

Throwback: The Boogiemonsters- Recognized Thresholds Of Negative Stress

The Boogiemonsters were Jamaican brothers Myntric and Yodared who met New York rappers Vex and Mondo while they all attended Virginia State University. McCann joined the group later and was a big contributor to the writing of the songs. They won first place at Howard University's Hip-Hop Convention and shopped a demo that got them a deal with Pendulum Records. Their debut album *Riders Of The Storms: The Underwater Album* was released in 1994 and featured early production from Scott Storch. Their sound took boom-bap basics swirled with brandished guitars, R&B samples and live playing to mimic the shapeshifting effect of their bodies uniting and becoming one with the water. "Recognized Thresholds Of Negative Stress" was one of three songs to get a video treatment including ["Strange"](#) and ["Honey Dips In Gotham."](#) ["Bronx Bombas"](#) and ["Juggernauts"](#) were also standout songs from the album that did not receive the attention it deserved. Shortly after the album gained critical acclaim most the members became Seventh Day Adventists and left the music industry. *God Sound* was released in 1997 and produced the single ["The Beginning Of The End"](#) and a collaboration with Bahamadia ["Say Word"](#) at which point the group disbanded for good. Vex released an album last year called [Modern Vexology](#) and Yodared government name Ivor Myers is the head pastor of [Templeton Hills Seventh-day Adventist Church](#) in Templeton, California and runs the [Power Of The Lambs](#) ministry with his wife.