



the bruises * connected

PRESS:

"...this high energy band falls somewhere between the hiatusing queercore band The Butchies, and the hyper-pop Letters to Cleo (you know, that band that performed on the roof of Heath Ledger and Julia Stiles' high school in 10 Things I Hate About You). They have an album coming out really soon, and this one, titled Connected, has a bit of polish, and a lot more of a pop punk sound than previous acoustic efforts. In the meantime check out their live show, which will leave you with a smile on your face. I'll close this with words that they always do: Hot damn." - Bernadette Harris, The Owl Mag Blog, 10/07/07.

"Call it an occupational hazard, but sometimes I get really sick of San Franciscan hipster irony. Does everything have to be doled out with a knowing wink? Is there a rule that states a great pop song cannot be appreciated exactly as such without cheapening it with a sense of amused detachment? Say it ain't so, or else a great many of the Pabst Blue Ribbon contingent are about to miss out, sorry to say. Back from a stint in Los Angeles, local floor fillers the Bruises are once again elevating heartbeats with their wonderfully irony-free punk pop. Singer-guitarists Jenni Black and Aja Blue continue to explore the middle ground between Joan Jett and Sleater-Kinney while Mary Glide and Derrick Hostetter render the necessary sweat-soaked rhythms." - Todd Lavoie, San Francisco Guardian, 01/10/07.

"Download of the Week: "Beautiful Mess" by recent Bay Area transplants the Bruises. The co-ed indie-pop quartet played its very first Bay Area show last month to a packed room at Edinburgh Castle. They were so inspired that they spent the next few days in the studio laying the foundation for a new album, which they plan to release next month. Catch them live Tuesday at the Hemlock Tavern. Download "Beautiful Mess" at www.myspace.com/thebruises." - San Francisco Chronicle "Pop Beat" 03/12/06.

Download printable cover art and press photos at: <http://www.thebruises.com/presskit.html>

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THE BRUISES are:
(left) **Aja Blue** - guitar/vocals & (right) **Jen Black** - guitar/vocals
with Wendy Brents - bass
Billy Mowery - drums

Balancing the tightrope between indie and mainstream rock, THE BRUISES embrace incredibly catchy choruses, dueling female vocal harmonies, and a serrated double guitar attack. Tipping their hats to acts such as Lush, that dog., and Sleater-Kinney, the band has forged a sound that is both unique and timeless.

"We just make music we like, without trying to be a part of any fad or musical trend," says guitarist/singer Jen Black. "I'd like to think that someone 10 or 20 years from now could enjoy our songs the same way they do at this moment."

THE BRUISES were formed in 2001 when Black, formerly of Illinois indie outfits The Velouria Beat and the Forecast, met acoustic singer-songwriter Aja Blue (yes, those are their real names). Initially hailing from Peoria, IL, the girls started out as a not-so-typical acoustic duo, bringing forth genuine rock energy to their live performances and to their 2002 LP "Last Summer". The two toured relentlessly across the US in support of the album, which garnered critical acclaim from the press and fans alike.

The year 2004 brought much change for THE BRUISES. Aja and Jen ditched the acoustic guitars and went electric, bringing into fruition the harder-edged sound they'd always envisioned. They moved to Los Angeles, CA, where they showcased their new sound with the EP "Ladies and Gentlemen..." Audiences along the West Coast went wild for the Bruises, and tracks from the EP were featured on MTV's "Parental Control" and the HERE Network's "Dante's Cove".

After a year in LA, Black and Blue relocated to San Francisco, CA where they immediately began packing local clubs with their engaging live show. The Bruises come out with guitars swinging and hands in the air, delivering an intense set that won't soon be forgotten. In late 2006, the band went into the studio with producer Scott Tusa (Scissors For Lefty, Matt Lutz) to lay the groundwork for "Connected", their new full-length album.

With 12 tracks of unforgettable hooks, "Connected" stays true to the hallmarks of THE BRUISES' sound while pushing the envelope with polished production. The album documents a period of intense growth, change, and uncertainty for the girls. Songs such as "Distraction", "Hold Me Down", and "Handful of Tears" navigate darker and seemingly troubled waters, while "Black and Blue", "Dancing Is Dangerous", and "Hott Damn!" explore more upbeat territories. "I think we finally established who we are as the Bruises while making this album," explains Black. "Aja and I were actually able to accomplish everything we imagined for these songs."

THE BRUISES will be touring both regionally and nationally throughout 2008. Be sure to check out their explosive live show and pick up your copy of "Connected".

Similar Artists: Sleater-Kinney, Foo Fighters, Veruca Salt, Jimmy Eat World, Tegan and Sara, Juliana Hatfield

The Bruises - "Connected" CD LP
12-song full-length album
Black Heart Blue Starr Music

Release Date: January 22, 2008



1. "Perfect Vision"
2. "Dancing Is Dangerous"
3. "Distraction"
4. "Wake Up"
5. "Handful of Tears"
6. "Black and Blue"
7. "Hold Me Down"
8. "Found (Interlude)"
9. "Here's To Us"
10. "Distance Makes the Heart Bleed Darker"
11. "Safety In Recovery"
12. "Hott Damn!"

TOUR

THE BRUISES will tour the US and Canada throughout 2008 to support "Connected".

PUBLICITY & RADIO PROMOTION

See the Bruises/Black Heart Blue Starr Music contact information to request a copy of "Connected" for your magazine or radio station.

DISTRIBUTION

CDBaby - www.cdbaby.com
iTunes - www.itunes.com
eMusic - www.emusic.com
Amazon - www.amazon.com
and more

UPC CODE
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RELEASES

"Connected" CD LP, 2008.
"Ladies and Gentlemen..." CD EP, 2005.
"Last Summer" CD LP, 2003.