



"Digging Out in the Heartland" is the fourth recording of original music by award winning Milwaukee singer songwriter **John Stano**. Produced by Mike Hoffmann, (Willy Porter, The Spanic Boys) the record is inspired by life in the Midwest and features John's unique song writing, stellar rack harmonica work and expressive vocals. Several great guest musicians round out this collection of varied tempo folk ballads, blues and Americana. The album also contains three instrumentals, two on twelve string and one on National resophonic guitar.

John is a three time Great American Contest finalist. He is a six time Wisconsin Area Music Industry Award (WAMI) Nominee, a Great River Folk Festival Songwriting Contest Finalist and received a 'Wisconsin Singer Songwriter Series Songwriter of the Year' award. He represented Wisconsin in the solo/duo category at the 'International Blues Challenge' in Memphis and was also a 'Big Top Chautauqua Songwriter of the Year' National Finalist.

Reviewers of "Digging Out in the Heartland" have said: *"His vocal resemblance to John Prine may be a plus for some, but Stano's songwriting voice is his own, apt for the folksinger's task of chronicling the local while relating it to the universal."* Shepherd Express

"His guitar just sings-the tone is lovely and his technique is outstanding." Bay View Compass

All tracks radio friendly and written by John Stano

1. 'One-Man Band' 5:40 The title says it all. Mid-tempo Folk Singer songwriter. I played all the instruments.

2. 'Trouble' 4:20 Started out as a song about insomnia and took a left turn from there. I play my 'Signature Model' John Stano Factory Smokertone cigar box slide guitar and the floorboards of the studio. I added some electric harp too. Up-tempo Blues Americana.

3. 'Twelve Foot Wall Around Heaven' 2:58 The chorus came to me in a dream sung by the lowest voice in a gospel choir. The rules to get into heaven have changed for the protagonist in this song. With Patrick Patterson on clarinet. Folk-Gospel-Polka?

4. 'Get Out to the Country for a Day' 3:27 Up-tempo Folk Blues with a Louisiana twist. Jack Forbes Wilson adds a great piano part.

5. 'Dry Run Road' 8:13 My friend Scott's place on Dry Run Road has been a longtime refuge to a colorful cast of characters. The people and the place deserved their own song. Recorded on location with my longtime musical friends, 'The Tones.' Mid-tempo Folk Americana.

6. 'Tired of Sittin' Around Waiting for Nothing to Happen' 2:49 Sometimes it's hard to get things accomplished no matter how hard you try. I channeled some of that 'waiting' frustration into writing this song. Up-tempo Folk Americana.

7. 'This Old Guitar' 3:12 After a long needed neck repair my first good guitar had this song waiting inside. Mid-tempo Folk Americana.

8. 'People Call me Bukkah' 3:52 A recorded interview of the great bluesman Bukkah White talking about his life inspired the lyrics and hopefully this song honors his memory. I performed this on a period parlor guitar from the 30's and borrowed a few of Bukkah's riffs too. Up-tempo Country Blues.

9. 'Ghost Sanctuary' 4:10 Twelve-string instrumental recorded in the First Unitarian Society of Milwaukee Church Sanctuary that inspired it.

10. 'Digging Out in the Heartland' 4:13 Title Track. Inspired by the polar vortex and life in the Midwest. With Dennis Waltman on Dobro. Folk Americana.

11. 'Walkin' Across the Water Like We Used to Do' 3:04 Inspired by the bridge that crosses Sturgeon Bay, WI and it's pedestrian lane that allows one to 'walk on water.' There's music video for this on my website. Up-tempo Folk Americana.

12. 'Non-Ultra Joy' 3:18 Up-tempo Twelve-string instrumental with slide. Also recorded at the First Church Sanctuary.

13. 'Further On Down the Line' 4:32 One of my oldest songs that I still sometimes perform at the request of fans. I realized that I never recorded it so thought I'd add it as a memento. It was fun to sing harmony with myself too. Up-tempo Folk.

14. 'Iowa City Hotel Room 1am' 3:09 Quiet National Steel slide guitar instrumental that came to me late one night.

15. 'Crowbar Road Breakdown' 1:52 I pass this road all the time and felt it needed to have a song written about it. It's a crooked road. Up-tempo Folk Americana.

For tour dates and press kit visit www.johnstano.com

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