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*A big thanks to Eric Helsley for creating the cover art.
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INTRODUCTION

Welcome to the first edition of Psych Trail Mix. I plan to cover all things psychedelic, as well as a little bit of punk rock. I have a particular fondness for space rock as well as 60's psych of days gone by. Through the pages and issues of Psych Trail Mix you will find; album reviews, DVD reviews (mainly music), book reviews, show reviews (past and present), interviews and upcoming concerts that are worth mentioning. You might be reading this if you also share the same disdain for the kiddie, candy coated world of the current mainstream music scene where the guys think they're gangsters and pimps, and the girls think that being a "hoe" is ok and a hip lifestyle choice. Not to mention those annoying emo kids that jump around the stage whining and crying about their most recent break up with their girlfriend. We are truly at an all time low in mainstream music culture. Not to get on a rant here, which I'll be featuring a few of also. The rants will be my opinion, so if you don't like it or are offended by it, then don't read it, it's as simple as that. Psych Trail Mix is a completely independent zine. Currently, I'm the only one writing for it and putting it together. Yes folks, it's a one-man show at this point. It was a lot of fun to put together. I hope you enjoy it.

Artist: Hawkwind
Documentary: Hawkwind-Do Not Panic
Aired On: BBC TV



It's about time an official documentary of one of the greatest space rock bands of all time was put out. Let me first start out with a story that I found kind of funny. One night I was flipping through the TV and VH1 had some show on called Rock And Rolls Most Outrageous Moments...or something like that. They actually had a Hawkwind story on it, believe it or not. Lemmy was the one telling the tale of when "the sax player" dressed as a frog fell into a lake at a Hawkwind gig. They showed pictures and everything of the guy we all love and know as the great Nik Turner, but they would not mention his name! Well Nik gets some recognition in this well put together documentary that aired on BBC TV. The beginning features Nik Turner chatting and walking around town, being harassed by some bums yelling something incoherently at him. Lemmy, chain smoking throughout and rambling about the good old days of Hawkwind. Michael Moorcock also participates with some very interesting interview segments. It's a shame that Dave Brock did not agree to be in the documentary, but that is a whole other story that I won't even get into. That is another issue that is covered very well in the documentary; the turmoil and battles within the band. Regardless, it was a very informative and entertaining documentary with lots of great footage of the band in the old days as well. I highly recommend catching a replay on BBC TV, or if you're lucky enough to find it on the internet to burn yourself a DVD of it, all the better.

Artist: Hawkwind

Venue: Sterling Hotel, Allentown, PA

Date: 6-24-07

I recently saw Hawkwind play live for the first time at the Sterling Hotel in Allentown, PA. The whole club was packed pretty tight, sardine can tight really. Hawkwind hit the stage playing Quark Strangeness and Charm and ripped through many of the old hits. Dave Brock seemed to be in good spirits. Lots of familiar faces in the crowd. The club had great sound and an awesome light show. Here is the setlist, gig flyer and a shot that I got the best I could over the many Hawk-Heads.

SETLIST

QS&C*

Warriors

A&B/TGV

Where are they now?

Chadwick spoken word piece*

Lighthouse

The Awakening

Right Stuff

Orgone Accumulator

Paradox

Robot

The Flying Doctor

Arrival in Utopia

Infinity

Images*

Only the Dead Dreams of the

Cold War Kid*


Sonic Attack

Brainstorm

encore:

Lord of Light*

Welcome to the Future



THE FATHERS OF SPACE ROCK
Hawkwind Perform LIVE at the Historic Sterling Hotel
Allentown, PA on Sunday June 24th
Doors are at 6PM. tickets are \$25
WITH RICHARD DAVE DIBBS AND JASON

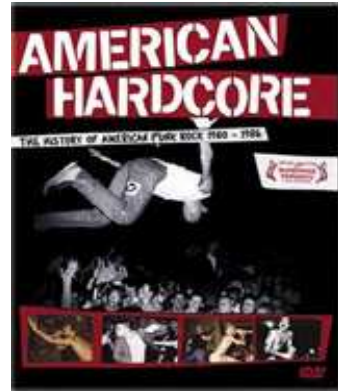
this very special multi stage HAWKWIND
performance will be supported by:

