



the stew

ISSUE 4.7 | OCTOBER 2013 | **FREE**

the Mask issue

Inside:

Brad Lawryk
Featured Artist
Pages 4 & 5

Masks
Page 2

Tech Time with Craig
Pages 18

hear

We want to hear from you. Email craig@thestew.ca

On the Cover:

What's the first image that comes to mind when you think of masks? If you're like a lot of people, it's probably the comedy and tragedy masks of theatre, which represent the muses of Thalia and Melpomene

These masks prove to be an appropriate choice for the cover of our October issue, which features artist Brad Lawryk, who is not only an accomplished web designer, but who will be stepping into the director's seat for the Williams Lake Studio Theatre's first production of the year, *The Big Five-Oh*. Find out more about Brad on pages 4 and 5.

The masks we wear and the masks we see

BY CRAIG SMITH
THE STEW MAGAZINE

Anybody that knows me knows I'm a movie fanatic.

I love movies. I remember dialog better than my children's birthdays and will beat most people at any movie trivia games.

As busy as I am, I watch movies three ways. The first would be in the local theatre, up on the big screen, the way they were meant to be seen. The second, at my home, on our home theatre that features all the bells and whistles that we had to scrimp and save to afford.

The third way — and this is probably where I watch most of my movies — is on my third computer monitor, just on the edge of my peripheral vision, with a set of headphones.

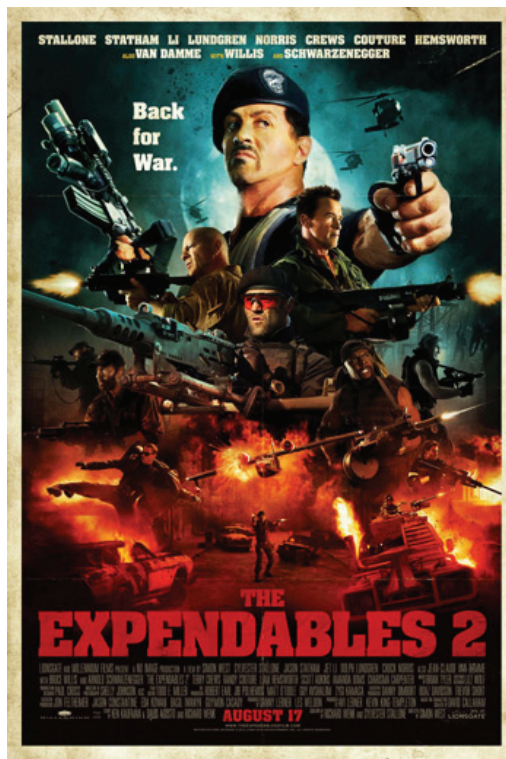
I probably memorize the dialog because that is mostly what I get out of the movie in this scenario — the audio.

I love the theatre arts, whether it be live or recorded. Of the thousands of movies I have watched I have many favorites. Some are award winners and some just were bad, but so bad that they entranced by other means.

For instance, there's *The Expendables 2*. Lets take a lame script with huge amounts of corny and predictable dialog, then we will add every action star from the last 20 years, sprinkle in the most amazing, and of course unbelievable, stunts, and put it on the big screen. Did the critics pan it? You bet. Did I love it? Of course, although most of my friends don't know why. Did it make money? Oh yeah...lots.

This issue of *The Stew* is about Masks. For as long as I've been involved in the theatre here in town I've known about the theatre masks, the comedy and tragedy masks that are on the front cover of this issue. I knew they were old, and that their significance goes back a long time, but didn't realize how far until I did a little research.

The use of masks in theatre goes back to the fifth century before Christ in Ancient Greece where they had a few functions. Among other things, masks allowed a small number of cast members to perform different



parts and different genders in the same play by just changing masks. It also allowed the audience in a huge, open-air amphitheatre to see the expressions on the actors faces, as the masks were an exaggerated version of those expressions.

Theatre masks were first meant to honour the god of wine and fertility, Dionysus. Amazing that after 2500 years, wine and fertility still go together, but I digress. The masks originally were representations of the nine Muses or Goddesses who inspired the arts. The muse of tragedy was Melpomene, and the muse of comedy was Thalia.

I'll bet you are ready for that trivial pursuit game now.

One of my all time favorite movies, other than *The Princess Bride* and *The Fifth Element* is *The Mask*, in which Jim Carey's character finds a mask of the Loki, the Norse god of mischief, and it transforms the wearer into a mischievous wildman. I remember Jim's character going to a professor who is an expert on masks as a way for humans to hide things.

"I meant Masks as a metaphor, Mr. Ipikiss," he said.

The masks in the cover photograph are original Venetian artist signed masks, owned by my buddy Tony. They are an amazing piece of art and the history of the Venetian masks goes back to 1162 when the Carnival of Venice first started. They were outlawed in the 1700s when the Austrians took over Venice but had a huge revival in the mid 1980s. Mask making was such an important part in Venice for a multitude of reasons, such as the carnival and even voting, that the artists even had their own guild or union.

As a classically trained portrait photographer for over 25 years I was trained to look at what is referred to as 'the mask of the face.' That is the area of the face from chin line to hairline and from ear to ear.

I was taught that by changing the angle of the face and changing the lighting we can change the way a person looks or, as they used to say back in the film days of portraiture, 'fix flaws.' We can straighten out a crooked nose with just a slight turn or give the impression of a strong jawline by slightly pushing the chin forward.

The mask of the face was the main element in a portrait, everything else was secondary.

Every day we wear masks both physically and mentally. We wear them for physical protection and we wear them for mental protection. Most people don't realize how many masks we wear in a day. The ones at work, the surgical mask, the welding helmet, the hockey mask, the Halloween mask, just to name a few of the obvious ones.

I have been around masks for most of my life, from my time in the military carrying a gas mask to being on stage the past 15 years, and really didn't see the huge part of our lives that are spent wearing masks both literally and figuratively until writing this article.

There are also the ones that aren't so obvious but are still there, such as the brave face, the sympathetic face, the 'yes honey I'm listening' face, and, of course, the 'yes I meant to do that but oh boy does it hurt' face.

My best mask is the one I wear every day, as it is my most positive. Regardless of my mood, my mask is always a mask of 'awesome' because the more I wear it the more awesome things are.

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ingredients



Brad Lawryk
Featured Artist

Pages 4&5

Nutrition Facts

Serving Size: 20 pgs
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value*

Fall is in the air and the mask issue is going to hopefully be some good, wholesome food for thought.

Take a bit of entertainment, some good books, interesting music, food for thought, and a game, and put it all together, and hopefully we have a great recipe for The Stew.

Ingredients (or things that helped us get through the last month): Well, it has been a very steep learning curve and we thank our readers, friends, and family for all of their continued support in help us get into The Stew flavour for ourselves. We have spent a lot of time talking with people and reading the emails that come in from you in order to find just the right flavour. A little more of this, not too much of that, and a whole lot of fun blending up our issue.



Don't Mask The Pain
Page 12



The Comedy & tragedy of local theatre
Page 14



The new iPhone — is pretty, but...

Page 18

Trading games with Steam

Page 15




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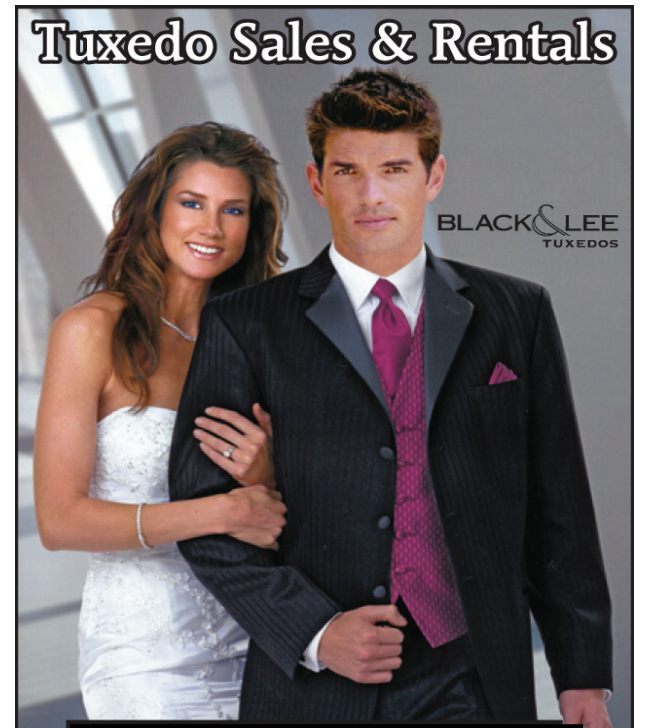


about face Photography

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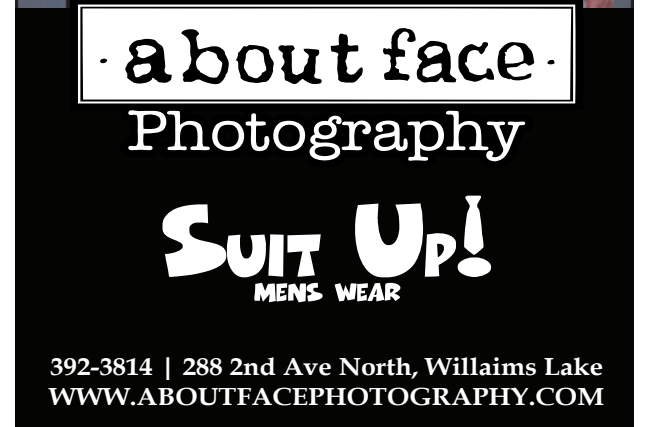


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flavour of the month

*Photo inspired by Da Vinci's concept
that all art comes from darkness.*

CRAIG SMITH PHOTO

DIRECTOR'S CHAIR ► Featured artist Brad Lawryk is not only an accomplished web designer, he is also a theatre fanatic. He will be directing the Williams Lake Studio Theatre's first production of this season, *The Big Five-Oh*.



flavour of the month

From the director's chair

The artist of the month for October is a multi-talented local who has made his mark in local theatre as well as business. Brad Lawryk is an artist of many talents from live theatrical arts to multi media arts.

