

The Truth About Nutrition | 2009 Heros and Zeros |  
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# current

## Revue Celebrates 25 Years!

January 22nd - February 5th Volume 12, Issue 1

### this issue

No Oven Mitts Required!  
The Book of Eli  
From Cornwall to Newfoundland

Local Artists headed  
to the 2010 Olympics  
in Van City

### DYNAMIC DUO TUESDAYS

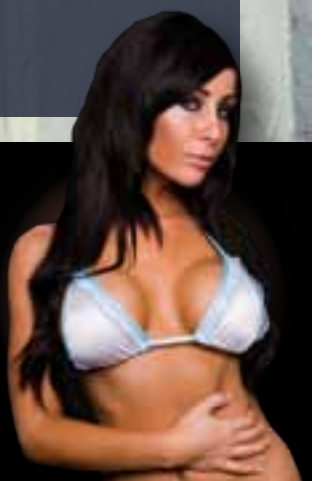
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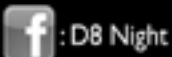
# SINGLES WANTED!

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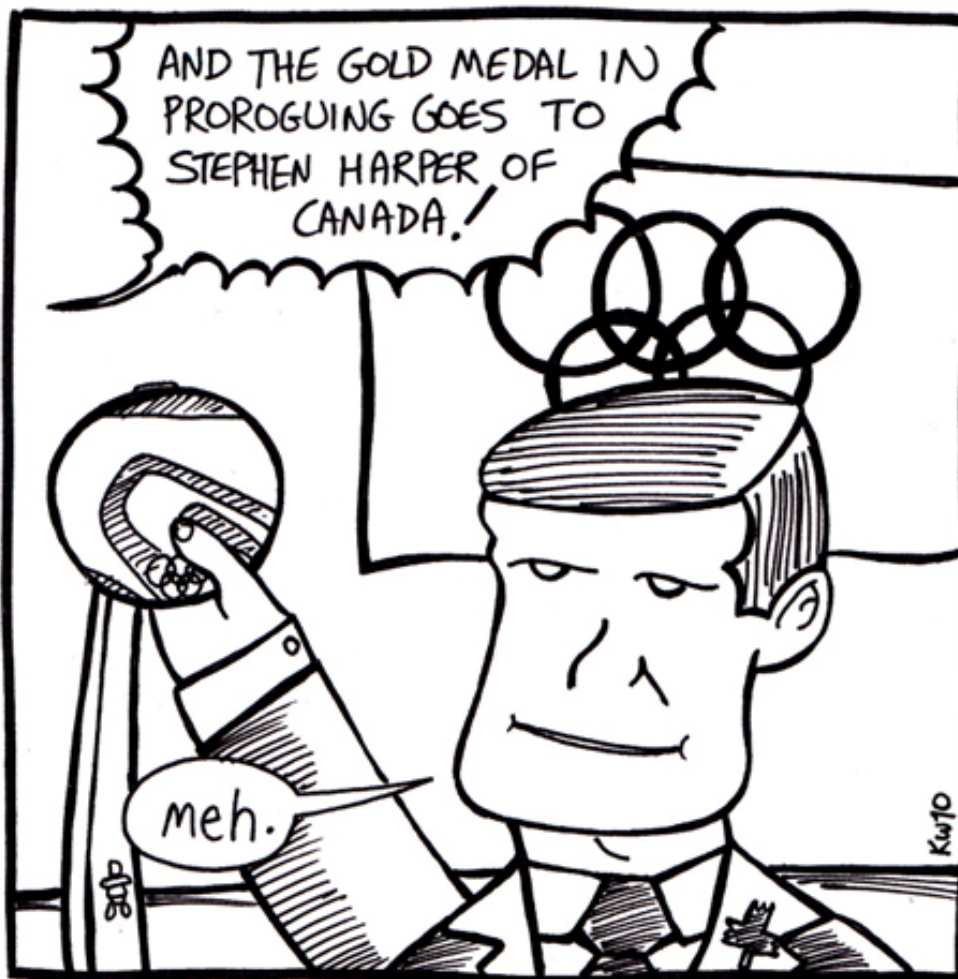
Eye exams  
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## EDITORIAL

## THE OPPOSITION

BY KEVIN WOOLRIDGE



## SPORT

### WINTER YAHS!

FIND YOUR WINTER ACTIVITY

BY GARY MOORE

A few years back the majority of winter was spent snowboarding. It was truly amazing. Walking up and down Victoria Park with snowboard tucked under arm and the numerous bails trying to do some ridiculous jump/grab combo. Many things were learned that year; mainly that my coordination is lacking to try such maneuvers. The best discovery was the distraction from winter blahs. Snowfalls are no longer dreaded; instead it was a blanket of fresh snow, a winter's playground. The mounds were now places to try jumps and tricks. Tranquil evenings were spent snowboarding under the lights, in the park with best friends – filling the calm air with sounds of carving and laughter. Looking forward to that again this year, snowboarding certainly isn't the answer for me, anymore. So what are some of your winter passions?

"Sledding!" Diana Leadbeater, a research assistant, enthusiastically answers; "Yes old fashioned sledding its so much fun. With friends, other adults and kids - laughing with everyone as you crash off your sled, doing funny things as you slide down the hill, it just can't be beat. You get a great workout walking up the hill but you don't even notice with all the fun. I wake up in the morning and ask, is it a sledding day?" Maybe you're looking for something with a little bit

more of a journey, considered snowshoes? French Immersion Teacher and Hot Hoops co-owner, Cindy Butt suggests bring a group of people and make it social, "we should all do a snowshoe adventure this winter. A cup of cocoa in the woods, yummy."

Winter can bring the child out of anyone; Andrew Hiscock is looking forward to making a 12-foot snowman. Personal trainer, Michael Nordby will attempt to outbrave us all; "winter in Newfoundland Labrador can be rough that's for sure. I'm going to start each day with a Cold Atlantic Dip, I figure no matter what winter brings after that it wont be so bad!" Not everyone has found their ideal outdoor winter activity. Said person will often refer to themselves as being "not a winter lover" but as Marilyn Coady will admit winter imagery can win any cynic's heart "I'm officially not a winter lover! Funnily enough though my favorite painting is a winter scene by Claude Monet called The Magpie. It's absolutely glorious the way he depicts the snow with all its highlights - I think it's his best painting."

Then there are the winter nights; calm, crisp, fresh air – Dara Burry, Cardio Fit Bootcamp Administrator & Trainer, can sell a winter's night to any skeptic;



Cindy Butt takes a break in the snow on an excursion!

"there's something so relaxing about a run on a winters night. You don't notice the cold and there's a beautiful silence. It is always nice when you meet a fellow winter runner along the way, there's always a smile and a nod and you are off on your own again."

Regardless of the activity, the underlying theme seems plain and simple; have fun! Take time this winter, grab your friends, go outside and adventure.

## SOUNDS

### AMCHITKA

THE BIRTH OF GREENPEACE... AND A GREAT (HISTORIC) SHOW

BY JOSHUA JAMIESON



Back on October 16, 1970 a historic concert was held at the Pacific Coliseum in Vancouver, BC. That show features three of the top acts at the time (and still today) - Joni Mitchell, James Taylor and Phil Ochs.

initial rise and a 22 year old James Taylor as well as Phil Ochs who opens the first CD. The compilation features favourites that include Carolina On My Mind and Something In The Way She Moves from Taylor, Cross My Heart from Ochs on disc one. Mitchell keeps the entirety of disc two to herself and it includes Big Yellow Taxi, My Old Man and even a Bob Dylan cover.

The compilation is a great and rare addition to anyone's collection. It is available online at <http://www.amchitka-concert.com> by track or as a full album download as well as a physical release.

The show was organized by former trial lawyer and activist Irving Stowe with the motivation of raising funds to send 11 peace activists to the Aleutian Island of Amchitka to protest US nuclear bomb testing. The boat that would carry them on their 1971 voyage would be called The Greenpeace - and while they were unsuccessful on that specific mission, they had greater successes that would only be seen in the future.

Bruce Cox, Greenpeace Canada's executive director comments that, "the Amchitka voyage wouldn't have happened without the concert, and so we owe a debt of gratitude...for generating the momentum that ultimately launched Greenpeace." Cox continued, "the activists that traveled to Amchitka set the example that has guided and defined Greenpeace: non-violent direct action to protect our environment and motivate societal change."

