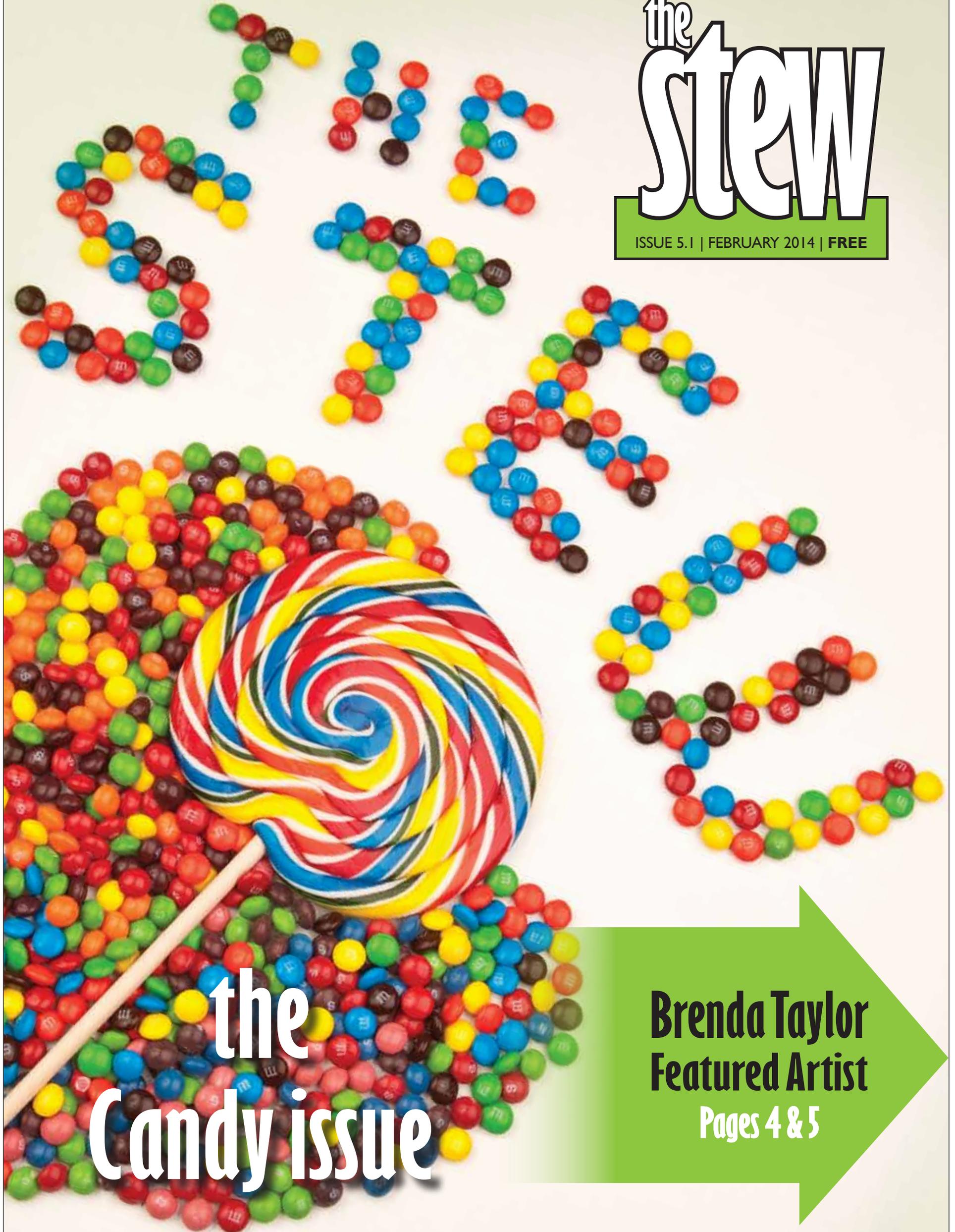


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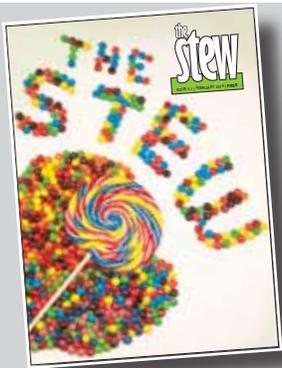
ISSUE 5.1 | FEBRUARY 2014 | FREE



the
Candy issue

Brenda Taylor
Featured Artist

Pages 4 & 5



On the Cover:

On the cover is a photo of the candy that made it through the raids as we tried to not consume all of the product before finding the perfect shot.

Taste the sweet history of candy

When Christa and I decided that this issue should be *the Candy Issue* I didn't realize that it would cause some of our writers to have writer's block. After talking with a few of them and helping them with ideas I sat down at my own computer and realized I too had a mental blockage.

I like my article to deal a lot with the histories of our themes and let Christa talk about how the theme relates to our current day-to-day lives. I love history and am fascinated with how past items and ideas evolved into what we have and use in our lives today. The last little while I've been doing a lot of reading about the history of candy and I've come to a conclusion when it comes to most things we eat and drink today, they were discovered by males and most, more specifically, by two or more eight to 11 year old boys.

Before I start getting nasty emails from a bunch of irate females hear me out. Answer me this – how many girls would eat something that they have no idea how it will taste? Most boys will. Any mother will tell you and as a father of one son and a few daughters, girls don't often experiment with their food. I remember my daughter Megan when she was eight accidentally putting chocolate syrup into her mushroom soup instead of her milk. You would have thought the world came to an end. I said, awesome I love chocolate mushroom soup and swapped with her. Crisis averted and I had an interesting lunch.

The point of the last paragraph is that I'm sure the first candy was probably discovered by a couple of 10 year old boys daring each other to poke at the beehive to see why a lot of animals liked eating what was in there. How many girls do you know that would risk the pain of being stung just to see what something tasted like?

According to the history books the first candy was fruit and or nuts rolled in honey. Nobody knows when it started, so we will just call that time immemorial. Thousands of years later we have improved on it but there are still many candies that have fruits,

nuts and / or honey as an ingredient.

The main ingredient in candy nowadays is sugar and to be honest I always thought that sugar came from Central and South America. I couldn't have been more wrong. The first evidence of sugar cane cultivation goes back to 8,000 BC in New Guinea and from there it spread throughout Asia. China and India figure heavily in its cultivation and distribution but it became more and more expensive to buy as it was very labour intensive back then.

Starting in the 1500s the explorers started taking sugar to the new world and by bringing cheaper slave labour created plantations all through the Caribbean, Central, and South America. Many still exist to this day. The slaves are gone but the workers unfortunately are paid the minimum possible and live in extreme poverty.

In the Middle Ages candy was seen not as a treat but as a medicine to help soothe a sore throat and help with the digestive system. As it was expensive during this time it was only seen on tables of the rich. Candy didn't really take off with the masses until the price of sugar dropped in the 1800s and in 1979 sugar production reached the point where more sugar is produced than is consumed and continues to this day making sugar very attainable and cheap.

From my research I've discovered that a lot of candy type and styles were invented between 1830 and 1900 due to changes and discoveries in production and processes.

By definition, candy is made by dissolving sugar into a liquid then depending on what kind of candy you are looking for, cooking or boiling it to certain temperatures for a desired amount of time. What I find amazing is that because bacteria are not usually able to grow on candy, hard candy stored properly may last indefinitely.

Before I end this month's article, here are some statistics that I find fascinating when it comes to candy.

Certain candies like peppermint and mint actually have benefits to digestive health.

Mint flavored chewing gum increases short term memory.

Chocolate (in moderation) helps reduce the risk of heart disease.

Candy doesn't actually cause cavities. The bacteria that feeds on the sugar creates the acid that will cause cavities. (You still have to brush).

Hard candy is 100% sugar but fudge is only 75%.

The word candy comes from the Sanskrit word Khanda meaning to harden or condense.

In 2010 worldwide sales of candy was over \$57.5 billion. (I might be in the wrong business!)

Hard candy is the leading cause of choking death in children, fortunately those deaths are preventable.

The two top selling candies are M&Ms, invented in 1941, with annual sales of \$1,800 million, and Reese's Peanut Butter Cups, first manufactured in 1928, with sales of over \$500 million. The third is Cadbury's Dairy Milk created in 1901.

Chocolate was brought back to Europe from the new world by Christopher Columbus in 1501.

In 1868 Richard Cadbury made the first Valentine's Day box of chocolates.

In 1893 William Wrigley Jr. invented Juicy Fruit and Spearmint chewing gums.

In 1896 Leo Hirshfield from New York introduced a candy named for his daughter, "Tootsie" — the Tootsie Roll.

In 1912 Life Savers were introduced in peppermint, the only flavour until 1934.

So what started out as a little history lesson about something as everyday as candy has turned into a realization that candy has had a far greater influence in how our world is shaped than you see at first glance. Remember on Valentine's Day when you crack open a box of chocolates don't forget to say a brief thank you to Christopher Columbus and to the first ten-year-old boy who probably, on a dare, stuck his hand in a beehive.



