



"The Beatings make tousled Art Post-Punk that, while bristling with esoteric melody, would send most 'Pop Punk' fans home to cry beneath their Simple Plan posters." – Cincinnati City Beat

TRACK LIST

01. Intro to a Responsible Person
02. A Responsible Person
03. This City is Killing Me
04. Upstate Flashbacks
05. Feel Good Ending *
06. Stockholm Syndrome Relapse *
07. Harry's Wild Ride
08. Remedial Math Rock
09. Scorched Earth Policy
10. ColIntelPro *
11. Oh Shit, My Phaser's Jammed
12. Pennsylvtuckey
13. Don't Flake Now
14. False Positive
15. Burn Down the Jungle *
16. Villains

* Recommended listening

BAND

Erin Dalbec - Bass, vocals; Dennis Grabowski - Drums
E.R. - Guitar, vocals; Tony Skalicky - Guitar, vocals



(L-R) Dennis, Tony, Erin, E.R.

Photo by Ryan Scafuro. High-res download at thebeatings.com/press.html

THE BEATINGS

Holding on to Hand Grenades

MIDRIFF RECORDS / MDRF007

Full-length CD / 16 tracks / 61:01

RELEASE DATE: JANUARY 24, 2006



All songs written by The Beatings.

Recorded by Tim Shea in Allston, MA. Mastered by Jeff Lipton in Newtonville, MA. Produced by Paul Q. Kolderie.

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The Beatings create intelligent, guitar-driven art-rock, hailing back to the early 80's heyday of college music.

The Beatings have forged an idiosyncratic path through independent rock. DIY since their formation in Boston in 1999, they have thus far booked four national tours and released seven recordings through their imprint, Midriff Records. Neither punk nor alternative, The Beatings' melancholic lyrics, scream-sung counterpoint harmonies and hair-raising guitar leads often earn them comparisons to Hüsker Dü, Mission of Burma and the Pixies.

In the summer of 2004, The Beatings recorded *Holding on to Hand Grenades* with renown indie-rock producer Paul Q. Kolderie. This was their first attempt at working with a producer, and the results were stunning: an incredibly detailed, lush and full sound that brought out the chaotic nuances of The Beatings' noise-drenched performances.

In February 2006, The Beatings toured the U.S. for four weeks, traveling coast to coast to support their new LP. During that time *Holding on to Hand Grenades* charted in the top ten at colleges across the U.S. The band performed live on KEXP Seattle, was the subject of a profile on SOMA FM and are currently planning another tour for Fall 2006.

REVIEWS

"An expansive, ferocious, and lovely riot of five-alarm distress and contemplative ennui ...by turns prickly, pretty, and blown-to-the-brim with scorched sonic diatribes." – Boston Globe

"Vibrant energy and carefree post-punk zeal move the Beatings well past their more prominent influences." – Washington Post

"Leaves you with the feeling that The Beatings are ready to annihilate the world's post-punk poseurs, even if they have to do it with a heavy heart." – Denver Post

CHART PEAKS & MISC. INFO

- #13 CMJ Radio Adds - Feb 2006
- #146 on the CMJ Top 200 - Feb 2006
- #25 on Insound.com's Top 25
- Over 4,500 paid downloads through digital distribution.
- "Feel Good Ending" was a Top Five download on Insound.com for February 2006.
- "Stockholm Syndrome Relapse" was downloaded over 7,000 times through Pitchforkmedia's Free Download page.
- #9 - KEXP, Seattle, WA
- #2 - KSSU, Sacramento U, CA
- #1 - WORT, Madison, WI
- #2 - WMBR, Cambridge, MA
- #3 - KGLT, Bozeman, MT
- #8 - WRLC, Williamsport, PA
- #15 - WVKR, Poughkeepsie, NY
- #30 - CKXU Lethbridge, Alberta, Canada
- #8 - WBGU, Bowling Green, OH

www.thebeatings.com