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CHAPTER 22 THE NEW POWER FILES

Here's the exclusive code for Powerplay readers: CM22 (the pass code is case-sensitive and the link will expire at the end of March 2023).

Group One: Power/Heavy/Progressive/Symphonic

1. Oathbringer 'Alone In The Night'
From the album: 'Tales Of Glory'
www.facebook.com/oathbringeruk

2. Caroline Breiter 'Mistaken'
From the album: 'The Guide Within'
www.carolinebreiter.com

3. Roxor 'Železnej Král (The Iron King)'
From the album: 'Železnej Král (The Iron King)'
www.roxorheavy.cz

4. Starstrike 'Let's Go To Hell'
From the album: 'Legacy Or Destiny'
www.facebook.com/starstrikeofficial

5. Thumda 'Lord Of The Night'
From the album: 'Enlightened'
www.facebook.com/thyheavythumda

6. Blowtorch 'Asses On Shoulders'
From the album: 'Hangoverdose'
www.blowtorchband.com

7. Slanderus 'Espirita'
From the album: 'Absorbing Infinity'
www.facebook.com/Slanderus

8. ArkNess 'Six Steps Of Madness'
From the album: 'Tales From The InBetween'
www.facebook.com/ArkNess.musicBand

9. Anken 'Sevenador'
From the album: 'Khondate'
www.facebook.com/ankenmetalband

10. The Redhead Project 'Faults Exposed'
From the album: 'The Mask I Wear'
www.facebook.com/theredheadproject

11. EGRES 'My Universe'
From the album: 'Introspection'
www.facebook.com/egresband

12. Vortex 'Horrible Dolls'
From the album: 'Them Witches'
www.facebook.com/VortexHeavyMetal

13. Direlands 'Singularity'
From the album: 'Ascension'
www.facebook.com/Direlands

Group Two: Thrash/Death Metal
14. Fearwell 'Well Of Fear'
From the album: 'Well Of Fear'
www.fearwell.com

15. This Ending 'Annihilate'
From the album: 'Needles Of Rust'
www.facebook.com/ThisEndingband

16. Nex Locus 'Greater Heights'
From the album: 'Spiritual Playground'
www.facebook.com/profile.php?id=100063601236912

17. Mercaptan 'Suicide Mission'
From the album: 'Shadows Of The Cross'
www.facebook.com/mercaptan.band

18. Eye and Eye 'Feathers & Fangs'
From the album: 'L'Air du Temps'
<https://eyeandeye1.bandcamp.com>

19. Exiled On Earth 'Psychic Retaliator'
From the album: 'The Onyx Path'
www.exiledonearth.com

Group Three: Hard Rock/Melodic Rock/AOR
20. Leather Boys 'Born In The Seventies'
From the album: 'Born In The Seventies And Reborn In The Seventies'
www.facebook.com/TheReal.L LeatherBoys