Now that famous concert has been released on a double disc set featuring Joni Mitchell during her



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# OLYMPICS

## LOCAL ARTISTS SENT TO 2010 OLYMPICS

NEWFOUNDLANDERS AND LABRADORIANS SHIPPED OUT TO VAN CITY

BY JOHSUA JAMIESON



With the 2010 Vancouver Olympics just around the corner, attention is turning to the city and the thousands of athletes that will be making the journey. But it's not only athletes that are headed in that direction. Hundreds of artists have been working and practicing for months, even years in anticipation of their own opportunities at the games.

There is a whole other aspect to this sporting event that ties in cultural aspects of the host country. Sure everyone watches the opening and closing ceremonies - and artists and performers wow audiences there. But there is also a Cultural Olympiad that is a series of three multi-disciplinary festivals that started getting everyone amped for the games in 2008 and will continue right up until the flame's put out.

Newfoundland and Labrador will be sending 80 artists to Vancouver, largely funded by the provincial government to the tune of \$450,000.00. They will mostly be performing with Atlantic Canada House which has been set up on Granville Island to make Canada's east coast come alive out west.

Some of the performers from the province that will be taking the stage there include Great Big Sea, Hey Rosetta!, The Irish Descendants, The Navigators, Mary Barry, Amelia Curran, Chris Kirby, Fergus O'Byrne, Ron Hynes, Shanneyganock, Shaun Majumder, Tara Oram and The Once to name a few.

Also joining them will be performing artists from Artist Fraud of Newfoundland and the Wonderbolt Circus.

For a concentrated taste of Newfoundland and Labrador during the games just before the medal ceremonies, February 26th will be marked as Newfoundland and Labrador Day at the Olympics. There will also be a series of regional community events taking place here at home in St. John's, Gander, Corner Brook as well as Happy Valley-Goose Bay.

Premier Danny Williams adds that "from traditional folk music to contemporary indie rock and everything in between, some of Newfoundland and Labrador's best musicians, dancers, actors, comedians and storytellers will entertain the world during the biggest show on earth."

For more information about Newfoundland and Labrador's artistic (and other) involvements with the 2010 Vancouver Olympics, visit [www.gov.nl.ca/2010olympics](http://www.gov.nl.ca/2010olympics).



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## SOUNDS

# PATTON OSWALT – MY WEAKNESS IS STRONG

INSANE SUPER-COMPUTERS, SODOMY DEMONS, A WIZARD’S VENGEANCE & OH SO MUCH MORE

BY JONNY HODDER

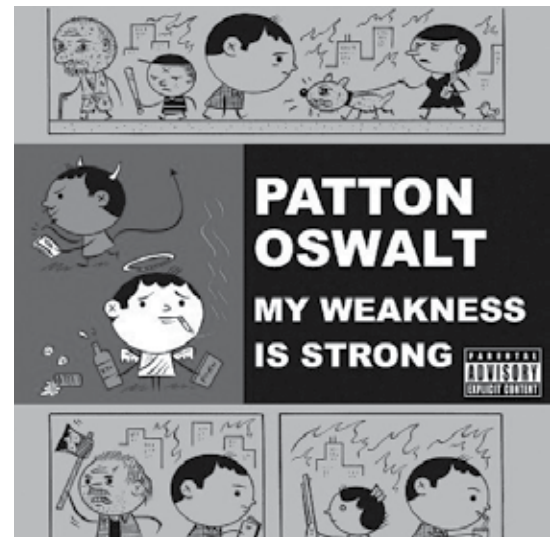
There’s an easy litmus test to know if Patton Oswalt’s new CD/DVD is for you. Take a look at the subheading. If the premise of arguing with an insane computer or comparing George Bush’s Presidency to a plague of ‘sodomy demons’ holds no humour, then Oswalt’s comedy probably isn’t for you. Perhaps Jeff Foxworthy on that “People Who Are Dumber than 10 Year Olds” show? If, however, those same sodomy demons tickle the funny-bone, then you’ll probably agree that Patton Oswalt is a funny guy. Congrats. Please continue reading.

Oswalt, a diminutive, portly comedian (who’s described himself as a “bridge troll” and “a luau” for cannibalistic motorcycle gangs) may be familiar from Comedy Central’s “Roast of...” series or the short-lived Lewis Black’s Root of All Evil. He’s also accumulated a mile-long resume of TV cameos and voice-acting roles, including The King of Queens, Ratatouille, GTA: San Andreas, Observe & Report, and Reno 911.

Since the early-90s, Oswalt’s bread and butter has been North American stages, performing stand-up with an ever-growing ‘alternative comedy’ scene, where he and comedians such as Zack Galifianakis, David Cross and Margaret Cho continue to change audiences’ definition of stand-up comedy. Along the way, he’s released a handful of live albums including Feelin’ Kinda Patton (2004) and Werewolves & Lollipops (2007) and his newest CD/DVD, My Weakness is Strong - a tutorial in self-deprecating, pop-culture savvy stand-up.

Oswalt finds comedy in every facet of his life. An argument with his wife over seeing a rat so big “that it looked like Danny Devito in a rat-costume” turns into 4 of the funniest minutes of comedy ever performed, while his comparison of President Obama to the slick rookie and VP Joe Biden to the cranky sergeant in an 80s cop-movie leads to the question: “If Obama really is the Messiah, will he eventually start giving up awesome future technology, like hover-boots

and teleportation pills?” (Keep your fingers crossed). Regardless of your comedic leanings, Patton Oswalt proves that My Weakness is Strong and so is his stand-up.



## WELLNESS

# THE TRUTH ABOUT NUTRITION

A LITTLE INFORMATION CAN BE A LOT OF HELP

BY PETER BARBOUR

Nutrition is probably the biggest challenge holding people back from obtaining health and fitness goals. They always get confused with the idea that exercising by itself doesn’t always lead to success. A smart man once said, “abs are not made in the gym, they’re made in the kitchen!”

First the distinction must be made between eating healthy and eating to get lean. A female can be around 25% body fat or a male around 18% body fat and still be quite healthy. However, it’s still possible to see classic muffin tops and small amounts of back fat even then. So here is the key point: The average person can eat a very balanced diet and become very healthy. At the end of the day, the most important thing we have in life is our health and longevity. However; if you want to take your body to the next level for shredded abs and bulging muscles, you need to get a lot stricter than Canada’s Food Guide! So, how are “eating healthy” and “eating to get lean” different?

### Eating Healthy

Eat every 2-3 hours: This is very important to keep hunger levels at bay. When people are “starving” for food is when they tend to make quick, poor decisions for food choices.

Carbohydrates: The main points to remember when it comes to carbs is to always eat whole grains, loads of veggies and some fruit each day. Avoid white bread and refined sugars (table sugar, white pasta, cookies and candies etc.).

Fats: Normal healthy guidelines are to include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes some cooking oils, salad dressings, certain types of fish or fish oil, seeds and nuts. Avoid saturated and trans-fats found in things like fried food, potato chips, butter, lard, shortening and hard margarine.

Protein: This breaks down into amino acids which are the key building blocks for the body. Without proper amounts of protein muscle can’t be built efficiently and the ability to increase metabolism gets limited. The recommended

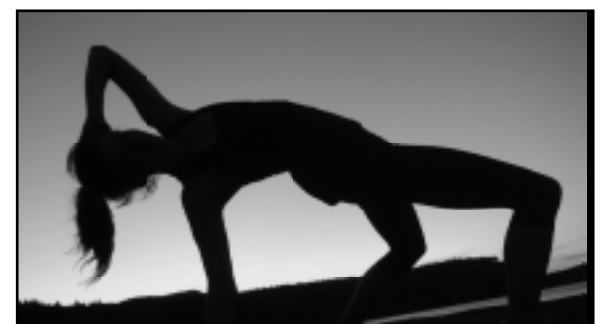
amount of protein is 0.7 grams per pound of body weight per day for women or 0.8 grams per pound of body weight per day for men.