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ingredients



Brenda Taylor
Featured
Artist

Pages 4 & 5

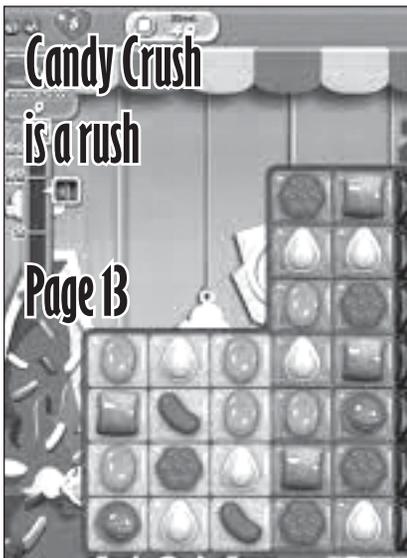
Nutrition Facts

Serving Size: 20 pgs
Servings Per Container 1

Amount Per Serving	% Daily Value*
Calories 0	

This candy issue of the Stew is dedicated to all the candy lovers and sweethearts out there. Happy Valentines Day from all of us at The Stew Magazine.

Ingredients (or things that helped us get through the last month): This month's ingredients include M&M's, Skittles, suckers, chocolates, jelly beans, lemon Halls, sour keys, licorice whips, York peppermint patties, Reese's peanut butter cups, Turkish delight, peanut brittle, cotton candy, caramel popcorn, scotch mints, jaw breakers, saltwater toffee and chocolate bars, all with of mountains of ice cream, covered with strawberry sauce, chocolate syrup, and sprinkles... lots and lots of sprinkles!



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flavour of the month

SWEET TREATS ▶ Brenda Taylor is hard at work, artfully creating a black forest cake.

CRAIG SMITH PHOTO



flavour of the month



▶ Brenda & Dale Taylor



The delicious artistry of Taylor Made Cakes

In keeping with our theme of the month, and candy, it only seemed fitting that we have a confectioner as the artist of the month. Brenda Taylor is the baker, cake artist, and owner behind Taylor Made Cakes, and she is a master at creating and designing wonderful, edible works of art.

Brenda was born in North Vancouver but grew up in the Chilcotin at Anaham Lake. She went to high school here in Williams Lake and after high school Brenda moved back to Vancouver where she went to BCIT and took general business. For the next 10 years she lived and worked in Vancouver doing everything from retail and wholesale lighting to

working at a bakery in West Vancouver, where she got her start as a baker, making cookies, muffins, and tarts along with many other delightful treats.

With Williams Lake in her roots and wanting to return, Brenda made the move back to town. This is when she met and married Dale Taylor and had two children, Abbi, who is now 19 and going to school in Ontario, and Benn, who is 17 and graduating this year. During this time she worked in insurance and raised her family. Then, Brenda said, "I decided that I just needed a change so I took some time off."

When asked how she got her start in cakes and baking

Brenda said, "It all just started as a hobby, at 14-years-old I made my first 3D car cake and mostly did birthday cakes.

"If you draw me a picture I will make a cake."

Brenda said that she never had the option of using form pans growing up in Anaham Lake so she made square cakes and sculpted them. Thinking back, Brenda says it was her aunt who got her started in making cakes, and from there it just evolved.

It's going to be two years this April that Brenda has been selling her works of art from her own business, Taylor Made Cakes. Building on what she loves and is good at Brenda has built a successful and thriving

business. Even though Brenda is the artist behind the treats and cakes at Taylor Made she says, "This is very much a family business." With husband of twenty years Dale Taylor by her side, she also has the kids, and her dad, helping and supporting her.

Besides cakes and treats Brenda is an artist in other areas of her life as well. She has done graphic design, she knits, and has even dabbled in painting. When she is not baking or creating she is volunteering and involved in the community.

Craig remembers volunteering with Brenda's husband Dale at many Timberwolves Junior Hockey games, getting

surprised by a gift of a giant cookie from Brenda. She would do this quite often for all the volunteers at these hockey games well before she even started Taylor Made Cakes. Craig said he mentioned at that time that she should be selling them. Who would have thought years later that she would be?

When asked what the future holds for her, Brenda says, "I'm going to keep doing cakes, cupcakes, and bread, and I'm going to also focus on more organics along with gluten free products." So if you're looking for a treat that's filled with heart, art, and design, stop by Taylor Made Cakes and meet the artist behind this month's treats.

WESPEAK

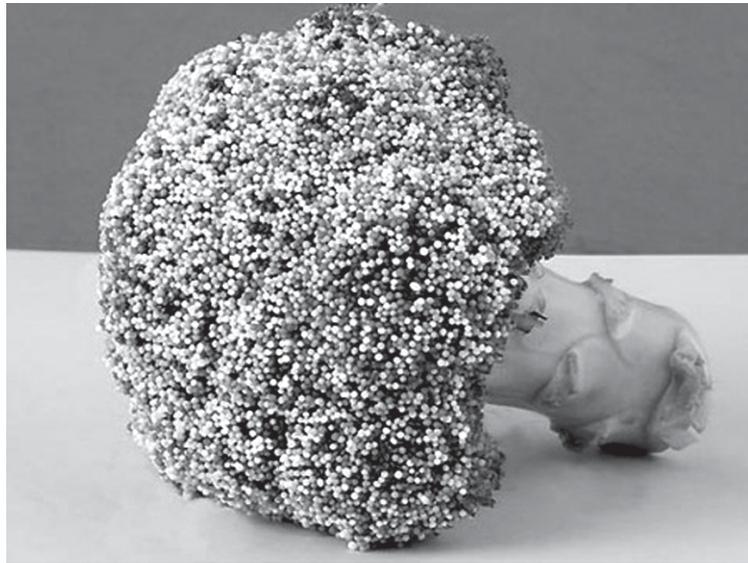
If you say “eat your vegetables and then you can have some candy,” that makes the vegetables sound bad and the candy extra good. ~Mark Swanson

Filling your mind with images of sweets and treats

This issue of The Stew was designed to treat the mind with images of sweets and treats. Our fascination with candy has definitely made its way through the marketing craze, from the popular kids game Candy Land to the remade Hollywood movie Willy Wonka and the Chocolate Factory.

Thinking about the variety of candy available makes you wonder where it will all end — maybe in a Willy Wonka candyland future? From the perspective of someone who loves chocolate and pretty much anything that has sugar, this type of future would most definitely be my end.

Candy seems to have an invisible power that draws us and compels us, like when you are at the fair and can't help stopping for a cotton candy booth or a candy apple. Who would have thought that putting candy all over apples would be so good? It's like dipping stuff in chocolate, what a treat! Or the mini



donut hut — there is another can't-miss treat.

I think what draws us to candy is not the taste, but the look and colour. I wonder if there would be the fascination with vegetables if they came in every thinkable colour and shape? Maybe over the years with conditioning we just think candy tastes better, but it is actually our brains reacting to

the vibrant display that candy takes on. Let's see what happens to broccoli when it's twisted into a rainbow of colour and put on a stick.

Candy has other powers too. It can bring people together just by a gesture, it can say I love you and it can launch a friendship. I remember when I was little and went to school on Valentine's Day, it was always the kids who

had candy that you wanted to be friends with, and it was candy trading on the playground after that created lifelong friends.

Maybe it's different today, but when I was growing up candy was definitely a treat, not to be taken lightly, as it was very rare. Even the dusty mints retrieved from the bottom of my grandmother's purse were a treasure. When I think about it, many of my childhood memories involve candy or treats in some way, whether it was baking over the holidays and learning the art of pie-making or just a trip to the local Dairy Queen. Maybe it's the way that candy makes you feel or, again, just the correlation of mood and food at the time that gives that perception.

With Valentine's Day landing in the middle of a cold month, long after the holiday treats are gone and the bombardment of marketing that hits us the second that Christmas is over, it's hard not to think about candy on some level. Popular Media

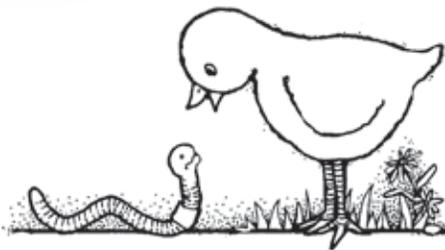
has been pushing love and chocolate into the same boat forever and I have to say that I don't think one has anything to do with the other. Actually, many people believe that chocolate is a substitute for love not a companion. I often wonder who eats more chocolate over Valentine's, people who are alone or people who have a significant other.

I don't think that there needs to be a special or specific day of the year to celebrate life, love, or anything else with chocolate. Candy and all the other sugary good stuff is around all year long, and if it's what makes you happy why not indulge a little? This is maybe a good rationale for this month, but perhaps next month will have to be the after-candy, exercise issue.

With my vote completely in favour of candy and chocolate I really should take this opportunity to say that everything is probably good in moderation, even if we find a way to make rainbow coloured broccoli.

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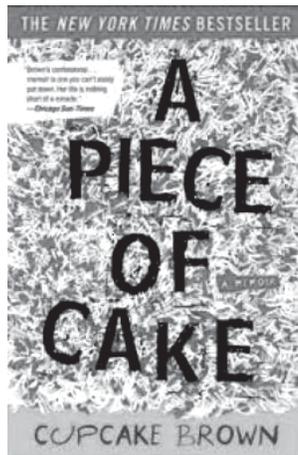


read

The library is like a candy store where everything is free. ~Jamie Ford

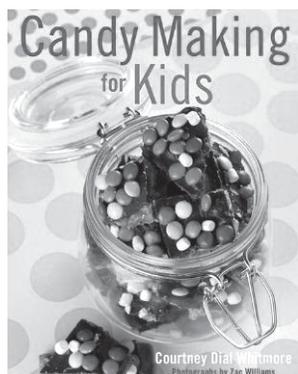
CRDL offers many flavours of candy

From gritty memoir, to handmade candy bars, to comedic genius, here are the CRDL's picks on the theme of Candy.



