop treating every note like a verdict on their worth? That is where real training begins.

As a singer develops, the voice becomes an instrument of coordination. Breath must work with sound. Sound must align with time. Pitch must align with vowel. The ear begins to guide the body, and the body must learn not to interfere. This is where singing stops feeling random. Many people can hit a note once by accident. That is not control. Control is doing it again on purpose. It is when progress becomes predictable, when the singer understands not just that something worked, but why it worked.

The voice is also an instrument of understanding. A singer must learn what is actually happening. What is the pitch doing? The vowel? The register? The body? What is helping, and what is interfering? Without that awareness, a singer is left to chance, and chance is not a training method. Singers who grow learn to observe, adjust, recover, and repeat. Technique is not cold or mechanical. It is what allows real music to happen consistently.

At a certain point, another truth becomes clear: the voice is an instrument of efficiency. Many singers struggle not because they lack passion, but because they waste energy. They push, squeeze, and force volume instead of organizing the instrument. More effort does not always produce more results. Often it produces fatigue, inconsistency, and frustration. Power is not force. Control is not tension. Intensity is not strain. When the voice is trained properly, it becomes more efficient. The singer uses less wasted motion, less wasted air, and less conflict. That is when the instrument begins to open.

As the singer advances, the voice becomes a performance instrument. Technique must hold under pressure, while moving, while tired, while navigating real musical demands. The singer learns to recover instead of collapse when something goes wrong. At higher levels, the voice becomes artistic. The singer is no longer just getting through the song. They are shaping it, making decisions, developing identity, and working with others.

This is why it is so important not to rush artistry ahead of foundation. Many singers want individuality before control, style before reliability, and artistry before stability. But artistry that cannot repeat itself is not yet mastery. Style without control will not hold under pressure.

So what is the voice?

It is a living instrument. A physical instrument. A coordination instrument. A musical instrument. An efficiency instrument. A performance instrument. Eventually, it becomes an artistic instrument capable of carrying identity, power, and meaning. But above all, it is a trained instrument.

That is what people need to hear. The voice is not a mystery reserved for the lucky. It is a human instrument that responds to courage, understanding, repetition, and time. As I often say, fear and time are the only real obstacles. Will you begin? Will you stay with it? Will you build the instrument you already carry inside you?

### This Month in Music History

#### — May

*May 1, 1967* – The Beatles complete the recording of “Sgt. Pepper’s Lonely

Hearts Club Band.” Great records are built with focus and persistence.

*May 5, 1891* – Carnegie Hall officially opens in New York City with Pyotr Ilyich Tchaikovsky conducting. A stage does not create the musician, it reveals the musician.

*May 10, 1965* – The Rolling Stones record “(I Can’t Get No) Satisfaction.” Never underestimate the power of one great riff.

*May 13, 1950* – Stevie Wonder is born. He is one of the greatest multi-instrumentalists and songwriters in modern music.

*May 16, 1966* – The Beach Boys release “Pet Sounds.” Beautiful music often comes from obsession with detail.

*May 17, 1956* – Elvis Presley releases “Hound Dog.” If you are going to deliver a line, deliver it like you mean it.

*May 24, 1941* – Bob Dylan is born. Lyrics matter. A great song is not just melody and chords; it is a story worth telling.

*May 25, 1977* – “Star Wars” premieres, and John Williams made the emotion explode from the screen. Learn from great film composers. Theme, motif, tension, and release are for all musicians.

*May 26, 1972* – The Allman Brothers Band release “Eat a Peach.” Soul without skill falls apart, and skill without soul says nothing.

*May 31, 1967* – Jimi Hendrix’s “Are You Experienced” debuts. Do not be afraid to sound different. The musicians who change history usually do not sound like other artists.

# Hot Dog Charlie's®

Since 1922

THE AREA'S ORIGINAL MINI-DOG... 102 YEARS



ORDER ONLINE AT: [HOTDOGCHARLIES.COM](http://HOTDOGCHARLIES.COM)

## OUR MENU

**MINI PORK & BEEF NATURAL CASING/REGULAR ALL BEEF SKINLESS**  
WITH CHEESE | TOPPINGS: WORK, MUSTARD, ONIONS & SAUCE, KETCHUP, RELISH, SAUERKRAUT

**HAMBURGER, CHEESEBURGER**      **FISH FRY**      **POPCORN CHICKEN**  
HAND PRESSED SERVED WITH FRIED ONIONS & KETCHUP      WITH A SIDE OF HONEY MUSTARD, BBQ OR RANCH

**CLAM ROLL**      **ONION RINGS**      **ITALIAN SAUSAGE**  
SERVED WITH CHILI OR TARTAR      SERVED WITH FRIED ONIONS & PEPPERS

**FRIES/CHEESE FRIES/BACON CHEESE FRIES**      **TWISTER FRIES/W/CHEESE**

**RICE PUDDING (CHARLIE'S OWN)**      **HOT DOG CHARLIE'S FAMOUS CHILI SAUCE**

**LANSINGBURGH**  
472 5TH AVE  
TROY

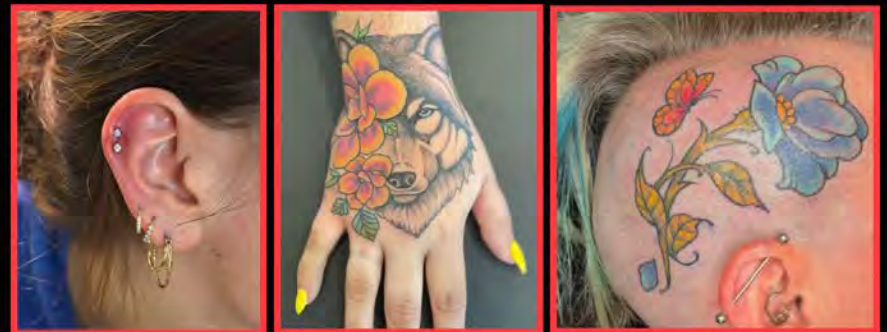
**RENSSELAER**  
150 COLUMBIA ST  
RENSSELAER

**COHOES**  
629 SARATOGA ST  
COHOES

**A VITA TATTOO**      [avitatattoo.com](http://avitatattoo.com)  
(518) 283-3539



Tattoos - Piercing - Permanent Cosmetics - Esthetics



428 N Greenbush Rd. Rensselaer, NY

(518) 203-7968  
[waterfordwinespirits.com](http://waterfordwinespirits.com)  
Hours  
Mon-Saturday: 9AM-9PM  
Sunday: 11AM-5PM



**WATERFORD**

WINE & SPIRITS

A Friendly, Hometown, Family-Operated Wine & Liquor Store with a Warehouse Selection!