Making his directing debut with the local theatre group, Brad's play — *The Big Five-Oh* — is the first to hit the stage for the Studio Theatres 58th season.

"This is a great, funny play," says Brad, as he reflects on his own experience of turning 50 this year.

"This play is about turning 50 and I thought, maybe this is the time."

As a first time director, Brad says he has the support and mentorship of long time theatre guru and friend Curt Sprickerhoff.

Brad got his start on stage in the second grade and has always wanted more. In 2009 he auditioned for *The Good Game*, a play about hockey that he had seen on stage before, hoping for a small part. Instead, he was cast in a leading role as Charlie the goalie, and so started a renewed addiction to theatre.

From there he acted in *On Golden Pond*, and has been involved in numerous other plays, tackling a variety of jobs from sound to stage managing, over the last four years.

Born in Regina, Saskatchewan, Brad's path led him to Williams Lake in 1990, and he has been here ever since.

He worked as a disc jockey and mobile DJ, then started designing websites. Brad's creative talent has allowed him to open his own successful web design business, Auroratec Solutions in 2010.

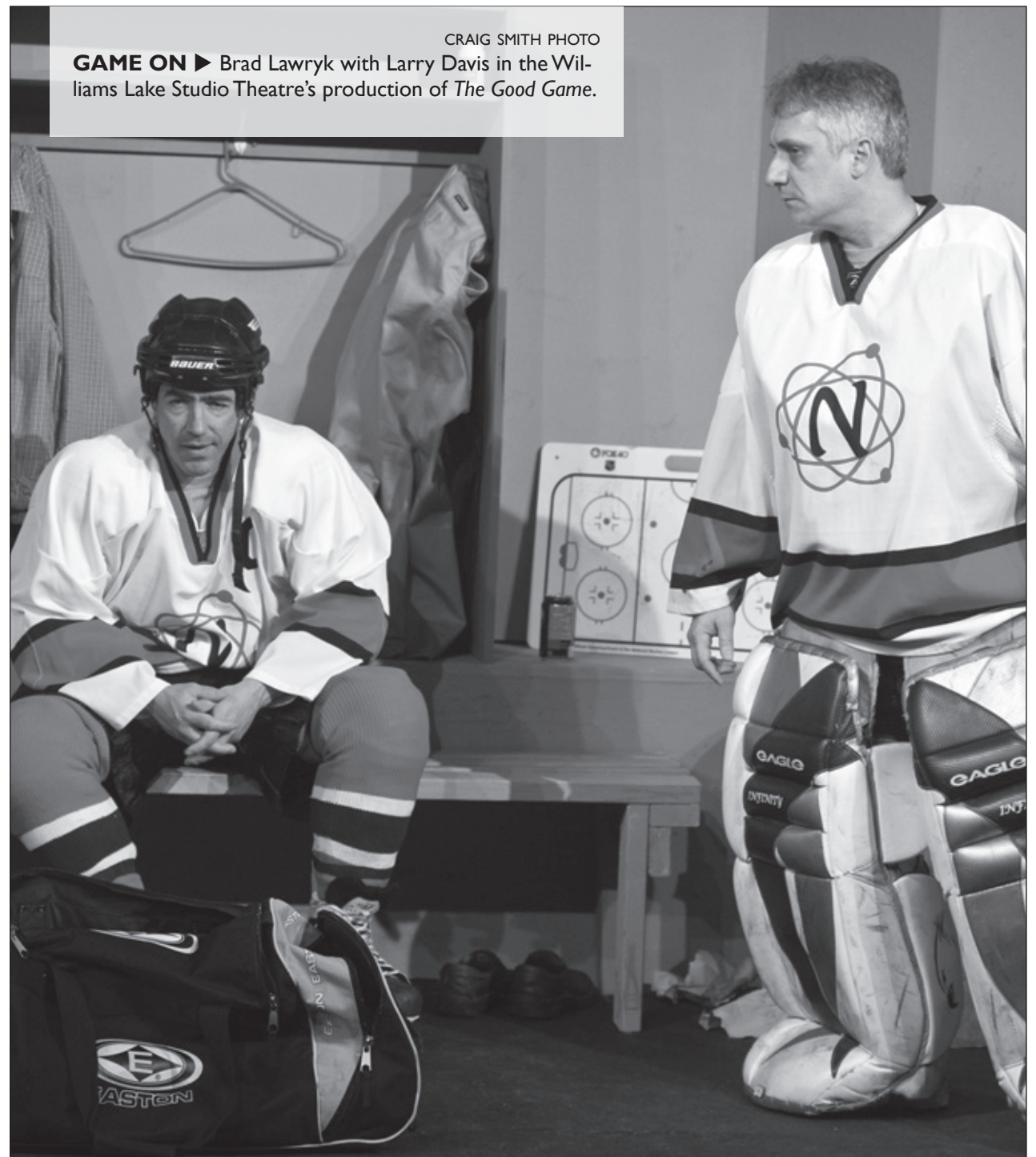
One of Brad's latest projects to launch has been the Laughing Loon Pub's website.

Brad also donates his time and talent to maintaining the Studio Theatre's website, keeping it updated with all that is theatrical. Web design is an artistic talent that keeps this business professional busy at work and with volunteering his time.

Brad is married with children, who are also a big part of his life, and when he's not at a lacrosse game he has his kids and wife by his side at the theatre. His wife, Rae, is producing his upcoming play, which is on stage in the first week of November.

When Brad is not at the Theatre or coding a website, he can be found watching the Saskatchewan Rough Riders. "They are like family to me," states Brad. "They are a big part of my life. I grew up going to the games."

When asked about what the future holds,



CRAIG SMITH PHOTO
GAME ON ► Brad Lawryk with Larry Davis in the Williams Lake Studio Theatre's production of *The Good Game*.

he stated that he wants to look at getting an improv group started up.

"I also want to get back on stage, and I have a list of plays I want to direct," Brad says with a smile that tells you that this artist has been bit by the theatre bug.

In his spare time he reads a lot of scripts and never stops thinking of the future.

Artist of the month, Brad Lawryk, doesn't have to wear a goalie's mask, a pound of stage makeup, or sit behind a computer screen or in a director's chair to be a man of many talents. This man, unmasked, is a truly great, well rounded guy.



CRAIG SMITH PHOTO
POND PLAY ► Brad Lawryk with Sandi Alaric in the Williams Lake Studio Theatre's production of *On Golden Pond*.

Wespeak

When Craig was about eight, his mother spent hours making him up as a mummy for Halloween.

The many masks that we wear every day

Whether at work or at home, we keep masks on most of our lives

The mask issue of *The Stew* is not just about the physical masks that people wear, but also the metaphorical ones that we wear all of the time. In order to see the masks that we wear every day we have to start by looking in at ourselves and who we are and what motivates us to wear masks. It takes a lot of self reflection and brutal honesty to see our own masks.

The business and public relations mask is probably the one most often worn. We put on a smile and head off to work or that early morning meeting, but is what we present to others the real us? Is it possible to be congruent in our words and actions if we are not genuine with our mask? In order to build the relationships that are so important in not only doing business but in building a community, the mask must be genuine and sincere.

This is not to say that self restraint and diplomacy should not be used and that words should not be censored and well thought out. Our business mask must be not only genuine but professional and respectful as well.

The mask that we wear on



vacation or while out enjoying recreational activities can be different, and usually is, from the business mask. Knowing and seeing someone outside of the work place can often be quite an eye opener as the mask changes and people see a different side of us.

This does not mean that it is bad, just maybe different. The recreation mask may be more competitive or more exuberant; it may represent a different type of passion or side of a personality that is not seen during the work

week.

