

## Most EPs are no bargain; two releases are different

By TIM MOONEY  
DTH Staff Writer

The EP, meaning extended or extra play, is not the most recent invention of record companies. But EPs seem to dominate the record racks today like never before.

This mini-album typically includes three to six songs and a currently popular single. For local bands, it is simply a cheaper alternative to making a full-length album.

But from the record-buyer's standpoint, the EP is rarely a bargain because the consumer pays more money per song.

But two EPs, *Don't Stop* and *Never Say Never*, are worth the investment, as is a full-length album about revolution by four young punks, The Red Rockers.

Solo albums usually give the particular artist a chance to experiment with different musical forms, producers and musicians. On his four-song EP *Don't Stop*, Billy Idol seems to say, "To hell with experimenting, I'm just gonna have fun."

Idol, the fashion plate/lead singer for Generation X, was in the thick of things when London's punk scene erupted in 1977. But unlike Rotten, Strummer and Weller, Idol actually sang his lyrics.

Indeed, Billy's cutting-edge vocals dominate and carry to a climax the four rousing, rollicking cuts on *"Don't Stop."* His careful quivering does justice to Tommy James' "Mony Mony" and the electrifying "Dancing with Myself," two dance club hits up north.

*Don't Stop* is thoroughly refreshing hard pop and nicely depicts the maturity of a punk singer. It's also a difficult EP to find; get it if you can track it down.

You've probably heard a song on WXYC with the lyrics "I might like you better if we slept together" nonchalantly delivered by a vocalist who sounds like Chrissie Hynde.

In fact, the vocalist is Debora Iyall; the band is Romeo Void, and the song is "Never Say Never," the title cut from the San Francisco band's four-song EP.

"Never Say Never" is a dark, moody record that casts a cynical eye upon interpersonal relationships. Cars' leader Ric

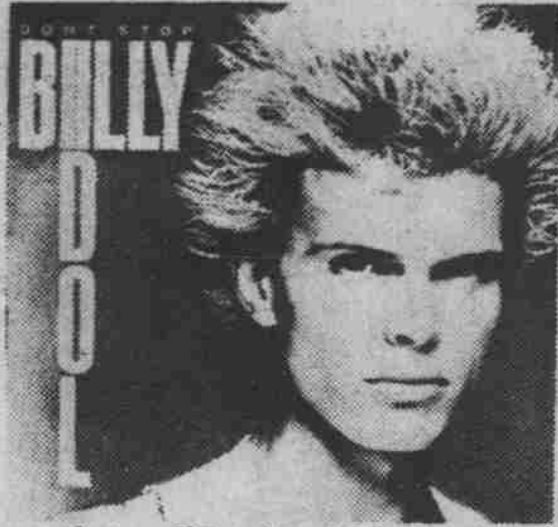
Ocasek co-produced the EP and is responsible for the melancholy, unsettling atmosphere that seems to prevail. The cynicism part is left to Iyall's vocals-cold, yet sexy-which are often superb.

"In the Dark" is the best song on *Never Say Never*. As Iyall mulls over her stagnant sexual relationship ("this is not my idea of a good time..."), Benjamin Bossi's saxophone trades riffs with Peter Woods' lead guitar.

Romeo Void will make you feel uncomfortable, without resorting to typical West Coast thrashing and bashing. They create a unique rock sound by adding a timely sax to a tight, driving rhythm section. Add to this Iyall's pessimistic, matter-of-fact vocals and you get an innovative band.

One would think the Red Rockers were awfully upset about something, the way they kick up a storm on their debut album *"Condition Red."*

The Red Rockers are four kids (and one—the oldest is 21) from New Orleans who play bare-knuckled, hard-core punk. The tempo ranges from fast to



very fast on *"Condition Red,"* setting the frantic pace for the dozen anthems such as "White Law," "Dead Heroes" and "Guns of Revolution."

Admittedly, the Red Rockers' political views differ little from bands like the early Clash. With "Grow Up" and "Peer Pressure," though, the band fuses raw power chording with humorous social stabs.

As guitarist James Singletary said after the band's recent Cat's Cradle set, "*Condition Red*" is a bit overproduced, thus draining some of the music's energy. But it doesn't detract from the record's message: If four grubby little kids from New Orleans can do it, anyone can.

The Red Rockers offer intense, exciting live music, and hard-core lovers will want to check them out Monday at the Pier in Raleigh.

## Albums reflect Talking Heads

By VICK GRIFFIN  
DTH Staff Writer

Ever since David Byrne's African/Eastern collaboration with Brian Eno and Talking Heads' own *Remain in Light*, rumors about the breakup of the band have been spreading. Insiders said Byrne was leading the band into musical areas the others didn't want to explore.

While the four Heads have decided to continue recording together, Jerry Harrison (keyboards, guitar) and the husband and wife team of Chris Frantz (drums) and Tina Weymouth (bass) have recently released solo albums.

