

Good Times for a Change

Produced by Tamar Berk and Matt Walker
Additional Production by Matthew Thomson
Mixed by Sean O'Keefe
Mastered by Kim Rosen

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FULL CREDITS

Tamar Berk: Vocals, Electric & Acoustic Guitars, Bass, Piano, Wurlitzer, Organ, Mellotron, Farfisa, Synth, Strings, Percussion, Whistling 😊

Matt Walker: Drums, percussion. Timpani and chimes on *Millennium Park*. Mellotron on *Sorrow is Hunting*

Chris Davis: All the pretty guitars on *Chicago*, *Artful Dodger*, *Book of Change*, *Sorrow is Hunting*

Rob Wrong: Lead guitar on *I Don't Mind*, *That's Not a Lie*, *Sorrow is Hunting*

Steven Denekas: Sick feedback and noise on *Comin' Around to Me Again*

Justin Thorpe: ELO guitars on *I Don't Mind*

Chris Marstellar: Lead guitars on *Good Impression*

Joe Dillillo: Additional guitars on *Not a Lie*

Everett Kelly: Trumpets on *Artful Dodger*

Allen Hunter: Bass on *Not a Lie*, *You Trigger Me*

Matt Thompson: Bass on *I Don't Mind*, *Chicago*, *Sorrow is Hunting*

Joe George: Lead guitar on *You Trigger Me* and vibey guitars on *I'll Come to the Rescue*

Mike Klooster: Farfisa on *You Trigger Me*

Jon Gordon: Mandolin & additional guitars on *Chicago*

Good Impression

Tamar Berk - Vocals, Guitar, Bass, Piano, Synths

Matt Walker - Drums, Percussion

Chris Marsteller - Lead/Rhythm guitars

I'm gonna make a good impression on you
I swear, if it's the last thing I do.
I'm gonna make a good impression on you
'Cause historically speaking it's not something I do.

They say that I put up a fight, but I say I'm misunderstood.
They say I always have to be right, but I think I'm just no good at first impressions.

I'm gonna try and make a connection with you.
'Cause I know it's long overdue.
I think I might just mention to you that I know that up 'til now
It's been a real issue.

They say that I won't bend..that's not exactly true.
And I might be too intense, or I'm just misunderstood at first

But for some damn reason I keep on trying
I nod my head and keep on smiling
But I can tell you made up your mind.

I'm gonna make some kind of impression on you.
I'm not sure what, but I'll get back to you.

They say I'm never satisfied, but I know I'm misunderstood.
And I'll never ever start a fight, but I will if I think I should.
'Cause maybe I just don't care, and why am I even here?
So I think I'll just walk away, 'cause I've got better things to do anyway
Then make a good impression.

That's Not a Lie

Tamar Berk - Vocals, Acoustic/Electric Guitars, Piano, Wurlitzer, Organ, Synth, Strings

Matt Walker - Drums, Percussion

Rob Wrong - Lead Guitar

Allen Hunter - Bass

Joe Dilillo - Additional Guitars

I know I did that once before but I didn't know we're keeping score.

And can we decide it's not a crime and remember I'm on your side.

But you said I was mean.
You said I was cruel.
But there's no evidence of said ridicule.
You said I was harsh and I was unkind
And that I could not make up my mind.
And that's not a lie.

I know I said that long ago and I can't take it back I know.
And can we decide that we'll be fine...just remember that I tried.

But you said I was mad.
You said I was rude.
But there's no evidence of said attitude.
You said I was cold and I was unfair
And that it is not in me to share.
And that's not a lie.

Book of Change

Tamar Berk - Vocals, Acoustic Guitar, Piano, Bass, Organ, Mellotron, Strings, Synth

Matt Walker - Drums, Percussion

Chris Davies - Pretty guitars

Lined up on a dusty shelf
Letters I wrote to myself
All of the stories that I've held.
And all of the things that I wanted to do
And all that I put myself through
What a sad, sad book of change I knew.

God help me to change 'cause I am afraid that I'm getting used to feeling this way.
Please make me okay 'cause God only knows that I am alone in my head anyway.

I stay up late into the night worrying about you
And all the ways that I put up a fight.
And it's all the little things that make me fall apart,
And I know it's nothing but a broken heart
Making sure that I never forget you.
And all the stories that I meant to tell you.

God help me to change 'cause I am afraid that I'm getting used to feeling this way.

Please make me okay 'cause God only knows that I am alone in my head anyway.

