



May 2019

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.



Mike Florio keys & vocals
Van Hunsberger drums on 1, 2, 4, 7, 9, 12
John Eargle guitar on 5, 8, 11
Michael Delanni bass on 4, 7, 10; guitar on 4
David Wallimann guitar on 1, 12
Matt Sweitzer bass on 2, 11; lead guitar on 11
Frank Basile drums on 3, 5, 8, 11
Steve Waite guitar on 3, 10
Eric Benjamin Gordon guitar & harmony vocals on 7
Randy George bass on 12
Clyde 'Dave' Bailey bass on 9
Jaymi Millard bass on 1
Sam Varon drums on 10

All songs written by Mike Florio
between 1983 and 1991

Recorded in dribs and drabs between 2010 and 2018

Mixed with Paul Avgerinos at Studio Unicorn
Additional post engineering by Michael Dominici

Special thanks to:
Michael Delanni for some lyrics on 1 & 9
David Wallimann for a few chords on 1
Eiki Matsumoto and Allan Speers for a couple of motifs on 5

Illustration and design by Bill Rebsamen
Packaged by Yuka Fujiwara

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VANITY ROCK

MIKE FLORIO

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- 1 **He Wont Last** 4:06
 - 2 **Doldrums** 5:34
 - 3 **Next Sunny Day** 3:32
 - 4 **Keep Me Going** 4:40
 - 5 **Secrets Of Love** 3:18
 - 6 **Reality** 4:14
 - 7 **Hold Onto Your Heart** 7:15
 - 8 **Between Broken Hearts** 4:11
 - 9 **The Journey** 4:30
 - 10 **Hit The Road** 3:17
 - 11 **Going Home** 5:34
 - 12 **Love Is Free** 6:47