



Barhill Records • Lindenstr. 30 A
66292 Riegelsberg • Germany
info@barhillrecords.de
www.barhillrecords.de



"When you have a child, you can forget about music for the time being!" - a stupid saying with which CITIZEN TIM (Marco Kallenborn) cannot identify at all. On the contrary: after the release of his last album "C Is For Chaos/Control" in 2020 (on Midsummer Records), after the birth of his daughter and still during the pandemic, he seamlessly transitioned into creative work on his third album "Protect Your Golden Heart", a co-release of Barhill Records and Midsummer Records.

"Basically, almost all the songs revolve around the theme of honesty - especially with oneself - and satisfaction or dissatisfaction with one's own life. I've never been the songwriter to use highfalutin platitudes for world affairs themes. I write songs for the single mother trying to get through the day somehow, I write for the career guy who took a wrong turn somewhere and never wanted to be that way and I write for the family who is silently grieving because they lost a child. In my opinion, these are the stories that accompany us every day in this insane life! I'm happy to leave the big stage of world politics to others," says Citizen Tim.

Once again, the album was completely self-directed. And CITIZEN TIM doesn't seem to get tired here either, as he has meanwhile founded his own small business in order to be able to support numerous artists in the field of mixing and mastering.

CITIZEN TIM doesn't seem to get tired live either. He was allowed to share the stage with people like Joey Cape (Lagwagon), Tim Vantol, Matze Rossi, Trade Wind or Last Days Of April at well over 100 shows all over Germany and in other European countries. So it still doesn't look like he's going to comfortably plonk himself in front of the TV on Saturday afternoons in a football jersey.

For fans of The Weakerthans, Into It. Over It., Owen



„Protect Your Golden Heart“ (29.09.2023)

Formats: LP (m. DL code)/Digital
Label/Distr.: Barhill Records/Midsummer Records/Cargo Records
Catalogue: BHR054

Tracklist:

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|---|-------|
| 1. Broken Car | 03:49 |
| 2. Old Arsonist | 03:37 |
| 3. Scales Do Not Lie | 02:46 |
| 4. Teammates | 03:02 |
| 5. Kitty Corner (feat. Colletti) | 02:49 |
| 6. Initializing | 03:53 |
| 7. Tiny Footsteps | 03:18 |
| 8. Barely Alive | 04:03 |
| 9. Your Front Porch Has Become A Busy Place | 04:33 |
| 10. WBS (Protect Your Golden Heart) | 03:48 |

Recorded, mixed & mastered by Marco Kallenborn.

Guest musician:

Colletti (vocals on track 5)

Links:

<https://citizen-tim.de/>
<https://www.facebook.com/citizentimmusic>
https://www.instagram.com/citizen_tim_music/

Presskit: www.barhillrecords.de/press/

Photos: Words Over Chords Photography

Promotion:

Kai Florian Becker
info@barhillrecords.de