

Twin Cities indie pop/rock critical darlings *The Ampersands* release their first collection of recordings from the Zoom collaboration era

Artist: The Ampersands

Title: Shift Seven

Release: EP

F.F.O. Vampire Weekend, XTC, Elephant Six, Car Seat Headrest, The Guess Who

"The deeper you delve, the more you will connect with not only the music and lyrics, but the band themselves, as they allow you to relate on a more personal level." - Stargazer Music Magazine

Multi-instrumentalists, singer-songwriters, and childhood friends Aaron McQuade and Jim Pace are **The Ampersands**, a Minneapolis-based duo that has been making critical waves in the world of indie and college rock since 2008.

Their latest record, the EP **Shift Seven**, is the first of several planned collections of music written and recorded during the Zoom era of musical collaboration. While it harkens back to some of the emotional uncertainty of the last several years, it is timeless and universal in its themes: communication, loss, love, memories, intrusive thoughts of death, and of course, bossa nova disco.

"Fans of brainy power-pop and bands like Fountains of Wayne or Apples in Stereo should devour the latest effort from The Ampersands.." - Philadelphia Daily News

In typical Ampersands fashion, the record jumps from mood to mood and genre to genre, beginning with the drone that underlies **Talk To Me**, a plaintive track on the nature of communication in unstable times which ends with a variation of the Loving Kindness meditation.

The Tunnel at the End of the Light is a swinging shuffle inspired by the Anna Borges essay "I am not always very attached to being alive" and was written for a friend who had expressed that sentiment.

Forget It is driving clavinet-driven funk in a unique meter (6/4) about memory loss, **Someone's Favorite Song** is a church organ waltz about writing songs in the middle of the night, written (obviously) in the middle of the night.

Let You Down is a 70s-inspired pop rock tune about disappointment, **Dance the Night Away** is the aforementioned bossa nova disco track about overthinking and insomnia, and **One More Day** is a soft rock ballad about coping with loss.

"Each song rich with twists, turns, and characters of their own, the band's library sits at an accessible level for any listener while sonic layering and complexity like no other" - Quite Great

The Ampersands have garnered dozens of wonderful reviews, good college radio airplay, and a minor television appearance, but have not yet truly broken through to a wider audience. By placing aside a small bit of their trademark sardonic snark and replacing it with earnest emotion, this may be the record with which they do.

Contact: helloampy@theampersands.com

Website: www.theampersands.com

Bandcamp: <https://theampersands.bandcamp.com/>

Soundcloud: <https://soundcloud.com/user-655063787>

Facebook: <https://www.facebook.com/ampersandsUSA>

Spotify: <https://open.spotify.com/artist/5Eoxlwi7hlz1t3SnaavIPm>

Youtube: <https://www.youtube.com/channel/UCcUQjNLsbLZGQRPTn9TLRMQ>