### SENIOR MONDAYS

Because great wine tastes even better with a little discount. seniors only (65+)

**10% off WINE**  
**EVERY MONDAY**

Ask at checkout to apply your savings

27 C Saratoga Ave Waterford, NY 12188

**SOMETHING** *secret* **Boutique** *A Secret No More*

**HOURS**  
WED-FRI: NOON-6PM  
SATURDAY: 11AM-6PM

**STYLISH FASHION FOR EVERY BODY**

CURATED, EVER CHANGING, SELECTION OF CLOTHING, JEWELRY AND SUNDRIES. ALWAYS SOMETHING NEW TO ENJOY!



MOTHER DAUGHTER OWNED  
GREAT PRICES FOR BOUTIQUE QUALITY PRODUCTS  
FRIENDLY STAFF WITH HELPFUL ADVICE  
ON THE PERFECT OUTFITS FOR YOUR BODY TYPE

217 GUIDEBOARD RD, HALFMOON NY (518) 696-6356

[SOMETHINGSECRETBOUTIQUE.NY.COM](http://SOMETHINGSECRETBOUTIQUE.NY.COM)



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

**LARK ST. TAVERN**  
EST. 1933

**LOCAL BAND SUNDAYS WITH ROCK, JAZZ & BLUES 2:30-5PM**  
**TUESDAY NIGHTS: JAZZ NIGHT 7-9PM**  
**WEDNESDAY NIGHTS: ACOUSTIC OPEN MIC**  
**THURSDAY NIGHTS: COMEDY OPEN MIC ON**  
**FRIDAYS: TRIVIA AT 6PM**  
**KARAOKE: 3 NIGHTS A WEEK! THURSDAYS, FRIDAYS & SATURDAYS**  
**KITCHEN: OPEN 7 DAYS A WEEK**

**LOCAL BAND SUNDAYS**  
AT THE LARK STREET TAVERN  
2:30PM-5PM  
Every Sunday

**5/3: ELIOT LEWIS**

**TUESDAYS 7-PM**  
**5/5: LIVE JAZZ WITH BOBBY VANDETTA**  
**5/12: LIVE JAZZ WITH CLIFF BRUCKER TRIO**  
**5/19: LIVE JAZZ WITH WAYNE HAWKINS TRIO**  
**5/26: LIVE JAZZ WITH CAPITAL JAZZ COLLECTIVE**

**THELARKSTREETTAVERN.COM**  
**453 Madison Ave Albany**

**FOOD DRINK ENTERTAINMENT**

**518-650-6071**



Heaven. Photo provided.

# Heavenly Echoes Gospel Band

by Liam Sweeny

**G**ospel, of all the musics, may be most hopeful. Drawn from a tradition that used music to provide an escape from oppression, and a way to keep hope in the darkness. Heavenly Echoes Gospel Band, founded by James Edmond, is a gospel band that has all of the hope you need... and maybe a little funk. Welcome Joe Abbey of Heavenly Echoes.

**RRX:** OK, good. I was gonna say, um, uh, let's, uh, let's find out a little bit about uh Heavenly echoes.

**JA:** We're a gospel group from this area. Everybody's either from Albany churches, such as Decky Lawson. I happen to live in Troy, and our newest member who happens to be Decky's cousin Louis, lives just outside of Spiegelstown. The group itself has been together since, I'm gonna say, about 1965. It was founded by a

guy that came up from Virginia. His name was James Edmonds. He was an auto mechanic and he had his auto mechanic business here and he started a gospel group that he wanted to have outside of any particular church. When you have groups in church, they pretty much take their direction from whoever the pastor might be in terms of the songs and that sort of thing, and James Edmonds liked the style of gospel music that's called the quartet style, which very plainly is the most stripped down. Gospel music form other than, you know, simply having someone sing a cappella, but gospel music is typically like a choir or a chorus which is a little smaller than a choir, and it's quartet style, just has its name from four notes in a chord. When you have four voices, ideally they cover the melody of the

song, but then also the harmonies. And quartet style is really very much tied with the sounds of, not so much Motown, but the Stax Volt kind of soul music.

**RRX:** Can you tell us a little bit about Gospel music, in particular the style you guys play?

**JA:** Southern soul in Memphis, actually Memphis style, so it's a more gutsy, rootsy way of singing. It's kind of hard to figure. It's a chicken and egg thing. Soul music influenced gospel, gospel influenced soul, It all, I think, sprung from jazz which provided a sort of a free flowing musical format for all the old, centuries old, hymns and spirituals, and those were adapted to music forms, especially in black communities and that was largely jazz that brought the spirituals and the hymns into the 20th

century. That's where our music comes from and that's the kind of music that James Edmonds liked, and he surrounded himself with other young men like that had those similar prep they liked it you know that most of the guys in the group from back then we have still one member, James Edmonds himself, passed away.

**RRX:** So how did you get involved with Heavenly Echoes?

**JA:** James Edmonds was very much in his stride, and I was asked to join by a couple of guys that are not with us now, but I met these two brothers, Peter Marshall and Willie Marshall, who were a bass player and a drummer, and I met them through the blues. Open blues jam circuit, and they asked me because I was one of the guys that was disciplined on

guitar. I didn't get bored playing rhythm, and they thought it would be nice to have another guitar player with their group, and they invited me to come down to a church just near the Palace Theatre. And they said, 'we're always looking for musicians, always looking for new people.' And I thought, 'really? OK.' But I didn't realize how much I liked it, based upon the soul music that I liked. Actually, I'm thinking now more of not just Otis Redding, but Wilson Pickett. Things like Knock on Wood, all those kind of songs are really like quartet style of gospel music. I got down there and it was just like, it was like a wonderful moment. I went there thinking I was going to a rehearsal, sort of like a rehearsal and it turned out that I was going there on a Saturday that was actually what they call a program, because you don't call it a show. Because it's not entertainment.

t was there for a program that the Heavenly Echoes were sponsoring because it was the Heavenly Echoes anniversary in the sense that I guess James had founded the group some-time around November of that year. Whether it was '64, '65, '66. But it was in November of 1965, so they would have this anniversary celebration and present songs to the congregation that James was a member of, and that's what this was. It was in the church hall, and I was going to a rehearsal or just a meet and greet. And instead, they say, 'oh no, Pete will tell you the chords, don't worry about it.' And when I walked in there was a guy plunking away on the guitar tuning up and playing a few riffs, and this is James Edmonds's nephew Earl Cornergay, who's still with the group, about 30 odd years anyway, this guy, he's playing, and I didn't know him before that, but while he's tuning up and he's clinking out a few notes and, and he sounds just like Steve Cropper.

