

About the SONGS on Terry Kitchen's *The Quiet Places*

1. "Enjoy It While It Lasts" Last year was a tough year for losing legends, and no legend was larger than Muhammad Ali. Considering that moving on is part of the deal, it seems the key is making our own legends and enjoying the moments we have. With Bob Harris on mandolin and Mara Levine on harmony.

2. "Seeds" I wrote this song about surviving a drought the day after the election. With Mara Levine on harmony and Leslie Bryant on flute.

3. "The Quiet Places" I am continually amazed by women's ability to express their feelings. My own feelings need a confluence of perfect stillness and unconditional acceptance before they will show themselves. With empathetic harmony by Amy Malkoff.

4. "Nature's Way" Originally recorded by the band Spirit and a big hit at my summer camp's campfires, this song's simple message of listening to our planet seems worth remembering. With Brian Middleton on harmony.

5. "She's Already Cried" Possibly related to #3 above, women also seem way ahead of men, or at least this man, at processing their feelings, so I'm often the last to know. With Rebecca Lynch on harmony and Roger Williams on Dobro.

6. "The Kid Behind the Wall" I don't write much about the 5 years I lived in L.A. since too much is written about L.A. already, but this story stayed with me. Sometimes circumstances are such that you're the only one who can make a difference. Don't blow it like I did. With Bob Vivona on harmony and Chris Peeler on drums.

7. "Half You Half Me" A rare swing tune, with a more positive take on parenthood, actually written for the arrival of our new kitten. With Barry Singer on clarinet, Don Barry on upright bass, and Chris Peeler on brushes.

8. "It's OK to Be Afraid" We place so much emphasis on bravery, but the real test is being strong in spite of our fears. With Deede Bergeron on harmony.

9. "The Bar Harbor Full Sail Downeast Acadia Windjammer Sunset Cruise" Last summer in Maine I met a couple musicians who played on harbor cruises. One was a retired lobsterman, but the other had a life, and music career, that was literally all over the map.

10. "Let Your Wild Winds Blow" Opposites attract, and the opposite of a quiet place is a raging storm. I've found it's sometimes wiser to let a storm rage and hopefully blow itself out than futilely try to stop it.

11. "The Last Laugh" I got to see Hillary Clinton (and James Taylor) two days before the election, and it got me thinking about all the times in my own life I'd gotten through setbacks by assuming that one day I would triumph and it would all be worth it. But what if you don't get that last laugh? With Rebecca Lynch and Brice Buchanan on harmony.

12. "Jericho" A blues about giving in to being human. With Sam Dechenne on trumpet, Chris Peeler on brushes, and Rebecca Lynch and Brice Buchanan on harmony.