Strangely enough, if you think their albums would differ from their most recent group effort, you're wrong. Both Harrison's *The Red and the Black* and Weymouth's and Frantz's *The Tom Tom Club* bear similarities to Byrne's most recent musical ideas.

### Album

*The Red and the Black* offers nothing new from Harrison. In that respect, it is a mild disappointment. But Harrison uses members of last year's expanded Heads lineup—Adrian Belew (King Crimson), Bernie Worrell, (ex-P-Funkster) and Nona Hendryx (ex-Labelle)—to weave a complex texture of smooth cerebral funk. Harrison's vocals sound eerily like Byrne's, although he does lack much of the latter's creeping paranoia.

Music of this nature tends to get stuck in a groove (pardon the pun), but Harrison and Co. use dense layers of guitar, electronic keyboards and drums in polyrhythmic patterns to keep the audience alert.

Kudos once again have to go to guitarist Adrian Belew, probably the most in-demand musician of today. Belew doesn't play his guitar so much as he attacks it, and his solos are sharp and biting.

## Vegetarianism offers health benefits, but requires planned diet

*Editor's note: This column, sponsored by Student Health Services, answers students' questions about health and preventive medicine. Questions may be submitted to The Daily Tar Heel office or the Health Education Suite of SHS or be phoned in to 966-2281, ext. 275.*

**Q. I've been thinking about becoming a vegetarian, but don't know a lot about it. I can hardly afford to buy meat as it is, and, luckily, I like vegetables. What are some things I should know before I switch?**

**A.** Vegetarianism is an alternative to paying the high prices of meat, and people turn to it for philosophical, social, reli-

gious or mystical beliefs or as a fad. Many believe that meat carries with it an inherent badness or poison that, if ingested, is harmful.

The term vegetarian covers a broad category of eating habits, each type emphasizing or shunning different groups of food. For example, a lacto-ovo vegetarian adheres to the basic vegetable, fruit and cereal groups, but includes milk and eggs in his repertoire. On the other hand, strict vegetarians shun all animal products.

Other kinds of vegetarians include ovo-vegetarians (egg eaters), lacto-vegetarians (milk drinkers) and fruitarians, who favor only fruits and nuts with some honey or vegetable oil added. Some groups avoid

only red meats and may go so far as to eat fish and poultry.

Vegetarians are often equated with health-food fanatics, but this connection is not always true. They often consume as many processed foods and sugars as any non-vegetarian might, which is why not all vegetarians are the healthy, slim people we expect.

Eve McGrath of Harmony Natural Food Store on Franklin Street said most customers buying products there did so for health reasons rather than for a vegetarian lifestyle.

After making the decision, for what-

ever reason, to be a vegetarian, one must be well-acquainted with how to eat properly.

Being a vegetarian does not entail simply staying away from animal products. Rather, it means supplying your body with all the nutrients it usually gets from meats and animal products. Failure to do this can lead to insufficient protein and iron consumption.

Another problem arises: getting enough calories on a vegetarian diet. This is due to the diet's high fiber content, which hinders absorption of energy and some nutrients. Fiber also leads to a feeling of satiety, which may cause a vegetarian to want less food.

Studies show that vegetarians have a lower incidence of coronary heart disease, cancer, hypertension and diabetes. Dr. John Anderson of the UNC department of nutrition says this may be partly caused by the lesser amount of foods high in

saturated fatty acids and cholesterol. These components are found mainly in animal sources. Strict vegetarian diets generally have no cholesterol, and vegetarian diets are lower in salt overall since they are usually prepared from scratch.

Students considering a vegetarian lifestyle should know about foods before they begin. McGrath said the health store often helped interested people to design a suitable diet and vitamin program. The Health Education Suite at the Student Health Service also offers consulting for students considering vegetarianism. Lucie Minuto, a health educator for Student Health, said they emphasized the well-balanced, lacto-ovo diet over the strictly vegetarian diet.

Changing the way one has eaten all his life is no easy task. But with a little planning, it is possible to start a healthier and less expensive vegetarian lifestyle.

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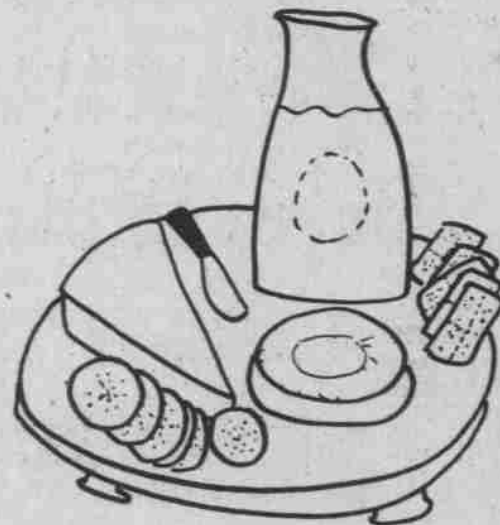
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