

# Cockstock is more than Widespread Panic

JOHN LYONS Music Editor

Four bands will play their variations of the Southern circuit jam-rock sound for 1996's Cockstock Friday night at the Carolina Coliseum.

While much of the attention will be on regional stars Widespread Panic, three fine Columbia bands will also be taking the stage.

Sourwood Honey, a six-man band from Lexington, will be sharing the main stage with Widespread Panic, while Shades of Grey and Mountain Express will perform on a second stage.

Sourwood Honey is the longest standing of the three local bands, and Cockstock will be one of their first Columbia shows in support of their new, self-titled album.

The band got its start playing Columbia's clubs, and their sound is deeply rooted in the jam tradition of the Allman Brothers Band and the Grateful Dead.

Bassist Bob Hylton said that while such comparisons are rooted in truth, they do not indicate the band's various influences.

"We don't like to be tied down to one thing," Hylton said. "It makes it a lot more fun than if everyone was

concentrating on one style."

Drummer Cale Hernandez said his musical background was in heavy metal, and the other members of the band also had different backgrounds.

Although the band is jam-oriented, Hernandez said its audience is diverse.

"You find anybody and everybody in the crowd," he said.

The band has concentrated on playing in South Carolina up to this point, but they are planning a tour of the Southeast at the end of the summer.

Hylton said he hoped their new album will lend them credibility when setting up the tour.

"If you've got the CD, it shows your professionalism," he said.

"It really opens the door for you." On the second stage, Shades of Grey will be playing between Sourwood Honey



Photo special to The Gamecock

Shades of Grey are (from left to right) Spencer Rush, John Stout, Chris Bussell, Tom Brumgardt and Kenneth Floyd.

and Widespread Panic.

This young band is made up entirely of USC students, four of whom are sophomores.

The band has been together for one and one-half years, but the lineup has rotated.

The band has played mostly in

Columbia so far but hopes to tour more of South Carolina toward the end of this summer.

Saxist Chris Bussell said while playing in the band as a full-time student is difficult, it also has its positive side.

"If anything, it's facilitated the formation of the band," he said. "A couple of us are in the School of Music."

"All of us are pretty serious about being musicians," he said. "A lot of hard work has gone into this."

The band has already started working on its first album, which should be available in the next few months.

Bussell said the band is uncertain of what will happen once the members graduate.

"We've got a long way to go before we make that decision," he said.

Mountain Express will be playing

on the second stage before Shades of Grey.

Mountain Express's music is split into two categories, according to Scott Coggins, who plays mandolin and sings.

"We do a lot of traditional bluegrass songs, and then we do some psychedelic Grateful Dead-inspired stuff," Coggins said. "It's basically extended jams and then plugged-in versions of bluegrass songs."

The band has been playing together for the last eight months. They had played together for about a year before splitting up and reforming between six and eight months later.

The five-man band is considering adding a keyboard player, but Coggins said they started as a much smaller group.

"Mountain Express originated with me and Dave Amos (guitar and vocals) playing around town at different bars, pretty much acoustic," he said.

Coggins cited the Allman Brothers Band as a big influence.

"Our crowd is definitely a hippie crowd," he said.

That may well be true of the crowd at Cockstock as well. Allman Brothers Band influences will be in abundance Friday night, and Columbia's Southern-

# Technobabble asks: Can positive ions make you feel negative?

Have you been feeling a little down lately? Have your eyes felt tired? Is the fuse on your temper a little shorter than it used to be? Maybe your computer's monitor is the culprit.

At least, that's what some research is starting to suggest. Although you may not know it, the cathode ray tube in your desktop monitor is emitting positive ions, and there is research to show prolonged exposure to these ions can be blamed for everything from stress and irritability to fatigue and depression.

What's even more interesting is that exposure to negative ions may actually help to alleviate these problems in humans.

What turned me on to the issue of ions is a compilation of research made available on the Internet by Daniel Stapleton. If you send e-mail to Daniels@cyberramp.com with the words SEND RESEARCH in the body of the

message, Stapleton will mail you back samples of research and press coverage he has gathered about the effects of ions.

According to Stapleton, the ion issue really entered the mainstream last February when CBS News (still with Connie Chung!) reported on a Columbia University study that showed exposure to a high-density negative ion generator was as effective in treating "winter depression" in humans as medications such as Prozac.

Stapleton's research also references an article that appeared in a California newspaper with the headline, "Beating a case of the VODS: Negative ions maybe an answer to the video blahs."

VODS stands for Video Operator Distress Syndrome. The article quotes a consultant with the U.S. Food and Drug Administration as saying VODS occurs because cathode rays tubes create a "hazard zone" of positive ion emissions

about a foot long in front of monitors.

If that's the case, I can see it creating a real problem for people who sit in front of a monitor all day. It's especially bad for me because, as anyone who knows me can tell you, I don't see very well. I often have my face closer than a foot to my monitor and I don't think I will ever rub my weary eyes again without thinking about all the ions they may have absorbed.

Up to this point, all of the information I have used in this article has come from Stapleton's compilation of research. This is because there seems to be very little information out there about ion effects on the human body. Web and library catalog searches turned up nothing for me.

In an effort to get more information, I posted to two Usenet newsgroups and to ProfNet, asking anyone with information about the effects of ions on

humans to contact me. The few responses I received ranged from people who thought I was nuts to others who said the problems were present but not severe to Stapleton's detailed information.



TECHNOBABBLE Marc LaFountain

I can't tell you there is a wide-ranging consensus that your monitor is hurting you. Nor can I tell you there is a wide-ranging consensus that a negative ion generator is a solution to any problems you may be having. I can only point you in the direction of Stapleton's information and let you judge for yourself. The only consensus I found was that negative ion generators are proven to help keep dust and smoke out of the air.