### Eating to get Lean

This type of eating is very specific to the individual starting the program. It’s not an eating plan for people with small amounts of self control. It involves cutting grains down to a minimal intake, taking in a lot more lean protein and a lot more green veggies. There’s no time for “cheat” days, meals or mouthfuls! This type of eating takes a lot of planning every day for every meal and often involves snubbing many of your favorite calorie dense foods for months at a time. But the good news is that you’ll see great fat loss results! It will drop off your body if you stay committed! Is this type of eating healthy? Absolutely! You will not cut out anything that your body needs to function at an optimal level and it’s something that you can do for the rest of your life. This is not a “diet” (terrible word); it’s just a new way of eating, but you *have* to stick to it.

Only you can decide what you want your goals to be. Do you want to get lean or just get healthy? Both are fine and neither is better than the other, but you need to be realistic. Don’t make your goal to be having a six pack if you want to eat healthy and not eat lean, it just won’t work! This is usually where people come and ask, “But what if I work out extra to compensate for the issues with my eating habits?” But the response; “have you ever tried to climb up a greasy pole?” Pretty much impossible to do! Exercise will never compensate for the issues in your diet.

For those who don’t like lingering body fat and aren’t satisfied with “just” being healthy, my advice is simple: “Put up or shut up!” Either get strict eating lean or become satisfied with your healthy body the way it is, the little bit of fat and all! Remember, the end result either way will lead you to a longer healthier lifestyle! Just come to grips with the decision you make and set realistic goals that reflect the nutritional pathway you choose.



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## EXHIBIT

# OVEN MITTS NOT REQUIRED!

SWEET TREATS FOR A SWEET CAUSE

BY MELISSA DAWE



Art is meant to stimulate senses and Alicia Simms is on a personal mission to tantalize taste buds. Simms, along with a brigade of local artists, is hosting "Get Baked! Art for Your Sweet Tooth!" - a mixed media art exhibit inspired by the illusive, moist, miniature cake, graced with a subtle paper liner and iced to absolute perfection. None other than the cupcake.

Simms, a NSCAD graphic design graduate turned tattoo artist is currently working with Trouble Bound Studio. Creativity is a daily part of her life, but she found her personal projects were falling to the wayside. After a friend executed a similar project surrounding realistic and stylized

hearts last spring, Simms decided an art show was in order, and the cupcake was perfect inspiration. Not only does she wear cupcakes on her clothes, she accessorizes with them. She also bakes real ones, subsequently eats them - and of course, has them tattooed on her arms.

The show's concept spread quickly and other local artists joined deliciously sweet Simms, including Tara Bradbury, Helen Davis, Hilary Young-Laite, Lori Ann Benson, Peggy Tremblett, Nadine Hodder, Jared Reid, Jodi Rideout, Cassandra Dodsworth and Andrew Davis.

Not only is the show a feast for the eyes, it's also for a good cause. Donations will be accepted for Marguerite's Place, a joint initiative of the St. John's Status of Women Council (SJSWC) and the St. John's Women's Center. Marguerite's Place is about providing safe and affordable housing for women over 30, while making supportive and flexible programming available both in-house and through its community partners.



Photo Credits: Sandra Elford

The "Get Baked" art show is Simms' second fundraiser for the charity, preceded by a Burlesque show at the Majestic in November 2008.

"Get Baked! Art for Your Sweet Tooth!" runs from Friday, February 5 to Sunday, February 7 at Irwin's Court, main level of the Arts and Culture Center. The opening reception is Friday 7:30- 9:30pm. Open Saturday 12-8pm and Sunday 12-5pm. Admission is free, but donations are accepted. For more information on Marguerite's Place visit [www.margueritesplace.ca](http://www.margueritesplace.ca).

## ART

# FROM CORNWALL TO NEWFOUNDLAND

BEN RIGBY AT THE A1C

BY CHARISSA REEVES



"Chrysler"

This month the A1C Gallery is offering a more interactive option than simply going to see an art exhibit. Ben Rigby of Penzance, Cornwall England is at the gallery doing a month long residency and the gallery is opening its doors from 12-5 every Wednesday so people can drop in and watch the sculptor at work.

Rigby, whose work has turned to installation pieces, says he wants people to come to the gallery and interact with him. "It's important for people to come down, because once upon a time my work had nothing to do with people and now I suppose people have become the sculpture."

Interested in bringing people into his work he said, "I've made objects and sculptures for a long time and people walk around them. I'm more interested in the sculpture bringing them in." His move to installation was inspired by a

piece by Canadian artist David Altmejd at the 2007 Venice Art Biennale, a world renowned art festival. Before being inspired by installation he said he thought about what went into a space he was working with, not the space itself. "It got me thinking about how to guide people through a space rather than making something for people to walk around."

With a keen interest in science he says his work has a common theme of life, death and rebirth. He has a passion for cycles, or more specifically when cycles go wrong. "The way it shouldn't have happened."

Fascinated with places and events such as Chernobyl and the Challenger crash, his work often has a post apocalyptic feeling. "No matter what we find out there's always a bigger question and that's something that I'm really interested in."

At the end of his residency the A1C will be hosting an exhibit displaying the works created. The exhibit will feature two new pieces as well as a piece Rigby has brought. Captivated by childhood and the way early memories are triggered, by smell, sound and other senses one of the pieces will combine a moment from his childhood and a historic disaster.

When Rigby was only a year old he was in Florida for the Challenger crash. "I have a smell and a feeling but no visual memory except for photographs." The second sculpture he will create while here has something to do with Bell Island. Rigby wouldn't explain what the inspiration in Bell Island's history was, saying with obvious pleasure that it was "top secret." The piece he has brought with him is a wall mounted piece entitled Dot to Dot.

The date for the exhibit is to be confirmed but will be towards the end of January beginning of February. Information will be posted on the A1C website, [www.a1cgallery.ca](http://www.a1cgallery.ca) when available.

Rigby graduated with a National Diploma in Fine Arts from the Falmouth College of Arts in England. Since graduating he worked as a sculptural assistant under sculptor Tim Shaw at the Kenneth Armitage Foundation, London, West Kensington. He has also traveled quite a bit and credits this and the seeking of other art to his continued education as a sculptor. To view more of his work visit [www.benrigbyconcepts.co.uk](http://www.benrigbyconcepts.co.uk).



Left: "Dot 1"

Right: "Dot 2"

By Ben Rigby



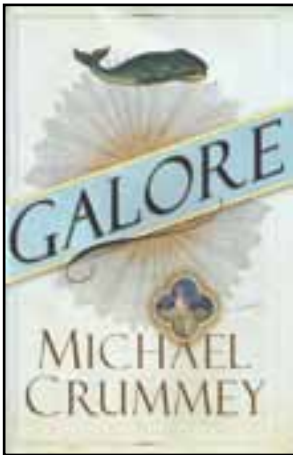
# WORD UP

## WORTH PICKING UP FOR ANOTHER READ

A SIX-PACK OF 2009'S BEST WORDS  
BY GINA GILL

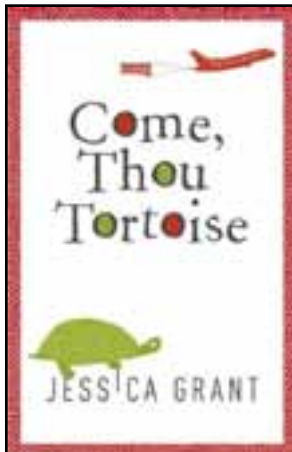
It's the time of year again to review last year's greatest reads. This time the review remains close to home, discussing the best of the Rock in 2009 starting with the top of the heap, with all these great reads, 2010 is sure to have some more late nights and edge of seaters!

Galore by Michael Crummey



A fantastical, yet realistic masterpiece enveloping Newfoundland folklore and history. The land and everything familiar is intertwined with real characters in typical outposts. It's all the fantastical creatures and tales that Newfoundlanders have heard about during a late night bedtime story.

