



Issue #4





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Inside front cover.....Canis - @some._chick._
Back cover.....Narcen

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INBEST THE FLESH



AND BE FULL

a love song

stand over the sink

suck pomelo flesh

tear without abandon into its

acid rivulets, valleys of pith

white cartilage under nails

a small snap

behind breast, above liver

until greasy meat drips loose from

bone

peel it back like the

cicada thrum

squealing dog tied to a table

am also thinking

about euphoria



GETBENT.

GETBENT. is a metalcore / post-hardcore band from casper, wy

David Johnson : Vocals
James Porter : Drums
Ben Stewart : Guitar
Taylor Bleizeffer : Guitar

Right off the bat, how did getbent. come into formation?

David: I formed getbent. with Kase Clark in like 2017. We were just a two piece math rock band and we had bassist in and out. In 2020, we had a different lineup and we had more of a pop punk sound, and in the last two years these guys have joined in. James has been around for almost three years now. Ben's like a wizard, he was telling me he had been cooking some stuff up and yeah, it was some real hot shit. **Taylor:** Yeah, and David's been my buddy since high school and we've always wanted to play music together. **James:** Like he said, I came in with the last lineup of getbent. before these beautiful guys were in the band as a hire-on bassist and I'm the drummer now. **David:** This guy is super versatile. **James:** Yeah I play the saxophone too. **BLEGH:** Oh so when's that gonna appear in a getbent. song, huh? **James:** Oh one of these days, the moment I learn how to play drums and saxophone at the same time.

What are some of your biggest inspirations and influences?

David: I just want to change peoples' lives, music really helped me when I was a teenager. It helped me feel less alone and like saved my life. These bands and musicians who also felt this same kind of sadness and loneliness. That's kinda the influence behind everything I do when it comes to music. **James:** Yeah, I like the connection with bands, like playing with people, meeting them, and getting to enjoy their music. All that kind of stuff. As far as my musical influences go, I'm really into jazz, rock, punk, metal, classical, like it's everything under the sun for me. **Ben:** I just like making stuff that sounds cool to me, I like girly pop a lot. I like Sabrina Carpenter. **BLEGH:** Did you have a good brat summer? **Ben:** oh yes I did. Women brought it home in 2024. **James:** Yeah you wouldn't believe how much shit I've gotten at work for listening to sza, but like, it's good music.

How do you feel your sound has changed over the years? Has this style of music always been what you wanted to do?

David: Oh it's definitely gotten angrier. I've always been like more into screaming and heavier stuff. I didn't purposefully push forward this way over the past like six years. It just kinda happened which is sick. **Taylor:** I came from a band that was a lot more pop punkish. I listen to a little bit of everything, but I have always wanted to play heavier music. So I'm having a good

8 time and really excited to be with getbent. now.



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Ben: Back in highschool, I used to just record a bunch of joke songs just to get a feel for it. As I started to take it more seriously, it became fun to see like how dumb but fun can I make this sound with all the tools I have. **James:** That's how he writes, he always says that, the stupider, the better. **Ben:** Yeah if it doesn't make me laugh a little bit, it's not going on the track. **James:** I kinda got pushed into metal drumming by these guys. Like I said I started on bass. Then they bought me a double bass pedal. I've been drumming for eight years, never played that way. I'm learning it though and honestly, I love it.

I can't even imagine playing in a different band now it's so much fun.

So which track do you all like the most right now?

Taylor: You guys haven't heard it yet but my favorite is "They Always Do". **Ben:** IDK maybe "Holding Hands"...actually no it's "Gusher". **James:** Oh my god yeah, gusher is so crazy. It's got that slow sick horror feel. Yeah its

between that and Holding Hands. **Ben:** Yeah i really love the programming on Gusher. I really nerded out on it. **David:** Yeah, I really like "six bullets".

Where do lyrics come from for you guys?

