

SEVEN MILE ISLAND NIGHTS: WHEN THE SUN GOES DOWN, THE FUN HAS JUST BEGUN

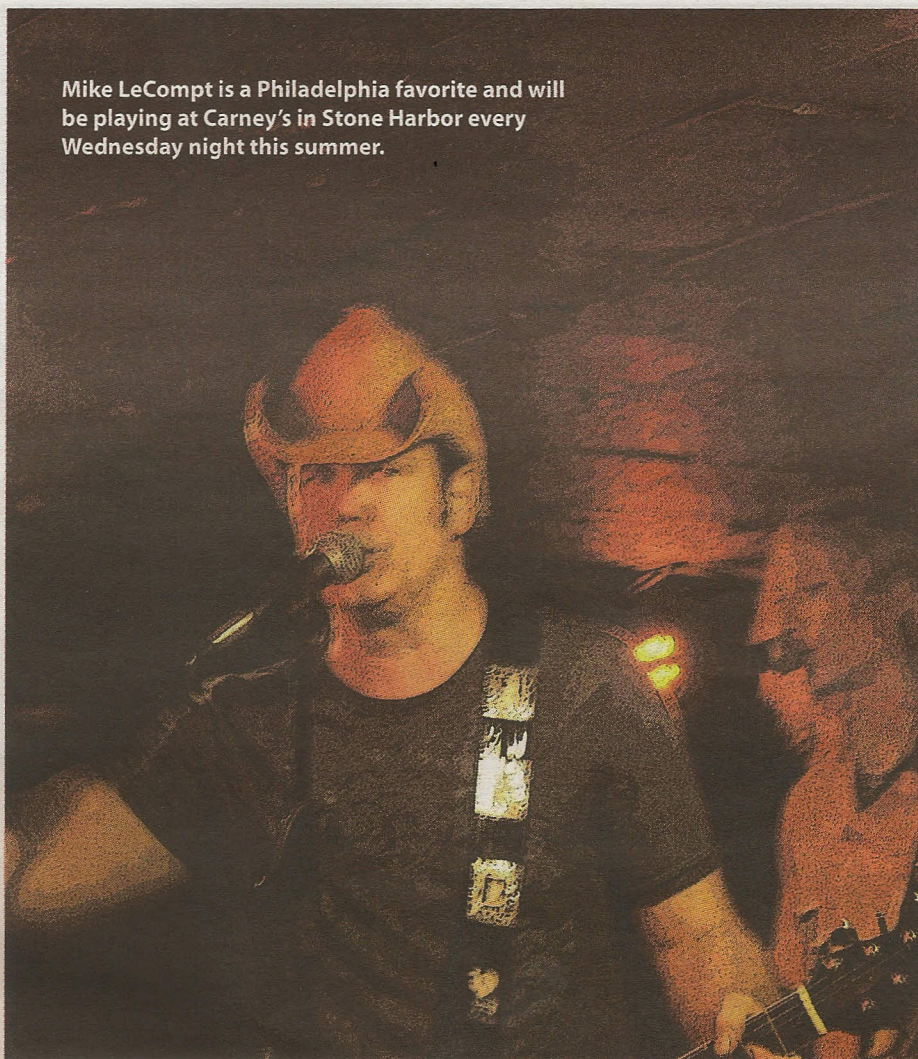
By Josh Kinney

There's something peaceful yet thrilling to summer nights spent on Seven Mile Island. Nestled between the excitement of Atlantic City and the quaint charm of Cape May, there's nothing quite like the in-between. Stone Harbor and Avalon offer the best of both worlds, and have a little nightlife of their own.

At the end of a beautiful day at the beach, when the sun starts getting low and a cool ocean breeze whisks through the island, it's time for summer nights. Although they can be some of the calmest nights, fantastic and unforgettable memories are made hitting the town and exploring the island's live entertainment as well as its delicious foods. Here are a few places that both natives and visitors should check out this summer.

After entertaining the Cape May crowd for five decades, Carney's has opened a restaurant in Stone Harbor, bringing its brand and reputation up the Parkway and spreading the good food and entertainment. With a feel-good atmosphere, Carney's serves up family fun along with its burgers, salads, steaks and seafood. There is live entertainment seven nights a week. Bands and DJs are performing every Monday and Tuesday night. On Wednesdays, party with vocalist-guitarist Mike LeCompt, a Philly favorite. It's your turn to entertain with karaoke every Thursday. On Friday and Saturday nights, you will find some of the best cover bands at Carney's. It's very common for a twentysomething to be standing next to a fiftysomething having a great time together. The music is geared toward classic

Mike LeCompt is a Philadelphia favorite and will be playing at Carney's in Stone Harbor every Wednesday night this summer.



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...summer in his soul. ~Oliver Wendell Holmes

tunes. With \$2.50 Miller Lite drafts all day, every day, there is sure to be a buzz about this place as the rejuvenation of Stone Harbor's nightlife begins.

The Windrift, in Avalon, is not only a classy seaside hotel but a restaurant-bar offering seven menus with a wide variety of dining options, including a formal dining room serving breakfast and dinner. The Beach Bar is casual for lunch and light-fare dinners with seating inside or outside on the sun deck. There is a professionally staffed sushi and oyster bar and a brick-oven pizza station prepared with fresh dough made in-house daily. Here, patrons enjoy an ocean view from the deck, under the stars, with crashing ocean waves as well as live entertainment. The Windrift offers happy hour 4-6 p.m. every Monday, Wednesday and Thursday and weekly specials Sunday through Thursday.

"We strive to keep our establishment fresh and appealing season after season, whether it is through structural modernization or via the dining and entertainment experience," says Windrift general manager Pete Compare. "Our resort-casual atmosphere attracts both the young

and the young at heart looking to have a good time at the Jersey Shore."