A Piece of Cake: a Memoir (2007)

Cupcake Brown
Cupcake (La'Vette) Brown has written her memoir of childhood gone terribly awry, and her journey to recovery. At the age of eleven Brown's mother died, and she was forced to make the transition from relative security in a working-class neighbourhood in San Diego to living with an abusive foster family. Unable to tolerate the abuse, Brown turned to a life of prostitution on the streets. What sets this memoir apart is Brown's telling of her story: rather than milking her story for sympathy, Brown deftly chronicles its twists and turns, its tragic losses and terrible indignities, and ultimately exposes her past without flinching. Her story of endurance and accomplishment is incredible and often gritty.



Candy Making for Kids (2012)



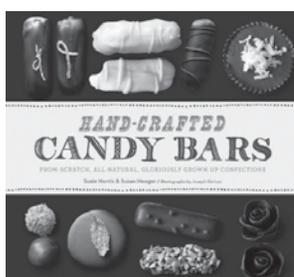
Alphabet Soup
By Caroline Derksen

“What sets [A Piece of Cake: A Memoir] apart is Brown's telling of her story: rather than milking her story for sympathy, Brown deftly chronicles its twists and turns, its tragic losses and terrible indignities, and ultimately exposes her past without flinching.

Courtney Dial Whitmore

A cookbook for the true connoisseurs of candy, the kids.

Candy Making for Kids is a creative and fun book full of easy to-follow candy recipes designed to make with kids. Recipes include traditional classics such as toffee and fudge, as well as whimsical creations including candy caterpillars and candy play-dough. This is a great book for parents looking to spend some quality time with their kids (in moderation, please!).



Hand-Crafted Candy Bars: From-Scratch, All-Natural, Gloriously Grown-Up Confections

(2013)
Susan Heeger & Susie Norris

This book takes you beyond the “melt a bag of chocolate chips and pour into plastic molds” approach to candy-making with great recipes you can use, including the basics like nougat and caramel from scratch. Candy bar devotees Susie Norris and Susan Heeger show how to reinvent candy bars as they should be — thick and layered with nougat, crisp with toffee, and coated with fine chocolate.

A wonderful book for anyone interested in the basics of real candy making. Filled with delicious pictures of sugary delight, it is a treat to browse through from the first page to the last.

I Love Lucy, Season 2 [DVD] (1952)

Starring Lucille Ball and Desi Arnaz

The scene in *I Love Lucy*, Episode 39, con-



tains a candy moment definitely worth revisiting.

When Ricky and Fred think doing housework is much easier than earning money, Lucy and Ethel feel the opposite. The boys try doing the housework and the girls start work at a candy factory.

Two inept candy wrappers and one ultra-fast conveyor belt equals comedic brilliance.

STEVE MARTIN JOHN CANDY
A JOHN HUGHES FILM
PLANES, TRAINS AND AUTOMOBILES



Planes, Trains, and Automobiles [DVD] (1987)

Directed by John Hughes. Starring Steve Martin and John Candy.

This film stars Canada's favourite Candy, the late John Candy, who was one of our greatest and most amusing character actors. He was famous for his roles as big hearted buffoons, like his role as the blundering salesman Del Griffith alongside Steve Martin's uptight character in the John Hughes film *Planes, Trains & Automobiles* (1987). This film is a comedy classic, and if you were a child of the seventies or eighties, it's worth re-watching for the nostalgia factor alone.



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Behind The Curtain



Kalie Cook
Sound Bites

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*Life is like a box of chocolates – you never know what you’re going to get.
~Forrest Gump (1994)*



Spending time together is the best Valentine of all

BY DAWN WALL

Sweet treats have always been a part of our holidays and special occasions. Valentine’s Day is no exception. Cinnamon hearts and chocolate are synonymous with love and Valentine’s Day. This year why not make it a little more personal and make your own personal Valentine delights for the special people in your life. And while you are at it, why not make it extra special by including your children in the making of these treats.

There are many simple yet enticing ideas for Valentine treats that you can wow your family and special friends with.

Salty pretzels and chocolate are always a great combination. Simply melt the chocolate (can be the melting discs or semi-sweet chocolate chips) in the microwave until they are just melted. Dip the pretzels in the melted chocolate and place on some wax paper to set. If you want to you can make them a little fancier by dipping the coated pretzels in sprinkles, coconut or chapped nuts.

If you want to make this treat a little healthier, you can use this same technique to dip fruits such as strawberries, bananas sliced lengthwise, and dried fruits, such as cantaloupe, mangoes, and apricots.

The simple Rice Krispies treat can be turned into a wonderful Valentine delight. Make the squares like you normally would, but instead of cutting them into squares, use a heart shaped cookie cutter to make the shape. Now you can dip the hearts partially or to-



tally in chocolate and the sprinkles if you wish.

Wrap your treats and allow your child to deliver them to the significant people in their lives and to others that might just need a little boost.

If you want to go completely goodie-free with your children this year why not treat them to their own rainbow heart crayons. We all have lots of little bits and pieces of crayons lying around the house, collect them up and sort them into complementary or valentine colours. Place these into heart shaped silicone muffin or brownie trays (you can get these at the dollar store). You can either bake them in your oven at 250 degrees for about 15 min. or heat them in your microwave until they are melted. Let them cool and then pop them out and enjoy.

But most of all, in the next few weeks, enjoy being together. This is the best treat of all.

Welcome to RRSP season

What are they and why do we need to get them done before March 1, 2014?

March 1 is the deadline each year, so get them in soon if you want to be able to claim on your 2013 tax year.

How much can I put into my RRSP? The Notice of Assessment you received this year states how much your allowance is for contributions.

Why do I get a receipt in March for January and February’s RRSP contributions? –CCRA (Revenue Canada) has decided that you MUST claim the first

60 days of the new year on the prior year’s tax return — March to December, 2013, claim for 2013 — January and February, 2014, claim for 2013. You can carry these two months forward for the 2014 tax year but you must state this on your 2013 return.

Can you afford to do an RRSP? If you do an RRSP loan because someone told you that it’s the right thing to do...but you can’t afford to pay the loan payments and then have to cash in your RRSP within the next year, you may want to reconsider doing an RRSP loan!

Spousal RRSPs: You invest the RRSP into your spouse’s name but you receive the tax receipt in order to reduce your taxable income which in turn reduces your taxable amount due to CCRA.

How does the government calculate my RRSP allowance? Your allowance is based on 18% of your annual gross earnings. This amount is then added to your RRSP allowance for the following year. Whatever is not used, is carried forward each year.

When do I have to move my RRSPs into a RRIF? By December 31 of the year in which you turn age 71, you must change your RRSPs into a RRIF/ LIF or an annuity.

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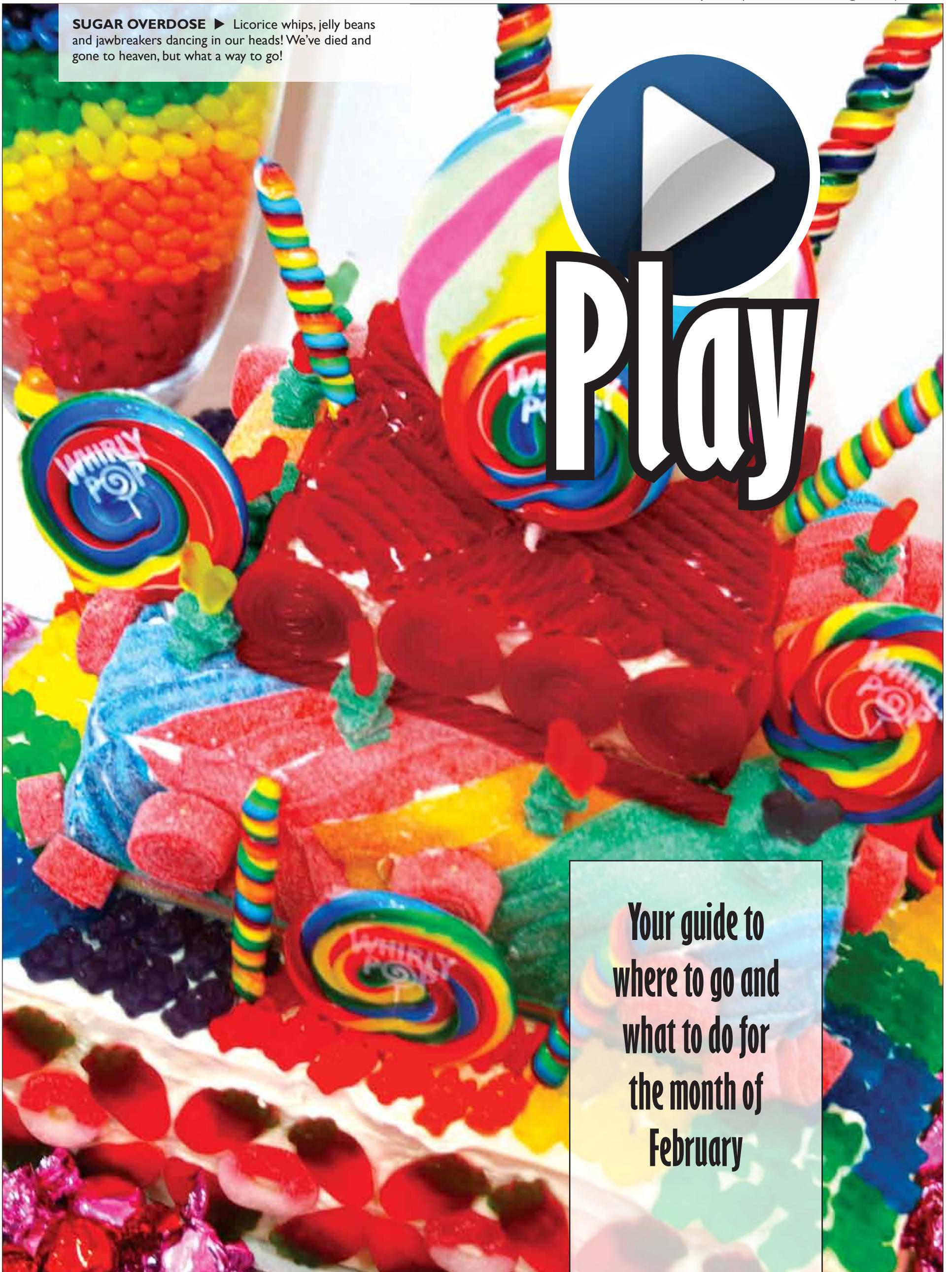
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Play

