



JAMES D. DeCAMP | DISPATCH

At Club 185, jukebox selections include plenty of Neil Young, some mainstream rock and a little country, jazz and reggae.

JUKEBOX JOURNEY

Columbus bars boast eclectic assortment for song-hungry patrons

By Aaron Beck
THE COLUMBUS DISPATCH

Life doesn't lack for music. ¶ Coffee shops pipe in the angular strains of Modest Mouse right after the gauzy vocals of Sarah McLachlan. Medical offices shun the benign Muzak for the light rock of Third Eye Blind, the Dave Matthews Band and other acts. And malls pump out beefy techno pulsations. ¶ A jukebox, though, offers hope for control.

Central Ohio bars and restaurants play host to about 600 jukeboxes, according to Andy Shaffer of Columbus jukebox provider Shaffer Services.

Only a few — including those at the Dolphin Lounge in Gahanna or Dick's Den near Ohio State University — are stocked with vinyl records. The rest contain compact discs or hard drives that stream music.

The Columbus-area mother of all digital-download jukeboxes can be found at Betty's Diner, 680 N. High St. — where the selection stretches to 150,000 songs.

Shaffer Services music coordinator Rudy Smith, who stocks more than

400 jukeboxes (a third of them digital), essentially serves as a disc jockey for bars, clubs and restaurants.

Besides the one in Betty's, his favorites include the CD boxes in the Blue Danube and Hound Dog Pizza, both north of the OSU campus.

He appreciates variety. "I try to encourage them (bar owners) to go berserk-o," Smith said. "We didn't all grow up listening to the same 100 songs."

Want to explore the jukebox offerings? By no means comprehensive, the following list identifies establishments where jukeboxes set and sustain the mood. All, with the exception of one

(which almost qualifies), are found inside the Outerbelt:

• **Bier Stube**, 1479 N. High St. — At a hole in the wall hidden behind a coin-operated laundry, many OSU students experience for the first time the magic of Kiss, Billy Joel, the Eagles and the Steve Miller Band.

• **Blue Danube**, 2439 N. High St. — One of the places to go after midnight promises a variety of food and a variety of music: Big Meat, Cee-Lo, John Coltrane, the Jesus Lizard, Jurassic 5, the Shins and Kitty Wells.

Patrons can pick something from the second OutKast album, *ATLiens*, and learn what the group produced before *Hey Ya!* and *The Way You Move*.

And they should note the hearty helping of local rock action from 84 Nash, the Means and many others.

• **Byrne's Pub**, 1248 W. 3rd Ave., near Grandview Heights — A cornucopia of Celtic and Irish music mixed with jukebox standards (the Rolling Stones)

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ARTBEAT



BARTH FALKENBERG | DISPATCH

David Frego, an Ohio State University music professor

Central Ohioan to test power of music to heal

David Frego is about to test the long-held contention that music is a universal language.

The former public-school music teacher, 47, will leave Thursday for Bosnia-Herzegovina, where he will work with

children who have been injured by land-mine explosions or have suffered emotional traumas from the region's war and ethnic strife. The EDUCON foundation in Mostar, a city

in southern Bosnia-Herzegovina, invited Frego to make the 10-day trip.

The native of Winnipeg, Manitoba, is one of only a handful of experts in Dalcroze Eurhythmics, a system of rhythmic movement sometimes used in music and dance therapy for people suffering physical injuries and emotional traumas. For eight years he has been on the faculty of the Ohio State University School of Music, where he is associate director.

"They will be bringing the children (ages 3 to 11) to me at the center," Frego said. "I'll be working with them in the morning and with the teachers in the afternoon."

EDUCON was founded with the help of the Mostar-based Pavarotti Foundation, which is covering Frego's travel expenses. The foundation is named for famed operatic tenor Luciano Pavarotti, who, Frego said, has "a philanthropic interest" in Bosnia-Herzegovina.

Frego has plenty of experience in therapeutic eurhythmics. He has taught and practiced in the field for 20 years, and works with AIDS patients and cancer survivors.

His approach to music and dance therapy incorporates techniques developed in the late 19th century by French composer and music theorist Emile Jaques-Dalcroze in Switzerland.

Dalcroze Eurhythmics became a recognized system of music education in the early 20th century in Europe but is less common in the United States. OSU is one of only six U.S. universities with an instructor on its staff; Frego's use of the methods in therapy is rarer still.

In a typical hour-long session, Frego, a pianist, invites participants to move or interact on the beat of the music, then off the beat; then bounce balls or pass ribbons to one another on the beat, then off the beat. Sometimes the participants play rhythm instruments. Frego also performs different kinds of music to evoke different emotions.

"I am taking a lot of instruments with me," he said. "But they will also provide a piano. Everything I take I am leaving behind me for them to use."

In addition to freeing emotions, interactive music-movement therapy encourages participants to solve problems by working together on simple tasks done rhythmically.

"One of the things with post-traumatic stress syndrome is that oftentimes there are social issues. When people work together to solve musical problems, they begin to come together to be able to solve other problems."

In Columbus, Frego works with the Ohio AIDS Coalition and the OSU Medical Center's HIV Clinical Trials unit. Frego holds therapy sessions at the

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