

**For Immediate Release:**

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**The Head and the Heart**  
**to Headline the Budweiser Main Stage**  
**at the 38<sup>th</sup> Annual AT&T Norfolk Harborfest<sup>®</sup>**  
***The Official Kick-off to Summer!***  
**June 6– June 8, 2014**

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**NORFOLK, VA – (March 21, 2014)** –Norfolk Festevents announced today that national recording artists The Head and the Heart will perform LIVE on the Budweiser Main Stage in **Town Point Park** on **Friday, June 6, 2014** during the **38<sup>th</sup> Annual Norfolk Harborfest<sup>®</sup>** on the downtown Norfolk, VA waterfront. **The Concert is free and open to the public.**

For three memorable days, the Downtown Norfolk Waterfront transforms into an exciting playground for people of all ages. The historic waterfront festival offers a weekend packed with exciting activities on land and sea! Harborfest<sup>®</sup> includes tall ships and the Parade of Sail, the largest fireworks show on the East Coast, local, regional and national entertainment, family activities, unique and unusual performances, water activities and much more.

**The Head and the Heart presented by 94.9 the Point**  
**Friday, June 6, 2014**  
Budweiser Main Stage  
Concert Time: 8:30pm

It wasn't that long ago that the members of Seattle's The Head and the Heart were busking on street corners, strumming their acoustic guitars, stomping their feet and singing in harmony as they attempted to attract the attention of passersby. That unbridled energy informed their earliest original material, which was honed in local clubs before eventually being captured on the band's 2011 debut album for hometown label Sub Pop.



Then, something unexpected happened. That music began to reach audiences all over the United States and the rest of the world, and The Head and the Heart went from playing open mic nights to selling out headlining shows in prestigious venues. The album became one of Sub Pop's best-selling debut

releases in years. And slowly but surely, ideas began to form for the band's second album, imbued with the experiences of traveling the world and cultivating a listenership with a deep connection to the music.

"There is a certain level of confidence gained from having such an amazing fan base," says group member Jonathan Russell. "You start to trust yourself more. When we were busking, we were filling so much space to keep the listener from walking away. Now we are in a very different situation." Adds group member Josiah Johnson, "We wanted to write songs that felt bigger, and didn't need to be so frantic. I think for the most part we wanted to record an album that sounds like the way we play now."

Indeed, The Head and the Heart's new release, *Let's Be Still*, is a snapshot of a band that didn't exist just four short years ago. Virginia native Russell and California transplant Johnson formed the core songwriting partnership, which was rounded out by drummer Tyler Williams, keyboardist Kenny Hensley, vocalist/violinist Charity Rose Thielen and bassist Chris Zasche, who'd met Russell and Johnson while tending bar at an open mic they frequented. The nascent group dove headfirst into writing, recording and performing, and even moved into the same house to ensure that inspiration could strike at any moment.

"The first record was very thematic. It just had to do with all of us being together and writing songs, and leaving home to come to Seattle," says Thielen. "I honestly don't know if there is a theme this time around. There are things that stick out, like the idea of going from busking to becoming a full-on band and touring like crazy." Adds Williams, "Before we started recording, I wondered, 'What if this doesn't work? What if the momentum dies down?' But once we got in there, we realized that we felt so good together doing it. The weight was lifted. It was like, 'Right! This is what we do.'"

*Let's Be Still* was recorded at Seattle's Studio Litho with assistance from prior production collaborator Shawn Simmons. Later, the band traversed the country to mix the album in Bridgeport, Conn., with Peter Katis, revered for his work with bands such as the National, Interpol and the Swell Season. The 13 tracks here build naturally on both the sounds and themes of the debut, from the piano and violin-dappled opener "Homecoming Heroes" and the heartfelt "Josh McBride" to vibrant, bouncy future concert staples "Shake" and "My Friends." "The first record was written and recorded with a lot of limitations. It's almost easier that way," says Zasche. "This time around, with more time and resources, there were few limitations, so we had to be in charge of keeping a focus and not getting distracted but at the same time exploring the options available. It wasn't easy, but from this I think a clearer, more focused record has been made."