21. Raider 'Dusk Till Dawn'
From the album: 'Runaway'
www.facebook.com/raidermusicuk

22. Red Zone 'On The Mountain'
From the album: 'Tribulations'
www.redzonerock.com/

23. Black Nazareth 'Rivers Run Deep'
From the album: 'Black Nazareth'
www.blacknazareth.com

24. Storm Resistant 'Identity'
From the album: 'Storm Resistant'
www.facebook.com/stormresistantband

25. Five O Seven 'Shake It'
From the album: 'Turn On The Night'
www.facebook.com/five0sevenband/

26. Pandemic Wave 'Convulsion'
From the album: 'Pandemic Wave'
www.pandemicwave.com/

27. Stereo Rex 'Dead N Gone'
From the album: 'Stranger Than Fiction'
www.sterorex.com

28. Night Stinger 'Beat It'
From the album: 'Night Stinger'
www.facebook.com/nitestinger

29. Black Sheriff 'Supersonic'
From the album: 'Time To Burn'
www.facebook.com/blacksheriffrock

30. Slackjaw Gazers 'Heaven Bound'
From the album: 'Vol. 1'
www.facebook.com/slackjawgazers

Group Four: Blues Rock/Classic Rock/Southern Rock

31. Rik Meijer 'I'm a Runner'
From the album: 'Rik Meijer'
<https://rik.meijer.com/>

32. Christina Skjølberg 'Sugar And Love'
From the album: 'Y'm On Fire'
www.facebook.com/ChristinaSkjolberg

33. Taboo Blues Band 'Stay Away'
From the album: 'Never Too Old'
www.facebook.com/taboo bluesband

34. Sam Morrison Band 'Straight Outta Jacksonville'
From the album: 'Unfinished Business'
www.sammorrisonband.com

35. The Pinx 'You're Not The One'
From the album: 'The Pinx'
www.thepinxrock.com

Welcome to Chapter 22 of The New Power Files, featuring 70 awesome new rock and metal songs – free for you to download.

To grab the mp3 files, band info, and Nicky's 'The Music Is Out There' PDF interviews, go to www.powerplaymagazine.co.uk. Click on the Power Files tab and then the link to download the zip file for The New Power Files Chapter 20. Enter the pass code when prompted. It should be straightforward but if you have any problems with downloading the files, give us a call on 0161 3391035. Enjoy the music!

36. Royce 'Blow Them Away!'
From the album: 'We Can Win'
<https://roycemusic.net/>

37. Gramophone 'Hey Hey Dog'
From the album: 'Bad Machine'
<https://en.gb.facebook.com/gramophone>

38. Planet Of Rhythm 'Nightmare Extreme'
From the album: 'One Track Mind'
www.facebook.com/planetofrhythm

39. George Faber And Stronghold 'Nothing I Won't Do'
From the album: 'George Faber And Stronghold'
www.chatfieldentertainment.com

40. D2UR 'Right Now'
From the single: 'Right Now'
www.d2ur.net

41. Max On The Rox 'Band Is Back'
From the album: 'Rox Motel, Bar And Grill'
www.facebook.com/MaxOnTheRox

42. Ten Eyed Man 'Clockwork'
From the album: 'From Beneath A Pallid Sky'
www.facebook.com/teneyedman

43. InRegalia 'Best of Us'
From the album: 'Tigh'
www.facebook.com/inregalia

Group Five: Progressive Rock/Instrumental
44. Tempus Cucumis 'Manny Goes for Pizza'
From the album: 'The Story Of C And The Lowering Skies'
www.facebook.com/TempusCucumis

45. Versa 'Pool Of The Naiads'
From the album: 'A Voyage/A Destination'
www.versa.music.com

46. Entransient 'Wooden Idols'
From the album: 'Ghosts In The Halls'
www.facebook.com/Entransient

47. Secret Alliance 'The Sixth Event'
From the album: 'Revelation'
www.facebook.com/SecretAlliance.1017493275073438

48. Davide Rinaldi 'The Crow, The Swan and The Phoenix'
From the album: 'Ouroborus'
www.facebook.com/mrdavidrinaldi

49. Inner Prospekt 'Gymnoectomie'
From the album: 'Grey Origin'
www.facebook.com/innerprospekt

Group Six: Alt Rock/Alt Metal/Indie/Punk

50. Plastic Rhino 'Scream So Loud'
From the album: 'Terminus'
www.plasticrhinoband.com

51. Distant Mantra 'So Jealous'
From the album: 'Solitude Republic'
<https://distantmantra.com>

52. Deux Furieuses 'Bring Down The Government'
From the album: 'Songs From Planet Earth'
www.deuxfuries.com

53. Julian Shah-Taylor 'End of the Line (Chatfield Remix)'
From the album: 'Elysium'
<http://thesingularitymusic.bandcamp.com>

54. Bandaid Brigade 'Hit The Buck'
From the album: 'Sex Is Terrifying'
www.facebook.com/bandaidbrigadeband

55. Sunthing Strange 'Rain On Me'
From the album: 'Sunthing Strange'
www.sunthingstrange.com

56. 800 Years Of Coma 'Spectre'
From the album: 'Placebo'
<https://800yearsofcoma.com>

