

Mary Strand

Golden Girl

CD RELEASE SHOW

SATURDAY, AUGUST 19, 2023

9-11pm at THE ASTER CAFE, 125 SE Main St, Minneapolis

with RYAN SMITH & MARK WADE (of The Melismatics)
and LITTLE MAN (acoustic set)
and special guest SARAH MORRIS

Street Date: June 23, 2023

"...just the right level of pop addiction is balanced with just enough rock swagger ... Throw in a touch of Americana and a few more funky vibes, and you have the sonic fingerprint for her debut album, *Golden Girl* ... two things are obvious. Firstly, this album explores the various aspects of love, loss, longing, and life itself. Secondly, Mary Strand has, even on her first long player, reserved herself a seat at the 'ones to watch' table."

- Dave Franklin, *The Big Takeover*

"A variety of styles crop up ... the Lesley Gore assertions, the Dixie Cups, the Angels, the Crystals, Reparata & the Del-Rons ... with a potent dose of Shangri-Las' Mary Weiss' tough girl vocalese ('Leader of the Pack') ... it's a welcome sound."

- John Apice, *Americana Highways*

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Golden Girl is the work of Minneapolis-based lawyer-turned-novelist-turned-musician Mary Strand. All of the songs on Strand's debut album explore themes of love, but each song offers a different spin on it: when it works and when it doesn't.

In conceptualizing, recording, and producing the album, Strand worked closely with Ryan Smith (Soul Asylum, The Melismatics) and Mark Wade (The Melismatics, The Mood Swings), with the goal of exploring different music eras but within the framework of the rock songs that Strand loves and naturally writes. Recorded and produced in the Twin Cities, *Golden Girl* primarily features Strand on guitar and lead vocals, Smith on guitar and vocals, Wade on bass and vocals, and Jack Strand – Mary's son – on drums. One track, "I Don't Want to Be Your Yesterday," co-written by Strand and Sarah Morris, also features Morris on vocals. The album was mastered by Greg Reiersen of Rare Form Mastering.



Golden Girl track list

1. Alexa Please (2:56)
2. Different Kind of World (2:35)
3. Golden Girl (3:13)
4. I Don't Want to Be Your Yesterday feat. Sarah Morris (2:58)
5. Kiss Me at Midnight (2:27)
6. The Me I Need to Be* (2:34)
7. Quarter to 10 (2:44)
8. Acabé (3:10)
9. Stay for Breakfast (2:43)
10. Act As If (2:51)

suggested tracks: 1, 4, 6, 9

*all tracks FCC clean (except 6, which has a clean version – only one word changes)

RIYL: Joan Jett, The La's, The Go-Go's

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