

# Mp3 Cara Tower - Living On Bread & Circus



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Lyricaly phenomenal, expressive vocals, beautifully cynical social chronicles that sing in and of our time. Organic electronics, left of center, folkish, rockish, creatively resourceful. 11 MP3 Songs FOLK: like Ani, ROCK: Acoustic Details: INCLUDES "She Comes From An Ordinary Family" and "As We Are" heard on 48hrs news program in the newly released film, "Searching For Angela Shelton." "Living on Bread Circus" is the debut and first solo flight production from Cara. Here, Tower's lyrics articulate the cry of the heart through a beautiful, funny and poignant sojourn of the human experience with a collection of social chronicles that sing in and of our time. Though the atmosphere is at times gritty, the CD is moving, thought provoking and fun to listen too. Home made organic electronic instruments, both modern and mid-evil create for a special listening experience. FOR LYRICS SEE BOTTOM BIOgraphy Cara Tower Singer/Songwriter/Composer/Producer History: Cara Tower is a native of Santa Barbara, California where music found a way into her heart as a small child. Cara's first touring experience was a series of convalescent homes throughout the greater Los Angeles area with a small ensemble of 2nd graders known as the Pied Pipers. By grade 4, Tower took up an esoteric, self-taught study of the classical guitar (privy only to 10 year olds). In High School Cara was awarded a coveted vocal scholarship with noted opera star Madame Bobonia of The Music Academy of the West. After developing chronic laryngitis, Cara began a quest to find her own voice. Bored with learning material already written, Cara started to explore the mystical world of original music composition, where she began a life long journey down the expressway of her own unique vision. Weird Historical Excursions: While vacationing in Britain, Cara's then dance oriented recordings, received airplay on underground radio stations throughout England and France. As a result in 1989, Tower signed a 3 year publishing contract with Virgin Music (London). Tower recorded in studios throughout London, completing her Virgin audio sojourn in Scotland, where she

worked on her recordings with producer Terry Adams. In 1992 Cara took off for Germany where she found herself unexpectedly stranded for cash with no real command of the German language. Cara began busking in the streets of Freiburg, inadvertently returning to her roots as a singer songwriter with an acoustic guitar. Alongside Peruvian quintets, classical conservatory students and Irish rovers, Tower was swiftly plucked off the streets and invited to play local spots lights including the famous Blaus Band nightclub located in the heart of the Black Forest. In 1993, upon returning to the United States, Cara continued to perform as a solo artist where she quickly caught the attention of famed music producer Mike Clink; Guns and Roses, Heart, White Snake, Sammy Hagar etc. Together they formed an unusual musical team, producing demos and eventually recordings for Hollywood Records from 1994 to 1996. During the fall of 1999, Cara matured into the exciting realm of independent production and recording, founded Raw Dog Records, and brought her debut street wise CD "living on bread circus" into fruition by the spring of 2001. Materials: Living on Bread Circus is the debut and first solo flight production from Cara. Here, Tower's lyrics articulate the cry of the heart through a beautiful, funny and poignant sojourn of the human experience with a collection of social chronicles that sing in and of our time. Though the atmosphere is at times gritty, the CD is moving, thought provoking and fun to listen too. Home made organic electronic instruments, both modern and mid-evil create for a special listening experience. Cara's sumptuous 2nd CD, And Then...There is a Bridge, followed Bread Circus two years later. Through this body of work, Cara stays focused on articulating and appreciating the generosity and kindness of life itself. Honesty, hope, true freedom and gratitude for this existence, all serve as reminders of what is of value to the human heart. This CD takes on the nuances of world beat rhythms and melodies, as well as classical influences such as Debussy, Schubert, Brahms and Mozart. Sweeping orchestral arrangements, tables, guitars, bass and space accompany Cara's soulful vocals. This CD is elegant and understated in delivery, delicate yet powerful, gentle yet strong within a timeless message of hope. Tours: Since the release of, And Then...There is a Bridge, Cara has been the invited guest and performer of 10 countries including, Germany, Austria, Slovenia, Croatia, Canary Islands, Wales, England, Ireland, France and the USA. This year alone she has shared her music and the source of her inspiration in 25 cities throughout Europe, the United Kingdom and the USA. Fruits of Labor Two tracks from the debut CD, Living on Bread Circus, have been placed, by request, in the recently completed film, Searching for Angela Shelton. "Searching" was currently previewed on national news program 48 Hours and included both of Cara's

