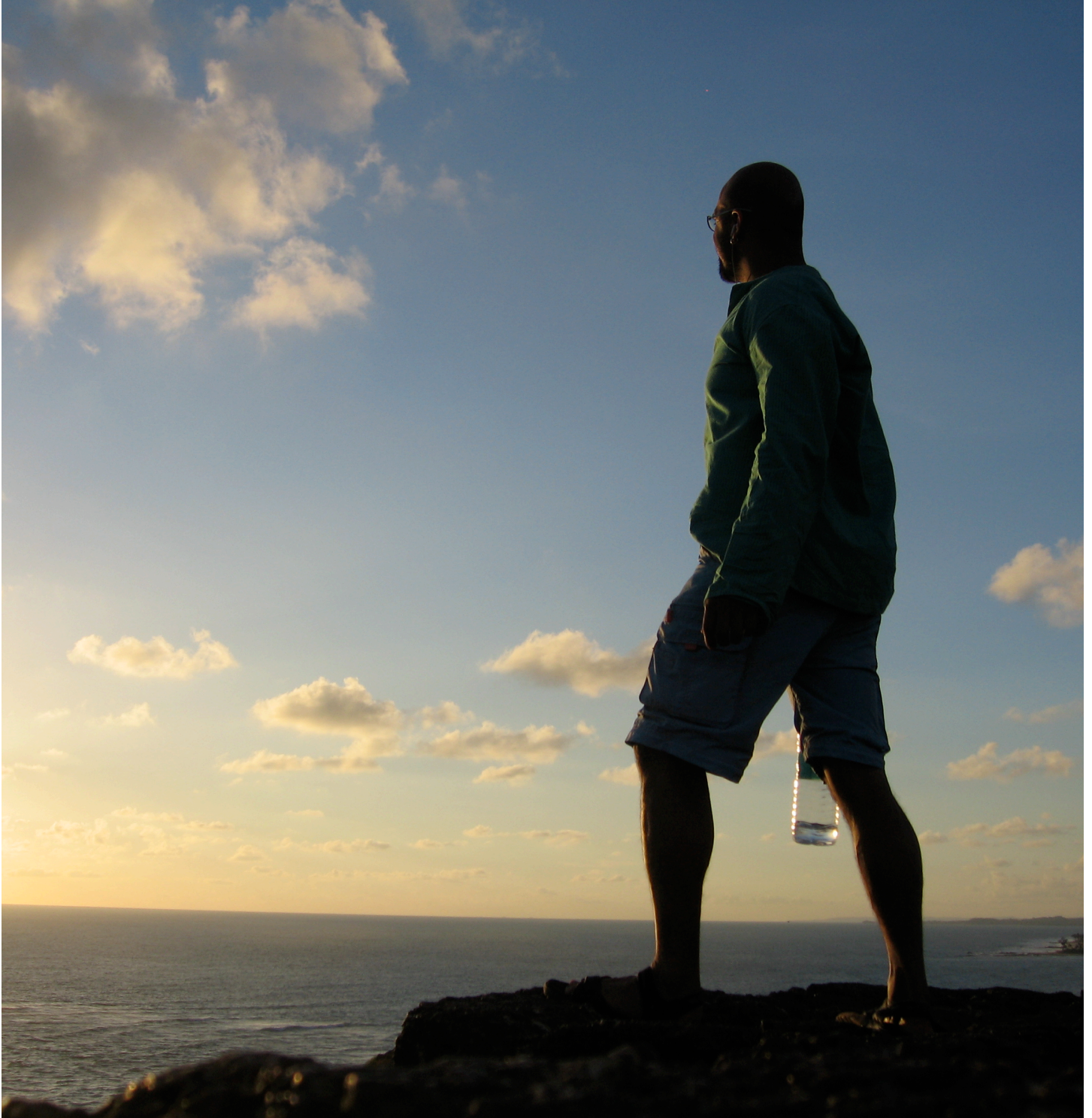


# LINER NOTES FOR MY 30s



Our Hero, in Goa 2007

# Intro...

First of all, let's just say it up front: this compilation is an OUTRAGE.

While it purports to be a record of my thirties, where is the Prince, or the Stevie Wonder, or the Michael Jackson!? Sting, anyone? Only one U2 song? Where the hell is Pete Townshend or Cake? Whither Lyrics Born, Blackalicious, or Spearhead? Midnight Oil? Not here? How is that possible?

And what's up with the fact that it's biased to my late 30s rather than my early thirties - lame!

Only 18 songs? How can 10 years in my life be only 18 songs?

An outrage I tell you!

And yet, I'll stand for it. There is nothing good without constraints I think. And the length of one CD is my only bulwark against self-indulgence.

So here you are: massively unfair, wildly subjective, and hopefully, nonetheless, right if not accurate. A flawed but deeply personal record of my thirties. I hope you:

- like at least some of it
- find at least a tiny bit of the transcendence, solace and inspiration that I have here
- find something new
- aren't bored with the stuff you've heard me play a million times :-)

I love you!

'deep

.ps

I'd love to know what you think, like, don't like etc. leave comments on my blog (<http://tinyurl.com/74guon>), so other people will get your thoughts too...

