

BBP



Look @ Me

Frontal Assault



CAGES

Ill Omen



Ancient Elm



Interviews:

Oliver Young, Roman Gamble

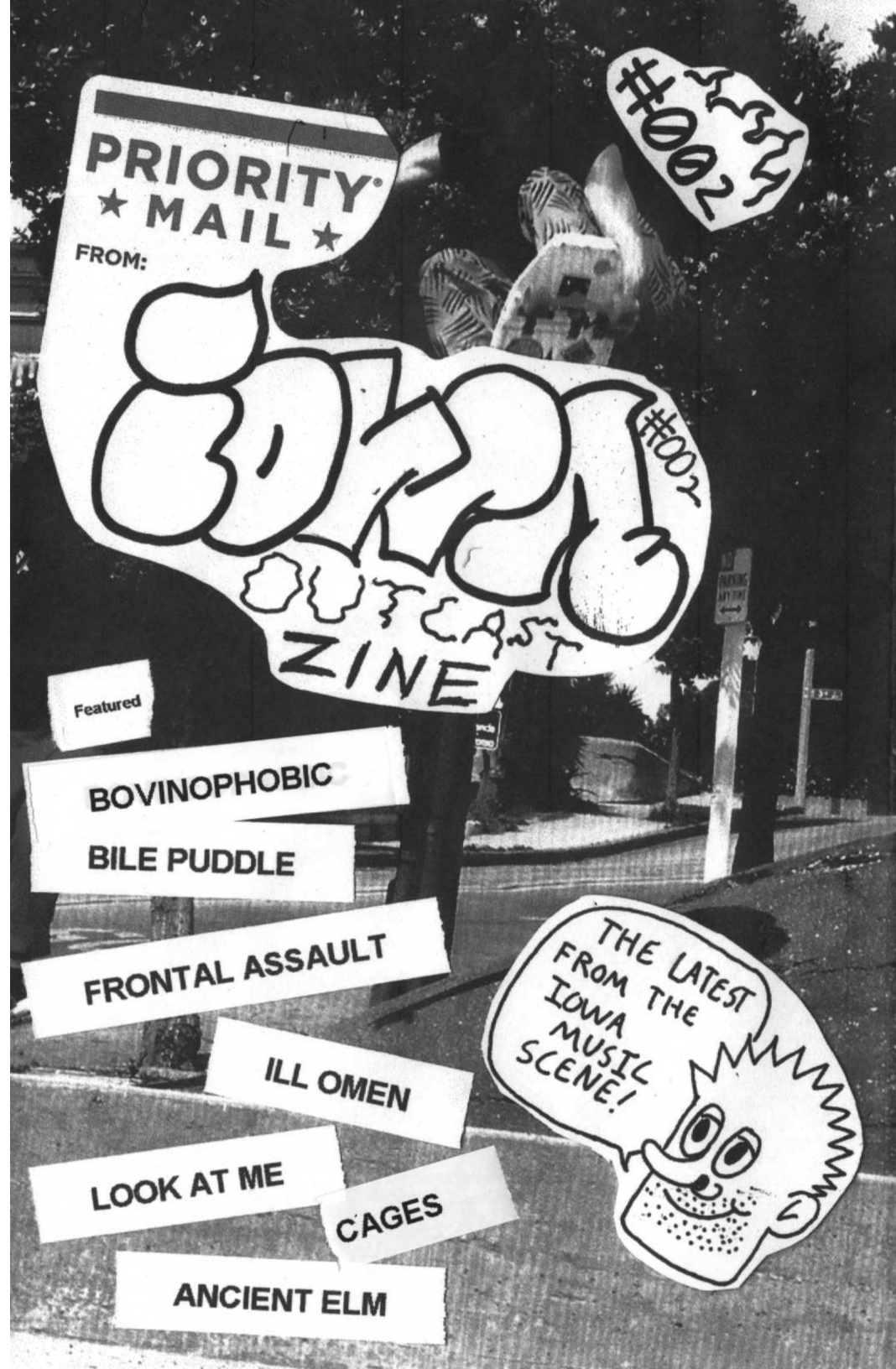
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Bovinophobic Bile Puddle

Sludge Crust

This interview is with Everett and Oliver of Bovinophobic Bile Puddle. This interview was conducted by Oliver of the IOZ (Iowa Outcast Zine). (Oliver and Oliver are not the same person).