**Scattered Planets * Volcanologists
Audiophyle * Solus * Cheap Monsters
Art Tek * Guild Navigators**

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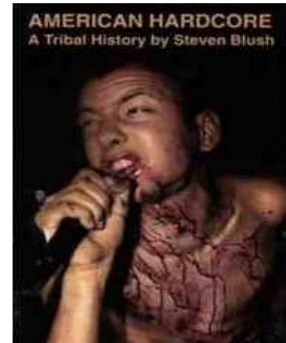
MOVIE: American Hardcore
FORMAT: DVD
NOTE: Book also available



First of all, I was really looking forward to seeing this documentary. I read the book and it seemed to cover a pretty diverse variety of punk rock music. Unfortunately, I was very disappointed with this film. In the trailer for the movie, Jack Grisham is shown being interviewed, always a funny guy and very entertaining. As it turned out, Jack only appears for what seems like a few seconds. Instead we get way too much of Ian Mackaye with his self-righteous blabber that seems to go on and on. It made me want to throw my TV out the window. I'm not a big Henry hater but there is a bit much of Henry Rollins. If I want to see more Henry I'll just flick on VH-1 and get his latest opinion on pop culture (no offense Mr. Garfield). One of my biggest gripes with this documentary is that one of the biggest places in my opinion, that produced some of the best, most original, over the top punk/hardcore music of all time, is barely touched upon. I'm speaking of the state of Texas. I know it's tough to cover it all the length of a documentary, but it could have been a bit more varied. I know that a lot of people have this strict definition of what hardcore and punk are, will argue with me that this was a documentary on "hardcore" and not "punk." Who dictates what it is/means though? Does it all have to be super fast with people screaming into a mic? I think that

Flipper were hardcore and punk yet they had a sludgy, slow psychedelic edge to them. The band Fang with Sammy McBride came out with some of the best, snotty, offensive punk rock music EVER. You could definitely say that Fang were very hardcore as well. I mean come on, the guy killed his wife, what's more hardcore than that? Not to mention that a lot of their songs were slow and not incredibly fast. I could sit here all day and debate what is hardcore and what is punk. I like to think of hardcore punk rock. If you showed this to people who have never even heard the music, they'd probably get the impression that it all sounded pretty much the same: very fast with incoherent screaming. It could have been put together to cover a more diverse variety of punk music. I personally prefer the documentary entitled Rage: 20 Years Of Punk Rock-West Coast Style a lot more over this one. That will have to be reviewed in a future issue. On a side note, I also wouldn't mind a DVD re-issue of Urban Struggle: The Battle Of The Cuckoo's Nest.

Book: American Hardcore
Author: Stephen Blush



As much of a disappointment that the DVD was, I will admit that I really enjoyed the book. This book is packed with cool photos and interviews with a wide variety of different punk bands. Compared to the DVD, the book covered much more and in detail. Of course you can do that a lot better in the length of a book than a movie. This book is worth a spot on the shelf but save the DVD for a rental.



HELIOS CREED

Helios Creed was co-founder of Chrome, a band hailing from San Francisco in the late 70's and early 80's that produced some of the most mind warping, other-worldly psychedelic music ever. Helios Creed and Damon Edge, being influenced by the punk scene at the time, melded punk with psychedelia, creating some truly unique sounding music way ahead of it's time. Helios split from Chrome in the mid 80's and continued his solo career, touring and recording albums ever since.

First off, how long have you been making music?

Recording or just playing?

Just recording, touring and everything.

Ok, recording music umm I'd say since '76. Because I started recording in '76... with Damon.

Ok, with Chrome...

In '77 Alien Soundtracks came out. You see...

So then you've been touring I guess ever since after Chrome broke up...

Yeah I've done a lot of touring. I figured I did about 800 shows. Hahaha..