songs. Writer and Director Angela Shelton was the winner of the prestigious Sundance Film Festival with her previous film, *Tumbleweeds*, which was also nominated for an Oscar the following year upon the film's release. Work in progress: Today, Cara is writing her debut soundtrack *Blue Kentucky Girl*, a feature film by writer and director, Spike Stewart. This will highlight many original songs that weave an intimate and symbiotic tale with the script. BKG is a haunting tale about the Blue people of Kentucky. Almost forgotten, their story weaves together a lost thread of American history. Set in the romantic Appalachian Mountains, a struggle between love versus hate ensues, which as it unfolds, reveals the on-going and fragile human ability to choose between the two. Lyrics to "Living on Bread Circus" 1 Raw Dog I feel like a master Living like a slave I'm just an angry lizard, Looking for some shade Snakes on my ladder Coveting the grass monkey on the top, rung won't last. Raw dog, that's life... it's a beautiful world raw dog, beautiful loser, it's a glamorous world. While the fountain of youth spits forth saline I'm crammed in the corner like a dry sardine my foot never fit into that tiny glass shoe but no Cinderella can do what I can. Raw dog, that's life... it's a beautiful world raw dog, ugly girl... it's a glamorous world. But I feel like the mythical rose of troy I feel like the solid hum of joy I feel like the fire singing in the trees feel this blue blood under my chemise Feel like a master, living like a slave Just an angry lizard looking for some... Raw dog, beautiful loser, it's a glamorous world. Her beauty is red maddening the bull so drunk on her color you can hardly stand the pull 'til the harsh light of truth comes crashing in and you spy that birthmark on her skin wipe the egg up off the floor your dreams reduced to a mangy little... Raw dog... 2 Summer Always Comes When life is like a grainy photograph of mars when dreams are stuck like shinny gems, in a gridlock of stars when the fog that rolls in, sets up house inside your brain when your heart's gone camping too far out in the rain Summer always comes summer always comes summer will find you again When your world is stuck like re-runs on a black and white TV when talk show hosts at midnight are intimate company when love is just a puddle splashing at your feet with its' hopeful hallelujahs thrown out on the street Summer always comes even if she's what you've been hiding from summer will find you again through a winter blinding plight there always comes a light if you don't give up through heart breaking strain there's a flip side to pain if you don't give up When the future's like a voodoo doll dressed up like Charlie Manson and the past is like a boomerang striking back without compassion when faith is like a trial cross examining your soul and you feel just like a puppet who's never been in control Summer will find you again summer always comes she doesn't care what you've been hiding from summer always

comes again. 3 Dear Jane You've been worried about the weather and worried about your life you burnt all the blue magazines you've kept hidden from your wife the chains that you wear to sleep in are more than you can bar since you lost sight of the reasons that ever held you there. Dear Jane, "I can't learn to swim when I'm already drowning and it's been raining for years no I can't learn to fly when I'm already falling and the sky never seems to clear. So you packed your bags and your sorrow all the memories have been tossed you changed your name back to high school to recapture the youth that's lost you left a note in a shoe box behind the shirt tails and sleeves one day she'll find it dried with the mothballs and leaves. Dear Jane, "I can't learn to swim when I'm already drowning and it's been raining for years no I can't learn to fly when I'm already falling and the sky never seems to clear so I'm looking for a way out of here." Now you've gone to find a girl with a little less history you've exchanged the old you for a brand new plan all the rules that you used to swear by are as meaningless as dust the hand that you keep in your pocket is the only thing you trust. Dear Jane...

4 Living on Bread Circus Like a shadow in the limelight just about to crack like a circus monkey who suddenly attacks for a nickel and a peanut or a strong pelt of beer like a freak in a sideshow how the hell did I get here? Living on bread and circus as the ponies go round and round I'm just an angry monster painted up like a clown. Heroes are invincible heroines are thin he worships the gods of silicon she, a little bottle of fen phen my face is still hiding beneath the kiss of a thousand screams I need a stronger cup of coffee to wake me from this dream. Living on bread and circus as the ponies go round and round I'm just an angry monster painted up like a clown. On the top of the pop you made millions with your super sonic bubble gum now the paparazzi's in your bedroom rifling through the hum drum but stranger than their photographs queerer than the queer is I'm caught looking in you window what the hell am I doing here? Living on bread and circus wallowing in the mire straddling a tightrope swallowing the fire living on bread and circus watch 'em twist and turn it's somehow exciting filming while they burn living on bread and circus as the ponies go round and round I'm just an angry woman painted up like a clown.

5 Infinitely Inseparable We've got a nice house with a piece of the rock, (the rock) we've got privileges, we've got a trip planned out for the summer. How do we gauge our wealth? why do I feel so squeezed? if everything's O.K. why do you feel so ill at ease? We are ecstatically miserable we are dying to connect we are infinitely inseparable we are one. We've got everything under lock and key, we've got principles we've got someone to walk the dog, raise our kids and pull the weeds. How do we value time? why do you feel so squeezed? if everything's O.K. why do I

feel so ill at ease? We are ecstatically miserable we are dying to connect we are infinitely inseparable we are one. If everything we say is covertly spoken then every word we mend is already broken and we are miles a way if everything we do is for a case of grandeur humility aside, how will the heart endure? miles away, so many miles... We are ecstatically miserable we are dying to connect we are infinitely inseparable we are infinitely inseparable, infinitely inseparable...