Come, Thou Tortoise by Jessica Grant



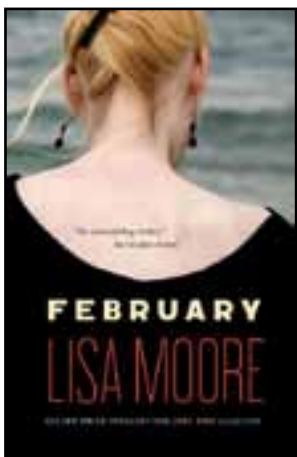
Get ready to rant and roll. Grant delivers wit, roars and an amazing story of a woman and her tortoise. Yes, a tortoise. What a twist! The main characters are Audrey and Winnifred the tortoise. Comparing Audrey to Tom Hanks and Winnifred to Wilson in the infamous duo of Castaway. Plus Audrey

A Few Kinds of Wrong by Tina Chaulk



Jennifer Collins is forced into never ending mourning when her father passes. Her world stands still while she struggles with past memories and reconsidered relationships. Collins reviews her life and cannot move past her father's death and everything it means,

February by Lisa Moore



The Ocean Ranger disaster is a Newfoundland tragedy that touched everyone. The Oil Rig sank in February 1982 and 59 were lost. Moore looks at the effects this tragedy had on one particular family: Helen O'Hara and her three children, with another on the way, had their lives changed when

she lost Cal, her husband. Moore describes Helen's internal thoughts throughout her obsession with her husband's death and last moments. February isn't only a masterpiece but a view into the human mind and how its constant thoughts veer from one extreme to another.

must travel back to Newfoundland when she discovers her father is in a coma. It's an adventurous tail like none other.

Away From Everywhere by Chad Pelley



Two brothers brought together by a family tragedy are reminders that childhood can be remembered in numerous ways. As the brothers, Owen and Alex, are reconnected what is meant to be a successful and beneficial relationship faces more downs than ups as the present unrolls in front of them.

All the while both come to terms with their past and misunderstandings.

Catherine Snow by Nellie P. Stowbridge



Based on the true story of the last woman hung in Newfoundland. An exotic tale of a woman's tragedy and how the actions of others can result in disaster, Stowbridge gives a true description of Newfoundland in the 19th century, as well as explicit detail into the last moments of a woman's life. She

traveled many miles and through many tribulations to get to an island of promises, when in fact she went there to face her ultimate end. A unique situation which many islanders experienced during initial colonization.

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# COVER

## REVUE HITS 25!

RISING TIDE THEATRE'S FLAGSHIP SHOW CELEBRATES SILVER  
BY DEBBY WINTERS



Rising Tide Theatre's cure for the winter blues; Revue 09 is currently on their 25th Anniversary province wide tour after a very successful opening run in St. John's.

Donna Butt, Artistic Director of Rising Tide along with a cast of regulars have been

presenting their annual "Revue" shows since 1984; treating their audiences to an evening of satire, comedy and the occasional musical piece as they present a look back at the previous year's events that have had an impact on Newfoundland and Labrador.

Butt reflected over the past 25 years; "We started with the plan of doing just one with a small group, now we have 8 actors and production crew 25 years later and have been doing a Provincial Tour for 23 of them."

The regulars of Butt, Rick Boland, Glenn Downey, Jim Payne, Tina Randell, John Sheehan, Berni Stapleton, along with two new additions from the Trinity Productions of Rising Tide: Rory Lambert and Amelia Manual are touring the show province wide through to February 14.

This year's production – Revue '09 touches on many of the subjects from 2009 including of course H1N1, the Straits/White Bay bi-election and the municipal election in Paradise with the close count between Kurtis Coombs and Ralph Wiseman.

Butt describes the production: "it is made up of a series of short quick scenes, small events that happened; the biggest scene is Danny's quest of the Lower Churchill and it's getting huge response, hopefully because it is clever and fun. H1N1 is definitely the story of 2009. We try to also touch on the smaller issues that popped up during the year as well."

When asked about which scene got the largest response over the last 25 years, Butt recalls one about the Catholic Church, the year before the Mount Cashel Scandal broke; "We did a piece on a couple of priests that had been accused of sexual abuse approaching it from the stand point of the possible involvement of people higher up being involved. That piece got us a letter from a lawyer, which I still have. There was no real action taken on it and Mount Cashel broke the following year."

When talking about the changes that have occurred over the years Butt reflects, "Perhaps the biggest change has been in attitude with political correctness, when we started we just wrote the scenes and told it



Revue cast members

like it is, now you really have to think about what you are saying and how you say it."

"Not everything that happens in a year is open to comedy and satire, we do touch on other subjects," Butt explains. The year of Mount Cashel Jim Payne did a serious song about it. We will sometimes tackle these issues with music. We did it this year with the helicopter crash, last year with the Cameron Inquiry. We want to recognize that it happened and it can be controversial with the impact and transition back to comedy."

When asked what lays in the Future for Rising Tide's Revue, Butt replied "We hope to keep it going for another few years yet. It will be interesting to see if the younger generations come on board so we can keep it going."



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## MY STYLE

## CHERYL TILLEY

MANAGING IN STYLE

BY STEPHANIE ABBOTT

### The Outfit

As manager of Envy, Cheryl spends lots of time on the sales floor. She needs to look stylish and put-together but dress comfortably for long shifts on her feet. So, for the most part, heels are out. "I'll wear comfortable higher shoes or a wedge but mostly I wear flats. It's much easier to concentrate when your feet aren't hurting." Today's boots are a flat leather riding style from Aldo. "They go with everything; a perfect winter shoe." Tucked in is a pair of skinny jeans by Citizens of Humanity. "The extra stretch makes them feel more like leggings." A loose graphic T by French Connection UK in a bold embellished zebra print makes a statement without sacrificing practicality. "FCUK is one of my favourite brands, that and Mink Pink."

Cheryl keeps jewellery to a minimum, wearing a simple bracelet, a gift from her parents, and a pair of Juicy Couture repeating heart earrings. A silver ring worn everyday was purchased on a trip to Italy in 2000.

### The Style

Exposure to fashion is a part of what makes her career an appealing one. Always willing to try new things, Cheryl makes sure to choose flattering pieces. Shopping at Envy often, she frequents Lulu Lemon for casual attire. Cheryl notes embellished clothing as a hot trend for winter; sequins and studs, even after the holidays are over. "Details like faux fur and feather are huge right now."

### Hidden Treasure

For Christmas this year, Cheryl received a necklace and signature key pendant from Tiffany and Co. and it's become a treasured possession. "It meant a lot to me to open the blue box. I've wanted something from Tiffany's for a long time. I was completely surprised."

### Style Advice

Cheryl advises to being open. "It's easy to be intimidated by trends but you need to give everything a chance. You could surprise yourself." She also stresses to try things on. "Lot's of the time clothes look completely different on your body than on the rack. It's important to take time while shopping and try some things that you normally wouldn't. They can be the items that you end up loving most."



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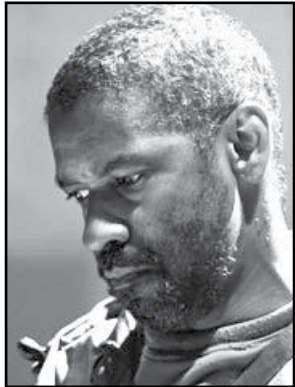
FILM

THE BOOK OF ELI

DENZEL WASHINGTON, MILA KUNIS, GARY OLDMAN & JENNIFER BEALS  
BY TIM CONWAY



Gary Oldman enjoys a little Mussolini



Runtime 118 minutes  
★★½

In a near future America the audience finds Eli, wandering the post-apocalyptic wasteland on a journey that began some thirty years before. Apparently some major armed conflict escalated beyond the usual quotient of destruction, with

catastrophic results. The aftermath included a bout of book burning, and it was then that Eli felt a calling of some sort, to preserve a copy of a sacred book and take it to a place across the country, where it would be safe.

Such a mission is no small feat for a solitary traveller, especially in this place and time. Food and water are scarce and anarchy is the order of the day. The remaining sparse population is divided into the civilized and

uncivilized, with the former perpetually on guard against the latter, especially when they're hungry.

There's safety in numbers, but even then, this appears to be a world that more closely resembles America's Wild West days than the technologically advanced societies of the future which are usually envisioned. Consequently, when the intrepid hero goes into a settlement, it's found to be governed by the guy who's best capable of enforcing his claim to rule. In this case, a gentleman by the name of Carnegie who, unfortunately for Eli, has long coveted the very book which he carries.