800 Really?

Yeah.

Wow, that's pretty impressive.

Yeah all around the world, I mean it's a rough estimate you know but I sat down and sort of got a rough estimate on how many shows I played in my lifetime. Give or take 50 or 100 shows I don't know.

That's pretty good, so I guess how many years would that be total, you doing music, recording and touring. 30 some years?

Yeah, 31 years. Same age as my son.

Right, since you were like 19 or something right?

No, I started Chrome... I was around 22.

Oh ok, about a year younger than me.

Yeah.

What were some of your biggest influences growing up as a young Helios Creed?

Jimi Hendrix, Jethro Tull, Sex Pistols, The Ramones, Iggy Pop, Suicide, The Stooges....

How do you feel about the latest album, are you satisfied with how it came out?

Well umm pretty much. I mean there's always something that you'd want to change if you could but, you know I'm pretty happy with it.

I hear you've got a new one coming out?

Yeah.

Anything about that, any kind of direction you're going in with that, different or?

I can't say because it's not... there's not enough of it to really say what direction it is, but I can tell you there's gonna be a lot of good guitar on it. Guitar lovers will dig it I think.

Guitar lovers will dig it?

Yeah.

Oh ok, that's cool.

I would say because it's got a lot of good guitar work, and I'm going more for songs, vocals, you know... umm... I want to make a... I wanna just want to make some really good music you know? Then again I wanna totally want to go left field again too. SO I wanna do both. That usually entails, in the old days side A would be more accessible, side b would be off the wall.

Right, noise...

Nowadays it's just all one side haha... but as the cd moves on you will notice the music getting stranger...and stranger...

I read before that you used to give your albums the acid test, do you still give this test and did Deep Blue pass the test?

Oh yeah yeah... see I don't need to do acid anymore, you know I can tell. You know, but uh yeah when I start a record I make sure it's acidic hahaha, you know that's where I'm coming from. Nobody else is doing that, I'm making music for acid heads, still after all these years.

Right, people who are still doing it.

Yeah, since '76...and they said there wasn't a demand for it in '76...There's always a demand for it, because it's counter-culture that will never go away, there will always be a bunch of heads that like tripping and they're gonna want their music, you know.

Right, good music to take it to.

Yeah, so I plan on making that music until I drop dead.

Right, you deliver the goods for all the acid heads.

Yeah, deliver the goods for the acid heads, it's the least I could do. You know and as long as there's somebody out there making some good acid for the people instead of the mafia with all their strychnine and shit, you know what I mean?

Yeah.

That's what they deserve. Good music and good pure LSD.

I think there's been some pretty good stuff going around lately.

Yeah, like I said, the psychedelic movement never went away, it just went deeply underground, but it will never go away and I suspect someday it will resurface in a big way, because it deals with psychic awareness as well as you know... vision quests, Indians doing mushrooms and peyote, it deals with shaman priests, you know that whole..it's where our counterculture sort of connects with the indigenous cultures. You know what I mean?

Yeah.

So, we can have some kind of culture besides Macy's and Wal-Mart and Mcdonald's...

Best Buy and Burger King and stuff...

Yeah, we can have something else besides that reality.

Right, something a little more real.

I feel... I always feel like there's a need for a different reality, a different culture.

Yeah, I think in a big way now especially.

Yeah, and not... you know and I'm not knocking the hip hop culture but not THAT kind of culture you know? Maybe not even a hippie culture, you know. A psychedelic culture that consumes, you know, all those things. Or combines all those things, and consumes it haha. That's where I'm coming from, and I'll be doing that till the day I drop dead.

Well I appreciate that.

Huh?

I appreciate that.

Yeah, and I'm sure Nik Turner's...his view on making space rock... Of course I would consider our stuff more acid punk.

Right, yeah that's what I like to call it. Anybody asks me how to describe it I always say acid punk. That's the best way to describe it I think, to me. I feel the same way.

I've always liked that.

Right, aggressive psychedelia without the... you know peace and love part of it.

