



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

***NPR MUSIC* PREMIERES "PLEASE YOURSELF" VIDEO TODAY - GALLO  
DISRUPTS DOWNTOWN NASHVILLE'S BUSIEST INTERSECTION**

**TO SUPPORT HURRAY FOR THE RIFF RAFF US TOUR**



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. The songs 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

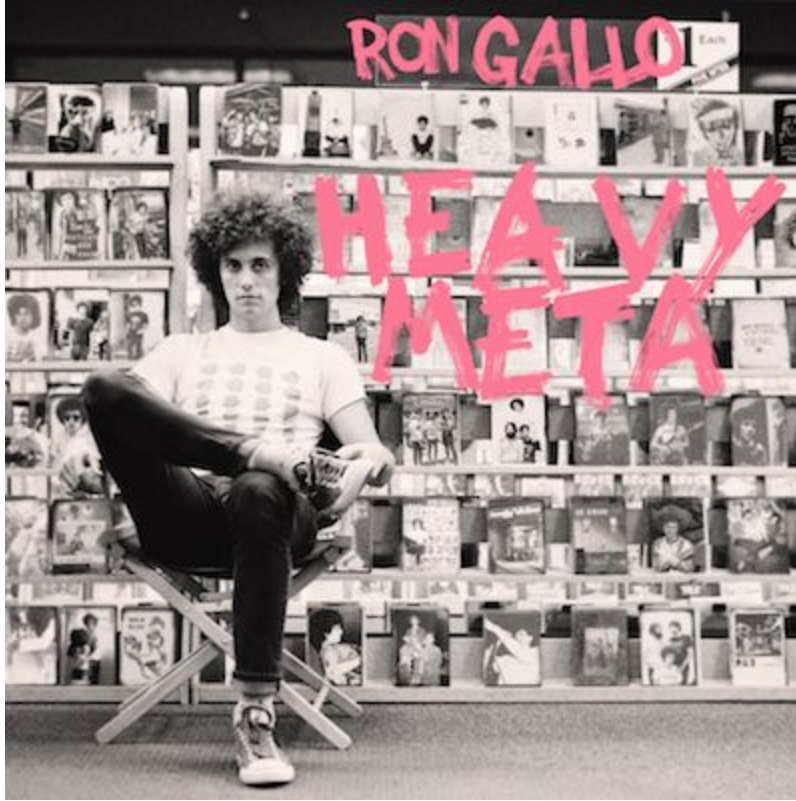
true personal responsibility for ourselves and our world and so we must LIVE truth, be freaks, be fearless, be light, love and be our best selves."

On the night of Saturday, November 19th, Ron Gallo, his band, and director Joshua Shoemaker loaded a PA system and bolted their gear to a small wooden stage in the back of a Ford F-150 truck and shot the video for his new single "Please Yourself" in the middle of downtown Nashville's busiest intersection. Shot entirely in one take, **NPR Music** premiered the guerrilla style clip today which can be seen [HERE](#). **NPR Music** stated, "In the spoken-word manifesto Gallo delivers before jumping on the truck, he raises an eyebrow at his generation for creating legacies that add up to no more than 'an impressive collection of digital remarks.' Gallo's noisy tricksterism is designed to counter such surface stuff. He succeeded for three-minutes plus on Lower Broadway; this kid, the video portends, can and might do anything."

*HEAVY META* 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 *HEAVY META*'s first video for the song "Young Lady, You're Scaring Me" and can be seen [HERE](#). Ron Gallo has also announced headline dates as well as a US Tour in support of Hurray For The Riff Raff (please see all dates below).

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:**

- December 30 – Asheville, NC @ Mothlight\*
- December 31 – Raleigh, NC @ Contemporary Art Museum Raleigh
- January 13 – New Orleans, LA @ Gasas Gasas
- January 14 – Birmingham, AL @ Saturn
- February 4 – Nashville, TN @ Hi-Watt
- February 19 – Louisville, KY @ Zanzabar
- February 20 – Chicago, IL @ Subterranean

February 21 – Pittsburgh, PA @ Spirit  
February 22 – Baltimore, MD @ Metro Gallery  
February 23 – Brooklyn, NY @ Baby's All Right  
February 24 – Philadelphia, PA @ Creep Records  
February 25 – Lancaster, PA @ Lancaster Roots and Blues  
February 26 – Richmond, VA @ Strange Matter  
February 27 – Chapel Hill, NC @ Local 506  
March 9 – Savannah, GA @ Savannah Stopover Festival  
April 16 – Northampton, MA @ Academy of Music Theatre  
April 18 – Cambridge, MA @ The Sinclair#  
April 19 – Cambridge, MA @ The Sinclair#  
April 20 – New York, NY @ Bowery Ballroom#  
April 21 – Philadelphia, PA @ World Cafe Live (Downstairs)#  
April 23 – Washington, DC @ 9:30 Club#  
April 24 – Cincinnati, OH @ Woodward Theater#  
April 25 – Cleveland, OH @ Beachland Ballroom#  
April 27 – Ferndale, MI @ The Magic Bag#  
April 28 – Chicago, IL @ Thalia Hall#  
April 29 – Madison, WI @ High Noon Saloon#  
April 30 – Minneapolis, MN @ Fine Line Music Cafe#  
May 2 – St. Louis, MO @ Old Rock House#  
May 3 – Nashville, TN @ Mercy Lounge#  
May 4 – Birmingham, AL @ The Saturn#  
May 5 – New Orleans, LA @ Civic Theatre#

\* appearing with Nude Party, The All-Arounders

# appearing with Hurray For The Riff Raff

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