And I'm thinking, 'well, this is interesting.' And then when we started playing songs, as I said, it was very much like 'Knock on wood,' and with that same drive, that same rhythm, that same positivity kind of thing, Just funky. I'm just sort of strumming the guitar along to this. The harmonies are there, the improvisation, taking the song out, like a coda, and the coda would go on for ten minutes as whoever might have been taking the lead on it just starts to, get carried away, get expressive. Give what you know, in some cases just having fun with the song. It's a gospel song; it's not a bar song, but having fun with it. "The spirit was taking him," Start giving testimony. It's not like a healing thing. It's not like those mega church things. It's just going on basically telling, you know, 'I used to hang in hang around the barrooms and I don't do that anymore' sort of thing but just saying it in a, you know, in a real um

**RRX:** So have you played outside of churches, or it is really more something you would play

**JA:** Outside of churches, we played for a number of years at First Nights in Saratoga, actually in Albany too. When Albany stopped doing First Nights, by coincidence we got picked up by Saratoga Arts when they were running First Nights, they caught wind of us and then we played a whole string of them up through about 2017. We were there. Many years that I started around 2004 and that first New Year's Eve, which would have been New Year's First Night Albany in 2004. We played and then we played in 2005 and then after that, we started going up to Saratoga, so we played those kind of community events like, neighbourhood association parties that would have summer parties.

Donna Fitzgerald Demarse  
*Manager & Director*



**Fitzgerald**  
Funeral Home

Funeral & Cremation Services

Nationally Certified Pre-Need Counseling - Monument Service

*Our Family Serving Your Family with Compassion & Professionalism*

105 Vliet Blvd, Cohoes, NY 12047 • 518-237-7666

Fitzgeraldfuneralhometd.com

Nicholas J. Brendese  
*Director*

# Chris Ebbs

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

The Big Burger Deal  
Mon, Tue & Wed

Gift Certificates  
Available



Open  
7 Days

Brunch  
Sat-Sun  
10am-3pm

# NIGHTHAWKS

100% Locally Sourced Farm to Table

Call for reservations or go online

461 Broadway Troy, NY 12180

(518) 272-1000

Take Out & Delivery

www.nighthawktroy.com




# SongCity



ZORBASTRIO

MUNDY

IAN GALIPEAU

AMANDA CASE

5.12.2026

DOORS 7:00PM  
SHOW 7:30PM  
ADVANCE \$20 DOOR \$25  
SONGCITYTROY.COM

THE WAITING ROOM  
TROY NY

FRANKLIN ALLEY  
BROADWAY & RIVER ST

FOOD:  
O'MALLEY'S OVEN

DRINK:  
MEAN MAX BREWERY

**Season 4 Finale!**

**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](mailto:JDorrance@PremiumMortgage.com)

935 New Loudon Rd, Suite 3A, Latham, NY 12110  
(518) 924-8001 | NMLS# 1695490

SCAN FOR  
MY DIGITAL  
BUSINESS CARD!



**Premium**  
MORTGAGE CORPORATION



# Muscle Shoals

## Something in the Water

by Liam Sweeny

**A**bout two hundred and sixty miles from Atlanta, a young woman, blind, deaf, and without speech, held her hands beneath a cascading capillary of the Tennessee River and was so moved that a single word found its way to her lips; “water.” And thus Helen Keller added her voice to the magical repertoire of a place called Muscle Shoals.

In the world of music, the area known as Muscle Shoals may very well have had something in the water. Comprising the Alabama towns of Florence, Sheffield, Tuscumbia and Muscle Shoals, the area of around 200,000 residents gave us blues legend W.C. Handy, Sam Phillips, founder of Elvis Presley, Jerry Lee Lewis and Johnny Cash, who all hailed from this region.

But Muscle Shoals is not really famous for those who came from it as it is for those who came to it, and through it, and for that, we have to thank a few key players, some of whom were, in fact, actual players.

But before the players, a little perspective. From Muscle Shoals, we get the following earworms: Percy Sledge’s “When A Man Loves a Woman”; “I Never Loved A Man” by Aretha Franklin; “Brown Sugar” by The Rolling Stones; and “I’ll Take You There” by The Staple Singers.

The first player in the game to make Muscle Shoals legendary was studio owner and producer Rick Hall. Having grown up in rural poverty, and suffering tremendous loss, Hall turned to music, first as a player, then as a record producer. He opened the first FAME studio above a drugstore in Florence before creating a more professional studio in Muscle Shoals.

Hall found early success with Arthur Alexander, when he recorded the hit song “You Better Move On” in 1961. He and FAME would go on to give a home to the music of Aretha Franklin, the Rolling Stones, Wilson Pickett, Percy Sledge, Clarence Carter and Solomon Burke. Aretha Franklin arguably got her birth here, finding her voice as the “Queen of Soul.”

Franklin’s transformation into royalty highlights the second half of the most important equation in the Muscle Shoals sound. FAME studios, like all studios, had session players, unsung heroes who backed up the people being recorded. FAME’s original session players left, largely because Rick Hall was paying them peanuts. They went on to gigs in Nashville, and Hall replaced them with a group of session players that would become known as the Muscle Shoals Rhythm Section, or “The Swampers.”

The lineup was Jimmy Johnson on guitar, David Hood on bass, Roger Hawkins on drums, and Spooner Oldham on keyboards. They collectively had a style that blended blues, hillbilly, country, rock and roll, and gospel, and strained out the finest parts of each. They would set the mic up close to the kick drum, and flush drums and heavy bass into the resulting recordings. They played relaxed, full of melody and heart.

Franklin had never played with musicians like them before, and it was an adjustment, according to her, but once they hit it, it exploded and the rest is music history.

Hall had a close relationship with Atlantic record producer Jerry Wexler, who would go to Hall when he needed southern recording. This is how Hall recorded

Aretha Franklin and many others. This deal was brought about when Percy Sledge, a local hospital worker, recorded “When a Man Loves a Woman” in a nearby studio, and Hall was able to get it licensed to Atlantic.

This relationship did not last forever, and Rick Hall ended up losing a lot to his drive and ambition, and, perhaps because of those things, his inability to focus on those around him. Or maybe it started when he fist-fought Aretha Franklin’s husband, Ted White. Either way, he lost the deal with Atlantic.

Another deal he lost was with the Muscle Shoals Rhythm Section, who went on to open the Muscle Shoals Sound Studio in an old coffin showroom in nearby Sheffield. And so, while FAME was turning to Chess Records to continue recording big names, Muscle Shoals Sound Studio had to find their niche, which is where the story led, as they went on to record The Rolling Stones, Aretha Franklin, Duane Allman, George Michael, Wilson Pickett, Willie Nelson, Lynyrd Skynyrd, Joe Cocker, Levon Helm, Paul Simon, Bob Seger, Rod Stewart, Tamiko Jones, Cher and Cat Stevens.

One of the secrets of both FAME Studios and the Muscle Shoals Sound Studio was the perspective of transcending race. In Alabama in the 60s, racial tension was at a snapping point. In 1963, Alabama governor George Wallace stood in front of the doorway of the newly-desegregated University of Alabama at Tuscaloosa to block the entry of two Black students. Lynchings were still too common, and the Klan had a real membership. But in FAME, in Muscle Shoals Sound Studio, there was only music. When the players were inside, they were one. But when

they left the studio, the racism was clear to all.