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A friend has a game whereby she strings together two phrases (that connect in a word) to make a new phrase with additional meanings. Thus, an alternate title for this album was "As Old as the Hills are Alive with the Sound of Music." Another one I liked was "40x Around the Sun." But I like the current title.

# Liner notes for Liner Notes...

## **You Are Forgiven (Deep Edit) - The Who:**

The first part of my thirties was all about getting in touch with the worst parts of me. Therapy was very good for me, and was a seriously healthy kick in the ass. This snippet of a longer Who song ("A Quick One While He's Away") snuck into my subconscious while I was at my

lowest. It took me weeks to figure out why I was humming this tune. And to realize I had a subconscious. Pete and the boys lead our hero out of the darkness.

**Never Let You Go - Third Eye Blind:**  
And what caused this burst of growth? The usual :-). And this song was the anthem. In hindsight, the break up wasn't nearly as important as the

period of growth it started. I'm grateful.

## **Window In the Skies - U2:**

Like many of us, most of my life has had a major soundtrack but if anything music has been an even bigger deal in my thirties than ever before, between working on iTunes, FlashDancing, dancing, Glam Klam Karaoke at Burning Man & Trikeasaurus. This

song is a paean to love, and the video is a paean to music. You really HAVE to watch it: <http://tinyurl.com/5ewsda> Perfect!

**Mitwa - Udit Narayan, Alga Yagnik, Sukwinder Singh (from "Lagaan"):**

**Salaam-e-Ishq - Sonu Nigam, Sherya Ghosal, Kunal Ganjawala, Sadhna Sargam & Shanker Mahadevan (from "Salaam-e-Ishq"):**

I also spent a lot of time figuring out and coming to terms with being Indian or near Indian, or really a poser Indian :-) and growing up OTHER in the South. Bollywood has been a big part of that transition. These next two songs were played incessantly. The vocal in Mitwa starting at around 3:55 still almost brings me to tears. And the whole "Lagaan" soundtrack is one of my favorite albums. As for Salaam-E-Ishq, it took over my life & those of more than a few friends after my last trip to India.

**Electrolite - R.E.M.:**

Good happy mellow days sitting in the sun, quiet reflective nights, seeing the bright side after a break up, pretty much every down tempo mood I have, this song fits somehow. iTunes says it is my most played song ever. I'm a little skeptical (it depends on when we started counting), but it has got to be close if it isn't.

**Mr. E's Beautiful Blues - Eels:**

If I had to pick one band to capture my thirties, it would Eels. E's (the man behind Eels) cover of Prince's "I Could Never Take the Place of Your Man" really belongs here too. He's had a tough life, yet his optimism, while sometimes grim, is indomitable. It never fails to grab me.

**Do Ya - Electric Light Orchestra:**

In my early thirties especially, I got really good at embracing all the stuff that I love that I was afraid wasn't cool. That being said, E.L.O. might be

cool by now :-) but I'm too far gone to care. They've been the behind the scenes music favorite all my life. My first favorite album ever was probably "Time." Somehow, I missed this song from the brilliant "A New World Record" until just the last few years.

**Grace Kelly - MIKA:**

This is a shout-out to all the great new stuff I've discovered in the past 10 years, and also to my deep, abiding, love for well crafted pop music. I love MIKA & MIKA is pop in all the best ways. This might not even be the best song on his debut album.

These next few songs are really all about one thing: dancing. I've spent more time in my thirties dancing than any other time. I'm still trying to figure what was wrong with me in my twenties :-) Anyway, these are all big FlashDance songs too, and FlashDance has revolutionized my life. Seriously. Thank you to everyone who has ever been to one of my FlashDances!

**Beware (Jay-Z Remix) - Panjabi MC:**

This song has been huge and fits with the Indian & FlashDance themes of my thirties

**Stronger - Kanye West:**

Kanye + Daft Punk = the best of hip-hop and the best of electronica

**Dec. 4th, Oh What A Night - Jay-Z vs. Frankie Vallie & the Four Seasons:**

Mash-ups represent so much about what is great about NOW and music, and SF (thank you Bootie!).

**Crazy in Love - Beyoncé:**

An anthemic FlashDance staple from Beyoncé. More well crafted pop! It's also remarkable how much Jay-Z is all over so many of my favorite songs from this period...

**(Come 'Round Here) I'm The One You Need - The Jackson 5:**

If you know a lot about my interactions with women, or my ego, or the ridiculous insecurities that have plagued me at times, this song is a crack up. If you don't, you'll just get how much I luv me some J5.

**The Great Intoxication - David Byrne:**

Strings. Strings. Strings. I love a good The Great Intoxication - David Byrne: Strings. Strings. Strings. I love a good string section, and I love David Byrne on soooo many levels. And this is a song about DJing :-)

**Honey I Been Thinking About You - Jackie Greene:**

No single song over the past 10 years has grabbed me more than this one.

**Things the Grandchildren Should Know - Eels:**

The past two years have been all about coming to terms with turning 40, thoughts about love and mortality, and my place in it all. And really about acceptance and self-awareness. This song is exactly what that sounds like to me. Thanks E!

**Bonus track!**

The sound of Trikeasaurus! Woot! This song has taken over my life. I'm not complaining, and so far neither is the population of SF. ;-)