

PAUL HEINZ MEALS AND ULCERS

Meals

- 1 A Fine Place To Start (3:45)
- 2 You Best Believe (4:47)
- 3 What I'm Missing (2:35)
- 4 Boulders (5:23)
- 5 The Wild Child (2:25)

Ulcers

- 6 The Subtle Side (5:03)
- 7 Burning My Belongings (1:47)
- 8 Now And Then (4:36)
- 9 Inner Signals (4:54)
- 10 Truth (3:53)

All songs written and arranged by Paul Heinz between May 1991 and May 1992 except "You Best Believe," written and arranged in August 1988.

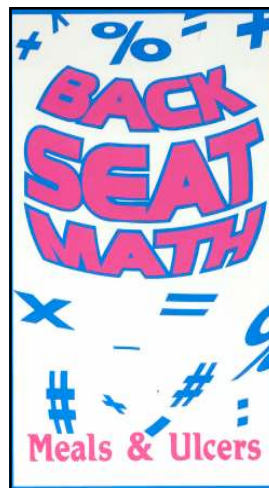
Produced by John Marrs and Paul Heinz

Please visit my home page at

www.PaulHeinz.com

for on-line listening opportunities
and other interesting information.
Thank you for your support!

This album, originally recorded under the band name of BACKSEAT MATH, was recorded in June of 1992 using an 8-track cassette recorder mixed down to DAT. The DAT has sadly been misplaced, making the .mp3 and .wav files on this website a minor miracle of digital audio. It was an exciting endeavor to "clean up" a cassette copy using software that costs as little as a two-night stay in a cheap hotel. Tape hiss was largely eliminated. Where possible, I edited songs to get rid of errors that inevitably occurred during the 7-day whirlwind recording and mixing session all those years ago. In many cases the quality couldn't be improved upon from the original recording, and perhaps that's as it should be. However, "Burning My Belonging" was re-recorded to eliminate horrid abnormalities introduced from the cassette copy. The apparent volume of the songs was increased to make your CD listening experience and enjoyable one.



The original artwork was created by Steve Arm. Paul Heinz performed all vocals and instruments except the following:

John Neumann—vocal on tracks 2 & 6
Roy Anderson—vocal on track 3, guitar on tracks 1, 3 & 8
Tim Gilbert—vocal on track 9, guitar on tracks 4 & 9, and mandolin on track 3

John Marrs engineered and mixed the recording and co-produced with Paul. Recorded in Paul's father's basement—thanks Dad and Marion! Thanks to all the musicians, John, Kraft Keyboards, Rick from Uncle Bob's, Scott for his amp, and special *thanks to all those who bought the original tape.*