





# **Less nessman**

*www.lessnessman.com*

Naomi Less  
917.318.9153  
naomiless@yahoo.com

Adam Stein  
646.342.3675  
quartermayne@yahoo.com

# Less Messman

*Bird's Eye View*

Debut CD

Front Cover





**FOR IMMEDIATE RELEASE**

**January 24, 2005**

**LESS NESSMAN RELEASES DEBUT CD: BIRD'S EYE VIEW**  
*NOSTALGIC HOMAGE TO THE GREAT ALBUMS OF THE LATE 70s*

Less Nessman, a female fronted, New York City band has self-released their debut CD, *Bird's Eye View*, a truly unique and blues-rock sound that pays tribute to the city that influenced them.

Less Nessman defies the typical albums that fall into one particular mold. Listening to the album one notices this unique arc:

- The first track, *Ode to Lyle*, warms the ear with a melodic, jazzy intro-exploration.
- The second track, *Spread Your Love*, Less Nessman's newly released single, is a hand-clappin', foot-stompin' prayer for spiritual protection.
- The album builds to a track six peak with *Blank Pages*, including an extended jam-band, guitar and vocal scat laden section.
- They bring the album to a close with a simple folk rock testament to honesty in love, complete with Janis Joplin-wails of emotion.

The band constructed an album that takes the listener through a journey of interpersonal and spiritual connections with lessons on life, love and existential well-being.

The Less Nessman brand of Blues/Rock and Folk/Funk is a soulful groove with a rocker edge that makes a sitting fan get up and get down. Take your favorite 80's summer hit sung through Janis and Aretha's vocal chords and you've got Less Nessman - edgy vocals, melodic lyricism, and driving beats.

Less Nessman is:

Naomi Less - lead vocals, guitar

Adam Stein - lead guitar, vocals

Jim Hopkinson - drums

For booking, contact:

Naomi Less 917.318.9153 [naomiless@yahoo.com](mailto:naomiless@yahoo.com)

For licensing or more information about the band, contact:

Adam Stein 646.342.3675 [quartermayne@yahoo.com](mailto:quartermayne@yahoo.com)



**FOR IMMEDIATE RELEASE**  
January 24, 2005

**LESS NESSMAN RELEASES FIRST SINGLE**  
*They're Spreading the Love*

Less Nessman, a female fronted, New York City band has self-released their first single, "Spread Your Love" off their debut CD, *Bird's Eye View*.

"Spread Your Love" is a hand-clappin', foot-stompin' prayer for spiritual protection. Complete with grinding organ and a catchy refrain, Less tries to lift the listener's spirit when the "existential questions begin to drown" them. This cross-over tune is emblematic of how Less Nessman defies the typical genre categories. When the band arrives at the chorus ("*Lay me down...*"), they instantaneously snap from a hand-clapping tune into slower, pulsating plea that makes audiences nod and rock in place.

Less Nessman captures a truly unique and blues-rock sound that pays tribute to the city that influenced them. The Less Nessman brand of Blues/Rock and Folk/Funk is a soulful groove with a rocker edge that makes a sitting fan get up and get down. Take your favorite 80's summer hit sung through Janis and Aretha's vocal chords and you've got Less Nessman - edgy vocals, melodic lyricism, and driving beats.

Less Nessman is:

Naomi Less - lead vocals, guitar

Adam Stein - lead guitar, vocals

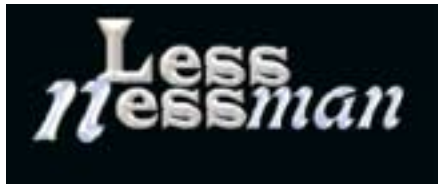
Jim Hopkinson - drums

For booking, contact:

Naomi Less 917.318.9153 [naomiless@yahoo.com](mailto:naomiless@yahoo.com)

For licensing or more information about the band, contact:

Adam Stein 646.342.3675 [quartermayne@yahoo.com](mailto:quartermayne@yahoo.com)



## BIO

The Less Nessman brand of Blues/Rock and Folk/Funk is a soulful groove with a rocker edge that makes a sitting fan get up and get down. Take your favorite 80's summer hit sung through Janis and Aretha's vocal chords and you've got Less Nessman - edgy vocals, melodic lyricism, and driving beats.

