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## **Slow & Steady Records Announces Release Of Nick Panoutsos' Solo Album *Monos***

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First single release date: February 25th, 2022

Album release date: March 11th, 2022

(SAN FRANCISCO, CA) – **Slow & Steady Records** announces the release of bassist-composer **Nick Panoutsos'** solo album *Monos*. The Greek word for “alone” (μόνος), the album is a meditation on the isolation of 2020’s pandemic lockdown. “As much as I missed playing with other musicians during the lockdown, I really embraced the challenge of crafting a self-supporting song,” shares Panoutsos. “Problem-solving on the bass has, and always will be a source of solace for me.”

The lockdown also sparked nostalgia and reflection. Panoutsos naturally homed in on his Greek heritage, as well as fond memories growing up in San Jose, CA and the nearby Santa Cruz mountains. “My *yia-yia* (grandmother) used to show me Greek folk and pop melodies on guitar, which she played with a pick cut out from an expired credit card,” Panoutsos vividly remembers. “Adapting and playing these folk melodies on bass is a way for me to stay in touch with her memory.”

These sentimental Greek folk songs also informed Panoutsos’ own writing, both thematically as well as embracing Greek melodies, scales and odd time meters. *Monos* feels cohesive – Panoutsos’ arrangements of “*Tis Triantafyllas ta Filla* (The Leaves of the Rose)” and “*Sto ‘Pa Kai Sto Xanaleo* (I Told You and I’m Telling You Again)” flow naturally with his own compositions (detailed below) written about the people, places and cultures “that shaped who I am today.”

*Monos* feels perfect for this moment, as we all continue to reassess what’s important after nearly two years of unprecedented isolation. The bass is a fitting symbol of sanctuary – a foundational voice in acoustic music, with earth tone vibrations, now able to step forward as soloist (and accompanist) in a year where musicians couldn’t easily congregate. Panoutsos leaned into this authentically. “The album is bass alone - no loops, layers, or other instruments. Composing for solo bass filled the void of playing with others. The intent was to build self-sufficient songs that could carry the same emotional impact you might hear from a full band.” One listen to *Monos*, and you forget you even need a full band.

### **TRACK LISTING & NOTES:**

1. “**Theios**” - *the Greek word for ‘uncle’, a slow-moving, eulogistic melody balanced by resonant low notes, and harmonic tension in the middle.*
2. “**Jasmine and the Moon**” - *a tribute to childhood memories in California with my twin sister, joyful abandon through the lens of memory, the smell of jasmine at sundown.*

3. **“Leonidas”** - *the famous Spartan general who, leading troops into battle, uncertain about odds of victory, but fiercely determined.*
4. **“Cit ”** - *a memory of the Cit  Universitaire metro stop in Paris, walking into it as the sun is rising, and congregating there at night to plan that evening’s adventure.*
5. **“Tis Triantafillas ta Filla (The Leaves of the Rose)”** - *a Greek folk song in a 9/4 time meter, built on a Greek minor scale. with origins in Smyrna (modern-day İzmir).*
6. **“Smokey Says”** - *memories of Santa Cruz mountains in summertime, beginning with a rubato portrait of the mountains rising over the Pacific, before picking up with urgency to signify the threat of wildfire in the heat of summer.*
7. **“Sto ‘Pa Kai Sto Xanaleo (I Told You and I’m Telling You Again)”** - *a Greek folk song with origins in the province of Lydia, written from the perspective of someone bidding their loved one a tearful farewell as they set out to emigrate elsewhere in hopes of a better life.*
8. **“Star Anise”** - *one of my favorite spices. My yia yia (grandmother) had anise plants growing in her backyard, and she would often pluck out some leaves and encourage us to chew on them for the taste.*

## ABOUT NICK PANOUTSOS

Bassist Nick Panoutsos has become an increasingly prominent voice in the New York City jazz community since moving from the San Francisco Bay Area in 2016. He has earned a reputation as a versatile collaborator and leader on both upright and electric bass. His forthcoming album, **Monos**, features solo bass performances of his own compositions and Greek folk songs. Originally from San Jose, California, Panoutsos studied with **Bruce Moyer**, principal bass of Monterey Symphony, and **John Shifflett**, the beloved first-call Bay Area jazz bassist. Both musicians helped to refine Panoutsos’s technique and gave him the skills necessary to pick up work as a sideman, and eventually a bandleader.

When he moved to New York, Panoutsos began taking lessons with **Martin Wind**, **Gregg August**, and **Yasushi Nakamura**, in addition to performing several nights a week at clubs in midtown Manhattan and the East Village. Throughout his time in New York, Panoutsos has collaborated with Queens-based singer songwriter **duendita**, and has performed with pianist **Gil Goldstein**. During return visits to the West Coast, he has led his own band at the San Jose Jazz Festival, toured locally and recorded with the Richard Howell Quartet, and performed alongside Bay Area improvisers Steven Lugerner and Richard Sears. In addition to his work as a freelance performer, Panoutsos has worked as an educator at the Stanford Jazz Workshop for three years, and continues to teach private music lessons for all ages in Brooklyn.

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