

Mary Strand's fifth single flips the script: HE'S not all that

The singer/songwriter stands up for women on her new rock track, "Golden Girl."

MINNEAPOLIS, MN, UNITED STATES, May 3, 2023 /EINPresswire.com/ -- On lawyer-turned-novelist-turned-songwriter Mary Strand's upcoming debut album, she's experimenting with different musical eras as well as different styles of the rock classics she loves. Her first four singles have gone from 1960s power pop to 1970s-style rock to the Americana of Rodney Crowell to the surfer sounds of the Beach Boys.

Her fifth single, "Golden Girl," draws from the 1980s post-punk sound of the Cars.

"Golden Girl" is the title track of Strand's album, *Golden Girl*, which will release on June 23, 2023.

The new single features synthesizers, distorted and angular guitar parts, and a compelling story about a delusional traveler who meets the girl of his dreams and thinks he's all that.

It turns out that he isn't.

Like the other songs on the *Golden Girl*



Photo by Nicole Nelson



Golden Girl art by LB Hayden

album, Strand's fifth single explores themes of love: new and old, beginning and ending and everything in between. Unlike most of Strand's songs, "Golden Girl" is written from the guy's perspective – or perhaps the perspective of a bemused third party observing the action, or lack thereof. Strand thinks of it as an anthem to what women sometimes have to put up with, or maybe just "lessons learned."

According to Strand, most of the lyrics and the chorus melody of her fifth single were written two years before she finished the rest of the song. She loved "Golden Girl" but realized she didn't yet know how to create the sound she wanted for the verses, and she was willing to wait. When she found that sound, she also added the bridge, which she calls the most important part of the track. "It's all about what women think when they're stuck with a guy who just can't hear the word 'no.'" Strand credits her co-producers on the album, Ryan Smith and Mark Wade, with helping her turn the song into exactly what she was envisioning.

"Golden Girl" features Strand on guitar and lead vocals; Smith (of Soul Asylum and The Melismatics) on guitar, synth, tambourine, and vocals; Wade (of The Melismatics) on bass and vocals; and Jack Strand – Mary's son – on drums.

The single will be released on all streaming platforms on May 26, 2023. Strand will celebrate by playing it live on Sunday, May 21, at a singer/songwriter showcase at Ziggy's in Hudson, Wisconsin.

[Download](#) an advance single of "Golden Girl."

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