



# the stew

ISSUE 5.3 | MARCH 2014 | FREE

the  
Ink issue

**Brian Garten**  
Featured Artist  
Pages 4 & 5





## On the Cover:

These drawings are just some of the work done by tattoo artist Brian Garten for his clients. This is where it all starts as Brian prepares to put ink to his client and bring their vision to life.

## Deadline for advertising:

The deadline for advertising in the next month's issue of *The Stew Magazine* is the 21st of the current month.

Contact us today to reserve your spot — 250-398-7446 or email [craig@thestew.ca](mailto:craig@thestew.ca).

# The history of ink gets underneath your skin

What better topic for this month's issue than the very material it is created from. That is unless you are reading this online.

Before writing this I should have asked the pressmen if they knew how much ink went into printing *The Stew* but I will have to quote the industry standard. It takes on average almost 19 pounds of black ink and 9 pounds of coloured ink to make one ton or 2,000 lbs of newspapers. If I do the math, we normally get 8 - 40 lb boxes of *The Stew* so that's 320 lbs. That means 3.04 lbs of black ink and 1.44 lbs of coloured ink per month.

Newspaper ink at one time was a petroleum based type of ink but now most newspapers have gone to a soy based ink to be more environmentally friendly. Unfortunately it's not 100% biodegradable as there are additives such as resins, pigments, and waxes that don't break down the way soy does.

Anyone who has read any of my features knows that I love history, and every one of our topics I always do a ton of research. When we decided to call this issue *The Ink Issue*, I thought it would be a great time to feature my friend Brian as our artist of the month as he works with ink in his profession on a daily basis. I didn't want this article based solely around tattooing, I wanted to talk about ink in



general and how it affects our daily lives.

Years ago, as the digital age was forming, I remember people telling me that we would be without paper soon. Everything would be on computers and stored on hard drives and writing would be a lost art. I agree with these thoughts to a point, but don't believe that it will be in the near future. I remember as a kid thinking that by the year 2010 we would have flying cars, be teleporting around the world, and have a colony on the moon. That hasn't happened yet so I don't think the paperless office is going to happen tomorrow, so we are going to need ink for a while.

Ink has been around for almost 5,000 years and has had many recipes. It's funny how it has gone full circle in that the first inks were plant

based and a lot of the current inks are now also plant based. Inks come basically in two types, a pigment ink or a dye based ink. If we get out our chemistry set we can create inks with three components. The first is the colour, the second is the carrier, and the third is the additive that controls the flow and thickness.

Pigment based inks have coloured particles suspended in the carrier solution. Pigment based inks give more of a crisp line when used in printers and writing instruments. Dye based inks have the colour dissolved into the carrier. They are cheaper to make and have better colour saturation but have a tendency to soak into paper. In order to counteract this issue, special carriers and papers are used to stop the ink from doing what is referred to as bleeding.

Over the last 5,000 years the recipes for ink have included plants, soot, petroleum, animal parts, and minerals such as iron, wine, and gum. Blood has even been used as an ink. I'm not talking about hundreds of years ago but 1977. The band KISS used a nurse to draw blood from each one on the band members that was then added to the ink of a Marvel comic book called the first Super Special KISS comic book. As a kid at that time most of us thought it to be an urban legend, but Gene Simmons, the salesman that he is, made sure it was documented, witnessed, and photographed. In 1996 according to one of Marvel Comics long time editor and writers Mark Gruenwald's wishes, some of his cremated remains were mixed into the ink of the first printing of a trade paperback called Squadron Supreme. Marvel must be an interesting place to work.

As we have featured a tattoo artist we should talk about the inks used to tattoo. After doing a lot of reading, I found out that, as Brian said in his interview, this industry is not regulated, there is no real definition of tattoo ink. It is pigment-based and the carriers are as many as are the pigments used to get the colours; some are metal-based, some are plant. If you have sensitive skin it's something that you should ask. Some artists create their

own inks and some buy it commercially.

Tattooing used to be only seen on sailors and bikers but now is so mainstream it's hard to find people without any ink. As my father was a retired sailor I grew up with a man that had both forearms tattooed and thought that was the norm. Both of my brothers and I now sport a fair amount of ink and some of my kids have followed suit.

Like ink, tattooing has been around for just as long. There is no real origin to it. People around the world have discovered in various stages of civilization that if you scratch and push colored material into your skin far enough it will stay.

Tattoos have been used for good and bad in the past. Warriors have tattooed their faces to look more fierce, gang members to show their club names or their crimes. Medical tattooists have tattooed pigmented features that have been lost to things, such as breast cancer or burns. I have seen tattoos that have covered scars and some that give instructions like a medic alert bracelet.

In 1991 a 5,000 year old frozen body of a man was unearthed perfectly preserved with 57 tattoos on his body. If you didn't think tattoos were permanent before you might want to rethink that, if and / or when you get that first or next tattoo.



## BRAKE & MUFFLER

### Think Spring!

- Oil changes
- Tire change overs
- Tire sales

- Family operated since 1972
- All work is guaranteed
- Friendly, reliable service
- Competitive rates

Accepting Used Oils  
1-800-665-2291

**250-392-3115**

• 100 North Mackenzie Avenue, Williams Lake



# ingredients



## Brian Garten Featured Artist

Pages 4 & 5

### Nutrition Facts

Serving Size: 20 pgs  
Servings Per Container 1

Amount Per Serving

Calories 0

% Daily Value\*

The Stew's issue of Ink is brought to you by all the canvases out there that are covered in ink, whether it be oils, acrylics, water colours or tattoo ink, here is to painting the world with art and colour.

**Ingredients:** The stuff that helped us through this month were the endless possibilities of how, where, and with what to do with ink. The ink blotches of many pens that put this issue into conception. The Ink left behind from all of our highlighters and underlines when we came across a good idea. The ink that was seen, tested, and photographed that brought all the ideas together and helped us publish this issue. We thank all of this month's contributors.



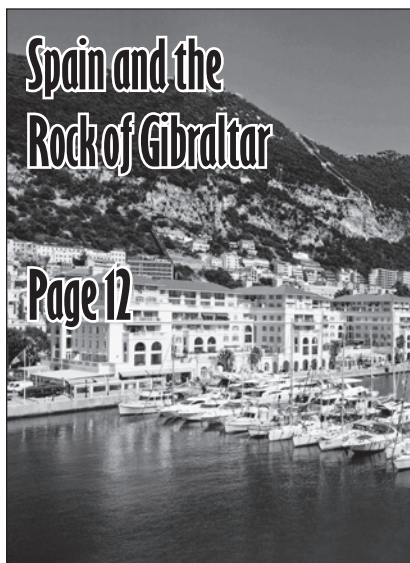
## The History of Ink

Page 2



## Dragon Tattoos & Comic Books

Page 7

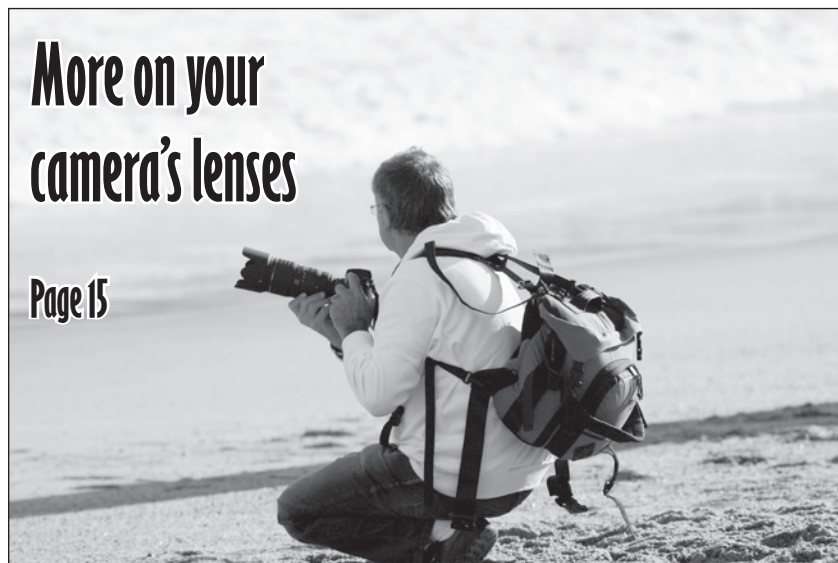


## Spain and the Rock of Gibraltar

Page 12

## More on your camera's lenses

Page 15



## LA PRAIRIE'S

ALTERNATIVE FUNERAL SERVICES

**Luc LaPrairie**  
Licenced Funeral Director  
*Serving the Community  
for Over 35 Years*

**250-398-9100**  
Fax 250-398-9175 • Toll Free 1-866-398-9100  
Email laprairie@telus.net  
**By Appointment Only**  
308-35 2nd Avenue South, Williams Lake  
Above Bank of Montreal

**GINA CALABRESE** B.A., L.L.B.  
LAW OFFICE

**BUYING OR SELLING A PROPERTY?**  
**RESIDENTIAL, COMMERCIAL, RANCH OR FARM**  
Let Us Assist In Real Estate Transactions Including:  
Contract Preparation • Property Transfers  
Mortgages • Estate Transfers

#206-197 2nd Ave. N., Williams Lake **250-392-7917**

## Tuxedo Sales & Rentals

**about face**  
Photography

**SUIT UP!**  
MENS WEAR

250-392-3814 • 288 2nd Ave. N., Williams Lake  
[www.AboutfacePhotography.com](http://www.AboutfacePhotography.com)

*The Station House  
Gallery Presents:*

**March 7<sup>th</sup> to March 29<sup>th</sup>**

**50 Shades of Clay**  
Main Gallery Artists, Cariboo Potters Guild

**The Eye of the Beholder**  
Upper Gallery Artist, Liz Derksen

Historic Train Station, Foot of Oliver St., Williams Lake

## NEW WORLD COFFEE & TEA HOUSE

**NOW FULLY LICENCED**

*Surprise  
St. Patrick's Day  
Specials*

Monday, Mar. 17, 2014

[www.NewWorldCoffee.ca](http://www.NewWorldCoffee.ca)  
778-412-5282 | 72 Oliver Street