(Oliver - IOZ)
How did BBP form?

(Everett)
I'd say we started back in December 2021. It started with me, I was trying to do my own type of noise thing. I called myself "shitcore" and I made this shitty little demo, I don't remember what that one was called. And then I showed it to Oliver and some other friends, and was like, "Guys look what I made", and it sounded like shit, but we were all super into it. Then, we went into the practice space to just make some noise and record some shit. That was the first time we played "Not My Bacon".

(Oliver - BBP)
Yea, and our friend Rachel worked at United Action for Youth Center downtown Iowa City, and they just have a free recording space and she recorded us for like an hour, and that's the Bovinophobic Bile Puddle demo that's on bandcamp that has a picture of Everett, thats all improvised. Its the first time we played together.

(Everett)
And we were mostly fucking around and making some noise and shit, putting some songs together and assigning instruments to different people. We started making our first songs, and they were really really bad. We just heard some recordings of our shit from January, it was really bad. But we wrote like 4-5 songs. Everything on the Live at Gabes recording. Oliver has some connections with the scene around here, and we were able to get to gabes in march last year.

(Oliver - BBP)
We were all 15-16 when we played that show.

(Everett)
And Cash had been playing bass for like two months.

(Oliver - BBP)
Yea, our old bassist Cash had been playing bass for like two months.

(Everett)
Yea, and so we had three or four songs put together for that night, and it was pretty well received I think.

(Oliver - BBP)
It was fuckin packed.

(Everett)
Yea, there were a lot of people there.

(Oliver - BBP)
It was downstairs at Gabes which is a pretty small room, but it was packed with high school students we know.

(Everett)
Yea, we got noticed by a few people in the scene, and we just kept writing songs and started playing more shows. So I'd say that's how we formed.

(Oliver - IOZ)
My second question for you all would be, so you released your first "official release" in September (2022). What went into the creation of that?

(Oliver - BBP)
Well, we started just, while we were playing shows in spring of last year, Dolly Sperry kinda noticed us and she has a record label called Pokeys Records and she records shit from her basement. She was really into our stuff, and was like "Hey, I'll record an album for you guys", and we brought all the songs we had written to her basement basically.

(Everett)
She did the rest of the work, with the tapes and stuff. But it was, I just really wanted to have a tape out there and Dolly said she could make it happen, so she made it happen.

(Oliver - IOZ)
Going off a track from that tape, "Decompose Me", what inspired that?

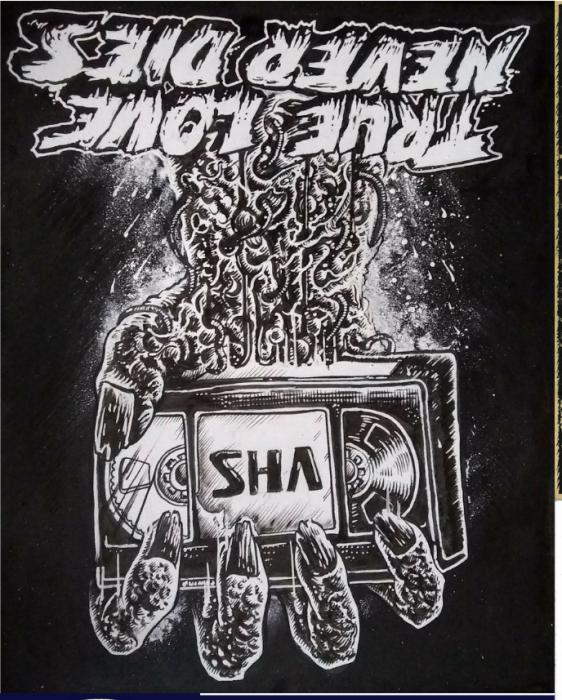
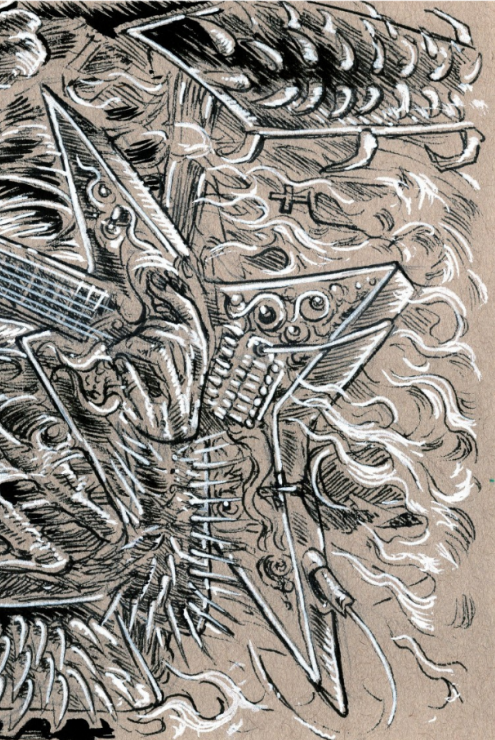
(Oliver - BBP)
That was actually my song, I had written that probably a week before we recorded, actually not a week maybe like a month. We hadn't practiced it. Everett didn't know the vocals, I actually sing on that song, it was a last minute thing and didn't expect to put it on the tape at all. It turned out pretty great. I kinda wanted to write...

