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FOR IMMEDIATE RELEASE
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DEBUT ALBUM FROM "THE LIFT UP:" *WITHOUT DREAMS, WE ARE ONLY SLEEPING*, FOR SALE ON TUESDAY, SEPTEMBER 10, 2013

Album Release Party to be Held That Evening at Khyber Pass Pub

(PHILADELPHIA, PA) The debut album from "[The Lift Up](#)," [Without Dreams, We Are Only Sleeping](#) will be released in striking fashion with a party at Philly's own [Khyber Pass Pub](#) (56 South Second Street, Philadelphia, Pennsylvania, 19106) on **Tuesday, September 10, 2013 at 9:00 P.M.*** This is the album that fans of bands such as "The Situation" have been waiting for, but thought might never happen. Fortunately for those fans, and others sure to follow, *Without Dreams...* is a grand slam of an album that will take listeners back in time even as they will hear sounds as fresh and crisp as anything heard on a favorite indie radio station today.

"The Lift Up" consists of [Joe Castro](#) (Prospect Park, Pennsylvania) on lead vocals and guitars, Larry Zappaterrini (Malvern, Pennsylvania) on bass and backing vocals and John Paul Travis (Wilmington, Delaware) on drums, backing vocals, and piano. This trio played together with "The Situation" but has chartered heretofore unknown territory with this melodic, catchy, nine-song set, all penned by Castro. Fans of the trio will be able to download the album on Tuesday, September 10th, 2013 and see the band perform tracks from it that evening. A Delaware show to celebrate the album release is forthcoming.

The record was co-produced by the band and Grammy-nominated producer, Jim Salamone at Cambridge Sound Studios in Newtown, Pennsylvania. He has worked with artists such as Bon Jovi, Vanessa Williams, Teddy Pendergrass, and Grover Washington, Jr. The songs on *Without Dreams . . .* alternate between aggressive, modern rock garage stompers and quiet moments of equally intense sonic reflection. Lyrically, the songs deal with the pressures of adult life and of trying to survive under the constant weight of one's past.

The opening chords of "All We Ever Wanted" will grab listeners and not let go. The storytelling in "Norfolk Street" might make Glen Hansard add another cover to his setlist, or save that one for the next "Frames" project. The jangly guitar and melancholy feel of "As Always is Never Again" perfectly rues the end of summer, and the title track wraps up these original pieces with typical power and beauty.

Although officially forming in 2012, the three band mates are old friends, having played together previously in "The Situation." Fronted by songwriter Christopher Tucker, and signed to Elephant Stone Records, they released the *Reece Nasty EP* in 2003, followed by their self-titled LP in 2006. Both garnered critical praise. The band toured America, and opened for The Strokes, The Libertines, Nada Surf, and Arthur Lee & Love, among others. The group disbanded in 2006 following Castro's departure.

Speaking about the split, Castro says "by the time it ended, I was completely burned out on the music business. It just killed any joy in making music for me." In the years that followed, he switched his focus toward art, gaining a solid reputation as both a collage artist and painter, showing in galleries and art spaces across the United States, Canada, Italy and the United Kingdom. In fact, Castro also [designed the cover](#) (*hi res file available by request*) for this CD and is one hot visual artist: his collage work is going to shown in a new book, "[The Art of Collage: Contemporary Collage in Modern Art.](#)" and he is also the featured cover artist for a quarterly art publication called [The Artist Catalogue](#), in their fall 2013 issue.

After receiving an acoustic guitar as a gift from his wife following the birth of their daughter, Castro began to fall in love with music again, writing songs and, for the first time, singing them himself. "I would spend these long nights singing to the baby, trying to help her go to sleep. And I discovered I really enjoyed singing." Before long, he reached out to Larry and John Paul to form "The Lift Up." "There was never a doubt in my mind that if I decided to form a new band, it would be with John Paul and Larry. There's real musical chemistry there and, given our history, I think we all felt there was some unfinished business."

Deciding to remain a three piece, the band took its influences primarily from classic punk trios like The Jam, Husker Du, The Minutemen, and Agent Orange, while also incorporating a deep love for The Smiths, The Ramones, The Clash and the songwriting of Tom Waits, Leonard Cohen, and Nick Cave. "This record was really back to square one for me, as a musician" says Castro. "It was about finding my vocal style, and about becoming a writer rather than just some flashy guitar player. The simplicity of 1950s rock-n-roll and early punk bands like The Ramones and The Heartbreakers played a big part in my learning how to write songs and was definitely a heavy influence on the record."

Former reviewer for [pluginmusic.com](#) and *Big Shout* magazine Tim Pervious on *Without Dreams* . . . : *I'm very impressed. An emotionally evocative, solid, sonically, superior record. If you've heard Joe's passionate, infectious, colorful guitar playing in any of his previous four bands, his six string section's never short of brilliant on this. It's a player sure of himself, hitting his stride . . . some of the most beautiful sounds I've ever heard him make. But this isn't an experimental art music project. Joe's playing always seemed to hit me in the chest, and make my head spin with excitement. [Now he's written lyrics to match.](#) He's written these songs with some of the smartest, cleverest turns of phrase that let you know exactly where you are, images instantly clear, and you've been there; you've felt what he's telling you. Bassist [Larry Zappaterrini](#) and drummer [John Paul Travis](#) have a lot of recordings and shows together with Joe in their collective past -- this might be their best work. Larry's always been the musical shadow to Joe's light, impossible to separate and biologically codependent, melodic and compelling. Travis is tight and on point, nailing a song's accent where you won't miss it, cutting it up, and pushing you on. Joe's songwriting and guitar playing have matured to allow him to sing, and his voice grabs you, honest, raw, smooth, clear, and strong. There's heartbreak, numbing disbelief at life's bitter cruelty, and reinvigorating joy that'll get you to jump up and shout your committed defiance to hang in there and achieve what you believe. All of his influences are boiled and cured, and now pour out like a smooth, sweet blend. If you love great songwriting and give-it-all performances, you'll love this record.*

Without Dreams . . . is a strong introduction to the band that will leave listeners wanting more. It will be available digitally at most major outlets (iTunes, Amazon, Spotify, Napster, Rdio, etc.) as well as a limited edition CD, which is now available through [The Lift Up's website](#) and at their shows. The album is being distributed through [mondotunes.com](#). Visit [The Lift Up's website](#) to learn about additional live dates to be announced soon.

*Check exact show time for "The Lift Up" closer to date of show [by calling the Khyber Pass Pub](#) at 215.238.5888.

Photo caption: (L-R) Larry Zappaterrini (bass), Joe Castro (guitar), and John Paul Travis (drums) .