Band members point to "Another Story" as a moment that embodies their collective creative spirit. Russell wrote the song shortly after the elementary school shooting in Sandy Hook, Conn., but hadn't showed it to anyone in the band except Johnson. "One day everyone was taking a break from tracking and I was sitting in my booth and started to play this song," Russell recalls. "You could hear what I was doing in the control room and then one by one, a bandmate would walk in, grab their instrument and start playing along. We didn't talk about it. We didn't have to go back and rearrange anything. It was all there." Adds Williams, "Jon is so smart about waiting to introduce new ideas. He knows when the mood will be right." Says Johnson, "The song was undeniable, and the vibe didn't change from when he was playing it acoustically. Everybody just lifted it up, in the way that this band does."

On the opposite end of the spectrum was "Gone," which dated back to sessions for the debut album but didn't make the cut the first time around. The band wrestled with the arrangement while performing it live for several years, and finally cracked the code after adding a laid-back bass-and-drum groove to the beginning. Described

by Thielen as "striking" in its solo acoustic form, Johnson's "Fire / Fear" underwent similar revisions until the rest of the band settled on a new progression to link the verses together. "There is a lot more patience in the music," says Russell. "I think that has a lot to do with feeling more comfortable as a songwriter and a performer."

During the mixing process, Katis was tasked with polishing what Johnson describes as "a beautiful mess" of finished tracks. Says Williams, "We have a certain energy when we play shows that didn't translate to the first record. I was getting worried about that before we went to Peter's. Things seemed a bit muted and dry to me. But I didn't realize how much mixing could change a record. Peter actually went in and messed with tones, had some production suggestions and wound up really being the right guy to help us finish the record." "His mixes turned the songs around, and breathed vibrancy into them," says Thielen. "He added some auxiliary details that helped make things more full-bodied, but still within the realm of what we do. It was really refreshing." With Let's Be Still ready for release, The Head and the Heart is eager to return to the road to further hone the musical bond its members formed in such whirlwind fashion. "When I think about the two records together, the first one feels like we all wanted to fulfill this dream we'd had about playing music, meeting people and traveling around," says Williams. "This one feels like the consequences of doing that -- what relationships did you ruin? What other things did you miss? You always think it will all be perfect once you just do 'this.' And that's not always the case."

Adds Russell, "Has there been an impact on our lives since we have become full-time musicians? Sure. No band wants to write that second record about how hard they have it. But it's hard to get around all of it. There are a few songs on this record that express the band's hardships for sure. On one hand, it's everything you have ever wanted. On the other hand, you start to miss the things you've lost and had to give up. And that's just life. My job is to write about it."



**What:** 38<sup>th</sup> Annual Norfolk Harborfest® presented by AT&T

**When:** Friday, June 6 – Sunday, June 8, 2014

**Time:** Friday, June 6: Noon – 11pm

Saturday, June 7: Noon – 11pm

Sunday, June 8: Noon – 6pm

**Where:** Town Point Park, Downtown Norfolk, Virginia Waterfront

**Admission:** Free & Open to the Public



To get the latest updated information on Norfolk Harborfest be sure to LIKE us on Facebook and Twitter!

**Special Note:** Lawn Chairs and blankets are welcome. Coolers, food and soft drinks are permitted. No alcohol or glass is permitted; food and alcohol will be available for purchase during the festival.

For more information about the entire weekend's events, please visit [www.festevents.org](http://www.festevents.org) and or call 757-441-2345. **The 38<sup>th</sup> Annual Norfolk Harborfest®** is produced by Norfolk Festevents and presented by AT&T and the City of Norfolk.

**38<sup>th</sup> Annual Norfolk Harborfest** is sponsored by: W.F. Magann Corporation, Crofton Industries, Norfolk Waterside Marriott, Chrysler/Jeep/Dodge/RAM/Fiat, CFE Equipment Corporation, Budweiser, Pepsi, Norfolk Plumbing, Spirit of Norfolk, 94.9 the Point, 101.3 2WD, 95.7 R&B and Z104

#### **About Norfolk Festevents, Ltd.**

Norfolk Festevents, Ltd. is a private not-for-profit organization dedicated to producing city celebrations including premier concerts, festivals, ship visits, and special events for the residents and guests of Hampton Roads. Since 1982, Norfolk Festevents has garnered international acclaim for its outstanding quality of programming. Norfolk Festevents is the official event marketing and production agency for the City of Norfolk.

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