

• BRAND NEW RELEASE FROM THE LEADER IN WEST COAST BLUES •

DELTA GROOVE MUSIC

THE INSOMNIACS

Left Coast Blues

"**Left Coast Blues**" is the impressive debut release by one of the youngest and most promising blues bands currently performing in the Pacific Northwest. Based in Portland, Oregon, a region that has been home to such nationally recognized talent as **Robert Cray**, **Curtis Salgado**, and **Paul deLay**, **The Insomniacs** have quickly established themselves with a solid reputation for delivering highly energetic live performances, along with intoxicatingly melodic, well crafted originals.

The band is led by 25 year-old vocalist/guitarist **Vyasa Dodson**, who draws inspiration from many of the Left Coast's most highly regarded and influential musicians including **Hollywood Fats**, **Little Charlie Baty** and **Junior Watson**. Accompanied by **Dean Mueller** on bass, **Alex Shakeri** on keyboards, and **Dave Melyan** on drums, **The Insomniacs** have successfully blended together an irresistible and potent mix of vintage swing, blues and classic rock'n' roll, designed to reach out and appeal to both a broad and youthful audience.

In just a short period of time the band has already accumulated numerous awards and critical praise including a **2006 Muddy Award** for "**Best New Act**" presented by the **Cascade Blues Association**, and airplay on the nationally syndicated radio news/talk program, the **Ed Schultz Show**, which has over 3 million listeners and is heard on over 100 affiliate stations across the nation. It's now time to stop counting sheep and begin occupying those sleepless nights more effectively with the rejuvenating sounds of **The Insomniacs!**

"Left Coast Blues is an album that should create attention with its danceable shuffles, tasteful guitar and rollicking piano. The Insomniacs definitely have a winner here." – Blues Notes

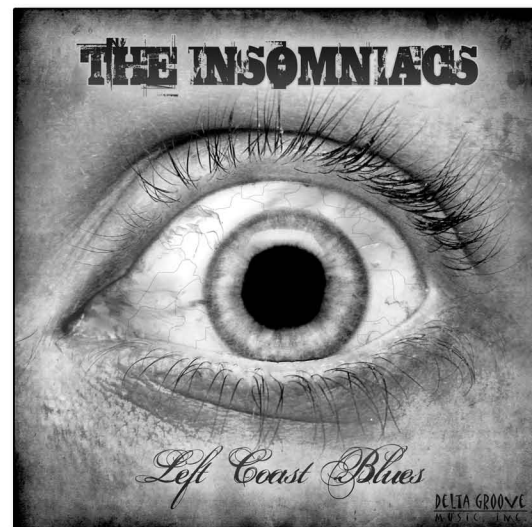
"...the quartet is schooled, competent, tight and inventive." – The Oregonian

"When it comes to jump blues and cool old RnB, the Insomniacs are true keepers of the flame!"
– Phil "Suburban Slim" Wagner

- **2006 Muddy Award** winners for "**Best New Act**"
- Nationally syndicated radio talk show host **Ed Schultz** used the song "I'm Not Sorry" to open one of his programs on which he proclaimed **The Insomniacs** to be the "official band of the Ed Schultz Show."
- "**Left Coast Blues**" features two bonus tracks recorded live at the "**What Love Is**" movie industry premier afterparty at the world-famous **Avalon** club in Hollywood, CA.
- "**Left Coast Blues**" will be serviced to over 1,200 commercial and non-commercial radio outlets including **AAA**, **NPR**, **Satellite**, **Americana**, **College** and **Roots & Blues** programming.
- Print ad campaign featuring full page color ads in publications including **Living Blues**, **Big City Blues**, **Blues Revue** and **Southland Blues Magazines**.
- **The Insomniacs** will be touring in support of "**Left Coast Blues**."
- **Posters** and **in-store play materials** available for retail upon request.

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ARTIST: The Insomniacs
TITLE: Left Coast Blues
FORMAT: Compact Disc (13 Tracks)
LABEL: Delta Groove Music
RELEASE DATE: August 21st, 2007
CATALOGUE NUMBER: DGPCD117
UPC NUMBER: 850021001179

THE INSOMNIACS:

Vyasa Dodson: vocals
Dean Mueller: bass
Alex Shakeri: keyboards
Dave Melyan: drums

TRACK LISTING:

01. **Stick Around** (4:26)
02. **Serves Me Right** (4:28)
03. **Watch Your Mouth** (3:11)
04. **Stuttering Blues** (4:02)
05. **Crime Scene** (2:55)
06. **Wrong Kind of Love** (3:18)
07. **I'll Treat Your Right** (3:17)
08. **I'm Not Sorry** (4:43)
09. **Shake the Chandelier** (3:24)
10. **I Got Money** (3:14)
11. **Be Quiet** (2:48)

BONUS TRACKS

12. **Serves Me Right** (5:33)
13. **No Wine, No Women** (4:16)

More info, audio clips, photos & press kits are available at:

WWW.DELTAGROOVEMUSIC.COM

