



'The Freak Out List,' Frank Zappa (MVDvisual, 3 1/2 Stars)

This April 20 DVD traces the lineage of Zappa's influences listed on the inside of The Mothers' "Freak Out" album to the recordings of the man himself, and features interviews with Mothers of Invention members Ian Underwood, Don Preston and George Duke. Also featured is archival film of influences like doo-wop legends The Cadillacs and others. Fans of Frank Zappa who wonder about his wide-ranging influences should snag this one, even if it isn't "authorized by the estate of Frank Zappa, nor any party involved in the release of his music."

There are musical examples from many of the composers and artists on the list as well as numerous snippets of Mothers and Zappa solo material. The discussion gets dry at times, but this is informative as a window into what Zappa was about musically. The bonus material includes a feature titled "Frank Zappa's Desert Island Discs."

- Ricky Flake