57. Pet Needs 'Get On The Roof'
From the album: 'Primetime Entertainment'
www.petneedsband.com

58. Bullet To The Heart . Falling Away
From the album: 'Transcendence'
www.facebook.com/BulletToTheHeart1Band

59. November's Oath 'Rise & Fall'
From the album: 'Rise & Fall'
www.facebook.com/NovembersOath

60. Delenda Est 'The Odd One Out'
From the album: 'The Odd One Out'
www.delendaestofficial.com

Group Seven: The Editor's Collection
61. Even Flow 'Ray Of Light'
From the EP: 'Mediterraneo'
www.facebook.com/bandevenflow

62. Drenalize 'Strangers In The Mirrors'
From the album: 'Edge Of Tomorrow'
www.facebook.com/drenalizeofficial

63. Star Circus 'Just Like In A Movie'
From the album: 'Separate Sides'
www.facebook.com/DWStarCircus

64. Jordan Red 'Don't Let The Heavens Fall'
From the album: 'Hands That Built The World'
www.facebook.com/jordanredband

65. Traitor 'Total Thrash feat. Tom Angelripper'
From the album: 'Exiled To The Surface'
www.facebook.com/traitorthrash

66. Skipping Stone 'Hurricane'
From the EP: 'Hurricanes & Hand Grenades'
www.facebook.com/SkippingStoneOfficial

67. Femegades 'Big Plans'
From the EP: 'Not All Men'
www.facebook.com/femegades

68. Black Hornet 'The Truth'
From the album: 'Remove Before Flight'
www.facebook.com/BlackHornetBand

69. Oath SC 'Disposable'
From the album: 'Hallowed Illusions'
www.facebook.com/oathsc

70. Sea Of Snakes 'Third Kind'
From the album: 'The Serpent And The Lamb'
www.facebook.com/seaofsnakesband



Band: Red Zone
Album Title: Tribulations
Label: Independent
Genre: Hard Rock/Metal



Description:
Tribulations is the first project from Red Zone. It's ground-breaking for both artists because they went from not knowing each other, to creating this work which imbeds both their styles, experiences, and life's influences. The evolution of the songs occurred as their friendship grew. It has lyrics and melodies which both confront, as well as invite the audience into their musical reflection through

its raw attitude and honesty.

Comprised of Chris and Paul, the songs comprise their perspectives of what they have lived. Paul writes the lyrics and vocal melodies, bringing his background of vocal rock styling and the beat skills he picked up from his Hip-Hop background. This blends with Chris's guitar melodies which evoke the stories and emotions Paul presents in a Hard Rock style inspired by his several influences.

Influences for the album:
Our influences for this album were a mix of artists we each have enjoyed from Incubus, In Flames, Ozzy, Radio Head, Jim Morrison, Pink Floyd, Lynyrd Skynyrd and Guns N' Roses.

Band Line-Up:

Paul - Vocals, Drums
Chris - Guitars, Bass, Piano, Drums

CD Track Listing:
1- The Jester
2- Grind
3- On The Mountain
4- The Chosen Few
5- I Remember
6- Power
7- New Roads
8- When You Fall
9- Roses And Puppies

Hailing from Boston, MA, USA we find Hard Rock/Metal duo **RED ZONE** and they have an excellent new nine track CD out now called 'Tribulations' which runs in at just over forty-five minutes long and is the band's debut release. We meet in the studio where Red Zone's Paul and Chris are putting the finishing touches their new album, 'Tribulations'. On this early Friday afternoon, it feels like Fall outside.



There is a brisk chill in the air between the wind and overcast skies. Both Paul and Chris have a coffee near and once again Chris's German Shepard has joined us in the studio, as it is one of her favourite places to hang out. Paul had a quick lunch of a hamburger before coming to the studio today and Chris sits with a pumpkin donut within reach. After some light banter and catching up, we start discussing the bands excellent new album and what the future holds for the duo.