It's no surprise to discover that until recently the screen-writer of The Book of Eli, Gary Whitta, has earned his daily bread in the video game and comic book industries. Then again, with a plot that could be sketched out on the back of a matchbook and all of the pre-release hype about Denzel Washington's physical prowess in performing his own fight scenes, fewer action sequences play out on the screen than expected in a story concocted by someone of this background. Some viewers could just as reasonably argue

that this is a step in the right direction for Whitta and that less action and more attention to character development, plot intricacies and inspired dialogue would've been even better. Regardless, from whatever perspective, the screenplay has its shortcomings.

There's little originality in the storyline, since it seems to incorporate numerous elements from old favourite films and television programs of the 1970s and 80s. Consider Kung Fu meets Road Warrior as a spaghetti western and you're most of the way there, as long as expectations are kept in check. Although slowly paced, The Book of Eli is nonetheless engaging, thanks to solid performances from the cast and the picture's the visual style. Talented folk in front of and behind the camera transform what would otherwise have been a mediocre B-movie into a better than average motion picture. It probably won't stand up to nitpicking or elevated expectations, but it does offer a couple of hours of satisfying entertainment.

OPENING

NOVA YOGA STUDIO

NEW STUDIO IN DOWNTOWN ST. JOHN'S OPENS UP  
BY GARY MOORE



"It's made me stronger; physically and mentally," says Melanie Caines, of Nova Yoga, as she explains what Yoga's done for her. Melanie began Nova Yoga in January of 2009, teaching in various locations. One year later she's officially opened the doors to the new home of Nova Yoga Studio, at 125 Longs Hill.

Melanie is a Certified Yoga Teacher - Vinyasa Yoga, Prenatal Yoga and Yoga for Kids. Trained in New York, Melanie started Yoga about 6 years ago as a way to fix her body from her acting job; "I began traveling and touring regularly with my work, as an actor. Touring and being on the road is sometimes taxing on my body and mind, so yoga is a great fix." Sonic Yoga in New York is where

Melanie did her training, when she decided to open Nova Yoga Studio the layout and atmosphere was inspired by that place. "The Sonic studio had such a great atmosphere: it was so down to earth and open-minded, progressive and creative, playing a variety of music. It really opened my eyes to what a studio and classes can be like."

It's working for her too; people are choosing Nova Yoga Studio over classes offered in bigger gyms because of the cozier atmosphere. Also, the classes are longer than sessions at a gym. Nova Yoga offers classes that are 75 and 90 minutes; compare that to bigger gyms that typically offer 40 or 60-minute sessions. There are also different levels of classes.

Some think getting into Yoga may be intimidating; it isn't. Nova Yoga offers classes "to accommodate all abilities and all bodies," Melanie explains. Nova Yoga Studio is offering Gentle Flow, Classic Flow, Mixed Flow, Dynamic Flow, Prenatal Yoga, Beginner Flow, Yoga for Kids (10-12 yrs), Yoga for Teens (13yrs & up).

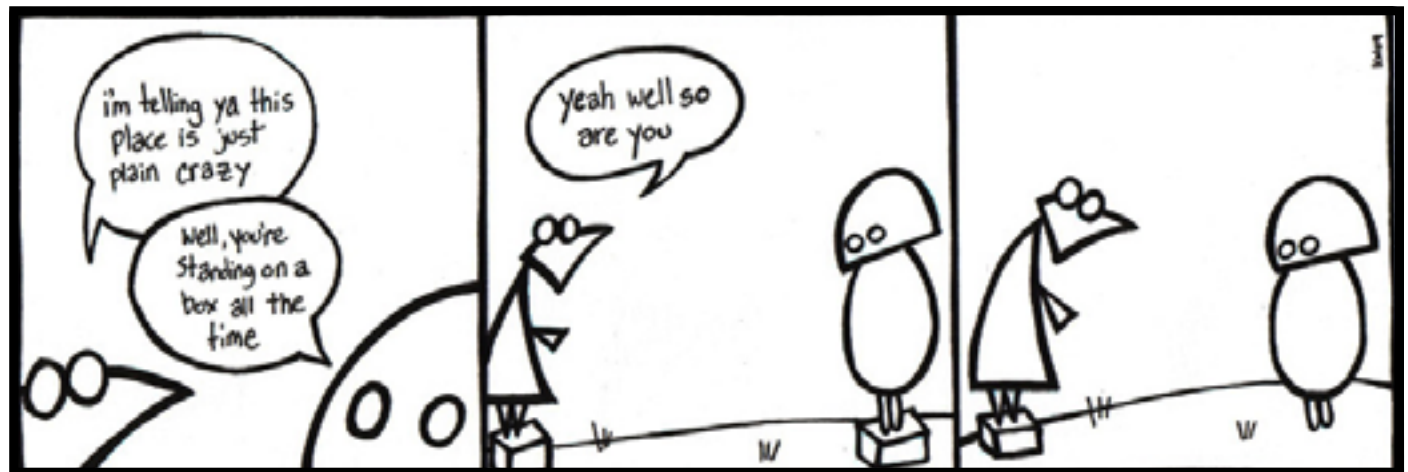
Melanie has seen remarkable things happen to students including "better body awareness, increase in strength, ability to go off blood pressure medication, weight loss and increase in range of motion."

Its no wonder yoga's become so popular. But Melanie adds, "we need our minds to be healthy in order to function and these alternative exercise forms succeed in fostering happy and healthy hearts and souls."

"I love to learn, so I make a point to travel as much as I can and take yoga classes, workshops and teacher trainings so I can come back and share my knowledge from abroad!" The first stop is Calgary to attend Yoga Thrive Teacher Training. This type of Yoga is a series of yoga classes designed specifically for cancer survivors. In April Melanie will be revisiting her mentor at Sonic Yoga followed by 2 days in Boston for the Yoga Journal Conference. For more information visit [www.novayogaonline.com](http://www.novayogaonline.com).

COMICS

*the little world*  
by Kevin Woolidge



[www.thelittleworld.net/blog](http://www.thelittleworld.net/blog)

## WINE

# TO SCORE OR NOT TO SCORE

POINT SYSTEMS FOR WINE EQUAL INSTANT GRATIFICATION

BY JENNIFER MURRAY

It's easy to compare wine with art, although some might dismiss this notion. Agreeing with wine writer Kermit Lynch, whose opinion is that "the wine maker attempts to create his ideal of what is good and beautiful." The truth is that wine, like other things in life, is about exposure - how much do you really have to know to be able to rate it? Without passion there's rarely good art or good wine and both are subjective rather than objective and that's why the rating system is flawed. Who are we as writers and critics to judge the work of an artist on a 100 point scoring system?

It's one thing to offer a subjective critique of a wine and let the reader make up their mind, but it's an entirely different thing to affix a rating, because that can be taken out of context. So, a winery could say their wine has received 98 Parker points, but it's not necessary to explain how Mr. Parker arrived at this rating. Guilty of this myself saying things like, "the Elias Mora has 92 Parker points," which for me it is an excellent wine, but it does seem to influence people in making purchasing decisions.

Mr. Robert Parker Jr. is singled out because his point system is so influential that a bad rating can have a disastrous effect on a winery. The opposite is true as well. When a very small winery in Priorato, Spain run by a husband and wife received 98+ Parker points for their 2001 Vignes Velles Closa Batlet, they couldn't keep up with demand!

There are many wineries now making wines to please Mr. Parker's palate; they're not making the wine they might want to, which is unethical, but at the same time understandable from an economic standpoint. The Parker point system is theoretically a 100 point scoring system, although no-one would really speak of wines rated below 80. One of my

favourite wine writers, Jancis Robinson, scores out of 20 with the majority being between 15 and 18.5. She's not a proponent of the scoring system, but like others does so to please readers. She says, "once numbers are involved, it's all too easy to reduce wine to a financial commodity rather than keep its precious status as a uniquely stimulating source of sensual pleasure and conviviality."

Canadian wine writer Natalie McLean adds, "I discuss many pros and cons of scores in Red, White and Drunk All Over but here's where I net out: no subjective experience, such as the taste of wine, can be trapped in a number. That said I do score wines because readers find them useful shorthand to make buying decisions. My scores are a proxy for my taste. If they trust that, they use my scores."