(Everett)
A little more serious.

(Oliver - BBP)
Yea, and a little more sldudy. We were doing punk shit for a while, and started to move to more slow, sldudy, metal type stuff. I was really like, that riff, I was listening to the Melvins a lot when I wrote that riff.
(Everett)
Yea, definitely the Melvins.

(Oliver - BBP)
Yea, and some of the talking stuff, like the vocals I do when im talking, thats definitely very "Slint".

(Everett)
Yea, Oliver brought that and wrote it and we all liked it so we all learned it, now its one of our favorite songs.





(Oliver - IOZ)

What are some of your hopes for the Iowa scene?

(Oliver - BBP)

More bands, more high school bands. We're like the only, well I guess there might be a few, high school bands.

(Everett)

High school band doing shows and shit. I hope high schoolers could find the motivation that we did, because it's completely doable for people, y'know? We don't have nice equipment or a consistent practice space but we have a lot of ideas and listen to a lot of music, and I wish high schoolers would go along with that. Other than more high school bands, I'd say the scene just needs more, like, I feel like it kinda lost its focus here, y'know, when we go to punk shows they're fun, but there's no punks. The true punk scene is dead here. Same with the metal scene. Mostly.

(Oliver - BBP)

Mostly, I'd say most shows are like all the same bands, all the same people going. Back, well I wasn't alive, but in the 90s I've done research and seen some videos, there were so many fuckin Iowa City bands like Scrid, Brick, bunch of, just a lot of good bands and theres...

(Everett)

Not enough bands, not enough people in the scene. So I definitely think a big hope would be to get more interested in the scene.

(Oliver)

I love Wild Culture Kombucha, but Gabes is pretty fun. And there's some random basements. There used to be this space downtown above a target, and a warehouse out by colonial lane.

(Everett)

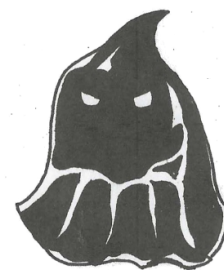
I think just a space that's better for punks and metalheads to congregate. People who go to Wild Culture aren't punks or metalheads, people who go to Gabes are just like old people. Just a place for the scene to exist more, thrive a bit better.

(Oliver - IOZ)

Is there anything else you'd like to say?

(Everett)

Pay attention to BBP in the next couple of months, we've got some really exciting stuff coming up. Bunch of new songs, new shows, hopefully record an album later this year.





Anthony Noble AKA
@therandomasshole



(Oliver)

I noticed from 2018-2021 you didn't release a lot. Was that because you were working on some stuff, was that because of some troubles in the band, what kinda was going on with that?