And oddly enough, if there was one thing people hated more than Black and white going to the corner store together after a session, it was the addition of a hippie. And one man in particular in the Muscle Shoals scene exuded the hippie vibe, and that was guitar player Duane Allman of the Allman Brothers Band. As he walked down the street with a tie dye shirt and rough jeans, long hair and a Mexican mustache, even Black players wanted to keep their distance.

The transcendent quality of the Muscle Shoals studio with respect to color also carried to the music they produced. It was R&B, it was soul. It was country music and rock and roll, it was pop and gospel and funk and it all made it to the charts.

What was the “Muscle Shoals Sound?” Really, it was less of a sound and more of a place. The Swampers said it as a joke, a take-off on the “Memphis sound” and the “Nashville sound.” And in the end, they all shrugged and said, “why not?”

Halfway between Atlanta and Memphis, on the bank of the Tennessee River, the shoals that were its namesake long before destroyed by the construction of the Wilson Dam, a sound came out of the docks and the hospitals, above the drugstores and in the shadows of coffins. This sound found its way to Atlantic and Stax Records and Chess alike, and it is memorialized today. If you’re down Alabama way, check it out. And pour yourself a glass of water.



# Banshee Tree

Michelle Pietrafitta  
(drums)

by Rob Smittix

**RRX:** Thank you, Michelle, for taking the time today to speak to me about your band, Banshee Tree.

Michelle Pietrafitta: Of course.

**RRX:** I've been checking out the band, totally digging it.

**MP:** Thank You.

**RRX:** Hopefully, I get to see you live one of these days. I've watched a lot of your live videos, and Banshee Tree definitely seems like a band that you need to see live.

**MP:** Oh, for sure, it's a little bit different on the stage.

**RRX:** If you're ever looking to come up this way, hit me up. I can point you in the right direction.

**MP:** OK, great. We actually have a lot of history ... not as a band in New York but as individuals. Thom (LaFond) is from

Schenectady, and I went to college in Oneonta.

**RRX:** Oh, wow. I could throw a football to Schenectady from here.

**MP:** Exactly, yeah.

**RRX:** Well, Thom knows the area obviously, but I've had a lot of friends in bands come to town without contacting me ahead of time, and then I find out they're playing. I'm like ... that is not the right venue for them.

**MP:** Yeah, I know it's funny how that makes such a big difference just where you go.

**RRX:** Oh, it does, absolutely. I've been checking out the new album, "Bad Luck." I also think it's kind of unique that we're talking about "Bad Luck" on Friday the 13th (March 13, 2026). Are you at all superstitious? Does Friday the 13th

worry you? Do you walk under ladders or go in the other direction?

**MP:** You know ... for me, Friday the 13th was always like a holiday when I was a kid. It was a special, fun, exciting day. My best friend and I had this tradition where we would go to Di Vincenzo's Pizza and grab a slice, and then go eat it in the graveyard across the street.

**RRX:** That is a good tradition. I love that kind of stuff. When talking to musicians, I often get a little sidetracked with food talk, especially pizza in a cemetery, that's gold.

**MP:** Yeah, I grew up in South Jersey in an Irish-Italian family, so pizza was important.

**RRX:** Oh hell yeah, but cemetery pizza, that's something you don't see every day.

**MP:** Yeah, exactly. Friday the 13th, it's the second one in a row ... I'm not sure if you knew our newest single, the title track "Bad Luck," was released today?

**RRX:** Oh, today?

**MP:** We were like, when should we release it? Oh, Friday the 13th makes sense.

**RRX:** It does. Now I know what I'm doing when we get off the phone. I'm checking that out.

**MP:** Yeah, that just dropped.

**RRX:** What is it about "Bad Luck" that made this the title track?

**MP:** It didn't start as the title track. We had a lot of songs, and we started putting them together and figuring out which ones flowed the best together. We started to see kind of a theme coming out, so ... like the whole album has themes of

warnings from nature. What do you do with those warnings? Do you take heed? Do you listen to them or do you just keep on your same path? That's where the idea of bad luck comes from ... there are these warning signs, but what do you do with them? Do you learn the lesson and incorporate it, or do you turn it into what it is, bad luck? Also, we started creating this album with a violinist who left the band.

It's kind of this contemplation of ... what seems like bad luck in the moment is leading you to a new territory that could be better than you imagined. For example, we lost our violinist, and we weren't sure if the band was gonna continue or what we were gonna do. The most perfect person kind of just fell into place, and he finished the album. So the violinist started the album, and then the saxophonist completed the album. So what might seem like bad luck at the time can turn into a whole beautiful journey that you didn't expect. You don't know where it's gonna lead you, and so it's like

trusting the journey and moving forward.

**RRX:** Yeah, that's exactly it.

**MP:** Yeah, it's cool because we have that theme threaded in a very direct way, because we had the violinist, he started the album with us, so we kept some of his parts and weaved them into a little interlude that has the saxophone and violin kind of weaved together. It's kind of like the passing of the baton through the album itself.

**RRX:** Glad you stuck around and made it work, because it became what it's supposed to be.

**MP:** I'm extremely grateful that we saw it through.

**RRX:** Was there anything else that you wanted to make sure you got out there to the universe?

**MP:** Yeah, 100%, goodness ... for me, music is about bringing people together, and music is about helping people process all of the things that they don't get to in the process of their day-to-day lives.

Like ... live concerts give you the opportunity to shake it all loose and release it. That's what I hope to bring through our tours, and that's what I hope this album brings to people as they listen to it. It's got themes of nature ...

**RRX:** I caught that. And I think that's really where humanity is disconnected, we need to get back to that. We need to take our shoes off, put our feet in the soil, and just try to remember what we are. I feel like we're being shaped and molded by screens.

**MP:** That's exactly right. I've actually noticed, like ... when I was going out to the store, and how it would be a preposterous idea for me to not bring my phone. That moment made me realize how deep we've gotten into this. And it's rewiring our brains. The connection to nature is not only important, but it grounds us and helps us be happy and calm as beings and remember what life is all about. I think if we don't do that, then our whole lives will pass us by, and we'll realize, oh s\*\*\*, I

spent the whole thing looking at my phone and distracting myself. An entire lifetime can go by doing that if we're not careful. So hopefully the themes of this song can help remind people to connect back into themselves and into nature.

**RRX:** Well, Amen to that! I've thought about this ... kids these days will look back at their fondest memories of childhood, but it's in virtual reality.

**MP:** Exactly.

**RRX:** Which is a wild concept.

**MP:** It is. I feel like this generation is getting hit from the side. When TV first became a thing, people got lost in that, and then they're like, oh sh\*\*, this is kind of bad, let's step back. And now, we're blindsided a bit by it, but I think eventually people will realize and step back more. I think there'll be a number of people who are just like, oops ... my life was dedicated to this thing by accident.

