



FOR IMMEDIATE RELEASE

**RON GALLO TO RELEASE NEW WEST RECORDS DEBUT
HEAVY META FEBRUARY 3rd, 2017**

**“YOUNG LADY, YOU’RE SCARING ME” VIDEO
PREMIERES TODAY VIA BROOKLYN VEGAN**



Ron Gallo is set to release his New West Records debut *Heavy Meta* February 3rd, 2017. The 11-song set is drenched in aggression and fuzz with themes ranging from his personal ideology on abstaining from drugs and alcohol, self-empowerment, domestication, dead love, not knowing yourself, mental illness and more. They often demonstrate a sense of frustration with the human race, balanced by the underlying hopefulness of an idealistic realist. Gallo is a “big-haired punk raised in the 90s” and he treads the line between two mindsets: 1. The world is completely fucked. And 2. The Universe is inside you. He states, “This record comes from my frustration with humanity and myself, and from my wanting to shake us all. At my core, I’m compassionate for humanity and the sickness that we all live with, and from that comes something more constructive.” With the current political and societal climate, now is the perfect time for an album like *Heavy Meta*. He offers, “Party is over - this is the beginning of true personal responsibility for ourselves and our world and so we must LIVE truth, be freaks, be fearless, be light, love and be our best selves.” The record will be available digitally, on compact disc, as well as Pepto pink colored vinyl and is available for pre-order with additional incentives via [Pledge Music](#) as well as [Bandcamp](#). Brooklyn Vegan premiered the video for first single “Young Lady, You’re Scaring Me” [HERE](#).

Ron Gallo got his musical start during his eight-year stint as leader of the Philadelphia combo Toy Soldiers. The band began as a guitar/drums duo, evolving into a sprawling 12-piece and eventually settling into a more manageable quintet before calling it quits in 2014. Most of the songs on *Heavy Meta* were written in a Philadelphia bedroom over the course of a multi-year relationship with a woman experiencing heavy personal struggles. Once that relationship ended, Ron relocated to East Nashville to complete the album in the wake of a personal reawakening and musical rebirth. He recorded the songs in small batches without the initial intention of making an album, and without the support of a record

label. “They were written and recorded over the most intense and transformative years of my life,” Gallo states. “Coming out on the other side, I now look at my past as a hazy dream where I did not know myself or the world at all. I still don’t know anything, but I’m closer than before. There is so much to learn outside of your comfort zone.”

Already earning a reputation for rousing, uninhibited live shows that have resulted in appearances at this year’s Bonnaroo and Austin City Limits festivals, Gallo is looking forward to taking *Heavy Meta* on the road with his band rounded out by bassist Joe Bisirri (who also co-produced and mixed *Heavy Meta*) and drummer Dylan Sevey. “I love touring,” he says. “For me, the live show is the most alive and in-the-moment place on Earth. There is no time to overanalyze, and I just let things unfold in some sort of controlled chaos and surrender to what seems right in the present moment.”

Ron Gallo *Heavy Meta* Track Listing

1. Young Lady, You’re Scaring Me
2. Put The Kids To Bed
3. Kill The Medicine Man
4. Poor Traits Of The Artist
5. Why Do You Have Kids
6. Please Yourself
7. Black Market Eyes
8. Can’t Stand You
9. Started A War
10. Don’t Mind The Lion
11. All The Punks Are Domesticated

Ron Gallo On Tour (Many More Dates To Be Announced)

November 30th - Chicago, IL Schuba’s Communion Night
December 31st - Raleigh, NC Contemporary Art Museum
January 13th - New Orleans, LA Gasa Gasa
January 14th - Birmingham, AL Saturn
March 9th, 10th, 11th - Savannah, GA Savannah Stopover Festival

RonGalloMusic.com
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