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Mettafour Records releases Jon T. Howard's latest solo project, *Time For Something New*, June 12, 2007.

(Austin, Texas) On his latest release *Time for Something New* (Mettafour Records - #KRM-CD-1135) Jon T. Howard writes uncompromisingly honest songs and presents them with verve and nonchalance, something which might give you pause to think, since his father went to jail early on and life began to move him around. Through wonderful melodies and intertwined lyrics, discerning listeners will detect a psyche who has warred with a lifetime of train wrecks yet still has hopes and dreams for himself and others.

"The album is a bookend of what I've lived through and been a witness to," says Jon T. Influenced by 70's rock, he evokes the traditions of Tom Waits and Jackson Browne in his honest lyrics and gravelly voice.

Time For Something New is a soulful blend of roots, rock, and blues. Old and new friends joined in with Shawn Pelton, who has recorded and toured with Sheryl Crow, Rosanne Cash, Shawn Colvin and Marc Cohn on drums; Duke Levine, who has spent years as Mary Chapin Carpenter's guitarist, on guitars and mandola; Paul Bryan, who records and tours with Aimee Mann, played bass; Ben Wisch added Wurlitzer and keyboards; Greg Krueger played guitar and mandoguitar, and Stephanie Winters is featured on cello. Amy Helm & Glenn Patscha from *Ollabelle* provided harmonies. The CD was recorded in New York City and produced by Ben Wisch. Wisch also produced Grammy winner Marc Cohn's first two records including *Walking In Memphis*.

"A Walk in the Park" demonstrates Jon T.'s ability to enjoy the simple pleasures of being alive. Whereas tracks "Potterville" and "St. Charles" display an ironic culmination of his emotional journey and the acknowledgement of his own demons.

The Harley riding athlete's struggles with love and life are at the forefront on "Lada Dee, Lada Doe" he says..."love will break your stride if you let it." Married three times, he's qualified to comment on messy matters of the heart as heard in his songs "Time For Something New" and "Sometimes It's Love."

Jon T. paints vivid pictures of heartache, loss and redemption in "Potterville" and "In The Eyes of Love," and "Throw Another Penny" brilliantly illustrates how he turns suffering into song.

No great singer-songwriter can keep a secret; they owe it to their audience to come clean. Jon T. is ready for the scrutiny. He shares a particular earthy quality and brutal honesty with writers such as Leonard Cohen, Steve Earle and Bruce Springsteen.

Jon T. Howard grew up the hard way. Few songwriters have lived to tell the tales that he serenely lays to paper and song. Romantic and masculine, bluesy-bitter and folksy-forgiving, his understated and unvarnished lyrics cut to the heart of a complex soul.

"Laidback and heartfelt...rootsy melodic pop-rock a la Tom Petty, The Eagles and Dire Straits."
– Easy Rider Magazine