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



play

February Events 2014

Williams Lake

Feb 1-14 Kiss in the City Photo Contest. Pick your favorite spot in downtown Williams Lake and capture your kiss. The photo will be judged by a panel of local romance experts. The top 5 will be open to public voting from February 11-14. The winner will be notified February 14th.

Feb 7, 14, 21, 28 7:30pm @ St. Peters Anglican church Ladies Singing 7:30-9pm

Feb 6, 13, 20, 27 Junior Olympic Archery Program, Sportsmens Clubhouse 6pm for info call 250-392-9695

Feb 7, 14, 21, 28 Speed Skating, Williams Lake 11am for more info see website wlspeedskating.com

Feb 1 GlenGarry GlenRoss at the Williams Lake Studio Theatre. Tickets are available at AboutFace Photography and The Open Book. Tickets \$15 adult and \$12 senior/student

Feb 1 14th Annual Epee

de Groundhog at the Mountview School Gymnasium

Feb 2 Free Family Skate at the Cariboo Memorial Complex 2:45-4:15pm

Feb 3 Seniors Bingo at the upper level of Boitanio Mall at 1pm

Feb 4 Ladies Archery at the Williams Lake Sportsmens Clubhouse at 6:30pm

Feb 5, 6, 7, 8 GlenGarry GlenRoss at the Williams Lake Studio Theatre. Doors open at 7:30 and it starts at 8pm. Tickets at AboutFace Photography and The Open Book, \$15 for adults and \$12 seniors/students

Feb 5 & 12 Countdown to the Oscars at the Williams Lake Library at noon

Feb 14 Winter Market at the upper level of Boitanio Mall from 10:00-2:00pm

Feb 15 Williams Lake Stampede Dinner, Dance, and Auction at the Elks Hall at 6pm

Feb 15 & 23 7pm WL Snowmobilers Club for a group ride for info 250-989-5059

Feb 16 Valentines Dessert and Tea noon at the Seniors Center

Feb 18 Spicing up the Cariboo 10 am at the WL Library 250-302-9119

Feb 21 Winter Market at the upper level of Boitanio Mall from 10:00-2:00pm

Feb 22 Wild Game Banquet 5pm at Williams Lake Sportsmens Club

Feb 21-23 Men's & Ladies joint Bonspiel at the Curling Club

Feb 22 Barrel Race at the Eagle View Equestrian Centre

Feb 28 Winter Market at the upper level of Boitanio Mall from 10:00-2:00pm



100 Mile House

Feb 5, 12, 19, 26 Hallis Lake Cross Country Ski 7pm come and enjoy a loop night ski

Feb 1-28 Lone Butte Sporting Good Fishing Derby lasts all season

Feb 2 Winter Kid Fest at the 100 Mile Junior High School Gym from 10:30-1:30pm

Feb 7&8 Cariboo Marathon 9:00 am at the 99 Mile Ski Lodge for the Cross Country race

Feb 8 Cariboo Cross Country Marathon at 99 Mile Cross Country Ski Hill at 9:00am

Feb 14 7pm Hootstock Fundraiser in 100 Mile at Hootenanny Café call 250-397-4103

Feb 15 9 am Green Lake Snowmobile Pot Luck social and dance for info call 250-644-4242

Feb 28 10 am 100 Mile Nordics Challenge at the 99 Mile Ski Lodge

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Feb 1 20th Annual Business Excellence Awards at Quesnel Seniors Village. Tickets are available at the Chamber office. It starts at 5:30pm.

Feb 1 Quesnel Winter Carnival at West Fraser Timber Park from 1:00-5:30pm

Feb 1 Winter Charity Home Business Fair 10:00 am - 3:30 pm at Warrior's Song Café

Feb 1 7:00 pm - 10:00 pm Search for the Golden Throat Karaoke Contest at Begbie's Pub

Feb 6 Quesnel Film Club Presents "Haute Cuisine" 6:30-8:30pm at Carib Theatre

Feb 8 & 9 Ski League Racing at Troll Resort 8:30am

Feb 8 & 9 Quesnel Agricultural Conference 8:30am at College of New Caledonia

Feb 10 Quesnel Valentines Craft Workshop on Family Day 1-3pm at the Quesnel and District Arts and Recreation Centre

Feb 12 Gourmet Cross Country Ski 9am in Wells for info call 250-994-3330

Feb 15 Quesnel 4th Annual CDC Valentines Dinner, Dance and Auction 5pm at College of New Caledonia for info contact CDC 250-992-2481

Feb 15 McLeese Lake Poker Run 9am for info call 250-303-1436

Feb 19 & 26 7-8pm Lawnchair Travel Series at Bouchie Lake Recreation Centre for more info 250-249-5329

Feb 22 6-10:30pm Rotary Foundation Event: Mari Gras in Vegas at the Elks Hall tickets are available from Rotary members

Feb 22 Roller Derby Fundraiser 6pm at the Cariboo Hotel Dinner at 7pm

Feb 27 6:30-8:30pm Quesnel Film Club Presents "Inside Lllewyn Davis" at the Carib Theatre

NEW MOVIE RELEASES

Title	Release Date
About Time	4-Feb
B-Boyz	4-Feb
Baggage Claim	4-Feb
Best Man Down	4-Feb
Burton and Taylor	4-Feb
Dallas Buyers Club	4-Feb
Escape Plan	4-Feb
Free Birds	4-Feb
House of Versace	4-Feb
Princess Twins of Legendale, The	4-Feb
Right Kind Of Wrong, The	4-Feb
Romeo & Juliet	4-Feb
White Queen, The	4-Feb
Winnie (only available in Blu-ray)	4-Feb

All Is Lost	11-Feb
Anna Nicole	11-Feb
Austenland	11-Feb
Best Man Holiday, The	11-Feb
Counselor, The	11-Feb
Diana	11-Feb
Ender's Game	11-Feb
Grace Unplugged	11-Feb
How I Live Now	11-Feb
Trouble With Bliss, The	11-Feb
Vengeance Is Mine	11-Feb
Wadjda	11-Feb

Armstrong Lie, The	18-Feb
Art Of The Steal, The	18-Feb
Game of Thrones - Season 3	18-Feb

Adventurer, The: Curse Of The Midas Box	25-Feb
Adventures of the Penguin King	25-Feb
Blue Is The Warmest Color	25-Feb
Bullet	25-Feb
Gravity	25-Feb
Haunter	25-Feb
Jamesy Boy	25-Feb
Nebraska	25-Feb
Ninja II	25-Feb
Savannah	25-Feb
Silent but Deadly	25-Feb
Swan Princess: A Royal Family Tale Bilingual	25-Feb
Thor - The Dark World	25-Feb



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The Radeberger Exportbier-Brauerei brewed Germany's first Pilsner in the late 19th Century. That beer is now Dresden's leading brew.

Experience the beauty and history of Germany

BY CHRISTIANE KLEIN & SYLVIA RASHBROOK

Normally every tourist who wants to travel to Germany thinks of the city of Munich and its infamous Oktoberfest. An interesting fact is that Oktoberfest takes place in September. Tourists also associate Germany with the Black Forest or Neuschwanstein Castle. However, Germany is a wealth of history, culture, education, and, of course, finance.

We will take you on a journey through some of Germany's epic, historical sites. Prior to the destruction of the Berlin Wall in 1989 tourism was closed to the Western world in the Eastern block. Since 1989 it is now possible to visit the Eastern Part of Germany with its historically rich cities such as Dresden or Leipzig, the City of Heroes.

They are the epitome of culture and education.

Not to be outdone the City of Eisenach comes in close with more of a religious and historical background. The main attraction there is the Wartburg Castle.

There are many ways to define culture. But it can be easily summarised with just one word: DRESDEN. The sheer abundance and splendour of the City's cultural treasures are enough to take your breath away. It also happens that Dresden is set amidst the stunning river landscape of the Elbe River.

