



# THE MIX

THEY SAID IT

SEVEN MARY THREE: "Son, time is all the luck you need."

## CONTACT US

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Seven Mary Three's newest EP, "Welcome Race Fans," is only available at the band's shows and Web site.

PHOTO SPECIAL TO THE GAMECOCK

## An American Standard'

BY MEG MOORE  
THE GAMECOCK

Success in the music industry largely depends on a band's ability to step out of the shadows — the shadows cast by other performers, current hits and popular trends. Occasionally, artists face the ironic challenge of outstepping their own previous achievements. Such is the case of Seven Mary Three — yes, the rock band that sang that mid-'90s hit "Cumbersome."

Touring in support of its new EP, "Welcome Race Fans" — on sale only at the band's shows and through its Web site — Seven Mary Three has been concentrating on both extending and moving beyond that very legacy. "American Standard," the group's platinum-selling debut album, made a sonic splash in the rock world by spawning such radio gems as "Cumbersome," "Water's Edge" and "My, My."

Yet its initial fortune did not translate into continued mainstream appeal. The group's sophomore effort, the moody "Rock Crown," fell short of the commercial audience's expectations, opting for artistic integrity rather than MTV-ready tunes. The band's third and fourth re-

leases suffered much the same fate; they enamored fans, yet failed to generate the hype of "Standard."

But a good band does not let fickle radio listeners keep it down. Although sales of its subsequent albums never matched the numbers generated by the band's major label debut, it has managed to keep its name known with subsequent singles such as "Lucky," "Over Your Shoulder" and, most recently, "Wait" in 2001.

Seven Mary Three has also maintained an established fan base, one that has kept it out on the road and making music despite its commercial setbacks. And it appears that the group's new EP is generating that much-coveted buzz.

"We got a better response to 'Without You Feels' (a song off of the band's new EP) than 'Cumbersome,'" said drummer Giti Khalsa, recalling a recent show in Tampa. "Without You

Feels" has won over radio listeners in both Tampa and Detroit, where area stations have started playing the track despite its limited release.

The band, which includes Khalsa, singer/guitarist Jason Ross, bassist Casey Daniel and guitarist Thomas Juliano, recently left its label, Mammoth Records, and has had to engage in the epic struggle of self-promotion. After touring extensively during the past several months, the group looks to take some much-deserved time off in the coming weeks.

"We hope to take a month off from the middle of September to the middle of October and then fire back up through the holidays" and possibly play a New Year's show, Khalsa said. "Then we hope to get into the studio."

Although the band has toured with arena acts such as Matchbox Twenty and Train in the past, the group relishes playing in smaller, more intimate venues.

"We're much more at home in clubs and theaters," said Khalsa,

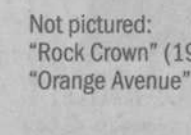
### If you're going

**WHAT:** WARQ-FM Fallout Pre-Party  
**WHERE:** Banana Joe's, 700 Gervais St.  
**WHEN:** 8 p.m.  
**TICKETS:** \$8, ages 21 and up. \$12, ages 18-20.

### Discography:



"Chum" (self-released, 1995)



"American Standard" (1995)

Not pictured:  
"Rock Crown" (1997)  
"Orange Avenue" (1998)



"The Economy of Sound" (2001)

"Welcome Race Fans/Weed, CA EP" (2003)



noting that the band generally prefers to "do our own thing, which we've always tried to do, anyway."

In fact, the band has been "doing its own thing" for more than a decade, outlasting many of its post-grunge contemporaries and continuing to produce solid, ever-the-more-polished modern rock.

The band's fifth album, tentatively entitled "The Hi-Lo," is set for a spring 2004 release. Khalsa said the new record will likely include the four songs featured on

the EP. "We like the four songs, and whether we re-record them or not is a question mark right now," Khalsa said.

For now, the group is concentrating on finishing up the last leg of its tour. The band takes the stage at Banana Joe's on Thursday, headlining WARQ-FM's Pre-Fallout Party. "Race" fans and mid-'90s rock enthusiasts alike are invited to come and sing along.

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## Sushi invades college cuisine; it's more than uncooked fish

BY JENNIFER SITKOWSKI  
THE GAMECOCK

For those who do not know much about sushi, the thought of eating raw fish is likely a little intimidating. Yet sushi is more than just uncooked fish. Upon taking a closer look at the types of sushi and sushi's background, even skeptics might have a change of heart.

Sushi can be traced back centuries to Southeast Asia, where it originated as a way of preserving fish. This fermented fish, called Narezushi, is still served in Tokyo today. Over time, it has evolved into what consumers now see at sushi bars and restaurants all over the world.