The Windrift's variety of live entertainment includes a traditional piano bar with nightly performances, afternoon Beach Bar jams, Wednesday-night dueling pianos and Dennis Holmes' acoustic guitar Saturdays. Bands include Amish Outlaws, Gypsy Wisdom, the popular two-man group Secret Service and Love Seed Mama Jump.

You would be missing out if you didn't experience the Windrift's renowned wing night, Tuesdays from 4 p.m. to closing, with \$1.50 Miller Lite drafts and \$7 pitchers. Another don't-miss favorite is the famous brick-oven pizza.

The newly renovated Fred's Tavern is an excellent place for groups with happy hours every Friday from 5 to 7 p.m. as well as half-price appetizers and drink specials from 4 to 6 p.m. Monday through Friday. "Fred's has always been a fun and casual place to have a drink," says manager Tom Hand. "Many of our customers are locals or regulars who have been coming to Stone Harbor for years."

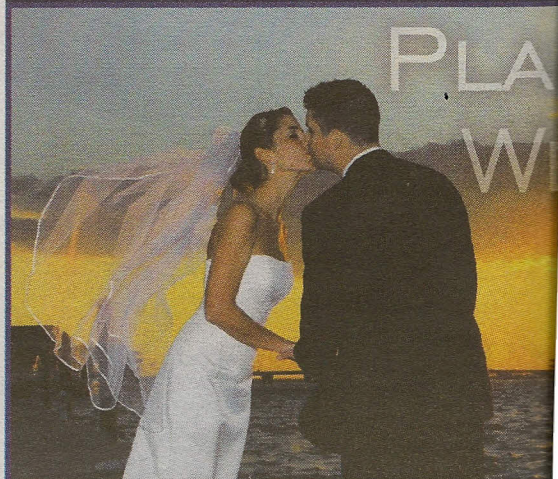
Fred's offers nightly entertainment

Love Seed Mama Jump has been entertaining crowds at the shore for almost 20 years. From cover songs to originals, they keep the party going all night long! They are just one of the great bands playing at the Windrift this summer.



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...This just can't be summer love, you'll see.
~Justin Timberlake



seafood, creative desserts and cuts of certified Black Angus beef, a variety of exceptional food from which to choose. Seaglass offers themed dinner nights: Mondays offer a prime rib and salad bar; Wednesday's theme is the New England Lobster Boil, and don't miss the Friday-night Fish Fry!

If you would rather be outside, visit the Golden Inn's Beach Club Bar & Grille. The poolside Beach Club is the place to be when it's simply too nice to leave the pool or beach. Stay in your bathing suit and sit back at one of the poolside tables and enjoy great appetizers, cool salads, flame-grilled burgers and unique sandwiches and wraps, as well as hot dogs or chicken nuggets for the kids. There are daily drink specials and live entertainment all summer. On Saturdays, you can catch the Mike Thompson Duo from 3:30-7:30 p.m., and Raggae Sundays are back with the Raggamuffins playing from 3:30-7:30 p.m.

What about three venues under one roof? The Octopus Garden, Motorboat Club and the Mermaid Café are all part of The Whitebrier Restaurant, open daily for dinner and drinks beginning at 4 p.m.

The Octopus Garden is on the restaurant patio with outdoor dining and happy hours. You can't beat buy-one, get-one-half-price sushi from 4 to 7 p.m. every day. Thursdays are "Jimmy



The Beach Club Bar and Grille at the Golden Inn, in Avalon, is casual for lunch and light-fare dinners with seating inside or outside on the sun deck. Daily drink specials and live entertainment are offered all summer.

Buffet nights," and on Saturdays and Sundays a DJ will be playing music from 4 to 8 p.m.

The Motorboat Club Restaurant and Bar features a dining room as well as a cocktail lounge, with a casually sophisticated atmosphere. Wednesday night features live Irish music at 9. DJ Flirt hosts Thursday-night karaoke, also at 9. Fridays and Saturdays offer a DJ and sing-alongs at 9:30 p.m.

The Mermaid Café and Nightclub is where the Whitebrier's famous dance

party is held. On Sundays, happy hours start at noon and the DJ starts at 4 p.m. Quizzo begins at 9:30 on Monday nights; patrons can win prizes and enjoy drink specials. For a family night out, Tuesdays offer kids' karaoke from 6 to 9 p.m. The Mermaid Café and Nightclub also hosts DJs Disco Inverno on Fridays and Dangerous Dan on Saturdays. There's something going on every night at the Whitebrier.

The Princeton is a family-owned restaurant that provides entertainment

for all ages. You will find made-to-order food, refreshing drinks, live music, dancing, parties and DJs every night. On Wednesdays, the Princeton offers both ladies night and comedy night. At the Princeton, you can sip cocktails while enjoying an unbelievable selection of oysters from the Raw Bar. You can dine inside or outside on the patio. After 10 p.m., the DJ comes on to liven up the party.

The Rock 'N Chair has transformed itself again with the addition of a new executive chef and a newly renovated, raised outside deck along 24th Street. The Rock 'N Chair is a great place for family-friendly, shore-casual dining. Lunch and dinner are served daily inside or outside on the patio. There also is live entertainment and happy hours daily from 4 to 6 p.m.

In the midst of some of those peaceful summer nights, there's nothing like living it up, dancing away, and enjoying all the great places right in town. Summer nights only happen for a season, so make the most of them and bask in the sunset of unforgettable memories and good times.

Josh Kinney, a journalism and creative writing double major at Asbury University in Kentucky, is a native of the Philadelphia area. He spends his summers at the Jersey Shore. Throughout high school and college he has worked with agencies such as Invisible Children to help children in Africa. He hopes to have some of his novels published.