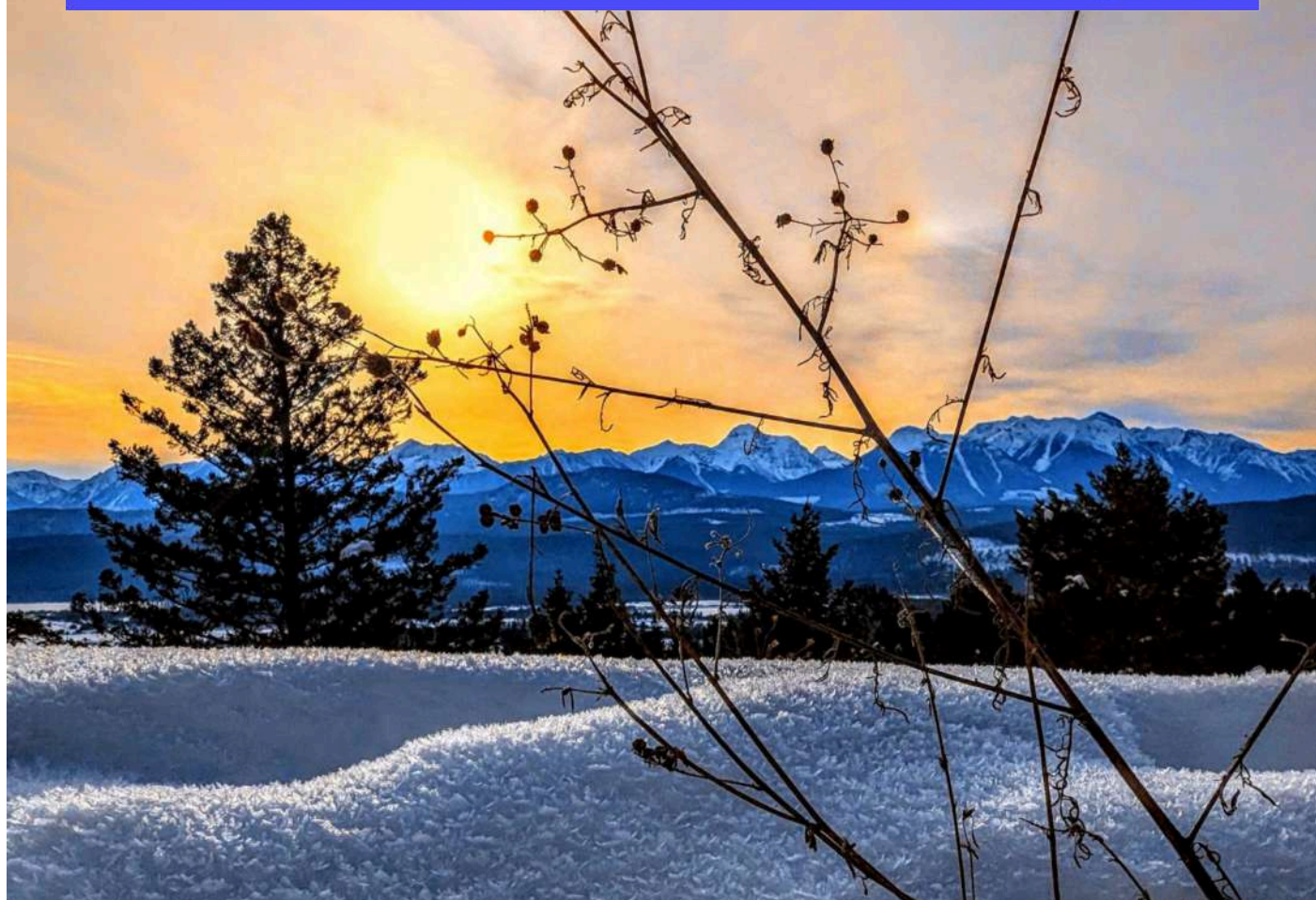


Justin Spilly
PHOTO CREDIT

The Valley Voice

The Voices of the Columbia Valley



INSIDE THIS EDITION

100: IT'S NEVER TOO LATE

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VALENTINES DAY

More than just crowded restaurant dinners and overpriced roses.

SELF-CARE BEYOND VALENTINE'S DAY: PRIORITIZING YOURSELF ALL YEAR LONG

Valentine's Day is often associated with grand gestures of love—bouquets of roses, heart-shaped chocolates, and romantic dinners.

CELEBRATING BLACK HISTORY MONTH HONORING INFLUENTIAL BLACK CANADIANS

Every February, Canadians come together to celebrate Black History Month, recognizing the remarkable contributions of Black Canadians to the country's history, culture, and progress.

The Summit Youth Centre
Connect · Inspire

FEBRUARY @THE HUB

YOUTH OF THE MONTH: GABBY

AFTER SCHOOL TIL' 8PM

PRIDE & ALLIES MON	COOKING 5PM TUE	OUTDOOR ACTIVITY 4PM WED	CANAL FLATS & EDGEWATER OPEN THU	JAM NIGHT! 5PM FRI	OPEN GYM SAT
					1 OPEN GYM @DTSS 12-3PM
3 NAME THAT TUNE	4 STIR FRY	5 BRACELET MAKING	6 NAME THAT TUNE	7 SEWING 3PM OPEN GYM @DTSS 1:30-5	8 NO OPEN GYM
10 ORIGAMI	11 GOOD SOUP	12 ORIGAMI	13 MARIO KART	14 SEWING 3PM OPEN GYM @DTSS 1:30-5	15 OPEN GYM @DTSS 12-3PM
17 CLOSED FAMILY DAY	18 PRO D DAY 12-6PM	19 PAINTING	20 YOUTH OF THE MONTH ACTIVITY PICK	21 POETRY WRITING WITH ZENON OPEN GYM @DTSS 1:30-5	22 OPEN HOUSE @DTSS GYM 12-3PM
24 SEWING	25 YOUTH OF THE MONTH MEAL PICK	26 MARIO PARTY	27 BOARD GAMES	28 SEWING 3PM OPEN GYM @DTSS 1:30-5	

LETTER FROM THE VOLUNTEERS

Happy Black History Month! We encourage you to check out the article in this issue highlighting influential Black Canadians and the local events happening this month in their honor. It's a time for education, reflection, and appreciation of the incredible contributions Black communities have made to our history and culture.

And of course, February also brings Valentine's Day! Whether you're celebrating with a loved one, friends, or indulging in some well-deserved self-care, we hope your month is filled with love and kindness.

If winter feels like it's dragging on, just remember—spring is on the horizon! The cold can't last forever, and before we know it, the first signs of new life will start to appear. Until then, stay warm and cozy!

We're also thrilled to share that we're working on a new look for our 100th issue, coming up in just a few months! If there's anything you'd like to see changed or improved, we'd love to hear your feedback. Our goal is always to make The Valley Voice better for you—our amazing readers.

Speaking of which, we can't thank you enough for all the wonderful guest submissions we continue to receive. Your stories, insights, and creativity make this publication what it is. If you've ever thought about contributing, now is the perfect time! And if you already have, please keep them coming.

One of our goals this year is to reach even more readers and gather more community content than ever before—and you can help! Share The Valley Voice with a friend, tell your neighbors, or post about us online. We've been around for four years now, and with your support, we can continue growing and making a difference.

Thank you for being part of our journey. We appreciate every one of you!

The Valley Voices Volunteers (VVV)

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HOW ARE WE DOING?

The Volunteers of the Columbia Valley Voices Online Magazine are dedicated to providing content that is generated and supported by our valley residents.

We welcome and encourage all communication - we want to know how we're doing!

Send us a note on Facebook or Instagram [@thevoicecv_official](https://www.instagram.com/thevoicecv_official)

OR

by email to news@thevoiceca.ca

SUBMIT CONTENT

This only works if we all do. Your content is what DRIVES this publication. We need it all because we need you.

NEXT EDITION December 4, 2024

SUBMISSION DEADLINE December 3, 2024

WE NEED

BUSINESS ADS

Any and all businesses, organizations and entrepreneurs are welcome to submit a business ad for free. *Ads must be refreshed periodically. Once an ad is out of date or stale, we will remove it.*

LOCAL PHOTOGRAPHY

Any and all are welcome and encouraged to submit their photos. Credit given when requested. Great way to get your art out to more eyes.

PERSONAL INTEREST

Got something to say? Expert in something? Know how to handle a season with skill? Send it in! We'll edit it only if requested. We'd LOVE to publish your brilliant works.

NEWS

Did you hear about it or see it? We could use your help! Snap a photo and send a blurb/article and we'll make sure it get included.

BECOME A VOLUNTEER!

We are always looking for content curators, liaisons, photographers, and promoters.

Want to get involved?

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RidgeView Resort's
3rd Annual

WINTER Festival

February 15th and 16th, 2025

Kid's Kraft Korner
Saturday

11:00am - 12:00pm
register on website!

Community Skating Party
Saturday

4:00pm - 6:00pm
Skating next to the campfire!
Hot chocolate provided!

Kid's Nature Play Program
Sunday

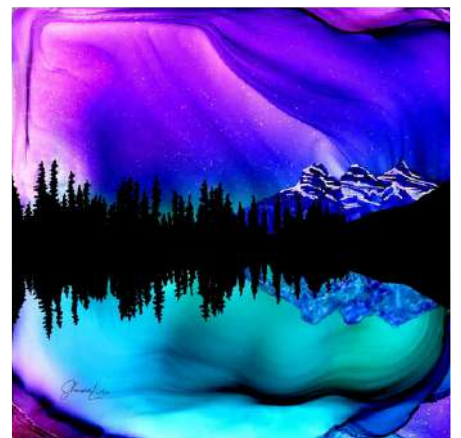
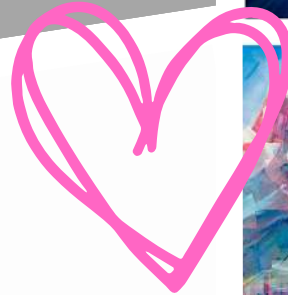
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VALLEY PROMOTIONS



Saturday Senior Social **LOVE DAY TEA**

Saturday, February 15, 2025

2:00pm - 4:00pm

The Heritage Inn
803 Cranbrook St N
In the Boardroom
opposite the entrance
to the Skylight Café.

You're welcome to join us for this social celebrating love, friendship & community
Transportation & Refreshments Provided

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for Kari @ 250-426-8245





I met a man at the casino lunch buffet the other day. He told me he was 99 years old and turning 100 in a couple of months and had just won a 700-dollar jackpot just hours before.