The guys have been around, and neither of them are

starting out in this business. Paul has come from a varied background of Hip Hop, Rap, Rock, and Metal which were all enhanced by his love for drums. While his background has helped him nurture the vocal ability to go from a growling singing style to smooth and clean, his Rap and Hip-Hop skills have really shined in the lyrics. "He freestyled quite a bit during the writing process. It's not only how he gets his feel for the song, but also some of the coolest lyrics come from his improvising. His ability to have his first drafts contain a smooth lyrical beat and melody which overlays the varied guitars has blown me away from the start. After laying down a track, he would want to start layering his voice and vocals. On the song Power, Paul dove deep into his vocal capabilities ending the song with a combined breathing and singing sound which is almost tribal." explains Chris.



As the guys worked in the studio, Chris found Paul's style really cool because it's similar to how he works to write solos. "I also think similarly with layering when trying to create a cohesive rhythm unit of different parts. As a personal rule, I don't play any guitar solo until the rhythm section is clearly laid out and recorded. Every guitar solo is then fully improvised non-stop the first time I play through it, and always recorded. No matter what type of mistakes I feel have occurred; I just keep going. This is how I find the feel of the solo, as well as the little gems that might stand out to be unique which I can build off later. Sometimes,

this first ever take becomes the final take, like with On The Mountain. The solo on that song was the first time I played/improvised it. It just felt right. But other songs, such as I Remember, that solo took a lot more work and thought. There are some strange chord progressions which require me to play in different scale and key structures, and it's easy to fall off and ruin the feel," he expresses. " Even though part of our influences come from a vastly different place, Hip-Hop and Classical, we could blend the skills we learned from each in our commonality of Rock. When you get down to it, what we do is tell the same story, just from a slightly different perspective. Our combined style lends to this fusion which at times takes us in really interesting directions. Not that we have any Hip Hop, Rap, or Classical music on this album, the songs are straight up Hard Rock and Metal music."

Paul found a love of music when he was just a youngster to get him through the times of abuse as a child. "It was the only thing that helped me escape. So, I came up with the idea to write poetry and then use them as lyrics when I was in the fourth grade. Between singing in chorus and the shower, I found my passion to be a vocalist," he expresses. When he was in the seventh grade, he decided to learn how to play drums. "I would go to the Long Island Drum and Guitar Centre where I would play on their floor kits for free, because I didn't have money for a set. There I met Bobby who played drums for Meatloaf. He saw me come in and tried to perfect my craft. He lit a fire in my belly which has helped guide me to where I am today," smiles the musician. "Before then, if not for Mr. Cruz, who was my junior high math teacher, I wouldn't even know what a

floor tom was. While we were going over fractions in class, we made a bet that if I got every question on a test right, he would teach me how to read sheet music. I aced the test, and from that I ended up going to detention every day where he taught me how to play the drums using the fractions. I joined the Jazz and marching band within three months of his lessons, and I was off and drumming into a new world of escape and joy," he smiles.

Paul and Chris both almost have a similar taste in music, but it is still different. "I'm in the realm of listening to a band as one and using the whole rather than the individuals as my influence. Bands that I like range from Incubus, In Flames, Ozzy, and Radio Headm" he adds. He was inspired by Jim Morrison, and he also uses the tools that were given to me when he was younger to freestyle on Hip-Hop.

Therefor leading him to freestyle verses and choruses in rock form on this album. "The music we wrote actually helped me heal from the past so that I could journey into my future. So, our music has actually inspired me more than people do. This might not make sense to someone that isn't an artist or hasn't gone through a traumatic past. I don't really want to get into my past, but it's a part of me and it comes out in the songs at some parts. Because of that, I share this to help raise awareness for those that are being, or have been abused, to know that there is a light at the end of the tunnel," he points out.

Outside of music Paul like to fish, hike, snowboard, and camp. "I do this to clear my mind half the time, kind of meditate and reflect on the good things even when times are bad. If you put all the bull aside, some may realize that life isn't all too bad and peace is around the corner."

