



**Episode 111409      *At The Table Hour 1***

Appetizer podcast is a [www.songwriterscookbook.mypodcast.com](http://www.songwriterscookbook.mypodcast.com)  
Be a friend and keep in touch on [www.myspace.com/kacuappetizer](http://www.myspace.com/kacuappetizer)

**Billboard Theme**

**Artist: [Lindsay Katt](#)**

**Song: Heart Place**

**Album: Picking Out Boxes**

**More information on [www.myspace.com/lindsaykatt](http://www.myspace.com/lindsaykatt)**

Recipe Card- The Rocketboys

Artist: [The Rocketboys](#)

Song: All The Western Winds

Album: 20,000 Ghosts

**Segment A:**

**Genre: *Indie/Folk***

**Artist: [Iron & Wine](#)**

**Song: Freedom Hangs Like Heaven**

**Album: Woman King-EP**

**More information on [www.ironandwine.com](http://www.ironandwine.com)**

**Genre: *A capella/Folk***

**Artist: [Petra Haden](#)**

**Song: God Only Knows**

**Album: (unreleased)**

**More information on [www.petrahadenmusic.com](http://www.petrahadenmusic.com)**

**Genre: *Folk/Indie***

Artist: [Ingrid Michaelson](#)  
Song: Maybe  
Album: Everybody  
More information on [www.myspace.com/ingridmichaelson](http://www.myspace.com/ingridmichaelson)

**Transition and Optional Cutaway 1**  
**Music Bed**  
Genre: *Alternative/Indie*  
Artist: [The Rocketboys](#)  
Song: We Are A Lighthouse  
Album: 20,000 Ghosts  
More information on [www.myspace.com/rocketboys](http://www.myspace.com/rocketboys)

Segment B:  
Genre: *Rock/Alternative*  
Artist: [Pearl Jam](#)  
Song: Amongst The Waves  
Album: Backspacer  
More information on [www.pearljam.com](http://www.pearljam.com)

Genre: *Alternative/Rock*  
Artist: [Good Old War](#)  
Song: Looking For Shelter  
Album: Sargent House Sampler  
More information on <http://www.amazon.com/Sargent-House-Sampler/dp/B002M2VA3A>

Genre: *Alternative/Rock*  
Artist: [The Rocketboys](#)  
Song: Endings  
Album: 20,000 Ghosts  
More information on [www.myspace.com/rocketboys](http://www.myspace.com/rocketboys)

[Interview with The Rocketboys recorded at Flyboy Music Studios by Elliott Park and Jeremy Strom, online at [www.flyboystudio.com](http://www.flyboystudio.com)]

**Transition and Optional Cutaway 2**  
**Music Bed**

**Genre: *Alternative/Indie***  
**Artist: The Rocketboys**  
**Song: We Are A Lighthouse**  
**Album: 20,000 Ghosts**  
**More information on [www.myspace.com/rocketboys](http://www.myspace.com/rocketboys)**

**Segment C:**

[Interview with The Rocketboys and acoustic performance of "Rare Triumphs of Love and Fortune" recorded at Flyboy Music Studios by Elliott Park and Jeremy Strom, online at [www.flyboystudio.com](http://www.flyboystudio.com)]

**Genre: *Rock/Alternative***  
**Artist: Live**  
**Song: Horse (Hidden Track)**  
**Album: Throwing Copper**  
**More information on <http://www.friendsoflive.com/>**

**Genre: *Alternative/Indie***  
**Artist: Opening Axe**  
**Song: Done**  
**Album: A Few Years Down The Road**  
**More information on <http://www.openingaxe.ca/>**