

John Vanore & **ABSTRACT TRUTH**

AC-44

John Vanore & **ABSTRACT TRUTH** Contagious Words

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

- 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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- 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.”