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VANITY ROCK showcases a wide range of songs from Mike's early years; from soft ballads to pop ditties and hard rockers. These vintage tunes have been freshly revisited, reconceived, and now can finally be heard!

Q & A

Q: What can you tell us about this album?

MF: Well, these are songs I wrote a long time ago when I was just starting out playing with bands. The only recordings I had were on old cassettes and not really that good, so I decided to just re-record them all one by one, whenever I had time and wasn't busy with other projects. That was about nine or ten years ago, so it feels good to finally be done!

Q: I see you've got quite a few guest players on this.

MF: Yeah, I just asked whoever I thought might be a good fit for each track as I did them. You never know what you're going to get when you ask people to contribute; and on this project I wanted to change things up a bit and work with some different musicians. I wish I had more people on it, actually, but not everyone I asked was available.

Q: What was it like going back to songs you wrote when you were much younger?

MF: I think it really helped that they were written a long time ago because I was able to stay detached and not get obsessive about things. I just treated each song like a single - a small project unto itself - and that kept the whole process stress-free. I did make a couple of changes here and there – including some lyrics - but for the most part the goal was to come up with basic arrangements and hopefully have a little fun.

Q: Any particular highlights or tracks that stand out for you?

MF: Yeah, there are. I did enjoy doing *Reality*, which I wrote when I was just 18. It was like going back in time to being that heartbroken kid. It was also great having my cousin Mike Delanni on a few tracks - he's my favorite all-time bass player! The two of us grew up playing music together. But I'd hate to be specific beyond that because everyone did a great job. I really love it when somebody gives me something totally cool and unexpected that I'm forced to rethink my own parts; and that certainly happened on a few occasions.

Q: There's more of a classic rock vibe to this album as compared to your others.

MF: Well, these songs pretty much span from 1983 to 1991, yet they sound more late-70's to my ears. But I didn't want to take them in a different direction; it was important to me to do them more or less as they were originally written.

Q: Do you think this album might attract a new audience for your music?

MF: Oh, I don't know... Maybe some people will stumble across it. But I really did this more for posterity; just to document and preserve the work.

Q: Okay, fair enough. Any final thoughts you'd like to add?

MF: I just want to thank everyone who contributed their time and talent to this project; and of course anyone who buys the album. I'm always amazed when someone discovers something I've put out and decides it's actually worth paying for! So, thanks to those people.