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For Immediate Release

## **SQUIRREL FLOWER RELEASES NEW SINGLE “EXPLAIN IT TO ME” (LIZ PHAIR COVER) B/W “CHICAGO”**



Photo Credit: Ebru Yildiz

**Squirrel Flower** - moniker of **Ella Williams** - releases a new single, “**Explain It To Me**” b/w “**Chicago**.” The single follows “**Take It or Leave It**,” a cover of Caroline Polachek’s “**So Hot You’re Hurting My Feelings**,” as well as her debut album, ***I Was Born Swimming***, released earlier this year on **Polyvinyl**. “Explain It To Me” is an enthralling cover of **Liz Phair**’s original, featuring faint guitar strummings and layers of Williams’ moving vocals. “‘Explain It To Me’ has been one of my favorite songs since I first heard it when I was 14,” says Williams. “I made this recording in my basement while experimenting with self harmonizing for the first time in a while.”

“Chicago” is an updated version of the closing bonus track on her “**Contact Sports**” EP. Jostling percussion opens to Williams’ voice, as she hopes to find warmth in other people despite the city’s frigid cold. The song gracefully falls over itself, repeating the same lyrics over and over again. “This version of ‘Chicago’ is from a studio session a

while back and that never got used, so my brother and I put some extra guitar on it during quarantine and voilà. I originally wrote this in 2015 when I lived in the Midwest. It's for when you're lost or moving, or arriving."

[LISTEN TO "EXPLAIN IT TO ME" B/W "CHICAGO"](#)

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[PURCHASE \*I WAS BORN SWIMMING\*](#)

[STREAM "TAKE IT OR LEAVE IT"](#)

[STREAM "SO HOT YOU'RE HURTING MY FEELINGS"](#)

[LISTEN TO "STREETLIGHT BLUES"](#)

[WATCH THE VIDEO FOR "I WAS BORN SWIMMING"](#)

[WATCH THE VIDEO FOR "HEADLIGHTS"](#)

[WATCH THE VIDEO FOR "RED SHOULDER"](#)



"Explain It To Me" b/w "Chicago" Artwork

**PRAISE FOR *I WAS BORN SWIMMING***

“Both in sound and scope, *I Was Born Swimming* centers on impermanence and solitude. Squirrel Flower sets time and place in conflict with themselves, both constantly shifting, but not necessarily progressing. Guitar lines sit suspended in air or erupt, churning with an intensity that makes their continuance feel immovable.”

- *NPR Music*

“Listening to *I Was Born Swimming* feels like stepping into a warm, cathartic bath. The album contains peaceful, almost-ambient songs as well as heavy, hook-laden rockers — and both moods match perfectly with Williams’ honey-dipped vocals.”

- *Rolling Stone*

“moody country tracks that detail tatters of lost relationships and crunchy rock songs that document her growing fortitude.” - *Stereogum*

“*I Was Born Swimming* showcases a specific intimacy that belies the elevated profile that such a label move signifies; you can imagine hearing these songs coming from a distant room, and you might feel a little guilty enjoying them — as if you were peering in on someone's private life.” - *The FADER*

SQUIRREL FLOWER ONLINE:

<http://www.squirrelflower.net/>

<https://www.facebook.com/sqrrlflwr/>

<https://twitter.com/sqrrlflwr>

<https://squirrelflower.bandcamp.com/>

<https://pitchperfectpr.com/squirrel-flower>

<https://www.instagram.com/sqrrlflwr/>

<https://open.spotify.com/artist/7bI1v9NGBBhq8iGfytctni>

For more information, contact: Jacob Daneman | Pitch Perfect PR -  
[jacob@pitchperfectpr.com](mailto:jacob@pitchperfectpr.com), 773-271-5844

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