

RED CROSS - DESCENDENTS - ANTI - ILL WILL

RARE RECORDINGS OF CALIFORNIA'S PUNK PIONEERS

ZURICH 1916 - PLEBS - SACCHARINE TRUST

CIVIL DISMAY - CHINA WHITE - MOOD OF DEFIANCE

Side One

1 RED CROSS - "Rich Brat"*

Side Two

2 MOOD OF DEFIANCE - "Empty Me"

3 DESCENDENTS - "I Want To Be A Bear"

4 MINUTEMEN - "Shit You Hear At Parties"

5 ANTI - "Fight War Not Wars"

6 100 FLOWERS - "Sensible Virgin"

7 ILL WILL - "Paranoid"

8 URINALS - "She's A Drone"

9 CIVIL DISMAY - "You're So Fucked To Me"

10 ZURICH 1916 - "The Children Song"

11 PLEBS - "Payday"

12 CHINA WHITE - "Criminal"

13 SACCHARINE TRUST - "Disillusion Fool"

ALL TRACKS PRODUCED BY SPOT

EXCEPT RED CROSS by Joe Nolte, ILL WILL by Ill Will, CIVIL DISMAY by Civil Dismay, MINUTEMEN by Minute Men, 100 FLOWERS / URINALS by Vitus Matara, ZURICH 1916 by Gary Nail, and PLEBS by Gino Pusztal, Martin Sax, and Ken Stakely.

NEW UNDERGROUND RECORDS

life is UGLY SO WHY NOT KILL YOURSELF

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ZURICH 1916 - PLEBS - SACCHARINE TRUST

20th ANNIVERSARY - DIGITALLY RE-MASTERED

----- ORIGINAL 1982 LIFE IS UGLY CREDITS -----

- RED CROSS - "Rich Brat"***
 *First Red Cross Recording with Original Line-up (10/79)
 Jeff McDonald - Vocals, Greg Nelson - Guitar,
 Steve McDonald - Bass, Ron Reyes - Drums
- DESCENDENTS - "I Want To Be A Bear"**
 Milo - Vocals, Frank Naulta - Guitar,
 Tony Lambardo - Bass, Bill - Drums
- ANTI - "Fight War Not Wars",
 "I Don't Wanna Die"**
 Bert - Vocals, Gary - Guitar, Danny Phillips - Bass,
 John McCarthy - Drums
- ILL WILL - "Paranoid", "Midnite Deposit"**
 Adam Guy - Vocals, Sheldon Parker - Guitar,
 Brian Ramsey - Bass, Mark Haley - Drums
- CIVIL DISMAY - "You're So Fucked To Me",
 "Warhol Genius", "Filch"**
 Jay Stryus - Vocals, John Napier - Guitar,
 Nick Daniels - Bass, Kip Upton - Drums
- CHINA WHITE - "Criminal", "Solid State"**
 Mark Martin - Vocals, Frank Raffino - Guitar,
 James Rodriguez - Bass, Joey Raffino - Drums

- MOOD OF DEFIANCE - "Empty Me"**
 Tao Hatha Makeudra - Vocals, Gary Whatever - Guitar,
 Danny - Bass, Gilbert Pecheco - Drums
- MINUTEMEN - "Shit You Hear At Parties",
 "Maternal Rite"**
 D. Boone - Guitar & Vocals, Mike Watts - Bass,
 George Hurley - Drums
- 100 FLOWERS - "Sensible Virgin"**
 John Talley Jones - Bass & Vocals,
 Kjeht Johansen - Guitar, Kevin Barrett - Drums
- URINALS - "She's A Drone"**
 John Talley Jones - Bass & Vocals,
 Kjeht Johansen - Guitar, Kevin Barrett - Drums
- ZURICH 1916 - "The Children Song"**
 Rachel - Vocals & Synthesizer,
 Gary Nail - Tape Manipulation & Processing
- PLEBS - "Payday"**
 Gino Pusztal - Vocal & Claretel,
 Martin - Sax, Ken Stakely - Guitar
- SACCHARINE TRUST - "Disillusion Fool"**
 Jack Brewer - Vocals, Joe Bega - Guitar,
 Louis - Bass, Richard - Drums

ALL TRACKS PRODUCED BY SPOT
 Except Red Cross by Joe Nolte, Ill Will by Ill Will, Civil Dismay by Civil Dismay, Minutemen by Make Patton,
 100 Flowers / Urinals by Vitus Matara, Zurich 1916 by Gary Nail
 Thanks to John McCarthy & Make Watt for going above and beyond the call of duty. To John O'Donnel for the Peppermint Schnapps,
 to Jeff & Steve, Rachel, Andy, Beverly, Patty, Hansel & Rodney B.
 This Album is dedicated to the late Alan Watts

It's been said that New York invented punk, London politicized it and Los Angeles perfected it. In the late 70's and early 80's Southern California spawned a fleet of pioneering punk bands that forever changed the sound landscape of the world.

The "Life Is..." collection is a key sampling of this first wave. Most of the available compilations of this era were put together put to after the fact, but, "life Is..." was originally assembled while these bands were just starting out.

On this CD are early recordings of such now-legendary acts as the Decendents, Anti, the Minutemen, China White and Saccharine Trust. Even the others who are less renowned have had their impact. While a few are less renowned, but even those have had their impact. In her book "Route 666: On The Road To Nirvana" Gina Arnold mentions the Urinals and 100 Flowers as highly influential bands in the early local Los Angeles punk scene who opening the door for the likes of Camper Van Beethoven and the Butthole Surfers. Red Cross (later forced to rename themselves Redd Kross by the Red Cross of America) and the Plebs became leaders on the Psychedelic Punk movement. Mood Of Defiance also gave birth to the Gothic Punk movement of the middle Eighties.

The punk and alternative sounds arose from the underground to a more widely accepted form by the 90s, but this is where it all began. We hope you enjoy these rare bits of our Punk Rock past.

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Life Is... Vol. 1 - Life Is Ugly.

19 Rare Recordings From L.A's The First & Finest, 1979-82

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The music on this Compact Digital Disc was originally recorded on analog equipment and due to the extreme rarity of the source some of the music was retrieved from vinyl pressings. We have attempted to preserve as close as possible, the sound of the original recording. Because of its high resolution, however, the Compact Disc can reveal limitations of the source tape and vinyl.

*Delirium
Records*