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Rising Musical Star Xenia Sky to Perform at Attitudes in Reverse's® Second Annual Event on May 18, 2013

PRINCETON, NEW JERSEY (April 23, 2013) –After battling severe depression and anxiety for several years, Kenny Baker of Plainsboro, NJ, 19 years old at the time, completed suicide. His tragic death inspired his family to establish Attitudes in Reverse® (AIR) to pursue their mission of saving lives through education about mental health, related disorders and suicide prevention. Kenny's death also had an intense impact on former classmate and singer/songwriter Xenia Sky of Red Bank, NJ, who will perform at AIR's Second Annual Miki & Friends Walk & Run for AIR event on May 18, 2013 in the East Picnic Area of Mercer County Park, West Windsor, New Jersey. This event is being sponsored by PetSmart and Banfield Pet Hospital, and will continue to be held on the third Saturday in May in future years. This day holds spiritual significance for the Bakers: it is close to the anniversary of Kenny's death.

"I remember seeing Kenny sleeping by the courtyard at school every morning. His death had a profound effect on me even though I didn't know him well," Sky said. "We're all connected in a way we don't even know."

Sky had become friends with Kenny's parents, Tricia and Kurt, and sister, Katelyn. One of her songs, *Heart on Track*, was inspired by Kenny. "Tricia heard the song and asked me to play it at the first AIR event. The next year, I performed for AIR at an event with Marshall Crenshaw at Rider University," Sky said. Crenshaw is an American singer, songwriter and guitarist best known for his song, *Someday, Someway*, which was a top-40 hit in 1982. He also appeared in the movie *La Bamba*.

"I'm thankful to be part of AIR. Tricia and Kurt are so brave to start a discussion that's been needed for years. It's very unfortunate that a lack of understanding leads to judgment," Sky said. "The Bakers are so wonderful and I feel so much respect and gratitude for them."

"Xenia's song means so much to us, and we are so glad and grateful to have her perform at our annual events. Her performance, along with other musical talent; various dog demonstrations, including K-9, nose work, freestyle dancing and canine massage; pony rides and face painting for kids; and a 5K walk and run, which is certified, will make the event a fun day for people of all ages. We look forward to seeing many families at the event to enjoy the day, as well as learn about AIR and hopefully support our mission to save lives," said Tricia and Kurt Baker.

More

Building an Inspiring Career from a Young Age

“My dad played guitar and there were guitars around the house. I just picked one up and started playing it,” Sky said. “I pull from a lot of different things when I write. My mind’s processing things that I may not be conscious of and sometimes, I tap into something that hasn’t happened yet. For example, *Adam in the Fire* is about a relationship. A couple months after I wrote the song, that relationship happened.”

Sky’s songwriting talents were recently put to a challenging test in the Battle of the Instant Songwriters on a recent episode of *Late Night with Jimmy Fallon*, which was Sky’s first television appearance. “It was great! I had so much fun!” she said.

She had met Fallon’s producer and learned that he was looking for songwriters for the show. “I gave him my album and he gave me a topic, Mustard River, to write a song about and he asked me to be on the show,” Xenia said. “My friends gave me topics to practice with the whole weekend before the show. I wrote a lot of bad songs,” she said with a laugh.

Before the show, Sky and two other contestants had one hour to write songs – lyrics and music – and each of them was given a different topic. “I was relieved that I got *Turtle Sunrise*. I don’t know what I could’ve done with *Banana in My Pocket*, and *Clouds Are People, Too* was a better fit for that other contestant’s style,” Sky said.

Sky produced her first album, *Way Back Home*, in 2011 when she was 17 years old with Seraphic Records, a new label she learned about when she performed at the Stone Pony in Asbury Park. Sky is currently working on her second album, which she looks forward to recording this summer.

Visit www.xeniasky.com to view a video of her television performance, listen to her music, and see details of her tour and other highlights of her developing career.

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Attitudes In Reverse® (AIR) was established by Tricia, Kurt and Katelyn Baker of Plainsboro, NJ, in 2010, soon after their son/brother Kenny completed suicide following a long battle against severe depression and anxiety. Their mission is to save lives by educating students about mental health, related disorders and suicide prevention. In the first two years, they have presented to more than 10,000 students in middle and high schools and colleges in New Jersey and New York, and they have been invited to present at other schools in New Jersey, as well as Georgia, Vermont and Texas. AIR also includes an AIR Dogs: Paws for Minds™ program, through which displaced dogs with the ability to serve as Emotional Support Dogs, which are more than pets, are matched with individuals who have mental illnesses or developmental disabilities, thereby saving two lives with each match. For more information about AIR and its Walk & Run event, please visit www.attitudesinreverse.org.