

Mp3 The First Time - It's On



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It's On is blistering with pop melodies, gruff harmonies, and a wall of guitars that would make the Goo Goo Dolls re-think their descent into top 40 obscurity - THE RECORD B.D. 11 MP3 Songs ROCK: Modern Rock, ROCK: Emo Details: "You have to go with your gut." It's a simple enough statement from The First Time's Manfred Sittmann, but is a notion that has been played out time and again in the last year. "Whether it's the kind of songs you play or the people you want working them, you have to trust your instincts or else you will always be second guessing yourself." Over the last year, the band has had to deal with personnel questions, a new record deal, a new producer, bigger budgets and business decisions -- all the likes of which they are not used to dealing with. Oh, and in that time they also managed to record their debut CD -- IT'S ON -- a blustery mix of guitar-riffs, big-choruses and the kind of visceral quality that only comes from playing from your guts. In fact, the lead single - New Day Dawning - has already garnered attention from the extreme sports crowd and has been licensed for events on ESPN, SportsNet and the Xtreme Network. Sittmann, guitars and vocals, is joined by lead guitarist James Whitton, bassist Mike Macmillan and drummer Stacey Washington, the latter two who played together in a previous incarnation of the band. "We had hit a point where we needed some new life," says Sittmann, "and James definitely brought that, both in terms of his playing and his enthusiasm. It definitely rubbed off on the rest of us and I think you can hear it in the music." It's likely that you can hear most of the growing pains the band went through last year. One of the most prevalent factors was the band's decision to work with producer Warne Livesey (Matthew Good, The The, 54-40). After creating some initial demos that were sent around, they signed a production deal, one that financially allowed them to enquire about the availability of some top producers. "There was some interest from a few of them, which surprised us a little," says Sittmann. "Suddenly, we were in the position of picking who we wanted." They opted for

Livesey, instead of some of the higher profile American producers for one simple reason -- they felt all along that his records sounded the best. "It's funny, because none of us even like Matthew Good that much, but all feel that his records 'sound' amazing. It was weird turning down someone who's worked with some of the biggest names in the business, but - again - you need to trust your instincts on something like that -- and we have no regrets at all given how this record sounds."

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