

## Mp3 Lia Nowels - Check This Out



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An eclectic mixture of reggae- and jazz-tinged rock tunes and lush, ethereal pop ballads. 5 MP3 Songs  
ROCK: Modern Rock, POP: with Live-band Production Details: "Check This Out," the latest milestone in Lia Nowels' journey from touring the country in a dilapidated van, acting in French for jaded high school audiences (don't ask) to fronting a hard-rock group called You, Me and Al that opened for the Misfits one Labor Day weekend and promptly broke up. (Just rent "The Commitments." You'll get the picture.) After hearing a particularly mediocre song on a VH-1 countdown, Lia decided she could hardly do worse and started writing her own words and music. She soon discovered the joys and pitfalls of the New York City club scene, working her way from the dreaded Tuesday opening act to raucous Saturday nights at which everyone in the crowd demanded, "Don't you have a CD for sale?" Having heard so many botched, homemade first attempts, she was determined to get it right, enlisting Caleb Sherman as producer and regular band members Dave Likhtiger (lead guitar), Roberto Ruiz (bass) and Pete Paris (drums). The result is an eclectic and far more polished end product than was hinted at by those early "what sound check?" gigs. From the reggae-tinged rock of "The Poison Tree" to the dreamy, ethereal "In the Sunlight," each of the five songs creates a completely different experience for the listener. Check this out. We think you'll like it.

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