Yeah, you can do without the peace and love, let's get real, let's explore some dangerous places as well as happy places.

Right, but always bring us back and not let us get completely lost in the dark side and bring us back with another song I guess after that.

Yeah, you can't learn anything spiritually unless you, unless you, you know go to the dark side and you know learn what there is to, learn that it's not good to lie or steal or fuck people over and do drugs and waste your body away or whatever you know. Whatever you overdo, I mean... I think it's trying to get people at least thinking about the law of karma. What they do will come back on them eventually. That's what I discovered out in... people don't seem to be as aware of that in the rest of the country as much as they are in California.

Oh California?

Yeah.

Oh ok.

You know the karma thing.

Right.

I know...everybody thinks it's a lot of fruits and flakes, but you know... there's nothing wrong with people trying to be good. Haha

Right, definitely I agree...What was it like touring and recording with Nik Turner of Hawkwind?

It was always a blast, you know what I mean? Because I got to play somebody else's music, and experience, play with somebody that played with my biggest idol Jimi Hendrix you know... play with somebody that's actually hung out, recorded with him, talked to him, got stoned with him.

Oh, did Nik Turner do that? I didn't know that.

Yeah, Nik hung out with Jimi and they recorded, or they worked together on something and they got stoned together and they got along pretty well together.

Yeah that's cool. Nik's a great guy, I remember I played with him. He played with a show that we did, for free. Somebody asked him to do it and he said sure I'll play the festival for free.

Yeah, he's not a business man, he's an artist ya know. If he wanted to be a business man he would've been a doctor or a lawyer, he wouldn't have been in the Nik Turner business. Haha

I hear Nik Turner is a pretty wild guy to tour on the road with, do you have any crazy road stories?

Oh yeah there's tons of crazy road stories.

You can just hit me with one or two if you want. It's no big deal.

Alright, we were going down the street, we see this naked guy, blonde naked guy running down the street, and uh... with his arms up in the air and wow this is weird look at that guy man he's running down the street naked. Then we go to our motel and the cops bring this blonde guy to our motel and it's Ziggy, it's Ziggy our light show guy.

Oh yeah I just met him recently.

Yeah, and uh... he was tripping on acid. Yeah, and then one time Del Dettmar got really pissed off, threw a gallon of orange juice up in the air and that's the first thing I noticed was this gallon of orange juice coming down hitting the ground, and him walking off into oblivion. I think it took Ina and Nik like 7 hours to find him or something like that.

That's funny.

Yeah it's just stuff like that, lots of stuff like that, LOTS of stuff like that.

That's cool.

Yeah and Nik and Del did acid everyday at every show.

Who did that?

You wouldn't believe it but they, somehow they do.

Who does it?

Nik and Del Dettmar.

They did it every show during that tour?

EVERY show they would do a hit of acid.

Wow, I didn't know that.

Yeah.

Did you do it?

No, I was too busy with the band you know? My job was to make sure the band was playing right you know? It was my drummer and I was sort of helping Tommy get a good guitar sound, so I couldn't have been tripping on acid doing that you know.

Would have been kind of hard to play guitar anyway.

Hahaha... It was good, I enjoyed playing with Nik a lot because he was 54 years old at the time, it was very inspiring, you know. I wouldn't do it again, but I'm glad I have those memories hahaha

Right, you wouldn't do it again you said?

I don't think I'd do it again. Once is enough. I think we made our mark and we made a live record and if people wanna check it they can go to Cleopatra and ask about it, you know on the internet.

What do you think of current mainstream music?

I don't think about it at all, I don't even know what they're putting on the radio. So, I don't know... I guess if I, I'm never in a situation where I have to listen to what's... I don't have any kids, my kids are all grown up so I don't hear their music. I'm not around any of the young people that listen to the, I don't know. I'm totally useless in that department. Hahaha, I don't know what's happening, I say yeah there's this one band that I think is pretty cool but I don't know because I don't pay any attention to it. I'm not into the mainstream middle of the road crap. I don't care about you know Paris Hilton or Britney Spears or any of that shit you know, what Hollywood deems is big or whatever.