I said you're a lucky gambler. "Yes, I am, knock on wood," he replied while tapping his head. Said he was a farmer for 70 years and married for 67 years before his beloved passed. Said the best wives are farmer wives, showed me a couple photos; she was lovely, said he still misses her every day.

He made me reflect on life, aging, the passing of time, and others of the same generation, as well as the accomplishments that they had achieved. I realized that if you treat your body properly through its younger years, your body will treat you properly through your older years.

Your body is your vehicle for life, a

masterpiece of engineering, much like a car fresh off the lot - new, powerful, and bursting with potential. But just like a car, its longevity and performance depend entirely on how you treat it. Regular maintenance, quality fuel, and attention to warning signs keep a car running smoothly, and the same applies to your body - healthy habits, timely care, and respect for its limits keep it alive. Neglect it - ignore the check-engine light, skip the upkeep, or fuel it with junk - and it will break down long before its time. Your body, like your car, is a reflection of your choices - nurture it, and it will carry you further than you ever imagined. Remember, it's a short jaunt from the showroom to the junkyard.

Let's look at a few remarkable achievements by some amazing folks in their later years.

Skydiving

100-year-old Doris Long from the UK became the oldest woman to skydive, jumping from 13,000 feet.

Former pilot Fred Mack celebrated his 100th birthday by skydiving for the second time. His first jump was at age 95, a 13,000-foot tandem jump. He's also the oldest Jaguar driver.

Alfred "Al" Blaschke, from Texas, is the oldest jumper at 106, making his first jump at 100 years old.

Horseback Riding

Elizabeth Williams Berry, born 1854, an Australian jockey who rode disguised as a man under the name Jack Williams, continued her involvement with horses well into her later years, passing away in 1969 at 114.

Marguerite "Maggie" Mauger continued horseback riding well into her 100s.

Jockey Danny Miller might have continued to ride if he hadn't been begged to stop riding by his doctors at 70.



CrossFit Workouts

Jacinto Bonilla competed at Age 73 in the 2012 CrossFit Games.

Joke Dikhoff from the Netherlands, at 72 years old, was the oldest competitor at the 2022 Games.

Cycling

Al Merritt, at 83 years old, completed a journey equivalent to Earth's circumference by cycling 40,000 km over a decade.

Mavis Paterson "Granny Mave" Paterson cycled a 10,000 km ride around Canada in 2008 and a 1600 km ride from Land's End to John o'Groats, Great Britain - top to bottom, in 2019 at 81.

Frenchman Robert Marchand set a world record for cycling at 100 years old, completing 14 miles in under an hour.

Jeanne Calment - took up fencing at 85 and rode her bicycle until 100.

Sailing

Kenichi Horie, at 83 years old, became the oldest person to sail solo and nonstop across the Pacific Ocean in 2022 from San Francisco to Japan.

Bill Hatfield, in 2020, at 81, became the oldest person to sail solo, nonstop, and unassisted around the world from Australia, completing the journey in 258 days, setting a record for the fastest single-handed westbound circumnavigation in a vessel under 40 feet.

Weightlifting

Willie Murphy, the 105 lb Grandmother, now 88, made headlines with a deadlift of 215 pounds at age 77.

Edith Murway-Traina, at 100, earned a Guinness World Record as the oldest competitive female powerlifter.

Roller Coasters

100-year-old Gertie Taylor went viral for riding roller coasters at a theme park in Kansas. She completed multiple rides and showed that having fun and grabbing excitement is never too late.

Running

100-year-old Ida Keeling set a world record by running the 100-meter dash in 1 min 17 secs. She started running at 67.

Ploutarchos Pourliakas, at 88 years old, completed his 12th marathon.

Ed Whitlock was the first person over 70 years old to run a marathon in less than three hours.

Climbing Mountains

Dagny Carlsson, known as "The World's Oldest Blogger," hiked challenging trails into her late 90s and celebrated her 100th birthday with adventure walks, passing at 106.

Jack Borgenicht, the oldest person to climb Mount Rainier at 81 years old.

Carlos Soria, after age 60, has climbed K2, Broad Peak, Makalu, Gasherbrum I, Manaslu, Kanchenjunga, and Annapurna, all over 8,000 meters.

Motorcycle Rider

Wyman Bun Betts lead the motorcycle parade in Amherst, Nova

Scotia, just before his 100th birthday. He still rides a 2003 Honda Goldwing.

Chester Zawalik, at 110, is the oldest living Harley-Davidson rider. Started riding at 16 and still rides his 1981 Harley.

Bowling

Marj Morgan celebrates her 100th birthday bowling in the senior league. She's been bowling for over 80 years.

Dale Davis, at over 78 years old-Bowled a perfect game of 300 despite being legally blind.

Practicing Yoga

Tao Porchon-Lynch, a yoga instructor until her passing at 101, practiced and taught yoga well into her late 90s and even danced competitively. She started each day with meditation and yoga.

Powerlifting

Sy Perlis, at 91 years old, set a record by bench pressing 187 pounds. Started weight lifting at age 60 and has been competing since 86.



Rodeo Cowboy

Bob Holder, aged 93, is recognized as the world's oldest competing rodeo cowboy. He competes in team roping and bronc riding.

Ballroom Dancing

Centenarians like Eileen Kramer, who turned 100 and still performed contemporary dance routines.

Drive a Formula 1 car

Rosemary Smith, at 79 years old, became the oldest person to drive the fastest race car on the racing circuit.

Fashion Model

Wang Deshun, at 87 years old, walked the runway shirtless, earning him the nickname "hottest grandpa."

Honourable Mention - Beer Drinker

Hermann Dornemann, known as "the world's oldest beer drinker," passed in 2019 at 111 years and 279 days. He was Germany's oldest living person and the third-oldest man in the world at his death.

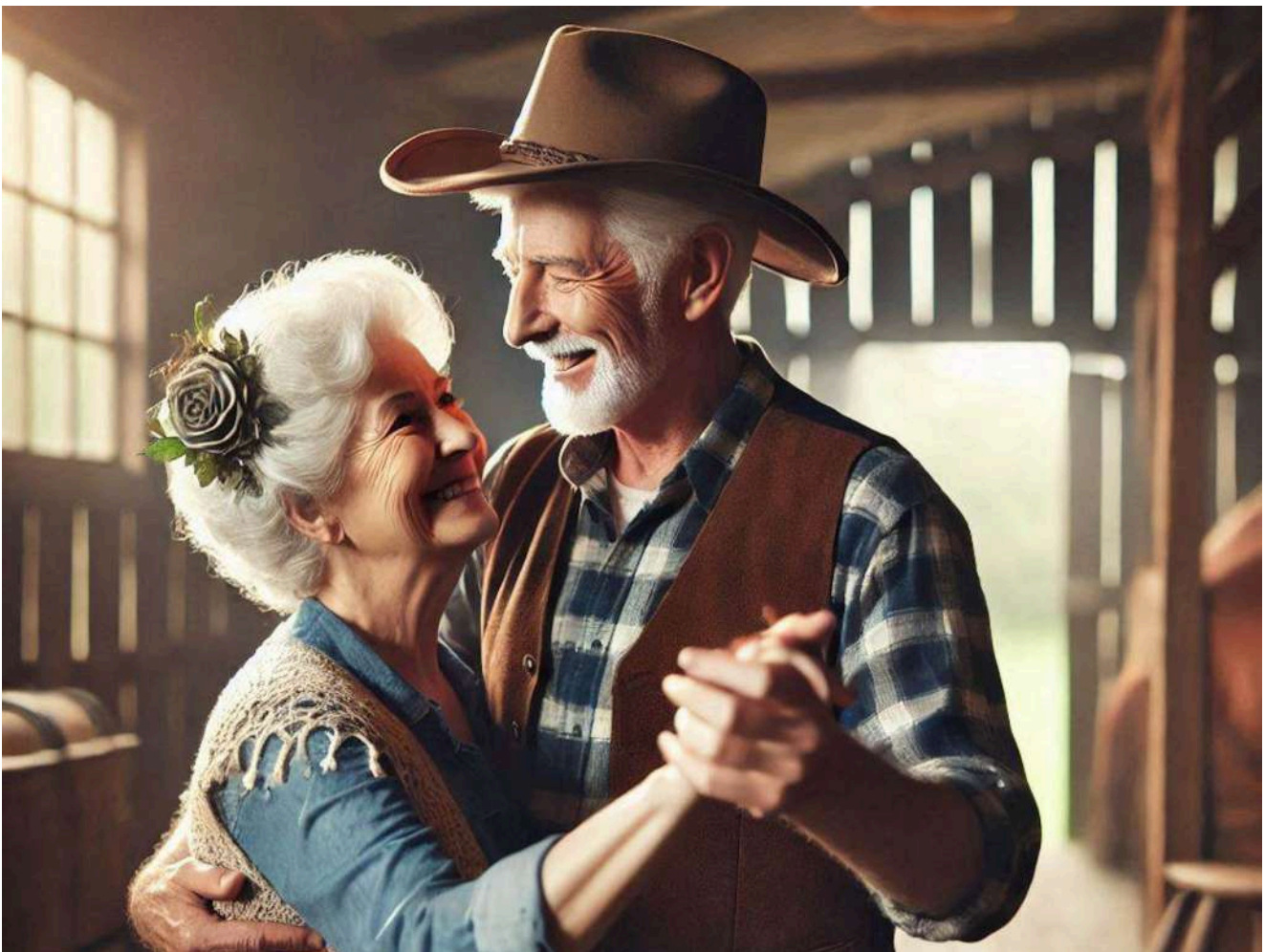
Our valley is filled with extraordinary folks who have reached incredible

milestones in years, each with unique and inspiring stories to share. Find them and take the time to connect with them - you'll find their wisdom and experiences enriching and well worth your while.

Never assume someone is too old to learn, grow, or contribute, and never count yourself out at any age. Treat older adults with the respect and dignity they deserve, recognizing their remarkable capabilities and the value they bring.

One day, you'll be in their shoes and deeply appreciate the kindness and respect others show you. In fact, you might even discover that growing older is pretty amazing.

As Mark Twain said, "Age is an issue of mind over matter. If you don't mind, it doesn't matter."