Throughout Europe, Mr. Parker is more reviled than respected. His preference is full bodied, oaky, fruit forward wines and this leaves some of the more delicate, wonderfully balanced wines with a long history wanting. Lynch mentions in a conversation with Jay McInerney that, "Bordeaux doesn't taste like Bordeaux, it tastes like Californian Cabernet. The last real Bordeaux vintage was '81. Now they dress up their wines with lipstick and high heels." It's no secret that many chateaux in Bordeaux have succumbed to the Parkerization of taste and are making wines to please the trend, using techniques like reverse osmosis to alter what nature had provided.

The whole scoring system is about instant gratification, which is so prevalent. Many would rather rely on the point score of a critic than derive pleasure from trial and error to make up their own mind and find their own personal tastes.

## DATING

# ONLINE DATING

... REALLY?

BY TARA LEHMAN



Yes, online dating can work, so before throwing your hands in the air to declare online dating isn't working for you, take a deep breath and think about the approach. There are tricks to success, and like most things, it takes a bit of practice, so if you're going to date virtually, decide if you take

it seriously. If you aren't, it's a consuming hobby that wastes everybody's time and pretty much a guarantee to not find a quality relationship. Here are some tips:

Dating, Relationship, Friendship or Sexual Encounter: Everyone turns to online dating for different reasons so ensure you know what you're interested in.

Know what you want to say, but just don't know how? How you write is just as important as what's written, so come across as captivating, creative and interesting. You're competing with thousands, and your star qualities must jump through the computer screen. Watch out for spelling mistakes and keep your profile to a couple of short paragraphs at most that will leave people wanting more.

How does your profile picture look? Is your ex-wife cropped out? Do you look drunk? Do you have one posted at all? A great picture is worth 1000 dates.

Tim Horton's & Walks On The Beach: Most Newfoundlanders dating online state this is their ideal first date. Fine if that's your thing, however suggesting the same thing everyone else does isn't doing you any favours when it comes to landing that first date.

Paid Sites vs. Free Sites: Some say there are better quality people on websites you pay to join. Different sites suit different people, so the best suggestion is to join more than one and don't limit yourself to online dating as the only way to meet people.

People sense when you've taken the time to write a quality profile. Right away they think you use online dating for the right reasons which will make it easier for them to warm up. It's hard to sum yourself up in a few sentences, however to receive e-mails from the type of people you want, you need to give it your best.

Tara runs D8 Night, a company specializing in Speed Dating events, Online Dating courses and more. Dial 740-3733, Facebook Group: D8 Night or tara@eventivenewfoundland.ca

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# LISTINGS

## WHAT'S ON!

CHECK OUR LOCAL EVENTS CALENDAR

### FRIDAY, Jan 22

Erin's Pub: Traditional Sessions w/ Graham Wells  
Greensleeves: Greg Bolger & Chris Marshall  
Kelly's Pub: Rob Cook  
Loft 709: DJ Mayehem  
Spin: Funktastic Friday w/Leo van Ulden & Kid Cue  
Shamrock City: Stone Rogues  
Stanley's: Karaoke  
Turkey Joe's: Filthy Fridays w/ DJ Lex  
Whalen's Pub: Janeil Lynch  
Yuk Yuk's: Tracy MacDonald

### SATURDAY, Jan 23

Greensleeves: Greg Bolger & Chris Marshall  
Lottie's Place: Jeff Lewis  
Liquid: Mikey B, Steve Murray, Electro  
Loft 709: Dirty Funkin' Productions w/ Mark Power, Skitch & Trip  
Shamrock City: Stone Rogues  
Spin: Seamless Saturday w/Mike the Tailor  
Stanley's: Karaoke  
The Rock House: Tom Fun Orchestra w/Carmen Townsend Trio and guests  
Turkey Joe's: Sexual Saturdays w/DJ Jaycee  
Yuk Yuk's: Tracy MacDonald  
Whelan's Pub: Two Herbs

### SUNDAY, Jan 24

Greensleeves: Damian Follett  
Grumpy Stump: Karaoke  
Kelly's Pub: Fred Jorgenson  
O'Reilly's: Traditional Open Session w/ Alan Byrne  
The Fat Cat: Open Mic w/Shawn Beresford  
The Ship Pub: Mick Davis and The Skinny Jims  
Turkey Joe's: Retro Sunday (Ladies Night) w/DJ Lex

### MONDAY, Jan 25

Greensleeves: Damian Follett  
Grumpy Stump: Open Mic  
Loft 709: Martini Monday's w/DJ Diamond  
O'Reilly's: Larry Foley and Patrick Moran  
Turkey Joe's: Manic Mondays: Happy Hour All Night

### TUESDAY, Jan 26

Auntie Crae's: (Noon, free) Auntie Crae's Band  
Bella Vista: (8:30PM, \$5) Sizzlin Salsa Tuesdays  
Greensleeves: Damian Follett & Gary Gambin  
Grumpy Stump: Karaoke

Loft 709: Hip Hop Tuesday w/Paddy Greene & Shawn Goldz  
Turkey Joe's: Two for Tuesdays w/Carl Peters & Dave White

### WEDNESDAY, Jan 27

Grumpy Stump: Karaoke  
Greensleeves: Kronik  
Junctions: Wild Wednesdays w/Dr Drake, DJ Fox  
Loft 709: Retro Wednesday with DJ Sina  
O'Reilly's: The Bishops  
The Fat Cat: Chris Kriby (acoustic)  
The Rock House: (8:30PM, \$5) Salsa On the Rock weekly salsa dancing  
The Ship: Folk Night w/Coleen Power  
Stanley's: Karaoke  
Turkey Joe's: Wacky Wednesday's w/ Dave White  
Yuk Yuk's: New Talent Night

### THURSDAY, Jan 28

Greensleeves: Unlisted  
Liquid: Open Decks  
O'Reilly's: Acoustic Punters  
Rose and Thistle: The Early Show #3 feat. Sean Panting  
The Dock: Stixx and Stones  
The Fat Cat: Craig Young (acoustic)  
The Martini Bar: DJ Mark Power  
The Ship: Night Music w/McKudo  
Turkey Joe's: Tropical Thrus w/DJ Chamba  
Yuk Yuk's: Jean Paul

### FRIDAY, Jan 29

Greensleeves: Carolann Fowler Trio  
Loft 709: DJ Mayehem  
Stanley's: Karaoke  
The Martini Bar: The Vibe  
Turkey Joe's: Filthy Fridays with DJ Lex  
Yuk Yuk's: Jean Paul

### SATURDAY, Jan 30

Greensleeves: Carolann Fowler Trio  
Loft 709: Dance League Saturday w/ Paddy Greene  
Spin: Seamless Saturday w/Mike the Tailor  
Stanley's: (10PM) Karaoke  
The Rock House: Stone Rogues  
Turkey Joe's: Sexual Saturdays w/ DJ Lex  
Yuk Yuk's: Jean Paul

### SUNDAY, Jan 31

Greensleeves: Damian Follett  
Grumpy Stump: Karaoke  
O'Reilly's: Traditional Open Session w/ Alan Byrne  
The Fat Cat: Open Mic w/Shawn Beresford

Turkey Joe's: Retro Sunday (Ladies Night) with DJ Lex

### MONDAY, Feb 1

Grumpy Stump: Open Mic  
Turkey Joe's: Manic Mondays - Happy Hour All Night

### TUESDAY, Feb 2

Auntie Crae's: (Noon, free) Auntie Crae's Band  
Bella Vista: (8:30PM, \$5) Sizzlin Salsa Tuesdays  
Grumpy Stump: Karaoke  
Turkey Joe's: Two for Tuesdays - "2 for 1" w/Carl Peters & Dave White

### WEDNESDAY, Feb 3

Grumpy Stump: Karaoke  
Junctions: Wild Wednesdays w/Dr Drake, DJ Fox  
The Rock House: (8:30PM, \$5) Salsa On the Rock weekly salsa dancing  
The Ship: Folk Night w/Solid Ground  
Stanley's: Karaoke  
Turkey Joe's: (10PM) Wacky Wednesdays w/ Dave White  
Yuk Yuk's: New Talent Night

