

New Day Mile lands at Brick by Brick

By BART MENDOZA | BEACH & BAY PRESS

It can be difficult for any band to coordinate activities, from rehearsals to recording sessions. But when the band has members in two different cities, it takes a special dedication to persevere.

Commuting from L.A. to San Diego for band practice hasn't slowed down rock trio New Day Mile.

Comprising of guitarist and singer James Brady, bassist Jason Sikora and drummer Frank Dolan, New Day Mile performs at Brick By Brick, Saturday, Aug. 30.

The occasion will celebrate the release of their sophomore album, "Damn Strate."

The band formed in 2005, though Brady and Dolan had jammed as far back as 2000. Sikora, who lives in L.A.'s Silverlake neighborhood, Sikora joined in early 2007. According to Sikora, the weekly commute to rehearsals isn't too bad.

"Once a week is all we really need to practice, but the travel is kinda rough when playing gigs on school nights," he said.

The band's aggressive rock sound is inspired by the three band members eclectic list of influences.

Brady cites Kings X and Pantera among his favorites, while Dolan mentions Nik Kershaw. Meanwhile, Sikora rates Mars Volta and Ministry as his biggest influences. It all adds up to music that touches a lot of bases but maintains a hard rock core.

Brady considers the trio format the best way to work with a band.

"There are less egos," he said. "The process is expedited. And it's more challenging to make yourself fill up more space sonically."

Alluding to the low wages bands often receive, Dolan puts things more succinctly. "Have you ever tried cutting a hamburger into seven equal pieces?" he quipped.

For Brady, New Day Mile is the culmination of a childhood musical obsession.

"The first time I played guitar was during 7th grade. At the time, I really wanted to be a drummer, but I couldn't afford a kit. A drummer friend had an acoustic lying around, so I noodled on it," Brady said.

But it was when he spotted an Eddie Van Halen knock-off guitar in a local record store there was no turning back.

"Every kid in junior high wanted to be Eddie, and I was no exception. The rest is history," he said.

New Day Mile's new album, "Damn Strate" is titled in honor of its producer Alan Sanderson's recording studio. They consider the time spent working with Sanderson, who has engineered or produced a long list of heavyweights from Elvis Costello to The Rolling Stones, to be a career highlight.

"The man is very down to earth and in light of some of the people he's worked with. That's pretty astonishing and something you do not see every day," Brady said.

Does San Diego have a decent rock scene? Recent chart contenders from our city have tended to be in the pop oriented, but several harder edged acts have had success recently while being based locally, including As I Lay Dying, P.O.D. and Benedictum.

For Brady, it's all relative.

"I've lived in New Jersey, Michigan and California. All of them



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Members of New Day Mile – (from left) Jason Sikora, James Brady and Frank Dolan – attribute their aggressive sound to influences such as Pantera, Kings X and Ministry.

bring something good and bad," he said. "You have to make the best of it and accept that there are good nights and bad nights everywhere."

Dolan points out that the grass is always greener on the other side. "Having roamed an unhealthy portion of the globe doing this music thing, I think I'm as qualified as any to say that most every musician in every town thinks the local music scene is dead and things are much better in the next town over," he said.

It's clear from the band's energy and drive that New Day Mile makes music for all the right reasons. For Sikora, it's "the rush of playing live" that makes him happy to be a musician.

Brady concurs. "I love the way playing music makes me feel. The high is just incomparable to anything," he said. "It's probably the thing that keeps me doing it after so many years."

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Saturday, Aug. 30

Brick By Brick

1130 Buenos Ave.

Doors open at 8 p.m., 21+

www.BrickByBrick.com

(619) 276-3993