Chicago

Tamar Berk - Acoustic and Electric Guitars, Vocals, Piano, Strings, Organ

Matt Walker - Drums, Percussion, Programming

Matt Thomson - Bass

Jon Gordon - Mandolin, Rhythm Guitar

Chris Davies - Lead guitar

It seems okay to be going back home today

'Cause mom and dad it's been a long day in Chicago.

And it feels so strange to be wanting to see that place again

But still I'm driving 65 back to Ohio.

'Cause when you're growing up well, I suppose it's just something that you do

And you might get lucky, but you never know at 22.

It's not that bad it's just sometimes I get so sad

About being all alone here in Chicago.

And I'll drive all night memorizing every single lie

That I'll tell you when I get back home to Ohio.

'Cause when you're growing up well, I suppose it's just something that you do

And you might get lucky, but you never know until you do.

'Cause when I think back now I really don't remember why I came.

And I must have had a damn good reason for why I even stayed.

'Cause when you're growing up well, I suppose it's something that you do

And you might get lucky 'cause you know you've got nothing better to do.

And you might get lucky but you never know it's just a point of view.

And you might get lucky but you never know at 22.

It seems okay to be going back home today

'Cause mom and dad it's been a long day in Chicago.

I Don't Mind

Tamar Berk - Piano, Guitar, Vocals, Strings, Synth, Wurlitzer

Matt Walker - Drums, Percussion

Matt Thomson - Bass

Justin Thorpe - ELO Guitars

Rob Wrong - Lead Guitar

I wake up and make my coffee and I look in the mirror, and decide if I'm looking okay.
And it's kinda like that, and it's kinda like that.
I sit down and I contemplate it and the state of my mind and if I'm feeling unkind that day.
And it's kinda like that, and it's kinda like that.
And before I know it I'm gonna be late....

I've been overthinking again,
And I've been wondering who's been listening 'til the end.
'Cause I've been dreaming of who I'm missing again,
And I can't seem to understand why,
But that's okay, and I don't mind.

I get home and I stand in the doorway and I think about my day, and all the ways that it went wrong.
And it's kinda like that, and it's kinda like that
I lay down and I stare at the ceiling,
and then all of these feelings come up but that I can't seem to shake,
And every night it just keeps me awake...

I've been overthinking again.
And I've been wondering who's been listening 'til the end.
'Cause I've been dreaming of who I'm missing again,
And I can't seem to understand why,
But that's okay, and I don't mind.

And before I know...I just drink it away.

Sorrow is Hunting

Tamar Berk - Vocals, Guitar, Piano, Organ, Bass, Wurlitzer, Strings, Synth

Matt Walker - Drums, Percussion, Mellotron

Matt Thomson - Bass

Rob Wrong - Lead Guitar

Chris Davies- Vibey Guitars

Sorrow is hunting.
She's outside again.
I'll hide in the dark room, so she can't see in.

She's wearing my nightgown.
The one I thought that I lost.
She might knock the door down.
She doesn't care what it cost.

And you said you would be here.
And you said you'd be home.
And you said you would save me.
But I'm still alone.

Sorrow is hunting.
And I won't let her in.
'Cause she tries to trick me.
And pretend she's my friend.

I don't know what it means
Sorrow's out on the street, and she's coming to find me.
She'll take me away from you
She's one step ahead of you, but she's always behind me.

Sorrow's out hunting again.
Would you tell her that I am not in.

Artful Dodger

Tamar Berk - Vocals, Acoustic/Electric Guitars, Bass, Piano, Synth, Strings

Matt Walker - Drums, Percussion

Chris Davies - Lead Guitar

Everett Kelly - Trumpets

That day I wore that ugly, green shirt, and swore in your bedroom..spilled my drink on your carpet
I promised never to speak to you again.
You didn't have the guts to fight it out with me on that beer-spilled rug
But you know, you could've wrestled it out of me.
Rung it out of me that I didn't mean what I said,
And though I vowed with a drunken voice and a drunken heart.
We stood right there...face to face...and though I hoped to leave you in a state....

You took my word for it
How could you do it?

That time I locked my keys in my car and cried in your driveway and then you had to let me in
I promised I'd never see you again.
You didn't have the heart to fight it out with me at 6:00 am
But you know, you could've gotten it out of me.
Got it out of me that I didn't mean what I said.

And though I vowed with a tired voice and a tired heart....

You took my word for it

How could you do it?

We stood right there...face to face...and though I hoped to leave you in a state....

You took my word for it

Why did you do it?