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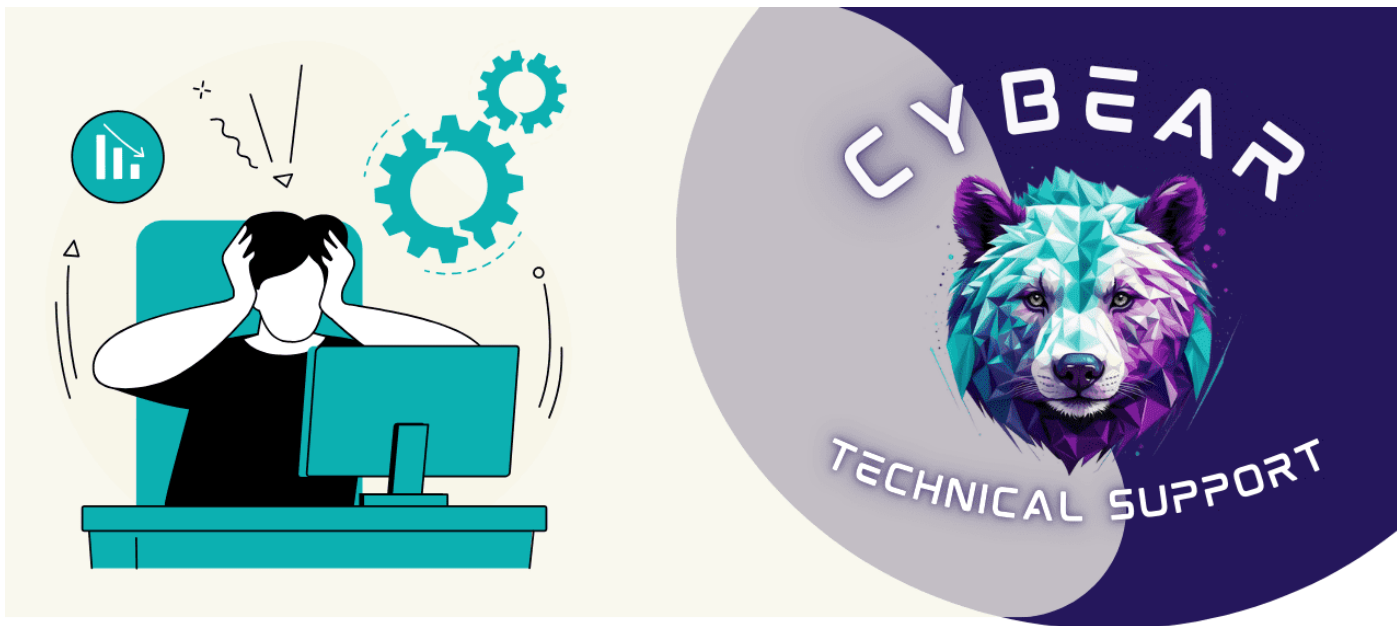
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Nestled just 4km south of Radium Hot Springs, we invite you to explore our whimsical collection of antiques and treasures at 8288 Hobbit Frontage Rd, Hwy 93/95. Our charming shop is bursting with unique finds that are sure to spark joy and nostalgia! Have you visited us before? Share your favorite discovery in the comments on Facebook! If you haven't, what kind of collectible are you hoping to find? Don't forget to swing by and say hello, we're open and ready to help you uncover your next great treasure! [#HobbitHouseCollectibles](#) [#AntiqueAdventure](#) [#RadiumHotSprings](#)



Valentines Day

More than just crowded restaurant dinners and overpriced roses.

Every year, when Valentine's Day rolls around, it feels like everything shifts into high gear. Stores are plastered with red and pink hearts, flowers, and chocolates, all practically yelling at you to "prove your love!" And sure, it's sweet in its own way - but have you ever wondered what you're really celebrating?

Let's take a quick look back to where it all began.

The ancient Romans celebrated a festival called Lupercalia to celebrate fertility and the coming of spring, on February 13 - 15. It was also a time for feasting and matchmaking, making it a spirited, chaotic celebration. Over time, parts of Lupercalia blended with the story of Saint Valentine.

Saint Valentine was a 3rd-century Roman priest who was arrested and ultimately executed on February 14 for secretly performing marriages for soldiers, which Emperor Claudius II banned, believing single men made better warriors. As time passed, Saint Valentine became a symbol of love and devotion.

What about Cupid? He's been part of this story for ages. The chubby-cheeked, bow-wielding cherub, originating from Roman mythology as the god of love. Cupid was often described as mischievous, using his magical arrows to make people fall in love. As the son of Venus, he became a symbol of romance, especially when the Middle Ages tied Valentine's Day to love. By the Victorian era, his cherubic figure was everywhere - on Valentine cards and decorations as the playful matchmaker.

And the tradition of the rose? Giving roses also traces back to ancient Greek and Roman mythology, linking Aphrodite and Venus. During the Middle Ages, roses came to symbolize courtly love. By the Victorian era, they became central to the "language of flowers," with red roses representing deep passion. The American Beauty Rose, known as the "millionaire's rose" for its high price in the late 1800s, became a sought-after symbol of elegance and affection. And its legacy lasts to this day. After all, a rose is a rose.

So how did we get from ancient festivals, chubby flying archers, and rare roses to glittery cards, chocolates, and pressure to plan the perfect date? Is that what love is really about?

Most likely not.

Real love isn't flashy. It's not the kind you write on a postcard or plaster on Instagram. It's in the everyday moments - the little gestures that quietly say, "I see you, and you matter to me." It's like making someone coffee in the morning or simply sitting with them when there are no words to make things better.

Victor Hugo said it best: **"The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves."** Isn't that the point? To feel noticed and cherished for who you are, flaws and all - not for some polished version of yourself.

Think back to the last time someone made you feel that way. Maybe it was a small moment - a comfortable shared silence or a spontaneous hug that spoke louder than words. As cartoonist Bill Keane put it, **"They invented hugs to let people know you love them without saying anything."**

These small acts of love - they're the ones that stick. Not the expensive dinners or grand gestures. Sure, a thoughtful gift or special night out can be incredible, but only if it's meaningful. Love doesn't need fireworks to feel real. What it needs is your attention, your presence, your effort.

So, this Valentine's Day, let go of the pressure and forget about what you're "supposed" to do. Think instead about what would genuinely make the people you love feel special.

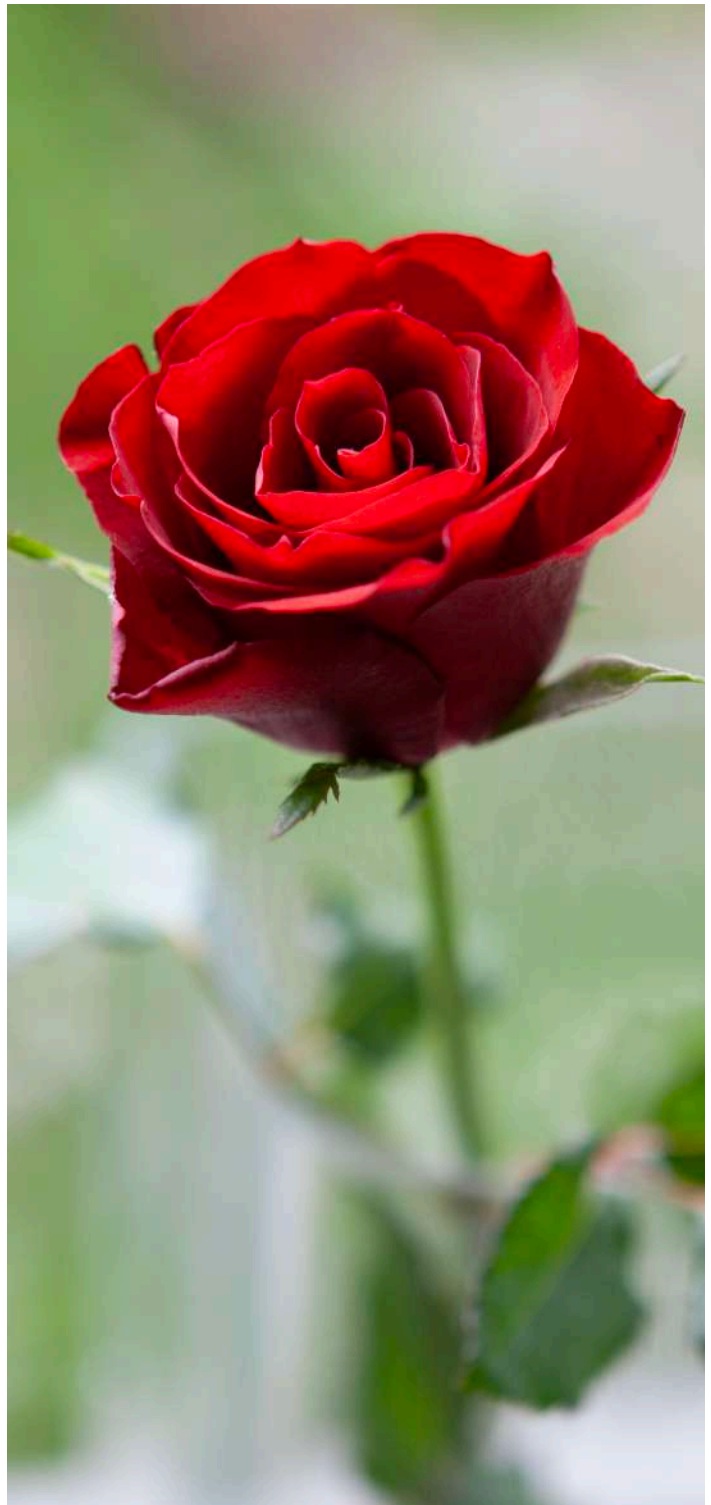
It could be making their favorite meal, a movie with homemade popcorn, a heartfelt sticky note on the bathroom mirror, a day on the slopes, or taking an evening walk together without the phone in your pocket.

And if you're single this year, don't sit this one out. Love isn't just about romance. It's in the friendships that lift you up, the family that grounds you,

and the care you give yourself. It's about connection and showing the people in your life that they matter.

So, let's bring Valentine's Day back to what it's meant to be - a celebration of love in all its forms. Spend time with the people who make your heart full. Show them you care in ways that are genuine, not superficial.

Because, in the end, love doesn't need to be perfect or flashy. It just needs to be real.