(Taylor)

It was a tough time, I wouldn't say anything drastic. We did our last tour in 2019, and after that the pandemic hit. When the pandemic started everyone started shutting everything down. We thought we'd just stay home and write music, but there were a few unexpected deaths throughout the year, for the next 12 months after 2019. There was a divorce as well. There was a lot of bad stuff that happened to us as people, throughout life. SO that really definitely put the band to the side for the moment. There are people who rely on us, who need us, and you gotta put them first. That's definitely a big part of that. Y'know we were writing as well, as soon as we got off of the road in '19 we were like, "Let's take 2020 and just write." Well, then everything else just unfolded behind the layers. But that's pretty much what spurred the whole "Death of Self" album that we did. It was a big journey into ourselves because we are all different people now, how are we gonna write music? And we wrote some songs.

(Oliver)

Onto a few of my final questions, what are your hopes for the Iowa scene?

(Taylor)

For us? For our Iowa scene, where have a following, usually Des Moines is a good place, Dubuque, Dubuque Iowa is a big part of the Ancient Elm heart. That definitely keeps us going. Its so inspiring. We played there in 2017-16, and we met so many cool people that were friends, not just fans but friends. They just enjoy music and they came out to support you. It felt like our home town type of show. Its about 3 ½ hours for us to go to Dubuque. But yea, those are our big places.

(Oliver)

Onto my final question for ya, is there anything else you'd like to say?

(Taylor)

Stream and download our music, then we can make more music and we can have a good ol time writing and listening to music.



Frontal Assault

Thrash Metal

This interview is with Will (Bass/Vocals), Antony (Guitar), Travis (Does not play an instrument but helps the band).

Oliver

How did Frontal Assault form?

Anthony

Kyle and I have been jammin guitar since freshman year in high school, and we played a town show and the whole nine yards and what not, and decided "this is stupid fun", tried to find a drummer, tried to find a drummer, couldn't find a drummer. Kyle was on drumline throughout middle/highschool and so he decided to hop on drums, and Will was playing orchestra and started playing bass so we scooped him up and we all hung out for as long as I can remember. The two of them are blood brothers, and I might as well be. We have all been around each other forever so we just started jamming together, started writing music, but started doin that around 2016, played our first show 2017 and then we were rockin out.

(Will)

Also, they told me a few days before our first show that I would be playing bass so I learned all our stuff off of soundcloud.

(Anthony)

We started as a soundcloud rapper.

(Will)

Yea, learned it and then played the first show.

(Oliver)

And how was that first show?

(Will)

It wasn't bad, it wasn't terrible but you could see obviously we were just nervous and shit.

(Anthony)

When's the last time you went back and watched that?

(Will)

Probably like a month ago, not that long ago.

(Anthony)

It's pretty bad.

(Will)

It's not *that* bad.

(Anthony)

It's not like we weren't playing the songs good...

Anchorient Elm

Metal

This interview is with Taylor Thomson (Drums), of Anchorient Elm. This interview was conducted by Oliver Young.

(Oliver)

How did you all form?

(Taylor)

The band formed in 2006, it started back in college and was a four piece. It turned into a three piece after Eric and Dave joined in 2010, and started touring in 2012 and has been a pretty big evolution and started off as a band with three guitar players and no bass player. It was pretty weird, yea. It formed out of boredom at first as it was born out of the nu-metal era of 2002-2004. We were like, we should form a band, that would be cool. So we did, and we did whatever. It was fun. It's different now, even though it's not like a career, it's definitely different now than when we started the band and that's the weird part.

(Oliver)

What's the Sac City scene like? I've never been there.

(Taylor)

Sac City? It's a very small town. We have the world's biggest popcorn ball, so that's kinda interesting, there's really not a whole lot. It's your typical rural farm community. Pretty good people. If we play a show around town you'll see a lot of people there. Might not be into the aggressive metal that we make, but it's still cool to have the supportive community that we have. Especially being, we're all in our mid 30s now, and everyone's pretty supportive so that's pretty neat.

(Oliver)

Onto a few questions about your songs, what inspired "Red Shifted"?

(Taylor)

Oh my goodness, like lyrically?

(Oliver)

Yea, I meant more so lyrically but you could also go musically as well.