Who we are as people are integrated elements into our daily masks. The key is to know ourselves and how we present to others and ask ourselves if we are the person who we want to be and want others to see, or if our mask is fake and, in the true sense of the mask, a cover or the real me?

Even though the idea of a mask at all may sound fake, if we stop and think about how we present ourselves, brand our businesses and market our products, they are all

forms of deliberately formed pictures of what we want people to see. The mask is no different for us personally; we show the world what we want it to see.

Making sure that our masks show the real person and the best possible qualities of our selves is an ongoing project in personal development and self reflection.

Everything is about context and how we wear our masks is no different. In sports, masks are worn for protection. In some cases masks are used as part of

masquerading entertainment, and even as disguise. At Halloween masks are a huge part of appearance alteration, and elaborately constructed to fool and trick, as well as entertain.

We hope that our masks are beautiful, entertaining and represent who we really are and our commitment to our readers and community. It is with pleasure that we present another issue of *The Stew* and our hope that you bear with us as we strive to learn and grow the business together.



SPEAK

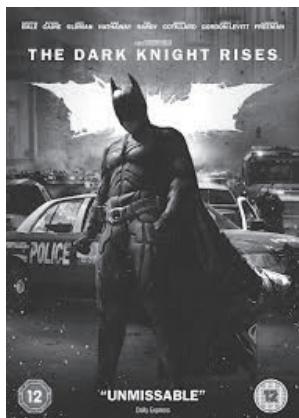
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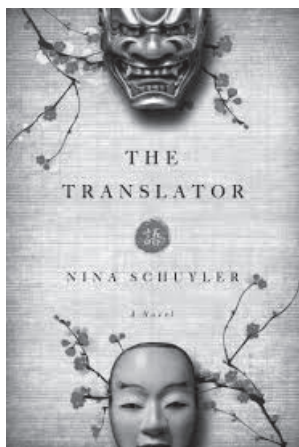
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Masks in film and literature at CRDL



Batman: The Dark Knight Rises (2012) [videorecording]

Masked avengers, anyone? It has been eight years since Batman vanished into the night, turning, in that instant, from hero to fugitive. As reviewer Lou Lumenick comments in the Washington Post, "Christopher Nolan's dramatically and emotionally satisfying wrap-up to the Dark Knight trilogy adroitly avoids clichés and gleefully subverts your expectations at every turn." And Bane, the masked terrorist, has to be one of the horrifying villains in contemporary cinematic history.

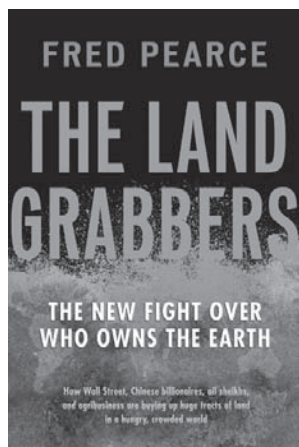


The Translator: A Novel (2013)

Schuyler, Nina

This recent novel received a starred review in Booklist. As a translator, Hanne Schubert believes in language—its power to convey and emote, to create common ground and bridge gaps in understanding. After a serious fall, Hanne awakes to find she can speak only one

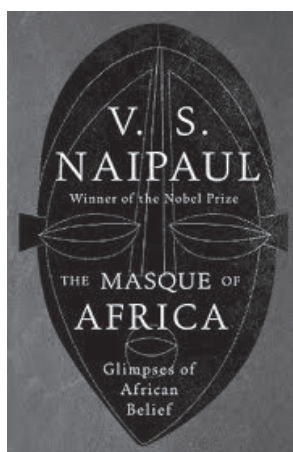
of her many languages, Japanese. With her personal life at a crossroad, Hanne leaves for Japan. There, the Japanese novelist whose work she translated stunningly confronts her publicly for sabotaging his work. Reeling, Hanne struggles for meaning and seeks out the inspiration for the authors novel, a tortured, chimerical actor, once a master in the art of Noh theater. Through their passionate and intriguing relationship, Hanne begins to understand the masks she has worn in her life, just as the actor dons the masks that have made him a legend of Noh. A searing and engrossing novel.



The Land Grabbers: the new fight over who owns the Earth (2012)

Pearce, Fred

Pearce sets out to expose the 'land grab' taking place around the world and how corporate and governmental promises about the benefits of development are masking environmental and social destruction and the transfer of wealth out of host countries. Kirkus Reviews summarizes *The Land Grabbers* as "a well-researched, informative and accessible look at important economic and agricultural issues," while the Washington Post hails it as "a powerful piece of journalism that illuminates how the drive for expanded food production is transforming the planet."



The Masque of Africa: glimpses of African belief (2010)

Naipaul, V. S. (Vidiadhar Surajprasad)

Editorial Reviews
From Booklist

Naipaul's book about the 'nature of African belief' is expression of the author's long-held fascination. Erudite but not scholarly, it could be called a travelogue with dialogue; as he visits or revisits Uganda, Nigeria, Ghana, the Ivory Coast, Gabon, and South Africa, he speaks with a wide range of people, from diplomats and royalty (being a Nobel-list grants him greater access than most), to politicians and businessmen, to academics and medicine men. African novelist Amnatta Forna observes, "Naipaul gets it. He is dry, often irked, sometimes enraged....But he is also patient (not a trait often associated with him), engaged, funny, self-reflective and thoughtful...in writing shorn of excess....he has a wicked way with syntax...*The Masque of Africa* is a

book for outsiders, for those who may never visit Africa or may know it only superficially. But it is also a book in which Africans themselves may find something to learn."



Saving Face : the art and history of the goalie mask (2008)

Hynes, Jim

Who was the first goaltender to wear a mask in a game? Who was the last to go without one? When did goalies start painting their masks? *Saving Face: The Art and History of the Goalie Mask* looks at the development of the mask from its earliest days as a rudimentary face-saving device to its current high-tech design, bullet-proof construction and cutting-edge artwork.

Saving Face is a visual journey, too. More than 150 historic and modern photos, including 30-plus full-page shots of some of the most famous masks ever created, support a text that weaves the tale of the mask's development.



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You, Me and We



Caraline Derksen
Alphabet Soup



Cathie Hamm
Behind The Curtain

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hear

According to folk rocker Stephen Stills,

"If you can't be with the one you love, love the one you're with."

Sunshine and Rainbows

BY LAURA KELSEY

Life is about more than hiding behind a mask of sunshine and rainbows. Art, creation is everything in its different forms, shape-shifting like riverbank sand erosion still leads to silt building islands, supporting life, regardless of colour and taste the experience substantiates existence and, although the dirt may be black, it offers green hills.

Remember you and I is us

So your significant other has different ideas and you know he or she is completely wrong and you just have to make him or her see the error of their ways. After all, you are right and they just have to see that they are completely off base and everything will work out if they just get over themselves.

But will it? And is he or she really the one who has to just get over themselves?

When there are two people in a relationship there are two people who bring completely unique and distinct personalities into the equation. The fact that you have found common interests and goals together, and formed a relationship, means that you also came together appreciating each other for your own individualities, flaws and all.

"To be fully seen by somebody, then, and be loved anyhow — this is a human offering that can border on miraculous," says Elizabeth Gilbert in *Committed: A Skeptic Makes Peace with Marriage*.

And with that understanding of the imperfect nature of the human state we can't expect to be with someone and mold them into what we want them to be.

"The best you can hope for in a relationship is to find someone whose flaws are the sort you don't mind," says Scott Adams in *God's Debris: A Thought Experiment*. "It is futile to look for someone who has no flaws, or someone who is capable of significant change; that sort of person exists only in our imaginations."

Where things break down is when we forget to fully see each other and just look at our

You, Me and We

By Gina Mawson



partner for what we believe they should be fulfilling in our lives. Suddenly the little things become enormous and unbearable, and the expectations become tantamount to ultimatums.

We forget that we are supposed to be giving to each other and supporting each other so that our combined lives can be complimentary gifts to each other. We forget that we are supposed to be part of a team. We stop showing each other how important and vital we are to each other, and start taking each other for granted.

So, how does one be a team player in the game of love? How does one step up to the plate and take one for the team? A person can do that by stepping back, taking stock, and deciding what action or reaction (depending on the situation) will be of the most benefit to the team.

Sometimes that means letting go of our own egos and our own wish list and realizing that something might be really important to our partner and their happiness is tied into whatever that might be.

This does not mean that there won't be differences of opinions or times when tempers flare, because we can't expect perfection. Or rather, the point is, we should not expect perfection. We didn't fall in love with perfection; we fell in love

with a person who was right for us and who made us feel happy, special, and loved. And hopefully we are able to return those things in a mutual way.

So when arguments happen and sparks fly, remember that there is strength to be found in difficulty and triumph to be found after a resolution of conflict. When a football team enters the stadium they don't do so as individuals but rather as individuals with specific roles to play out in order to benefit the team.