David: I really like spitball a lot when I write lyrics. I try to drive from pure feeling rather than like sitting down and trying to come up with cool things to say. I guess it can be a bit scattered I guess but lyrics are very important to me. **Taylor:** They've always been important to me when listening to music. My mom is always like "I don't know how you can like this metal screaming" but I love it. Metal lyrics can get so nerdy and like into sci-fi horror, and really philosophical, you know?

i wanted to ask, with your latest release is there a central theme surrounding it?

David: Well we've all had some really shitty things happen to us in the past couple of years, so it really just reflects our anger at the universe and whatever. You know those not great thoughts I think everyone experiences day to day, I definitely tried to convey a lot of that sadness into it as well. It's got a lot about what we've been experiencing and how shitty the world is sometimes. **James:** And i think there's a lot of personal catharsis in that too especially with what he writes.

Do you guys have a plan when it comes to structuring a setlist?

Ben: It gets hard set in stone. We sit there and workshop it out after practice. It's all about how it feels instead of front loading it with heavy or soft stuff. **David** yeah we want it to be one joyride of emotion from start to finish. I'm storytelling just through sound.



Do y'all prefer playing on a stage with a sound system or just playing raw at a small venue?

Ben: You know raw, small venue its probably fun but with like the way were set up, big stage. **James:** Yeah i love small venues but for this band big stages is what works for us. I mean with our sound setup and the light set up that we have. We like to perform. We control our lighting, David does all that. **David:** Yeah I program everything according to our setlist. I'll listen to it and punch everything into the keyboard I got. **Ben:** The fifth unsung member of the band is a laptop. **David:** Yeah and does the most work too. **Ben:** Yeah like tonight once they shut the house lights off, we hit play on the set and it just doesn't stop, it all goes perfectly. **James:** Yeah before we got our inears they'd just hand the laptop to me and earphones and they had to trust that I was on time.

What do you guys like to do when you're not playing?

David: Playing World of Warcraft. **Taylor:** Yeah just reading books, playing video games, programming. **Ben:** I've gotten really into fingerboarding lately. **James:** All I do is play music, or I work. I just practice y'know, guitar, sax, drums, whatever.

So for you guys what has been the best and worst parts of being musicians

Taylor: For me the best part of it all is the expression and connection, like music is like language, its magical. We're communicating these experiences and pictures in our heads and like sending them to someone else. The worst part is that the experience of those things we're sending out is so subjective and so anytime you create art, who you are, who you experience yourself as is not who your audience experiences you as. **James:** My favorite part of music is I kind of said it a second ago but, pixie dust. You ever hear a band and they're good, you know, fantastic music, all this stuff, but like, the crowd just isn't feeling it. Everybody can tell like, yeah, they're really good, but it's just kind of whatever. The other hand, you can hear the worst band in the world, but for some reason the crowd is punk, you know? You can feel if the band's having fun or not. That's my favorite part of being a musician, like seeing that they can tell that we're having fun and that we're loving what we're doing and that transferring into the crowd, that's my favorite part of music.

What's been y'all's favorite gig so far?

James: This last one was really good, but my personal favorite with this band it been when we did Tiny Moving Parts earlier this year, they came to town. I mean, you could tell that the crowd was so excited to be there for them and like, what? That? It went until like almost 1 o'clock in the freaking morning here or something like that. It was so much good energy. **David:** Yeah, that was like a dream come true for me.

Is there anything that makes playing live shows easier for you?

James: I get really jittery before every single show that I play. Honestly, once I hit that first note, it's all gone. I've always just kind of been that way. You know, get really nervous and I have to go outside and smoke a cigarette, drink some water, get up on stage and play and then after I'm done, come outside, smoke a cigarette, drink some water and get my gear down. **David:** I'm scared all the time, it never goes away. **Taylor:** I get nervous, but like, yeah, the closer it comes like, uh I just start putting that in the back of my head and then I just sort of think of it as us jamming at practice. **James:** I guess I'd also say pre-show. I mean, I do stretches and stuff like that I learned in percussion, you know, like get all nice and limber, but, you know. **Ben:** Nope, I never panic about anything, totally cool as rock.