(Taylor)

Musically, it was inspired, oh man. It's really hard to describe how it was inspired, cause when we write music it starts out as just a riff and we jam, like a jam band. There's a riff there towards the end of the song that I made and sent to Dave, via facebook, and kind went forward from there writing once piece at a time. It turned into kinda a crockpot song if you wanna call it, various ingredients dropping in. "Oh this riff sounds cool, drop it in there. Put this one over there." And it didn't really make sense, but when we put it all together y'know. I don't know if anything really inspired it per say, as an art project. It's a weird song though, cause there's synthesizers in it and we've never done that before, cause there's synthesizers in it and we've never done that before.

(Will)

It's just the stage presence.

(Anthony)

The Vocals were real... uh...

(Will)

Yea, the vocals were real trash, real quiet. The stage presence, the way we like it, yeah, it was just hard to watch.

(Oliver)

Who are some bands that contributed to your sound?

(Anthony)

First band that comes to your head?

(Will)

Probably, right now, Vector, HavoK, a lot of the 2000s revival stuff that wasn't the straight party stuff. A lot of the 2000s stuff that was a step above, revival trash and a new take on it. It had a technicality to it that was a step above what was coming out at the time. And then obviously all the 80s greats.

(Anthony)

Yea, when we started that's what we were listening to, but right now I'd say were listening to progressive and technical thrash metal.

(Oliver)

So you just put out a great EP (this interview was conducted back in early January), what was your creative process for writing that?

(Will)

So recently, Anthony comes up with some riffs and half asses a idea of a song together, not really how the songs are gonna go, but just the idea of song together, we'll bring it to practice and sit down and talk about where we think certain things should go. And um, kinda just, he brings us an idea, we meet, and me and Kyle put our own stuff into it.

(Anthony)

I'll add onto that, I take what we've done in practice, the boys do the same thing, we go home, listen to that original scratch song and we'll work in the ideas were thinking, and progressive build the song and keep making a new version of it until were happy with that, and we'll work that version of the song till it's all the way through.

(Oliver)

What are some of your hopes for the Iowa scene?

(Will)

Honestly, for more 21+, god damn it, all ages shows, and we like seeing new bands n shit coming out. I don't want anyone to feel like they can't start some sort of project with someone and come out and do something. We really like doing the all ages shows, meeting new people and stuff like



that, cause we don't like playing the same old places over and over again. In Iowa City there's a shit ton of all ages venues, but in Des Moines there's like nothing. Hopefully y'know, somebody can do something and turn that around. Just to see more all ages shows in Des Moines and in places like that. Spread the love with that stuff. Get out there and start a project as well.

(Anthony)

My answer would be, to see more new fuckin metal bands, and I love seeing young ass bands and thats what we are and its fuckin awesome to see. Other than that, I pretty much agree with everything that Will said.

(Will)

What about you, Travis?

(Travis)

There's a lot of things I wanna see. First thing is, Frontal Assault at the top.

(Will)

Ha, shut the fuck up.

(Anthony)

Hey, we can't help Trav, he's got his desires.

(Will)

He's a fuckin idiot, dude. What else?

(Travis)

I'd agree with the all ages shows cause that's a big thing.

(Will)

Yea, this guys have gotten kicked outta places like Des Moines n shit.

(Travis)

We've had a few issues with the 21+ thing with our guys, it's not a big deal, but they're gonna be there. We oughta figure somethin out throughout the scene so we can involve everybody.

(Will)

Havin to be 21 to go to shows is really stupid, it doesn't make sense.

(Oliver)

Is there anything else you'd like to say?

(Anthony)

Look forward to next year, there's somethin real soon.

(Will)

There's gonna be a lot of stuff.

(Anthony)

Quote unquote, Big Things. Big things are comin soon, baby. On a real note, there's a lot of cool stuff coming, a lot of cool shows coming, there will be music comin in 2023, a hefty amount, just stay tuned. Its gonna be fuckin awesome.



(Oliver)

When can we expect recorded music from you?

(Josh)

We are currently hard at work on our first EP. Should be out this spring.

(Jade)

We are hoping very soon. Roman is doing the best he can with the material we do have, but definitely looking to have a recording session shortly.

