



Photo courtesy of www.ironandwine.com

Kellye's Sound WAYves

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Band: Iron & Wine
Album: Woman King
Release Date: February 22, 2005
Number of Tracks: 6
Rating: ****

With warmer weather just around the corner, it is officially time to introduce some refreshing new music as my form of spring cleaning for mid-term fried brains. From roots in the rich soils of the traditional South, the brother and sister team of Iron & Wine produce a folk rock collection that is simply pure and relaxing. The six track EP "Woman King" is a little bit country, and a little bit classic rock, but with other interesting elements that is hard to categorize. Just as the duo's name implies - their sound can be slightly hard, but it is mostly sweet and delicious.

Listening to this album, it is hard not to imagine the peaceful innocence of the hippie era. I pictured long skirts, braids, guitars, and lighters, where the birth of modern folk music happened during - eww - our parents' generation. However, rather than coming off geriatric or corny, Iron & Wine can only provide a sense of comfort and peace that loud, mainstream music lacks. The experience of this album is a refreshing cleanser, much like the well-needed rinsing of salt from a dirty, winter car.

Samuel Beam is the face of Iron & Wine, providing lead vocals, acoustic guitar, piano, and electric guitar. He also wrote and produced all his own tracks, an extremely rare quality in this musical age. His sister Sarah Beam offers a melodic innocence on back vocals that seem to complete and refine each track. Their pure sound remains unspoiled by contemporary pop and rock and therefore you'll never hear music this rich on any Top 40 radio stations.

Described by their record label, Sub-Pop Records, as being "...an ode to an older South; a part of America that is defined by 'traditional values,' pastoral imagery and arcane manners," Iron & Wine is definitely a treat to be experienced at some point. As the stress of mid-terms and the impending final exam period looms over us (with a giant lion smile), Iron & Wine can be a great help in unwinding at the end of a long day, especially for us commuters.

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Entertainment

Cornerstone feels like home

By Elizabeth Wingate
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I'm sitting at a little white tile-and-blondewood table, small enough to permit intimate conversation, but just big enough for a laptop, a bevy of overpriced Penn State textbooks, and the brew of choice for fatigued students everywhere, a steaming cup of coffee. A little lamp glows softly on my table, illuminating the buttercup hue of daisies perched on the windowsill and edging out that wintry chill lurking on the other side of the wall. The air is sultry with the scent of roasted coffee beans and baking cookies, a cocoon of warmth and contentment.

Five minutes ago, the angst-ridden wail of a teenage pop princess offended my ears, but now some decidedly mellow strains of Portishead can be heard drifting above and below the hum of conversation. (Gotta love that satellite radio, and the employees who keep changing the channel) A little girl, bundled up in a rainbow of fleece, digs intently into her hot chocolate with its mile-high whipped cream, wearing most of it, drinking the rest. The guy whom I've seen hogging the Mac in the corner for the last three days is at it again, as the older gentleman who comes in every afternoon to read the New York Times rambles through the door right on schedule. Four crazy employees are trying to fix something behind the counter with a hammer and their

feet. Welcome to Cornerstone Coffeehouse in Camp Hill. It's the best brew in town.

Cornerstone is a place I love, and have loved, for more than seven years, and they may just have to pry the mug out of my hands and drag me out when

parking lot of Cornerstone every weekday, eagerly anticipating the best cappuccino and oatmeal cookies money could buy, their respective frothy bitterness and gooey sweetness heightened by the thrill of our deviance. We never did get caught, and I've

on Saturday mornings for a bagel and conversation with retired friend Stan Singer, who keeps me wonderfully scandalized with tall tales about his past life as a lobbyist and what he had for breakfast at Kuppy's. Over the years, I've come to know a great

Cornerstone grow up and flourish, and feel a sort of foolish pride in seeing my little place blossom into a sort of Cheers-like second home where everyone knows your name.

What was once just a cozy spot for great coffee is now a crowd-pleasing venue for a great many pleasures. Cornerstone offers sumptuous espresso concoctions like the honey vanilla latte, a refreshing pick-me-up of clover honey, vanilla Torani, espresso and milk (Whole, 2 percent, skim-your choice), or the Caramel Lovers latte, which speaks for itself and caramel lovers everywhere. There's always a Hallmark holiday coming up, and Cornerstone can get you in the mood with an appropriate drink, such as the White Kisses latte for Valentine's Day, a white ivory mocha with a shot of raspberry Torani and billows of whipped cream, or the Wonka milkshake of peppermint stick ice cream, a shot of chocolate, and milk. Torani is available in many sugar-free flavors.