Call for Submissions

Everybody has a favorite book! We want to see yours - as a piece of art! Choose your favorite passage, character or scene from a book and share it with us in this unique exhibition:

January 25 to March 1, 2025

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Submissions due January 17

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VALLEY PROMOTIONS

MYSTERY DATE with a BOOK



February 1 to March 1, 2025

HOW IT WORKS:

-  Read the brief descriptions on the front of the book wrappers and choose one to take home. Don't peek!
-  Check out the book between Saturday, February 1, 2025, and Saturday, March 1, 2025.
-  After you've checked out the book, unwrap it to officially meet your date. Give the book a chance, but if things don't work out, simply return it. No hard feelings!
-  Fill out your "Rate Your Date" bookmark and return it with your book. We want to hear all the details and you could win a prize! (Draw will take place after all Mystery Date books have been returned.)



SELF-CARE BEYOND VALENTINE'S DAY

Prioritizing Yourself All Year Long

Valentine's Day is often associated with grand gestures of love—bouquets of roses, heart-shaped chocolates, and romantic dinners. But love isn't just about relationships with others; it's also about the relationship we have with ourselves. While February 14th serves as a reminder to express love, self-care should be a continuous effort, not just a once-a-year indulgence.

Practicing self-care beyond Valentine's Day means prioritizing your well-being—mentally, physically, and emotionally—all year long. Whether you're single, in a relationship, or somewhere in between, investing in yourself is the best way to cultivate happiness and resilience. Let's explore ways to make self-care a regular habit, not just a seasonal trend.

Understanding Self-Care: It's More Than Just Bubble Baths

Self-care is often misunderstood as indulgence—think spa days and fancy skincare routines. While those activities can be forms of self-care, true self-care is deeper. It's about setting boundaries, nourishing your mind and body, and making choices that support your overall well-being.

Self-care can be broken down into different categories:

- Physical self-care (nutrition, exercise, sleep)
- Emotional self-care (journaling, therapy, expressing feelings)
- Mental self-care (learning, meditation, reducing stress)
- Social self-care (building healthy relationships, maintaining

boundaries)

- Spiritual self-care (prayer, nature walks, personal reflection)
- To live a balanced and fulfilling life, it's essential to nurture each of these areas consistently.

Create a Self-Care Routine That Works for You

Self-care shouldn't feel like a chore or another item on your to-do list. It should fit seamlessly into your lifestyle. The key is to start small and make gradual adjustments. Here's how:

- Assess your needs - What part of your well-being needs the most attention? Are you feeling emotionally drained, physically exhausted, or mentally overwhelmed?
- Set realistic goals - If you want to start meditating, begin with just five minutes a day rather than committing to an hour.
- Find what brings you joy - Whether it's painting, reading, hiking, or cooking, self-care should be relaxing, stimulating or enjoyable.
- Schedule it in - Treat self-care like an important appointment. Block out time in your calendar and honor it.

Prioritize Mental & Emotional Health

Mental health is just as important as physical health, yet it's often neglected. If you find yourself overwhelmed, it's time to check in with your emotions.

- Practice mindfulness - Being present in the moment can help reduce stress and improve focus. Try deep breathing exercises or meditation.
- Seek therapy or counseling - There's no shame in talking to a professional. Therapy isn't just for crises—it can be a proactive way to maintain mental wellness.
- Limit screen time - Too much social media can negatively impact self-esteem. Take regular breaks from scrolling and focus on real-life connections.
- Journal your thoughts - Writing can be therapeutic. It helps process emotions and provides clarity on your feelings.

Set Healthy Boundaries

Saying “yes” to everything can lead to burnout. Boundaries are essential for protecting your time, energy, and well-being.

- Learn to say no - You don't have to accept every invitation or request. Prioritize what truly matters.
- Identify energy-draining relationships - If certain relationships leave you feeling drained, it might be time to reevaluate them.
- Communicate your needs - Be clear about your limits with others. It's okay to ask for space or decline commitments.

Nourish Your Body with Movement and Nutrition

Self-care includes taking care of your body, not just your mind. Your physical health directly impacts your emotional and mental well-being.

- Exercise regularly - You don't have to hit the gym daily. Find a form of movement you enjoy, whether it's dancing, yoga, or walking.
- Eat nutritious foods - Fueling your body with whole foods, fruits, and vegetables can boost your energy and mood.
- Stay hydrated - Drinking enough

water is one of the simplest ways to improve overall health.

- Get enough sleep - Poor sleep affects mood, memory, and productivity. Prioritize rest and aim for 7-9 hours per night.

Find Joy in Solitude

Being alone doesn't mean being lonely. Learning to enjoy your own company is one of the most empowering forms of self-care.

- Take yourself on a date - Go to a coffee shop, watch a movie, or visit a museum solo.
- Practice self-reflection - Spend time understanding yourself—your values, dreams, and desires.
- Embrace hobbies - Find activities that make you happy, whether it's knitting, gardening, or playing an instrument.

Maintain a Healthy Social Life

While solitude is important, social connections are equally vital for emotional well-being. Surround yourself with people who uplift and support you.

- Plan regular catch-ups with friends - Even a short phone call can boost your mood.
- Join a community group - Engaging with like-minded individuals can create a sense of belonging.
- Practice gratitude - Express appreciation for the people in your life. A simple “thank you” can strengthen relationships.



Spiritual/Reflective Practices

Whether religious or not, spiritual well-being plays a role in self-care. It's about connecting with something greater than yourself and finding peace.

- Spend time in nature - Fresh air and natural surroundings can be grounding and therapeutic.
- Meditate or pray - Quiet moments of reflection can help you feel centered.
- Volunteer or give back - Helping others can bring a sense of fulfillment and purpose.

Treat Yourself—Without the Guilt

Self-care doesn't have to be serious all the time. Sometimes, it's about indulging in little pleasures.

- Buy yourself flowers - Who says you have to wait for someone else

to do it?

- Take a spontaneous trip - Even a short weekend getaway can recharge your spirit.
- Enjoy a "do-nothing" day - Give yourself permission to rest and recharge without feeling guilty.

Self-Care Is a Lifestyle, Not a Luxury

Self-care isn't selfish—it's necessary. It's about making small, intentional choices every day to improve your overall well-being. By prioritizing yourself beyond Valentine's Day, you create a foundation for a happier, healthier life.

So, as you move through the year, remember: You deserve love, care, and attention—not just from others, but from yourself. Start today. Your future self will thank you.

Train Your Own Service Dog with Dog Zone Services!

What We Offer:

- Individualized training sessions.
- Assistance with meeting BC service dog regulations.
- A compassionate approach to support both handler and dog.

Why Choose Dog Zone

- ✓ Customized Training Plans
- ✓ Experienced Trainer
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- ✓ Focus on long-term success and reliability

Board & Train options







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for more details

ENJOY A
SPECIAL EVENING
WITH YOUR

Valentine

RCL BRANCH 24
COUPLES FUN NIGHT

Friday February 14th 2025 - 7:00pm
RCL Branch 24 Crannbrook

\$30 PER COUPLE
TICKETS ON SALE
AT THE BRANCH CANTEEN

Not Your Traditional Valentine's Day
Celebration

Your Evening Will Include:
Complementary Welcome Beverage -
Charcuterie Board For Two - Entertaining
Activities - Prizes - Lots of Laughs & Tons of
Fun

Cash Bar and a Signature
Cocktail Will Also Be Available.

TICKETS ARE LIMITED



Rotary



Club of Radium Hot Springs

We are doing it again!!!!

**CASH
CREDIT
DEBIT**

**THE ROTARY CLUB OF RADIUM HOT
SPRINGS WILL BE HOSTING**



BINGO NIGHT



Radium Hot Springs Centre
4863 Stanley St,
Radium Hot Springs

February 20th

**5 BINGO GAMES ... CASH PRIZES
50/50 DRAW & DOOR PRIZES**

**A fun night!
Snacks, pop & water for sale.**

Must be 19 years or older.
Know your limit, play within it!
BC Gaming Licenses 154995 & 154996

Doors open 6:30 – Games start 7 pm

VALLEY PROMOTIONS



COLUMBIA VALLEY FOOD BANK

Buy a Food Basket For A Household



Two Person
Food Basket

Households of all sizes benefit from our food baskets.



Five Person
Food Basket



Eight Person
Food Basket

Choose a donation option here from \$74.00 to \$335.00.

Tax receipts provided.



Households of 1, 3, 5 and 7 people



Households of 2, 4, 6 and 8 people

Help Relieve Hunger in the Columbia Valley

We provide one week of food per household. When more support is needed an emergency food basket is a solution.



Emergency Food Basket



Emergency Food Baskets (\$39.00)



FEBRUARY VALENTINE'S DAY MOOD SETTERS

LOVE POTION MARTINI

A seductive blend of raspberry and citrus, perfect for a romantic evening.

Ingredients:

1.5 oz vodka
1 oz Chambord (raspberry liqueur)
1 oz cranberry juice
0.5 oz lime juice

Directions: Shake with ice and strain into a chilled martini glass. Garnish with fresh raspberries.

SWEETHEART KISS SHOT

A creamy and sweet shot that melts in your mouth, just like a first kiss.

Ingredients:

0.5 oz Baileys Irish Cream
0.5 oz Chambord
0.5 oz white chocolate liqueur

Directions: Shake with ice, strain into a shot glass, and top with a light sprinkle of cocoa powder.



BLUSHING ROSE SPRITZ

A bubbly, floral cocktail to toast to love and laughter.

Ingredients:

- 3 oz rosé wine
- 1 oz elderflower liqueur
- 1 oz club soda

Directions: Stir ingredients in a wine glass over ice. Garnish with edible rose petals or a lemon twist.

CUPID'S ARROW SHOT

A fiery shot with a sweet and tart finish to spark romance.

Ingredients:

- 0.5 oz tequila
- 0.5 oz strawberry schnapps
- 0.5 oz grenadine

Directions: Shake with ice, strain into a shot glass, and garnish with a tiny strawberry heart.