Chris' mother had a rule that each of her kids would take piano lessons, which he took for several years. Because of his dyslexia, reading notes was very difficult. Then in High School he picked up a guitar which was sitting around the house, and that just clicked with him. "I started playing all the time and did everything by ear. I figured out the blues scales, then built the other scales off them. At this point, my parents thought I should have some lessons, so I took four. The lessons ended and the playing went on. I also took some classical guitar lessons for a little while, but my heart was already locked in on Hard Rock," he tells me. While he learned a couple covers, his imagination drew him to song writing, which came naturally. "I just focused on playing whatever came through my hands. At the same time, one of my brothers started playing guitar so we would rock together. What made it awesome was he was a natural rhythm guitarist, and I was a soloist, so we blended together perfectly. We played together from our garage to the Whisky a go-go having a great time with it all." For his guitar style, there have been three major inspirations for Chris who are Slash, David Gilmore, and Jimmy Page. "As for the inspiration, it was basically everything going on. I can say I have never worked on a project with a singer this way before. We basically sat down and just started playing. I brought a few riffs I had written before meeting Paul, but after just a half session our techniques started fusing together. Paul would do something cool, and I would build riffs off that. Then I would play something, and Paul would jump all over it with ideas. We kind of went off in whatever direction occurred during our sessions. There was this incredible

outflow of music and thankfully we worked on it all in the studio, so we were able to record as we wrote," he enthuses. When not creating music Chris still enjoys golf even though he has not been able to play that much this year. "I've also started taking some time to appreciate the nature around my home. A couple Bald Eagles have started building a nest across the river. I've seen Canadian Geese get into a street brawl with a flock of Turkeys. There is some wild stuff going on in the nature around me. Since I'm not much of a bar fly anymore, I can take some time to have a drink and cigar with the nature living in the trees," he expresses. We have followed Chris for a few years now and have run features on him before. "We have really appreciated all the support from Nick. He has provided opportunities to share my music in ways I didn't think possible. The original project he found me working on was a band called Trellis, which was more Progressive Rock. I then had a couple solo albums, one being a huge piece of work which combined a full orchestra with an instrumental rock band and another which was piano based. Those projects stand out on their own and require a completely different mindset," he adds. "All the rock projects were great to complete, but I think this work has surpassed all the previous rock material. When I first got into music, my brother and I would play together, which led to us writing a lot of guitar songs together. We would musically challenge each other and come up with stuff that blew our minds. What was best about playing with him was the amazing joy that came from writing and working on songs with someone else. I don't think there is a way to really explain what happens

in that creative realm," he adds. Paul is the only other person who has brought him that same joy in collaborating. "It's just so unique to work on music with someone where there is just this click in the music and the friendship. We could put out different ideas, let our imaginations run wild, and let the music carry us to an unknown destination," he expresses. It's very rare that this happens in any discipline, much less music, and is what makes this project the most comfortable and enjoyable. Because of the smooth way we work, this album has brought me back to my roots of when music started for me. It wasn't when I was taking lessons or listening to bands. It was the moment my brother and I started creating something new. In that moment, I found music to be something completely new that just came out of me, almost from nowhere.

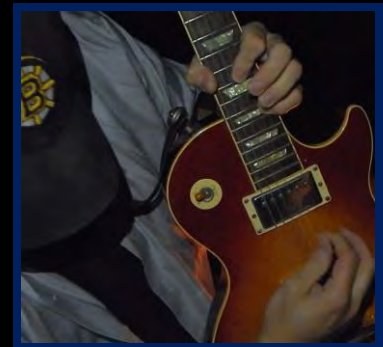


This is why creating music is practically a spiritual experience for me, it just flows from someplace within me out into the guitar. When two people vibe so clearly in that rare realm, it's something both chaotic and calm, on the edge, and the intensity is almost overwhelming. When the guitar strings are fresh, the fret board is like silk, the melodies are on the tips of my fingers, and we are both