**RRX:** Right? It doesn't sound like you or I will ever be those people who are lined up for the new iPhone.



**The Footless Girls of Camp C**  
Debut work by Shows Leary  
**An Adventure You Won't Forget**

Rejected by the Marines but driven to serve, Effin G is recruited into a covert private army and thrown into the shadows of the 1970s War on Drugs. Guided by the music of the Grateful Dead and bonded with a team of battle-scarred soldiers, he faces brutal jungle warfare, deadly missions, and a truth that will shake everything he believes in.

**SHOWSLEARY.COM**

"Fabulous read. Can't put the book down. Can't wait for the movie."

"Great read, and great listen, and a story waiting to be filmed!!"

"I have seen the author read from the book and I was completely mesmerized and entertained... Highly recommended."

**Available on Amazon, Kindle, Audible, Spotify**

**DIVE INTO THE MISSION. FEEL THE MUSIC. LIVE THE ADVENTURE.**





**MATTY D PRESENTS**

**IN ASSOCIATION WITH RADIORADIOX**

**KY McCLINTON BAND**

**HALLELUJAH HAT TRICK**



**JENNIFER TEFFT**

Scan for Tickets!



WITH SPECIAL OPENING ACOUSTIC SET BY MATTY D

**MAY 23. 2026**

**DOORS AT 7PM**



**SLIDIN DIRTY - 433 RIVER ST. TROY, NY**

**\$10 IN ADVANCE / \$15 AT DOOR**



**Hours**  
**Mon:**  
11:30am - 7pm  
**Tues - Fri:**  
11:30am - 9pm  
**Sat:**  
11:30am - 5pm



**(518) 389-7201**



**LOCH-QUAY.COM**

**414 Broadway Albany, NY**  
**(Corner of Broadway & Beaver)**

*Marty Wendell*

**The 2026 Season Begins in May!**

**5/22: Moon & River Cafe**  
Schenectady, NY **7PM**  
(Acoustic Show)


**5/23: Mt. Ida Preservation Hall**  
Troy, NY **7:30PM**

**5/28: Hawthorne Ridge**  
East Greenbush, NY **6PM**  
(Solo Show)

**5/31: The Strand Theater**  
Hudson Falls, NY **3PM**  
(with The Bluebillies & more)



**martywendell.com**



# ALBANY ROCK PIT

LESSONS & PERFORMANCE  
9 NORMAN DRIVE ALBANY, NY

## ALBANYROCKPIT.COM

**(518) 608-5883** INFO@ALBANYROCKPIT.COM

We offer a wide range of services to meet every musician's needs.



### ARE YOU TAKING ONE ON ONE LESSONS AND WANT TO PLAY WITH OTHER KIDS IN A BAND?

**PARENTS/ADULTS WE'VE GOT PROGRAMS FOR YOU TOO!**



# Delaney Hafener

## The Belle Curves

by Liam Sweeny



Delaney Hafener. Hafener. Phovided.

If one voice can lead a group of people, then what can be said of a voice that can lead a group of musicians? Delaney Hafener has not only found a sound that belongs on Billboard, but has also managed to navigate and deploy a pool of talent that never stays the same. Please welcome Delaney and her creative Faberge egg, The Belle Curves.

**RRX:** Tell me a little bit about yourself and also your primary creative vehicle, The Belle Curves.

**DH:** Where to start? Well, I'm from Long Island originally. I moved up to the 518 area about two years ago, and I started The Belle Curves in 2019. Originally, it was supposed to be a solo project. My old band that I played with in high school and college was kind of fizzling out. And I was like, "I wanna be in control entirely of my music." And so it started out as a solo project, and then as I started fleshing out my ideas, I pretty quickly realised that I needed other people to help me bring things to life and that there's only so

much that one person can really do. It kind of morphed into my thing, but a lot of different musicians come and go, a sort of rotating cast of characters, but I try to have a pretty consistent live lineup, and each recording process is a little bit different, so, yeah ...

**RRX:** You said there's a different lineup of musicians that come in and out. Are there some you could name that tend to come in and out the most often?

**DH:** When I was playing on Long Island and really up until the fall of last year, the primary lineup was Nick Balzano on the drums, Sarah Gross on acoustic guitar and vocals, my dad, Bill Hafener, on electric guitar, and a lot of times my friend Joe Leon would play keys or drums depending on whether or not Nick was available. And then moving upstate, my life went through a lot of changes. My friend Sarah moved to Nashville. Joe started a master's program. A lot of stuff happened. So now the live lineup is a four-piece, which is a lot easier to wrangle,

and we're all in the same area. Right now, the live band is Jeff Wager on electric guitar. I play bass and sing, obviously. Sabrina Trueheart plays acoustic and sings, and Dylan Trivison plays the drums. But then the album is like a whole other mix of people, so it's a lot of the Long Island folks, Nick and Sarah and Joe, and then Josh Murray and Evan Murray. Josh played guitar, and Evan co-produced, and he's the producer, multi-instrumentalist guy. So, yeah, that's everyone, a lot of people. You know, it takes a village.

**RRX:** I always have a tricky time with genres because some people stick to them, and some people are like, "What's a genre?" So one of the things I read was that you create queer country and Americana.

**DH:** Yeah, I was thinking that, like, the country stuff is kind of taking the back seat. The new album really doesn't have much on it.

**RRX:** I was gonna say I didn't really hear much country on the new album. I

heard it as almost like a poppy sound for the new album. Not pop, but the kind of music that you just expect to have national acclaim.

**DH:** I think with the current stuff, I usually describe it as a power pop. Or it varies between a power pop thing and a folk rock thing, like Tom Petty or Big Star. It's a lot of Beach Boys, too, so I definitely like it when we say pop; I think of the Beach Boys and an art pop kind of thing.

**RRX:** It sounds really good, and I'm just expecting it to be on Billboard. It sounds like the kind of music you expect to see there.

**DH:** Thank you.

**RRX:** You play out all over the place. Where are some of the places that you've gone that you really liked?

**DH:** I live in Troy, so I'm at No Fun a lot, going to shows, and also we've played there a ton. It's a really great community, and a really great scene there, so that's kind of starting to feel like home base a little bit. But there's a place out in

Oneonta that we've played a few times called B Side Ballroom that I really love playing at, and out east on Long Island, near where I grew up, they're carrying the only torch for keeping any kind of space for original music on Long Island.

**RRX:** Oh, wow.

**DH:** Yeah, there's really not anywhere to play on Long Island if you're playing original music. It's pretty tough, and that was part of the reason that I moved up-state. Long Island is not huge, but it's big. It's not small. People think Long Island is one place, but it's really not. Long Island is like five places. And only one spot actually plays original songs.

It's pretty tough. There are folks swimming upstream and making it happen, but it's not easy. Whereas here, like around Troy and Albany, I've felt so welcomed, and it feels like there are people who will come and see your band again if they like it, regardless of whether or not they know the songs already. When that first started happening, it was so foreign to me.

