

"I'm not a myopic person and I'm not going to placate anybody."  
— Brody Dalle, lead singer of The Distillers



From left to right, Shallow Palace is Michael Spawn, Greg Slattery, Andy Auvil and Josh Bumgarner.

## Shallow Palace

Local quartet goes from S.C. to MTV with appearance on 'Meet or Delete' reality show



Photo courtesy of Shallow Palace

Greg Slattery plays a gig. His band Shallow Palace will be on "Meet or Delete" on Sept. 25 on MTVU.

Caroline DeSanctis  
THE DAILY GAMECOCK

There is something different about Shallow Palace.

It could be that the band's namesake was plucked from a choice drug reference in Poison's "Behind the Music."

Maybe it's because Michael Spawn, third-year engineering student, Andy Auvil, third-year pharmacy student, Greg Slattery, third-year print journalism, and Josh Bumgarner, third-year music student, have known each other since grade school and grew up listening to and imitating the likes of Operation Ivy and Rancid.

Of course, it doesn't hurt to be scouted for an MTVU show either.

Recently, Shallow Palace was cast in the network's quasi-reality, quasi-game show stint called "Meet or Delete," where contestants choose one out of three different people to meet based solely on the contents of their computer: files, pictures, internet history, etc.

The show is primarily used for dating purposes, but in the case of Shallow Palace, the mission was to find a new band member.

"The funny thing is that we didn't actually find

PALACE ● 6



Special to THE DAILY GAMECOCK

The Album Leaf poses at the Dr. Pepper factory. Their latest release gave way to a softer, more mellow sound.

## Smooth melodies leave fans drowsy

'Into the Blue Again' rocks listeners to sleep, proves more effective than bed time stories, NyQuil binges

"Into the Blue Again"  
The Album Leaf

★★★ out of ☆☆☆☆☆

Patrick Masterson  
THE DAILY GAMECOCK

There are some days when you come home from a long, hard workout at Strom Thurmond, (or Blatt if you don't feel like being seen) and you just want to unwind. But you've worn out The Postal Service, you deleted Rimsky-Korsakov from your iPod, and Justin Timberlake just seems like a bad, bad idea.

That's where Jimmy LaValle comes in. The San Diego-based musician works in a lot of bands, but The Album Leaf is a moniker he can call his own. For years now, Jimmy's been releasing material for just this kind of predicament. Indeed, if there's one thing The Album Leaf proves time after time, it's that Jimmy LaValle can make a man sleep. Luckily for you, he's got a new album out called "Into the Blue Again."

How he ever managed to tour with his primary group for 18 months after 2004's "In a Safe Place" is beyond me. Somebody has

to be eating this stuff up though because he's back with 10 more tracks of what has to be the least offensive music in history. Actually, I take that back. It's probably the least offensive music in history since the release of "En Nuestro Desafio" last month by a group called Tristeza. Bet you'll never guess who plays guitar for them.

LaValle seems to be caring less and less about progress and more and more about resting his ears while he's not out shredding with noise core legends The Locust. As a brief explanation, The Locust dress like actual locusts and generally play songs about 30 seconds long. They scream. They rock. They're loud. Really loud.

The Album Leaf is pretty much the total antithesis of that. Oh sure, "Into the Blue" has its redeeming moments. You can vacuum like nobody's business to "The Light." You can grill some burgers with previously unthinkable emotional gravitas via "Into the Sea." You can even have a good cry to "Writings on the Wall." You sissy.

LaValle is no poet

ALBUM ● 6

## Emotional eating proves dangerous cure for stress

Regular exercise, health-conscious snacking suggested alternatives

The daily stresses that often accompany a job or family life can take a significant toll on a person's eating habits.

Food can serve as a source of relief and comfort during emotionally taxing periods. But eating when you're stressed out can become an unhealthy habit very quickly. Munching on high-calorie and fatty food to suppress or soothe negative emotions can sabotage your health and even self-esteem, not to mention an ongoing weight-loss program.

The Mayo Clinic offers the following suggestions to people that have a problem with emotional eating.

— Understand true hunger. You may not be as hungry as you think if you don't have a rumbling stomach or ate just a few hours earlier.

— Record what and how

much you eat, when you eat, how you felt during the meal. This can help you recognize negative eating patterns and triggers to avoid.

— Find comfort in something other than eating. During times of stress, engage in activities that keep you away from the refrigerator or a fast food restaurant. Go for a walk, take in a movie or meet with a friend.

— Exercise regularly and get proper rest. Your body can deal with stress better when it's fit and well rested.

— Postpone a trip to the supermarket when you're feeling out of sync emotionally. These feelings can influence your decisions at the store and lead to impulsive purchases.

— Don't keep unhealthy foods around the house. If you have the urge to eat between meals, snack on fruit, vegetables or unbuttered popcorn.

Source: Mayo Clinic  
Edited and compiled by Chuck Myers.

### FIVEPOINTS AFTERS 5

fall series 2006

Sept. 21st — King Hippo, Zach Deputy

Sept. 28th — SKIP

Oct. 5th — Baumer, The Specs

Oct. 12th — Crooners and Swooners

Oct. 19th — Family Force 5, Mean Wiener

Oct. 26th — Student Showcase

Oct. 31st — Tootie and the Jones, 88 Rewind

### THE VISTA AFTERS 5

fall band schedule 2006

Sept. 21 — Fresh Air

Sept. 28 — No concert

Oct. 5 — Men of Distinction

Oct. 12 — Finesse Band

Oct. 19 — Swingin' Medallions

Local Concert Schedule