More than 30 kinds of tea are offered, by the mug or by the pot, as well as four versions of chai, milkshakes, fresh-squeezed lemonade (seasonal), Italian and French sodas, ice cream, all of the traditional espresso drinks, and of course, regular joe. Standard roasts, among them Sumatra, Southern Pecan, Breakfast Blend, and Brazil Nut share the spotlight with season-

CORNERSTONE cont'd on 10



Photo by Elizabeth Wingate/Capital Times

This Cornerstone regular sits by the window while enjoying his coffee. Affectionately referred to as just "Stan," the retired lobbyist is just one of many interesting people that frequent the popular little Camp Hill coffee shop.

my time is up. As seniors at Harrisburg Academy, three of my friends and I used our free period to sneak out of school, and we would screech into the

been coming here ever since.

I can now be found at Cornerstone at odd hours working on articles and other work which is usually overdue, or

many patrons and employees of Cornerstone, and more recently, someone vaguely European who likes fountain pens and stole my heart. But I digress. I've watched

Time to unwind with Iron & Wine

By John Fox
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Iron & Wine, on Sub Pop Records is the brainchild of South Carolina-native Sam Beam. Currently living in Miami with his wife and 3 children, Beam, 30, has released many EP and full length albums under the name Iron & Wine, beginning with 2002's hugely successful 4-track recording, "The Creek Ran The Cradle Dry."

Beam's music is not typical of any other style out on the market. In fact, he is even hard pressed to force a label on his music.

"I suppose I would call it folk in the broadest sense of the word, I guess," said Beam, laughing at the thought. "I don't really know. I don't think of those things. I just make the music."

Asked about the unique name of the band, "It's [Iron and Wine] from a home remedy made of castor oil and a protein supplement," said Beam. "It's pretty gross but I thought it was an interesting coupling of words."

Beam went on to add that there is also a connotation of yin and yang within the meaning of Iron and Wine.

Beam's music was first heard on the soundtrack of the blockbuster film, *In Good Company*, starring Dennis Quaid and Topher Grace. Beam said that it is very flattering to have his music included in a major motion picture soundtrack. Some of these songs include "Naked As We Come," "Sunset Soon Forgotten," and "Trapeze Swinger," which is the only song that did not appear on their previously released "Our

Endless Numbered Days" [Sup Pop, 2004].

"['Trapeze Swinger'] was written for the movie," said Beam. "The director, Paul Weitz, asked me to take a stab at writing something for the movie. That was one that just happened to work out."

Many bands become successful by being first discovered by a record company A & R executive, and Beam recalls how Sub Pop discovered him.

"I had a friend from Seattle and he drove back with me to the Carolinas," said Beam. "We were both in a band and I was just recording at home on a 4-track. We would send each other music back and forth for fun. Sub Pop was talking to him about using his stuff in a compilation and he gave them my stuff. They listened to it and called me, basically."

Beam said that his relationship with Sub Pop is great, and that they work very hard for him. Though he admits that he has no other basis to compare it to, he adds that he does plan to continue to record for Sup Pop in the future.

Beam's music is relaxed, his voice often toned down to an inaudible hush. The fingerpicked stylings of his acoustic guitar take the listener to another realm of consciousness, a realm without pretension. Beam's music elicits raw honesty, emotion, and elegant intimacy. "They're really not autobiographical songs," he said. "It's a way of communicating, a way of storytelling. The subject matter comes from all over the place. Either personal experience or things my friends have told me. Or stuff I read or just made up."

From "The Creek Drank The



Photo courtesy of subpop.com

Iron & Wine's music can be heard on the soundtrack of the blockbuster film, *In Good Company*. The band is scheduled to hit the east coast sometime in June to support their latest album, "Woman King."

Cradle" to "Woman King," - a full-length CD released February 22 - Beam said that his music has evolved by taking "baby steps".

"I know the latest one [Woman King] is a little more playful with the instrumentation," said Beam. "The first one was just recorded at my house with the instruments I had. Now, I have more toys to play with and a bit more percussion."

Beam also shares producing credit with Brian Dick, whom he said is great and has a great ear for Beam's sounds. "It's a real collaborative thing," he said.

Before making a full-time go at music, Beam was a college professor at the Miami

International Art Institute, where he taught cinematography and screenwriting. "I did like teaching," said Beam. "Though I did it as a means to an end. I was doing a lot of production work and when my family came along I decided to teach so I could spend more time with the kids."

Beam went to Richmond Art School as an undergrad and was most interested in film. He finished at Richmond with a degree in Painting and Photography. He then headed further down south for grad school where he attended Florida State, Tallahassee, and received his masters in Film Production.

Now, the level of success he

has achieved and the amount of fans that follow his career humble Beam. "It's great," Beam says. "I think anybody who does creative work wants to be appreciated at some level. I think it's very flattering. It's just wonderful."

Iron & Wine are scheduled to start touring in the Midwest in support of "Woman King" in late April. They are set to hit the east coast sometime in June. For a detailed tour schedule, purchase their CD, or just check out the band, go to Iron & Wine's official homepage at <http://www.ironandwine.com/> or go to Iron & Wines page on Sub Pop Records site at http://www.subpop.com/scripts/main/bands_page.php?id=403.