**the STEW**  
MAGAZINE

*Call Joan  
to advertise!*

**Joan Oliver**  
Advertising Consultant  
**250-398-7446**  
288 2nd Ave. N.  
Williams Lake



# flavour of the month

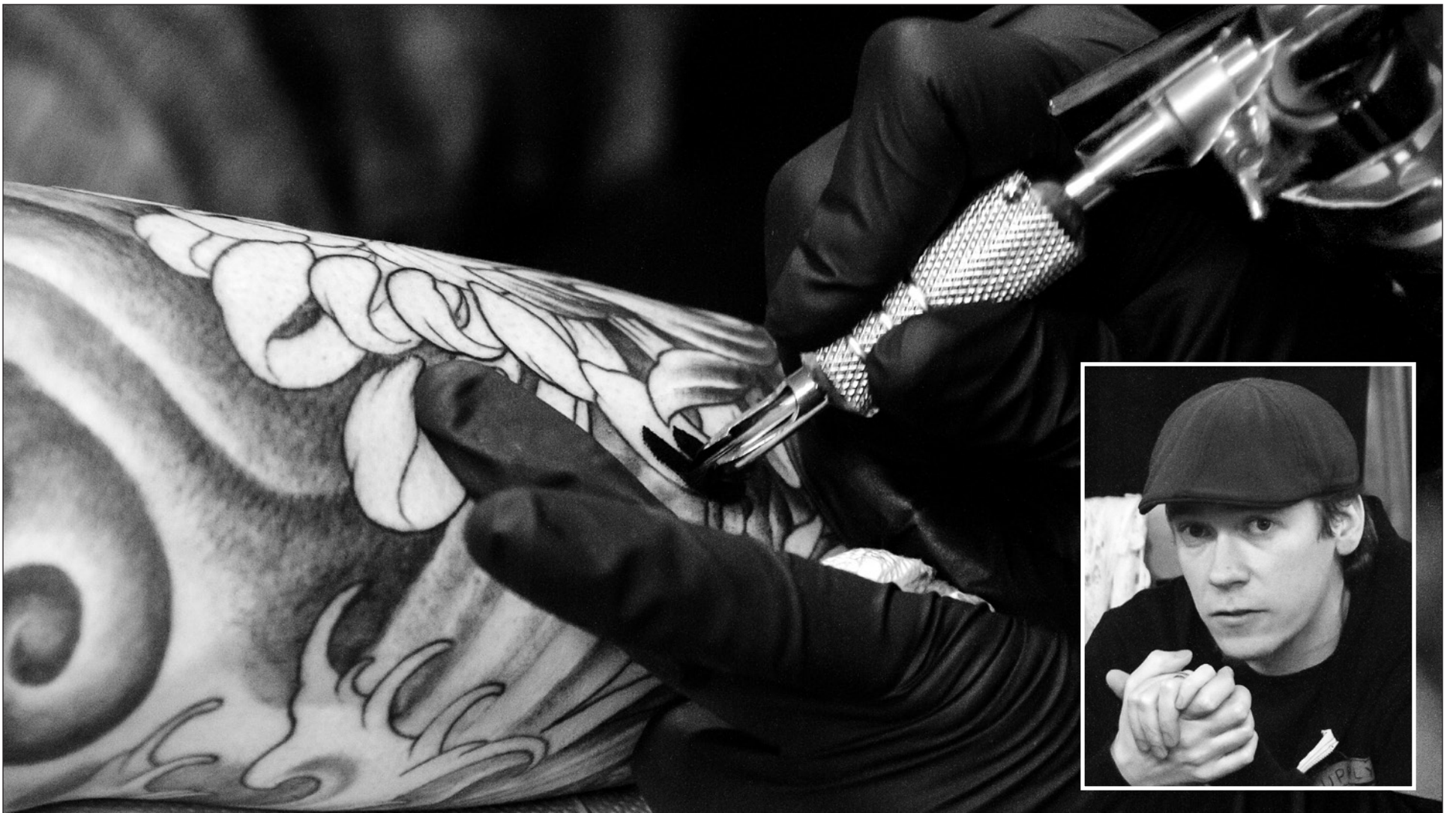
CRAIG SMITH PHOTO

**INK MASTER** ► Artist Brian Garten hard at work on one of the many human canvases that showcase his craft.





# flavour of the month



## The human body is the canvas for this ink master

This month's featured artist takes ink to all kinds of creative depths. From oils on canvas to needles on skin, Brian Garten is an artist that not only creates his own works of art, but also brings the ideas and dreams of others to life through his tattoos.

Tattoo master of his own shop, Praying Mantis Tattoo, Brian has been hard at work in the business for twenty years this summer.

Brian started his career in tattooing when he was just seventeen years old as an apprentice. For four years he learned about the equipment, how it is used, cleaned, and was able to tear apart and rebuild every piece of a machine before he attempted his first piece of work on his own mentor.

"It's the most scared I've ever been" Brian reminisces.

Since then his passion, creativity and influence in ink has just kept growing. But even before he started his apprenticeship Brian worked as the artist drawing for tattoos. His first drawing was for a buddy who asked him to do it for his tattoo, and from there his career began.

Brian has had his own Tattoo shop here in Williams Lake for the last twelve years, where he is always very busy. Right now he is booking about six months in advance and even with his drop in Wednesdays, that he does a couple of times a month, he often has to turn people away. If the tattoos are small, Brian can do five or six a day and serves his waiting clients on a first come first serve basis for those days.

For tattoos that are larger and have more detail and color, like full sleeves, it can take anywhere from thirty to forty hours. These pieces have a lot more that goes into the planning and bringing to life. When a client walks in the door, Brian takes their idea and concept and creates a drawing to capture it. "We can usually sort things out in the first few sketches", Brian says then with some final discussion and maybe some revisions or details it is ready for tattooing.

"Once tattooing appeared on TV it became part of pop culture, people were definitely influenced by it," Brian says, "and now it's not just bikers and skateboarders these days,

it's more socially acceptable. I see whole families coming in together, and more people are investing in larger pieces."

Brian says nothing really surprises him anymore. "I'm honest with everyone, if I'm not comfortable with something or I just don't feel I'm the right guy for the job, I won't tattoo it."

Just like many other professions like hair dressing or bartending, tattooists hear a lot of people's stories. "I've learned that many of us share in the same struggles and triumphs in life. And getting a tattoo can be a powerful way to signify these landmarks."

The advice that Brian has for anyone thinking of getting a tattoo is to think long and hard about what you want, make sure that you do your research on the artist and take a discriminating look at their work. Talk to others who have had work done by the artist and see how the tattoos look healed.

"There are a lot of amazing artists out there these days, but a lot of bad ones too," Brian warns, as he does a lot of fixes and cover ups. Because there is no formal certification and

anyone can call themselves a tattoo artist it is very important to know your artist and make a decision based on reputation. Shops are inspected by the Health Board but that does not protect the client from the artist if they don't have the technical knowledge to efficiently do quality work.

When asked what is the strangest thing that he has ever tattooed Brian answered, "A dead tree riding a bike." Tattoos for many people hold deep meaning and sentiment and for others it is just for the pure love of art and meaningless enjoyment.

"Being a tattoo artist is a wicked job to have," Brian says of his day. After twelve years at his location in downtown Williams Lake on Borland Street, Brian recently moved his shop up to Broadway Avenue to be next to his wife, and high school sweetheart, and her store, Black Bird Antiques.

It is here that Brian and his wife, side by side, plan to see where the future takes them. After being together for 22 years they look forward to being able to spend more time together and being next to each

other is a great new opportunity. The couple have two girls together — Mariah Jayne, 14 and Maddi, 17, who is planning on following in her father's creative footsteps and plans to attend art school in the fall. Both kids have inherited their father's skill and love of art.

Brian paints for an Art Gallery in Kelowna, but hopes to find more time to spend at his easel. When he does get time Brian likes to paint bugs and skulls and has quite the collection on the walls at his studio, everything from landscapes to hand grenades.

The art and skill for Brian is not limited to inks and oils but also includes music, air-brushing, and building motorcycles.

As for the future, Brian hopes that he and his wife's stores not only grow but that he can also find another artist with some experience that he can work with. Born and raised here, Brian is a talented artist and sure to be a long term member of this community for generations to come. If you want to see some of his work make sure to stop by his new location on Broadway Avenue by Total Pet.



The inkblot test is named after Hermann Rorschach (1884-1922) who developed the test.

# The inkblot test can open a doorway to your psyche

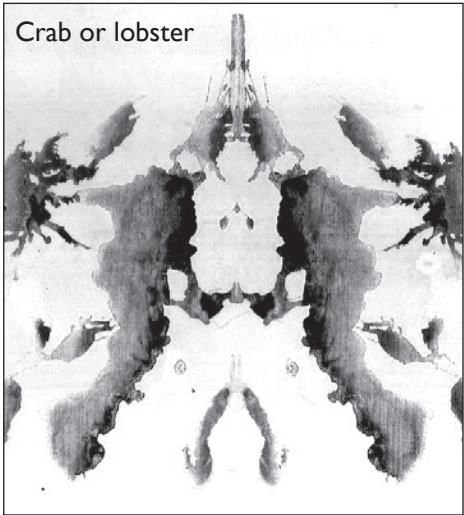
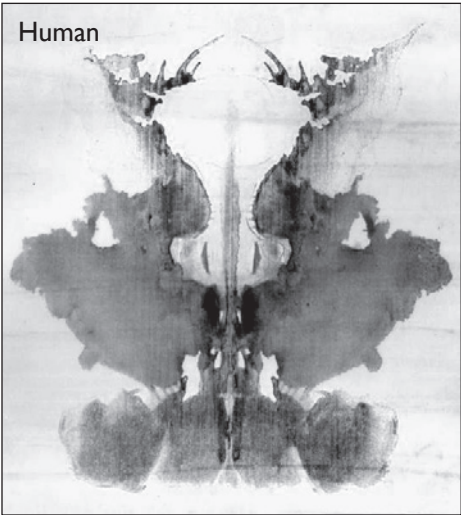
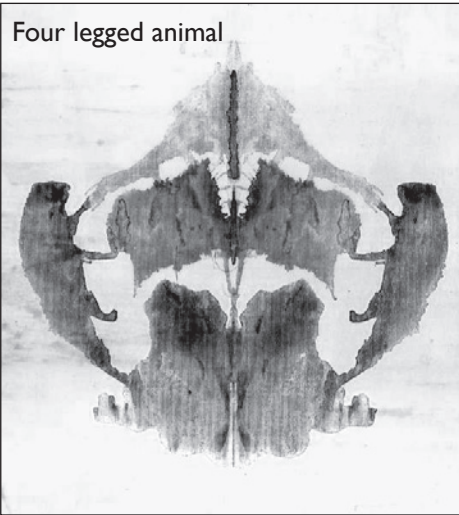
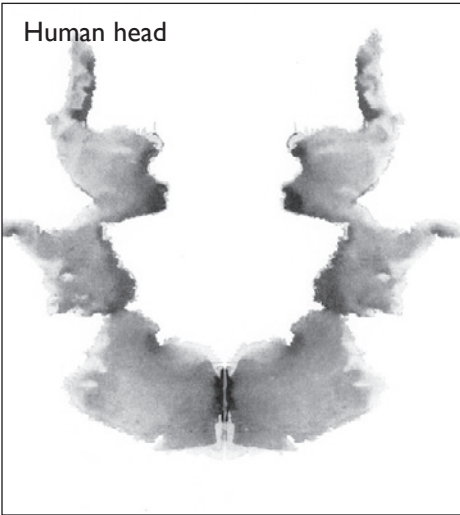
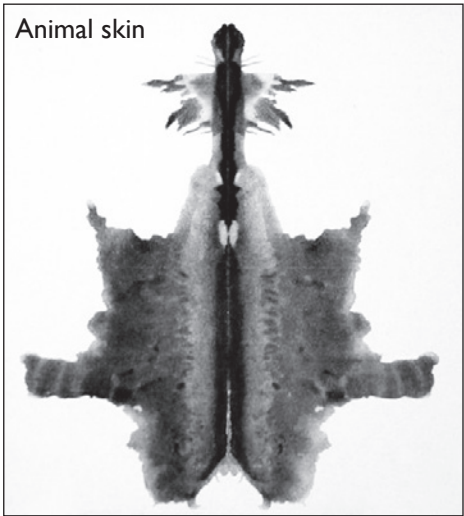
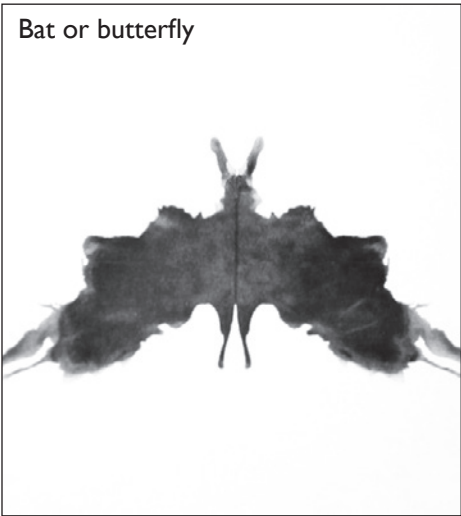
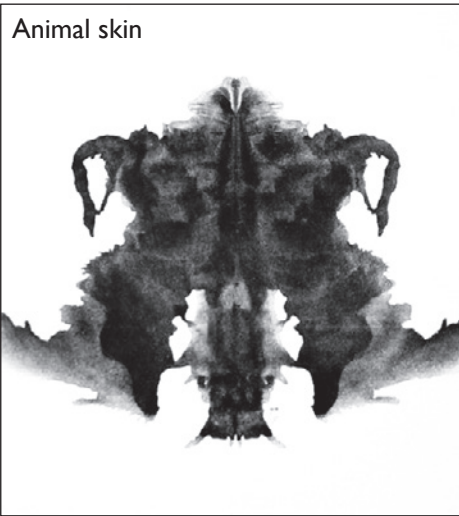
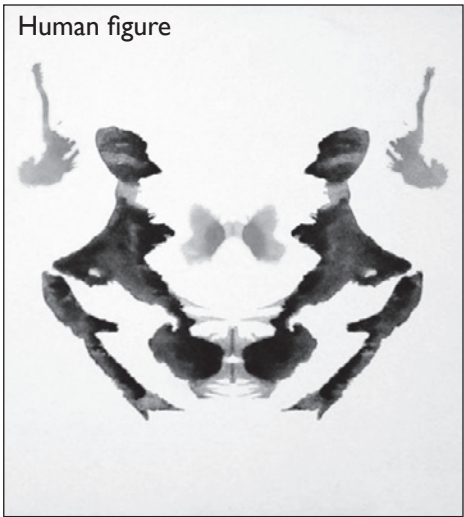
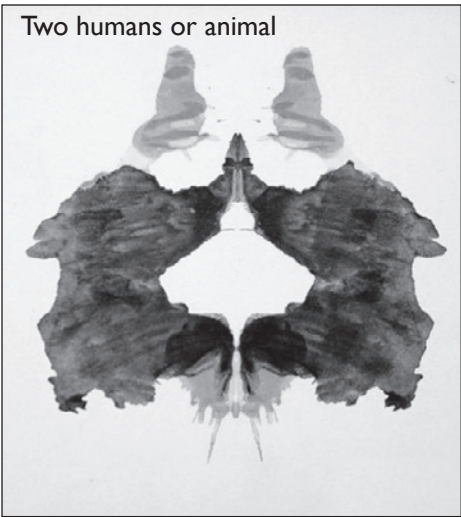
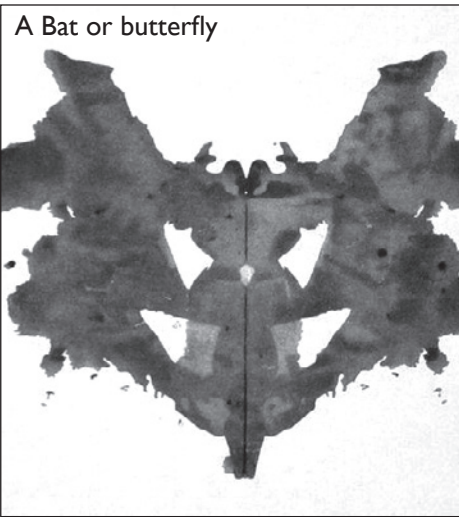
This month's theme of ink can be more than just the usual skin deep tattoos and paintings. Ink can also be something that is interpreted. The Rorschach test is also known as the inkblot test. This psychological test is used by some psychologists to test a person's personality, thought patterns, and emotional functioning.