To the novice sushi eater, the many varieties and foreign names may seem a little overwhelming at first. The good news, however, is that there are actually only three main kinds of sushi.

Maki sushi consists of a roll that is made with fish and vegetables, which is wrapped in rice and seaweed. One of the most popular varieties of Maki sushi is the California roll.

Another type of sushi, Nigiri sushi, combines a small amount of fish with wasabi and is placed on the top of a small block of rice. Nigiri sushi can be prepared with an assortment of different toppings, such as tuna or shrimp, which go on the rice.

Inari sushi, for those that want something served warm, consists of a deep fried pouch that is stuffed with sushi and rice.

Before sushi can be served, it must first go through a lengthy preparation process. This routine involves cutting the fish, cooking

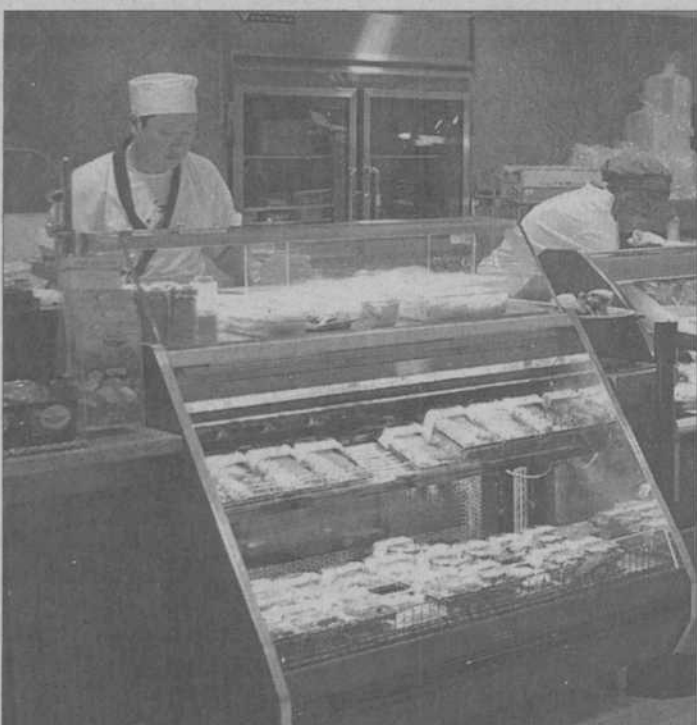


PHOTO BY MORGAN FORD/THE GAMECOCK  
The Sushi Bar is the Grand Marketplace's newest addition. It offers four types of sushi, which are prepared fresh daily.

the rice and preparing the vegetables for each day's concoctions.

Sushi chef Winston Lou works at the Grand Marketplace's new sushi counter and prepares the delicacy on a daily basis.

Lou makes his sushi with fresh frozen fish, which is stored in a freezer for four days and then thawed in a cooler to kill any bacteria. He only pre-cuts fish for one day's to make sure his sushi is fresh.

"Everything is totally safe to eat, but most people don't realize that," Lou said.

Lou added that this common misunderstanding about sushi fuels the popularity of the California roll. The California

roll does not have any raw ingredients in it. Lou said this has made it more popular than other kinds of sushi because people have associated raw fish with other, more dangerous uncooked foods.

People who are unfamiliar with sushi might think that raw fish is similar to raw meat or chicken, which is unsafe to eat. The truth is, however, that if prepared correctly, raw fish is perfectly safe to eat.

Another fact that many might not realize about sushi is that it is really good for your health. Sushi is low in fat, low in cholesterol and low in calories. A Big Mac, for example — which has a

♦ SUSHI, SEE PAGE 7

### SHOW REVIEW

## Soulful Tori Amos, rocker Ben Folds engage audience

TORI AMOS AND BEN FOLDS  
North Charleston Coliseum  
★★★★ out of ★★★★★

BY MORGAN FORD  
THE GAMECOCK

Out he came on Sunday in the North Charleston Coliseum — prancing with his head held high to his low piano in the middle of the stage. Ben Folds, with his goofy smile and thick-rimmed glasses, was proud to be opening for Tori Amos.

Even though few were present for his opening performance, Folds was able to get the crowd involved from the get-go. He took requests and also used the audience in place of musical instruments and as back-up vocalists, all the while getting a few laughs here and there.

Folds' performance was of a lighter mood, while still playing one or two deeper songs, such as "Brick." The crowd's enthusiastic response affirmed Folds' amusing performance.

Promptly at 9 p.m., the black backdrop fell to the floor, revealing a towering circle of Native American symbols and a print of the fictitious character Scarlet — the subject of Tori Amos' latest album.