And I have seen football games. Sometimes they aren't pretty and things don't go as planned out, but I have also seen a team achieve a glorious win made even more glorious by the fact that many hurdles, mistakes, and conflicts were overcome when they played to each of their teammates strengths rather than focusing on weakness. A quarterback has a great appreciation for an offensive lineman and vice versa, because together they get the job done.

Whatever we face in life, when we face it as a team and face it knowing the value in the individual as part of the team, we can achieve glorious victories in our relationships that bring tremendous joy to each other.

Gina Mawson is a counsellor at the Women's Contact Society

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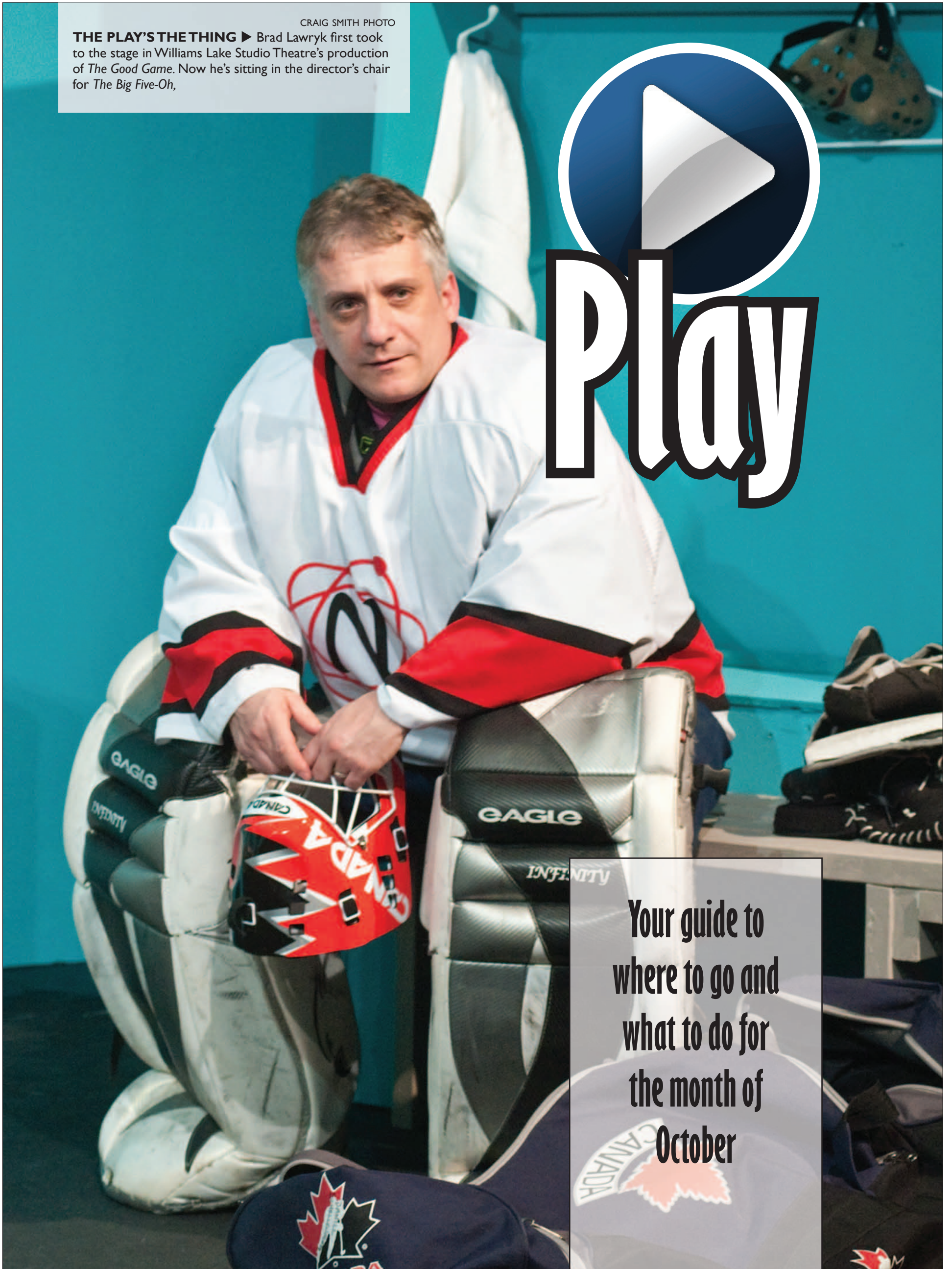
CRAIG SMITH PHOTO

THE PLAY'S THE THING ► Brad Lawryk first took to the stage in Williams Lake Studio Theatre's production of *The Good Game*. Now he's sitting in the director's chair for *The Big Five-Oh*,



Play

Your guide to
where to go and
what to do for
the month of
October



play

OCTOBER 2

Williams Lake

- Library Program, Baby & Me for Caregivers from 10:05am – 10:25am.
- Library Program, Toddlers too from 10:30am – 11am.

• Auditions for Glen-Garry Glen Ross at the Studio Theatre in Glendale 7pm

Quesnel

- Live Arts, Montreal Guitar Trio, infectious humor and solid ensemble playing, at Chuck Mobley Theatre starting at 7:30pm.

OCTOBER 3

Williams Lake

- Library Program, Wii Games for Kids, 3:30pm – 4:30pm.
- Garden Club, Information on Forcing Bulbs, starting at 7pm. Drop in fee \$2. Contact Charlene at 250-392-2699.

Quesnel

- Fruitvale Station at Carib Theatre 6:30pm 250-747-7422

OCTOBER 4

Williams Lake

- Library Program, Story Fun Time 10:30am – 11:15am.

- Williams Lake Street Market, Downtown in spirit square from 2pm-9pm.

- Williams Lake Farmers Market from 8:30am – 2pm at Boitanio Park.

- Opening Reception at Station House Gallery

- 1st Annual Cariboo Chilcotin Early Years Conference at TRU Oct 4&5 for more info Call CCRR 250-392-4118

- Auditions for Glen-Garry Glen Ross at the Studio Theatre in Glendale 7pm

OCTOBER 5

Williams Lake

- Ducks Unlimited Banquet and Auction at the Horsefly Community Hall, celebrating 25 years in Cariboo. Tickets \$35, call Allison 250-640-3452.

- WL Stampeders vs. LLH Tomahawks 7:30pm at Cariboo Memorial Complex

- OAPO Pancake Breakfast at the Seniors Activity Centre 8:30am followed by bingo at 12pm

100 Mile

- SPCA Dinner Auction, Valley Room with dinner at 6pm and auction at 7pm. Tickets \$25 at Total Pet, Lakeland Vet Clinic and Donex. Call 250-395-5303.



OCTOBER 6

Quesnel

- Women's Fall Challenge, Half-Marathon, or 10k/5k walk and run. Ages 6 and up, register at the Quesnel and District Recreation Centre.

OCTOBER 8

Williams Lake

- Computer Classes / Training at Williams Lake Library. Learn Basic Computing skills. Preregistration is required. Call 250-392-3630 or come to library.

OCTOBER 9

Williams Lake

- Library Programs, Baby & Me for Caregivers, Toddlers Too, 10am – 11am.

OCTOBER 10

Williams Lake

- Library Program, Baby & Me for Caregivers from 10:05am – 10:25am.

- Library Program, Toddlers too from 10:30am – 11am.

- National Film Board Presentation – People of Kattawapaskak River at the Williams Lake Longhouse 7pm.

- Williams Lake Street Market, Downtown in spirit square from 2pm-9pm.

- Williams Lake Farmers Market from 8:30am – 2pm at Boitanio Park.

OCTOBER 11

Williams Lake

- Library Program, Story Fun Time 10:30am – 11:15am.

- Williams Lake Farmers Market 9-2pm at Boitanio Park

OCTOBER 12

Quesnel

- Tillicum Pow Wow, at Quesnel Friendship Centre. Contact 250-992-8347.

- Thanksgiving on the Bowron Lakes with the Blackwater Paddlers, Paddle out to Pat's Point. Contact 250-992-9143.

100 Mile

- Horse Lake farm and co-op and agriculture Local Harvest Dinner, at the Valley Room, 5pm, Tickets \$40.

OCTOBER 16

Williams Lake

- Library Program, Baby & Me for Caregivers from 10:05am – 10:25am.

- Library Program, Toddlers too from 10:30am – 11am.

OCTOBER 17

Williams Lake

- Library Program, Wii Games for Kids, 3:30pm – 4:30pm.

- National Film Board Presentation – People of Kattawapaskak River at the Williams Lake Longhouse 6pm.

- Williams Lake Street Market, Downtown from 2pm-9pm.

OCTOBER 18

Williams Lake

- Library Program, Story Fun Time 10:30am – 11:15am.

Stampede Vs.

