



FLIGHT METAPHOR TO RELEASE SELF-TITLED ALBUM ON NOVEMBER 21

Omaha rock outfit releases their story-driven epic "Flight Metaphor" at the Slowdown with guests Rock Paper Dynamite, Through the Stone, and Pelican Rodeo

(OMAHA, Neb.) November 11, 2015 – **Flight Metaphor** of Omaha, Nebraska is proud to announce the release of their third full-length recording, *Flight Metaphor*. The band will celebrate with a CD release show at The Slowdown on Saturday, November 21st at 9pm.

The album was engineered and mixed by Cody Bailey at **Bailey Recording**, and mastered by Doug Van Sloun at **Focus Mastering**. Recorded over a three-year timespan, the band carefully crafted each song to create a powerful listening experience. The result is a rocking, epic 11-song arc of darkness, light, struggle, and hope.

Since the band's formation in 2007, Flight Metaphor has played shows with some of Omaha's best acts including **Civictiminded, Rock Paper Dynamite, Skypiper, Names Without Numbers, The End In Red, and Little Brazil**. The band has also shared the stage with regional and national acts such as **Remedy Drive, House of Heroes, Abandon Kansas, and Peter Furler**. Outside of Omaha, Flight Metaphor has performed at various venues and music festivals in Colorado, Kansas, Iowa, and South Dakota, including Sioux Falls' **Lifelight Fest**.

The band features **Mike Harvat** (vocals, guitar), **Cody Villarreal** (guitar, vocals), **Bradley Tyler Moore** (Bass), and **Bill Harvat** (Drums). After the departure of two founding members in 2011, brothers Bill and Mike enlisted Omaha music veterans Bradley and Cody to round out the new lineup. Invigorated with fresh chemistry and a common vision, the band entered the studio to record their strongest project to date. *Flight Metaphor* finds the band comfortable in their own skin – with loud guitars, powerful drum and bass interplay, and strong, clear vocals.

For music and more information on Flight Metaphor visit **flightmetaphor.com** and follow **@flightmetaphor** on social media.

For additional press resources, visit:

<http://www.flightmetaphor.com/press>

For booking and PR inquiries, contact Mike Harvat:

flightmetaphor@gmail.com