

**ROOT**

Capturing Sweden—Live in Falkenberg

LAVA

**Heilboys to men**

Originally released on a limited vinyl run in 2005 and taken from the band's May 2001 performance at the 2 Heavy 4 You festival, *Capturing Sweden* is now available on compact

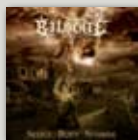
disc for all those who find flipping records an annoyance, never mind double live albums.

As a document of the Czech-Rep legends' first visit to Scandinavia, this warts-and-all recording (released "with all mistakes and technical problems like cracked strings etc.," according to the liner notes) serves a noble purpose in correcting an obvious omission in the discography. As ever with live albums, however, this probably isn't the best place to start if you're looking

to check out some Root (that would be 1991's *Hell Symphony*). Make no mistake, the hits are present: "Lucifer," "Zjevení," "The Temple in the Underworld" and an off-the-fucking-hook "666," which is worth the price of entry alone. But the post-Kärgerås, clean-sung era is equally well covered, so your enjoyment of the album as a whole will very much depend on where you stand re: Big Boss's voice nowadays. An obese, bearded, 50-year-old man dressed in a robe with roots painted all over his bald head, crooning like Messiah Marcolin's distant Czech cousin? About demons and shit? What's not to love? —GREGORY WHALEN

# THROW ME A FRICKIN' BONE!

In which we sort through our green plastic bin o' label-less CDs, and tell it like it is BY COSMO LEE

**Bilocate** Sudden Death Syndrome

Record labels are stupid. Here's a prog/death band—from Jordan, of all places—that's essentially Opeth but interesting, with perfect performances and production, and artwork by big names. They're atmospheric, unpredictable (one track is a stunning 17-minute journey), nuanced, heavy, better than 98% of the competition—and they're unsigned?!?! <http://www.myspace.com/bilocate>

**Deeply Confused** Isolated

I am deeply confused as to why this band is not signed. These Canucks play smart, technical death metal that balances melody and dissonance. Later Death and Heartwork-era Carcass comes to mind. The production and performances, especially the crisp drumming, are first-rate. Yet another gem from Montréal's bottomless metal well. <http://www.myspace.com/deeplyconfusedofficial>

**Dimaension X** Ugotllathath

The artist's self-description: "minimal heavy metal drone with maximum extreme drumming—imagine Flo Mounier jamming with Sunn O)))". With song titles from a random Lovecraftian name generator, this screams "worst thing ever." It's not. It's pretty rad—space-y, synth, super-energetic. Imagine Hella, but heavier and less annoying. <http://www.myspace.com/dimaensionx>

**Hak-Ed Damm** Black Tortured Metal

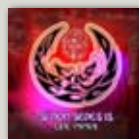
Is there any other kind of black metal? This disc is certainly tortured. Marble-mouthed growls and shrieks run roughshod over tremolo picking, blast beats and garbage can production. It's all a bit "stock," as Lars Ulrich would say. Bonus points, though, for the song title "Gathering of the Slut." <http://www.myspace.com/hakeddamm>

**Ice Vinland** Vinland Saga

The members of Ice Vinland are normal-looking, jeans-and-t-shirt metal guys, except for the singer, who carries a skull and axe, wears a Viking helmet and really likes fur shawls. He's a sturdy singer, though, with very competent backing. Old-school power metal is alive and well (but it needs better synth horns). <http://www.myspace.com/icevinland>

**Leader Demo 2008**

Imagine if late '70s Rush cut out Geddy Lee's yelping and expanded those geeky instrumental breaks into full-blown songs. With a big-ass bass distortion pedal. Make that two. With ASRA's unstoppable drummer, "musicianship" and "no girls in sight" titles like "Temple of Demens Oracle," you have one great Nerd's Atomic Dustbin. <http://www.myspace.com/leadernyc>

**L'ira del Baccano** Si Non Sedes Is: Live MMVII

It's ballsy for a band to make a live gig their debut. However, this pristine soundboard recording boasts chops and chemistry most bands never achieve in the studio. The instrumental set crosses Sabbath with '70s psych/acid jams, dollops of fuzz and enormous bellbottoms. Rise Above and Tee Pee, are you listening? <http://www.myspace.com/iradelbaccano>

**Nya Demo 2008**

This is so much like Killswitch Engage it hurts—vocals, riffs, how songs break down to clean tones, everything. There's also some later Soilwork here. If you close your eyes, you can imagine this is the next KSE demo. The execution is credible, but one Killswitch Engage is enough. <http://www.myspace.com/nyametal>

**Ov Dust** Disturbance in the Goat Herd

Despite the silly band name, sillier title and silliest title font ("Zombie Holocaust," to be precise), this doesn't suck. It's impressively jagged, somewhere between first and second wave black metal. The riffs are a bit "stock," to quote Lars yet again, but the vocals would scare even John Tardy. <http://www.myspace.com/ovdust>

**Tunguska** Demo

There's a t-shirt that says, "Indiana Sucks: You know it... I know it." I personally don't know it, but this demo forcefully makes that case. Places of contentment don't yield such knuckle-scraping angst. Tunguska are basically a more melodic Eyehategod; the songs aren't there yet, but the sound is. <http://www.myspace.com/tunguska317>