



Delta Spirit ***One is One***

We collect observations of the world around us much like souvenirs. We treasure and hang on to them as memories of where we've been. Keenly tuning into life in all of its glory, Delta Spirit alchemize these honest and heartfelt observations into songs. The acclaimed California band—Matthew Logan Vasquez [vocals], Kelly Winrich [multi-instrumentalist, vocals], Will McLaren [guitar], Jon Jameson [bass], and Brandon Young [drums]—ponder big questions through poignant plainspoken lyrics uplifted by moments of sweeping rock 'n' roll and flourishes of immersive synth-craft. The group's sixth full-length album, *One Is One* [New West Records], documents the most important moments they've lived and key lessons they've gathered along the way.

"*One Is One* essentially says, 'What is life all about? Here are some observations'," Matt muses. "The songs are epic in this respect. Over everything I've learned, I know to be peaceful is a choice. It's not always easy, but it is possible. We are capable of growth, compassion, and empathy; we just have to reach out and activate our better angels. I do that by writing songs. I think that's what the album is about."

Delta Spirit have naturally inched towards making such a statement. Since forming in 2005, they've captivated audiences with favorites such as *Ode To Sunshine* [2008], *History From Below* [2010], *Delta Spirit* [2012], and *Into The Wide* [2014]. Not to mention, they've graced the stages of marquee festivals such as *Coachella* and *Lollapalooza* and television shows, including *Jimmy Kimmel LIVE!*, *Jools Holland*, and *Austin City Limits*. Meanwhile, the group reached critical mass via syncs on shows like *Friday Night Lights*. Following a six-year break, the collective returned with *What Is There* in 2020. Beyond tallying nearly 20 million streams, it arrived to widespread critical acclaim from *Billboard*, *Consequence of Sound*, *Flood*, *MXDWN*, and *Spin*. *American Songwriter* attested, "Vasquez and his bandmates may have indeed made their masterpiece," while *Classic Rock Magazine in the UK* hailed it as "beautiful and haunting." Unfortunately, they couldn't tour in support of *What Is There* in the midst of the Global Pandemic.

"It took over a year before we could be back on the road again," Vasquez sighs. "In that headspace, we started another album. What else were we going to do? We needed to keep going."

Churning out ideas separately throughout the summer of 2020, Brandon flew to Austin where he and Matthew recorded early ideas for what would become *One Is One*.

“We were ready to come back,” Matthew goes on. “We never stopped writing. Brandon and I knew we had some great songs, so we actually recorded an initial version of the album. From there, we sent it to the other guys. We really perfected the songs together over time.”

With Kelly and Will in New York, John in Montreal, and Brandon in Chattanooga, the musicians congregated for sessions in New York and Vermont. They expanded the sonic palette by incorporating soundtrack-style synthwave elements more than ever before.

“Our cup of tea is making epic and cinematic music,” he exclaims. “We’ve always been like that. We try to put listeners in their own movie.”

The first single “What’s Done Is Done” would be the perfect trailer for that movie. Distorted guitar revs up the propulsive beat as the snappy refrain soars, “*All this time thinking what’s done is done, wasted time thinking that you were the one.*” Written and directed by award-winning filmmaker Michael Parks Randa [*Best Summer Ever*], produced in partnership with the Global Down Syndrome Foundation (GLOBAL), and starring Jamie Brewer [*American Horror Story*] and Zack Gottsagen [*The Peanut Butter Falcon*], the accompanying video world premiered at the *SXSW Film Festival*. It depicts a heartfelt and touching love story of a couple with Down syndrome. This moving visual hit especially close to home for Matt. Not only did he once hold a job at an adult transition facility program for people with disabilities prior to the birth of the band, but his niece also has Down syndrome. “What’s Done Is Done” might just be the beating heart of *One Is One*.

“As a society, we really underestimate the capabilities of the disability community, especially in the creative arts,” Matthew remarks. “We’ve been collaborating with Randa for years, and after seeing his inclusive film *Best Summer Ever*, we were energized by the idea of doing our part to help further inclusion in the music industry. When he brought Zack and Jamie to the table to tell a love story between two people with Down syndrome, the band was so excited. They’re both incredibly talented - I loved *Peanut Butter Falcon* and *American Horror Story*. It’s catchy and really sweet. It tells a different kind of story. Having a niece with Down syndrome, it’s really important for her to see herself on screen and feel included and to know that an amazing organization like the Global Down Syndrome Foundation is working hard to create a brighter future for her. It’s catchy and really sweet.”

A choir of synths glows through the opener “Villains” as Matthew’s voice resounds over glitchy percussion, “*Had a dream so good that I didn’t want to wake up.*”

“It’s about growth,” he notes. “The second date I went on with my wife was in Mexico. I think of those times and who I was then. I’m a lot healthier and happier now. My motivation and inspiration come from better places.”

Harmonies sway and seesaw atop an organic beat on “Ghost of Caddo,” while the vocals enchant and entrance.

“It’s an exercise in imagery,” he says. “Caddo Lake might be the only lake in Texas. It’s a spooky place, so I thought it needed a murder ballad.”

Cello and acoustic guitar glisten alongside high register vocal swells during “Thoughts On Seneca,” exploring stoicism. “In *The Daily Stoic*, Seneca is a wealthy well-to-do person,” the frontman elaborates. “He always had to work harder to prove his place, because he was not in a position of poverty. It’s an interesting paradox. To his point, where you set your intention is where you are.”

In many ways, the title track “One Is One” doubles as an intentional mantra shocked to life by a “*Nightrider-style*” soundscape punctuated by warbly robotic funk fire.

“It’s about daily meditation,” Matthew states. “You realize your mood and world outlook are choices. You can choose to recognize your place. You can choose to have a good day. You can choose to seek peace.”

In the end, Delta Spirit have gone deeper than ever with their most memorable body of work.

“This music was adventurous for us,” he leaves off. “It’s full of positivity and beauty. I hope those feelings are reflected back for people.”