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GRADE 6-12 THE EDGE FEBRUARY

MEET AT FRANKS RINK 3-5PM
FOR HOT CHOCOLATE EVERY THURSDAY

FRUIT, VEGGIES & DIP

THURSDAY 6TH
5-8PM

PAINTING



FONDUE

THURSDAY 13TH
5-8PM

DANCE PARTY UPSTAIRS



CAULIFLOUR WINGS

THURSDAY 20TH
5-8PM

SLIME MAKING



SPRING ROLLS

THURSDAY 27TH
5-8PM

DUCK HUNT



VALLEY PROMOTIONS

CRANBROOK COMMUNITY THEATRE
Since 1963

THE MAN IN THE BOWLER HAT
BY A.A. MILNE

THE REAL INSPECTOR HOUND
BY TOM STOPPARD

2 ONE ACT PLAYS

FEBRUARY 21, 22, 23/27, 28
MARCH 1, 2/6, 7, 8, 2025

CONTENT WARNING:
SIMULATED GUNFIRE

Logos: British Columbia, Victoria Avenue, U.S.A. Stage, IG Health Management, Health Care, Cranbrook

CRANBROOK HISTORY CENTRE

FEBRUARY 15TH, 2025

Free Admission
Backroom Tours
Fun and Games

3RD ANNUAL MEET YOUR CRANBROOK HISTORY CENTRE

WHERE HISTORY IS THE ADVENTURE

www.cranbrookhistorycentre.com

PUPPY FOUNDATIONS

The Puppy Foundation Program focuses on puppy behavioural education. The program sets the framework and expectations for your new family pet. The program is designed to redirect bad behaviour and prevent problems before they begin. The goal is to equip you with the tools you will need to continue to work with your puppy as they grow and mature into becoming a well behaved dog.

DOG ZONE SERVICES

POSITIVE REINFORCEMENT
FORCE FREE ENVIRONMENT

Monday 5:30 PM Starts February 24th

LOCATION: 5040 CROWNEST HIGHWAY
CRANBROOK
PRICE: \$200
4 CONSECUTIVE WEEKS

www.dogzoneservices.ca
Dogzoneservices@gmail.com

AGE REQUIREMENT:
18 WEEKS OLD

2025
lantern SKI

FEBRUARY 16
Panorama Nordic Centre
6 - 8pm

PANORAMA NORDIC

100 CREEK MOUNTAIN

SEED SWAP

Sunday February 23, at 12:30 pm
Groundswell Greenhouse



Women in Amateur Radio: Celebrating Trailblazers and Innovators

Amateur radio, often affectionately known as ham radio, has long been a platform for communication, innovation, and community building.

While historically male-dominated, women have played a crucial role in shaping the amateur radio landscape. From pioneers who defied societal norms to contemporary innovators advancing the field, the contributions of women in amateur radio deserve recognition and celebration. This blog delves into the history, achievements, and future of women in amateur radio, honoring the trailblazers and inspiring the next generation.

A Historical Perspective

The Early Years The roots of amateur radio trace back to the late 19th and early 20th centuries, a time when societal roles often restricted women from participating in scientific and technical fields. Despite these barriers, several determined women made their mark. One of the earliest known female amateur radio operators was Clarine “Carrie” Bain W2XBN, who began experimenting with radio technology in the early 1920s. Bain’s work highlighted women’s ability to

excel in what was then considered a “man’s field.”

Another trailblazer was Eleanor Agnes “Nelly” MacLeod, a Canadian radio enthusiast who conducted early experiments with wireless communication. Her contributions paved the way for the inclusion of women in amateur radio organizations.

World War II and Women’s Contributions

During World War II, many male operators were drafted, creating opportunities for women to step into critical communication roles. Organizations like the Women’s Army Corps (WAC) and the Women’s Royal Naval Service (WRNS) trained women in radio operation and repair, demonstrating their capability in high-stakes environments. Post-war, many of these women transitioned into amateur radio, bringing newfound skills and experience to the community.

Celebrating Modern Trailblazers

Yasme Foundation and Women’s Impact Founded in the 1950s, the Yasme Foundation supports amateur radio development worldwide. Named after Danny Weil’s boat, “Yasme,” the foundation has spotlighted women’s contributions to the field. Notable figures include Vera F. Rubin (W2VLN), whose scientific acumen and passion for radio inspired countless women to pursue STEM careers.

Current Innovators

Today, women are thriving in amateur radio, contributing to technological advancements and promoting diversity. For instance:

Carole Perry (WB2MGP) has dedicated her career to mentoring young operators through programs like the Radio Club of America (RCA) and her celebrated youth forums at ham radio conventions.

Valerie Hotzfeld (NV9L), a prominent contester and DXer, became the first woman to win the prestigious CQ DX Marathon in 2018. Her achievements underscore women’s capabilities in competitive amateur radio.

Breaking Barriers and Building Community Organizations Empowering Women

Numerous organizations and initiatives have emerged to support and empower women in amateur radio. Examples include:

Young Ladies’ Radio League (YLRL):

Founded in 1939, YLRL provides a network for women operators worldwide, offering scholarships, contests, and community support. YL Beams Newsletter: A publication dedicated to sharing stories, news, and achievements of women in amateur radio.

Amateur Radio on the International Space Station (ARISS):

Programs like ARISS have encouraged women to explore radio communication’s intersection with space exploration. Events and Contests Contests and special event stations focusing on women operators have gained popularity. For example, International

Women’s Day Special Event Stations highlight women’s voices on the airwaves, fostering inclusivity and celebrating achievements.

The Impact of Women in Amateur Radio

Women’s contributions to amateur radio extend beyond operating. They have been instrumental in advancing technology, advocating for diversity, and mentoring the next generation.

Advancing Technology

Women have been involved in developing innovative antenna designs, digital modes, and satellite communication. For example, Ellen White (W1YL), a former ARRL staff member, contributed significantly to amateur radio publications and technical advancements, leaving a lasting legacy.

Promoting Diversity

Women in amateur radio often advocate for greater inclusivity within the community. By participating in leadership roles within organizations like the ARRL and regional clubs, they have paved the way for underrepresented groups to join the hobby.

Mentorship and Education

Mentorship programs led by women operators have introduced countless young people to amateur radio. These initiatives emphasize the importance of skills like teamwork, problem-solving, and technical proficiency, which are invaluable in both amateur radio and professional fields.



Inspiring the Next Generation

As amateur radio continues to evolve, inspiring the next generation of women operators is critical to sustaining the hobby's growth. Here's how:

Educational

Outreach Partnerships between amateur radio clubs and schools can introduce young girls to radio technology. Programs like ARRL's Teachers Institute on Wireless Technology offer educators the tools to integrate amateur radio into STEM curricula.

Role Models and Representation

Highlighting the achievements of women in amateur radio through blogs, podcasts, and social media creates visible role models for aspiring operators.

Accessible Licensing

Efforts to simplify licensing exams and provide study resources specifically for women and girls can lower barriers to entry.

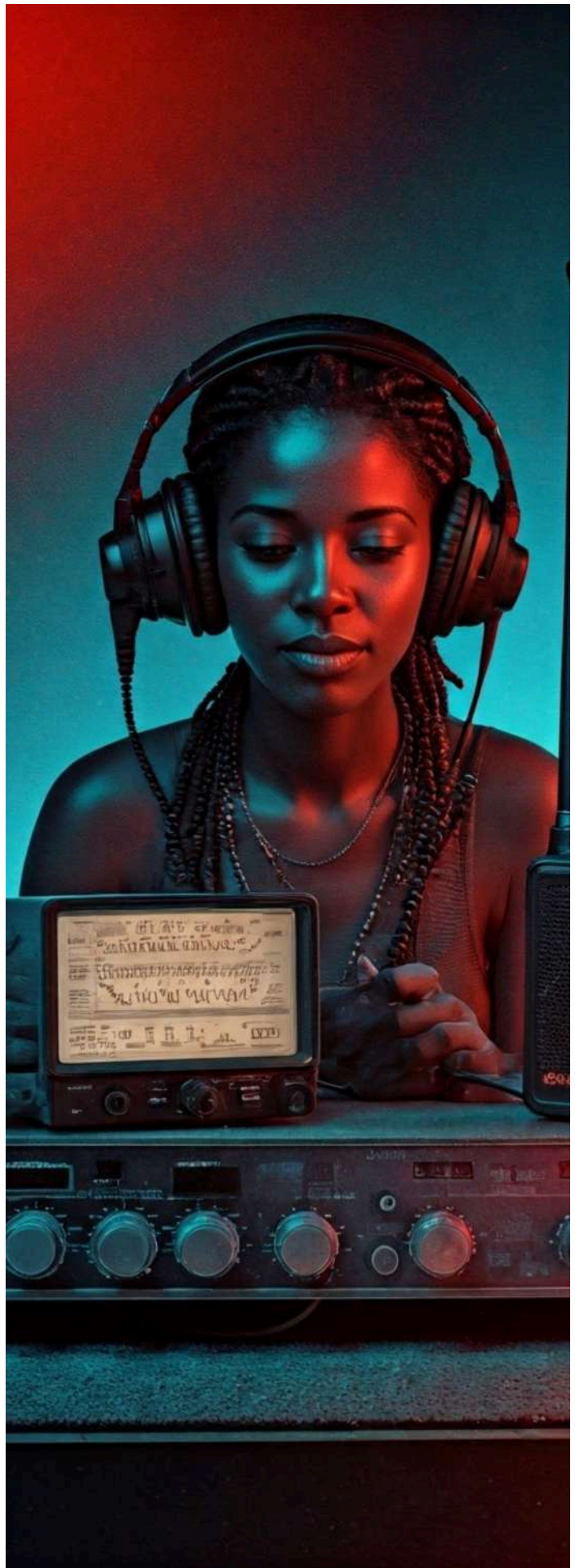
Women have been an integral part of amateur radio's history and continue to shape its future. From early pioneers like Clarine Bain to modern innovators like Valerie Hotzfeld, their contributions demonstrate the limitless potential of diversity in this dynamic hobby. By celebrating achievements, fostering community, and inspiring the next generation, we can ensure that amateur radio remains a welcoming and inclusive space for all.

Let's continue to honor and support the women who make amateur radio a richer, more vibrant community. Whether you're an experienced operator or a newcomer, there's always room to celebrate the trailblazers and innovators who define this incredible hobby.



Originally posted on

<https://cranbrookarc.ca/>





9TH ANNUAL RAD POLAR PLUNGE

**TO RAISE FUNDS FOR THE ADAPTIVE COMMUNITY AND
MAKE OUTDOOR FUN ACCESSIBLE FOR EVERYONE!**

YOU'RE INVITED to join us in-person or virtually!
Get involved with a team or solo!

We will be plunging into icy waters in person or virtually
from any COLD water you can find & sharing the fun LIVE!

EVENT HIGHLIGHTS:

- Cold Plunge, Hot Tub, Sauna • Snacks and Drinks Station
- Music and Entertainment • Ice skating and Hockey Sledges

SAVE THE DATE!