There are ten official inkblot images and are used one at a time when presented to the patient for examination. The test is considered 'projective' because the patient is supposed to project his or her real personality into the inkblot via the interpretation. The idea is that the answers given help the examiner see into the deepest part of the subconscious.

The answers are also rated on the amount of detail, or vagueness, location of response, and variety.

Some people are skeptical as to the conclusions that are assumed by the tester, but after nine decades the inkblot test is still used.

The following are the inkblots along with some of the popular responses. See what you think, and see what responses are triggered for you. You never know what you will find out about yourself.



**NO HOLDS BARRED**  
250.305.5557 • 831a 2nd ave. s., williams lake

**OGABEL**  
CLOTHING  
mon-sat | 9:30am-5pm  
new sullen clothing in stock

**PHUNKy PUNK**  
BODY JEWELRY  
piercing available  
fri-sat | 9:30am-5pm  
walk-ins welcome

**KENDRA'S**

• MTC's (Mobile Treatment Centers) Transport Canada Approved  
• DOT Certified Drug & Alcohol Testing  
• Retail First Aid Supplies

• Locations in Williams Lake & Smithers  
• Mobile to Quesnel & 100 Mile House areas

**FIRST AID**  
250-296-0094 • [www.kendrafirstaid.com](http://www.kendrafirstaid.com)  
Fax 250-296-0193 • Cell 250-392-0053 • Email [kendrafirstaid1@gmail.com](mailto:kendrafirstaid1@gmail.com)

**Keeping your worksite safe & injury-free**



read

“When you sell a man a book, you don’t sell him 12 ounces of paper and ink and glue - you sell him a whole new life.” — Christopher Morley

# From dragon tattoos to comic books



**The Girl with the Dragon Tattoo (American, 2011)**

**The Girl with the Dragon Tattoo (Swedish, 2009)**

The most famous book with a tattoo in the title? *The Girl with the Dragon Tattoo* by Stieg Larsson, of course. The plot follows discredited journalist Mikael Blomkvist as he investigates the disappearance of an affluent business man’s niece over 40 years ago. Not only do we have the books in the library, but we also have the Swedish and American film versions.

The Swedish adaptation was directed by Niels Arden Oplev in 2009 and the American adaptation was directed by David Fincher in 2011 (Fincher already earned acclaim for his direction in thrillers such as *Seven* and *Fight Club*). So, is the American version just a Hollywood knock-off for viewers too lazy for subtitles? You’ll just have to watch them and compare for yourself!

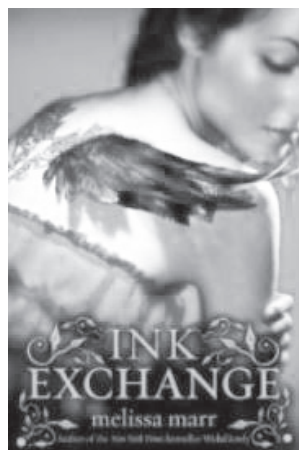


**Tattoo Johnny: 3,000 tattoo Designs (2009)**

*Tattoo Johnny*

Choosing the right design for your tattoo is tricky business. *Tattoo Johnny* is a great resource for those in the market for a new tattoo or for the professional tattoo artist. Full colour images were

compiled from the world’s leading tattoo Website, and the end result is a comprehensive resource that offers thousands of designs in a wide range of styles, all by renowned artists. Tattoos include angels, devils, flowers, pirates, pin-ups, religious images, stars, zodiac signs, and more. Skulls, flowers, stars, faeries, hearts, arm band designs, animals: you name it, it’s in there.



**Ink Exchange (2008)**  
*Marr, Melissa*

*Ink Exchange* is the second installment in Melissa Marr’s hugely successful young adult urban fairy tale series, *Wicked Lovely*. In it, we find the protagonist Leslie living with her depressed father and her drug addicted brother. She has also just been raped.

Leslie is overcome by the desire to banish pain and anxiety from her life, and as part of that she is saving up to get the tattoo she believes will help her recover her body. What she doesn’t know is that the tattoo she has chosen will bind her to the king of the Dark Court of Fairy, Irial. He provides energy for the fairies of his court by harnessing and removing Leslie’s emotions, like fear, panic, or fury.

In *Ink Exchange* Marr further develops her intricate and engrossing fantasy world, and like the other books in the series, the novel features strong character development. As a review in the *School Library Journal* notes, this book “is impossible to put down.”

## Alphabet Soup

By Caroline Derksen



*The most famous book with a tattoo in the title? *The Girl with the Dragon Tattoo* by Stieg*

*Larsson, of course. Not only do we have the books in the library, but we also have the Swedish and American film versions.*

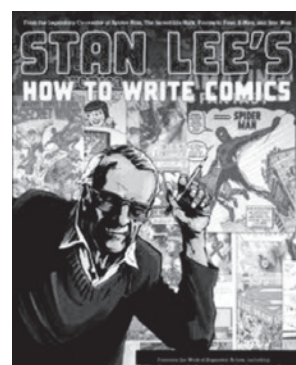


**One Zentangle a Day: a 6-week course in creative drawing for relaxation, inspiration, and fun (2012)**

*Krahula, Rebecca*

So, you might be wondering, what are Zentangles? It’s a new drawing method that’s easy-to-learn and downright relaxing. It’s a fabulous way to create beautiful images by drawing structured patterns, and you can certainly do them in ink.

With Zentangles, almost anyone can create beautiful images. The concept was developed by Rick Roberts and Maria Thomas as a way to practice focus and meditation through drawing, by using repetitive lines, marks, circles, and shapes. *One Zentangle a Day* by Rebecca Krahula is the “new classic” guide on this emerging art form, and will show you everything you need to know to get started.



**Stan Lee’s How to Write Comics! (2011)**  
*Lee, Stan*

You can draw your comics in ink, and you can also write them in ink. In the comic industry Stan Lee is known as the creator of the ‘Mighty Marvel Universe’ and helped create such legends as Spider-Man, the Incredible Hulk, and X-Men (to name a few).

In this handbook, Stan Lee outlines everything he has to say about writing and creating comic books. He walks you through nearly every topic that comic book writers are engaged in, from creating a concept, to outlining what editors are looking for.

A great resource for the aspiring comic book writer, or a Marvel fan.



**Christa Smith**  
Publisher & Editor  
[christa@ccrproductions.ca](mailto:christa@ccrproductions.ca)



**Craig Smith**  
Publisher & Sales Manager  
[craig@thestew.ca](mailto:craig@thestew.ca)



**Joan Oliver**  
Advertising and Sales  
[sales@thestew.ca](mailto:sales@thestew.ca)



**Todd Sullivan**  
Layout  
[todd@thestew.ca](mailto:todd@thestew.ca)



**Renée Lozeau**  
Advertising Design & Prepress  
[sign@telus.net](mailto:sign@telus.net)



**Jamie Horsley**  
Tone Soup



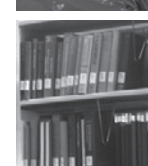
**Brice O’Neill**  
Out of the Fridge



**Darren Smith**  
Adrenaline Fix



**Gina Mawson**  
You, Me and We



**Caroline Derksen**  
Alphabet Soup



**Cathie Hamm**  
Behind The Curtain

THE STEW Magazine is an independently owned and operated monthly arts, entertainment, recreation and leisure magazine published in the Cariboo. All information contained in this magazine is correct to the best of our knowledge. Opinions expressed by contributors are not necessarily those of The Stew or its employees. We reserve the right to edit articles for grammar, punctuation, or length. The Stew’s advertising customers assume sole responsibility for correctness of their advertising – we require approval in writing of each ad before it is published. We reserve the right to refuse any advertising or editorial submission which we believe to be inconsistent with the philosophy of this publication. The content of this publication are copyright The Stew Magazine.





"In black ink my love may still shine bright." — William Shakespeare

## Thoughts to consider when buying your travel insurance

- Coverage – medical emergency; trip cancellation; trip interruption; loss of baggage; loss of passport; loss of cash, travel accident, rental vehicle damage protection, etc.
  - Monthly or annual – if you travel frequently – it may be more cost efficient to purchase an annual plan for multiple trips
  - Accommodation allowance for trip delays
  - Trip advisory countries – if the Government of Canada has advised to not travel to a specific country, most insurance companies may not honor the travel insurance claims if you become injured or ill. There are companies that will pay a claim for an injury or illness if there is no connection to the 'Advisory Warning'.
  - Family coverage – a discount may be eligible if more than one person from the same family are travelling together
  - 10 Day Right to Examine your policy upon receipt... once you receive your policy for the travel insurance, there should be a benefit whereby you are able to cancel within the first 10 days for a full refund
  - Pre-existing conditions... If you have experienced any symptoms that existed prior to your travel insurance coverage – (different companies have different terms – i.e. – in the last 90 days, in the last 180 days, etc.) you may not be covered if an illness arises from these symptoms. Also, the company may have the right to review your prior medical history if a claim is reported.
  - For most companies, if you have an injury or illness, you must notify the Emergency Assistance Provider prior to any treatment commencing. If you are not able to do so, there may be limits as to how much will be covered once expenses are incurred. Check with your carrier for important items such as this.
- If you would like additional information on Travel Insurance or to receive a quote, please call Adele McLearn at 250-392-6448 or e-mail: [admacfin@telus.net](mailto:admacfin@telus.net).

## Exploring the types of drama

February's column touched on how the plots of all plays are really the same: the audience is introduced to a hero or protagonist, she or he undergoes conflict and is transformed in some way, and then there is resolution of some sort. This is divided or categorized into different forms of drama (humans, especially this author, seem to have a huge need to categorize things) or types of plays: tragedy, comedy, or romance.