- Quesnel Kangaroos 7:30pm at the Cariboo Memorial Complex

OCTOBER 19

100 Mile

- Lac La Hache Oktoberfest, at the Community Hall, tickets \$25 at WL Chamber. Games, Door Prizes, Yodeling and more.

- Stampede Vs. Quesnel Kangaroos 7:30pm at the Cariboo Memorial Complex

OCTOBER 20

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play



OCTOBER 22

Williams Lake
• Computer Classes / Training at Williams Lake Library. Learn Basic Computing skills. Preregistration is required. Call 250-392-3630 or come to library.

• Williams Lake Camera Club, meeting at 6:30pm in the Great Room at the Central Cariboo Arts Centre. Cathie Wright at cewright@xplornet.ca

OCTOBER 23

Williams Lake
• Library Program, Baby & Me for Caregivers from 10:05am – 10:25am.

• Library Program, Toddlers too from 10:30am – 11am.

Quesnel

• Live Arts, Woody Holler Orchestra, Folk – Jazz creating western swing style described as jass from the saddle. Chuck Mobley Theatre at 7:30pm.

OCTOBER 24

Williams Lake
• Library Program, Wii Games for Kids, 3:30pm – 4:30pm.

• National Film Board Presents – Buying Sex at Library Program Room at 7pm.

OCTOBER 25

Williams Lake
• Library Program, Story Fun Time 10:30am – 11:15am.

OCTOBER 26

Williams Lake
• Women's Contact Society Annual diamond Dinner at Signal Point Restaurant tickets available at the Child Development Center or the Women's Contact Society

OCTOBER 30

Williams Lake
• Library Program, Baby & Me for Caregivers from 10:05am – 10:25am.

• Library Program, Toddlers too from 10:30am – 11am.

OCTOBER 31

Williams Lake
• Annual Halloween fireworks at the Stampede Grounds.

• Library Programs, Wii Games for Kids, 3:30pm – 4:30pm.

• Coin Drive, Operation Smile, Bring donations to WL District Credit Union and Help give a child a brighter future.

Quesnel
• Barkerville Ghostly Halloween Town Tour all day event, haunted house,

NEW ON DVD & BLU-RAY	RELEASE DATE
Contractor, The	1-Oct
Croods, The	1-Oct
Donkey Kong Country - Raiders of the Lost Banana	1-Oct
English Teacher, The	1-Oct
Fright Night 2	1-Oct
Frozen Ground, The	1-Oct
Glee Season 4	1-Oct
Language of a Broken Heart	1-Oct
Return To Nim's Island	1-Oct
Scooby-Doo and the Snow Creatures	1-Oct
This Is The End	1-Oct
Wizard of Oz 75th Anniversary	1-Oct
After Earth	8-Oct
Berlin Job	8-Oct
Curse of Chucky	8-Oct
Hangover: Part 3, The	8-Oct
Horses of McBride	8-Oct
Monster High: 13 Wishes	8-Oct
Much Ado About Nothing	8-Oct
Nothing Left To Fear	8-Oct
Purge, The	8-Oct
Six Million Dollar Man, The: Season 4	8-Oct
Stuck In Love	8-Oct
Tad The Lost Explorer	8-Oct
Black Rock	15-Oct
Conjuring, The	15-Oct
Defiance: Season One	15-Oct
Heat, The	15-Oct
Maniac	15-Oct
Shrek The Musical	15-Oct
Vikings - The Complete First Season	15-Oct
Barbie & Her Sisters in A Pony Tale	22-Oct
Before Midnight	22-Oct
Brotherhood	22-Oct
Dead in Tombstone	22-Oct
I Give It A Year	22-Oct
Internship	22-Oct
Only God Forgives	22-Oct
Pacific Rim	22-Oct
Spawn	25-Oct
Bounty Killer	29-Oct
Byzantium	29-Oct
Cody The Robosapien	29-Oct
Down The Shore	29-Oct
Molly Maxwell	29-Oct
Monsters University	29-Oct
R.I.P.D.	29-Oct

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Don't mask the pain

Athletes that play through injuries are often applauded and admired because they are sacrificing themselves for their team, but the short term effects of this sacrifice may lead to a long term problem and chronic pain.

Treating patients that have acute pain through over-the-counter and prescription medications is not the 'best medicine' because it often masks a more serious problem and does not address the source of the pain.

In reality, some anti-inflammatory medications such as corticosteroids can be detrimental if used regularly, and many people do not realize that. Either that or they don't want to know. They only see



the short term effect and that the medication they are using will help them get through their next game or eight hours at a desk.

Acute pain from a sports related injury or from shoveling snow can manifest as a chronic problem if not taken care of. Merely masking the problem with a drug will not make it go away.

Pain relievers such

as Advil, Tylenol, or Aleve used to mask injuries take away the body's sensory receptors for pain. Regular use can leave the person worse off in the long run, leading to chronic musculoskeletal disorders.

Whether you are an athlete or an accountant, whether your pain is physical or mental, covering up pain with medicine can be detri-



mental or even deadly. Patients come to me with pain because that is the kind of practice I have. I help people take care of their pain and if I can't help, I send them to someone that can.

I will give you a perfect example of why masking long term pain is not a good idea. I had a 68-year-old male patient with a history of low back pain. He had the pain for two months and, like most of us, he took Advil and ignored it until his wife made him an appointment

with me. After taking his history, I decided not to treat him until I got some x-rays and some blood work. Something told me that it was more than mechanical low back pain. I also asked him to get into his regular doctor for a second opinion. Two days later, he returned to my office. I did not have his x-ray report yet but he was carrying a copy with him. We sat in my treatment room before I looked at the report and he told me the results.

His MD told him he

had Stage 4 cancer that had spread to his bones and he had about six months to live.

I was in tears as he told me not to fret, he had had a good life. He did say that had he not ignored his pain or masked it with the medications, he may have had longer with chemo and radiation therapy.

So, as you can see from the harsh reality of my story, masking pain with medications is not the best idea. You could be covering up something far worse than you can imagine.

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Steam helps you share games with friends and family

For the most part, I plan to dedicate this space to looking at console gaming for one pretty important reason — all consoles of a certain type essentially have the same specs. If you have an Xbox 360, for example, it's going to be pretty much the same as all Xbox 360s, and you can be fairly confident that a game will play the same on your Xbox 360 as it does on every other Xbox 360.

PC gaming doesn't work that way. PC gaming requires you to check for minimum requirements and for recommended requirements. You need to make sure your drivers are up to date, and you may have headaches trying to get older games running on new operating systems.

But I want to take about PC gaming for just a second, because Valve, the company behind the game sales and distribution service *Steam* had some interesting announcements this month.

First, if you're a PC gamer and you're not familiar with *Steam*, you really should be. It's a great way of keeping all your games consolidated in one place, plus you'll find regular sales on games available



through *Steam*, allowing you to pick up some great titles at some crazy low prices.

And soon, if you have a game collection on *Steam*, you'll be able to share those titles with your friends and family. The program, which is currently in beta testing, allows *Steam* members to share their game library with up to ten other *Steam* members, allowing people to let their friends and family try out their titles before they drop their own money on them.

Unfortunately you won't be able to play the games *with* your friends. Friends can only access your account if you aren't already using it, which could prove to be a sizey limitation, but who knows where a feature like this could go in the future, and the idea behind it is definitely solid.

Beyond the friends

and family sharing, Valve also announced their own Linux-based operating system, their own *Steam Box* gaming hardware, and a unique gaming controller designed for living room PC gaming. But I'll have to talk about those things another time.

Alright, let's look at some of the big releases for October. And there are some big ones, as we approach the holiday season.

Sports fans can look forward to **NBA 2K14** releasing on October 1 for Windows, Playstation 3, Xbox 360, and iOS. Those looking to get fit can pick up **Zumba Fitness World Party** on October 15 for the Wii, WiiU, and Xbox 360.

Kids (and the younger at heart) will likely be glad to hear that the next *Pokemon* title will be available on October 12. Gamers who want to 'catch 'em all' can pick up **Poke-**

mon X and Y for the Nintendo 3DS.

If superheroes are more your thing, **Batman: Arkham Origins** arrives for Windows, Playstation 3, WiiU, and Xbox 360 on October 25. The *Marvel Universe* will arrive as a virtual playground in **LEGO: Marvel Superheroes** on October 18. You'll be able to play it on Windows, Nintendo DS, Nintendo 3DS, Playstation 3, Playstation Vita, WiiU, and Xbox 360.

Take your music gaming to the next level with the 2014 edition of **Rocksmith**, which will (according to the game's claims) actually teach you how to play the guitar. Assuming, of course, you put in the necessary time and

effort. *Rocksmith* will arrive on Windows, Mac OS, Playstation 3, and Xbox 360.

The saga of the assassins continues with this year's pirate-flavoured entry in the franchise: **Assassin's Creed IV: Black Flag**. It will land on October 29 for Windows, Mac OS, Playstation 3, and Xbox 360.