The City is well known by its three major landmarks — Zwinger Palace, Semper Opera House, and the Church of our Lady. But not only that, Dresden is also known for the gardens of Bruhl Terrace, for the Elbe Palaces on the Loschwitz Hillside, and for



the twelve Dresden State Art Collections. Also, the Church of our Lady has been resurrected from the rubble and is the pre-eminent Church of the Protestant faith.

The Zwinger Palace is considered a masterpiece of

baroque architecture. The Saxony State Opera House designed in the Italianate High Renaissance style by its Architect Semper is one of the world's most beautiful music theatres. For over 700 years, Dresden has been famed for its music. It is not only the Opera House that captures audiences but also the State Orchestra, the Dresden Philharmonic, and the Kreuzchor Boys Choir. Dresden is also known for its Jazz musical scene, and hosts Festivals such as the International Dixieland Festival, which is Europe's biggest old time Jazz Festival with its Dixieland Parade through the old quarter.

If you happen to be in Dresden in December

make sure to visit the Striezelmarkt, Germany's oldest Christmas Market, first documented in 1434. It is a celebration of lights, colors, and inviting aromas. You can enjoy the festive atmosphere while indulging in Gluehwein (mulled wine), spiced Gingerbread, and hot Chestnuts, or taste the traditional German Christmas cake.

Let me now take you to the City of LEIPZIG which is also called the city of Heroes and the City of Music. After the fall of the Berlin Wall the City was labelled the City of Heroes. The marching rhythms and choirs of 1989 (prior to the destruction of the Berlin Wall) were anything but music to the ears of the then Government, as the People of Leipzig rang out the end of the German Democratic Republic (GDR); What

began with church services and demonstrations in and around St. Nicholas Church in the City Centre grew into a movement that brought the regime to its knees in a matter of months.

One reason these events unfolded in Leipzig is surely because one of the most infamous headquarters of the hated STASI (Ministry of State Security) was located there. This is why Leipzig is called the City of Heroes. Leipzig clearly has a special relationship with music. Since 1254 when the St. Thomas Choir, one of the oldest boys' choirs, was documented, music has struck a chord with the people of Leipzig. Leipzig is well known for its magnificent Opera House alongside with his well-known Leipzig born Composers Richard Wagner, Felix Mendelssohn Bartholdy, Robert Schumann and Clara Wieck and of course Johann Sebastian Bach, the most famous cantor of St. Thomas Church.

While you are vacationing in the area of these beautiful cities I would highly recommend visiting the City of EISENACH. Wartburg Castle in Eisenach is one of the best preserved medieval castles in Germany. First built in 1067, it developed into an extensive fortress complex over the course of centuries, with Romanesque, Gothic, and 19th Century architectural features. The Main Castle captures over 900 years of history within its walls. Part of this history is Martin Luther's translation of the New Testament.

If you are planning to visit Germany in the near future and you would like to learn the language for your travels there is a Basic Language Course offered at Thompson Rivers University, which will take place from February 24 to March 26, 2014.

For now I can only say Auf Wiedersehen (Good Bye) until next time when I will take you to Spain and the Rock of Gibraltar.

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Developers of Candy Crush Saga now have a trademark on the word "candy".

Candy Crush is sweet, addictive, but not very filling

Okay, let's talk about the only kind of candy that's appropriate in this column — *Candy Crush Saga*.

Odds are if you haven't played *Candy Crush Saga*, you've at least heard about it, either from one of your friends talking about it, or from the way it tends to show up on your Facebook feed fairly regularly. For the uninitiated, *Candy Crush Saga* is what's called a Match-3 Puzzle Game, similar in design to *Bejeweled*. Unlike *Bejeweled*, it has spread virus-like across the digital world with version available for both Facebook and smartphones. According to its Wikipedia page, the game was averaging 46 million monthly players as of March 2013.

Candy Crush Saga is also what many would consider a casual game.

The genre of casual games has exploded in the five to ten years, as more and more gaming-compatible devices have ended up in the hands of people outside of the traditional gaming demographic. Think grandparents buying Nintendo Wii consoles and you'll have the basic idea.

Casual gaming has caused a bit of a crisis amongst the gaming community. On the one hand, you would think



Gaming Life

By Todd Sullivan

that anything that brings greater awareness to gaming in general would be a good thing, right? I mean, maybe *Candy Crush Saga* can be a gateway gaming drug that eventually leads someone to the joys of playing something like *Halo* or *SimCity* or *World of Warcraft*.

On the other hand, this surge in casual games has seen the average quality of released gaming titles plunge. Unfortunately, most casual games have been terrible.

Candy Crush Saga, of course, isn't terrible. You don't get to have 46 million or more average monthly players if your game is terrible. Quite the opposite, *Candy Crush Saga* has sucked in millions of gamers and non-gamers alike, dug its fingers into their frontal lobes, and then refused to let go.

What it is, apparently, is the crack cocaine of video games.

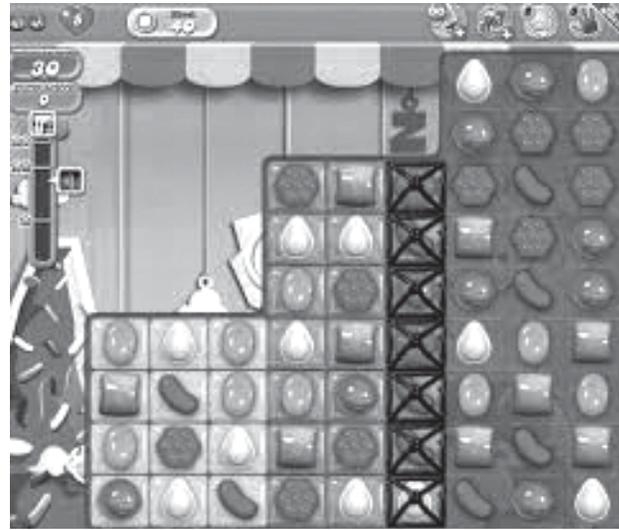
I'll admit to hav-

ing played it, only very briefly, and only after it felt like the surge of popularity was finally diminishing. To be honest, it didn't do that much for me. I don't mind the gameplay of the match-3 puzzle games, but I prefer a bit more violence and, occasionally, superheroes with mine, so I think I'll stick to playing *Marvel Puzzle Quest* on my android tablet, at least for awhile.

Speaking of which, let's take a look at what's coming out in February, a month that brings us a noticeably better release list than last month's

Starting things off on February 4 for those who like their gaming a bit on the retro side, *Fable Anniversary*, an HD remake of the original *Fable*, arrives for the Xbox 360.

February 11 brings *Lightning Returns: Final Fantasy XIII* to the Xbox 360 and Playstation 3. It's a sort-of sequel to 2009's *Final*



Fantasy XIII, and is probably a must-have for any fans of the Final Fantasy franchise, or just JRPGs in general.

Fans of zombies (and plants) can get their fix in a slightly different flavour on February 25 with *Plants vs. Zombies: Garden Warfare*, a game that takes the popular strategy title and injects

a bit more action into the mix. Available on Xbox 360 and Xbox One.

A classic franchise sneaks its way into the spotlight on February 25 when *Thief* arrives on PCs, Xbox 360, Playstation 3, Xbox One, and Playstation 4. This is a game that's been in development for a rather long time now, and there

are plenty of gamers who are eager to see how well this captures the joy of the original games for the next generation.

Other notable releases: The Lego Movie Videogame (02-04), Earth Defense Force (02-18), Rayman Legends (02-18), Tales of Symphonia Chronicles (02-25), The Wolf Among Us: Episode Two (TBA)

What have I been playing lately? I loaded up on new titles during pre-holiday sales on both Steam and Xbox Marketplace, but my attention has mostly been directed towards *Assassin's Creed IV*, *Far Cry 3*, and *Grand Theft Auto V*.

What have you been playing lately? Get anything fun for Christmas? Tell me about it! Shoot me an email at todd@thestew.ca.



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Desserts are delicious, dangerous

I love candy in all its delicious forms. I really enjoy eating sweets and if you see me in real life, it's very apparent by my width and girth. That said, I'm not a fan of the sweet science (this is not a reference to pugilism by the way). As a chef, I've never got into doing desserts and I have no desire to become a pastry chef for a number of reasons, not the least of which is the following story.

I was teaching the apprentices where I worked how to shave chocolate for some fancy garnish on some dessert we had made. I don't remember exactly what I was think-

ing in the moments before the steel of my very sharp knife found the bone in my thumb. It's not outside the realm of possibility that I was still feeling the effects of the previous night's libations.

I wasn't immediately aware of how much trouble I was in as the pain hadn't yet reached my brain. That moment is seared in my memory. The first indication of how serious this event had become was when I saw the look on one of the apprentices faces — the *Holy-Shit-Dude* look. That's what got me to look at my thumb, where I saw a torrent of blood running

down the length of my forearm, dripping onto the floor.

Fast forward 30 minutes or so and I'm getting six stitches in my thumb and making a decision that I was not going to teach my crew any more about desserts. If they wanted to learn pastry they would have to find a pastry chef (chefs call all desserts pastry, by the way, and a pastry chef is the guy or gal that specializes in this aspect of cooking).

