AND THEY CAN SING, TOO: Catch Amy Ward, Lisa Vitello and Deidrah Tollinchi heat-treating Nardi's this Friday night.

Amy Ward's Cool Guys, Hot Women

Together They Add Up to One Steamy Act

time in Bernardsville, N.J. Bregande and Anthony G teach music in Lyndhurst, N.J. The three guys in the band, along with a guitarist named Mike Nappi, have another act named Soul Alone. Influenced heavily by Stevie Wonder, Steely Dan and the Doobie Brothers, they'll be playing Mondays in July at the Bitter End in New York City. Vitello, who "grew up as a dancer," is writing songs, as is Tollinchi, who has performed with Patti Labelle and Billy Preston.

The first question many starstruck fans ask during breaks is whether any of the band members are couples. They don't date each other.

"It's like the Brady Bunch," said Bregande. "We don't actually like each other," he added with a wink.

The group's frank, sexual energy sometimes gets fans a little overheated. "I have a lot of stalkers," said Vitello. One guy who came to every show even approached her to give her flowers but he got so flustered he just left and hasn't been seen since.

Some fans have less direct tactics. Male fans approach the guys and ask them about the girls. Or they will go up to Vitello or Tollinchi and ask, "Are you Amy?" even though they know exactly which one of the trio is Amy.

Ward, too, is a songwriter. In March she signed with Heavy Hitters Productions. Five of her songs have been heard on the CBS soap opera "The Young and the Restless." A sixth tune, "Miracle," will be on the show later this summer.

Although the band plays New York City and as far north as The Loft in South Norwalk, Conn., it plays lots of Jersey Shore dates. Your next chance to see them will be at Nardi's on Friday. If you like cool guys and hot women who have the musical talent to match their looks, you should definitely catch The Amy Ward Band.

— Tom Wroma