Yeah it's all a bunch of shit anyway.

I imagine it's hip hop, you know what I mean?

Yeah that's the big thing now pretty much.

I imagine it's still that you know.

Yeah I don't really get it.

Yeah, but I feel like it's fading. I mean, I can also feel it's old, it is old. It's been around for what, 30 years, 20 years?

Yeah then the comeback though and the old stuff, the old hip hop wasn't so bad.

Like Public Enemy and...

NWA and all that, that wasn't too bad.

What's that other one? Yeah it wasn't so bad, it wasn't so GANGSTA.

Right, you can actually understand what they're saying.

They developed their own music, culture, you know. Gangsta ho's and all that shit.

Nowadays it's just about how much money they have I guess.

Yeah, I mean yeah it's...see I don't know very much about it...see my son would know a lot about that scene, my son Alex. He listens to that, he knows whats cool and what's not cool in that scene. If I ever have any questions I'll just call on him.

Just consult Alex or write him on myspace or something.

Haha

What are you hobbies or interests outside of making music?

Model railroading, hiking, boogie boarding, screwing girls, hiking with girls is really fun, of course I already said hiking. Tripping with girls, if they're cool. I need a girl to smoke pot with so... I find I get along with the girl better if she's a pot smoker like me. That's what I think what went wrong with Paul McCartney, his bitch didn't smoke pot. Hahaha. Yeah I think that created a rift. Yeah if you're a pot smoker and you have a spouse you should both be into the same thing and it would be nice if you like the same music.

Right, yeah that helps. Or at least some of it.

Yeah, you know I mean Z and I, I mean we pretty much liked the same music. So that was ok, she had good taste in music and I could deal with her you know? Haha And then after we broke up, I started sharing my place with a new girlfriend, I discovered I hate her music haha You know I hate what she listens to it's driving me nuts.

What kind was that?

Huh?

What kind of music was it?

You know I really don't know, it's that goat stuff you know? Like uhh, goat music, I think Pearl Jam started it. OHHHH (**Helios proceeds to give me his best impression of Eddie Vedder**).

Oh no, that's awful.

Goat boy music.

Goat boy music haha....

Goat boy, progressive rock, drove me crazy anyway so I was happy when she actually went....that ended hahaha... I realized, wow I can't be with anybody unless we like the same kind of music, because that's gonna drive me fuckin nuts.



Artist: Helios Creed
Album: Deep Blue Love Vacuum
Label: Noiseville
Format: CD & Double Vinyl
Order: www.noiseville.com



The first record I'll be reviewing for Psych Trail Mix is from legendary space rock guitar god, Helios Creed. Helios joined forces with; Jeff Pinkus (Butthole Surfers, Areola 51, Daddy Longhead, Honky), Fabienne Shine (Chrome, Shakin Street), Jerry Page (Crust), Blair Bovberg (Halo Rings Her Head), and Paul Della Pelle to create his latest full-length record entitled Deep Blue Love Vacuum. The album starts off with the **Intro (Deep Blue Love Vacuum)**. It builds up gradually into a cacophony of sound and sets the tone for what you're in for. The Intro leads nicely into the next track, **"Beginning Of Light."** The swirling guitars from outer space and echoed warped vocals of this song will rip your head off. **"Got To Have Someone"** has vocals shouted through what sounds like a megaphone, sort of early Butthole Surfers style. You can clearly hear Jeff Pinkus' bass style distinctly on this track. **"Sandbox Jungle"** is a song in which Fabienne Shine once described as: "the story of a wild cat." It has kind of an early Black Sabbath vibe to it. A great song, and you get a taste of Fabienne Shine's amazing vocal abilities on this track. **"Fields Of Green"** is more of a straightforward kind of song. I love the fuzzed out guitar on this track. In **"Help Me Bitch,"** Helios doses us up with some crazy psychedelic mayhem. The madness all flows together nicely. It's kind of hard to describe in words, as it goes with a lot of Helios Creed's work, you just have to listen to it. **"All Tomorrow's Parties"** is a nod to Velvet Underground and old friend of

