

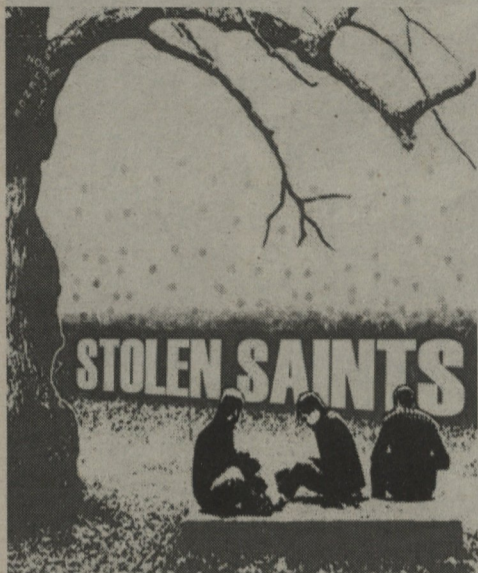
ARTS & ENTERTAINMENT

Intimate and Interactive  
with Stolen Saints

Soft jazz, candles, asparagus  
and tiger junk

Stolen Saints are:

Andy Keith – Lead Vocals, Guitars, Keyboards  
Brendan Hansen – Bass  
Danny Miles – Percussion, keyboards, backing vocals  
Neil Menzje – Keyboard, microKorg, effects  
Songs are written by Stolen Saints as a whole.  
Andrew MacSwain  
Contributor



Prince Edward Island has a new hit indie band on the music scene. Stolen Saints are working their way up the ranks and aren't looking back.

The band has only been together since September 2006, but in that short amount of time they have played in 19 shows and more importantly they have a CD out. "Noise and Silence" a five-song EP produced by Dave Skinner, was independently released on Jan. 5.

I had the opportunity have a Q and A session with the band. Here's what they had to say.

Q: What is your band about?

A: Brendan Hansen : "We're all passionate musicians."

Andy Keith : "We are about making music and playing music. We want people to hear us and we want to show people our music. Hopefully they like us and if they don't, they don't."

Brendan Hansen : "We all wanna play and our passion for music made us friends, otherwise I can't stand you (Brendan talking about Andy), and I mean, Danny, what's with that guy?"

Andy Keith : "We are all fans of music and as our visions come together it comes out as something we never expected. It's interesting to see it unfold."

Q: Describe your sound.

A: Andy Keith : "That is the hardest question on earth."

Q: What are your musical influences?

A: Andy Keith : "The east coast music scene. The Halifax indie scene, Winter-sleep, the Charlottetown indie scene. The bands that just kinda sit there below

famous and that's the pool that bands get picked out of. We have a broad taste of music. As a whole we are influenced by each other as individuals." "If Brendan shows me a song I'll say this is sweet and so we'll play it and from there it will change from suggestions from myself or Danny or Neil and it will just change over time and practice."

Q: After reading the Hedley interview, I have to ask; are you in it for the money?

A: Brendan Hansen : "We are treating it like a business without a doubt. If we weren't focused on the money we wouldn't be able to play as much as we do and we wouldn't be able to put out our CD. We treat it as a fun part time job. We have an act we try to sell and the more people like our act the more money we make and the more CDs we can make. If we were in it to make money I'd be working at a bar instead."

Andy Keith : "We aren't going to turn away free gigs because we want to play. We like having positive feedback and playing live. That is more rewarding than money."

To learn more about Stolen Saints or to have a taste of their music, pop onto their website at [www.myspace.com/stolensaints](http://www.myspace.com/stolensaints). If you'd like to buy a copy of their CD they can be purchased at Back Ally Music, CD Plus or at all of their shows. To see them live, check them out at their next gig Feb. 9 at Baba's.

Kent Aitken  
Reporter

Oysters make you horny, right? What about chocolate? Oh yeah. Almonds? I can see it.

Truffles? If your date can afford truffles, they're a keeper *regardless* of how wound up you get. Nutmeg? Maybe, but it's not really revving my engine.

Asparagus? ...You sure? Yohimbe? Alright, now you're just making shit up. What the F#\*% is yohimbe?

These are all on some lists floating around the internet of purported aphrodisiac foods. UPEI students I asked agreed with some. Mark Scotto simply went with "Italian." Don't accept if he offers dinner at East Side Mario's.

The U.S. Food and Drug Administration –why they have a page on their site titled "Looking for a Libido Lift?" is a startling question – makes it clear, however, that aphrodisiac powers are based on "folklore, not fact."

How disappointing. This, of course, clashes with thousands of years of tradition and foods known for their Barry Manilow-esque powers.

There appear to be reasonable answers to why certain foods adopted this stigma. Wine, naturally, reduces inhibitions. Some foods may have attributed aphrodisiac qualities due to their resemblance to genitalia – think mussels, although you may not want to create that connection in your mind.

On the other side, Rhino horns (I'm not sure whether you grind these up and consume them or just place them loving-

ly on your night table as a strange sort of totem) are apparently aphrodisiacs due to their phallic-looking nature.

The most unnerving one I came across was, apparently to bestow the aggressiveness of what must be, after the process, a very subdued animal, was tiger penis (Step 2: Put that junk in the soup / Step 3: Make her eat the soup, and that's the way you do it).

Tiger penis. Honestly. She's gotta be damn good.

Seafood also gets many honours as aphrodisiacs, and one theory is that it's due to Aphrodite, Greek goddess of love, being born in the sea (I'd also bet that her name – somehow - has something to do with the word aphrodisiac).

Aside from sparking sexual connections in peoples' minds, some foods may have become revered as baby-makin' meals simply for nutritional value. Hott. Under-nourishment definitely does lead to libido loss and decreased fertility, so eating – albeit anything – could help.

I, for one, am incredibly aroused. Aside from placebo effects (which I hear haven't been studied due to ethical reasons, what do they possibly mean by that?), it seems, sadly, that aphrodisiacs' powers may be fictitious.

According to the FDA, "a good diet and a regular exercise program are a more dependable path to better sex than are goats' eyes, deer sperm, and frogs' legs."

I'm not buying it – I'll stick to what I know.



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