Fighting the Freshman 15

Week 4: Team Freshman 15 shares their struggles and successes after a month of healthy living.

Follow them at: http://thegatewayonline.ca/blogs/freshman15

THE UNION, CKUA & BIG ROCK UNTAPPED PRESENT
MICHAEL BERNARD FITZGERALD & THE LOUD LOVE CHOIR WITH SPECIAL GUESTS

February 11 2010
Starlite Room
Show at 8PM
Tickets at Union Events or on Ticketmaster & Blackbyrd

Ready for my close up? The New Works Festival will run at the Timms Centre from February 9-14. For just $5 per night, students can check out work by their peers before much of it ends up on the summer theatre festival circuit.

EDMONTON JOURNAL
STUDENT PHOTOGRAPHY CONTEST

All post-secondary students in Alberta are invited to enter their best photos from 2009, for a chance to win prizes and be published in the Edmonton Journal and on edmontonjournal.com

Grand Prize: $500 gift card
1st and 2nd Place: $300 gift card
3rd and 4th Place: $200 gift card

Prizes supplied by:
LB London Drugs

For more information and to enter please visit: edmontonjournal.com/spc

Deadline for entries: February 26, 2010

OK GO OF THE BLUE COLOUR OF THE SKY

"I've been trying to get my head around what the fuck is happening," sings OK Go vocalist Damian Kulash in the opening line of their new album, Of the Blue Colour of the Sky. I can relate to that. I've been trying to get my head around what the fuck is happening in this album. The entirety of the first track, "WTF?" is delivered in falsetto, apparently to make the bizarre lyrics even more incomprehensible. It's not until the album's fourth titled track, "All Is Not Lost," that the album starts making sense. Full of upbeat songs about heartbreak and disaster, Of the Blue Colour is a combination of dance music and chronic depression. This bipolar style works well for some of the later tracks, particularly the thoroughly enjoyable "White Knuckles," and "In the Glass." It's just unfortunate that the quality of the songs is so variable. Several tracks fall short due to overproduction — a cheesy reverb voice ruins the haunting lyrics of "Before the Earth Was Round," while the introduction to "WT?" almost had me convinced my speakers were broken.

Of the Blue Colour is the Sky is ultimately a decent album with a few duds, but it's worth checking out if you find yourself with a few extra bucks this month.

This album is a story about a group of people whose plight the average Canadian is unaware. Refugees from the African country Liberia fled to a temporary emergency humanitarian camp in Ghana called Baidoa in 1993. This camp was designed to hold 8,000 people for a short time, but at one point housed around 40,000 refugees with no running water or effective waste management system. The joint venture between the University of Alberta's Education Abroad Program, U of A Art and Design students, and the Liberian Centre for Youth Empowerment collects gospel, reggae, hip-hop, and traditional music. The project initially came about when an Edmontonian went to Ghana and discovered the refugee camp, where people were living amid rats and cockroaches while suffering from many diseases including hepatitis and malaria. To his astonishment, he found that these people who had fought against one another in the war in Liberia were living together, sleeping together, eating together, and miss imperiously, singing together. The idea of this compilation is to provide a documentation of the refugee camp, and provide a way of healing for the people who lived there. These are songs of the people who lived through a violent war and found joy and harmony in their lives against all odds. In the wake of the international community's misplaced focus, this album gains an entirely new layer of poignancy.