6 No One Suspected He never measures up to the glamour and glitz small town boy with sweaty pits like a yo-yo swinging on a string in a world where life doesn't mean anything. No one suspected over the blaring television set no one suspected his needs were never met. He's hiding in the bush at the promenade mall as the shots ring out and his class mates fall he runs to the counter to order Sloppy Joes and spits at the waiter with the ethnic nose. No one suspected no one suspected the youngest family cadet no one suspected he'd kill his own pet. When the police came he ran in the front door purring like a lion that forgot to roar the family was shocked when he cocked his mane saying somehow no one ever saw the depth of his pain. No one suspected, no one suspected, no one suspected over the blaring television set No one suspected his needs were never met he'd kill his own pet No one suspected he was that upset.

7 Come to Me Take the first step, take the risk, take the fall. take your first drink, take a sip, take it all. Quench the howling chaos that stirs within the heart overcome the differences keeping us apart... Come to me, will you wander this desert of mine? come to me, I've got bread and I've got wine, come to me, I'll come to you, crossing over, crossing over. Take your first stroke, take the waves, and the rocky shore. break my thunder clouds, breath them in, let them pour. Soothe the screaming midnight moon, cruelest ruler of the heart, bridge the gap of differences keeping us apart. Come to me, you who have traveled so far, though we're lovers, I scarcely know who you are, come to me, I'll come to you, crossing over, crossing over. will you wander this desert of mine? I've got bread and I've got wine, come to me, I'll come to you, crossing over, crossing over.

8 She Comes From An Ordinary Family She's got a 10 foot neon Jesus. she can communicate with her dead dog. she's got enough dreams to fill heaven, but she can show you what it's like in hell. She comes from an ordinary family. She's got a black dove for a sister. she's got a killer for a brother. they say she never really knew her father, and you know they say it's just as well. She comes from an ordinary family. Now she's got diets and addictions she's been packing guns inside her Flintstone lunch box she's been saved by the garbage man on her holy trash she stands. She comes from the system, she comes from the street, she comes from the ordinary places, she comes from the darkness to resurrect the light,

she cuts like a dagger through the quiet of our night, she speaks to us all through the shadows of this land, in the spirit of mans' inhumanity to himself. She comes from the country, she comes from the church, she comes from all the right places, she comes from the ghetto, she comes from the cracks. She comes from an ordinary family. She comes from an ordinary family. 9 As Real As The Breath Do you think it's really real? this love I dare to feel, I'm surrendering to it without doubt It's as real as the breath that comes in and goes out. Do you think the timing strange? I can't stop my heart has changed I'm surrendering to it without doubt It's as real as the breath that comes in and goes out. I'm shaking like a leaf as the winds begin to whirl catch me with your breathing, let me slowly unfurl thunderclouds are breaking in waves across you lips how long must I wait to taste just a sip? Yes, I'm juggling which way to go impatiently waiting this much I know I'm surrendering without doubt It's as real as the breath that comes in and goes out. 10 La Pucelle It's been raining since half past five the light is growing dim but my men are still alive, the storm clouds are circling like vultures round our graves flirting with our freedom like bells on broken slaves. It's been so long through the mud and sleet I won't hang my head down in defeat. If we fall before dawn if the river is too wide and too strong if we fall before dawn freedom won't be long. I ride my men to battle still a child beneath this steel daughter of the homeland who's been cursed with a gift to heal. Oh my love, where did you go? down in the trench where dead winds blow. If we fall before dawn if the river is too wide and too strong if we fall before dawn freedom won't be long. Should fire eat my body and the rain drink my soul remember it was just the kings' servant the knights of England stole remember my love remember my love.... When church bells are ringing by torch and stake all witches tame I'll lay down my virtue to kiss their bed of flame if I die by fiery lake I won't bend and I won't break If I fall before dawn if the river is too wide and too strong if I die before dawn freedom won't be long. 11 As We Are Come whole hearted Serenity, Come as simplistic as you are. Come sincerity, Come willingness Come with the mask less face of your love. Come vulnerability, Come courageous one Come as radiant as you are. Come to me now leave our past behind come my love, my love, my love come my love, my love, my love. Come clarity with your nakedness in sight Come exactly as you are. Come humility ground me in your grace Come with the mask less face of your love. Come to me now leave our past behind Come my love, my love, my love Come my love, my love, my love.

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