In a tragedy, the hero starts strong, but is undone by a fatal flaw in his or her own character. Good old William Shakespeare provides a classic example — Macbeth is a protagonist who has the ambition and bravery to become king, even if he achieves it by the dubious manner of murdering the last king, but that's a different column. If you are curious, read, or better yet, go see the play.

It is his tragic flaw of self-doubt and paranoia that causes him to go on to murder the families of his enemies, causing his downfall. No one wreaks revenge like an enemy with a murdered family. Of course, MacBeth is not a hero in our modern sense, only in the sense that he is the main protagonist of the story.

The comedic hero, in contrast, generally starts in a

position of need, and gains strength through his or her conflict. This is more to the taste of the modern audience, and a perfect example is *The Big Five-Oh*, which the theatre presented last fall. Not only is it a comedy, in that it is funny, but it is a comedy in the classic sense as well. The central character, George, discovers how important his family is to him, and becomes a happier person and a better father.

The romantic hero also grows through his conflict, but his story is little different and more complicated than the comedic hero. He is needed; he must somehow serve his community. He undergoes a journey, whether physical or metaphorical, in which he makes a discovery that improves the lives of those around him. This is a story told repeatedly in modern action movies. Examples abound, and one of the best is the original *Star Wars*: Luke is chosen to make a journey, discovers much about himself and human nature, and ultimately returns with the strength to save his people from the Empire. The fact that it's a lot of fun for the audience along the way is just a bonus.

There are two other types of plays generally included in the 'types of drama' (go ahead, google it

## Behind the Curtain

By Cathie Hamm



and see what you get): musical and farce.

Musical is easy, the cast keeps breaking into song during the play, and people seem to either love them or hate them. Farce, to quote Ask.com, "is a sub-category of comedy, characterized by greatly exaggerated characters and situations. Characters tend to be one-dimensional and often follow stereotypical behavior. Farces typically involve mistaken identities, lots of physical comedy and outrageous plot twists."

Every once in a while, a script or story comes along that defies categorization. *Urinetown, the Musical*, WL Studio Theatre's current offering, is one of these.

Is it a musical? That much is obvious.

Is it farce, presenting an exaggerated, even an over-the-top statement about water conservation and corporate greed, using outrageous, and, yes, even stupid plot twists and characters? Yes. Most definitely.

Is it a comedy? Only in the sense that it is funny, but then most farces are. It has

some great ironic statements and very funny lines.

Does it feature a romantic hero, who must rise to the occasion to save his people? Well, yes it does. Bobby Strong becomes a leader; his people need him, and, in spite of his hesitations, he must accept the challenge and lead them in the fight.

But, is he a tragic hero, who is undone by his own flaws? Does the situation overwhelm him? Is he strong enough to overcome the evil corporate empire that is oppressing the population? Maybe, maybe not. This author does not want to spoil the ending. Come to the theatre and see. I guarantee you will be shocked, appalled, entertained, and you might even learn something. If nothing else, you will get a few good laughs out of it. It's that kind of play.

*Urinetown, the Musical* is on March 19 to 22nd, March 26 to 29, and April 2 to 5 at the Studio Theatre in Glendale. Tickets are available at Aboutface Photography.

**Adele McLearn, CHS**

Life, Disability & Critical  
Illness Insurance

Group / Individual  
Health Plans

RRSP • RESP • RRIF

Travel Insurance

Call Us!

**250-392-6448**

Email [admacfin@telus.net](mailto:admacfin@telus.net)  
299C North 2nd Avenue, Williams Lake

## Factory Direct Solid Wood Furniture & Mattresses



3 PIECE  
GENUINE LEATHER  
SOFA SET

sofa, loveseat and chair  
**ONLY \$2100.00**  
every day

Up to  
**30% OFF**  
Assorted  
Floor Models

- Locally owned
- Not part of a chain
- NO inflated price tags to make it look like a sale. You get a FAIR DEAL every day!
- All our furniture is made of SOLID WOOD

**250.398.6072**

510 North Broadway, Williams Lake



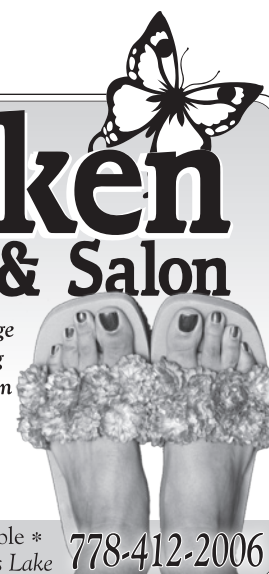
## Awaken Day Spa & Salon

- Waxing • Manicure • Massage
- Nail Enhancements • Tinting
- Hair Stylist & Colour Technician

Get your FEET ready  
for Sandal Season!  
Book your pedicure today

\* Evening Appointments Available \*  
131 - 2nd Avenue North, Williams Lake

**778-412-2006**





**THINK INK** ► It is through ink that we are able to record our stories and our history, whether through words or pictures.

CRAIG SMITH PHOTO



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





**Walk-Rite Shoes**  
Drop by and meet the new owners!  
Check out what's new for Spring

250-392-5644  
130 Oliver Street, Williams Lake

**Baked Goods Made Daily!**  
Paninis • Wraps • Soups  
Specialty Coffees & Teas

180B 3rd Ave. N., Williams Lake  
Next to the Library  
250-305-2326  
**BeanCounterBistro.com**

**Bean Counter**  
BISTRO & COFFEE BAR

**Travelling?**

Whether you're planning a holiday in Canada or Internationally, don't forget Travel Insurance!

**Johnston/Meier Insurance Agencies Group**  
Corner of 3rd & Cameron  
280D 3rd Ave. N., Williams Lake  
250-398-9033 | 1-888-696-1855 | [www.jmins.com](http://www.jmins.com)

#### WILLIAMS LAKE

**March 1** Dessert & Dance @ Williams Lake Secondary School 6:15pm Tickets \$10 adult and \$5 student

**March 2** 5<sup>th</sup> Annual Bridal Affair & Women's Expo at Sacred Heart Hall 11-3pm

**March 2** Free Family Skate @ Cariboo Memorial Complex 2:45-4:15pm

**March 3** Seniors Bingo @ Upper Level Boitanio Mall 1pm

**March 4, 11, 18, 25** Parent & Tot Group Child Care Resource and Referral Centre parent and tot play group, held each Tuesday morning from 10:30 to 11:30am

**March 5** Hoyer Fundraiser @ WL Spectra Power Sports & Laughing Loon 6-9pm

**March 6** Junior Olympics Archery Program @ Lakecity's Sportsman's Association 6pm

**March 7** Ladies Singing @ St.Peter's Anglican Church 7:30-9pm

**March 7** Brain Injury Workshop 8am \$50 each

**March 7** Winter Market Upper Level Boitanio Mall 10am-5pm

**March 7-29** Station House Gallery exhibitions. Main Gallery: *Shades of Clay* - Cariboo Potters Guild, Upper Gallery: *The Eye of the Beholder* - Liz Derksen

**March 8** WL Snowmobile Club. 7am

**March 8** Small Flocks Workshop @ The Pioneer Complex 8:30am-4:30pm

**March 8** Williams Lake Business Excellence Awards @ The Elks Hall 5pm-10pm

**March 8** Barrel Race @ The Eagle View Equestrian Centre 1pm-3pm

**March 10-21** Everyone Welcome Swim @ Cariboo Memorial Complex 1pm-3pm everyday

**March 13** Junior Olympic Archery Program @ The Lakecity's Sportsman's Association 6pm

**March 14** Winter Market Upper level of Boitanio Mall 10am-5pm

**March 14** Ladies Singing at St.Peter's Anglican Church 7:30

**March 15** Free Swim @ Cariboo Memorial Complex 6:30pm-8pm

**March 15-17** Open Mixed Bonspiel @ The Williams Lake Curling Club 7pm-12am

Williams Lake Studio Theatre presents "Urinetown, the Musical" is on **March 19th to 22nd, March 26th to 29th, and April 2nd to 5th** at the Studio Theatre in Glendale. Tickets are available at Aboutface Photography.

**March 20** Junior Olympic Archery Program @ The Lakecity's Sportsman's Association 6:00pm

**March 21** Winter Market Upper level of Boitanio Mall 10am-5pm

**March 21** Ladies Singing @ St.Peter's Anglican Church 7:30pm-9pm

**March 22** Barrel Race @ The Eagle View Equestrian Centre 1pm-3pm

**March 28** Winter Market Upper level of Boitanio Mall 10am-5pm

**March 28** Ladies Singing @ St.Peter's Anglican Church 7:30pm-9pm

**March 29** TRU Gala Fundraiser @ TRU Williams Lake

Turn Your Vehicle Into A **Moving Billboard**

**Tell-Tale SIGNS & PRINTING**

**Best Wild West**  
IN THE  
SINCE 1996

**www.telltalesigns.ca • 250-398-7446**  
Next to CP Electronics • 288 2nd Ave. N., Williams Lake





**March 29** Ducks Unlimited Banquet 4:10pm

**March 29** WL Minor Fastball Registration @ The Walmart Super Centre 10am-2pm

**March 31** Band & Instrumental Performances 4:22

#### QUESNEL

**March 1** Troll Telefest 2014 @ Troll Mountain Ski Resort 9:30am

**March 3** Quesnel Live Arts 2013/2014 Season @ Corriellieu Senior Secondary School 7:30pm

**March 4** Quesnel Rod & Gun Club @ 7 pm

**March 7-9** European Football School @ The Indoor Facility

**March 8** Open Mic Night @ Quesnel Elks Hall 7pm-11pm

**March 11** Quesnel Rod & Gun Club @ 7pm

**March 15** Bouchie Lake Badminton & Volleyball @ Bouchie Hall 8pm

**March 18** Quesnel Rod & Gun Club @ 7pm

**March 20** Quesnel Film Club Winter 2014, Carib Theatre @ 6:30pm

**March 25** Quesnel Rod & Gun Club @ 7pm

**March 26** Lawnchair Travel-Italia by Eurail from Interior to Coast @ Bouchie Lake Hall 7pm

**March 29** Double Trouble Dual Slalom @ Troll Resort 10am-2pm

**March 31** Senior's Walk @ The Quesnel Youth Soccer Centre 8:30am-4:30pm

#### 100 MILE HOUSE

**March 8** Spaghetti Dinner and Silent Auction at the Forest Grove Legion

doors open at 3pm Dinner at 6pm by donation, silent auction items welcome.

**March 15-16** Snowmobile Tournament @ The Interlakes Hall 8:30am

**March 22** 20<sup>th</sup> Annual South Cariboo Business Awards @ 100 Mile Community Hall 5:30pm

**March 22** Big Air Radar Race @ Mount Timothy Ski Hill 9:30am

**March 29** Dummy Downhill @ Mount Timothy Ski Hill 9:30am

#### NEW DVD/BLU-RAY RELEASES

Title	Release Date
12 Years A Slave	4-Mar
Cold Comes the Night	4-Mar
Grandmaster, The	4-Mar
Oldboy	4-Mar
Wicked Blood	4-Mar

Hunger Games: Catching Fire	7-Mar
-----------------------------	-------

5th Street	11-Mar
Against The Wild	11-Mar
Barbie: The Pearl Princess	11-Mar
Book Thief, The	11-Mar
Easy Money - Hard to Kill	11-Mar
Hellbenders	11-Mar
Homefront	11-Mar
Hungover Games, The (Unrated)	11-Mar
Ice Soldiers	11-Mar
Inside Llewyn Davis	11-Mar
Last Days On Mars, The	11-Mar
Out Of The Furnace	11-Mar
Time Being, The	11-Mar

Ambush At Dark Canyon	18-Mar
American Hustle	18-Mar
Chinese Zodiac	18-Mar
Frozen	18-Mar
Kill Your Darlings	18-Mar
Mandela: Long Walk To Freedom	18-Mar
Outpost: Rise Of The Spetsnaz	18-Mar
Reasonable Doubt	18-Mar
Saving Mr. Banks	18-Mar
Wedding Guest, The	18-Mar

Alpha & Omega 3: The Great Wolf Games	25-Mar
Avengers Confidential: Black Widow & Punisher	25-Mar
Beast of the Bering Sea	25-Mar
Delivery Man	25-Mar
Free Ride	25-Mar
Odd Thomas	25-Mar
Past, The	25-Mar
Scooby-Doo! Wrestlemania Mystery	25-Mar
Truth About Emanuel, The	25-Mar
Walking With Dinosaurs 3-D	25-Mar
Welcome To The Jungle	25-Mar
Wolf Of Wall Street, The	25-Mar

**Barking Spider**  
MOUNTAIN BIKE

Skis · Bikes · Sales · Service · Accessories

**Get Out There!**

250-392-5177 · www.barkingspidermountainbike.com  
19-1st Ave. N., Williams Lake · Email bsmb@telus.net

**Support the Cariboo!**

Buy goods made by local artisans and manufacturers. Shop in your community to support local employers. Attend a play or concert and support local entertainers. Vacation locally; enjoy the beauty and the wide variety of recreational activities the Cariboo has to offer.

