

FOR IMMEDIATE RELEASE

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Shawn Stelton Releases New Album April 9

St. Louis Park, MN, March 21, 2016 -- Shawn Stelton, singer/songwriter and St. Louis Park resident, is celebrating the release of his newest CD, *Wallflower's Lament*. The event includes sale of his new album and live performances by Shawn and local author and songwriter, Jim Walsh.

Shawn Stelton CD Release Show

With Special Guest, Jim Walsh

Saturday, April 9, 2016 from 7:00 to 9:00 p.m.

Studio 2, 818 West 46th Street, Minneapolis, MN 55419

His latest release, *Wallflower's Lament*, has a pleasant combination of catchy melodies, engaging arrangements, and lyrics that tell stories. The songs were written over a 14 month span and were spurred on by Shawn's participation in the Jeremy Messersmith Songwriting Sessions. "I saw a post on Facebook announcing the lessons and was thrilled with the opportunity to learn from someone who I greatly admire," stated Shawn. "The best part about working with Jeremy is getting affirmation from someone I respect and hold in high regard for the music he writes and plays." Most of the focus was on carefully editing lyrics and writing songs to fit genres and topics. The experience was both challenging and rewarding, inspiring Shawn to have his most prolific songwriting period of his career. The guidance of Messersmith showed Shawn a new approach to songwriting that is evident in the poignant, touching songs on his newest album.

Shawn drew inspiration for his album from both personal experiences as well as from writing prompts from Mr. Messersmith. The hauntingly melodic "Hold On" was written after reading the final post of a friend's Caring Bridge website whose wife had just passed away. The post was a celebration of their life together and expressed joy in the many journeys they took. It inspired Shawn to reflect on life as a journey of not knowing what is ahead, but jumping in anyway because you have faith the road you are on is where you are suppose to be. The song focuses on the need to be loved and comforted right up until the moment you take your last breath.

Storytelling is at its prime in the song, "Good Night." It was based on an assignment Jeremy gave to write a song for a funeral of a friend or family member. As the song progresses from beginning to end, it shares vivid stories about it "being too late to say good night" -- each verse with its own twist on what that means. At the start, it brings a smile to your face detailing the beautiful beginnings of a new relationship, like silly moments doing a magic trick on a first date to falling in love while dancing to Elvis. You soon realize the song won't have a happy ending as Shawn sings softly, "the only way to keep your memory is to cry." It ends by pushing listeners to darker places and will have you exploring the heartbreaking feelings of losing the person you love most.

These songs have been honed through numerous live performances. Shawn had an active past year starting with his first Mad Ripple Hootenanny with author and songwriter, Jim Walsh. Shawn plays several times monthly at such places as The Aster Cafe, The 318 Cafe, The Beat Coffeehouse, and Gingkos. He is also a regular guest of the St. Louis Park Lion's Club playing their annual corn feed and holiday dinner. Rift Magazine writer and co-editor Rebecca Marx wrote of Shawn's performance, "His soaring vocals are reminiscent of vocalist Grant-Lee Phillips of Grant Lee Buffalo fame." The influences of Elvis, The Beatles, and The Beach Boys can be heard in his vocal styling as well. He is just as comfortable singing "God Only Knows" as he is ripping into "Suspicious Minds."

By day, Shawn teaches language arts to 7th graders in Bloomington; all other spare moments are spent on songwriting and performing. His passion for music started at the age of 10 singing his own composition at the Redwood Deck at the Polk County Fair in St. Croix Falls, WI. He has written hundreds of songs since then as both a solo artist and with bands like Kip, i with us, Phlasa, and R-Gie-Ooh. Shawn's talent for writing was highlighted with a first place finish in the City Pages "Rock Out Romeo" songwriting competition in 2010. The song, co-written with his good friend Steve Sanders, was a rewrite of the classic Shakespeare story.

The momentum continues into 2016 with the release of his new album. Shawn's CD Release show is a great opportunity to hear songs from the most prolific songwriting period of his career. The event is free and open to the public. The album is also available for sale on iTunes and streaming on Spotify. Learn more about Shawn and find links to his music at www.ShawnStelton.com.

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