**RRX:** OK, here's one. No Fun. We're gonna have three bands. The Belle Curves is one of the bands, and the Belle Curves gets to pick the other two bands. You get to pick the other two bands.

**DH:** Oh man, like local bands?

**RRX:** Yeah, local bands.

**DH:** Well, Sabrina Trueheart has been playing with her band a lot lately, and her stuff is really cool, so we've played shows together before. I always love seeing her play her solo stuff. Evan Marre - his project is called Russel the Leaf. I love his music so much, so I would probably go for those two.

**RRX:** There's a type of music out there that you've never played before, and you don't even know it that well, but it's something that you've always wanted to try to learn, not because you wanted to play it professionally, but just because you just wanted to know how to play it. Is there any kind of music that you wish you knew how to play just for poops and giggles?

**DH:** I love old-time music, like folk music and really old-school country. I love that stuff so much. I play acoustic guitar, and I can keep up on guitar, but I would love to learn how to play fiddle and really get deep into the weeds of learning old fiddle tunes. I just love that stuff so much, and I never really took the time to dig into it.

**RRX:** Most people I know who are musicians or any creative thing tend to be good at all creative things. I'm a musician, but I'm also a writer, and I'm also an artist. Are you like that?

**DH:** I think so. Actually, just last night I started learning how to knit, off of YouTube, to have something. That's a little bit low stakes. I've dabbled in various visual arts. Like, I love to watercolour when I have the chance. I also like decorating my apartment. I do homemaking and home decorating as a pretty significant creative outlet for me, and it's a living project. It's fun to thrift and visit estate sales and ... more.

**RRX:** When you do your house and you decorate, do you do it in such a way where you're gonna be able to sit down and be charged with that kind of energy, and then put it into the creative work that you do?

**DH:** It's a very different thing than songwriting or painting or anything like that, because it's a little bit more on a whim.

**RRX:** Is there anything coming up in the near future or the far future?

**DH:** Near future big news is Tulip Fest. Officially not embargoed on that news anymore, so yeah, we're playing Tulip Fest on May 9th, which is very exciting. It feels like a big feather in the cap for this band long-term. Long term, I don't know, I'm just gonna keep doing this and seeing if people are into it, which it seems like they are. So, you know, keep making music.

**RRX:** I hope you guys keep doing it because, like I said, you guys are amazing.

**DH:** Yeah, thank you.

**EMPIRE LIVE**

**EMPIRE UNDERGROUND**

[empirelivealbany.com](http://empirelivealbany.com)

### MAY EVENTS

1 - Lacuna Coil - Live	1 - Major Moment - Underground
2 - Demon Hunter - Live	
2 - Locked In A Vacancy - Underground	
3 - Deicide - Live	
3 - Prince Daddy & The Hyena - Underground	
6 - Kings OF Thrash - Underground	9 - House Party - Live
9 - All Your Friends - Underground	12 - Buckethead - Live
15 - Emo Night - Live	15 - Snuffed On Sight - Underground
Sparks The Rescue - Underground	
17 - Fleshgod Apocalypse - Live	17 - Distant - Underground
20 - Alpha Wolf - Live	22 - Waka Flocka Flame - Live
22 - Keep Flying - Underground	23 - Fit For A King - Live
23 - Wiz Hoffa - Underground	27 - The 502s - Live
29 - House Of Heavy - Underground	
30 - Dynasty Wrestling - Live	

Tickets are available at [Ticketmaster.com](http://Ticketmaster.com) or the box office located at 93 N. Pearl Street, Albany.

MassConcerts | **lp**concert



# JOIN US FOR SHOWS IN THE SPINDLE CITY AT THE CAPITAL REGION'S MOST INTIMATE & HISTORIC VENUE



Bill Griese performs  
**Sweet Baby James**  
The #1 James Taylor Tribute

**Sweet Baby James**  
May 1 @ 7:30PM



**THE B-STREET BAND** TRIBUTE TO THE BOSS

THE ORIGINAL SPRINGSTEEN TRIBUTE BAND  
The B-Street Band: A Tribute to the Boss  
May 2 @ 7:30PM



**Girl Named Tom**  
May 5 @ 7:30PM




**EARTH, WIND & FIRE TRIBUTE BAND**

Earth Wind & Fire Tribute Band  
May 9 @ 7:30PM



**LEZ-ZEPPELIN**  
ALL GIRLS. ALL ZEPPELIN.  
THE SONG REMAINS THE SAME  
PERFORMING IN ITS ENTIRETY  
50TH ANNIVERSARY RELEASE CELEBRATION

Lez Zeppelin  
May 15 @ 7:30PM



**DEJA VU**  
SATURDAY  
MAY 16TH 7:30  
The Music of Crosby, Stills, Nash & Young  
May 16 @ 7:30PM



**The Simon & Garfunkel Songbook**  
Featuring Aztec Two-Step 2.0  
May 17 @ 3:00PM



**Suzy Bogguss**  
Close Up  
Suzy Bogguss  
May 28 @ 7:00PM



**Start Making Sense**  
May 29 & 30 @ 8:00PM

# WWW.THECOHOESMUSICHALL.ORG



**Raven**  
EVENTS  
Audio Lighting Video Photo Booth

**Check out our Amazing Digital Photo Booth!**

*Perfect for capturing group shots and giving your wedding guests timeless keepsakes they'll love!*

- Unlimited 4 x 6 Glossy prints on site
- Custom Overlay
- Texting option for photos
- Friendly Booth Attendant
- Extra Lighting (if needed)
- Email of all photos taken at event

RavenEventsNy@gmail | 518-817-5923



**AR Pools**

- Weekly cleanings
- General maintenance

**CALL TODAY**  
**518-603-8582**

Serving the Capital Region!

**Bigger**  
PRINTS


We're a Creative Studio, Vinyl & Print Shop  
Specializing in Large Format Prints.

**518.328.4810**  
hello@biggerprints.com


No Job Too Small



Posters & Banners - Art, Photo, Giclee & Canvas Prints  
T-Shirts & Apparel - Business Cards - Signage & More!



**The Official Print Partner of**



**f**

**PATRICK'S Pub**

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

Wing Night-every Tuesday 6-10  
Music Bingo-every Wednesday 7-9

**WATERVLIET'S ONLY IRISH PUB!**

**Takeout**

Patrick's pub Gift certificates make great gifts

Great Beer List and Large Selection of Spirits

**OPEN**

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

Tuesday Night Wing Night!

**EAT IN/TAKE OUT**

Gift Certificates Available  
Kitchen open until 10:30pm



Shows Leary. Photo provided.

