

Joe Finstrom

MOUNTAINS EP

EP Release



Mountains EP is the first solo release of Minneapolis musician Joe Finstrom. It blends modern Americana with 90's alternative style to create a provocative sound that draws the listener in and keeps their attention. On this EP Finstrom has crafted five honest and personal tracks which explore the unexpected changes of life and the subtle power of resiliency.

If Finstrom's work doesn't sound like that of a first release, it's because technically, it isn't. In 2022 he released a pop inspired solo album under the name Vincent Van Beethoven, which received positive acclaim and national play on independent radio.

As a multi-instrumentalist, Finstrom has played in a variety of bands since the 2010's. In addition, he holds degrees in music and audio production and engineering. He has owned and operated his own studio, Peachy Gnome since 2017. Having his own space allowed him the time and resources to experiment with his sound on Mountains.

"I wanted to capture genuine performances of the songs, so I started by recording the voice and guitar together with the guitar in stereo. I wasn't trying to emulate anything in particular, but I knew that's the sound I wanted after trying a few things out." Finstrom states. "The drums, bass, and layers of guitar were overdubbed later. The performances aren't perfect, but they are honest."

Joining him on this EP is Shannon Frid-Rubin playing violin on "Long Time." Mastering was done by Greg Reiersen at Rare Form Mastering. It comes together in a carefully constructed, emotionally penetrating collage of sounds that sticks with the listener long after the songs have ended. As Robert Martin from Early Work Records puts it:

"Just when you think a song will release or explode, it pulls the rug out from under itself. It's a technique that keeps the listener on their toes, constantly reverting attention back to the steady, soothing vocals and clever lyricism."

Look for Mountains on all major streaming platforms and watch for Finstrom's upcoming shows on his website, Joefinstrom.com.

Track List

Recommended Tracks 1 and 2

1. **Do You Know Me? - 3:51**
2. **I Love it Anyway - 4:13**
3. **Long Time - 6:13**
4. **Love is a Simple Thing - 5:38**
5. **When Did You Get In? - 5:20**

Written, performed, recorded, produced and mixed by Joe Finstrom. Violin performance by Shannon Frid-Rubin. Mastered by Greg Reiersen.

How to Connect

Web:

joefinstrom.com

Bandcamp:

joefinstrom.bandcamp.com/music

Instagram:

[instagram.com/doyoumindbeautysupply](https://www.instagram.com/doyoumindbeautysupply)

Facebook:

[facebook.com/Joe-Finstrom-Music](https://www.facebook.com/Joe-Finstrom-Music)

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