(Oliver)

How does being straight edge affect your songwriting, Josh?

(Josh)

Being straight edge certainly effects my perspective. I've definitely not been shy on my feelings about addiction. In our title track "CAGES" which we open shows with I cute addiction as systemic issue causing trauma and crippling alot of people. I don't hate people who chose to drink or use drugs, but I definitely think there's a serious problem going on in our country with overdoses and all sorts of other problems directly tied to hard drug abuse.

(Oliver)

What are some of your hopes for the Iowa scene?

(Josh)

My hopes for the scene in Iowa is that more hardcore bands form, especially young bands. I'd love to see way more all ages shows. CAGES only plays all ages shows, it's a very important issue for us. I'd like to see more politically charged bands form, more bands with something meaningful to say, even if I disagree with them.

(Oliver)

Is there anything else you'd like to say?

(Josh)

I'd like to shout-out Sean Something and his band Blaster, super cool old school hardcore punk band from the Quad Cities, and his house venue from nothing house out in Alledo.



CAGES

Hardcore

This interview was conducted online via Instagram after the recording of the original interview corrupted. This interview is with Josh (Vocals), Roman (Drums), Jade (Bass), and Matt (Guitar).

(Oliver)
How did CAGES form?

(Josh)
CAGES was formed back in 2021 or late 2020 after a previous project Jade & I were part of fell apart. Jade and I decided we still wanted to work together, so we started looking for people. And after going through a few lineup changes we eventually found the right people and became the band we are today.

(Jade)
Josh and I were in a punk band together called Dead Serious. A year after that band broke up, we talked about starting a different project on the heavier side of things, so he got in touch with Marcos, and hit me up on bass to see if we could make this happen.

(Roman)
I'm the newest to the band- Josh and I briefly talked about a folk punk band that never worked out, and then I saw his post about Cages and hit him up. It was pretty cool, I ran into him at the Houston and the Dirty Rats show by chance literally right after we first talked.

(Oliver)
Why did you decide to create a political band?

(Josh)
I've always felt that the best hardcore is meaningful and from the heart and speaks truth to power or or deals with the struggle of human existence. CAGES is essentially operating with the intention to call out the metaphorical and literal CAGES around all of us. Whether it's addiction, working class struggle, racism, sexism and homophobia and transphobia, or the capitalist system around us that has incentivized the destruction of our environment and global imperialism / war profiteering. I think it's important for more people to be aware of the situation and maybe, hopefully, we can unite as a people and demand a better way of life.

(Matt)
Josh and I have talked politics with each other often over the last 15 years or so that we've known each other. This was a political project before I even joined, but we decided to stay in this political direction with our music because we want to put out a message of "unity in defiance of all the bullshit" that society, politics, and capitalism shove down our throats every day. There's a lot of needless suffering in the world. If we can rally people to support a cause that benefits working class people, then we've done what we came to do.

Ill Omen

Thrash Metal

This interview is with Luke Hougan (Bass/Vocals), Curtis Graham (Guitar), and Caleb Manternach (Drums).

(Oliver)
How did you all form?

(Curtis)
2019 I guess

(Luke)
Yea, 2019. Me and Curtis were like in a previous band but we didn't really do anything with that one. When that band broke up, but me and him decided to keep making music together, then it took us a really long time to find a drummer who would be reliable who could play their instrument. We found Caleb, our drummer in 2020 in December because we needed a drummer to record a Megadeth song for our youtube channel. And then we did that, then the next summer he actually fully joined the band. So 2020 is when we really formed as the three of us right now.

(Oliver)
My second question is, you released a few songs this year (2022), what went into the creation of them?

(Luke)
The songs we released this year, we released like 6 songs this year, Sword of Destiny which we've been working on. We've worked on that for a long time, we recorded that in 2020, 2021, at Flat Back Studios in Iowa City. It's not really in Iowa City. But we've been working on those songs for a really long time, hammering them out since we've been a band. We decided to use our easiest songs for that first EP so we could get it out as fast as possible, so we did our simple, straightforward thrash metal songs. On our new record now, it's our more technical songs. So that was Sword of Destiny, and we just released a few singles over the summer which were covers, just for fun. We did a rolling stones and obituary cover just for fun.
3:00

(Oliver)
Who are some bands that inspired you to start making music?