FEB 15 & 16, 2025

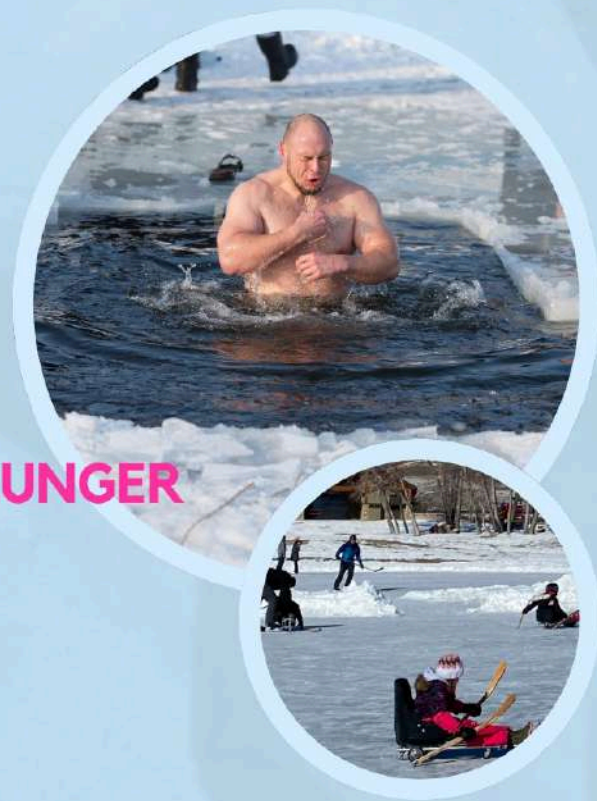
**12:00 NOON - 4:00 PM MST
IN INVERMERE, BC**

On the Ice @ Kinsmen Beach

**REGISTRATION: \$20/PLUNGER
ALL AGES WELCOME!**

Pledge and take the plunge.
Post it on social media and TAG US.
#RADPolarPlungeIX

**To View, Register & Donate
Visit www.radsociety.ca**



EDM CALENDER FEB - 2025

East
Kootenay

- 1 FEB, SAT # FERNIE - THE CENTRAL - ACTIVIST & PAINT DEPARTMENT
- 3 FEB, MON # FERNIE- THE CENTRAL- DRUM & BASS MONDAY
- 7 FEB, FRI # CRANBROOK- SHOTTIES- FREQUENCY FRIDAY- TWIIGZ, INNOCENT, RDADDY, ZONGLER, WUBLIN
- 7 FEB, FRI # CRANBROOK- 1926 SOCIAL HOUSE- THE MIXUP- NAYTARON
- 7 FEB, FRI # KIMBERLEY- KIMBERLEY CURLING CLUB- PINEO & LOEB
- 8 FEB, SAT # CRANBROOK- 1926 SOCIAL HOUSE- BASS WEIGHT- DA BELIEVA, OLDMAN, NAYTARON, SASQUATCH
- 10 FEB, MON # FERNIE- THE CENTRAL- DRUM & BASS MONDAY
- 14 FEB, FRI # FERNIE- THE CENTRAL-SHINY THINGS, AURORA, SAMMY DECENT
- 15 FEB, SAT # CRANBROOK- ENCORE BREWING COMPANY- SHINY THINGS, TWIIGZ, INNOCENT
- 15 FEB, SAT # KIMBERLEY- BOHEMIAN SPIRITS- CUPID'S AFTERPARTY- SOUNDSHED, NINJETTE, ROBBIE C, SKREID
- 17 FEB, MON # FERNIE- THE CENTRAL- DRUM & BASS MONDAY
- 24 FEB, MON # FERNIE- THE CENTRAL- DRUM & BASS MONDAY

@BABA.BLISS

VALLEY PROMOTIONS

CATHERINE TUMASON



Saturday Feb 15,
2025

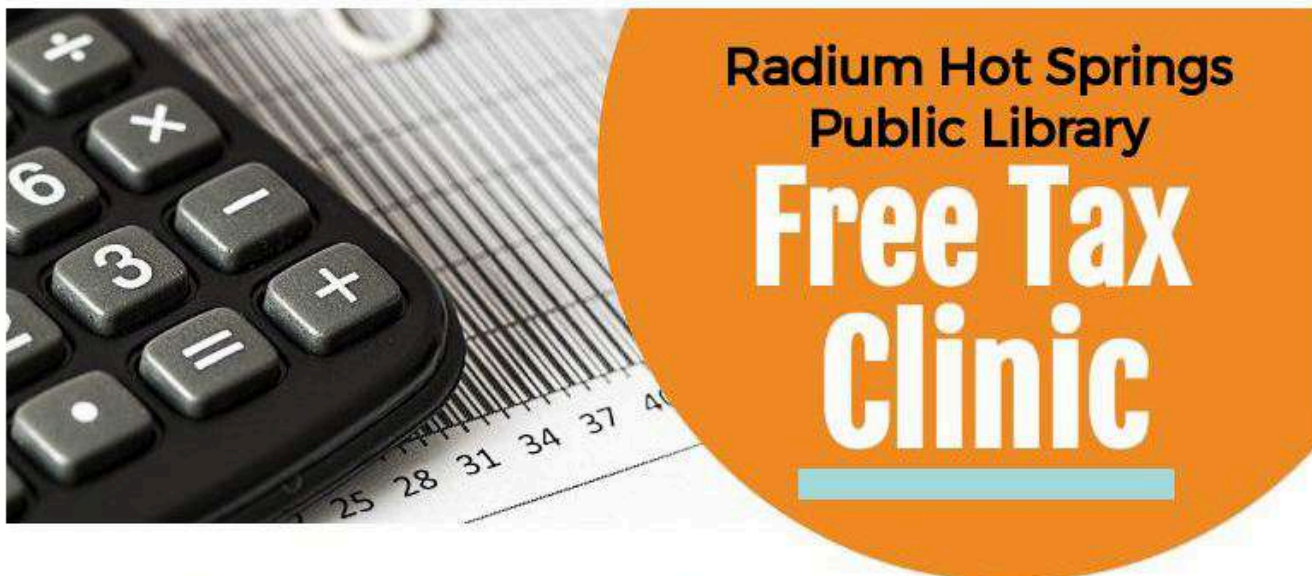
KEYS & VOCALS

**Eclectic mix of soulful
and emotional songs**

**FREE
ENTRY!**

5-7pm

Arrowhead Brewery
481 Arrow Rd, Invermere, BC
(778) 526-2739



Free Personal Tax Filing at the Radium Library- February 24, 2025 to April 30, 2025!

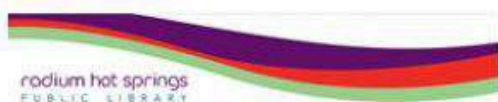
Free tax clinics are available **for eligible individuals** through the Community Volunteer Income Tax Program (CVITP) and the Canada Revenue Agency (CRA).

This free personal tax preparation service is **available for individuals who do not exceed the BC Low-Income Value**. Please go to the CRA website to review full eligibility criteria, email radiumtaxes@gmail.com or call the library at 250-347-2434.

If you qualify for this service:

You can drop off your income tax documents in-person at the library. Please bring government issued ID with you. (It is required to submit your forms)

- **Drop off available:** Tues, Wed, Thurs & Fri, 11:00am-3:00pm
- We will ask you to fill out a quick intake form before you submit your documents
- Tax returns will be completed by our volunteer tax assistants off-site, and we will notify you when yours is ready for pickup.
- Please connect with the library via email or phone if you feel you may need more time connecting with a tax preparer.



Radium Hot Springs Public Library

4863 Stanley St
Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434
<https://radium.bc.libraries.coop/>

DIY Winter Home Projects

Small Home Improvements to Tackle Before Spring

Winter is the perfect time to take on small home improvement projects that will not only keep your space cozy but also prepare your home for the coming seasons.

While the cold weather may keep you indoors, it provides an excellent opportunity to tackle DIY upgrades that enhance comfort, energy efficiency, and home aesthetics. Here are a few winter-friendly projects to consider.

1. Weatherproof Windows and Doors

Drafty windows and doors can lead to heat loss and higher energy bills. Use weatherstripping or caulking to seal gaps and prevent cold air from sneaking in. Adding thermal curtains can further insulate your home and improve energy efficiency.

2. Refresh Your Walls with Paint or Wallpaper

A fresh coat of paint or peel-and-stick wallpaper can transform a room without requiring outdoor work. Consider warm, inviting colors to brighten up the space during the darker winter months.

3. Install a Smart Thermostat

Upgrading to a smart thermostat can improve heating efficiency and lower energy costs. Many models allow remote control via smartphone, ensuring your home stays at the perfect temperature while optimizing

energy usage.

4. Update Kitchen and Bathroom Fixtures

Replacing old faucets, cabinet handles, or light fixtures can give your kitchen or bathroom a modern look with minimal effort. Choose energy-efficient LED lighting to save on electricity costs.

5. Declutter and Organize

Winter is an ideal time for deep cleaning and organization. Sort through closets, kitchen cabinets, and storage areas to get rid of items you no longer need. Use bins, shelves, and organizers to create a more functional space.

6. Improve Indoor Air Quality

With windows closed for most of the season, indoor air can become stale. Replace air filters, clean vents, and add houseplants to improve air quality and create a fresher environment.

These small projects will not only make your home more comfortable for the rest of winter but also set you up for a smoother transition into spring. Happy DIYing!



Valentine's Day Craft!

Friday, February 14, 2025 | 3:00 PM | Drop-in

Kids ages 5-12 are invited to join us to make an adorable "Love Bug" craft with recycled materials! All supplies provided.

(Please note our policies state that children under 12 be accompanied by a parent/guardian/caregiver).



Radium Hot Springs Public Library

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Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434
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VALLEY PROMOTIONS

WINTER FUN DAY PRO-D DAY CAMP

FEBRUARY 28TH / 2025



A FULL DAY OF WINTER FUN!

SKATING, SLEDDING, GAMES, AND
HOT CHOCOLATE WARM UP!!
(ACTIVITIES ARE DEPENDING ON WEATHER)

LUNCH INCLUDED: HOTDOG, MINI CHIP,
JUICE OR WATER

AGES 6+



For Details on cost please
send an email our way!
Camp 8:30 - 3:30

For More Details and Registration
please email:
aroundthebendcreeksidefarms@gmail.com



PRICE LIST

Want to advertise your business or services?

All designs come with 2 rounds of revisions. Any additional rounds will be estimated on a case-by-case basis. Please note that services do not include any printing or stock photography costs. Final files will be formatted to fit your desired needs.