### THURSDAY, Feb 4

Liquid: Open Decks  
Turkey Joe's: Tropical Thursdays w/ DJ Chamba

### What To Do? (For Artists)

Anna Templeton Centre (Duckworth) contact for info re: adult and youth classes, workshops  
Clay Cafe (39 Commonwealth Ave, Mount Pearl 745-2345): open til 9PM  
Devon House Clay Studio - open studio times, contact for info  
2009 Arts Awards: Call for Nominations (Newfoundland and Labrador Arts Council) Call 726-2212 for info or visit [www.nlac.nf.ca](http://www.nlac.nf.ca)

### GALLERY LISTINGS

The Craft Council Gallery (Devon House, Duckworth Street; [www.craftcouncil.nl.ca](http://www.craftcouncil.nl.ca))  
Leyton Gallery Summer Exhibit ([www.theleytongallery.com](http://www.theleytongallery.com))  
The Rooms ([www.therooms.ca](http://www.therooms.ca))  
The Inner Rooms: The Peoples' Collection; Ice Flows & Sound  
Retreats: Jan Kabatoff, Dark Horse: Greg Bennett  
Irish Connections (Peter Lewis Gallery, ongoing) 15 new oil paintings done in Northern Ireland 722-6009  
A1C Gallery (Ben Rigby) For more info: [www.a1cgallery.ca](http://www.a1cgallery.ca)

### SPECIAL EVENTS LISTINGS

9th Annual Young Folk at the Hall Concert (Cochrane Street United Church, Jan 24, 2pm) Tickets are \$12.00 for adults, \$10.00 for seniors or \$5.00 for youth. Call 579-4424

Info: [www.nfolk.com/yfath09.html](http://www.nfolk.com/yfath09.html)  
Crossing Boundries (DF Cook Recital Hall, Jan 28-29, 8pm) Explorations of new classical music under the influence of rock, pop, jazz and world music. Tickets are \$12.00 general or \$7.00 for students or seniors

YYT (Darnell's Pub, Jan 22, 10:30pm) No cover.

Comic Jam (Hava Java, last Monday of every month, 7PM, free)

St. John's Farmers' Market (Saturdays, 10AM-2PM), Lion's Club Chalet, Mayor Avenue

Hurling Training on-going weekly. Indoors. Contact Brendan Toland at: [Cabot\\_Hill\\_Hurling\\_Club@yahoo.ca](mailto:Cabot_Hill_Hurling_Club@yahoo.ca)

Free Internet: Love of Learning offers free internet and computer use for resilient youth between 15 and 35 years old, noon to 6pm, weekdays in the basement of the Gower Street United Church. For more info, visit [www.fortheloveoflearning.org](http://www.fortheloveoflearning.org) or call Darcy at 722-8848.

For The Love of Learning (weekdays, 12pm-6pm, Free to youth 15-35): 99 Gower Street. Classes in world religion, philosophy, folklore, art, theatre, resume-building. Free lunch at 1PM (722-4846)

Mall Walkers' Club: (Avalon Mall, Thursdays, 8:45am) (737-2333)

The Pottle Centre: (323 Hamilton Avenue, social and recreational programs for users of mental health services) 753-2143

The Rooms: (Wednesdays 6pm-9pm / First Saturday/month, Nov-May) Free admission, 9 Bonaventure Ave. 757-8000

Seniors Bridging Culture: (Seniors Resource Centre, Thursdays, 2pm) Tea, guest speakers, and conversation (737-2333)

Seniors Friendship Club: (Seniors Resource Centre, Fridays, 2pm) 737-2333

Shambhala Meditation Group: (Billy Rahal Fieldhouse, rear Elizabeth Towers) Free meditation practice. Call 576-4727 or visit <http://stjohns.shambhala.org>

Traditional Latin Mass: (Our Lady of Mercy Convent, Sundays, 9am) Use side door facing the Basilica, Latin/English resources supplied. For information call 726-6727 or 722-4842, or email [unavoce.sopc@gmail.com](mailto:unavoce.sopc@gmail.com)

St. John's City Council Meeting: (City Council Chambers, 4th Floor, Mondays, 4:30pm) Public welcome, see agenda [www.stjohns.ca](http://www.stjohns.ca), posted Friday afternoons

Overeaters Anonymous: If your eating habits are making you unhappy and putting you at risk for serious health problems, you can do something about it. Call 738-1742 or [www.oa.org](http://www.oa.org)

Tango On The Edge - Argentine Tango: (Thursdays 8:30-10:30, RCA Club, 10 Bennett Ave) All welcome.

It's never too late to Quit Smoking Are you planning to reduce or quit smoking? You only have to be thinking about it. Ask about a personal or group presentation. All participants receive a Coping Kit. Phone Paula at the Seniors Resource Centre NL at 737-2333 or 1-800-563-5599

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## MY MESSY BEDROOM

## SEX REPORT

CANADA'S PRETTY SEXY BUT WE STILL FAIL TO PERFORM IN MANY AREAS  
BY JOSEY VOGLES

Canadians generally pride themselves on being sexually progressive. Certainly, compared to the US, where people like Bill O'Reilly believe teaching kids that babies grow in mommy's uterus "is beyond their capacity to understand" and will rob them of "childhood innocence" - in response to supporting sex education for younger children, Canada looks like a sexual paradise. Then there's the realization that the only way women in PEI can get an abortion is to pay privately, and you feel less smug. In fact, while abortion is legal [since 1988], it's not uniformly accessible. Hospitals aren't required to provide abortions and only 15.9% of Canadian ones do, with BC at the high end at 29% and Manitoba at the low end at 4% just ahead of PEI's zero. Birth control information and services were legalized in 1969 along with the Birth Control Pill, but it isn't covered and access to information as well as rules for parental or partner consent vary provincially.

For STI/HIV testing, counseling and treatment, this is done through specialty clinics and isn't part of regular wellness care. Because doctors aren't well trained in sexual health care, and many patients aren't confident raising concerns, many people - usually the most vulnerable - slip through. Sex workers might fear judgment by disclosing what they do and then don't get the sexual health care they need.

Gay rights in Canada have improved since Everett Klippert

was sent to prison indefinitely as a "dangerous sex offender" back in 1965 for having consensual gay sex, a decision that was backed by the Supreme Court. Pierre Trudeau got the law out of the nation's bedrooms in 1969 with amendments to the Criminal Code decriminalizing homosexuality. In 1995, the Canadian Charter of Rights and Freedoms included protections on the basis of sexual orientation and in 2005, Canada became the 4th country in the world to legalize same-sex marriage. Things aren't as rosy for transgendered folk. Still classified as a mental disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV), gender identity disorder must be diagnosed before undergoing reassignment surgery. And while BC and Quebec provide some coverage for transition treatments, most consider it "not medically required" and therefore don't provide coverage.

Canada has official guidelines for the teaching sex education, but they're just that. As a result, sex education is inconsistent, schools aren't required to provide it and teachers aren't trained to teach it.

Age of consent rules are confusing at best and the Conservative government's decision to raise it from 14 to 16 in 2008 mostly polarized national attitudes towards teen sexuality. Those in favour of raising the age said the previous AOC of 14 turned kids into crazed horn dogs



while those against believe it unjustly criminalizes and pathologizes sex among young people and leaves their older partners vulnerable to a permanent criminal record.

Toss Canada's diverse cultural population in and there's a whole new set of culturally sensitive sexual rights issues. Our laws are based on individual rights, but what about family rights, in the case of contraception and parental consent, for example. Or what if polygamy was permitted in your country of origin but is illegal here? What if you go to a doctor and are asked questions offensive to your culture? What happens if you're an immigrant woman with no official status in this country and you're a victim of sexual assault? Our justice system isn't structured to deal with the implications of cultural differences.

We have many sexual rights on paper, but our rights are failing as government shirks responsibility for them.