The crowd had grown tremendously by the time Amos made her entrance, cheering as she skipped onto the stage. Amos started the show with "Wampus Prayer" and then continued into "A Sorta Fairytale." The acoustics in the North Charleston Coliseum perfectly projected her voice. She was backed adequate-

ly with only a bass player and drummer.

Amos belted out "Pancake" next, another song from her latest album "Scarlet's Walk." As Amos played, she glared out at the crowd singing, "I can look your god right in the eye." Her live rendition of the song was haunting.

After starting the set off with three songs from her latest album, Amos moved on to some of her older hits, including "Tear in Your Hand," "Cornflake Girl" and the "Doughnut Song." The crowd sang along to such tracks as Amos played her Bosendorfer piano.

After a couple more "oldies," Amos returned to her newer material with "Wednesday."

In between songs, when the lights dimmed, Amos would stand up and sway with the back-up instruments until it was time for her to begin playing her piano and sing. Amos spun back and forth between her piano and keyboard throughout the show — she even played both instruments at once during such songs as "Girl," from her album "Little Earthquakes."

Amos' performance lasted a little longer than two hours and ended with two encores. Amos proved to be a must-see live act, full of emotion and conviction. She has remained a truly talented female musician in a male-dominated industry, making record after record of engaging tunes.

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## Crawl to show local films

BY MEG MOORE  
THE GAMECOCK

Clambering into Columbia for its seventh consecutive year, the Colossal Film Crawl celebrates the area's best in independent filmmaking. Screening films at various venues, the two-day festival showcases movies born and bred in the Southeast.

The Crawl's eclectic mix of films — 19 in all — covers a variety of subjects, from the factual to the funny. With titles such as "The Flying Squirrel" and "Disturbance on Wheat," the festival promises to deliver an intriguing array of short-form movies.

Showings begin Thursday evening, simultaneously illuminating big screens at three local venues — Nickelodeon Theatre, Art Bar and Jillian's. This marks the first year that the festival has featured the co-programming of films at various locations. Attendees will be able to alternate venues during the evening to allow a variety of selections.

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### Colossal Film Crawl Screening Schedule

#### THURSDAY

NICKELODEON THEATRE  
937 Main St., 254-3433

"Grateful Dead"  
Lee Payton, Atlanta, Ga.  
7:02 and 9 p.m.

"Misplaced"  
Thomas Franks, Lexington, S.C.  
7:27 and 9:25 p.m.

"Composition in Red and Yellow"  
Roger Beebe, Gainesville, Fla.  
7:40 and 9:38 p.m.

"Desinformatsia"  
George Koszulinski, Gainesville, Fla., 8:00 and 9:55 p.m.

"The Idea Guy"  
Bo Webb, Wilmington, N.C.  
8:35 and 10:30 p.m.

JILLIAN'S  
800 Gervais St., 779-7789

"Famous Irish Americans"  
Roger Beebe, Gainesville, Fla.  
7:02 and 8:55 p.m.

"Disturbance on Wheat"  
John Pading, Columbia, S.C.  
7:10 and 9:03 p.m.

"Uprooted"  
Kathryn Rodenmeyer, Jackson, Miss., 7:22 and 9:15 p.m.

"The Shiva Show"  
Brent Lachappelle, Port Orange, Fla., 8 and 9:55 p.m.

"Quest"  
Ruan Cockrell, Columbia, S.C.  
8:17 and 10:12 p.m.

"Developments"  
Thomas Franks, Lexington, S.C.  
8:23 and 10:18 p.m.

"Elaine Drive"  
Robbie Land, Atlanta, Ga.  
8:34 and 10:29 p.m.

ART BAR  
1211 Park St., 254-4792

"Bezerreh Ghanat/Under the Well"  
Anahita Modaresi, Columbia, S.C., 7:02 and 9 p.m.

"The Unpaid Comic"  
Chip Boyes, Sumter, S.C.  
7:14 and 9:12 p.m.

"My Place on the Wall"  
Thomas Franks, Lexington, S.C.  
7:35 and 9:33 p.m.

"The Flying Squirrel"  
Steve Daniels, Columbia, S.C.  
7:55 and 9:55 p.m.

"Clown Goggles"  
Jacky Schuler, Columbia, S.C.  
8 and 10 p.m.

"Boloba"  
Lee Ann Kornegay, Columbia, S.C., 8:08 and 10:08 p.m.

"Climax"  
Lee Payton, Atlanta, Ga.  
8:36 and 10:36 p.m.

Colossal Film Crawl Awards Ceremony, 10:45 p.m.

#### FRIDAY

Screening of Award Winners  
Gambrell Hall, 8 p.m.