VECTOR LOGO DESIGN

Single Concept	\$62
2 Concepts	\$107
3 Concepts	\$125

LETTERHEAD DESIGN \$26

Price based on existing Logo, Logo Design sold separately. First round includes 2 layouts.

FLYER DESIGN

Single Layout Concept	\$35
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MENU DESIGN

Priced Per Page	\$26
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KIDS COLOURING MENU

8.5" X 11"	\$35
11" X 17"	\$44

MAGAZINE DESIGN

Starting at \$314
Prices vary based on the amount of pages.

BOOK COVER DESIGN

Single Sided	\$53
Double Sided	\$71

CUSTOM COLOURING PAGE

Priced Per Page	\$17
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TAROT/ORACLE CARD CUSTOM ART

40-Cards	\$1,106
78-Cards	\$2,105
Additional Cards	+\$35 per card
Price includes one back card design.	

VECTOR SIGN DESIGN

Single Concept	\$44
Price based on existing Logo, Logo Design sold separately.	

LABEL DESIGN

Single Concept	\$35
2 Concepts	\$44
Price based on existing Logo, Logo Design sold separately.	

BROCHURE DESIGN

Tri-Fold	\$44
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VALLEY PROMOTIONS



COMMUNITY GARAGE SALE



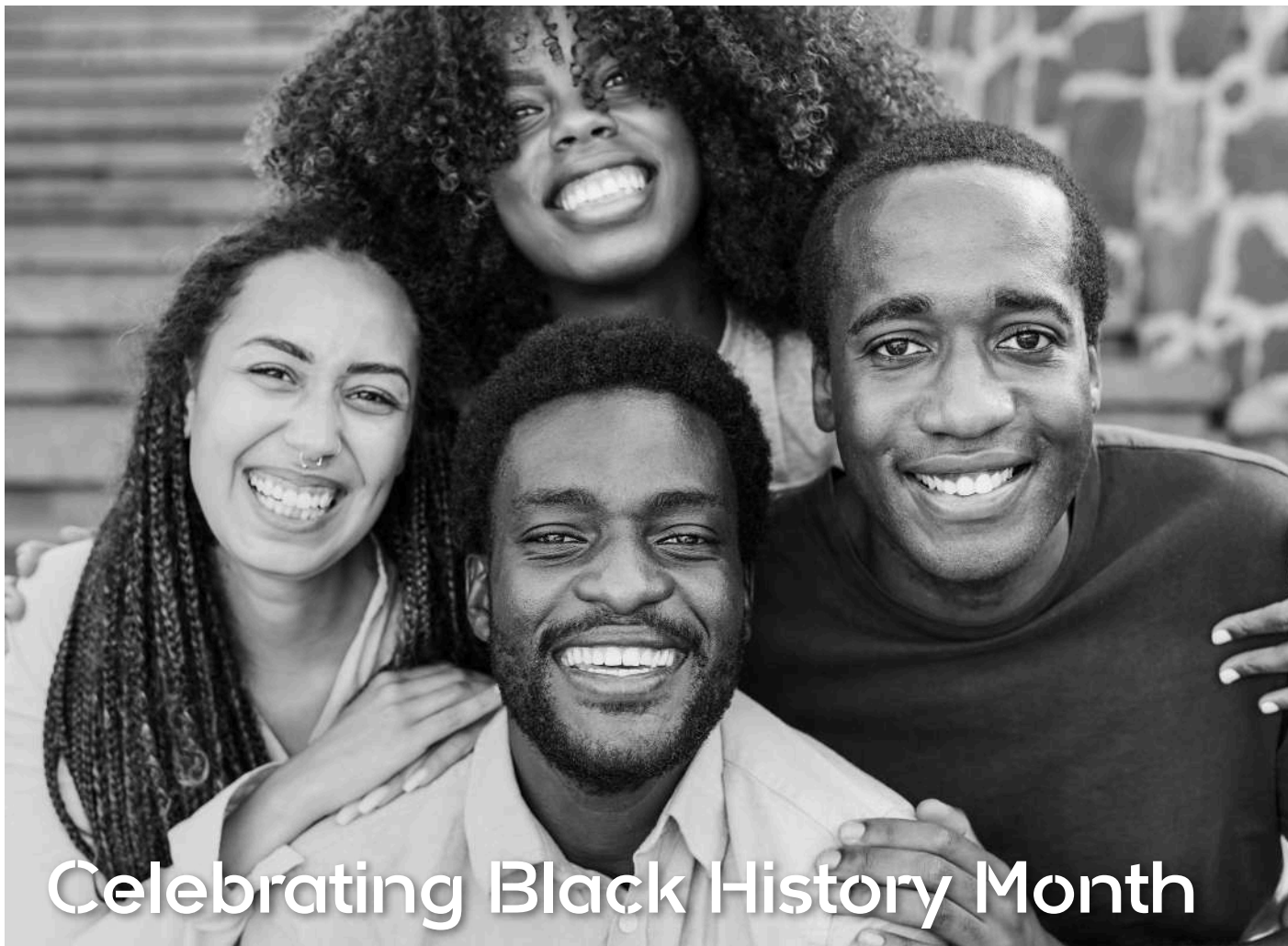
**COLUMBIA VALLEY CENTRE
646 4TH ST INVERMERE
SATURDAY FEBRUARY 22ND, 2025
9AM-1PM**

NEED TO CLEAN UP THAT STORAGE SPACE? WANT TO MAKE MONEY FOR YOUR HOUSEHOLD AND/OR SUPPORT YOUR CAUSE? RESERVE A SPACE TO SELL YOUR "TREASURES" AT THE COMMUNITY CENTRE GARAGE SALE!

SPACE RENTALS \$20

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EVENTS@INVERMERE.NET
250-342-9281 EXT. 1232**

SPACE RESERVATIONS OPEN JANUARY 13TH, 2025!



Celebrating Black History Month

Honoring Influential Black Canadians and Events

Every February, Canadians come together to celebrate Black History Month, recognizing the remarkable contributions of Black Canadians to the country's history, culture, and progress.

It is a time to reflect on the resilience, achievements, and legacies of individuals who have shaped Canada in profound ways. It is also an opportunity to support Black communities, amplify Black voices, and participate in events that highlight Black excellence and cultural heritage.

The Importance of Black History Month in Canada

Black History Month was officially recognized in Canada in 1995, thanks to the efforts of the Honourable Jean Augustine, the first Black woman elected to the House of Commons.

The month is dedicated to acknowledging the struggles, triumphs, and significant contributions of Black Canadians throughout history.

From early Black settlers escaping slavery via the Underground Railroad to modern-day trailblazers in politics, science, business, and the arts, Black Canadians have played an essential role in shaping the nation's identity. Despite facing systemic racism and barriers, their resilience and perseverance have paved the way for future generations.

Influential Black Canadians Who Made History

1. Viola Desmond (1914-1965) - Civil Rights Pioneer

Often referred to as "Canada's Rosa Parks," Viola Desmond was a Black Nova Scotian businesswoman who challenged racial segregation in 1946. When she refused to leave the whites-only section of a movie theatre in New Glasgow, she was arrested and fined. Her bravery led to increased awareness of racial discrimination in Canada and contributed to legal changes in Nova Scotia. Today, she is honored on the Canadian \$10 bill.

2. Lincoln Alexander (1922-2012) - Political Trailblazer

Lincoln Alexander was Canada's first Black Member of Parliament, the first Black federal cabinet minister, and the first Black Lieutenant Governor of Ontario. His advocacy for racial equality and social justice helped shape policies promoting inclusivity in Canada.

3. Rosemary Brown (1930-2003) - Political Activist and Feminist

Born in Jamaica and later moving to Canada, Rosemary Brown was the first Black woman elected to a provincial legislature in Canada (British Columbia, 1972). She dedicated her life to advocating for gender equality, human rights, and social justice.

4. Dr. Jean Augustine (b. 1937) - Educator and Politician

Dr. Jean Augustine made history as the first Black woman elected to the House of Commons in 1993. She played a key role in establishing Black History Month in Canada and remains an advocate for education, equity, and women's rights.

5. P.K. Subban (b. 1989) - Hockey Star and Philanthropist

A celebrated NHL player, P.K. Subban is not only known for his talent on the ice but also for his generous contributions to children's hospitals and underprivileged communities. His advocacy for diversity in hockey continues to inspire young athletes.

Events for Black History Month

Across Canada, cities and communities host events to celebrate Black History Month. Here are some of the ways people can participate:

1. Museum Exhibits and Historical Tours

Many museums and cultural centers host exhibits showcasing the history of Black Canadians. The Canadian Museum for Human Rights in Winnipeg, for example, features exhibits on racial justice movements, while the Black Cultural Centre for Nova Scotia highlights the rich history of Black communities in the province.

2. Film Screenings and Discussions

Several communities organize screenings of films that highlight Black history and culture. Documentaries such as *The Skin We're In* (featuring journalist Desmond Cole) or *Mighty Jerome* (chronicling the story of Black Canadian sprinter Harry Jerome) are often shown, followed by discussions on racism, representation, and history.

3. Community Festivals and Cultural Showcases

Cities like Toronto, Vancouver, and Montreal host vibrant festivals featuring music, dance, and food from the African diaspora. These events showcase Black artists, musicians, and entrepreneurs, providing an opportunity to support Black-owned businesses.

4. Educational Workshops and Lectures

Many universities and community centers offer workshops on anti-racism, Black history, and social justice. These events provide a space to learn about the past and discuss ways to foster a more inclusive society.

5. Book Readings and Literary Events

Libraries and bookstores often feature works by Black Canadian authors such as Lawrence Hill (*The Book of Negroes*), Esi Edugyan (*Washington Black*), and Dionne Brand (*A Map to the Door of No Return*). Book clubs and public readings highlight the importance of Black literature in shaping Canadian narratives.

6. Supporting Black-Owned Businesses and Artists

One of the most direct ways to celebrate Black History Month is by supporting Black entrepreneurs and creatives. Whether it's visiting a Black-owned restaurant, purchasing from Black artisans, or streaming music from Black Canadian artists, these actions help uplift the community.

How to Celebrate Black History Month Year-Round

While February is an important month of recognition, supporting and learning about Black history shouldn't be limited to just 28 days. Here are ways to continue celebrating and supporting Black voices throughout the year:

- **Educate Yourself** - Read books, watch documentaries, and listen to podcasts that explore Black history and contemporary issues.
- **Advocate for Equality** - Support policies that promote racial justice and inclusivity in schools, workplaces, and communities.
- **Amplify Black Voices** - Follow and share the work of Black activists, artists, and thought leaders.
- **Donate to Black Organizations** - Contribute to nonprofits that support Black youth, education, and social justice initiatives.
- **Engage in Conversations** - Talk about Black history and racial issues with family, friends, and colleagues to foster understanding and awareness.