Naomi Less personifies the sexy and intelligent woman of today. Her powerhouse vocals and signature scats rouse the audiences with a jolt to the soul. Naomi's voice lifts off from the syncopated rhythms of her acoustic guitar.

Adam Stein's classic rock riffs and solos dance with Naomi for a sound that peels out of the lane with a nostalgic flare. The power trio of Naomi's guitar rhythms and jazzy-blue vocals, Stein's gallant 70's rockin' solos, and Jim "Rock Hopper" Hopkinson's driving-it-home beats will plant songs in your head and keep them spinning for days.

Less, Stein and Hopkinson got together through a series of jams and parties in New York City during the fall of 2002. The trio contributed original songs and their favorite covers to craft the set list for their first Less Nessman gig at Hopkinson's loft on New Year's Eve. Over the next year and a half Less Nessman performed shows throughout New York City at many venues including The Knitting Factory, The Cutting Room, Lion's Den, Kenny's Castaways, and CBGB's Gallery.

*Tribune 13* columnist Michelle Levy describes Less Nessman as, "Sized to fit. Nostalgic. Like your favorite pair of jeans. Satisfy that deep craving for denim blues...You instinctively know where to put your feet."

Less Nessman captured their unique sound in the Spring of 2004 when they entered Vibromonk recording studio in Williamsburg, Brooklyn. The result: *Bird's Eye View*, their debut CD. The eight tracks include Less' "Spread Your Love," a hand-clappin', foot-stompin' prayer for spiritual protection, and Stein's quirky rock anthem, "Empire," identifying music as the world's healing language.

Just like their live shows, *Bird's Eye View* is filled with guest musicians. Isaac Everett grinds the organ on "Blank Pages," a folk-funk tune in which Stein and Less call and respond to each other through guitar and vocal scats. Josh Sitron's retro 80's flare on keys sets the stage for "Bucklemack and The Bro," a road-rumbler about two dudes on their way to a rock concert. Bassist Ari Gold plays fretless and upright bass on the entire album, and vocal bass on "Empire".

Less hails from Chicago, studied classical voice at Northwestern University, and learned to play guitar through her Indigo Girls CD's. Stein transplanted from Kansas City and has been playing guitar in bands for close to twenty years. Hopkinson made his way down from Boston where he cut his rhythms in a band called *The Nasties*. These diverse origins influence and ultimately create Less Nessman's unique sound on *Bird's Eye View*.

Designer and photographer, Andrew Hammer - hammermania.com, captured these various influences through CD artwork in the style of an AOR album. When you get your hands on a copy, be sure to open it up all the way and view the front and back covers together as one.

Less Nessman looks to bring their energy to the rest of the East Coast and beyond in 2005. Catch them at venues in Boston, Philadelphia, Chicago and LA! Stay tuned to [www.lessnessman.com](http://www.lessnessman.com) as the band makes its moves, and be sure to sign-up on the email list and send a note to say "Rock On!"



## FACTS

Less Nessman is:

Naomi Less - lead vocals, guitar

Adam Stein - lead guitar, vocals

Jim Hopkinson - drums

Less Nessman formed in New York City during the fall of 2002.

## ALBUM

*Bird's Eye View*, released November 25, 2004

Debut CD, self-released, produced by Adam Stein and Naomi Less

Recorded and mixed by Danny Shatzsky and Tamir Muskat

Recorded at Vibromonk Studios, Williamsburg, Brooklyn

## VENUES

New York City

The Canal Room

The Knitting Factory

The Cutting Room

Lion's Den

CBGB's Gallery

Coda

Groove

C-Note

Kenny's Castaways

The Lemon

## QUOTES

*Janis Tate, Indie Music Explosion:*

"Less Nessman's live performance brought me back to when I used to go to Wetlands in NYC when it first opened."

"With their brand of "don't be afraid to groove" jam rock/blues combined with a dash of pop melodies, they waste no time getting the audience hooked into their vibe and music..."

*Michele Sydney Levy, Tribe 13:*

"Sized to fit. Nostalgic. Like your favorite pair of jeans."

"...moving and authentic...you instinctively know where to put your feet."