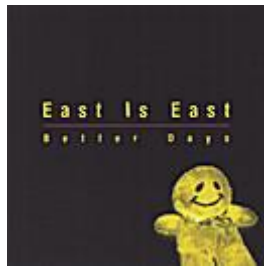


## Mp3 East Is East - Better Days



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Muscular, melodic, anthemic rock with the perfect pop cherry on top. 10 MP3 Songs ROCK: Modern Rock, ROCK: Emo Details: "Better Days" was released May 24, 2005 on eiemusic.com. "Better Days" was produced by Frank Marchand (Bob Mould, Daniel Ash, Jimmie's Chicken Shack, Almighty Senators, tons more), who said about it, "This record makes me happy." "Better Days" was recorded by Jeff West, who plays bass in East Is East, at the band's Burtonsville, MD studio. "We finally captured the true sound of the band," he said. "It's simple, and that's better." "Better Days" features the aching, soaring, acrobatic vocals of PT Sevin, who commented about the new cd, "Tits on that one. I think it might stand the test of time." "Better Days" in fact took a bit of time to record, not the least of which was spent while Sevin recovered from throat surgery. Said Matt Hudson, who plays angular guitar and tasteful keyboards on the cd, "We made this album an hour at a time. It seemed like a journey of only 150 miles at the start, but we had to crawl the entire way. Ultimately, the wait was worth it." "Better Days" features Mickey Adams on drums and percussion, who agrees with Hudson, saying "This is our best work ever, a second coming." Check out Adams' smashing, slashing drum work on "My Old Friend" and "Cool Girl." "Better Days" also showcases the bash and pop of Scott Bolgiano's guitar, which roars and chimes across tracks like "Gravity" and the title cut. "It's definitely our strongest album, and a great introduction to the band. It's nicely varied. Though they have some unifying elements of pop, the songs are eclectic and not easily pinned to a particular style," he said. "Better Days" features Annapolis's own amazing Meg Murray (megumurray.com) on the beautiful heartbreaker "Mary's Gone," where her duet with Sevin proves a high point on the album. "We put some ass in it, didn't we?" she asked. "Better Days" features cover art of a battered Smiley doll Sevin and Bolgiano found in the gutter on Bourbon Street at this year's Mardi Gras. "It was 12:05 am on Fat Tuesday, barely Fat Tuesday," said Sevin, "and we came across the little guy,

beat up, bruised and in the gutter. But still smiling! Always smiling. We thought it was a perfect metaphor for our band." "Better Days" is an album you need to listen to. It will make you smile. It will make you happy. Hook filled and hummable, instantly memorable, it's at home on the radio, on your iPod, on the concert stage. Buy the new cd, see the band live. And don't worry. From now on we'll have "Better Days."

EAST IS EAST: Mickey Adams: Drums and Percussion Scott Bolgiano: Guitars and vocals Matt Hudon: Guitars and Keyboards PT Sevin: Vocals and Harmonica Jeff West: Bass Guitars

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