



LOU BARLOW

Brace The Wave

RELEASE DATE : September 4, 2015

CATALOG # : JNR168

AVAILABLE FORMATS : LP / CD / digital

GENRE : Indie

BOX LOT QUANTITY : 10 LP / 25 CD

PACKAGING : jacket / wallet

TERRITORY RESTRICTIONS:

ONLY AVAILABLE TO NORTH AMERICA

VINYL NON-RETURNABLE.



LP : 656605486413



CD : 656605486420

TRACK LISTING :

1. Redeemed
2. Nerve
3. Moving
4. Pulse
5. Wave
6. Lazy
7. Boundaries
8. C & E
9. Repeat

OVERVIEW :

"Hi, my name is Lou Barlow, my first band was **Deep Wound**, we were a hardcore band. We recorded a 9 song 7" in 1983. One of my first song writing attempts appeared on that record. It's called 'Lou's Anxiety Song'. The original title was 'Pressures' and it's a straight forward description of my teen boy problems. The singer of the band decided to scream "Lou's anxiety song!!" at the beginning instead of "pressures!" as I had written it. It was his commentary on the overly earnest lyrics of the song, the title stuck.

Strangely, given my overwhelming desire to fit in, I didn't change my tact and try to write in a more detached manner. In fact, I further delved into the most uncomfortable aspects of my life whenever I set pen to paper and pressed 'record'.

In 1987 I completed my first solo LP 'weed forestin', which was really just a cassette I duplicated and gave away. I called myself **Sentridoh**. The songs were short and I played a baritone ukelele that I modified with heavier strings and flexible tunings. At that point Deep Wound had become **Dinosaur Jr.** and I wouldn't dare to play the songs for my slightly older and much cooler bandmates. My songs were potentially even more embarrassing.

Somewhere along the way the songs connected with a few people. Generally these people became my bandmates or lovers. I figured I should hold on tight to anyone who understood what I was doing so I formed a band called **Sebadoh**. When I was dismissed from Dinosaur Jr in 1989, Sebadoh became a 'real' band, meaning, we amped up my acoustic songs and began assaulting paying audiences. The story is that Sebadoh went on to do pretty well. I wrote a song called 'gimme indie rock' and tried to step up my game. We recorded in studios and went on tour.

In 1994 or so I formed another band with someone else who liked my first cassette. We called our band the **Folk Implosion** and in 1995 we had a charting single : 'natural one' (#26 US top 40!).

Anyway, it all eventually crashed and burned. By the early 2000's I was back alone with my 4-track and a basic knowledge of digital recording. I still had a ukelele. I was still the most comfortable writing uncomfortable songs. I self-released a few things, the reviews were brutal. But I honestly believed that I was writing and recording my best material. I love the cozy self delusion of the creative process. Finishing songs, making records and holding the finished piece in hand (or pressing 'upload' as the case may be) is incredibly satisfying.

In 2005 I made my first official solo LP "EMOH", 'official' meaning I didn't attach a nonsense word to it, I used my legal name. I followed that in 2009 with "goodnight unknown". In the meantime I sensibly began touring with Dinosaur Jr and Sebadoh again which leads me to...now, 2015.

I recorded 'brace the wave' in about 6 days with Justin Pizzoferrato at Sonelab studios in Easthampton Massachusetts (I have recently moved back to the area after 17 years in LA). Justin was the engineer for the 3 Dinosaur Jr 'reunion' LP's, "beyond", "farm" and "I bet on sky". My ease with Justin meant I approached the sessions with a focus and confidence I don't usually feel. Songs like "redeemed", "wave" and "moving" reprise my early methods of tuning my ukelele down low and writing the song in the moment, during the recording process. Others like "lazy" and "c+e" are live recordings of traditional-style folk songs, some which I began writing nearly 20 years ago. The lyrics encapsulate yet another transitional period in my life. I still don't feel I have a choice but to puzzle over difficult times in my songs. I kept this album short anticipating the listener fatigue associated with a musician who's been around for 25+ years. As a music obsessive myself, I understand. I like new things too. But here it is, 'Lou's Anxiety Song' versions 740 through 749: 'brace the wave'. Thanks for listening."

- Lou Barlow

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