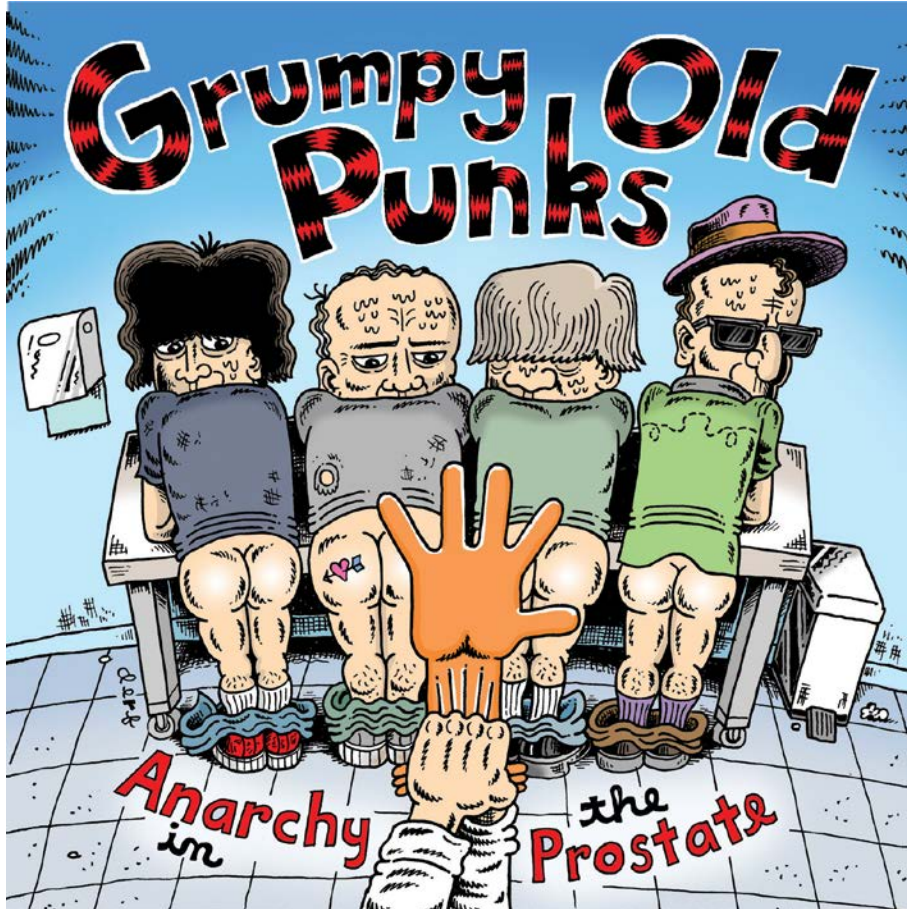


For Immediate Release
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GRUMPY OLD PUNKS Release New Album ANARCHY IN THE PROSTATE with Songs of Middle Age Punk Rock Rage

Housing Crisis Inspires Single “My Adjustable Rate Mortgage Really Sucks” While Title Track Tackles Urinary Tract Nastiness



GRUMPY OLD PUNKS have released their newest EP, *Anarchy in the Prostate*, via iTunes and a limited edition vinyl 45rpm. It's made up of songs inspired by the daily struggles and frustrations faced by the middle age band members who use punk rock as a vehicle to humorously voice their frustration at the adult toils they must endure.

"What the hell does an eighteen year old know about anger or angst?" barks lead singer/lyricist LouB. "They live at home and have nothing worse to sweat than term papers or the occasional STD. Pure punk rock wrath can best be musically manifested by those who know the mundane, commonplace horrors of the real world: balding, paunchy, frustrated, middle age guys."

GRUMPY OLD PUNKS turn everyday, humdrum, grown up life into short, funny, punk rock nuggets. "Our songs are like our shows," snaps guitarist KRoy, "Very brief. We're old and closer to death. We don't have a lot of time. We've gotta do this fast."

Anarchy in the Prostate features the housing crisis inspired "My Adjustable Rate Mortgage Really Sucks," the too-poopd-to-pop power-pop-punk of "I Brag About the Sleep I Get," nostril-follicle-fueled-fury on "Gotta Get A Nose Hair Trimmer," the can't-get-it-up get-up-and-go of "Why Do I Take This Little Blue Pill?" a paean to the parental pressure of teen-taxiing "All I Do is Drive My Kids" and a title track written while a doctor had his finger up the wazoo of LouB during a medical exam.

Produced by the band, the album was mixed by Mike Landolt (**Maroon 5, O.A.R., Watershed, Dead Schembechlers, Mushroomhead, Train**) at Mike's Curry House Studio Columbus, Ohio. Lyrics are by LouB. Music is by KRoy with LouB. Cover art by renowned underground cartoonist Derf (*My Friend Dahmer, The City*).

GRUMPY OLD PUNKS plan a series of showcases thru the summer including their home stomping grounds of the Jersey Shore as soon as their wives let them out of the house. "Frankly, it's embarrassing," says KRoy. "I had more freedom when I was seven."

LouB sums up the group by saying, "As long as you've got life left in you and something to rail against then you can still make punk rock, no matter how old you are."

Punk's past is now its future, moving from a future-based past of punk into a past-based punk future. And it's pissed off. It is the **GRUMPY OLD PUNKS**.

GRUMPY OLD PUNKS are:

LouB – lead vocals

KRoy – guitar and backing vocals

Brian - bass guitar and backing vocals

Guzda – drums and backing vocals

For more information on **GRUMPY OLD PUNKS**, please visit these sites:

www.GrumpyOldPunks.com

www.facebook.com/GrumpyOldPunks

www.twitter.com/GrumpyOldPunks

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