**Spending locally gives back to the community, helping us all.**

**MOVIES ON THE GO**

**FREE FILM FRIDAYS**  
1st Friday of every month. Free Film with food or cash donation to the food bank.

**TOONIE TUESDAYS!**  
All Week's New Movies are only a Toonie Every Tuesday

**2 for 1 Wednesdays**  
250-392-4668  
105b North 2nd Ave. Williams lake, BC

**How Can We Help You?**

**250-392-5959**  
www.suttoncariboo Realty.com  
232B 3rd Avenue North, Williams Lake • Fax: 250-392-5511

**Sutton Cariboo Realty**





*Planning a destination wedding? Why not consider this popular location?*

# Through the south of Spain and to the Rock of Gibraltar

BY CHRISTIANE KLEIN  
& SYLVIA RASHBROOK

Now that we are traveling around the world, we will stop in Spain and at the Rock of Gibraltar as promised in our last article.

First I would like to take you to the country of Spain. You might think of the Mediterranean Sea and the sun as well as the bullfights and Flamenco. But as you may know by now, we are not going to write about the normal path visitors usually take. We would like to introduce you to the rich history of southern Spain and the Rock of Gibraltar.

First we will take you to the City of Seville which has a rich Moorish Heritage.

Seville used to be a prosperous port that conducted the trade with the Americas. The streets and squares of the city are lively and busy and you will find many constructions that are part of the World Heritage Sites. Seville is also a prominent business and service center and has to offer many museums and theme parks.

While being in Seville you have to experience the numerous terraces Inns and Bars to get a taste of 'Going out for Tapas'. If you are in Seville for the Easter week you will be able to attend the Feria de Abril which reflects the devotion and folklore of the people of



Seville.

Carrying on with our tour through southern Spain we will visit Malaga and the area surrounding it. Malaga is home to a great wealth of natural heritage and a big variety of landscapes.

From the forests of Spanish Fir Trees that blanket the Sierra de las Nieves Mountains to the karst formations of Torcal de Antequera, Malaga is home to 28 protected spaces. But not only that, Malaga City is dubbed the Capital of the Costa del Sol. The opening of the Picasso Museum in 2003 triggered the City's cultural rebirth. A visit to the Wine Museum will introduce you to world-wide known wine of Malaga.

Our third stop on our tour through the south of Spain will be Cadiz.

Cadiz is considered the oldest city in the Western World. It was founded in 1100 B.C. by the Phoenicians. Cadiz was chosen by Columbus

as the point of departure for his second voyage to the New World. Its Cathedral can be seen for the sea with the golden tiled dome and fits perfectly in the Cityscape of Cadiz with its colonial flair.

Cadiz is full of history where you can see parts of the old city wall and the old defence bastions.

The Plaza Mina is home to the Museum of Cadiz which is well known for the famous Phoenician sarcophagi and works in its Fine Art Section. Don't forget to get a rich selection of tastes which this region has to offer with different ingredients from the farmlands, the sea, and the interior.

Let us now take you to the Rock of Gibraltar. Its story begins at least as early as the Stone Age, the first Neanderthal skull ever discovered was found here in 1848.

The Rock is part of the British Commonwealth since 1704 and was a key



factor in British victories in the Mediterranean during the Second World War.

The journey to the top of the rock will reward you with breathtaking views. You will feel as if you were on top of the world.

The Rocks height is 426 m, from there you will see the African Coastline, where the waters of the Atlantic meet the waters of the Mediterranean, Spain's Costa del Sol and a panoramic view of the city below the quays marinas and bays. Take a stroll on the quiet path to St. Michaels Cave and you will be alone with nature.

Gibraltar has an average of 320 days of sun-

shine, temperatures rising well above 30 degree celsius during the summer months and down to approximately 12 degrees during the winter.

Europa's Point Light-house is located on the most southern point of Gibraltar. Situated at the gateway between the Atlantic and the Mediterranean, it serves as a landfall and waypoint for vessels passing through the strait.

Another popular thing to do at the Rock of Gibraltar is to say, "I do." Saying your own I do's, you will follow in the footsteps of John Lennon and Yoko Ono, Lawrence Harvey and Margaret Leighton, and even Sean Connery got married there twice — once to Diane Cilento and then in 1975 to Micheline Boglio Roquebrune.

These days Gibraltar is a popular location to get

married and it is wise to plan well in advance. The local Marriage Law does not contain any residential requirements and therefore it is a simple procedure. A Gibraltar Marriage is recognized worldwide.

If you are interested there is a whole list of outside venues that have been approved by the Government to get married to your sweetheart. You can pick up such a list during the Bridal and Woman's Show on March 2, 2014 at Sacred Heart where we will have a booth to show you even more places for your destination wedding. As well you can call or stop into our office located on Oliver Street in Williams Lake.

For now we say goodbye and we will see you here next month when we take you to the Greek Islands.

**ALL-WAYS TRAVEL**  
Serving the Cariboo Since 1978

visit **Exciting Spain!**  
& the Rock of Gibraltar

**250-392-6581**  
TOLL FREE 1-800-737-7631  
www.BookTripsOnline.com

357 Oliver Street, Williams Lake • Locally Owned & Operated  
Fully Licenced and Accredited Agency

**PASSPORT PHOTOS IN 5 MINUTES!**  
NO APPOINTMENT REQUIRED

ID Photos for

- Passport
- Firearms Licence
- Canadian Citizenship
- Permanent Resident
- Visa and more

**about face**  
Photography

250-398-3814 • 288 2nd Avenue N., Williams Lake

**ZONE 4**

**Hair Styling & Tanning**

**250.398.8812**  
149 2nd Ave. N., Williams Lake

PAUL MITCHELL  
FOCUS SALON



do

# The loss of the instruction manual in modern gaming

Ink and video games don't exactly go hand in hand.

Ink was pretty instrumental in the development of one of the precursors to video games — tabletop roleplaying games. Games like *Dungeons & Dragons* could not have existed without ink, and a lot of it over the years, thanks to prints, reprints, revised rulesets, updates, and adventure booklets. Once you start considering the number of different RPG products have been available over the years, that's a lot of ink.

Early video games utilized a fair amount of ink as well, though it couldn't hold a candle to the ink used in support of tabletop gaming. But early video games required separate instruction manuals, sometimes books that were the size of university texts (just look at the manuals for some early flight simulators for an example).



Manuals don't appear as frequently in today's video games. Sure, when you open up your new video game, it probably has a few pages stapled together, containing the vital copyright info, a map of the game controller showing which buttons do what, and that's probably about it. If there's anything more important to know about the game, you'll probably learn it during the inevitable tutorial mission.

This is a cost saving measure for sure, and it's probably even an environ-

mental one. You don't really need the manuals any more. Still, it was always nice to be able to flip through a video game manual and learn a thing or two about your next game while sitting on the toilet.

Which I suppose you can still do now assuming you have a smartphone or a tablet. Rockstar Games released their manual for *Grand Theft Auto V* exclusively online. If you want to flip through that beast, you have to download it and read it on your phone.

According to Rockstar Games, "As this is the biggest *Grand Theft Auto* game to date, we literally couldn't fit everything into an old fashioned style printed booklet anymore so instead we have taken the tradition of the classic *GTA* game manual into the digital era properly and have created for you a massive over-100-page free digital app for smartphones, tablets as well as desktops."

So the manuals are still out there, occasionally, if your game is big enough to warrant one. They've just moved into the electronic world, which is maybe where they should be, saving a little bit of paper ink for other things.

Now, what new game releases can we expect for March?

Hitting the street on March 4 is *South Park: The Stick of Truth* — a game that came close to

being shelved a number of different times. It's an RPG with the game's trademark twisted humour and is sure to be an interesting ride when it arrives for the Xbox 360, Playstation 3, and PC.

If you're a gaming masochist, you're probably familiar with *Dead Souls*, a famously difficult RPG that has inspired more than a few ragequit moments. Well, it's time to rage again, because *Dead Souls II* arrives for Xbox 360, Playstation 3, and PC on March 11.

March 11 also brings the next-gen shooter *Titanfall* to PC and Xbox One, and there's plenty of gamers excited for this release.

March 18 brings the HD remakes of *Final Fantasy X* and *Final Fantasy X-2* to the Playstation 3 and the Playstation Vita. You can also nab *Metal Gear Solid V: Ground Zeroes*, the prologue to the still upcoming *Metal Gear Solid V: The*

*Phantom Pain*, on Xbox 360, Xbox One, Playstation 3, and Playstation 4.

And on March 25 it's time to start clicking again when *Diablo III: Reaper of Souls* arrives for PC and Macintosh.

**Other notable releases:** Yoshi's New Island (03-14), *Infamous: Second Son* (03-21), *BlazBlue: Chronophantasma* (03-25), *The Walking Dead Season Two: Episode Two* (TBA)

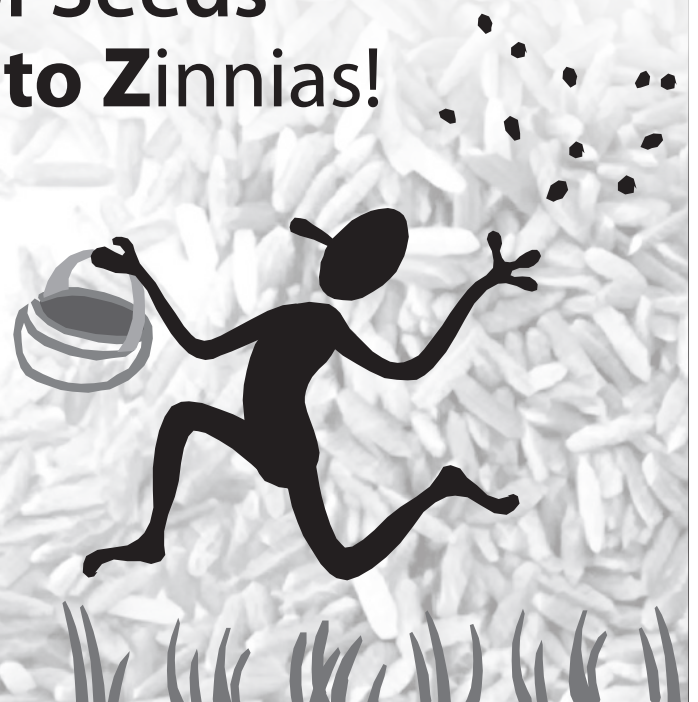
**What have I been playing lately?** I finally finished *Grand Theft Auto V*! Since then, I haven't had a bunch of time for games, but I have been dabbling with a few older titles I picked up cheap on Steam -- *Alpha Protocol* and *Might and Magic Heroes VI*.

**What have you been playing lately?** Get anything fun for Christmas? Tell me about it! Shoot me an email at [todd@thestew.ca](mailto:todd@thestew.ca).

## We are your Gardening Centre

Check Out our Wide Selection of Seeds  
We have everything from **Asters to Zinnias!**

Get the **JUMP**  
on **Spring**  
Shop Early to Get  
the Best Selection



**CANADIAN  
TIRE**

**It's all you need.**

1050 S. Lakeside Drive, Williams Lake • 250-392-3303

Mon-Wed 8am to 8pm • Thur-Fri 8am to 9pm

Sat 8am to 6pm • Sun 9am to 5pm



eat

# Be passionate about food before entering the biz

In 2006 I found myself sitting in an interview with a Chef who had a 'reputable' establishment in town. We went through the standard "blah-blah" job interview, most of which I've long since forgotten.

