

MEAT EATM

Beef Party





EATM RETURN

MAY 3RD – 5TH

**OPEN TO ALL SKILL LEVELS.
THOSE WHO DO NOT MAKE
VARSITY WILL BE ELIGIBLE TO
PLAY JUNIOR VARSITY.**

EATM has always been a band defined by its raw spontaneity and fearless creativity, and with “MEAT EATM” they’ve delivered their most ambitious and polished work to date. True to their ethos, EATM creates without boundaries, improvising every note, beat, and lyric in the moment with zero rehearsal or premeditation. Like their previous album, “Poconos Flows,” this project was also recorded in serene Pocono Pines, PA. The familiar setting welcomed the same powerhouse line-up, yet “MEAT EATM” stands apart as a sonic leap forward for the

band. Thanks to an upgrade in recording equipment that introduced multi-track recording to the EATM workflow, the band was able to capture their sprawling 25-minute jam sessions and sculpt them into precise, high-energy, 3-minute songs. This creative editing approach has resulted in what many will agree is their most sonically advanced album, pushing the boundaries of their signature style while maintaining its foundational spirit of live improvisation.

MEAT, THE LINE-UP

- *Old Yist and Headsnack: Sharing duties on drums, samples, and keys, these two drive the rhythm and texture of the album, adding lyrics at times. Yist shines as the voice ‘most-in-key’ throughout the project.*
- *Man Halen: Bringing his unique touch to both guitar and the Frankenguitar, while stepping out vocally for a few choice cuts.*
- *Matty H: A force on the bang box and a crooner to boot.*
- *Donny Bassball: Anchoring the grooves with his basslines.*
- *MC Doctor President: Adding a brassy edge with his trombone and inimitable flow.*
- *Nicolo Toscani: Contributing thought-provoking vocals and documenting the event with his unique videography.*

Beef Party

- *Verby Mancock: Taking center stage with the majority of the vocal work, bringing character and humor to every track.*

While every member's voice is present on "MEAT EATM," each track highlights their individual specialties. The result is a cohesive yet diverse album packed with surprises.

A POLISHED SPONTANEITY

Several tracks on "MEAT EATM" reveal a level of polish not typically associated with EATM's purely improvised style. Tracks like "Corn," "Wizards and Witches," and the explosive title track, "MEAT EATM," began as secret side projects, giving them a refined structure that contrasts beautifully with the raw energy of the rest of the album.

At just over 90 minutes, "MEAT EATM" is technically a short album by EATM standards, but every second counts. It's packed with hard-hitting beats, infectious melodies, and memorable lyrics. Highlights include the heartfelt tribute to the late, great Phatty Gabe; Nicolo Toscani's existential musings on "Cosmic Disco Time"; Man Halen stepping up vocally on "Tell Me What You Want"; and Matty H's hilarious, soulful crooning on "Stanky."

COZY UP TO "MEAT EATM"

From start to finish, "MEAT EATM" showcases next-level production, hilarious and insightful lyrics, and an energy that captures the essence of EATM. Whether you're here for the grooves, the laughs, or the mind-expanding improvisation, this album delivers. So sit back, grab a cup of joe or your favorite brew, and cozy on up to "MEAT EATM"—an unforgettable journey into the heart of EATM's unique sound.

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E.A.T.M.

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- Break a Sweat
- Meet the Electricians
- Learn why the Boys is Jesus

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For more information visit

Headsnack.com or call Ms. Ramsey

- 
- 1 **WE ARE EATM** 4:43
- 2 **THAT'S COOL** 3:19
- 3 **STANKY** 4:48
- 4 **TELL ME WHAT YOU WANT** 3:57
- 5 **WIZARDS AND WITCHES** 6:57
- 6 **MEAT EATM** 3:16
- 7 **LOOK AT US NOW** 3:36
- 8 **MAD I AM** 1:31
- 9 **A FRIENDLY MEETING** 2:35
- 10 **COME BACK TO US** 0:19
- 11 **COLD CUTS OF LIFE** 5:58
- 12 **HAIL TO THE VICTOR** 2:28
- 13 **FACE WITHOUT EYES** 4:49
- 14 **SNACK BAR SPECIAL** 2:17
- 15 **DO YOU KNOW WHAT'S TRUE** 3:05
- 16 **ODE TO PHATTY GABE** 5:03

- 
- 17 **SWEET THING** 2:35
- 18 **ELECTRIC BLUE HOWIE DEW** 4:35
- 19 **MEOW** 0:25
- 20 **COSMIC DISCO TIME** 6:36
- 21 **PHONUX KNISHWICH** 2:16
- 22 **BENEATH THE PINES** 1:57
- 23 **THE BOYS HOP** 2:10
- 24 **ANOTHER LONELY NIGHT** 0:50
- 25 **CORN** 7:44

Cover designed by **Headsnack**

All songs improvised and recorded by **EATM**.

