

Reports may help Jackson

Evidence has been uncovered that helps prove Michael Jackson's innocence on child abuse charges, the singer's lawyer has told a pre-trial hearing.

Benjamin Brafman told Santa Barbara County Superior Court that 100 exhibits, including school and psychiatric reports from a legal case involving Jackson's accuser, will help show Jackson is innocent, BBC News Online reports.

Coldplay singer suspect

Coldplay frontman Chris Martin has been accused of kicking photographer Alessandro Copetti after leaving a London restaurant with pregnant wife Gwyneth Paltrow, BBC News Online reports.

A police spokesman confirmed it was investigating the incident, alleged to have taken place on Wednesday.

Martin's spokesman denies the attack took place.

Ozzy's girl goes to rehab

Kelly Osbourne, daughter of rock star Ozzy Osbourne, has been admitted to a drug rehabilitation clinic for abusing painkillers, BBC News Online reports. The 19-year-old entered a Malibu, Calif., clinic on Friday.

Metro Toronto news services

Cobain's impact lives

A shot rang out in a Seattle mansion on this day in 1994 that thousands around the world have never forgotten.

The 27-year-old anti-hero of the grunge movement died from a self-inflicted gunshot wound to the head.

Kurt Cobain's death was ruled a suicide, but conspiracy theories arose almost immediately that linked his passing to a murder plot. A decade later, there are still those who argue for a re-investigation of the circumstances surrounding his death. What few people debate, however, is the impact Cobain and his band Nirvana have had on modern music.

Prior to the rise of alternative music and the "Seattle scene" that spawned bands



Kurt Cobain

such as Nirvana, Pearl Jam and Soundgarden, rock music was locked in its "hair metal" phase. Bands like Poison, Motley Crue and Whitesnake ruled radio with

songs about fast-living, wild women and good times.

In 1991, the party ended for rock's bombastic heroes with the release of a song called Smells Like Teen Spirit. If the '80s was about good times, the '90s would be about reflection, disaffected youth and dark imagery.

Grunge, as Nirvana's brand of alternative rock was labelled, was everything rock hadn't been until that point — brooding and introspective. The uniform of grunge was thrift store versus costume shop and the sound of Cobain's droning voice and simplistic guitar licks became the rallying cry for music fans looking for change.

"I think Kurt Cobain will

be the last rock and roll icon of his kind," Alan Cross, Edge 102 program director, says of the late Nirvana frontman. "Music has separated and stratified into so many areas now that we're never going to see the same general consensus that we had 10 years ago when almost everybody in rock could agree that this guy was important, was a star and was a true artist."

"When Nirvana's Nevermind came out, that was the breakthrough. That was the bridge between the alternative world and the mainstream world and as soon as they built that bridge, everything came flooding over."

Like Jimi Hendrix, Jim Morrison and Janis Joplin before him — stars who also

died tragically at the age of 27 — Cobain would be virtually deified in death, his tragic image coming to represent a relatively short period in music history.

Much Music VJ George Stroumbouloupoulos says the time devoted to commemorating Cobain's contributions is crucial to understanding music in the last decade.

"I don't think this anniversary has been given enough attention," he says. "Yes, Kurt Cobain has been deified. I'm not sure if it's because of the way he lived or the way he died, but I think it's deserving because he did change music and he did change culture."

■ MuchMusic airs Kurt: 10 Years After, tonight at 9:30.

CHRIS ATCHISON/METRO TORONTO

Fitter T.O. man on Dr. Phil

Charles Ciccirella is a new man.

The Toronto web producer, who has lost weight with the help of a book by North America's famous psychologist, will make his taped appearance on the Dr. Phil talk show today.

Ciccirella's weight loss now totals about 59 kilograms over a six-month period, which has allowed him to shop in average-sized clothing stores. He now wears a size 36 pant — for the first

time since the eighth grade.

The change, the 29-year-old says, has given him renewed confidence.

Ciccirella, as he first told Metro in February, began dieting with the help of Dr. Phil McGraw's book *The Ultimate Weight-Loss Solution* after realizing his obesity was not only bothering him from an appearance perspective, but was also having an adverse effect on his health.

"It was perfect," he says of his Dr. Phil experience. "He

answered questions I had, like about losing this much weight this quickly and whether it was healthy. He wasn't as intimidating as I thought he would have been."

Throughout the course of his transformation, Ciccirella photographed himself and placed the "before" photos in strategic spots around his apartment — such as his refrigerator and kitchen cupboards — to help enforce his new diet regimen.

Ciccirella says McGraw reassured him that his weight loss was not only healthy, but that he would be in contact for an update on his progress in the future.

With a renewed spirit and a fit body, which he trains every morning in the gym, Ciccirella plans to take his story to the masses through his website, www.massivemelt.com.

Ciccirella aims to establish an online community for people to exchange stories



Charles Ciccirella

about their dramatic body changes in the hope of inspiring others to do the same.

CHRIS ATCHISON/METRO TORONTO

Brunch marks Easter

START PLANNING THE WEEKEND — IT'S ONLY FIVE DAYS AWAY!

THINK WEEKEND
FRANCESCO CONTINI

Easter brunch

If you are looking for an elegant place to have brunch on Sunday, you can check out Azure Restaurant & Bar at the InterContinental Toronto Centre hotel.

The Easter brunch will feature fresh fruit and seasonal berries; a salad bar with choices such as Lebanese tabule and bocconcini cheese marinated with cherry tomato and olives; a seafood bar with oysters, seafood paella, shrimp cascade, avocado with lobster salad; a carving station with prime rib au jus; and a buffet for kids.

The cost is \$49 per person, including a caesar or glass of champagne, and free parking. Cost for children 6 to 12 is 50 per cent off the regular price, and those younger than 6 may eat for free. Brunch will be available 11:30 a.m. to 3 p.m.

The hotel is at 225 Front St. W. For reservations, call 416-597-1400, ext. 4055.

Photography course

On Saturday, you can join the Canadian Photographic Centre for an introductory photography course.

During a full day of demonstrations, photo examples and shooting exercises, participants will learn about aperture, film and shutter speeds, and understand how these elements work together to create great photographs.

Peter Stranks will teach the course. He has worked on national advertising campaigns, magazine covers and editorial features for almost two decades.

Participants are required to bring a 35-mm film or digital SLR camera with manual capabilities, and a selection of lenses, from wide angle to portrait.

The course fee is \$160, plus GST. For more information, visit www.canadianphotographiccentre.com, or call 416-461-5468.

Antique show

If you want to combine a trip to a charming village with a visit to an antique show, consider travelling to Elora, Ont., on Saturday and Sunday.

The Elora Spring Antique Show is an annual highlight for collectors and antique lovers. Dealers will be selling items from many specialties, including china, art glass, vintage toys, clocks and watches, and early Canadian country furniture.

Visitors will also find the Grand River and the scenic Elora Gorge within walking distance of the show.

Show hours are Saturday, 10 a.m. to 5 p.m., and Sunday, 11 a.m. to 5 p.m.

Admission is \$6; children under 13 are admitted free. For details, visit www.antiqueshowscanada.com.

www.weekendtrips.com

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