Near the end he said, "Sell yourself to me. Tell me why I should hire you."

I looked him right in the eye and said, "I'm a jerk. I'm really hard to get along with. I don't play well with others, but I will always tell you the truth, and I can cook."

Obviously there was a momentary pause as he collected his thoughts. Looking back, I'm sure he'd never heard anything even remotely resembling that level of truth. He looked down at my resume, looked back at me with a stunned look on his

face, and I could tell he was searching for words.

At that moment, I started to unbutton my shirt starting at the top button, working down three or four, until it was passed my chest. His face went from white to red, his eyes got big, and he was obviously not sure what the hell I was doing.

I reached with my other hand and pulled my shirt down off my left arm and exposed my tattoos. With a certain degree of relief on his face, he looked at the tattoo that resembles an actual wax seal, imprinted with my Red Seal certification number. Below it, is another tattoo of a skull with fire in its mouth, wearing a camouflage Chefs hat, with a knife and fork crossed beneath.

I'm sure at that moment,

## Out of the Fridge

By Brice O'Neill



he realized the level of passion for food and cooking that it would require for someone to get these types of tattoos. This is not a butterfly or a unicorn. These are hard-ass food fascist tattoos.

A few tense moments later, he looked at me, smiled and said, "You start on Monday," whereby I gave him, my patented half-cocked grin and said, "Tuesday works better for

me."

Flash forward three years later and I'm sitting in an unfinished coffee shop across from one of the most beautiful women I've ever seen, and she says to me, "Sell yourself to me. Why should I hire you?"

So I said, "I'm a jerk, I'm very hard to get along with, I don't play well with others, etc. etc." And then I showed her my tattoos. Needless to say, the rest is

history.

Today I was thinking — and yeah, it did kind of hurt. A lot of people have asked me what it takes to be a cook / chef and I have compiled a list of things I think are needed to be successful as a cook in the restaurant business.

1. A prosthetic that fits well (where applicable).
2. Comfortable shoes.
3. Comfortable shoes (yes I said it twice).
4. THICK SKIN (both figuratively and literally).
5. A desire for success.
6. An open mind.
7. A strong work ethic.
8. A love of food.
9. A bit of masochism.
10. An understanding partner / family (because for the first couple of years the only time you will see them is when you fall down and pass out just

inside your front door)

11. Some decent tattoos. (No butterflies or unicorns)

OK I admit this list is only my opinion and I'm not an expert; but I have going on 20 years of experience pounding kitchen floors. It truly does take a special breed of idiot to tackle this industry. I've met many people who romanticize the idea of cooking for money, only to discover that the wizard behind the curtain at the back of restaurant is a stone cold sadist who is only happy when you are miserable. That's not to say I don't love what I do for a living, but I, like everyone else who have offered their lives to the food gods, have sacrificed a lot of blood sweat and tears along the way.

# Things to consider when planning your tattoo

I have thought about this topic a lot since I was made aware of this month's theme. Ink is used in so many mediums but the first thing that comes to mind is tattoos.

I have a couple of tattoos. I got them both many years ago, one year apart, by the same artist on the island of Kauai. One is a maple leaf and

the artist had never left the island before and had no clue what a maple leaf looked like so I found a cycling magazine which had a Norco ad and a tiny Canadian flag. So, instead of getting the first rendition of his red pot-leaf drawing, I got my symbol of National Pride permanently on my calf.

It is fitting that I am

watching the Canada USA men's hockey game while I write this, while also wearing my Team Canada jersey.

I suppose since my column is health care, I should talk about something health-care related, so, tattoo safety it is. Both times I was inked, I had the same artist. Just finishing school in a health-care related field, I was fresh on the rules for workplace safety as well as the rules whenever blood may be involved. I was impressed with the lengths he went to for sterility and the way he explained how he was opening a new needle from a sterile package.

Here are some of the

## Adrenaline Fix

By Darren Smith



things to consider about getting inked, according to the Mayo Clinic website:

Tattoos breach the skin, which means that skin infections and other complications are possible. Specific risks include:

- Allergic reactions. Tattoo dyes —

especially red, green, yellow, and blue dyes — can cause allergic skin reactions, such as an itchy rash at the tattoo site. This can occur even years after you get the tattoo.

- Skin infections. A skin infection — which might cause redness, swelling, pain and a pus-like drainage — is possible after tattooing.

- Other skin problems. Sometimes bumps called granulomas form around tattoo ink. Tattooing can also lead to keloids — raised areas caused by an overgrowth of scar tissue.

- Bloodborne diseases. If the equipment used to create your tattoo is contaminated with

infected blood, you can contract various blood-borne diseases — including tetanus, hepatitis B and hepatitis C.

- MRI complications. Rarely, tattoos or permanent makeup might cause swelling or burning in the affected areas during magnetic resonance imaging (MRI) exams. In some cases, tattoo pigments can interfere with the quality of the image — such as when a person who has permanent eyeliner has an MRI of the eye.

We also shouldn't forget about the permanency of getting inked as well as the area you want it on. If it is on a part of the body which will change over time, the last thing you want is having your artwork sagging or being embarrassed because you got your ex's name tattooed across your chest. So, if you are considering getting something on your body, think about the health considerations. It is a cool experience, but don't do something you'll regret.

**Sunshine Ranch Weddings**

- Country-Style Wedding Venue
- Natural Setting in Picturesque Horsefly
- Private Lake, Saloon & Barn
- Horse Drawn Carriages
- Services Include Catering, Bartending, Rentals, Makeup

**250-620-3339**  
5983 Horsefly Lake Rd, Horsefly, BC

**FAIR REALTY**

**Marian Gibb**  
Managing Broker  
Qualified Property Management  
marian.gibb@telus.net

**GOING THAT EXTRA MILE 250.302.9646**  
MLS 79A 3rd Avenue N. Williams Lake, BC V2G 2A3





Take control of your lens.

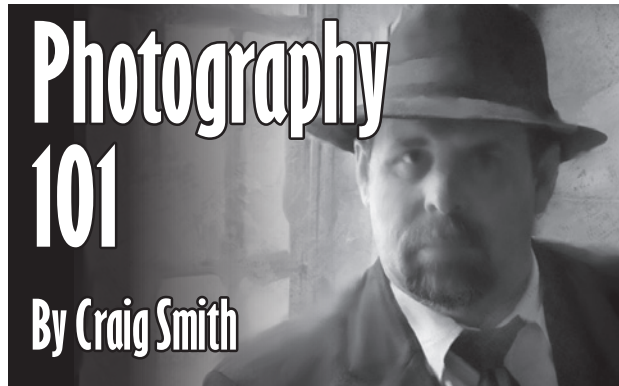
# More on your lenses: perspective and depth of field

This month I would like to continue on with more information about lenses. Last month we talked about the categories of lenses, i.e. wide angle, standard, and telephoto. What we haven't touched on yet is what they control.

Anybody that picks up a camera can tell you that when you zoom in things get closer and when you zoom out they get farther away. What most people don't realize is that lenses control perspective and what is called depth of field.

Perspective is how objects relate to each other in a two dimensional space. For instance wide angle lenses expand perspective, meaning they make objects appear farther from each other than they actually are. Telephotos compress perspective making objects relate closer to each other. Once you start to understand what the focal lengths do to your image, you can start to pick which lens you want to use depending on how you want your photograph to look.

Lenses also control what is called depth of field. The dictionary definition of depth of field is how much of your photograph is in acceptable focus. We say acceptable focus because the way lenses work



## Photography 101

By Craig Smith

there is only ever one distance that is sharp focus and the rest of your image will be in various stages of out of focus.

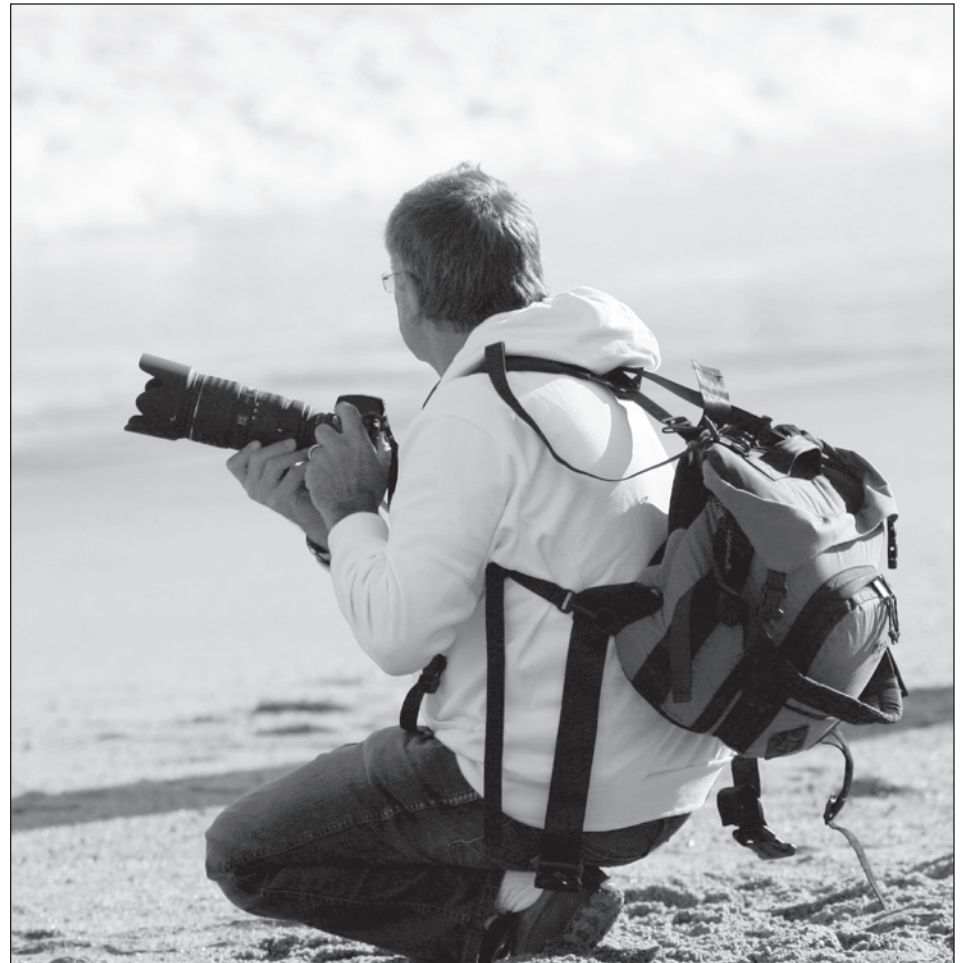
Your depth of field is controlled by the focal length of the lens and the aperture that you are using. The smaller the aperture number, the shallower the depth of field, and the larger the number the greater. In other words if you want to blur your background behind your subject use a telephoto lens and a small aperture number like 2.8 or 3.5. If you want as much of your image in acceptable focus as you can, use a wide angle lens and have a large aperture such as 16 or 22.

Lenses also control the focusing of your image and you can either focus your lens manually or let the camera do the work for you. If you let your camera do the work you have a couple of options as to how that is handled. We call the two modes single servo

and continuous servo focusing. Single servo will lock and not change the focus once you press the shutter button half way down. Continuous servo will continue to adjust your focus as things move that you are focusing on.

Continuous works well when you are photographing sports or just your children or grandchildren playing. The only problem with continuous servo focusing is that it will take a photograph when you press the shutter button whether it has focused on your subject or not. Single servo however will not take the photograph until it has locked focus which is sometimes frustrating if your subject is moving.

I hope that I have shed a little light on the mystery of all the numbers on your lenses and things start to make sense as to why your images are turning out the way they are. Until next month, happy shooting.