Fabienne, Nico. Helios' space synth guitar work throughout the song. Fabienne's vocals actually sound quite eerily similar to that of Nico's. The Velvet Underground cover is followed up by an instrumental, **"Another Dimension."** Always good to throw one of those in there. **"Tell Me Your Name,"** teams up Fabienne's beautiful vocals with Mr. Jeff Pinkus on banjo, along with Blair Bovberg on theremin. Blair's work on the theremin on this track for some reason takes me to One Flew Over The Cuckoo's Nest. Listen closely and hear Fabienne's voice warp into the banjo for a couple seconds. The next track **"Harry J Krishna"** sounds kind of like Martian Sperm and Bagpipes. The next track is a funny song about our retarded President, **"Cowboy."** Drum Machine on this track as Helios did a couple of songs by himself at Half Machine Studios. Cowboy is followed up by another song about the war pig Bore Gush, **"His Murder Machine."** This track features Helios alone with an acoustic guitar, signature Helios Creed vocals on this one. **"2012"** is one of Helios darkest prophecy songs to date. The end of the world, feeling the wrath of Mother Nature's mighty hand. **"The Things They Showed Me"** is an older song that originally appeared on the Dossiers 2 compilation, a bit extra was added to the beginning of it. An awesome song and nice to see it not just be on some compilation, now it is included on one of Helios' albums. **"See You In The Next World"** is another one with Helios solo on acoustic guitar, and a nice farewell end to the record.

Overall, out of all the records Helios Creed has put out solo (outside of Chrome), this is my favorite to date. Deep Blue Love Vacuum seems to have a mix of it all in there. A great lineup, especially Helios' reunion with Fabienne Shine (wife of the late Damon Edge).



Left to Right: Damon Edge and Helios Creed

Q&A With Damon Edge of Chrome

Chrome hailed from San Francisco in the late 70's and early 80's and were considered one of the first "industrial" bands. Industrial is a term that is thrown around lightly these days. Inspired heavily by the early punk scene, Chrome made punk psychedelic. They were too weird for the punks at first, Chrome were outcasts among the so called outcasts. It took a while for the punks to get it, when they did though, they started buying Chrome records like crazy. The following is an exclusive dialogue between the two founding members of Chrome, Helios Creed and Damon Edge circa late '76/early '77 courtesy of the "lost tapes" recorded on a cheap portable tape recorder that Helios Creed used to record conversations and weird noises and things outside.

D- You want to know what I think?

H- No, but go ahead anyway.

D- Well, you said the other day maybe he'll change. John, you know... get it together.

H- Yeah, what about it?

D- I don't think people change. Once they're fucked up, they'll always be fucked up

H- I don't know if I agree with you on that one. I think people are constantly changing.

D- Yeah, but do they really get better?
H- Maybe you got a point there, I know you're not getting any better hehe
D- Fuck you.
H- Hey Damon, how do you think all this shit got here? You know, us and the universe.
D- The big bang.
H- The big what?
D- The big bang.
H- Yeah I might of heard about it on TV or something.
D- The whole universe came from like this big bang; just everything exploded out and kept going from the center of like the universe.
H- Yeah I like that one, I could use a big bang right now.
D- Where's Donna?
H- Who the fuck knows.
D- Man, I couldn't live like that.
H- Thanks, that makes me feel so much better.
D- Hey, lets go to the arcade and take in a little pin ball.
H- Yeah, they got this new video game called asteroid. I like it.

D- You really dig this one.
H Yeah, try it. {5 hours later still playing}
D- Well, I better get going. Amies going to be pissed, let's go.
H- Hey, what are we going to call the record anyway?
D- Howbout "Alien Soundtracks?" Or what about "Ultra Sound tracks"
H- I like Alien Soundtracks better.
D- Yeah, me too...