What's an on-the-road comfort for all of you guys?

James: Gas station hot dogs. **David:** Yeah, hot dogs and tornados. Dude if I'm feeling grimy, I get the hamburger one. **James:** Yeah Ben and I will grab gas station hot dogs all the time. We load them up with the chili and the cheese and the little chopped onions. **Ben:** Hotdogs, I'm like 70% percent hotdog at this point.

If you guys could play with anyone in the world, who would it be and why?

David: So when I started this band, it was like a mathrock two piece. We always would fucking model our songs after Tiny Moving Parts, and we got play with them like last year. We're not mathrock anymore but getting to play with the band that helped inspire this was super cool. **James:** I'm gonna throw it out of left field here, especially because they've been on a reunion kick. I would love to play with Acid Bath. **Ben:** I'd like to play with the Nova Twins. **Taylor:** This is a really hard question to answer for me, but two bands that came to mind were Taking Back Sunday and the Black Dahlia Murder.

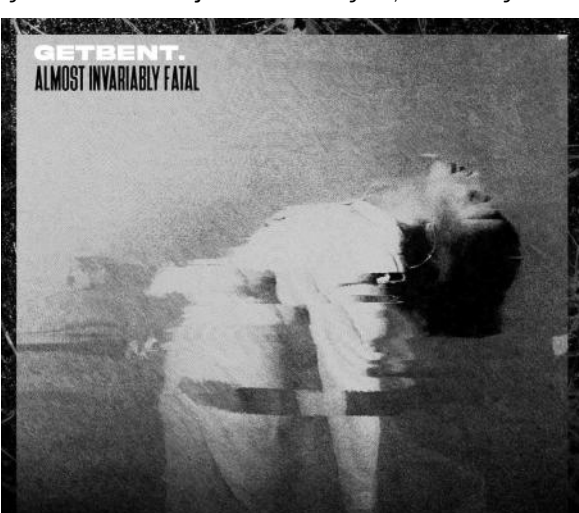
What is one piece of advice you'd like to give out to new or aspiring musicians?

James: Do it. I mean like- **Ben:** Change your strings. **James:** Oh yeah, change your strings, especially if you're bassist. Dead strings don't sound good. I don't care who you are. **David:** just do it for you, dude. If you love it everybody else will too. When I

tell people I'm a musician, they react so amazed, and I I feel like surprised by that. I'm like, well, I just like wanted to do it, so I did it.

BLEGH: Getbent. has been a mainstay in Casper for years. With a consistently evolving sound, a genuine connection to each other that comes through in their music, and a relaxed attitude, it's easy to see why. We'd like to thank them for taking the time out to talk to us.

Their next ep *almost invariably fatal* is to be released this year and available on all major streaming platforms.



Intro to: metalcore

Musical characteristics

Metalcore essentially is the blending of metal and hardcore punk, and as most music genres, has become a pretty broad label. For old heads, it's a moment when heavy metal and hardcore punk combined to form a new underground genre. For others, its heavy breakdowns, a poppy structured bounce, with a mix of harsh and clean vocals and introspective lyrics.

The first wave of metalcore bands in the 1990s were inspired by hardcore while later metalcore bands were inspired by melodic death metal. Defining traits include drop guitar tunings like Drop D and A. heavy, metallic, percussive guitar riffs, with a focus on breakdowns*. Drummers often use double kick drumming. A polished production style with a recent surge of electronic elements are also prominent. Vocalists typically switch between raw scream/shout styles and clean, melodic signing. lyrics are often personal and emotive. Modern metalcore clean vocals have drawn comparisons to the mainstream emo and pop-punk music of the 2000s, which some have suggested may have deterred some fans of heavier music styles. just like every other genre, what is and isn't metalcore is widely debated. it umbrellas over such a large range of sounds that it finds itself under a lot of scrutiny on both sides of the coin.