traversing the same unknown creative plane, there is nothing quite like that experience. I wasn't sure if I would ever have that opportunity again, but thankfully, Paul put up a flier in a small music store, and 'Tribulations' is what resulted," he says with pride. 'Tribulations' is edgy, has a lot of fusion from the guy's different influences, and is a message more than an album. "If you dig deep, you can find healing in almost anything, including music. While working on this album has not always been the smoothest of roads, through the different challenges, rather than allow them to divide us, they fed into the songs and our relationship, which grew stronger. At several points, we weren't even sure if we would be able to finish this work due to a car accident, several bouts with covid, and other craziness that was happening to people we care for. Add in the general uncertainty which the world now presents us all, and it was a task to complete," says Paul with spirit. "But that's the story of what this teamwork and album has overcome, and that is the underlying message within the album. We didn't set out to try to write something that would inspire others, our goal was to just be honest and share what we see and how we perceive everything around us. This all fed into the work almost subconsciously. The result isn't a direct reflection of what this world is or has been. The music is more the experiences we have lived transformed into a musical reality through the way our perspective has allowed us to see. Observation is key, because our teamwork was like a locomotive chug-a-lugging down the tracks." This is the first time that the guys have worked together, which they have found has been quite a ride. "Both Chris

and I have had side projects and tried to treat this album differently. The work skills that we have combined seemed to compliment sweetly for us. I've come to realize that music isn't all about playing, but also, having meetings and talking about individual songs whether on the phone or in person. This has helped me personally write lyrics. We talked about a lot of stuff, our feelings about the songs, their direction, and just getting to know each other," smiles Paul. The chaps met after Paul hung a flier at the local guitar store. "Chris contacted me and soon after we had our first meeting in the basement of Blue Mountain Guitar. Right away we knew our crafts click and we would be able to produce thrashing in your face music that will keep you on the edge of your seat," he enthuses. "Even though we didn't know each other at all, it's like we knew each other through the music." Chris and Paul met in May of 2021. From that first meeting, every time they got together, they would work on the album. "There were a few bumps in the road along the way. I had an appendicitis and covid twice, both having some extending neurological issues in parts of my body. Paul had a car accident on a snowy, icy road where he injured his hand, leg, and head. This was a difficult album to bring to completion because of all these issues and challenges. We have overcome them all over the year and a half it took us to write and record 'Tribulations'. The album was written and recorded in my personal studio. I engineered and produced it, and Paul acted as a producer as well," explains Chris. One of the highlights of the album for Paul was definitely producing riffs and lyrical content was enlightened to him because of Chris's way

of playing a sound that he has never heard before. "It's as if I were thrown into a different dimension chilling on the plateau where no one could judge what and how I write. I was enlightened because I would finally be me with no judgement. The highlight was the way we wrote. Chris would write and record a first draft, then post it for me to hear. I'd call him on the phone, and we would talk about the riff, and I would let the conversation feed into the lyrics. I look at what we've done and lines like, "double click on the shame," I find that so real and awesome, and it came about in this unique way that Chris and I work together.," he says with satisfaction.



Red Zone have So far, played just one show. "The music industry in this area got hit really hard by covid. A lot of places which had regular open mics and other events are still trying to get up and running again. It has made it very difficult to meet other musicians which we can incorporate into our project. But the show we had, kicked ass. Everyone was up dancing to our music and cheering loudly after each song. Even though it was a small venue, we had an awesome time playing our tunes and making some new fans. Chris's brother even sat in for the night while back visiting. What a thrill it was to be able to play with him," he smiles. "We are looking forward to playing more shows and events,

introducing our music to any and all who are interested." For the future Paul would eventually like to get into directing music videos or movies. "Operetta's and writing books. We hope to make a video or two for a couple of the songs from this album. Once this project is complete, while we plan to play out and grow our fanbase, we also are looking forward to continuing work on some of the unfinished songs which didn't make this album, as well as new material both Chris and I have been writing on our own," he concludes bringing an end to our conversation.

'Tribulations' is out via all digital platforms such as Spotify, Pandora, and Apple Music etc...

Check the band out at <http://www.redzonerock.com>