Case in point, it takes an extra year of schooling to learn the basics of this art, and after three years of apprenticing, I'd had just about enough and

was ready to strike out on my own as a journeyman. This didn't include making prissy wedding cakes and having other chefs question my sexuality. Now that I've had years in the industry, run my own kitchen at New World and I'm secure in my masculinity, I've actually started making desserts.

I've been told on several occasions that my pumpkin pie is the bomb, so I thought I would share it with you. In my tradition of a "no- recipe, recipe", here it is.

Beat two eggs in a bowl. Add one large can of pumpkin. Get the good stuff like E.D. Smith. It's

Out of the Fridge

By Brice O'Neill



worth the price difference. Add one can sweetened condensed milk, a cup of brown sugar, some powdered ginger, a bit of cinnamon, 2 tablespoons of vanilla, one tablespoon of rum, and whisk together. If you don't have rum, get some. It makes a BIG difference.

Let that sit for approximately 10 minutes. This allows the starches in the

pumpkin to absorb the liquid and you get a nicer set. Pour into a chilled pie shell that you made ahead (if you don't know how, ask your grandma to make it for you) and bake at 425 degrees for 15 minutes and then turn down to 350 degrees for 45 minutes. Let cool, then share it...if you are so inclined.

Easy eh?

Romantic comedies have a long, hallowed history

"Candy is dandy, but liquor is quicker," said the great poet Ogden Nash. But really, for a more reliable way of winning your girl, take her to a romantic comedy, whether a play or a movie. Of course, everybody knows what that means: the romantic comedy is one of the staples of modern entertainment, and women love them. They are the female, feel-good, formulaic answer to action movies.

The romantic comedy has a universal plot: boy

meets girl, there is conflict, then resolution, and everybody lives happily every after. But then, all plots are simple, really; all involve a hero, his or her conflict, and then resolution, whether sad or happy. It is the details of the story and what the audience learns about human nature in those details that keeps our interest.

It is easy to dismiss the romantic comedy genre as stereotypical and too simple, where the

audience doesn't have to think, but there is value in straight forward entertainment, and there is always something to learn about human nature in any play.

And, before you dismiss them as 'not real literature' remember that the most popular romantic comedy playwright was William Shakespeare himself. Look at his comedies, they all follow the plot outlined above, and in the end, there is at least one marriage. Romantic

comedies have a long and hallowed history.

A few months ago this column discussed the ancient history of theatre, the Greek ideas of tragedy and comedy. Simplistically put, tragedy portrayed the decline of the hero, usually ending with his death, while comedy portrayed the rise, and the hero got to live. Comedies sometimes involved humour, but not necessarily always. The idea of comedy equalling humour is more recent.

Behind the Curtain

By Cathie Hamm



"Greeks and Romans confined the word 'comedy' to descriptions of stage-plays with happy endings. In the Middle Ages, the term expanded to include narrative poems with happy endings and a lighter tone. In this sense, Dante used the term in the title of his poem, *La Commedia*."

"As time progressed, the word came more and more to be associated with any sort of performance intended to cause laughter. During the Middle Ages, the term 'comedy' became synonymous with satire, and later humour in general." (Wikipedia)

Romance literature started in the Middle Ages and was called romance because it was generally written or told in French or another Romance Language. The genre told the tale of a hero and his

(they were always male) exploits, usually involving a journey and mysterious or supernatural adventures. These stories often, but not always, included a love interest for the hero, and eventually the meaning of the word romance evolved to include that concept. Romance now can mean either a fanciful tale or a story that involves a love interest.

Williams Lake Studio Theatre's romance this year will be the last play of the season: *Sense and Sensibility*. Auditions will be on Wednesday February 5 at 7 pm and Saturday February 8 at 1 pm in the board room above Kornak and Hamm's Pharmacy, at 366 Yorston Street.

Director Becky Strickland is looking for seven females and six males. Everybody is welcome and encouraged to audition.

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Chocolate contains compounds similar to those found in ecstasy, morphine and marijuana.

The surprising health benefits of candy

Adrenaline Fix

By Darren Smith



With a new year comes New Year's resolutions. We all have things we want to work on for the new year and now that we are more than halfway through January, if you are like me, I have forgotten about them and am just carrying on, business as usual.

I love chocolates, candy, and various other junk foods and if *taken in moderation*, it is *not all* bad for you. There you go, that's my disclaimer in italics. For the most part, anything in moderation won't hurt you, but just in case; consult your doctor before trying anything new.

Here are a few things I found on a blog while Googling 'candy and health':

1. People who eat candy live longer: A comprehensive study from the Harvard School of Public Health revealed that people who eat candy outlive those who don't. Modest candy consumption — one to three times a month — is associated with the greatest health benefit, but even those with a daily habit (not

overindulgent) also lived longer. Well, hey, it was at Harvard so it must have been a very good study, right?

2. Sugar can restore willpower: For difficult tasks, a shot of sugar makes people persevere longer and keeps them focused. A few pieces of candy while taking on a big project — from yard work to homework — might go a long way.

I am glad they clarified what a "shot" of sugar was, I was picturing mixing up some sugar and water in a shot glass and downing it. For what it's worth, a packet of sugar at Starbucks has 5 grams; a can of Coke has almost 40 grams. You could save some money and go to Starbucks and eat 8 packets of raw sugar instead, but I don't recommend it

3. Chewing gum improves mental health: A stick of gum — any gum, it's the act of chewing — can improve your mood, reduce stress, increase mental focus, and even block pain. Chewing gum increases serotonin levels too.

Not to mention, brief periods of fresh breath!



It also has been shown to help with acid reflux because of the increased stimulation of the salivary glands which in turn increases swallowing.

4. Chocolate (maybe) decreases risk cardiovascular disease: You've probably heard about the health benefits of chocolate. The jury is, admittedly, still out on that one. But some research shows that those who ate chocolate five or more times a week were

60% less likely to have heart disease. I'm guessing these folks were just 60% happier.

My favorite of these tips! Chocolate is awesome but I believe the research, albeit limited, points to the expensive and dark chocolate variety, not the waxy cheap stuff at the end caps of supermarket check stands.

5. Cotton candy helps create new blood vessels: I always assumed cotton candy

was terrible for you, but according to researchers at Cornell University, cotton candy can be melted down to create artificial blood vessels. OK, so maybe it's not time to invest in a home cotton candy machine, but hey! We'll take what good news we can get this candy infested season! Another Ivy League school research paper.....shouldn't these be the people saving the planet and doing more worthwhile research? I

mean, artificial blood vessels are a great innovation but who would have thought to test cotton candy as a viable substance.

I suppose the lesson here is, candy is not all bad for you, but be careful how much you take in. Have a happy Valentine's Day and remember to spend extra to get the good dark chocolate.... and wine, and strawberries, and guys, don't forget a card. Ladies, you're welcome.

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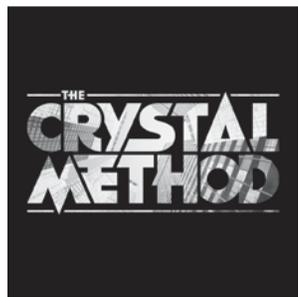
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hear

Ken Jordan and Scott Kirkland of The Crystal Method first met and started working on music while they were working at a grocery store.

Pickings are slim for January 2014 music releases

Well we're just getting into February and the first month of this year was pretty uneventful for new releases. That, plus the fact that I've spent the last three days trying to sleep away a nasty cold, and right now I have a headache so bad that listening to music actually hurts (which is kind of a personal hell for me — I never turn the music off unless I turn the TV on, and that's rare) which means this is gonna be rather short.



The one notable release I did find was the new self-titled album by **The Crystal Method**. In case you're unaware, The Crystal Method are a big beat duo that focuses mostly on breakbeats. Their popularity peaked with their debut album *Vegas* and held reasonably thorough



2005's release of *Legion of Boom*. Then they didn't release another studio album until 2009 which slipped past my radar and I've only just learned of its existence, but apparently *Divided By Night* was nominated for a Grammy.

The Crystal Method was originally scheduled for release in June of 2013 but the album was still unfinished when bandmate Scott Kirkland needed to have a cyst removed from his brain. There were a couple subsequent procedures and when he was healed they put the finishing touches on the album and now it has been released to all the waiting fans. But Scott says he feels 2014 is slightly more

appropriate for the release as it happens to be 20 years since the release of their very first single.

The Crystal Method, however, is really nothing like the music they were making 20 or even 10 years ago. Every once in a while a glimpse of their old school sounds can be heard, but this album has a heavy dose of dubstep and modern EDM elements: a reason several critics have chosen to scold the release.

Now that I'm listening to *Divided By Night*, I think *The Crystal Method* is definitely the biggest step away from their own beaten path that they've ever taken. Their last album included a lot of featured artists. This one only has four tracks featuring guests. But they include such oddball choices as LMFAO (who also appeared on the last album), and even Le-

anne Rimes.

I must say, I did enjoy the album, though it was a little unexpected. However, being so different from past releases it conjures no nostalgia for old school Crystal Method. Personally, I think I prefer the old stuff. I can hear sounds like this from any number of artists on SoundCloud. My guess would be that they're trying to make fans of the new generation because most of the fans that were going to rave parties in the 90s aren't attending quite as many in the 10s. If you like EDM give it a listen. If you like EDM and don't know who The Crystal Method are, go dig up *Vegas* and *Tweekend*.