Finally, FPS fans won't have to wait for next month's *Call of Duty: Ghosts* release to get their fix. **Battlefield 4** arrives on October 29 for Windows, Playstation 3, and Xbox 360.

Other notable releases: *Beyond: Two Souls* (10/08), *Just Dance 2014* (10/08), *Sonic Lost World* (10/22), *Angry Birds Star Wars* (10/29), *Pac-*

Man and the Ghostly Adventures (10/29), *WWE 2K14* (10/29)

What have I been playing lately? I haven't been able to pick up a copy of *GTA V* yet, so I've been going through my collection and finishing up the games that I haven't made it through already. So far, I've managed to finish *Skyrim*, *Mass Effect 3*, and *Max Payne 3*. Currently, I'm working my way through the very, very good *Bioshock Infinite*.

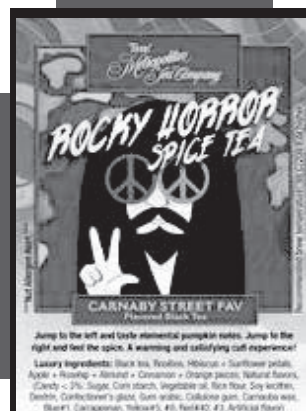
What have you been playing lately? Hey, let's do that social media thing. What games have you guys been playing lately? Shoot me an email at todd@thestew.ca or maybe post something cool on our Facebook page.



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If you're interested in getting involved with local theatre, auditions for *Glengarry Glen Ross* will be held on October 2 and 4 at 7 p.m. at Glendale School.



CRAIG SMITH PHOTO
OLD-SCHOOL STAGECRAFT ► An ancient amphitheatre in Athens

The comedy and tragedy of the local theatre

BY CATHIE HAMM

Everybody knows the symbol of the two masks associated with theatre: the smiling and the frowning faces. They are the symbols of the ancient Greek muses, Melpomene, the muse of tragedy, and Thalia, the muse of comedy. They represent the two types of drama that are the basis for all modern theatre.

These classic Greek forms are mirrors of each other; tragedy depicts the downfall of the central character of the story, while comedy shows the rise in fortune of the protagonist.

In modern times, we could say that there are essentially two types of plays, those with sad endings, and those with happy endings, and we would be holding true



Behind the Curtain
By Cathie Hamm

to the ancient ideals of drama.

The Williams Lake Studio Theatre is our local drama club, an amateur theatre group made up of a wide variety of people with just one thing in common: they all love to put on plays. What does this have to do with the Greek muses? Just the love of theatre.

According to Mary Carol Herwood on Yahoo Contributor Network, "Thalia's goals

are to breathe life into Theatre and to inspire and encourage others to express and develop the creative and dramatic sides of their personalities in order to enhance their experience there.

"She seeks always to bring out the humor and drama in life's situations. Often this is expressed with clowning and role play."

The Studio Theatre is always encouraging its members and everyone in the community to

develop their creative side. Putting on a play involves a large team of people with many different skills, including marketing and graphic design, accounting and balancing budgets, construction and set design, painting, sewing and creating costumes, to lighting, sound and other mysterious technical things that get done.

We welcome anyone who wishes to help put on a play, with any level of participation, from construction to make-up, lights, and, yes, being on stage.

Regardless of what you do, expression and clowning around are encouraged. All you have to do to join is to let us know, either by email (wlstheatre@gmail.com), on our web site (www.wlstudiotheatre.com), or like us on

Facebook.

If you are even mildly curious about how the society operates, everybody is invited to our Annual General Meeting on October 21 at 7:00pm at the Theatre at the former Glendale School.

And yes, the latest chapter of WLST's off-stage drama is a comedy with a very happy ending! We are staying, at least for now, in our present location.

For those who don't know, we were at risk of being homeless when the decision was made to close the school, but thanks to School District 27, we have signed a one year lease. Our space has expanded to include the whole wing of the school, including the office and basement. We have made it ours, complete with a fresh

new look. Again, the AGM is the ideal time to come and see.

Of course, the most important people in the Theatre are the audience. If all you want to do is sit back and enjoy a play, please come and do so. There is a great line-up this season, starting with *The Big 5-O*, a very funny comedy (in both the most modern and the ancient sense), from November 6 to 9 and 13 to 16 at 8:00 p.m. at the Theatre. The current season will also include *Glengarry Glenn Ross* (January 29 to February 1 and February 5 to February 8, *Urinetown* (March 26 to March 29 and April 2 to April 5) and *Sense and Sensibility* (April 30 to May 3, May 7 to 10, and May 14 to 17). Come and help us play!

eat

A new city bylaw in Williams Lake allows residents to keep their own chickens on their property. Fresh eggs!

The importance of wearing the chef's masks

"Look down!" he said, in his now familiar German accent, slurred from hours of drinking.

As I looked towards the floor, my Chef — aka 'The Boss' — leaned in closer to my ear, which he did regularly for added effect.

"Your apron...it's filthy!" he hissed.

As my gaze shifted downward to my apron, I noticed that it was, indeed, stained from the hours I'd endured in his kitchen before my in-laws arrived for dinner. And here I was, standing in front of them in what should have been a proud moment.

My father-in-law came to my defence "It just shows he's been working," he stated

Out of the Fridge

By Brice O'Neil



matter-of-factly.

Not missing a beat, the reply came "Any @\$\$-h*le can go into the back and rub stuff all over his apron to make it *look* like he was working." He shifted his gaze in my direction. "Go in the back and change!"

That was my introduction to wearing the 'Chef's Mask'. Have you ever wondered why Chefs wear white? You'd think that with

all of the sauces, boil-overs, every possible array of staining, airborne food, and the occasional frying pan flying past your head, we'd wear dark colours. Well, truth be told, it's simply because it looks clean. And clean is important if you are selling food to the public.

We chefs wear our masks not only on our face when we smile at the customer, even though we hurt bad

enough to cry, but on our body as well. A nice, clean, white jacket and clean apron says, "Hey that's awesome. He looks clean and it's okay to put stuff he gives me inside my body (yes, you can insert a joke here)."

Since this is after all a food column, I thought I would give a few tips and tricks of the trade. They may seem simple, but you would be amazed how these easy-to-do things can make a world of difference in the quality of your cooking.

So let's start with the simplest thing I know. **How to make a perfect boiled egg.**

What, you may ask, is so hard about that?

How many times have you cracked off

the shell only to find a black ring around the beautiful yellow yoke? Or worse yet, it's slimy and not cooked through?

Here's the trick. Start the egg in COLD water. Turn up the heat on high. Bring it to a boil then turn down the heat until no bubbles are present. Yes, that means below a simmer. So basically it's sitting in really hot water. Set your timer for 12 minutes exactly and when the time is up immediately run under cold. I put the pot in the sink and turn on the cold water tap and run until you can grab it comfortably.

This takes a few minutes, so be patient. Trust me. The salmon

will forgive you for wasting water because you are, after all, making better food.

Now that you've made the perfect boiled egg, you can make things such as deviled eggs in an array of flavours including everything from curry to smoked salmon. A simple egg salad sandwich goes like this. Two eggs mashed with a fork, one tbsp. of mayo, salt & pepper to taste. Add some finely minced dill pickle and a pinch of onion powder. Mix it up, slap it on two slices of your favorite bread and enjoy.

Join me next time for more stories, tips, and tricks from "Outside the Fridge".

info@newworldcoffee.ca

The Impact of MENTORING on Williams Lake's Youth



What if every child in Williams Lake ...

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MAGAZINE

It's food for thought

Craig and Christa Smith

New owners of The Stew

hear

The last studio album from Nine Inch Nails was *The Slip*, released in 2008.

Heavy metal leads the pack of September releases

Well, summer's over and — BAM! — we're all runnin' around like enraged zombies chasing a choir. (*World War Z* anyone? Don't bother, it was terrible.) I dunno about you, but I've been ridiculously busy. And there's been so much music! So much awesome music! On with the music!

Since fully abandoning their original heavy metal-core style in favour of a more hard rock, riff-based approach to metal, **Avenged Sevenfold** have released their second #1 on the Billboard Hot 200 album chart and their third top 10. And it's not just #1 in the US; also in Canada, UK, Brazil, Ireland and Finland, and top ten in nearly a dozen other countries.

Hail To The King is metal for the masses. The 80s and 90s metal scene influences like Guns & Roses, Metallica and Slayer can't be missed. 'Doin' Time' is a relentless freight train



of a headbanger. 'This Means War' follows as a groovy stomp-along. And 'Crimson Day' could very well take the Power Ballad of the Year award.

If you like some good heavy music and aren't one of the haters from the death metal forums online, you can't go wrong with this album.

If you have been looking down your nose with disdain at A7X, you'll probably appreciate **Carcass's**

first release in 17 years. *Surgical Steel* could very well be the greatest comeback album any band has ever done. Ever.



After nearly 20 years they still stand on top of their game, slaughtering the posers with the most brutal riffs and the goriest lyrics you can barely understand.