After doing research, Stapleton decided to purchase a negative ion generator for himself and claims it has helped to alleviate chronic symptoms of anxiety and depression from which he was suffering. In fact, he suggested I visit <http://www.breathe.com> to take a look at the types of generators available.

And, while my visit there made me curious, I don't think I am ready to cough up \$100 for a generator just yet. My weary eyes will just have to be weary a while longer.

I would like to take this opportunity to give a tip of my virtual cap to The Gamecock Online and its staff. In the short time since it went online, this web publication has garnered impressive praise from both inside and outside of the university.

The web indexing service Yahoo lists the "Columbia Mapped Out" section, where users can search for Cola Town

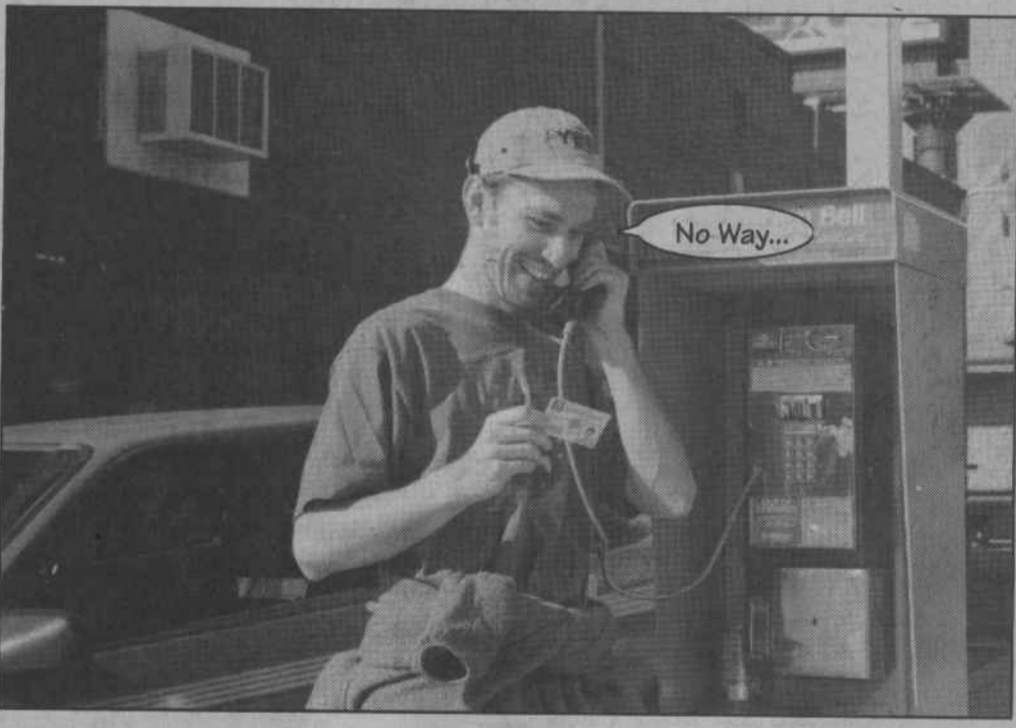
hot spots, as a cool site. Staffers have also received e-mail kudos from local businesses and even The Poynter Institute.

I knew The Gamecock Online would be impressive, since Online Editor Ryan Sims is my roommate. I think Ryan and his staff have exceeded all expectations in creating a layout and structure that rival many commercial online newspapers.

If you haven't visited The Gamecock Online yet, it can be found at <http://www.gamecock.sc.edu>.

Marc LaFountain, a journalism senior, can be e-mailed at [lafountain-marc@sc.edu](mailto:lafountain-marc@sc.edu). To subscribe to an electronic version of this column, e-mail to [listserv@univscvm.csd.sc.edu](mailto:listserv@univscvm.csd.sc.edu) with "SUB T-BABBLE YourFirstName YourLastName" in the body of the message.

## My I.D. is a Calling Card?



Way!

Sign up for your USCard today (i.e. get your new I.D. made\*) get 5 free minutes and \$5 credit

\* IDs are being made in the Russel House Mall

8:00 AM - 4:59 PM	5:00 PM - 10:59 PM	11:00 PM - 7:59 AM SAT & SUN
DAY	EVENING	NIGHT/WEEKEND
\$0.225	\$0.198	\$0.171

Per minute rates

Surcharges:

\$0.75 per call when used on-campus • \$0.25 per call when used off-campus

Call Customer Services at 1-800-700-1156

UNIVERSITY OF SOUTH CAROLINA  
Computer Services Center  
1st Floor, 1244 Blossom Street  
Columbia, SC 29208  
(803) 777-1800



Get Connected!

# STEVE MARTIN



A JONATHAN LYNN FILM

# SGT. BILKO

IMAGINE ENTERTAINMENT PRESENTS A BRIAN GRAZER PRODUCTION

DAN AYKROYD PHIL HARTMAN "SGT. BILKO" GLENNE HEADLY MUSIC BY ALAN SILVESTRI PRODUCER MARY McLAGLEN  
BASED ON THE TELEVISION SERIES CREATED BY NAT HIKEN WRITTEN BY ANDY BRECKMAN PRODUCED BY BRIAN GRAZER DIRECTED BY JONATHAN LYNN

IMAGINE PG PARENTAL GUIDANCE SUGGESTED SOME MATERIAL MAY NOT BE SUITABLE FOR CHILDREN SPECIAL VISUAL EFFECTS BY DIGITAL DOMAIN A UNIVERSAL PICTURE UNIVERSAL

COMING SOON