



Right from the first chord, you can tell **The Expendables** has put everything it possibly can into its latest release. Just as it does on stage every night, the band is out to *Prove It* with songs and an energy that is impossible to ignore.

Unlike some other bands active in the reggae rock scene today **The Expendables**, is not a one sound band, and anyone familiar with the group knows you can expect a wild and exciting mix of reggae, punk, metal and dub. The 17 tracks across *Prove It* further celebrate the band's diversity with reggae gems like *Get What I Need* and the sweet *I Ain't Ready*, yet punk rock anthems like *Trying To Focus* and *Night Mission* showcase an energetic unstoppable rock force like not other.

However, **The Expendables** save the best for last with the five minute instrumental metal mayhem of *D.C.B.* (I think this is the song the band was using *Rock Band* as a working title, so that give you an idea of what to expect here) before transitioning into the fantastic *Mind Control*. Following is *Wells*, possibly the most beautiful song the band has penned to date. Even **G Love** with his damned harmonica and out of place guest appearance can't ruin it.

I don't know if there is any stand-out tracks that seem ready made for radio here, that was the rare brilliance and what has made the song *Sacrifice* a great ambassador for the band - it demonstrated both the extreme rock and reggae sides to the band. While this crossover is not covered in one song on *Prove It*, the many diverse track highlights prove **The Expendables** are the best thing out of Santa Cruz since **Lost Boys**. For maximum enjoyment you got to digest it in its entirety.