

Cosy Sheridan – Bio

Cosy Sheridan was born on 11th December 1964 in Concord, New Hampshire. Cosy picked up her first guitar at the age of nine. By the time she graduated from the residential Phillips Exeter Academy in Exeter, New Hampshire, Cosy was already performing at local open mics. Having enrolled at Amherst College in Massachusetts, encouraged by folk singer Harvey Reid, Cosy quit her studies during her first year and moved to Portsmouth, New Hampshire, to pursue a career playing music.

Cosy's self-released, debut solo recording, **"Late Bloomer"** [1991], recorded at Fishtraks Recording Studio in Portsmouth, was produced by T.S. Baker. In the summer of 1992 Sheridan was one of the six annual winners New Folk Songwriting Competition at the Kerrville Folk Festival. The same year Cosy won the Telluride Bluegrass Festival's Troubadour Songwriting Competition. Sheridan has also gained the Falcon Ridge Folk Festival Songwriting Showcase Award. **"Quietly Led,"** produced by Cosy, Kent Allyn and Rick Watson, was also recorded at Fishtraks. Where her debut disc was composed entirely of her own compositions, **"Quietly Led,"** a Waterbug Records release, featured a cover of 1990 Kerrville New Folk winner, Steve Fisher's "Love's Lullaby." **"Late Bloomer"** and **"Quietly Led"** were reissued on a single CD during 2000 by the Naperville, Illinois label Wind River, a subsidiary label of Folk Era and they're still available in that format. "Too Much Time," a track from **"Quietly Led,"** was included on Putamayo Records folk music compilation **"Shelter"** [1994].

"Saturn Return" produced by Sheridan, Allyn and Gerry Putnam, and the live recording **"One Sure Thing"** produced by Darleen Wilson, were Waterbug Records releases. The **"Saturn Return"** track "Turboyeast" was subsequently featured on Dr. Demento's radio show. Produced by Nora Lender, **"Grand Design"** was initially released by the Utah based imprint Bonneville Worldwide Entertainment, and subsequently by Wind River. Reuniting the production team of Sheridan, Allyn and Putnam, **"Anthymn"** was also a Wind River release. The self-released, fifteen track **"Botox Tango"** was a marriage of ten previously issued Sheridan songs and five 'newcomers.' In the spring of 2003 Sheridan graduated from the University of Vermont with a degree in psychology. Her studies inspired the subsequent CD release **"The Pomegranate Seed."**

In concert it's advertised as "An Exploration of Appetite, Body-Image and Myth in Modern Culture," and the live CD release **"The Pomegranate Seed"** [2004], issued by Wind River, captured Cosy's thematic, one-woman stage show - based 'loosely' on the Greek myth of Persephone. Also woven into the plot of Cosy's songs are the characters Iphigenia, Cordelia and Eve, plus there are references drawn from children's literature, plus appearances by pop idols and movie performers. Released during the summer of 2006, Sheridan's **"Live At CedarHouse,"** a Waterbug Records release, was recorded before a specially invited audience on 15th April that year in the North Sutton, New Hampshire recording studio. Sheridan was accompanied by long time associate Kent Allyn [piano, bass, guitar, vocals] and companion/singer-songwriter T. R. Ritchie.

Sheridan's lyrics tend to tackle controversial subjects such as AIDS, prostitution, the degradation of the environment and more. Sheridan often accomplishes her aim with thoughtful but humorous lyrics. Fellow folk performer Catie Curtis has described Sheridan's music as *"A combination of Mary Chapin Carpenter, Dr Ruth and Deepak Chopra."* High praise. Sheridan currently resides in Moab, Utah.

Discography : **"Late Bloomer"** [1991] ; **"Quietly Led"** [1992] ; **"Saturn Return"** [1994] ; **"One Sure Thing"** [1996] ; **"Grand Design"** [1998] ; **"Anthymn"** [2000] ; **"Botox Tango"** [2003] ; **"The Pomegranate Seed"** [2004] ; **"Live At CedarHouse"** [2006] :

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[545 words]