As 'Thrasher's Abattoir' declares, "this is poserslaught." So if you think you might like some heavy metal, this album is not for you.



Strangely enough, no one ever looks at **Gwar** with disdain. Sometimes horrified confusion. Sometimes fear for the state of the world. Some just shake their heads and say, "Kids these days." But no one scoffs at the alien metal band for fear of the



wrath of the vile imagination of lead throat-thumping Oderus Urungus.

With song titles like 'Torture,' 'Raped At Birth' and 'Triumph Of The Pig Children' on the new album, you probably still can't imagine the unrepeatably lyrical content contained therein.

Battle Maximus is the first album since the Flattus Maximus returned to the cosmos to be replaced with Pustulus Maximus, but Pustulus is stepping up to fill the giant mutant shoes of Flattus well. This album begins a new era in the musical career of these metal monsters.

In other news, Gwar may actually reach super-stardom if the petition currently circulating the internet gets enough signatures. The (easily googleable) petition begs the NFL to give Gwar a spot in the 2015 Superbowl Half-time Show.

As of writing this, there's currently nearly 39,000 signatures, needing little more than 11,000 more to make the whole thing official. So if you wanna see something that'll give big media far more to talk about than a split second nip-slip that needs 20x magnification and a team of scrutinizers to make it out, go sign this thing and let Gwar step on stage.

I dunno why I started with all the metal reviews. I guess I got excited. Well, what else? How about the most

anticipated album of the month? Four tracks from the album were released ahead of *Hesitation Marks*, the first new studio album from **Nine Inch Nails** in five years.



The first major single got a music video directed by David Lynch but was otherwise a rather unexceptional NIN track. The next few releases kindled my expectations of the album nicely until the day 'Everything' debuted on NPR. The song shocked and horrified critics and fans alike.

Not that it was a bad song. Quite the contrary actually; it's a great pop rock song. If anyone other than Nine Inch Nails had released it, it would have been the greatest thing since alternative rock. But alt-rock is off limits for Nine Inch Nails, as far as their fans are concerned.

Aside from the debatable merits of that one song, this album is friggin' awesome! It reaches back to the days of *Year Zero*, with all the social commentary intact. 'Copy Of A' is a product-of-my-environment song while 'Came Back Haunted' is about alien (or maybe government) abduction.

And with all the being watched in 'Satellite' and all the nowhere to hide in 'Running,' listening to this album will make you as paranoid as watching an episode of the nightly news.

This stellar, new, 28th addition to the catalogue of Halos is phenomenal and already has me holding my breath for a remix album.

Speaking of remix albums, ya know who just released a really good one? **Puscifer**. *All Re-Mixed Up* is such a direct remix of *Conditions Of My Parole* that it has exactly the same tracklist (except, obviously, that they're remixes). While many of the remixes are subtle, they are all worth it.



Sir-Mix-A-Lot injects some bass and a lot of electrics into the country rock boulder that was 'Conditions Of My Parole.' But the coolest remix of all is the de-evolution of 'Man Overboard' from industrial to tribal in the '11AD' remix from Alain Johannes. Puscifer fans shouldn't overlook this album.

And not really a 'remix' album per-se, but **Everlast** has released an album of acoustic versions of deep cuts from his past catalogue. What connection Whitey Ford has with Wes Anderson, Bill Murray or Mark Mothersbaugh is anyone's guess — maybe he's just a fan — but the album is titled *The Life Acoustic* and has a very Steve Zissou-esque image of Whitey on the cover.

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Elton John has been topping the charts for 45 years.



At first glance I was hoping he'd get Seu Jorge and do some acoustic Portuguese covers of 'Ends' or 'What It's Like.' Unfortunately Seu Jorge is not appearing on this album. It's just Whitey and his six-string (and a keyboard that sometimes slips out of its acoustic piano setting).

Most of these songs hold up fine as acoustics but there's really nothing overly spectacular about this album. It's a good album to practice your guitar strumming to; he won't show ya up too much.

For something nearly as acoustic and with a far better and more prominent piano part, try **Elton John's** brand new album, *The Diving Board*. It's written, of course, by Bernie Taupin and Elton John, and produced by T-Bone Burnett, who also produced *The Union* in 2010.



The album is full of good ol' Elton singin' the blues with his piano. Can you ever go wrong with that?

'My Quicksand' is a strikingly powerful memoir and 'Home Again' is a mournful

homesick dream.

The album's not full of catchy hooks, instead it relies on emotion and mood. This is probably the best album to come out of the 60+ age group of rockers this year.

And if an album full of emotional piano ballads isn't calm and quiet enough for ya, you should give a listen, or a nap, to *Tales Of Us*, the new album from **Goldfrapp**.



A concept album of sorts where each song is about, and titled after, a different character, including 'Stranger.' The music on this album is as light as Alison Goldfrapp's breathy voice.

If you put the album on as background music you'll probably forget it's playing, and if you sit down to listen to the whole thing you might fall asleep, but it really is beautiful. Five of the ten songs will eventually get their own videos (one for 'Drew' has already been released) and there's rumours that those might fit together to make some sort of larger film.

Goldfrapp fans will love it, as will anyone

looking for some nice light chamber music.

If none of that's doin' much for ya, you must be looking for the catchy, radio-friendly, alternative rock with bright flashy lights. May I direct your attention to the brand new *Loud Like Love* by **Placebo**?



The critics and Placebo fans are giving this mixed reviews based on the fact that it's not as young and loud and gritty as some previous Placebo albums. But commendations are coming in on a cleaner, brighter, more mature sound.

The first single, 'Too Many Friends' is the sadly all-too-true lament of the social network generation. The title track is the second single, and it's bright and poppy, and your local radio station should be eating it up like cake any day now.

It might not be their best album ever but it has certainly rekindled a more serious interest in the rest of their music, for me at least. Check it out.



If you're looking for something from a farther off in left field, experimental dub / glitch artist **Thriftworks** is offering his latest eight track EP, *Deviation*, up for free (actually it's 'name your price' and all good artists deserve to be paid) on bandcamp.

I first heard of

Thriftworks last year at Shambhala. I really love the downtempo groovy bass and the glitchy stylings that work together to create these unique soundscapes.

It's pretty hard to describe beyond that, but you can stream the whole album before you commit a handful of dollars and / or a few megabytes of hard drive space to the download. At least check out 'Metal Tho' and 'Terminally Chill.' This shit's pretty cool

And if you wanna up the ante on that a little, well then let Mr. **Claude VonStroke** drop a little acid house on your poor trippin' brain.

CLAUDE VONSTROKE : URBAN ANIMAL



Here's another name I picked up from Shamb last year. **Urban Animal** literally just dropped as I was writing, but I was able to give it one full listen, so first listen review: It made me want to dance. Then it made me dance. Then it made me wish I was waaay higher. Then I started trippin' on the tunes anyway. Excellent!

If this one's not on your brick and mortar shelves yet, you can certainly find it in iTunes Store and Amazon.

Well that's what I got around to listening to this month. There was tons of other great music released last month and the next couple months should bring lots more sweet surprises (like a new album from Moby coming up this month).

If I overlooked something you think I shouldn't have, or if you disagree, or if you agree, or for any other reason, drop me a line.

tonesoup@thestew.ca

THE STEW MAGAZINE'S Monthly MIX of Inspirations



MUSIC

Craig Smith: Never Never - Korn
Christa Smith: It's My life - Bon Jovi

FOOD

Craig Smith: Homemade macaroni and cheese
Christa Smith: Spaghetti and corn on the cob

BOOKS

Craig Smith: How to think like Leonardo Da Vinci

Christa Smith: How to Write Fast Under Pressure by Philip Vassallo

QUOTES

Craig Smith: "Painting is poetry that is seen rather than felt and poetry is painting that is felt rather than seen." — Leonardo Da Vinci

Christa Smith: "If you don't like something, change it; if you can't change it, change the way you think about it," — Mary Engelbreit

HOLIDAY OF THE MONTH Make a Difference Day

The fourth Saturday in October

Initiated in 1990, this is a national day is for devoted to helping others by doing volunteer work in the community. The activity can be almost anything.

Millions of Americans participate in community improvement projects. It takes the form of clean-up, fix-up, painting, and repair in poorer neighborhoods, parks and municipal facilities. It doesn't matter what project you take on. It doesn't matter whether you help a non-profit organization, the community, your town, nursing home, a church, a food kitchen, or any other group in need. What matters is that you participate.

Make a commitment to help others for just one day. Make a difference on **Make a Difference Day!**



Craig is not a fan of the new icons in iOS7, though the system as a whole seems to be an improvement

New iPhone is pretty, but a bit of a disappointment

As I stated in my column last month, I'm a gadget and software freak. I love gadgets and have to have anything new as it comes out.