## Halls Organics

*Giving a hand in growing a better world!*

107 Falcon Road, Williams Lake, BC V2G 5G7  
**250-398-2899 • 1-888-498-2899**



**HEIRLOOM SEED POTATOES**  
 6 different varieties, certified organic, available for pre-order

**NEW THIS YEAR**  
 Beauregard  
 Sweet Potatoes!

**Celebrate St. Patrick's Day with IRISH EYES TEA**

Top of the morning! Hints of chocolate, coffee and vanilla meander in natural aromatic bergamot – Irish creamy smooth!



# CHEQUE US OUT

We Do

☒ Manual Cheques  
☒ Laser Cheques

**Tell Tale**  
 SIGNS & PRINTING

**www.telltalesigns.ca • 250-398-7446**

Next to CP Electronics • 288 2nd Ave. N., Williams Lake



hear

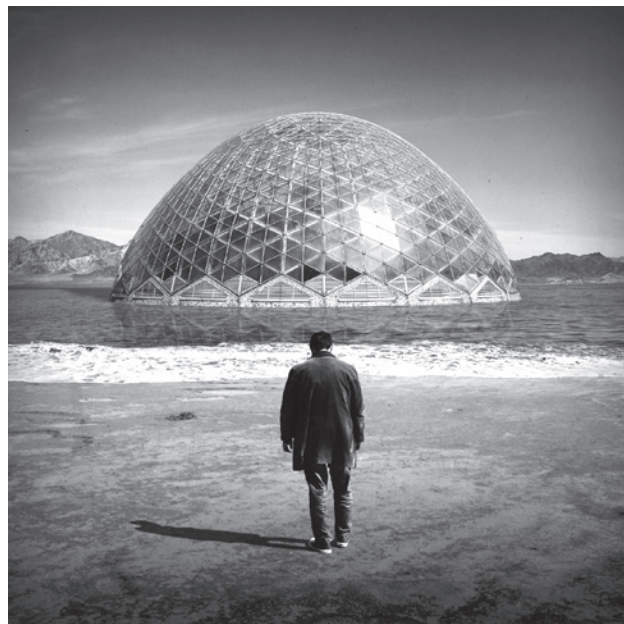
# Blasting out the new releases in the metal scene

Have you been listening to Moby's *Innocents* album? More specifically, have you been listening to 'Almost Home' featuring Damien Jurado? I'd just been listening to this song a little more often around the house, thinking to myself what a great song it was when whaddaya know, it becomes his latest single.

He dropped a video for it at the beginning of February featuring a teddy bear on a plane (a heart-wrenching lyric video featuring homeless cats and dogs had been released back in December) and even more recently, there is an 11 track remix album of 'Almost Home' — that's ten remixes, no B-sides.

The repetition really isn't worth it. But all this got me wondering about the dude with the golden voice.

Apparently Damien Jurado has been singing and recording since the mid 90s, but I had no idea; I'm not really up on the Seattle indie scene, but this guy seems like more than that — I mean, he's got 11 studio albums under his belt now, and he's touring the world (except Canada, if his current touring schedule is any indicator). That 11th studio album

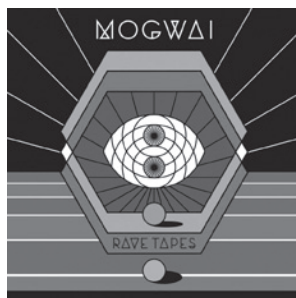


is *Brothers and Sisters of the Eternal Sun*, and was just released at the end of January.

Damien has a simple singer / songwriter / storyteller style and his early works were simply a voice and a guitar, but now his music has evolved into a full on psychedelic folk-pop adventure. On this latest album his dreamy voice floats over bombastic pop soundscapes as he tells stories of characters and events as the album unfolds the bizarre tale of "a guy who disappears on a search for himself and never goes home."

It's a sequel to his previous album, *Maraqopa* which was a concept album about "a guy

who disappears into the desert." I really need to take a listen to *Maraqopa* and the rest of his works. If you've never heard of him either, don't be afraid to start with *Brothers and Sisters of the Eternal Sun*. And if you have been following his career, I think the general consensus among critics is: "You gotta hear this."



Scottish post rock band **Mogwai** uses their instruments rather than vocals to tell stories. *Rave Tapes* is their latest story book. The soundscapes that make up the backdrop of the music are cre-

## Tone Soup

By Jamie Horsley



ated by the guitars while the melodies and brighter sounds are created by synthesizers, electronics and other instruments; thus is the definition of post rock, and Mogwai have perfected it.

Their last studio album was *Hardcore Will Never Die, But You Will* in 2011 but since then they've been working on the soundtrack to the French TV show *Les Revenants*, for which a soundtrack album was released in February of 2013. There's not much new ground for Mogwai here, but they're unique and talented enough that everything on *Rave Tapes* is fresh and engaging.



One of my other favourite post rock bands, **Thee Silver Mt. Zion Memorial Orchestra**,

has also released a new album called *F\*\*k Off Get Free We Pour Light On Everything*. The band started as a side project of three of the band members of *Godspeed You!* Black Emperor in 1999 and grew from there. Gaining more members than losing as the years and albums went by, they also changed their name almost as often as they released new material.

While they're considered post rock by many, they tend to use less electronics and more vocal parts than most other post rock bands. They tend to be a little more on the experimental side and sometimes I think of them as noise pop or shoegaze. Oh yeah, and they're Canadian. Give 'em a gold medal! Haha! That's one more for the Quebecers!



But if you want something really noisy — like face-meltingly, brutally

noisy — you should meet **Behemoth's** *The Satanist*. The Polish extreme metal band released their last album in 2009 before frontman (and only original band member) Nergal was diagnosed with leukemia and underwent a bone marrow transplant in 2010. Well, he's recovered and Behemoth is back and brutal as ever.

As the album opens with 'Blow Your Trumpets Gabriel' there is a tension in the air for a few seconds before the shredding of guitars and flesh descends. Musically, this is being hailed as Behemoth's best release of their career. It's as heavy as their earlier works and brings a freshness and insight that was needed to a sound that was on the verge of going stale, no matter how tasty the licks still were. Best yet. Must listen.

If you like less brutality, and more hip-hop in your metal, you can try **Skindred's** new album, *Kill The Power*, for something heavy with a refreshing positive message.

This self-proclaimed



"ragga-metal" band is very much a nu-metal band spawned out of the turn of the century rap / nu metal scene with more of a reggae flavour. The first

*Dandelion Living*  
Look Good, Feel Good, Be Good

**NEW Just in Time for Spring!**



nooks

**NOOKS Footwear for Little Folks**  
~ Handmade in Kelowna, BC ~  
Soft-sole footwear made from recycled natural material

271 Oliver St, Williams Lake **778-412-9100**  
OPEN Mon.-Sat. 10 to 5pm • Join us on Facebook

**YOUR COMMUNITY PHARMACY**  
**Kornak & Hamm's**  
**PHARMACY**  
250-398-8177  
366 Yorston Street  
Williams Lake  
**FAST, FRIENDLY SERVICE!**

**Hear Clear**  
FAWN'S HEARING SOLUTIONS

**Don't Let the Sounds of Life Go UNHEARD**  
Have your hearing examined today so you will be able to Hear Clear tomorrow!

**Fawn Povelofskie**, IAT, RHIP  
Registered Hearing Instrument Practitioner  
778-412-2223 • HearClear@shaw.ca  
77B-2nd Ave North, Williams Lake



# hear

track / title track / single, 'Kill The Messenger' is one of the catchiest songs on the album but a friend of mine echoed my concern ten seconds after I pressed play: "It sounds like Korn," and since we're all well past that, that's not really a compliment.

'Playing With The Devil' adds a heavy dubstep breakdown to an otherwise mellow reggae tune, but it works rather well. 'Worlds On Fire' combines a classic 70s disco sound with chunking guitars and a chantable chorus line making for a catchy little number. The rest of the album sorta melds into a mash of nu-metal sameness. Granted they've got the edge of the reggae flavour going for them but after the first few interesting songs, I tend to forget this album is playing.

Oh, here. Better yet, ditch the hip hop and just try some.. metal (is that what we're still calling this?) with less brutality. **Kindly Bent To Free Us** is the third and least metal album from progressive



metal trio **Cynic**.

I was a little put out by this album at first. I enjoyed their previous albums with death growls and heavy



*But the real treat — oh, I think you're gonna like this — I saved the best for last — easily the musical treat of the month: Les Claypool's Duo De Twang.*

*The prodigal bassist of Primus got together with his friend Bryan Kehoe to reinterpret a bunch of his old songs and a handful of Americana classics on a couple of guitars and some good ol' fashioned foot stompin'. The result is Four Foot Shack and it's just big enough for a hootenanny of a good time.*

chunking guitars, but that's all a thing of the past now. Cynic have fully stepped down into the progressive rock category.

This album feels brighter, more open, and the riffs seems less complex in general. But the essence of Cynic is still there. Their core melodic sound and Paul Masvidal's signature vocals. Fear not, those of you who fear change, the bit that feels missing at first will soon be forgotten about.

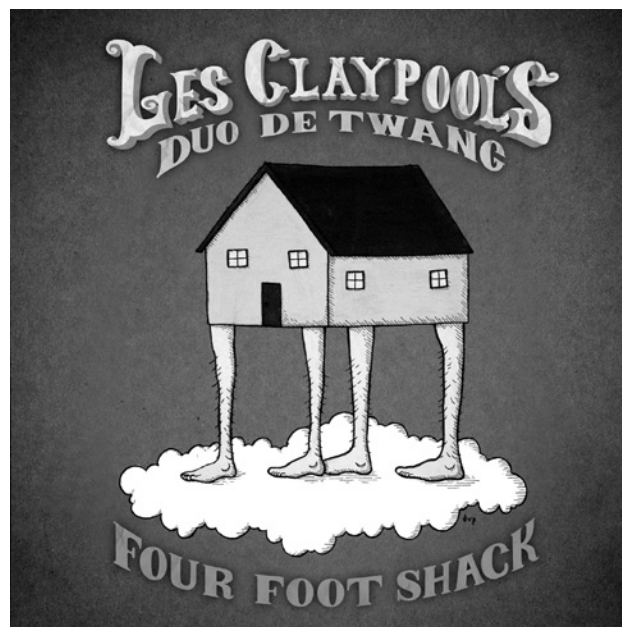
But the real treat — oh, I think you're gonna like this — I saved the best for last — easily the musical treat of the month: **Les Claypool's Duo De Twang**. The prodigal bassist of Primus got together with his friend Bryan Kehoe to reinterpret a bunch of his old songs and a handful of Americana classics on a couple of guitars and some good ol' fashioned foot stompin'. The result is **Four Foot Shack** and it's just big enough

for a hootenanny of a good time.

Along with a few favourites from his old catalogue, Les has included renditions of Jerry Reed's 'Amos Moses,' The Bee Gee's

me wanna get all my friends, a bunch of guitars, some wooden boxes and jam around a fire for hours. Sweet stuff.

In the moments between me writing this



'Stayin' Alive', Jimmy Driftwood's 'The Battle of New Orleans' and even Stompin' Tom Connors' 'The Bridge Came Tumblin' Down' (the one about the collapse of the Second Narrows Bridge in Vancouver). This album makes

and you reading it, Major Lazer will drop another EP, *Apocalypse Soon*, and Beck will release his new album, *Morning Phase*. Also this month a new album from Current 93, but we still have to wait until April for new Steel Panther.

## THE STEW MAGAZINE'S Monthly MIX



### HOLIDAYS OF THE MONTH

#### March 26 is Make Your Own Holiday Day

Make Your Own Holiday Day allows you to make today a special day for anything you want. The objective of today, is to allow one day for any topic or event that has otherwise escaped recognition... up to now.

#### March 29 is National Mom and Pop Business Owners Day

National Mom and Pop Business Owners Day celebrates small business owners. These individuals spend countless hours nurturing and growing their young enterprises. The workload demands, and lack of a hired staff, often translates into long and late hours, and many missed family and personal events. But, all in all, they love what they do. After all, they are their own boss.

New businesses have always been a vital, yet not fully appreciated, part of the economy. On the retail side, they bring different and unique products to the marketplace. They provide stellar and personal service support. When you call, you are more likely to get a real, live person. And unlike big national chains, they know their products. They are outstanding performers in niche markets. In manufacturing, they create many new concepts and ideas, making them creators of new products.

