

## John Vanore & **ABSTRACT TRUTH**

It's all about storytelling—experiences that bring us deeper into understanding ourselves and those around us. Music uniquely has the ability to touch us without the use of word or image. . . and in its abstract existence (the medium of sound) there is a truth in this means of conveying emotion and touching the spirit of the listener.

Personally, I enjoy an image or emotional focal point to inspire and develop the story of my compositions. Contagious Words collects many of these stories and experiences.

We've all paced around a room with Restless anticipation—Bob Howell and Dan Monaghan set the stage. Envy is my first look at the seven deadly sins. Intriguing, mysterious, eerie. . . they've all been addressed in print and in cinema. Michael Mee provides a haunting interpretation of the classic, You Go To My Head—story telling at its best—understated and soul searching, as you can virtually hear the lyrics in his expressive sound. Kevin Rodgers' Neopolis provides a view into the contemporary landscape of a new city. Felony crosses us over to the dark side. Our Dreams are never predictable as they reveal the inner workings of our minds and psyche. Craig Thomas' bass anchors the Substructure, and Recess. . . everybody had fun at recess—doing things out of the normal routine, surprises, hanging out and talking with friends.

Enjoy  
John Vanore

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Contagious Words

AC-44

- 1 ENVY 6:52
- 2 SUBSTRUCTURE 6:32
- 3 YOU GO TO MY HEAD 6:07
- 4 RESTLESS 5:10
- 5 DREAMS 11:30
- 6 NEOPOLIS 3:53
- 7 RECESS 6:40
- 8 FELONY 6:33

Produced by John Vanore

# Contagious Words



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JOHN VANORE  
MICHAEL MEE  
BOB HOWELL  
JOE CATALDO  
SEAN McANALLY  
TONY DeSANTIS  
KEVIN RODGERS  
GEORGE BARNETT  
FRED SCOTT  
LARRY TOFT  
GREG KETTINGER  
CRAIG THOMAS  
DAN MONAGHAN  
RON THOMAS

acoustical concepts inc.  
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Contagious Words

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Contagious Words

- 1 ENVY 6:52**  
Ron Thomas, piano  
John Vanore, trumpet
- 2 SUBSTRUCTURE 6:32**  
Craig Thomas, acoustic bass
- 3 YOU GO TO MY HEAD 6:07**  
Michael Mee, alto saxophone
- 4 RESTLESS 5:10**  
Bob Howell, tenor saxophone  
Dan Monaghan, drums
- 5 DREAMS 11:30**  
Greg Kettinger, guitar  
John Vanore, trumpet
- 6 NEOPOLIS 3:53**  
Bob Howell, soprano saxophone  
John Vanore, trumpet  
Dan Monaghan, Drums
- 7 RECESS 6:40**  
John Vanore, trumpet  
Ron Thomas, piano  
Larry Toft, trombone
- 8 FELONY 6:33**  
Greg Kettinger, guitar  
Michael Mee, soprano saxophone

**JOHN VANORE** trumpet and flugelhorn  
**MICHAEL MEE** alto and soprano saxophones, flute  
**BOB HOWELL** tenor and soprano saxophone,  
bass clarinet, flute

**JOE CATALDO** trumpet and flugelhorn  
**SEAN McANALLY** trumpet and flugelhorn  
**TONY DeSANTIS** trumpet and flugelhorn  
**BILL PUSEY** trumpet and flugelhorn, Trk 1, 2, 4, 5  
**KEVIN RODGERS** trumpet and flugelhorn, Trk 6, 7, 8  
**GEORGE BARNETT** French horn  
**FRED SCOTT** trombone  
**LARRY TOFT** trombone  
**GREG KETTINGER** guitar  
**CRAIG THOMAS** acoustic and electric bass  
**DAN MONAGHAN** drums

Additional performers:

**RON THOMAS** piano, Trk 1, 4, 6, 7, 8  
**HEATHER FORTUNE** flute, Trk 1, 5  
**JIM DANIELS** bass trombone, Trk 2, 5

All compositions by John Vanore (Sentient Music BMI) except Neopolis, composed by Kevin Rodgers (Crack of Dawn Music ASCAP)

You Go To My Head—Coots/Gillespie, arr. by Kevin Rodgers.

John Vanore plays a Yamaha 8335RGS trumpet and a B&S Elaboration flugelhorn.

## CREDITS

Produced by John Vanore

Recorded June 23,23, and December 30, 2010

**Recording Engineers** Richard King (June sessions)  
Roy Hendrickson (December session)

**Assistants** Glenn Carty (ProTools)  
Dave Rainey  
Brian DiBiagio

**Mixed by** John Vanore

**Mastering** Acoustical Concepts Inc.

**Piano Technician** Steve Sikora

**Cover Painting** *Contagious Words* by Jacqueline Hurlbert

**Graphic Design** Michele Fairley

Dedicated to my wife, Marla—for her inspiration  
aesthetic, and for knowing “it’s time.”