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## **The Gazette - Arts & Entertainment Section**

### **On Disc -- Freeflow**

Freeflow

S/T

Ben Kaplan/2005 SOCAN/

Truckerbut Music

Freeflow is the self-titled second release from the eclectic funk rock band from Vancouver's Eastside. Best known for its energizing performances around Vancouver, Freeflow combines hip-hop, reggae and rock to create a unique urban sound reminiscent of a hardedged Jamiroquai mixed with the reggae beats of Sublime. According to the band itself, this is music "for and of the people."

Freeflow's latest album was produced by Ben Kaplan, who aimed to simulate the sound of a live performance throughout the album. The disc features a hip-hop infused sound, thanks to the addition of MC E-Spliff in 2004.

The album cover features lyrics from "I Can Do," which has been the band's philosophy over the past five years: "I can do almost anything... and you can do almost anything..." The album opens with the funky, angsty guitar-filled love song, "Please Don't Say." "Clichés" reveals the bands aptitude for jam sessions. Be sure to listen for the hidden track "Bandwagon" at the end of the album.

Overall, Freeflow's latest release is a great CD for chillaxing. Look out for the band to tour Ontario this summer.

—Claire Neary