Another little gem I found floating around the internet is something called *Dad Metal Volume 1*. Dad metal is a term commonly used by young kids to describe the metal that their Dads listen to, basically metal from the 70s

and 80s. But then comedy website FunnyOrDie.com released a fake advertisement for a multi-volume set of "*Dad Metal*" which included short clips of several hilarious fake songs by fake bands... or were they?

Then one day a free release of *Dad Metal Volume 1* showed up for download on BandCamp.com. The album, which can hardly be called an album, only contains six songs and they range from not quite a minute to almost three minutes, so it's pretty short. But if you like heavy metal and you've got a kid or two, you should totally download this. Ditties like 'What Do You Mean You Lost Your Retainer?' by Prostate and 'Daddy Wasn't Hurting Mommy' by Pattern Baldness are sure to leave a smile on your face.

Believe it or not that's really all that's interesting in the way of new release albums.

Back in December Lana Del Rey released a surreal little 27 minute film called *Tropico*. It starts off in the Garden of Eden with Jesus, Elvis, Marilyn Monroe and John Wayne as gods while Lana herself plays Eve and some other dude plays Adam. After they eat the apple they wake up in what basically looks like the modern underworld — guns,

gangs, drugs, and strippers. The video spans three of her previously released songs. I guess you could say it's open to some interpretation but Lana actually put a message into it.. whatever that may be.

I am actually looking forward to the upcoming music of 2014. There's a Behemoth album coming out next month. Beck also has a new album promised for February, and apparently The Presidents of the United States of America are set to release a new album around this time too. Steel Panther's *All You Can Eat* will be released April 1, and you can watch videos for a couple singles online. Foo Fighters have promised new stuff this year. We'll get a first EP from the newly formed Skrillex/Diplo collaboration, Jack U. And I'm really looking forward to a new release from British experimental folkish band Current 93.

Many more artists claim to be releasing new music in 2014 including: Lana Del Rey, AC/DC, Iron Maiden, The Offspring, Motley Crue, Garbage, The Cult, Guns n' Roses, No Doubt, Judas Priest, and.. wait for it.. TOOL! Yeah, so it should be a good year. Stick with us.

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When the Student is ready, the Master appears
~ Buddhist Proverb

Private Business College opens doors

Williams Lake has its first Private Business College. The Academy of Learning is accredited by the Private Career Training Institutions Agency and offers over thirty diploma and certificate programs in Business, I.T. and Healthcare.

The Williams Lake location is the newest location to open, with over fifty across Canada. Academy of Learning College prides itself in being a small, local college while at the same time being the largest chain of private colleges in Canada.

The Academy of Learning College's main focus is to train students in new career fields or to upgrade students so that they may be more employable or move up in the company they may already be working for. Academy of Learning College trains students by teaching practical skills that students and the industry are looking for.

Academy of Learning College is unique in its delivery of re-programming, using a unique system called the Integrated Learning System or ILS. Academy of Learning developed this system over 25 years ago and has been using it and perfecting it since. The system uses all four modalities students use to learn; sight, hearing, touch, and student/staff interaction. Instruction is one-on-one and allows students the ability to learn at their

own pace using competency based learning and skills building. When students graduate they are ready for work and have the skills that are needed in today's technical age.

With classes starting every month, students don't have to wait to get started on their education. The College runs all year round and has the flexibility to work classes around work schedules and fit with the unique needs of many students.

Along with business partner Steve Whiteside, Craig and Christa Smith believe that this is a great opportunity for Williams Lake and a way to bridge the gap in skills training and what is offered at the local university. The College will open its doors and welcome students in February with a full range of business courses available immediately.

As part of the College launch, and as a way to give back to the community, the Academy of Learning is presenting the first 25 students that register in diploma programs a \$500 bursary or a \$250 bursary for advanced certificate programs. The College is proud to be a part of the community and wants to make sure that not only will it build relationships with students but it also creates that connection between students and

future employers.

There is a level of dedication to the student, their success, and their future employment that the Academy of Learning College is proud to say is what they are all about. Dr. Steve Whiteside, the President of the Academy of Learning College, often tells students, "Your success, is our success." Therefore it is the commitment of the College to go above and beyond to help the students reach their goals.

Applicants to the Academy of Learning College can apply for student loans and grants, and may be eligible for funding from Employment Insurance, Work Safe and many other programs. Students may take courses that range from a week up to a full diploma course lasting a year. Whatever a student needs, Academy of Learning College can help.

The College has an open door policy so drop in anytime and check it out. Whether you are an interested student, just want some computer skills, upgrading for work, or you are an employer looking for graduating students, we want to talk to you. Stop by today at 291 North Second Avenue in Williams Lake or call 778-412-5512. Academy of Learning is working to become an important part of Williams Lake's future.

THE STEW MAGAZINE'S Monthly MIX



HOLIDAYS OF THE MONTH

February 15th is National Gumdrops Day

National Gumdrops Day honors the popular, gelatin-based candy. Gumdrops have been a favorite candy for many decades. Nowadays, the 'Gummy' candies which are the same gelatin base, are the most popular gumdrop type of sweet. On National Gumdrops Day, you know what to do... eat Gumdrops to your heart's content!

Gumdrops Cookie Recipe

Gumdrops Cookie Ingredients:

1 cup Shortening
1 cup Granulated Sugar
1 cup shredded Coconut
2 cups uncooked Oatmeal
1 tsp. Baking Soda
1 cup Brown Sugar
2 cups All-Purpose Flour
2 Eggs, beaten
1/2 tsp. Baking Powder
1 lb. Gumdrops, cut into small pieces and floured

Directions

Preheat oven to 350 degrees. Lightly grease a cookie sheet. Cream shortening and sugar until fluffy. Add eggs.

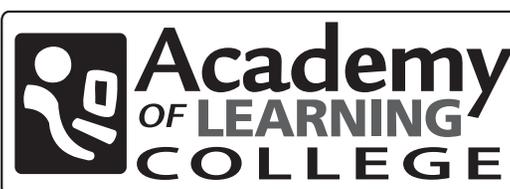
In a separate bowl, mix together all dry ingredients, except coconut, gumdrops and oatmeal.

Mix dry ingredients into batter. Add coconut, gumdrops and oatmeal. Drop teaspoonful of dough onto greased cookie sheet. Bake for 10-12 minutes, until edges of cookie are brown. Remove cookies and place on a wire rack to cool.

February 19th is Chocolate Mint Day

Chocolate Mint Day celebrates anything and everything that is chocolate mint flavored. The most common chocolate mint treats are ice cream, candies, and desserts. Not everyone likes chocolate mint. But those who do love it. No, we don't know why some people don't like this great flavor. But, we do feel sorry for them!

For Chocolate Mint lovers, this is truly a great day. Whether its candies, ice cream or desserts, make sure to get your fill of Chocolate Mint.



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We don't recommend dipping your camera in chocolate and sprinkles, regardless of how tasty that picture might look.

Looking for the latest edition of THE STEW Magazine?

Stew Spots

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 Horton's
- Visitor Centre

LAC LA HACHE

- Fast Trac Gas & Convenience Store
- Clancy's Restaurant

150 MILE HOUSE

- 150 Mile Mall
- Marshall's Store

WILLIAMS LAKE

- A&W
- Alley Katz
- Andre's Electronics
- 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
- Hopkins Design Studio
- 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
- Shields Brake & Muffler
- Shopper's Drug Mart
- Starbucks
- Station House Gallery
- Subway (at Prosperity ridge)
- Subway (on the Highway)
- Tim Horton's
- Tourism Info Centre
- TRU
- Walmart
- WLCBIA
- Women's Contact Society

QUESNEL

- A&W
- Aroma Foods
- Billy Barker Hotel & Casino
- Bliss
- Burger Palace
- Carry All Books
- Granville's Coffee
- Karin's Deli
- Mac's
- Museum & Tourist Centre
- Quizno's
- Safeway
- Save-On Foods
- Shopper's Drug Mart
- Subway
- Super Suds Laundromat
- Tim Horton's (on the Highway)
- Tim Horton's (Downtown)

Want to be a drop-off destination for THE STEW Magazine?
Email aboutface@wlake.com

Making 'eye candy' with camera lenses

With this month's issue being about 'Candy' I thought that we would deal with the part of the camera that is used to focus the light that helps us to create 'eye candy'. I know that's a bit of a stretch but I needed a way to move into talking about lenses.

The lens of a camera is the see-through glass and metal or plastic and plastic piece at the front of your camera that is used to render your image on your traditional or digital film. The lens is basically the hole in which light passes through. It may or may not have anything to pass through other than the hole.

The first cameras did not use glass lenses. They were called pinhole cameras as that's what the lens was... a pinhole. The problem was that without the focusing ability of shaped glass the image would not be sharp. It would be a soft artsy image, not exactly great for people photography.

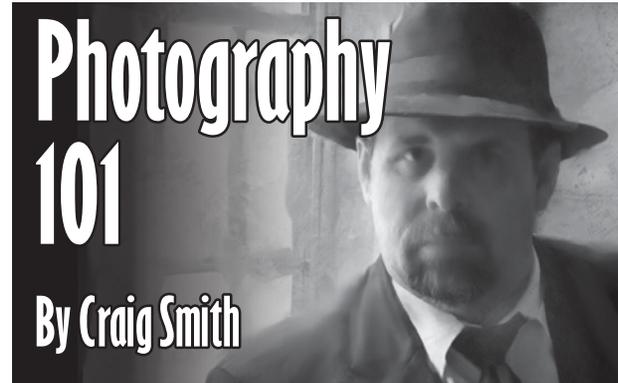
There are many aspects to lenses that we probably won't get to in this month's article, so I will hit as many points as I can and next month will go into things deeper.