(Luke)
Megadeth and Metallica were the first bands that got me inspired to listen to heavy metal, like just inspired me playing bass. What do you think, Curtis?

(Curtis)
Just to start, when I was little, Boston Kiss. More recently been doing more prog, more death, more black metal. Dream Theater, Symphony X, lots of Leviathan and all sorts of weird underground black metal. And yea, death metal stuff, Cryptopsy, Obituary.



Caleb)
Slipknot's "Iowa" album and Gojira's "From Mars to Sirius"

(Oliver)
Onto a question about one of your songs, and your name, Ill Omen. What made you wanna call yourselves Ill Omen and how did that affect how you made the song, Ill Omen?

(Luke)
The name Ill Omen came about, we were kinda looking at how bands name their bands after songs from another band, and my favorite band is Megadeth, my favorite album is Peace Sells. There's a song on that called Bad Omen, but there's already like 37 different bands called that, so we went with a more obscure type of name, Ill Omen but it means the same thing. Personally, I'm really into norse mythology and old norse culture. So, thats where the song came in. Its about luck, fate, and how it happens in old norse type literature.

(Caleb)
Music for that song, that was the first song that showed the demarcation line between the old project we were in, and this one. Basically the information for all of it is the beginning of the song, where all the chords are not typical chords at all. "How can I make this section harmonically rich juxtaposed with a section that is so harmonically devoid, using just 5ths. So that was the main thing. And then, I told Luke to do the bass solo cause I was like why not, throw the bass solo in there. Now we have 14 bass solos, not really, but I'll take it.

(Luke)
Yea that was one of the song that we wrote when we first started, and we were like, lets just call this song Ill Omen.

(Oliver)
Onto some of my final questions for ya, what are some of your hopes for the Iowa scene?

(Luke)
I hope it keeps getting bigger

(Curtis)
I mean that's really it. Right now where we're at in Iowa City it seems pretty good, I'm hoping everywhere just blows up.

(Caleb)
More different cities, more cities getting their own scene, bands not feeling like they hafta conform to a certain sound. I'm not doggin on Iowa City by any means, but I want bands in Iowa City to think they don't hafta be hardcore, they can do whatever they want. Be whatever they are, and it'll translate wise. It could be an obscure sound, it could be something new, and people would show up to it.

(Luke)
Personally, I'd want some more thrash metal in the Iowa scene, cause I don't see too much of it compared to hardcore and other styles of music. I don't know, I just really like fuckin thrash metal, theres only a few bands that we play with that sound anything like us.

(Jacob)

It was really cool to have so many people support us.

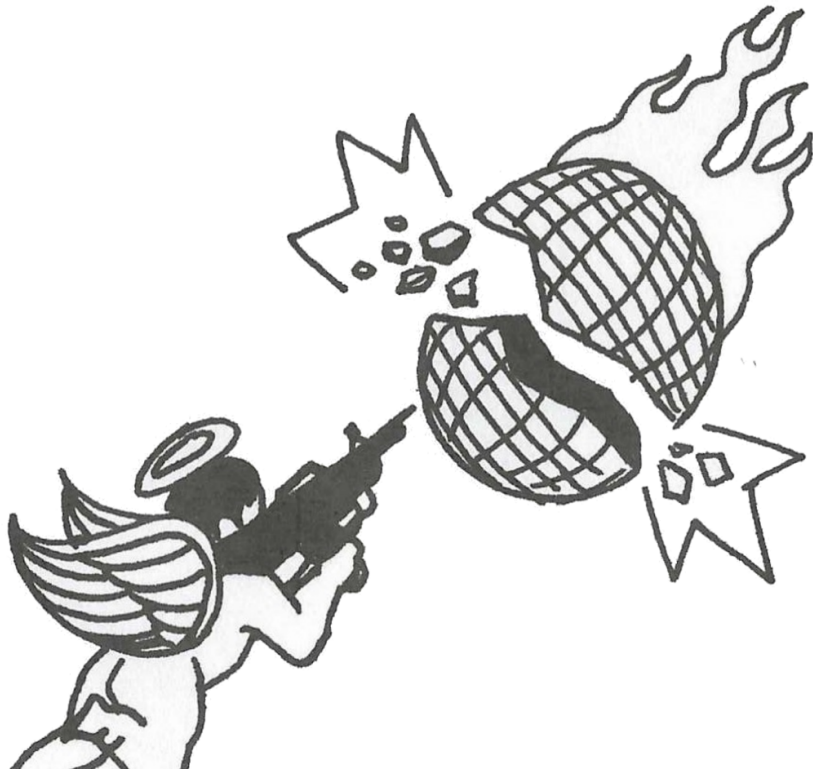
(Roman)