I found this commented under a post in R/Metalcore on essentials albums within the genre. Which i think does it a good job

Early 00's - Mid 00's Melodic Metalcore

Parkway Drive - horizons

As I Lay Dying - Shadows Are Security

Killswitch Engage - Alive Or Just Breathing

August Burns Red - Messengers

Late 90's - Early 00's Metallic Hardcore

The Dillinger Escape Plan - Calculating Infinity

Converge - Jane Doe

Botch - We Are The Romans

Hatebreed - Satisfaction Is the Death of Desire

10's to Present Day Metalcore

Bring Me The Horizon - Sempiternal

Architects - Lost Forever // Lost Together

Late 00's - Early 10's Metalcore

A Day To Remember - Homesick

Asking Alexandria - Stand Up and Scream

The Devil Wears Prada - With Roots Above

And Branches Below

Personal favorites

Eclipse

Northlane

Ultra-violet violence

Alpha wolf

Transitions from persona to object

Botch

Dreams in inertia

Code orange

Local artist

GETBENT

Sights set at midnight

Silence before the storm

Despiona

Antisaint

From ash to stone

Righteous vendetta

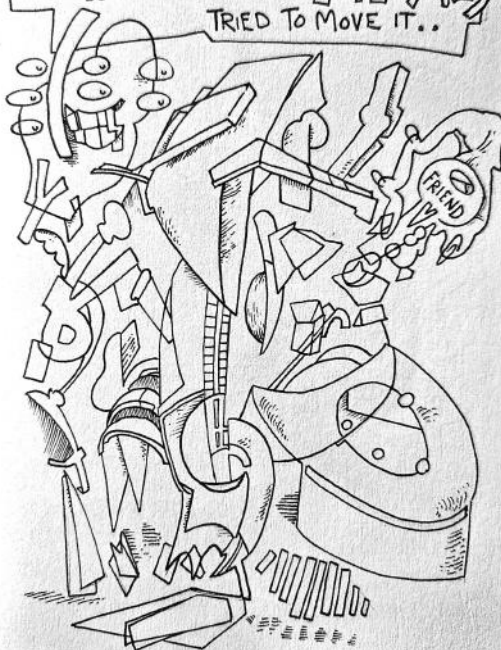
*slow, intense passages conducive to moshing.



KLOOBISD KULCHUR



BUT THE WHEELS HAD TAKEN ROOT.
WHEN OUR HERO FOYLE EKSBRES
TRIED TO MOVE IT..





NARCAN

what it is, why you should carry it, where you can get it

Narcan or naloxone is a life saving medication. It works by blocking opioid receptors in the brain and restoring normal breathing in those whose breathing has stopped or slowed due to an opioid overdose.

The most common form of narcan people will carry is the nasal spray, there is also an injectable that is available.

Narcan is legal to carry in wyoming and it cannot harm someone even if they're not on opioids!

Like carrying a fire extinguisher in your kitchen, it's not that you hope to use it, but it's something you never want to be without when you need it.

This is a link / QR code to a website with an 8-minute training video followed by a quiz. Once completed you will fill out a short form to get naloxone mailed to you

<https://nextdistro.org/implanguageunaffiliatedstates>



Other ways of obtaining narcan

- Local harm reduction groups like the wyoming harm reduction collective
- OTC at any pharmacy, your insurance may cover the cost
- And businesses and organizations can apply to get free naloxone through the wyoming department of health

it's understandable to be nervous about carrying around a medication for opioid overdose situations, i think it's important to remember that you are legally protected when obtaining, and administering narcan.

A person acting in good faith may administer naloxone to a person who appears to be experiencing an overdose, and is immune from civil or criminal liability.

Wyo. Stat. Ann. §345-906 (a)–(b).

That being said, as far as i can find wyoming DOES NOT have a good samaritan law in effect. I'd advise that while you should still attempt to help someone in crisis, if you are also using - protect yourself too.

At the end of the day you can always call 911, give them the location, ask them to send an ambulance for an unresponsive person and then leave the scene.