Sometimes my bank account doesn't like it. I bought a CD player when they first showed up in Canada and that cost me over a thousand dollars. The

DVD player was the same, and I think the blu-ray was even more. I had the first iPad in the north and had to drive to the coast to buy it, and have had an iPod since they were invented.

If you see a pattern emerging you are right...I am an Apple addict.

If I was going to do this

properly, I guess I'd have to stand up and say "Hi, my name is Craig, and I am an Apple products addict. It's been 14 months since my last purchase, if you don't include the adapter that I needed to have."

I have owned every iPhone since the first one, but it looks like my addiction might be slightly slowed with this latest versions of the iPhone, namely the 5S and 5C.

The best way to start is to first compare the two new iPhones then see the differences from the iPhone 5. From what I see, there are two major differences between the 5C and 5S. One is the obvious esthetics — the 5s is all metal and comes in silver, black, and gold, while the 5C is plastic and very colourful, available in white, green, blue, pink, and yellow.

The second thing is the



processor or the computer brain of the phone. The 5c has an A6 chip and the 5S has an A7, an M7 motion chip and a fingerprint sensor.

When we are talking differences between last year's iPhone 5 and this year's 5S most of the differences are not obvious or cosmetic. The only viewable difference is the change to the home button, which is now also a fingerprint scanner. This fingerprint is stored internally, so to all the conspiracy

theorists, it is not being transmitted to big brother. All of the other buttons have stayed in the same place.

The rest of the changes are internal. The 5S has a faster processing chip and an advanced motion co-processor. You will see these differences when you are playing games or taking pictures. These enhancements will allow you to play games better and to take and process pictures faster, with little or virtually no lag time.

There are also a few changes to the camera, so not only does it shoot faster, it also allows better images in low light due to an increase in the aperture size.

New to the camera is also a burst mode, a true tone flash (meaning balanced more to daylight), and a slow motion video mode.

In conclusion, yes the iPhone 5S is the best iPhone Apple has put out so far. If you have an iPhone 4 or earlier, it is well worth the upgrade to the 5S.

I have the iPhone 5 and I will be staying with my current phone as there just aren't enough differences for me to justify it in my mind. So I will skip this version and will be counting down the days till March of 2014 when the iPhone 6 is expected to be released.

Only 153 more days.

craig@thestew.ca

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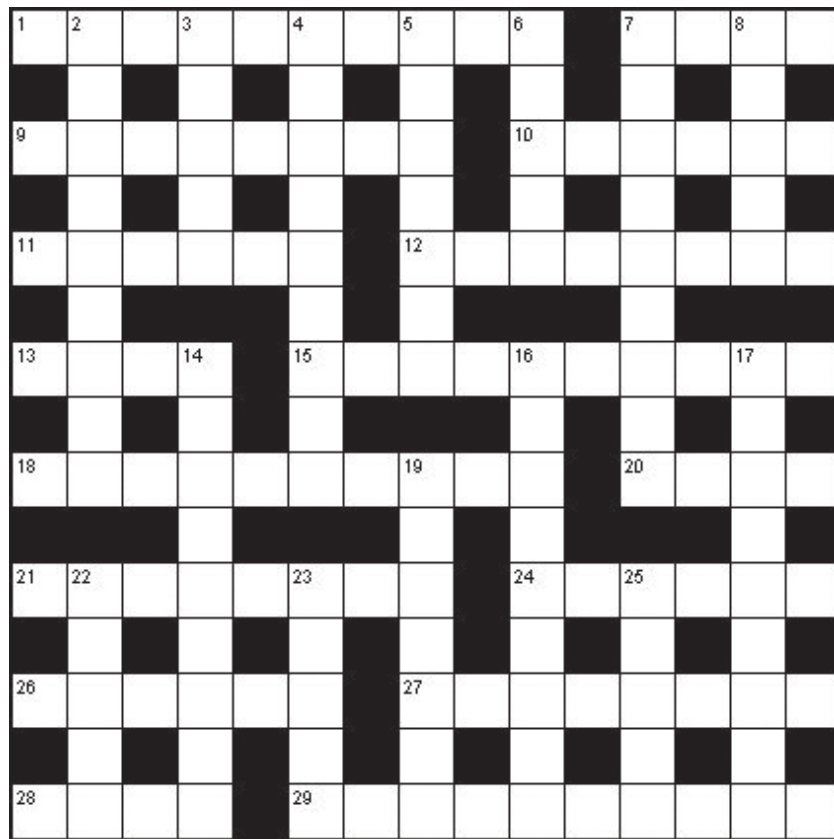
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do

X-Word Puzzle

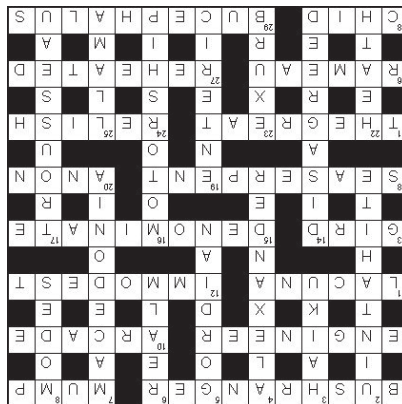
ACROSS

- 1 Rush around in old car, to find escaped criminal in Oz (10)
- 7 A disease singular to sponge (4)
- 9 English is almost never spoken poetically in Telford, for example (8)
- 10 Rotter is in modern art emporium (6)
- 11 Copper into Turner gets depression (6)
- 12 I am unpretentious? No (8)
- 13 Clothe with part of a corset (4)
- 15 Get mean about bird call (10)
- 18 Monster horribly present on the waves (3,7)
- 20 Who should really have written Diary of a Nobody? (4)
- 21 See 4
- 24 Enjoy the flavour (6)
- 26 Composer of Semiramide and La Mer? No (6)
- 27 As were the leftovers a man ate, being overdrawn? (8)
- 28 Scolded infant without a trace of leniency (4)
- 29 4,21's Mount is irregular cube next to a generation symbol (missing centrepiece) (10)



DOWN

- 2 Auntie hit boiling asphalt (9)
- 3 Told of journey to university to find poem (5)
- 4,21 The king of 7, this general axed threat strategically (9,3,5)
- 5 Not, we hear, a problem for 4,21 (7)
- 6 Province is to take up weapons again, changing sides (5)
- 7 4,21's country; a wine capital erected around the last stages of 300 (as it's written) (9)
- 8 Aeolian and Doric, say, in 12 (5)
- 14 Quarrelled in Hell over a sin (9)
- 16 Outside port finally, make fast a vessel - one that's engine driven (5,4)
- 17 Some garment to stitch, it's said - or more than one (9)
- 19 One goes into troubled centre, having some guts (7)
- 22 Man 'as old Erica (5)
- 23 Residential area in upwardly mobile part of Bruxelles (5)
- 25 Student priest in Guanaco (5)



StewSpots

Looking to get your copy on the latest edition of THE STEW Magazine? We're available for pickup in a variety of places around the Cariboo Chilcotin. Please remember that this list is always evolving, and we're always looking for new places that our magazine can call home, so if you know of someplace that you think should be a drop-off point for THE STEW, or if you own a business and you'd like to have a few copies of our magazine on your shelves, plus let us know. You can reach us by email at aboutface@wake.com.

Locations listed in alphabetical order

100 MILE HOUSE

99 Mile Supermarket
A&W
Chevron
CRD Library
Dairy Queen
Donex
Higher Ground Natural Foods
Nuthatch Book Store
Parkside Art Gallery
Pharmasave
Safeway
Save-On Foods
Smitty's
Subway
Tim Hortons
Visitor Centre

150 MILE HOUSE

150 Mile Mall
Marshall's Store

IN LAC LA HACHE

Fast Trac Gas and Convenience Store
Clancy's Restaurant

IN WILLIAMS LAKE

A&W
Alley Katz
Bean Counter
Canadian Tire
Canwest Propane
Cariboo Memorial Complex
CRD Library (Magazine & News Section)
Central Cariboo Arts & Culture Center
Concrete Fitness
Cool Clear Water
Dairy Queen
Dandelion Living
Denny's Restaurant
Elaine's Natural Foods
The Gecko Tree
Greyhound
Good Guys Gardening
Halls Organics
Hobbit House
Husky

Karamia's

M&M Meat Shop
McDonald's
Mohawk
New World Cafe
One More Slice
The Open Book
The Overlander Hotel
Red Shred's
Safeway
Sandman Inn
Save On Foods
Shopper's Drug Mart
Sight and Sound
Starbucks
Station House Gallery
Subway (at Prosperity ridge)
Subway (on the Highway)
Tim Horton's
Tourism Info Centre
TRU
WLCBIA
Women's Contact Society

IN QUESNEL

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Aroma Foods
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Bliss
Burger Palace
Carry All Books
Granville's Coffee
Karin's Deli
Mac's
Museum & Tourist Centre
Quiznos
Safeway
Save On Foods
Shopper's Drug Mart
Subway
Super Suds Laundromat
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