You all come from diverse backgrounds- different states and countries. What do you think of the Iowa scene?

(Jake Lopez)

Coming from Venezuela, I never got to experience what a music scene like this was like, but now i can say that it's incredible to be a part of it. Even though small at times, the scene is still very active and supportive.

(Seth) It's really cool how supportive everyone in the scene is. Iowa loves it's metal but there's still a good range of sound inside and outside of that. I'd say the intimacy of the scene leads to a good amount of friendly competition as well. Everyone really pushes each other to improve because you get so familiar with lots of amazing musicians.



(Caleb)

Yea, I like playing with different bands too, and there's some bands that take that hardcore style and definitely make it their own, so I appreciate that sound, there's just different sounds I'd like to hear eventually.

(Luke)

More diversity.

(Oliver)

My final question for yall, is there anything else you'd like to say?

(Curtis)

Look out for our next album, coming out in the spring!

(Luke)

So we just recorded it, and were going to mix it tonight and tomorrow, at Flat Black. Its gonna be 10 songs long, about 36 minutes and its gonna be our most complex songs we've ever wrote, and a few straight up bangers. Theres a few heavy ones, and a few complicated ones and its gonna come out sometime this spring, we're looking around March or April, and it should be fuckin awesome. Come out and see us.

(Caleb)

Music videos should be out soon, too. We'll have cassettes, CDs, probably a shirt or two, so if anyone likes the stuff we're interested in and want somethin, they can buy it or steal it or whatever.

(Luke)

Its gonna be our first release through Grimmnight Productions which is like a new, really independent record label by Nightmare Imagery and Grimtooth Very Heavy Things. Their only other release was Frontal Assaults debut album, we're gonna be their second release, so it should be interesting.



Look @ Me

Alt Indie Pop Punk

This interview is with Look @ Me, Vocals: Lillian Kelley, Lead Guitar: Seth Ruiz, Rhythm Guitar: Jake Steinman, Bass: Jacob Baughman, Drums: Jake Lopez. This interview was conducted by Roman Gamble.

(Roman)

So let's get started- how did Look at Me form?

(Lillian)

I started the project in high school and Jacob has been playing with me for a few years but we didn't start taking things really seriously until last summer when we got this current lineup with Seth on lead guitar, Jake on drums, and Jake S on rhythm guitar.

(Roman)

You just released an EP, "Don't Forget (to tell me that you miss me)". Can you tell me about the recording and writing process?

(Lillian)

Most of our songs had started with material I wrote, and then the band learned the songs and added their input. Writing new material was a lot of fun because it was all of us writing and creating.

(Seth)

We really enjoyed writing this EP. Recording it was... (Band all groans) ... it was an experience.

(Jake Steinman)

Next time, we definitely want to record with someone who's a little more experienced.

(Roman)

It sound like it was a rough process.

(Seth) Yeah. It turned out, but it was a lot of making corrections and going back and forth to get it to sound how we wanted.

(Lillian)

Seth recorded and mixed our first single and he ended up doing the majority of the work for the full EP.

(Roman)

I saw that you all just made it into the Quad Cities Battle of the Bands. Did you expect to be nominated?

(Lillian)

I know who was nominated us (my stepdad) but had no idea that he did until weeks later. We were supposed to be notified but they forgot/couldn't find us/not really sure. A friend asked me to vote for their band so I was going to when I saw Look @ Me on there. I then reached out and started promoting us and we got a ton of votes from our fans very quickly.

