



## LOWEST OF THE LOW RELEASE 7TH STUDIO LP

### *OVER YEARS AND OVERNIGHT*

STREAM IT [HERE](#)

Watch "The Only One I See" Video [HERE](#)

*Directed, animated and edited by Low drummer David Ray Alexander*

Spring Tour Includes Stop at Toronto's The Concert Hall on May 3  
Full Routing Below



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"Over Years And Overnight continues to shine a light on the rock 'n' roll evolution of Lowest Of The Low....a particularly great album from a legendary Canadian indie rock band." - **Spill Magazine**

(Toronto, ON - May 2) - Canadian indie music guerillas **Lowest of the Low** return with their seventh studio album, **Over Years and Overnight**, a record that may be their most personal and collaborative effort yet. Arriving via **Sonic Envy**, the new LP blends sharp lyrical storytelling with a tapestry of indie rock, ska, and punk-inflected melodies, solidifying the band's legacy as uncompromising narrators of humanity, love, and socio-political truths. **Stream Over Years and Overnight** [HERE](#)

A milestone for the band, *Over Years and Overnight* marks the first time three of its eleven songs were co-written by all members, a testament to their deepening creative synergy. The album's title, borrowed from Charles Yu's novel *Interior Chinatown*, captures a paradox of time.

How can success feel like both a slow burn and an overnight explosion? "How did the band go from a decade of searching for a scene to suddenly breaking out in the early '90s?" Hawkins reflects. "Well... over years and overnight."

Exploring themes of lost innocence, political disillusionment, and enduring hope, ***Over Years and Overnight***, finds the band at their most introspective. "Lowest of the Low's politics are rooted in a belief in the innate goodness of humanity," says Hawkins. "Our job as artists is to hold a mirror up to that humanity and put it in high focus."

The record includes the previously shared, "The Only One I See", which arrived alongside a music video directed, animated and edited by LOTL drummer **David Ray Alexander**. The album's lone foray into reggae and ska, the track is a playful detour that underscores the record's emotional core.

"It's the only one on the record that's got a reggae/ska vibe," says frontman and principal songwriter **Ron Hawkins**. "We were doing much more of that on the last record. It's about a person saying to their partner, 'Among the billions of people in the world, you're the only one I see.'"

**Lowest Of the Low, which comprises David Alexander, Ron Hawkins, Lawrence Nichols, Michael McKenzie, and Greg Smith**, has been selling out shows across Canada and the U.S. for years. Their enduring impact was further cemented in 2024 with the release of the Apple TV+ documentary *Subversives – The History of the Lowest of the Low*.

While the band has never been one to dwell on the past, their legacy in Canadian indie rock is nothing short of iconic. Their 1991 platinum-selling debut album, ***Shakespeare My Butt***, remains a landmark in Canadian indie music, earning a Top 10 spot on *Chart Magazine's 100 Greatest Canadian Albums of All Time* on three separate occasions. The record's sharp wit, infectious hooks, and airtight harmonies propelled it to become the best-selling independent release in Canadian history at the time.

Renowned for their electrifying live performances, LOTL built a devoted following that continues to grow. Their contributions to the Canadian music landscape have been recognized with a *102.1 The Edge Lifetime Achievement Award* and induction into the *Canadian Indie Rock Hall of Fame* in 2008. Their story is one of timeless musical brilliance.

Now, with all cylinders firing, Lowest of the Low are hitting the road once again, bringing *Over Years and Overnight* to longtime supporters and a new generation of fans. See below for a list of upcoming tour dates.



Download LP Artwork [HERE](#)

**Over Years and Overnight Tracklist:**

01. Give Me My Heart Back
02. Wake Up And Smell The Roses
03. The Moon And The Stars And The Sky And The Sea
04. Over Years And Overnight
05. In The City Lights
06. The Seven Sorrows
07. Say You Won't Go
08. The Only One I See
09. How Do You Do?
10. Rage On
11. DOTGOTW

**Upcoming Tour Dates**

- May 2 - Oshawa, ON - Biltmore Theatre
- May 3 - Toronto, ON - The Concert Hall
- May 9 - London, ON - London Music Hall, Rum Runners
- May 10 - Windsor, ON - Meteor Lounge
- May 15 - Peterborough, ON - Market Hall
- May 23 - St. Catharines, ON - Warehouse Concert Hall
- May 24 - St. Catharines, ON - Warehouse Concert Hall
- May 31 - Fergus, ON - Meadows Music Fest (Sportsplex Fergus)
- June 6 - Ridgeway, ON - Sanctuary Centre for the Arts

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