Artist: United States Of America
Album: United States Of America
Label: Sundazed
Format: CD
Order: www.sundazed.com



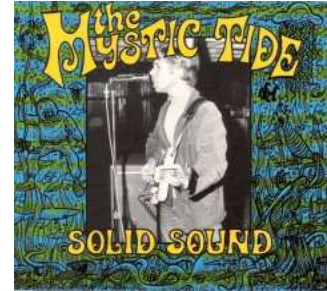
This album is one of my favorite 60's psych re-issues to come out in a long time. The United States Of America, for their short lived existence, put out some amazing, mind blowing music. Pretty crazy for a sixties release that there is no guitar on any of these songs either. It doesn't matter as they get plenty of sound with the Moog Synthesizer and ring modulator. Dorothy Moskowitz voice is just beautiful and adds so much to the songs. Great album from start to finish. Sundazed treats us to their usual nice package of extensive liner notes and some great bonus tracks as well.

Artist: Davie Allan And The Arrows
Album: Cycle-Delic Sounds
Label: Sundazed
Format: CD Also Available On LP
Order: www.sundazed.com



Davie Allan has also been known as the king of fuzz, noting his super fuzzed out guitar sounds. His music has also been featured in B-Biker Movies from the 60's. One of the best being "Wild Angels," starring Peter Fonda and Nancy Sinatra. We get plenty of Davie's fuzz here, from the title track "Cycle-Delic" being one of the best. An all out fuzzed out wah fest. Not to mention the fuzzed out wah freak-out of "Mind Transferral." A lot of these songs also make me feel like I'm riding a motorcycle about to get into a brawl. Also highly recommended is "Devils Rumble," a 2 cd anthology set of the best of Davie Allan's fuzzed out glory, also available on Sundazed.

Artist: The Mystic Tide
Album: Solid Sound/Solid Ground
Label: Distortions
Format: CD
Order: www.funkadelphiarecords.com

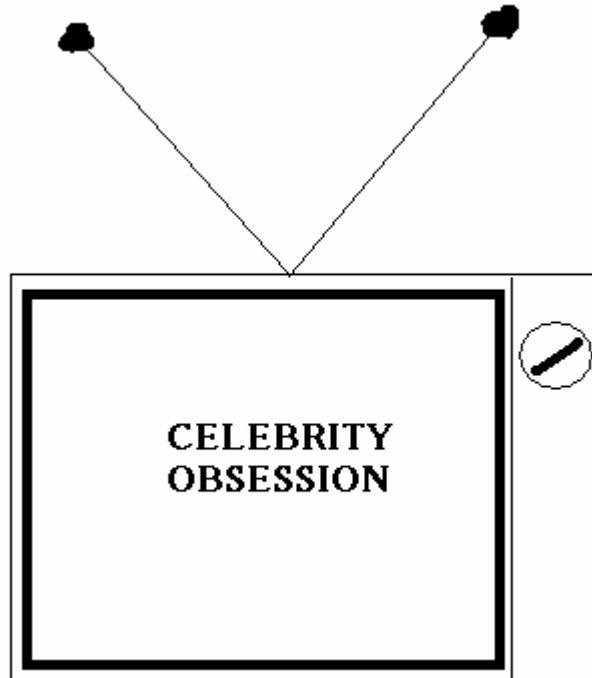


Long Island, New York churned out one of the best 60's psych bands ever, The Mystic Tide. While most in the area of the Woodbury, New York suburb were playing soul, The Mystic Tide did not follow. Instead, they created their own unique blend of psychedelia. "Psychedelic Journey" parts 1 and 2 sound sort of like a rawer "Interstellar Overdrive" by Pink Floyd. "Frustration" is an all out 60's punk thrasher. Don't be fooled, this is some heavy dark psychedelia, not flowers, bell bottoms, peace symbol t-shirts and phony attitudes. Thank god Distortions issued this on cd, so it would not be lost forever. Tracking down all the singles/45's would be a quite difficult task as they are extremely rare. Tracks 1-11 are The Mystic Tide from the 60's. The remaining 7 tracks are Joe Docko's 90's re-makes which are actually pretty decent as well.

