

INSIGHT Bio:

In 1989, after releasing and spreading cassette demos, INSIGHT released their first 7 inch, Standing Strong, and then re-released the 7 inch under the name, What Will It Take (1990). While only together for a short amount of time, their passionate lyrics of drug-free ethics and animal rights consciousness would help set the stage for the growing scene and many bands to come.

The extremities INSIGHT sought back in their early days has turned into an essential element of the bands resurrection. In 2019 the band penned four new songs, edging a more political stance.

“We decided to pick four tracks from old songs that we never got the chance to record, admits guitarist James Holder. “ We reworked the music and decided to write lyrics that seemed relevant to what's happening around us today. We also recorded new songs because we want people to know how important it was for us to return as the exact same band members as 1989. We've remained friends for 30 years and still play music together.”

“Reflection, the title definitely says it all,” laments vocalist Mark Starr. “This album is a retrospect and a reflection to the history of INSIGHT. Most of those songs were written when we were teenagers back in the 80's and still have meaning for those who supported us back then.” Starr adds, “The whole purpose of INSIGHT was to bring people together with positivity and strength. It's a cliché, but isn't music about having a good time and getting what you can out of it?”

Reflection was released July 31, 2020.