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MUSICIANS WHO WORK IN LAW, MEDICINE & FINANCE BY DAY TO FACE OFF IN ANNUAL BATTLE OF THE BANDS

Rebel club hosts The Jammy Awards on April 16

New York City—On certain nights, Heidi Sadowsky, a 40-something Upper East Sider, sheds her blue scrubs for a tie-dye flowy tunic and vintage jeans, trades her squishy clogs for heeled boots, and frees her brunette curls from a bun to a wild freefall. It marks her transition from Registered Nurse at NYU Hospital to lead vocalist in the Led Zeppelin tribute band, *Bustling Hedgerow*.

"It's very exciting," says Sadowsky, a long-time member of The Jam who will take the stage for 15 minutes to perform in her first nomination for Best Tribute Band; she previously played in classic rock cover bands. "I don't think I've ever connected with the music like I have with this band. Maybe it's because the first records I ever bought were 'Houses of the Holy' and 'Led Zeppelin II.' I was 10."

Sadowsky is just one of 50 or so recreational musicians who will take the stage at Rebel, 251 West 30th Street, on April 16 from 7 p.m. to midnight, to compete for more than a dozen trophies and \$6,000 in prizes at The Jammy Awards, an annual battle of the bands for NYC's recreational music community, produced by The Jam. There's a \$12 cover charge.

The following bands qualified for the show by consistently delivering quality musicianship and entertainment while drawing great crowds at showcases during 2009. The nominees are:

Mayday: 2009's Best Original Band, hot off the release of their first CD. **Guitarist is a real estate lawyer.**

Santanaria: 2008's Best Tribute returns with a mostly-new lineup. **Keyboardist is an anesthesiologist.**

The Rolling Bones: Stones clones (2007's Best Tribute) return. **Bassist is an NYT best-selling author.**

Cropduster: Alt-country faves return for a third Jammy Awards. **Bassist works at a major TV network.**

Lemonshade: A very energetic and entertaining post-punk cover band. **Singer is an accountant.**

Swamp Jam: CCR tribute debuting at the Jammy Awards. **Drummer works for a major museum.**

Livin: An original rock act making its Jammy Awards debut. **Bassist works for a pharmaceutical company.**

The Petty Thieves: 2009's Best Tribute Band returns with the best of Tom Petty. **Drummer is a tech writer.**

Dave Sasscer & The Mojo Conga Jam: Groovy and 2007's Best Original Band. **Guitarist is an EMT.**

Bustling Hedgerow: Led Zep tribute making its Jammy Awards debut. **Bassist works in IT.**

"This is going to be an outstanding night of live music," says Gregg Raybin, a lawyer who traded his day job six years ago to run The Jam full-time. "On a typical night, the people taking the stage may be your real estate broker, doctor, friend or neighbor, but on this night they're all rock stars."

continued

Making it easy for people to make music...for 20 years!
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Winners in 12 categories—including Best Cover Band, Best Guitarist, Best Female Vocalist and more as voted by independent judges from the music industry—will receive a trophy plus thousands of dollars in cool prizes from our esteemed sponsors: 11th Story Productions, D'Addario, Evans Drumheads, Guitar Center Manhattan, Liz Caplan Vocal Studios, MediaRight Productions, Planet Waves, Puresound Percussion, Soundsmith HK, Vinny's Music, and Zildjian. Judges of previous editions of The Jammy Awards include members of the music media, professional musicians and music gear manufacturers.

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ABOUT THE JAM NYC

www.TheJamNYC.com

For 20 years, The Jam has helped area singers, songwriters, guitarists, bassists, drummers, percussionists, keyboard, horn players and the occasional cowbell-ringer play and perform with others who share their passion. New York City's recreational music center is conveniently located in Times Square and produces live showcases at clubs just blocks from major subway lines, making it easy for people in the city, Westchester, Long Island, Connecticut and New Jersey to fit live music into their busy lives. Bands from The Jam regularly participate in charity fundraisers and at cultural events like the Tribeca Film Festival.

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