



The Avalon Showroom
APPEARING THIS FALL:
Regis Philbin * Olivia Newton-John * Al Green



SERVICES SUBSCRIBE EMPLOYMENT NEWS RESEARCH CENTRE CLASSIFIEDS ADVERTISING

IN TOMORROW'S PAPER:
We have the municipal election covered with our City Vote '06 section.



Wed, October 25 / 06
editor@tor.sunpub.com

Current Conditions
Cloudy
5°C
Full Forecast

Music

- Home
- News
- Sports
- Photos
- Entertainment
- Movies
- Music
- Television
- Theatre
- Video
- Video Games
- Other Entertainment
- Columnists
- Comment
- Columnists
- Lifestyle
- Money
- Travel

Wed, October 25, 2006

Highway takes on life of its own

By STEVE TILLEY



- No stranger

Life is a highway, and Tom Cochrane's best-known and most oft-played song has been riding it since it appeared on 1991's Mad Mad World.

But Life Is A Highway is a song bigger than one man, or even one group. As country boy band Rascal Flatts discovered when they covered the song for the soundtrack of this summer's Disney Pixar flick Cars.

The Rascal Flatt's cover became such a big hit, it actually eclipsed the album that the band released shortly before the film came out.

"As soon as they release the (Cars) DVD, the band is going to re-release the album, with Life Is A Highway on it," Cochrane said. "The Cars soundtrack was stealing some thunder from their album."

While Cochrane says he's lucky to have written "one of the quintessential road songs," Life Is A Highway was actually inspired by his first visit to West Africa to raise money and awareness for World Vision famine relief efforts.

"To me, the song came out of my first trip to Africa, the Mozambique experience in particular, and how powerful that experience was," Cochrane said.

"Seeing someone die of starvation in front of me the first time was pretty disturbing, it was pretty powerful."

He sat down to pen Life Is A Highway a few weeks

Find a Business Name

City

Find a Person



Renovating Your Home?

- Beauty Guide
- Home Entertainment
- Higher Education
- Calendar Search '07
- Catch Fishing
- Golf Guide
- Summer Swimsuit
- Dining Out

Niagara Falls



MDG
www.mdg.ca

2006 MODELS on SALE NOW!

Reward Yourself
Readers' Choice
On Campus
Continuing Ed.
Franchise Opp.

Autonet Drive
Jobboom
Diverse City
Promotions
Contests
Mobile On Demand



Classifieds:

Free Classifieds
Classified Extra
Jobboom
Flirt Personals

SUNshine Girl



On Canoe:

Your Health
Trends
Discovery
Eat
Sex Files
Gadgets
DIY
Lotteries
Comics
Crossword
Horoscopes
TV Listings
Movie Listings



Services:

Subscriptions
Advertising
News Research
About Us
Privacy
Contact Us
Buy Sun Photos

after his return. The song would go on to become a No. 1 hit in Canada, and peaked at No. 6 on the Billboard charts in the U.S.

"It was sort of my pep talk to myself," Cochrane said.

"You can't change the world on your own in one fell swoop, but you keep the eyes on the road in front of you and do whatever you can. It causes a ripple effect, and you can change things bit by bit that way."



Featured Advertisers

[Sheraton Fallsview 2006 Package Collection](#)
[Bye Bye Bad Credit - Go To YouAreApproved.ca](#)
[Discover The Equity Value of Your Home - Click Here](#)



Newspapers



stories and columns from the day's print edition of the Sun.

[SUBSCRIBE](#) [EMPLOYMENT](#) [NEWS RESEARCH CENTRE](#) [CLASSIFIEDS](#) [ADVERTISING](#)

[Send a Letter to the Editor](#)

[CANOE](#) home | We welcome your [feedback](#).

Copyright © 2006, [Canoe Inc.](#) All rights reserved.

Proprietor and Publisher - Sun Media (Toronto) Corporation, 333 King St. E., Toronto, ON, M5A 3X5