# Shows Leary

## The Footless Girls Of Camp C

by Liam Sweeney

**RRX:** Tell us a little bit about yourself. You're the main character; let us get a sketch.

**SL:** The Footless Girls Of Camp C (Amazon paperback, Kindle and Audible...and your library) is autobiographical, though fictionalized to some extent. I was just a boring, normal kid. Had little interest in school. I liked athletics and shop classes, and I especially liked soccer, boxing, and wrestling, though I wasn't really good at them. In 11th grade I got it into my mind that I had to become a Marine. That was 1971. The Viet Nam War was still going on. I was

heavily influenced by television news and newspapers, which was the only way to get news. Of course I didn't realize how slanted it was. I didn't smoke pot and it wasn't until my senior year that I got into drinking beer, but seldom liked getting drunk. I enlisted in the Marines in July of '72 but unfortunately I hurt a knee pretty bad in a soccer game a week later. That misfortune ended up requiring surgery. The Marine recruiter told me to get lost, try the Navy. That was a stunning and life changing reality. In 1973 I went to the Watkins Glen Summer Jam. The

Grateful Dead really spoke to me for some reason. I had good jobs in construction and for the time was making good money so I travelled all over the country in 73-74. I got into LSD at this point. They played four concerts in '75, but all in San Fran, so I didn't go. I loved solo camping and became very good with maps, compass and bushcraft. I still liked fighting, so I went to a boxing club and a martial-arts dojo in Albany. Turns out I was really tough, aggressive, and a quick and thorough learner - and I didn't mind getting hurt. A guy came to the dojo and was impressed with my

skills. He kept on the down low, but found out where I lived and he followed me for several weeks to work and my nighttime activities. I was never aware he was scoping me out. He liked what he saw and one afternoon in 1975 he came to my house, and he made me an offer to join an off the books, paramilitary army, what we call mercenaries or contractors these days. Soon I agreed and before I knew it, in the spring of '76, I was on a jet to somewhere and a great adventure, which the book goes into great detail to describe.

**RRX:** You have a book out. Can you

tell us a little bit about it? What genre? And if you have thirty seconds to tell me about it, what am I going to hear?

**SL:** It is a military/musical memoir. Contradictory? Perhaps. Turns out I was in a jungle in an unknown country with 40 men, all military veterans. I was the only man without military experience from Vietnam and even Korea. I had a lot to catch up on, but I did. We trained for the mission, went on the mission and completed it, though not without many difficulties and struggles. The guys gave me an insulting nickname on day one of training camp. Possibly my proudest moment in the adventure was when I earned, and I mean EARNED, a nickname that I am still very proud of and still use in my day to day music adventures. Recalling my life as a Dead Head was always running in mental background.

**RRX:** A good novel has the ability to create scenes that challenge a reader, stop them cold and make their breath ragged,. Not comma What goes into a scene that is specifically intended to stop a reader in their tracks, question mark not comma.?

**SL:** I go into great detail in battle scenes to really bring to the reader the physical, mental and emotional aspects of what is happening. I especially like to bring in all of the senses that are affecting a scene. I also find that humor breaks the tension. I like to think I can be somewhat funny and sarcastic.

**RRX:** We all have heroes. But our heroes sometimes needed heroes and none came to the surface. We're looking at you, Ernest Hemingway. The pPoint is, sometimes a writer's heroes shouldn't be put on such a high pedestal. Who's your hero, and what kind of influence would they be if they were sitting in your kitchen?

**SL:** Since I was surrounded by battle hardened veterans who took the care to teach me how to work, I have to say all the men in my platoon were heroes to me. Though a few really stand

out. Our leader was the most intense, ball-breaking a\*\*hole you can imagine towards me, (think Full Metal Jacket and Drill Instructor Hartman), and I was really bummed for a long time on the mission but I knew he was teaching me how to survive and how to protect my teammates. By the end of the mission I would have died to protect any of them and I'd like to think that they thought the same about me.

**RRX:** I don't know too many writers that don't listen to music when they're writing. So what's on your playlist? Or does it vary by the story? What makes it to every one?

**SL:** The music of the Grateful Dead was with me throughout the adventure and it was as critical a part of the book as anything else. I would like to think that someday Dead Heads will try to find all the references to the Dead that are in the book. Some are not so subtle but many require a deep understanding of the Dead culture. In the day to day writing I did not listen to music, I found it distracting. Though a thirty minute Dark Star on low volume helped once in a while, such as the 48 minute version from Rotterdam, Netherlands from 5/11/72.

**RRX:** Swearing. It's a fine line, right? Some writers won't swear at all, claiming that a writer doesn't actually need to do that to make people feel what they're feeling. Where do you stand on sitting? Swearing?

**SL:** Oh geez. Military? Practically every sentence was started or completed with swearing, and it is constant through the book. Every insult imaginable was hurled at me and I never reacted harshly or with hate. I just gave it back to them and mostly in a humorous way. I knew they were training and testing me and I took it as a point of pride that I could handle it.



**UNDER PRESSURE Washing Solutions**

**Google**  
★★★★★

*Transform*  
**YOUR HOME OR BUSINESS WITH A POWER WASH!**

**\$50 OFF YOUR FIRST HOUSE WASH**

*Our Services*

- HOUSE WASHING
- DRIVEWAYS
- GUTTER CLEANING
- SOFT WASH
- FENCE CLEANING
- DECK & PATIO

**AND SO MUCH MORE!**

CALL NOW FOR A FREE QUOTE

**518-362-9437**

**PAT@UNDERPRESSUREWASHING518.COM**  
**UNDERPRESSUREWASHING518.COM**



# Prog Digest

by Klyde Kadiddlehumper

**A**round about 1963, there were not a bunch of recognizable “progressive” bands. Phoenix, Omega, Dinamiti, Sfinx, and Los Jaivas don’t slip the old lips as readily as those that followed by a couple of years, such as Pink Floyd, the Moody Blues, and the Wilde Flowers. But in 1963, one of the most progressive TV shows ever was born. In a bold move, mostly because it was intended as a short-lived children’s TV prospect, Verity Lambert was the producer. Come on – a female producer of a nationwide, prime-time TV show was a huge deal.

Especially in stiff upper lipped Britian.

We didn’t know the main character was centuries old yet, but we were introduced to Doctor Who.

Just five years earlier, the 12th Doctor was born in Glasgow, Scotland.

Peter Capaldi.

Of course, as is usually the case, reading this column can confuse the novice reader and let the regular reader look to just what twisted methodology is rattling around in Klyde’s rather vacuous cranium.

Now, Glaswegians are a particular lot. So, buckle up ... it’s an interesting ride.

This Capaldi was born on April 14 and is exactly 11 months older than this author. Other than having Scot’s blood (his is rather a larger concentration than Klyde’s), that is where the similarities diverge.

Peter Capaldi is an Oscar Winner for Best Live Action Short Film, having written and directed 1993’s “Franz Kaf-



ka’s It’s a Wonderful Life.”

He is a citizen of the UK and Italy.

As the male lead in the British detective series on Prime, “The Devil’s Hour,” he delivers a truly twisted and disturbing performance.