## \$3 BILL

## HEROS & ZEROS

ANOTHER ONE BITES THE DUST  
BY RICHARD BURNETT

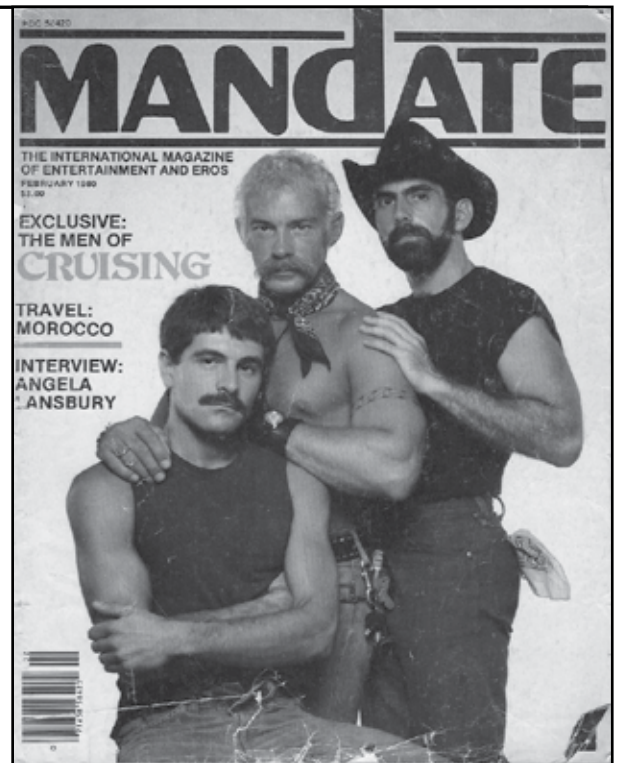
### Heros

- Kansas City Chiefs for firing Larry Johnson.
- Donna Sachet, the first drag queen to ever sing the American national anthem at a Major League Baseball game.
- The late Bea Arthur, who gave NYC's Ali Forney Center \$300,000 in her will. The Ali Forney Center helps homeless gay youth cast out by their families.
- Lady Gaga, who at the October 11 gay-rights March on Washington screamed out to President Obama, "ARE YOU LISTENING?"
- Chaz (formerly Chastity) Bono, the son of Cher, for his very public transition from female to male.
- Marie Osmond, who outraged the Mormon church when she publicly declared her love for her lesbian daughter and support for gay marriage.
- Margaret Atwood, who pulled out of Dubai's international book festival after organizers banned books with gay characters.
- The 1,800 people who defied Chinese authorities and marched in Hong Kong's second Gay Pride parade on November 1.
- The Delhi High Court, for legalizing gay sex in India, in a historic July 2 ruling after an 8 year court battle.
- Milk screenwriter Dustin Lance Black, for his heartfelt speech at the 2009 Oscars, in support of gay civil rights.
- Sweden, for legalizing same-sex marriage.
- Johanna Suguroardottir, Iceland's openly lesbian prime minister. The world's first openly gay or lesbian head of a national government.
- The Washington Blade, the oldest LGBT newspaper in America (first published '69) folded on November 16; and the Mavety Media Group pulled the plug on all their gay magazines: Torso, Inches, Playguy and Mandate which had been published since April '75.

- Queer trailblazers who passed away in 2009: porn legends Jack Wrangler and Marilyn Chambers; Rock Hudson's partner Marc Christian MacGinnis, who successfully sued the Hudson estate in the late 1980s after Hudson knowingly exposed him to AIDS; Winnipeg drag queen Kerri O'Kee (a.k.a. Steven Yablonski), who burnt to death when a bathhouse was torched in October; groundbreaking author E. Lynn Harris, age 54; famed 81-year-old British female impersonator Daniel Carroll (a.k.a. Danny LaRue, whom Bob Hope once called the most glamorous woman in the world); and Canadian boxer and Olympic silver medalist Marc Leduc, 47.

### Zeros

- Amazon, for de-ranking books with gay content last April; backing down after public outcry.
- Tim Hortons, for sponsoring an anti-gay marriage rally in Rhode Island in August; backing down when gays started buying their coffee at Second Cup.
- Wal-Mart, for mistakenly accusing Chicago couple Joe Paolucci and Thomas Hitchcock of shoplifting Bic lighters. Store security tapes cleared the couple. Instead of apologizing, Wal-Mart banned Paolucci and Hitchcock from all Wal-Mart stores for life.
- NFL Kansas City Chiefs running back Larry Johnson, for telling reporters in the team locker room, "Get your faggot ass[es] out of here."
- The Harper Tories, for cutting all tourism funding to Montreal's two largest gay festivals, Divers/Cite (\$155,000) and Black & Blue (\$125,000).
- Bill Clinton, who signed the anti-gay Defence of Marriage Act while president, finally admitted on CNN "I was wrong" about gay marriage. Too little, too late.
- UN Pres. Ali Abdussalam Treki of Libya, for denouncing gay sex at a specially-convened press conference to open



Mavety Media Group's Mandate ceases publication

- the 64th session of the UN General Assembly.
- The Spanish court which acquitted Jacobo Pineiro Rial, the man who admitted to fatally stabbing a gay couple 57 times and setting them on fire.
- The 28-year-old man accused of decapitating, dismembering and burning the torso of 19-year-old openly gay George Lopez Mercado in Puerto Rico on November 14. Police suggested Mercado got what he deserved because of his "type of lifestyle."
- Iran and Iraq, for torturing and executing homosexuals just for being gay.
- Uganda, for introducing legislation that would authorize executing gay people, and imprison heterosexuals who don't report gay neighbours.
- China, for shutting down Shanghai's first ever Gay Pride festival, on June 14.

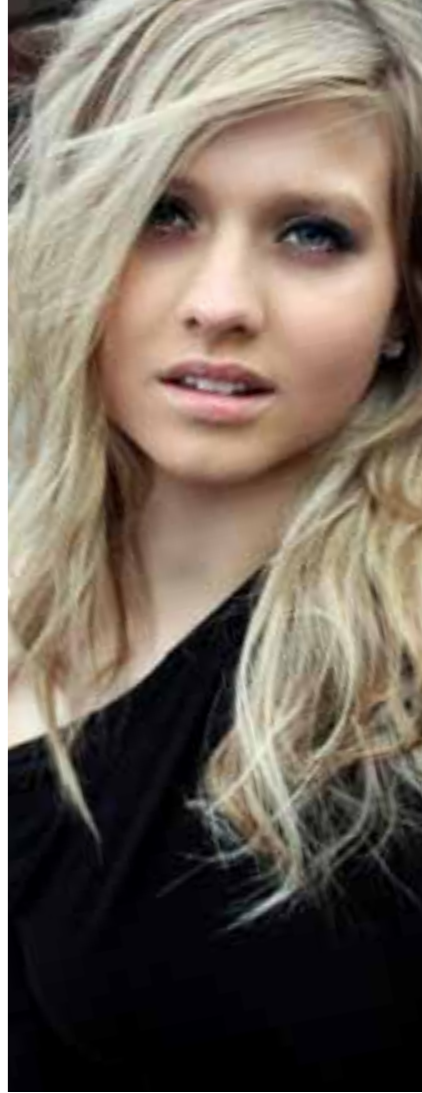
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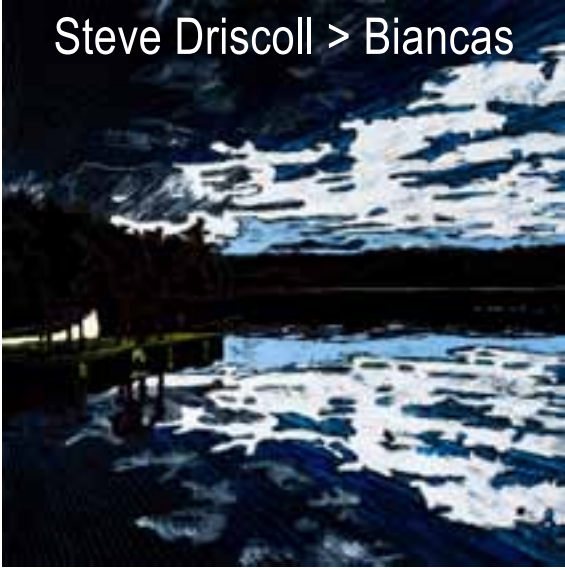
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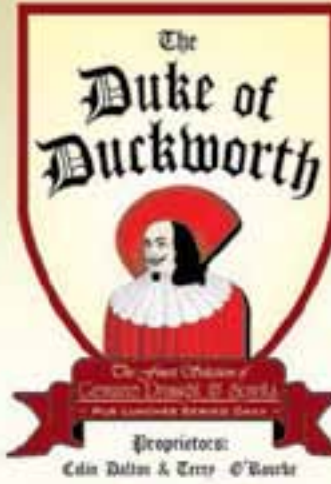
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