**BIO 2016 Incite — *Oppression***

Nothing compares to live energy. It transfers from the stage to the crowd and back again. Incite harness that spark on their fourth full-length album and highly anticipated 2016 metal release, *Oppression* [minus HEAD Records]. In fact, it’s something that the group—Richie Cavalera [vocals], Dru “tang” Rome [lead guitar], Derek Lennon Lopez [drums], Christopher “EL” Elsten [bass], and Kevin “Dis” McAllister [co-writer]—realized in the middle of the cycle supporting their critically acclaimed 2014 offering, *Up In Hell*.

“The whole first year of touring for *Up In Hell* really lit a fire under us to come out and make something that matched our live performances,” explains Richie. “On *Oppression*, we were finally able to bottle that and put it into the recordings. Touring and playing every day sharpened our skills and brought us closer together as friends and as a band. The anger and rage we’re still feeding off of is very strong, and it definitely shines through this body work.”

In order to channel that “fire,” the band enlisted the talents of producer Steve Evetts [Suicide Silence, The Dillinger Escape Plan]. Following a week of pre-production at home in Phoenix, AZ, they headed to Steve’s Orange County studio and recorded the ten tracks that would become *Oppression*.

“Steve brought so much knowledge about song structure to the table,” continues the singer. “He truly emphasized the importance of cohesive songs. He pushed us to focus, and we recorded everything organically live. There was no copy-and-paste with Pro Tools. That was a huge part of the process. He took what was there and elevated it to the next level.”

For the first time, Dru contributed to the writing process. In order to focus on his family and newborn child, Dis took a role as a writer—no longer touring with the group. Together, they enhanced the guitars exponentially.

“They wrote about half-and-half,” says Richie. “Dru delivered some incredible playing. His style was perfect, and he just went in and let loose. Dis did his thing too, and it made for a bigger sound from the both of them.”

The first single “No Remorse” steamrolls from a thrashed-out intro into a growling gruff chant. With a blazing lead, it immediately rips and roars to life.

“That song is about a friend of mine,” he admits. “In high school, he was the guy everybody looked up to. He was the smartest and funniest dude in the room. Over the last couple years, he’s fallen into pills so bad that it just about killed him. This is my song to him. No matter what anybody told him, he would never seek help or agree. He’d hide and lie instead. I got to a point where it was like, ‘I love you, but I have no remorse for what you’ve done to yourself.’”

“Life’s Disease” sees Richie and Connor Garritty of All Hail The Yeti trade piercing screams over a thudding six-string chug. “It’s about life in general,” Richie remarks. “There’s no cure. You have to go through and battle. I really felt like life was literally killing me for a while. You want to give up, but you have to push. Connor laid down the grittiest, nastiest vocals. It was incredible.”

Speaking of guests SiriusXM host and longtime fan Jose Mangin lends his instantly recognizable scream, “Heavy fucking metal” to the beginning of “I Want It All.” Then, there’s “Stagnant,” which wields a pummeling groove like a wrecking ball. “That song is for people who complain about not getting everything, but they do nothing to get it,” he declares. “In music, you see a lot of that.”

Incite have certainly put in their fair share of work though. Since the release of their full-length-debut *The Slaughter* back in 2009, the band has shared stages with everyone from Dillinger Escape Plan, Cancer Bats, and 36 Crazyfists to Crowbar, Soulfly, and Cavalera Conspiracy in addition to headlining countless gigs. They’ve earned acclaim from *Kerrang!*, *ARTISTdirect*, and more as well as “Album of the Week” honors from *Revolver*. Songs such as “Army of Darkness” charted Top 40 on the SiriusXM metal charts.

Now, Incite stand poised to conquer like never before with *Oppression*. “We’re growing,” Richie leaves off. “We channeled that energy we’ve always been craving, and it spills over. It’s here to stay, and we are too.”

**Blurb 2016 Incite — *Oppression***

Incite ignite heavy metal once more with their fourth full-length album and highly anticipated metal record for 2016 *Oppression* [minus HEAD Records]. Since the release of their full-length-debut *The Slaughter* in 2009, the Phoenix, AZ quartet has shared stages with everyone from Dillinger Escape Plan, Cancer Bats, and 36 Crazyfists to Crowbar, Soulfly, and Cavalera Conspiracy in addition to headlining countless gigs. Over the course of two more explosive offerings, *All Out War* [2012] and *Up In Hell* [2014], they’ve earned acclaim from *Kerrang!*, *ARTISTdirect*, and many others as well as “Album of the Week” honors from *Revolver*. Songs such as “Army of Darkness” charted Top 40 on the SiriusXM metal charts. However, 2016 sees the band evolve into a more brutal and brash beast ready to claw its way to the genre’s upper echelon one show at a time.