His Doctor Who is compelling and deeper than most expect The Doctor to be.

OK, Klyde – you’re a fan – what of it?

Peter Capaldi is a punk rocker. We all know Sheena is a Punk Rocker – but who knew the Doctor was? During his time, we would see the Doctor wield a guitar, and many of us figured it was an affectation, not that he was the real deal. His first band was named Bastards from Hell, and he believes the first song he played out was the Sex

Pistols’ “Pretty Vacant.” With peroxide hair and pierced ears.

Got your attention yet?

Favorite songwriter – Roy Orbison. Favourite singer – Bowie. Greatest record of all time – Lou Reed’s “Transformer.” Best live album – “David Live.” Most underrated band – The Cramps. Oh, how we miss Lux Interior

Progressive and punk enough for ya?

Perhaps the only thing that really would connect the two of us is a love of massively diverse artists. Add to the list above his love of Kate Bush, Television, Robert Donat, and Frank Sinatra.

In March of this year, Peter Capaldi completed a UK tour performing songs from his “St. Christopher” (2021) and “Sweet Illusions” (2025) albums. And,

gotta admit, these are serious recordings and pretty fine performances.

There are days when being 67 or 68 feels like more than enough. But rocking at 2,000 years old, that’s another story.

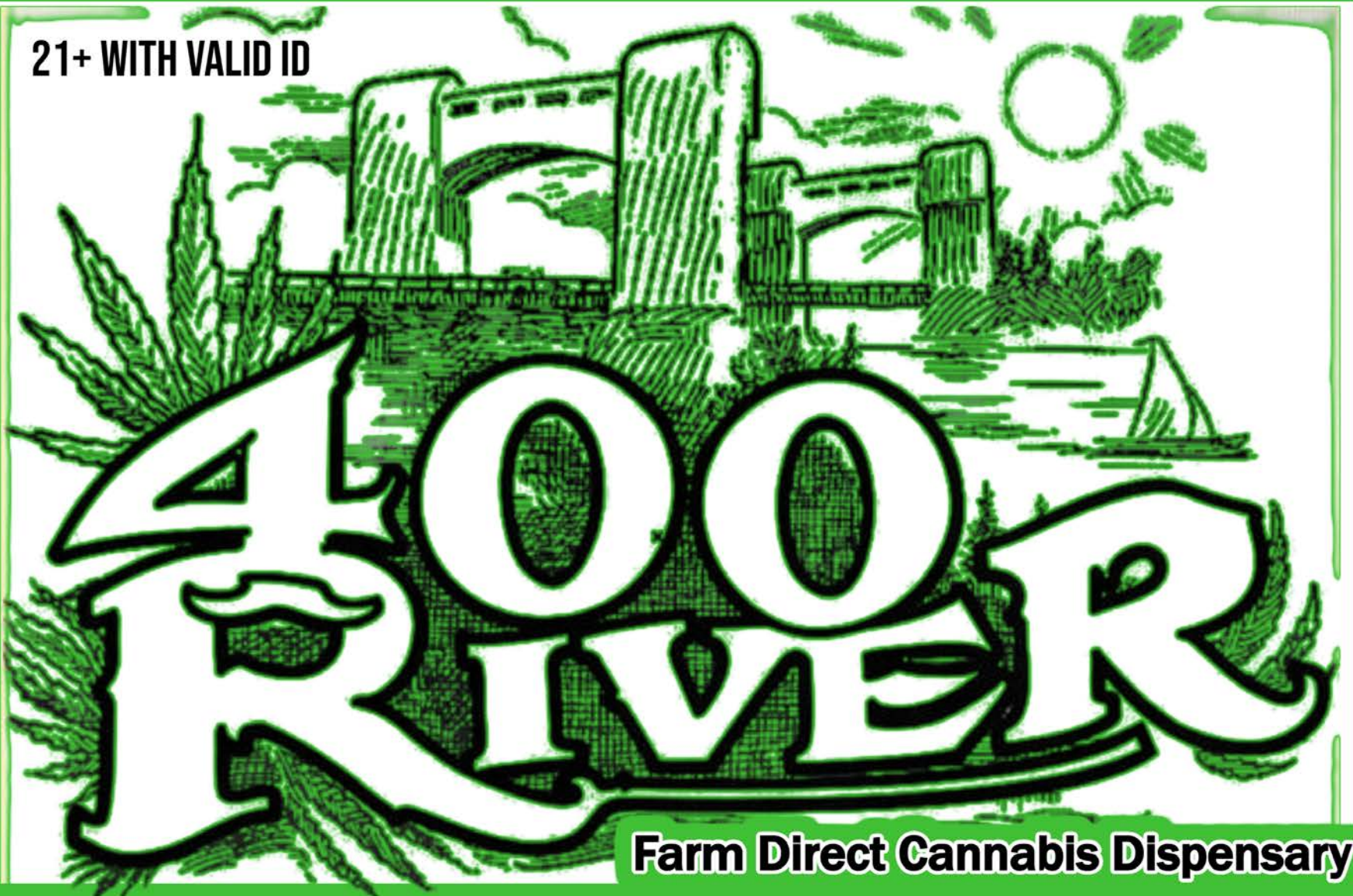
So, here’s to Johnny Rotten, Lux Interior, Joey Ramone, Lou Reed, David Bowie, Roy Orbison, Sid Vicious, Marc Bolan, Phil Lynott, and all the rest who have made us who we are.

Then again, perhaps 2,000 years is not enough. ‘Cause I don’t want to grow up. I don’t want to get a job.

Maybe our lives ought to be guided by heading towards the second star to the right ... and straight on ‘til morning. Until next time.

Klyde

**21+ WITH VALID ID**



**Farm Direct Cannabis Dispensary**



**We Deliver!**

**ORDER ONLINE AT:**

**400RIVERTROY.COM**



**400 RIVER STREET TROY, NY 12180**

**518-400-2278**

SATURDAY MAY 30



## RELEASE PARTY

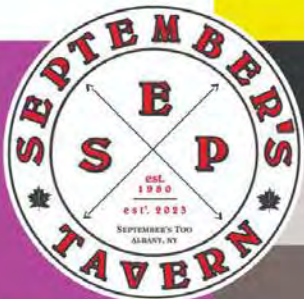
*with special guests*

HAUNTED CAT

ZORBAS TRIO

TONUS MAXIMUS

sponsored by



free parking

7 PM DOORS | 7:30 START | 21+

1165 Central Ave, Albany, NY

BLASÉ DEBRIS' NEW ALBUM

## THE EXPIRATION OF EXPECTATIONS

AVAILABLE FOR THE 1<sup>ST</sup> TIME ON LP & CD AT THE SHOW!!

OFFICIALLY RELEASED ON CACOPHONE.COM, BANDCAMP & ALL STREAMING PLATFORMS ON

**FRIDAY, JUNE 5<sup>TH</sup>**

