

Get a better look behind the music with 'Beefheart'

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"Captain Beefheart - Under Review" — MVD

3 1/2 stars

You know those "Behind the Music" shows? Imagine if they were more interested in how songs and albums took shape and how they affected the future of popular music than whether the lead singer was sleeping with a band member's wife or what drugs were being taken.

You'd get "Captain Beefheart - Under Review," one of MVD's Under Review series.

Captain Beefheart, whose real name is Don Van Vliet, has never been a popular rock act, but for decades his recordings have shown up on lists of the greatest and most influential rock recordings of all time.

The DVD gathers numerous band members from his Magic Band and top critics to analyze how he went from the modern blues/rock of his debut album "Safe As Milk" to the jazz-style improvisation of what many consider to be his masterpiece, "Trout Mask Replica." One of the most fascinating parts of the DVD is the discussion of how he worked with the Magic Band to create the latter album.

There is a nice career retrospective — we see attempts to make Beefheart more commercial on albums such as "The



Spotlight Kid" and how those attempts backfired, and how after several well-received albums in the early '80s he retired to become a successful painter.

There are interesting interviews from musicians and critics who analyze the music rather than simply gush over the artist. Throw in some rare performance clips and this is both an educational DVD and an enjoyable one for anyone interested in why Captain Beefheart's music is still so revered.

For those who love scandal, this may be less enjoyable than the "Behind the Music" specials. For those who love music, the "Under Review" series is far more enjoyable.

"Look At All the Love We Found Live: A Tribute to Sublime" — MVD
3 stars

You always hear about concerts that you "should" have been at: the emotional performances, the surprise guests, the incredible vibe. This DVD/CD may not be as good as being there, but it's the next best thing.



Have no illusions — the Sublime tribute concert lives up to its name with the vibe, the performances and the surprises you'd want to see.

This set includes a DVD of the show, which featured Los Lobos, Fishbone, Blackalicious, Ozomatli, Unwritten Law and others, on Oct. 24, 2005 at The Music Box at Fonda Theater. It also has a bonus audio CD of the show.

The DVD extras include the music video for Fishbone's "Date Rape" and a version of "Pawn Shop" from the album release party.

It's not the same as having been there, but it's pretty darn good.