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Soundbites to a Nytmare

By Doreen Manning

Nytmare never planned on putting his hip-hop music into a full-length CD. Making music for himself as a cathartic form of expression for the past 10 years, this Worcester-born artist finally decided to stop procrastinating and share his music with the masses with his new release *Insomniadict*.

Celebrating the result with a CD release party at The Lucky Dog on Oct. 10, Nytmare has welcomed an impressive bill of music, including Spit Supreme, Shane Hall & Ticklebomb Orchestra, Cocaine Robots and Evince Ethos.

Nytmare's intelligent prose and instinctive rhythms immediately set him in a league of his own. Seeking out hip-hop as a way to channel his energy and angst at an early age, he's used the medium to express himself for more than a decade.

"Growing up, hip-hop spoke to me. It was a culture, message and movement that I was a part of. From anti-establishment to raw aggression, it personified my thoughts and life. Ultimately it gave me a vehicle to express myself that became a

compulsion" Nytmare shares. "It wasn't something that I did because I *wanted* to. Something would happen and I *needed* to write."

Backed by music that's sometimes aggressive and often raw to the bone, Nytmare's lyrics don't mince words. He tells it like he feels it, straight up for all to hear. Yet Nytmare is no martyr – in his creative process he utilizes local talent and resources.

"Typically I work collaboratively

with people who focus on making the music, and I handle the writing and vocals. We'll talk about an overall theme and direction and bounce ideas back and forth until the pieces fit. I feature other MCs and vocalists on occasion when I feel the track has an organic fit," he says.

Nytmare admits that Worcester has helped shaped the direction and feel of his musical art, as his connection is not just with its people and places, but the city as a whole. "Growing up in the city in the '80s really influenced me and shaped my outlook and demeanor.



Worcester was this great industrial city that found itself struggling ... With it's back against the wall it persevered and fought, holding onto hope," Nytmare muses.

"My life and music parallel that history. Grimy. Industrial and resilient."

What should you expect to see when you visit the Lucky Dog this Saturday?

According to Nytmare, nothing flashy or fancy, just a man with a microphone against the world in a performance he describes as "more akin to an intense spoken word performance at times."

Making music for himself, Nytmare has now chosen to set it loose upon the world. "I made the music originally to encapsulate the emotion. Now I'd just like to put it out there so the art has a life of it's own independent of me," Nytmare says. "Love it or hate it – I will be happy to know that it made people feel something."

Stop by Nytmare's CD release party at the Lucky Dog in Worcester this Saturday, October 10. Learn more at myspace.com/nytmare508 or nytmaremusic.com.

Nytmare choose all the bands for his CD release party himself. In his own words, here's who he chose and why...

Spit Supreme is one of the nastiest local lyricists in the city. He's repped Worcester hard with multiple albums, mixtapes and putting in work in New York and Boston. I did a show with his crew several years ago, did some collaborative promo and recordings with him and kept in touch since.

Back in 1999 there were very few local artists with a large web presence. I was one of the even fewer representing Worcester hip-hop. One of the others at the time was a group called Dark Legacy. I eventually connected with member AV and we've supported, worked together and done various shows since. His latest incarnation is the facetious throwback group **Cocaine Robots**.

Long before he joined up with the TickleBomb Orchestra to lay down folksy rock and experimental grooves, **Shane Hall** went by Messiah Carey and was wrecking mics as an MC in Providence and Worcester. We connected in the early 2000s to talk shows and the local scene and have been in touch since. For this show he's going to be doing a hybrid set bridging the genre elements, which should be bananas.

Many years ago, a fan had reached out to me from their dorm room at Worcester Academy to talk to me about my music. We stayed connected over the years and not long ago he gave me a shout to check out his own project now – metal band **Evince Ethos**. I took a listen, was blown away, and invited them to perform at the show.