Lenses can be grouped basically into two groups and three categories. The two groups are called prime



and zoom. Zoom mean the lens travels over a series of focal lengths and prime means its one focal length i.e. 50 mm lens. The three categories are wide angle, standard, and telephoto. All three categories are determined by what is called the focal length. Within these two groups of lenses we also have a definite difference between consumer lenses and professional lenses.

If you are at a camera store and you see two lenses that have identical specifications and one is \$200 and the other is \$1000 the differences will be in the materials that are used to manufacture them. The more expensive lenses will be made of glass and metal and the cheaper will be made mostly of plastic or a composite. Another factor in the price of



Photography 101
By Craig Smith

lenses is what we call the aperture, which is the diaphragm that changes the size of the hole in the middle of the lens. The smallest number and the largest number of the aperture or F-stop is what help determine the overall price. The smaller the aperture number the more expensive the lens will be.

There are a few other factors that I would like to touch on briefly before we end this month's article and that is to do

with older lenses. About once a week I see someone in our store with an old camera bag that they inherited from some older relative cleaning out their garage. The lenses on the old cameras are beautiful heavy glass and metal works of art but they may not work with modern cameras.

There are a couple of problems with these old lenses that most people don't realize. The first is that the actual mount may not be compatible. Most camera manufacturers have changed their mounts at least once in the last forty years, so if you really want to use one of these older lenses you will need to buy an adapter ring off eBay.

The hardest part about trying to use one of these is that you will have to change your camera to manual and old school the exposure.

Until next month... happy shooting.

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This month's Crossword puzzle brought to you by the fine people at Bob Paterson Homes.

X-Word Puzzle

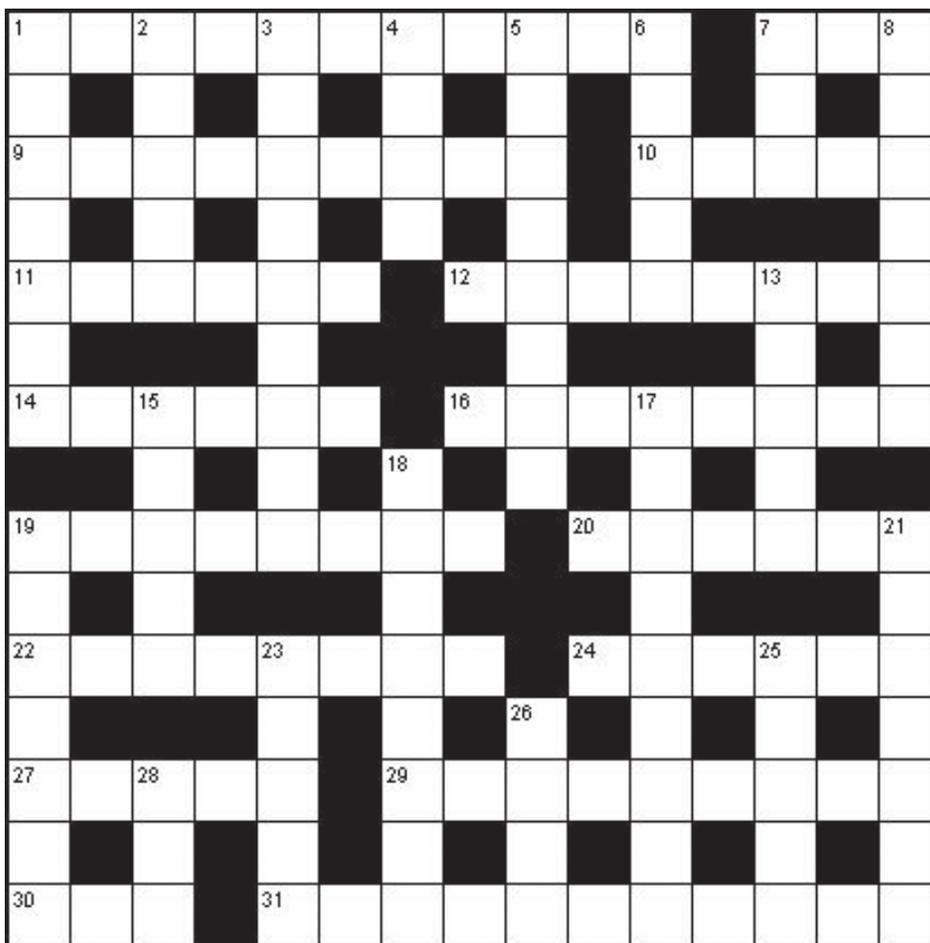
ACROSS

- 1 A guitar section playing with Dire Straits (11)
- 7 Return loan of transport (3)
- 9 Important businessman shortly scolds and curses (9)
- 10 One has to leave an abusive woman (5)
- 11 A diamond in Italy? (6)
- 12 Loses one's temper when trousers are lifted? (6,2)
- 14 Character in Greek semi-chorus (6)
- 16 Eastern girls love a frolic here? (8)
- 19 Make a trip to a Greek island to see the birds (8)
- 20 The Spices split up... (6)
- 22 ...as Geri heads off to America after a... (8)
- 24 ...chart rating finds Spices' current number going from No 1 to No 6 (6)
- 27 A right that is given to society (5)

- 29 Is able to get hold of cut price alternative (9)
- 30 It was familiar to Tolstoy (3)
- 31 Mallard perhaps or cuckoo nesting around river, note (5,6)

DOWN

- 1 Sense the French to be involved with trickery (7)
- 2 Good metal alloy, with no hint of tarnish, should (5)
- 3 Eight-legged creature is a natural mutant - time's involved (9)
- 4 A new note given in advance payment (4)
- 5 Fashionable journalist, describing passionate lust, caused offence (8)
- 6 River has no point to divide (5)
- 7 Lawyers can be a joke in Scotland (3)



- 8 Score after whistle has finally gone: 3.14 to nil (7)
- 13 Of minerals contain-

- ing mixture of silicon and aluminium compounds, principally (5)

- 15 A vulture you are, you b---, you, you hear! (5)
- 17 Setter is in a race, show-

- ing vigour (9)
- 18 Magical little man is discovered in little house, married to a relative (8)
- 19 A number coming in to follow Labour (7)
- 21 Street on the Andes, say? That's odd (7)
- 23 First off, searches person for weapons to eliminate these? (5)
- 25 Short sleeved bodice worn by melancholic (5)
- 26 Plans to return junk mail (4)
- 28 Affirmation made at the altar - in this language? (3)



WIN DINNER

AT THE LAUGHING LOON!



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downstairs at Crates Gift Shop by
identifying the item in this photo.



Crates

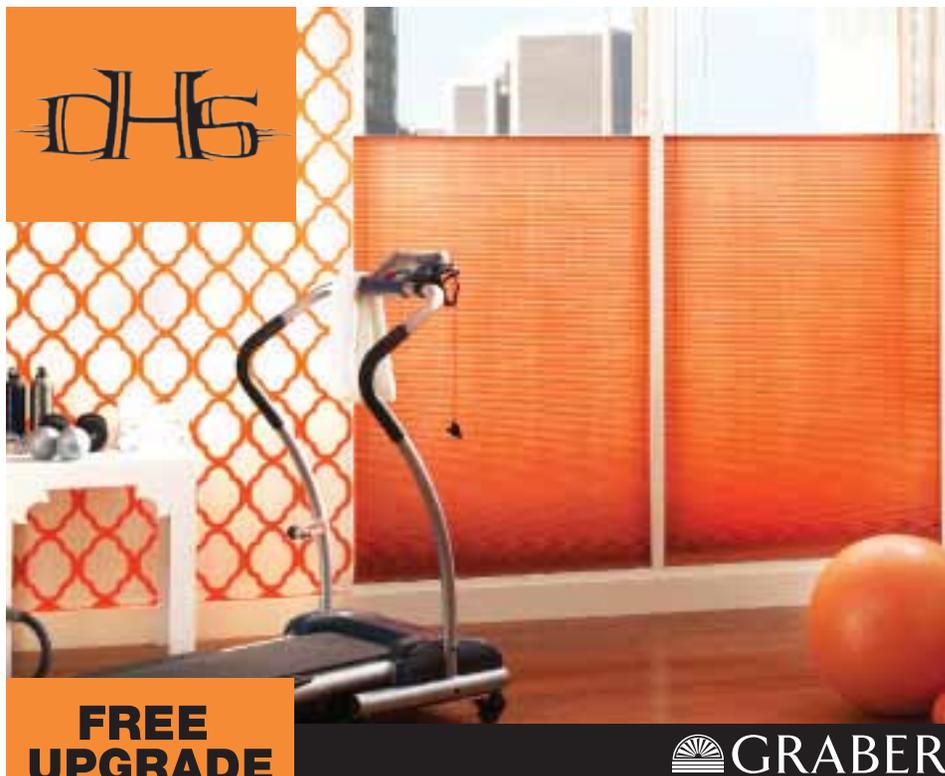
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