You Trigger Me

Tamar Berk - Vocals, Guitars, Farfisa

Matt Walker - Drums, Percussion

Allen Hunter - Bass

Joe George - Lead Guitar

Mike Klooster - Farfisa

Everything my phone lights up your name I start to panic like I might faint.

And my heart starts racing, but I know...

I gotta, gotta, gotta get over it.

So I take a deep breath and I jump right in and let you do most of the talking.

'Cause I know if I open my mouth

Oh no, no, gotta, gotta, gotta get over it.

'Cause you trigger me.

Everytime that you bring up the past I wanna turn and run fast.

I had my chance, but I know....

I gotta, gotta, gotta get over it.

And I know that it's much too late for you.

And I know you're pretty much clueless.

But my mental health is what I choose

I know I gotta, gotta get over it.

I'll shut my mouth and remember that it's not about me.

I'll take a breath, I'll turn it around like you're being funny.

Caller ID I'll just let it ring 'cause you trigger me.

And I'll let it be when we disagree I'll just be free and easy.

And I won't be mean, I'll keep it clean when you trigger me.

'Cause when you trigger me it's hard to believe that you still need me.

Everytime my phone lights up your name....

Millennium Park

Tamar Berk - Vocals, Acoustic Guitars, Bass, Moog, Synth and String Arrangement

Matt Walker - Timpani, Percussion, Chimes

Joe George - Guitar Arpeggios, Strings

Domenico Hueso - Viola

Erdis Maxhelaku - Cello

I walked with you to the park next to the Metro station.
We sat on the ledge smoking cigarettes.
Watching the men working...you took your shirt off.
And the sun was hot and bright
And so was your face.

And then you talked about leaving
Taking off for a while
And I said that it wouldn't be so bad, but inside I was dry.
And that beer that I drank before only made it worse
'Cause I was less rehearsed than I would have liked to be
When you were next to me.

I watched you look at your arms tracing the burns and scars.
You looked up at me....saw me watching.
You took my hand and you held it
And the breeze was soft and cool
And so was your face.

And then you talked about leaving
Taking off for a while
And I said that it wouldn't be so bad, but inside I was dry.
And that beer that I drank before only made it worse
'Cause I was less rehearsed than I would have liked to be
When you were next to me.

I'll Come to the Rescue

Tamar Berk - Vocals, Acoustic Guitar, Piano, Mellotron, Organ,

Matt Walker - Percussion

Joe George - Guitar pulses

Oh baby, I know..I believe that you are still in it, and you haven't quit it.
And it might be a long time from now 'til you figure out how to be without.
But I'll come to the rescue like I always do.

Oh baby, I know..I can tell that you are still fighting, you haven't stopped crying.
And it might be a long time from 'til you figure out how to get out.
But I'll come to the rescue like I always do.

Oh baby, I know...I believe that you will be better with the change in the weather.
And it might be awhile from now 'til you figure out how to shut it out.
But I'll come to the rescue like I always do.

Be My Friend

Tamar Berk - Vocals, Acoustic/Electric Guitars, Piano, Tambourine, Shaker, Bucket Drum, Whistling
Matt Walker - Additional Percussion

*When I woke up today everything seemed so out of place.
So I took a walk outside, but I couldn't remember what I went to find.
And you said it would be okay, and you took my hand and you led the way.
And we went home and had some tea and you sat right across from me.*

*The world is upside-down today.
Will you be my friend anyway?
The world is inside-out today.
Will you be my friend anyway?*

*When I got home at night I felt alone and out-of-sight.
So I cried in my bed, but then I thought of what you said.
It takes one friend to feel okay, and that makes me happy in every way.
So I finally fell asleep at night 'cause I knew everything would be alright.*

Comin' Around to Me Again

Tamar Berk - Vocals, Mellotron, Piano, Guitars, Bass
Matt Walker - Drums
Steven Denekas - Sick feedback and Wild Guitars

The days are getting long, and I still feel like I remember you
But it's fading into night.
My mind is getting lost inside those places and those thoughts of you
Are waning in the moonlight.

Someone told me once, the past and future's not the place to be.
And now I know just what they mean.
So I'll stay right here for now and try to face my fear.
And I'll be somewhere in between.

I know, I know I feel it comin' around, comin' around
I'm comin' around, comin' around to me again.

I'm in love with all my sadness wrapped around me like a blanket.
'Cause if I lose it...I might lose you too.
And I don't think it's something I could do.

I know, I know I feel it comin' around, comin' around
I'm comin' around, comin' around to me again. (good night)
I've been away but now I'm comin' around, comin' around (sleep tight)
I'm comin' around, comin' around again.
Good Night.