Artist: We The People
Album: Mirror Of Our Minds
Label: Sundazed
Format: CD
Order: www.sundazed.com



A lot of you may remember We The People mainly for the 2 songs; "You Burn Me Up And Down" and "Mirror Of Your Mind," from the first Nuggets box set compilation. Well, there is a lot more where that came from. Sundazed has done it again with this 2 cd set, jam packed with about 40 or so songs. This also includes demos, previously unreleased tracks and songs from pre-We The People days by The Trademarks, Offbeats, Nonchalants.. You're getting a nice package here; extensive liner notes equipped with interviews and tons of pictures, and a diverse collection of songs including some melodic 60's pop to psych punk nuggets. Hailing from Florida, We The People were a great combo that made some great music in a wide variety of styles.



I've had to get this off my chest due to the ever growing obsession that people have with celebrities for some reason. It's so lame, you hear people constantly talking about who is dating who, who broke up, what kind of hairdo did she get, is she pregnant, Brangelina...Brangelina?? Are you kidding me? Whoever coined this term is worthy of public execution. Honestly though, why do people give a shit? What planet am I living on that people have their heads so far up their asses that they care what Britney Spears ate for breakfast? It's not even like the celebrities that people obsess over are interesting people. They are some of the most boring, uninteresting people I have ever seen. It's gotten so bad that people obsess over people who are celebrities for nothing other than being rich. You know it's bad when Paris Hilton gets more coverage on the news than the war in Iraq. That really says a lot to the people dying over there everyday. I also found it amusing when Larry King interviewed Paris Hilton about her like traumatic experience with like jail, it really like made her see that like there is more to like life and stuff. Instead of grilling her with tough questions, Larry wimps out and keeps it safe. Fifty years on the air and the guy comes up with, was it gross being strip searched? Time to retire Larry. What's next, an interview with Nicole Richie? Another talentless piece of shit, who is also famous for absolutely nothing. It's so bad now in this country, that people think it's cute to be stupid. When will the news actually cover the news and not a teeny

bopper's trip to rehab? I found it amazing how much coverage Anna Nicole got when she died. I mean, may the woman rest in peace, she did die. They covered it for weeks though! You literally could not get any other news. The scary part is that people seem to care about that more than when an actual relative dies. That may sound exaggerated, but it's not too far off with a lot of these yentas out there. When someone that has actual talent dies, you'll be lucky if you get maybe a small newspaper clipping. Musicians that die barely get any coverage, you know, people that actually do something worthwhile and contribute something to the world? Syd Barrett died and it was mentioned on the news very briefly, maybe a sentence or two. I was surprised to even hear that. So come on people get a life, a hobby or something. Stop obsessing over other people's lives (lame people at that) and get one of your own. In closing, I'd just like to say, why couldn't Chris Benoit have been married to Paris Hilton and Nicole Richie have been their kid? Could have killed two lame bimboes with one stone.

A few thoughts on the Empty-V Video Music Awards:

Just real quick. A couple thoughts on the Empty-V Video Music Awards. It's a shame that kids have no one real to look up to. Thank MTV for teaching your kids that life is all about superficiality, narcissism, ego, and glamour. Not to mention the incredibly AWFUL music, if you even want to call it that. It was basically all hip hop crap. What happened to the old school hip hop from the late 80's and early 90's that was actually real and had some substance to it? Nowadays it just sounds like all it is, is someone trying to make a beat for people to dance to at some lame dance club and cash out on it. The funny thing is that they're all forgotten so quickly, that it's almost like it never even existed. At least back in the day, the Video Music Awards were somewhat watchable. We got to see Krist Novoselic from Nirvana throw his bass guitar up in the air and it come down and hit him in the head. Now it's all so scripted and predictable. At least before you could expect a surprise or two. Don't even get me started about the Brittny Spears performance... I had to hear people talking about it for days afterwards, about "what a train wreck it was, what was she thinking?" I'm sorry, but I just can't understand why people care so much? It's old and tired... Find some other pop star diva to obsess about.