Edited, arranged and sequenced and mastered by **Mike Foam**.

Published by **Headsnack Music (BMI)**.

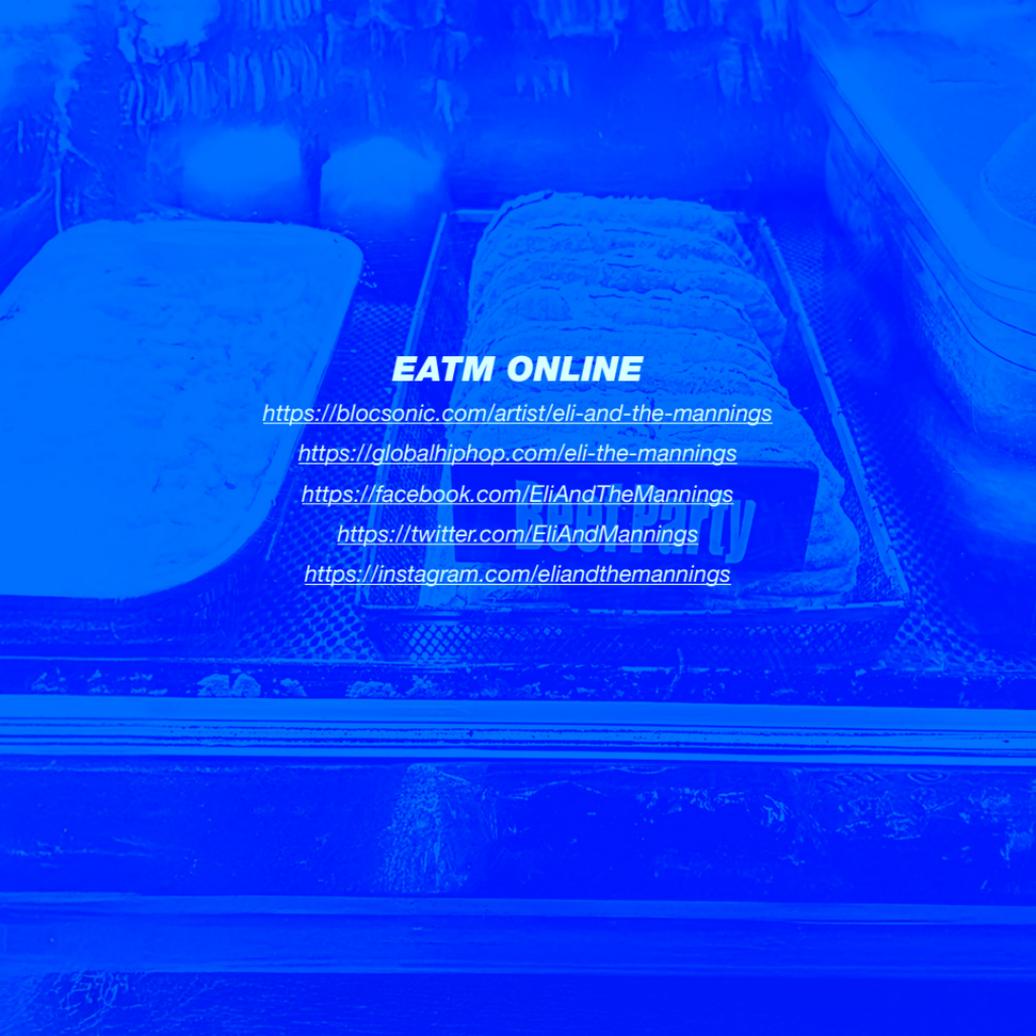
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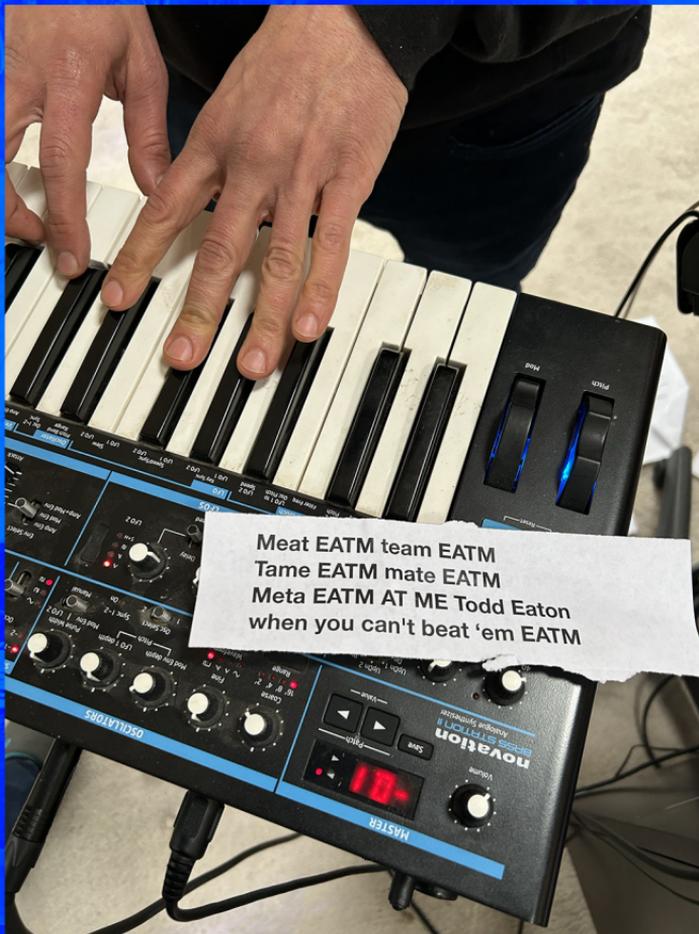
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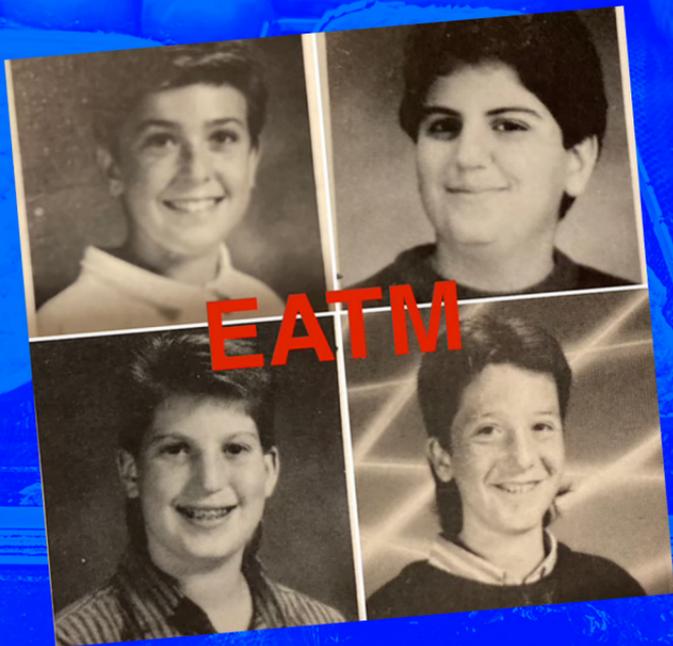
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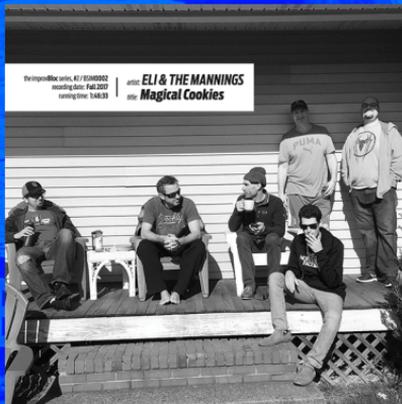
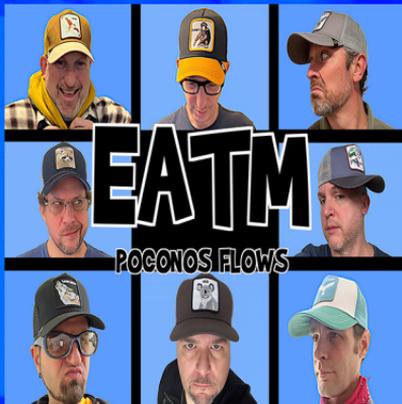






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YOU TO ALL INVOLVED IN THIS
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— Peace, Mike Gregoire

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