Celebrate National Mom and Pop Business Owners Day by showing your support....shop their stores today, and everyday.

© By Premier Star Co



### The Williams Lake Good Food Box

**Ensure that your family eats right, all month long**

- A variety of top-quality, fresh fruits and vegetables at an affordable price (\$10.00 small box, \$15.00 large box)
- Available to everyone, regardless of income
- A non-profit, volunteer-based program
- Distributed monthly – call to pre-purchase your Good Food Box



Women's Contact Society Call Carmen for more information  
**250-392-4118**

## 1ST EDITIONS

BOOKS AND MORE

WWW.1ST-EDITIONS.CA

USED BOOKS, INSPIRATIONAL,  
FAIR TRADE & NERD GIFTS

join our book club! 25% off  
two select titles a month

35A First Ave S • 250-392-7079

*Gifts and Treasures*  
*Something For All Occasions*



**They're Here!**

For the Whole Family



250-398-9887

281 Oliver St, Williams Lake • jandegifts@shawcable.com





"My body is my journal, and my tattoos are my story." — Johnny Depp

# Expressions of undying devotion

So, what is the connection between tattoos and relationships? You will often see people with tattoos like 'Mom', or their children's names encased by hearts in an expression of the powerful love felt for family members. Generally, those choices are pretty safe. Or there are the other, more interesting tattoos that could inevitably lead to recrimination if a relationship ends. Suddenly having the name of your ex-partner on your body doesn't feel so romantic anymore. And why is that? Well, perhaps it is because it is permanent or at least very difficult and costly to have removed.

Tom Arnold had a representation of Roseanne Barr's face tattooed on his chest. It took 12 hours to have it done and 18 months (yes 18!) to have it removed. And one cannot forget the amazingly romantic gone desperate tattoo Johnny Depp had done — 'Winona Forever' — that he had to have turned into 'Wino forever.' The options like dermabrasion or acid treatments that remove layers of skin sound painful to say the least, and laser tattoo



removal is quite expensive and can leave behind outlines of the tattoo.

Perhaps when expressing your devotion to the one you love, thinking about putting their name permanently on your body is a wonderful, romantic thought, but maybe one that should remain just that, a thought. Especially if the tattoo doesn't turn out the way you want it; or even worse, your partner doesn't think the gesture is romantic at all because he or she just is not a fan of tattoos in the first place. Or on the flip side, maybe your partner really wants his or her name tattooed somewhere on your body, do you really want a stamp of ownership and do you really need a tattoo to prove to someone that you

love them?

There are many more ways to express love and devotion and commitment to your partner than etching it onto your skin. And some of them could involve the usage of ink in a much less, well, possibly disastrous way. I've always been a sucker for a thoughtfully worded note. It doesn't have to be written on fancy paper or be a five page letter expounding on how amazing I am. It just has to be sincere and written with real meaning behind it. In fact, I still have a poem my husband wrote me early on in our marriage. It is four lines long and written on a scrap of lined paper and I would not part with it for anything because of the thoughtfulness and caring

behind it and how special it made me feel.

Spelling out how special your partner is can be done with a look, a phone call, or even a cup of your partner's favorite drink being brought to work by you. Showing your absolute commitment and adoration of someone can simply be done by taking the time to ask how your partner's day was and doing something meaningful if they have had a hard day like offering to cook supper or get the kids to bed while your partner has some down time. I recently heard about the idea of a message jar. Each partner can write little one line or word messages on a piece of paper, for each day of the month or year depending on what you want to do, with a short but sweet message of encouragement, appreciation, or affection and put them all in a jar with their partner's name on it. The little gestures really do go a long way to creating a happy relationship and keeping both partners feeling appreciated.

And if you really are wedded to the idea of having a tattoo that is meaningful to

## Stew Spots

Monthly distribution of The Stew Magazine

### 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

### MCLEESE LAKE

McLeese Lake Store

### 150 MILE HOUSE

150 Mile Mall  
Marshall's Store

### WILLIAMS LAKE

A&W  
Alley Katz  
Andre's Electronics  
Bean Counter  
Best Western  
Canadian Tire  
Canwest Propane  
Cariboo Memorial Complex  
CRD Library (Magazine & News Section)  
Central Cariboo Arts & Culture Center  
Concrete Fitness  
Cool Clear Water  
Crates Gift Shop  
Dairy Queen  
Dandelion Living  
Denny's Restaurant  
Dog n Suds  
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  
Ramada Hotel  
Red Shred's  
Safeway  
Sandman Inn  
Save-On Foods  
Scrub Ur Duds  
Shields Brake & Muffler  
Shopper's Drug Mart  
Starbucks  
Station House Gallery  
Subway (Highway 97)  
Subway (Prosperity Ridge)  
Super 8  
Tim Horton's  
Tourism Info Centre  
TRU  
Walmart  
WLCBIA  
Women's Contact Society

### QUESNEL

A&W  
Aroma Foods  
Billy Barker Hotel & Casino  
Bliss Grill  
Burger Palace  
Carry All Books  
Granville's Coffee  
Karin's Deli  
Mac's  
Museum & Tourist Centre  
Quizno's  
Riverside Bistro  
Safeway  
Save-On Foods  
7-11  
Shopper's Drug Mart  
Subway  
Super Suds Laundromat  
Tim Horton's (Downtown)  
Tim Horton's (Highway 97)

Want to be a STEW depot?

Email [craig@thestew.ca](mailto:craig@thestew.ca) or Call 250-398-7446





## Now Open!

Business • Accounting • Healthcare • I.T.

**Start Your Career Today!**

**Williams Lake**  
**778-412-5512**  
291 2ND AVENUE NORTH



## SHOP LOCALLY

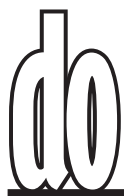
Unique Things for Unique Souls

**Watch for Our Annual Spring Crystal Show**

**Find us on Facebook** 250-392-7599  
71-1st Avenue S., Williams Lake







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

# X-Word Puzzle

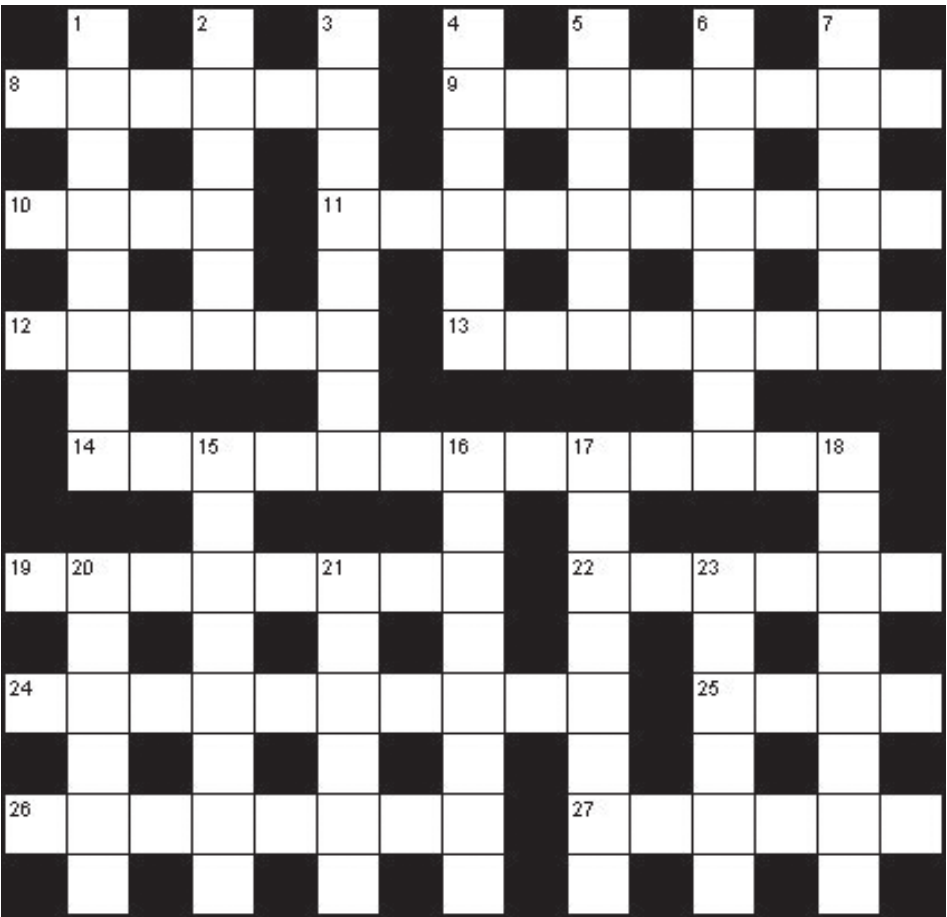
ACROSS

- 8 Does piano playing without you sound false? (6)
- 9 Elisabeth's first rank – it's broadcast in former Cape province (8)
- 10 Also, in the past, essential to profit EMI made (4)
- 11 Rabbit from Asian country that entertains Caroline & Horace starts badly (10)
- 12 Maiden from Galesyke kept in check by society rules (6)
- 13 Unorthodox, almost X-rated Jumbo started in the morning – that's really fruity stuff (5,3)
- 14 Moss due in road, having time for a detour that's taken in error (13)
- 19 You need daughter, née Flather, to drop hen back – and not right before sun goes down (8)

- 22 One having mole finally removed, back in the lead with self-assurance (6)
- 24 Uproarious with her involving leg lost in drill manoeuvre (5,5)
- 25 We see Mother with net, not quite finished with hair (4)
- 26 Ignoring the odds, blue grass in tie was flourishing soonest (8)
- 27 List varied bridge opponents overwhelmed by Mum (6)

DOWN

- 1 Line of regular coolness shown when cracking Times or Telegraph, ultimately? (8)
- 2 Betty's heart's a jewel, 'un uplifting all around, providing spice (6)
- 3 Event: Ring's "knock-out" after first seen in Munich, to boot (8)
- 4 Star bridge player material (6)



5 Assurance of good luck if Sam climbs on the bed (6)

6 Duties (not obligations) to a son involved supplying musical accompaniment (8)

7 Leaders of royal establishment awarded licence – one in music, note. That's the facts (6)

- 15 You see independence after she fell, breaking hip (hospital one doesn't count) (4-4)
- 16 Maybe Hampstead area to meet Ernest regularly and put away the Claymore? (8)
- 17 In play, see slams flowing (8)
- 18 Superior in rubber (not half!) consisting of no trumps – ace is held (8)
- 20 Sung in choir, a profit to the audience (6)
- 21 Eh? "Weepat" in Scrabble? That's not English! Nothing precludes Dad producing "Chewink" (6)
- 23 Disobedient child in Lakes? Why, we hear it's firmly the opposite! (6)



# WIN DINNER AT THE LAUGHING LOON!



## ENTER THE MONTHLY DRAW

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



# Crates GIFT SHOP

**JANUARY Draw Winner:**  
Hope Humm

**778-412-6808**  
1730C S. Broadway, Williams Lake



## FREE UPGRADE

BOTTOM UP/ TOP DOWN OPTION

Add versatility and practicality to any window. Lower shades from the top or raise them from the bottom to let in natural light while still maintaining privacy.

## 30% OFF Window Coverings

**PLUS Save Up To \$124 Per Shade**

**LIMITED TIME OFFER ENDS MARCH 31, 2014,** you can add the Bottom Up/Top Down feature to CrystalPleat® Cellular Shades, Pleated Shades and Tradewinds® Natural Shades.

**Hopkins Design Studio** RESIDENTIAL & COMMERCIAL COVERINGS  
Walls • Floors • Windows • Free Quotes • Installation • Consulting & Project Managing  
**250-392-2621 • 262A 3rd Ave. S., Williams Lake**





CHECK OUT OUR  
NEWLY RENOVATED  
HIGHWAY LOCATION

TRY OUR NEW

BBQ PULLED PORK

AVAILABLE AT BOTH LOCATIONS



HIGHWAY 97 & PROSPERITY RIDGE IN WILLIAMS LAKE