

FORTY MINUTES OF HELL

GIMME SOME DELAY

Track Listing - 01 Smokin' Trees 02 6 on 7 03 The Gnome
04 Think You Don't Know 05 Cat and Mouse 06 Manchild 07 27
08 Johnnie Law 09 Ohmyshiny 10 Rocketship 11 Yocaine Wins

Forty Minutes of Hell. Sexy, loud, rebellious, dangerous - imagine an explosive mix of *The Stooges* and *The Rolling Stones* mixed with the riffing of *The Jesus Lizard* and *Black Sabbath* filtered through the sonic oddity of *Sonic Youth* and *The Butthole Surfers*. This is full-on rock and roll but rarely traditional. There's wit and humor without being gimmicky. Its the sonic equivalent of driving way too fast, swerving off the road and regaining control just in time. In other words, **FMOH** are doing it right.

Ask anyone who has seen them - the live shows are legendary. Like *David Yow* and *Iggy Pop* before him, vocalist **Brandon Kistler** is a survivalist type of frontman who goes to whatever lengths necessary to make each show count, often injuring himself in the process. Fireworks, flames, beer cannons, flying harnesses and in-your-face-up-your-ass song pounding are just a few things you might see at an **FMOH** show.

FMOH's Gimme Some Delay is their most accomplished recording yet, the natural culmination of years playing and writing songs. From the stoney riffing of "Smokin' Trees" to the sing-along chorus of "Manchild," **Gimme Some Delay** announces a band on the scene and ready for the next step.

In addition to winning the **OKC Gazette's Best Band** award in 2005, **FMOH** has a tour of Taiwan and an appearance on **Mat Hoffman's ESPN2's CFB BMX** bike series under their belt. You won't want to miss **Forty Minutes of Hell** as they hit the road for their '07 Summer/Fall tour.

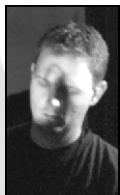
"Brandon Kistler is a man possessed by rock 'n' roll "
- *Pop Magazine, Norman Transcript*

"Going to a Forty Minutes show is like a time warp back to the class of '77.... a revisionist romp of old-school punk is completely communicated through the band's unrestrained energy, thundering drums and high-octane tempos, and yet the group somehow managed to transcend the past.....Want to see one of the most exciting live shows around?... This isn't easy listening, bit it's sure as heck a lot of fun."
- *Deborah Benjamin, Oklahoma Gazette*

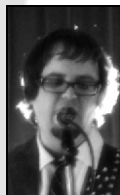
"ROCK BALLS!"
- *Jill Mellgren Richardson, World's Fair*



Brandon Kistler
vocals



Carl Amburn
drums



Quentin Bomgardner
guitar



Andrew Kershen
bass

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