Honoring Black Excellence and Heritage

Black History Month is a time for celebration, reflection, and action. It reminds us of the strength, contributions, and culture of Black Canadians who have shaped the country in countless ways. Whether through education, community involvement, or supporting Black businesses, every effort counts in creating a more inclusive and equitable society.

As we honor the past and recognize the present, let's commit to celebrating Black excellence not just in February, but every day.





Radium Hot Springs Public Library

Wholesome Hobbies Projects & Activities for Adults

Every Third Friday of the Month
2:00pm-3:30pm

Join us on the third Friday of each month to try out a new project!
Intended for adults 50+ but all adults welcome. Foster your creativity and make connections!
Supplies will be provided.



***Registration is required for every session & space is limited to 10 participants per session.**
To register call 250-347-2434



Radium Hot Springs Public Library

4863 Stanley St | Radium Hot Springs, British Columbia V0A 1M0 | 250-347-2434 | <https://radium.bc.libraries.coop/>

Sierra Says

HYPNOTIST

ENTERTAINMENT

90 MINUTES OF FAMILY FRIENDLY FUN!

- WEDDINGS
- BACHELORETTES
- STAFF EVENT
- BARS
- ETC.

Sierra Franklin

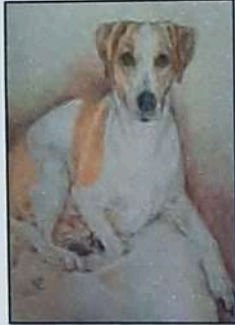
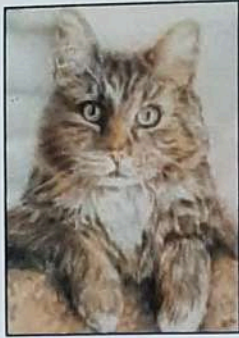
EMAIL TO BOOK

MovingMountainsHypnotherapy@gmail.com



Lasting Memories & Big Laughs!

VALLEY PROMOTIONS



PET *and people* PORTRAITS

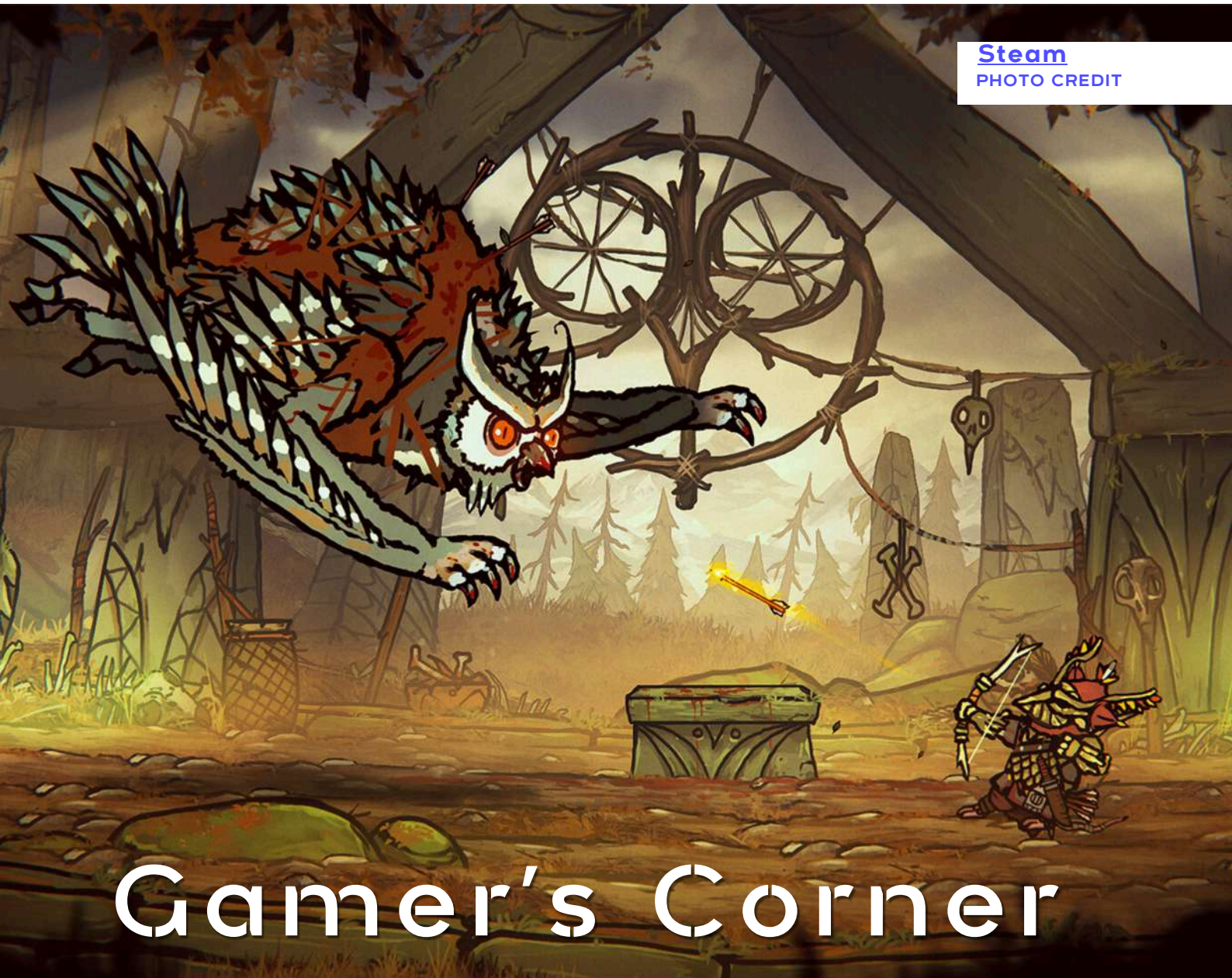
- Unique • Memorable
- Realistic • Reasonable
- Professional
- Quick turn-around
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Steam
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Gamer's Corner

Game Review: Tails of Iron 2: Whiskers of Winter

A Chilling Return to Battle

Tails of Iron 2: Whiskers of Winter brings players back into the brutal yet beautiful world of anthropomorphic warfare, following up on the critically acclaimed Tails of Iron. This time, our hero faces the perils of winter, new enemies, and even deadlier battles in a world that blends stunning hand-drawn visuals with punishingly precise combat mechanics.

Story & Setting

Set in a frozen, war-torn land,

Whiskers of Winter follows the continued struggles of the rat kingdom, now faced with new threats emerging from the icy north. While the first game focused on reclaiming a stolen kingdom, the sequel expands the world with a deeper narrative involving rival factions, ancient mysteries, and the harsh realities of survival in a frigid landscape. The storytelling remains rich, with narration that enhances the dark fairy-tale aesthetic.

Gameplay & Combat

Combat remains the heart of the experience, drawing inspiration from Souls-like games while maintaining the precision and weighty feel that made the original so engaging. Parrying, dodging, and well-timed attacks are crucial for survival, and enemies are as relentless as ever. The game introduces new weapon types, armor sets, and even environmental hazards like freezing temperatures that force players to manage warmth and stamina.

New Features & Improvements

Expanded Skill Trees: More customization options allow for different playstyles.

Mounts & Companions: Players can now ride armored beasts or fight alongside AI allies.

- Dynamic Weather & Survival Mechanics: The cold isn't just for show—it actively affects combat and exploration.
- Larger World: More areas to explore, from frostbitten forests to abandoned ruins.

Final Verdict

Tails of Iron 2: Whiskers of Winter builds on its predecessor's strengths, refining combat while introducing fresh challenges. It's a must-play for fans of tough but rewarding RPGs. 9/10



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BOOK BITES

WHAT'S INSIDE?

Explore anatomy
and make your own
X-Ray image

WED, FEB 19
3:30 - 4:45PM



AGES 9-12

VALLEY PROMOTIONS

Pineapple Cough Syrup



- Pineapple contains bromelain, an enzyme that helps thin mucus and reduce inflammation.
- Soothes sore throats.
- Boosts the immune system.
- Reduces congestion.



- Pineapple
- Honey
- A pinch of sea salt

Blend and sip on this refreshing juice all day!



**PART DOG. PART MAN.
ALL HERO.**

Movie Review: Dog Man

Release Date: January 31, 2025

Director: Peter Hastings

Voice Cast: Peter Hastings, Pete Davidson, Lucas Hopkins Calderon, Lil Rel Howery, Isla Fisher, Stephen Root

Rating: PG

Runtime: 89 minutes

Introduction

DreamWorks Animation's "Dog Man" brings Dav Pilkey's beloved graphic novel series to the big screen, aiming to capture the hearts of both longtime fans and newcomers. The film introduces audiences to a world where a half-dog, half-police officer hero battles crime with a blend of humor and heart.

Plot Overview

The narrative centers on Dog Man, a unique hero who, after a mishap, becomes part canine, part law enforcer. He faces off against his arch-

nemesis, Petey the Cat (voiced by Pete Davidson), and other adversaries, including Flippy, a telekinetic fish portrayed by Ricky Gervais. As Dog Man navigates his dual identity, the story delves into themes of friendship, responsibility, and the complexities of family dynamics.

Visuals and Animation

The film boasts a visually playful, chew-toy-textured style that mirrors the whimsical nature of Pilkey's illustrations. The bright, lively visual style matches the tone of the story, with an amusing combination of realistic textures and dimensional shapes for Dog Man's head and simplified, cartoonish lines to indicate his facial expressions. (Source: ROGEREBERT.COM)



[Dreamworks FB](#)
PHOTO CREDIT

Voice Acting and Characters

Peter Hastings lends his voice to the titular character, delivering a performance that captures Dog Man's endearing qualities. Pete Davidson's portrayal of Petey the Cat adds a mischievous flair, while Ricky Gervais brings a distinctive touch to Flippy. The supporting cast, including Lil Rel Howery as the Chief and Isla Fisher as reporter Sarah Hatoff, contribute to the film's dynamic ensemble.

Humor and Themes

"Dog Man" balances goofy jokes for kids with references for adults, who will appreciate the signs on the buildings and the nods to classics like "Apocalypse Now." The humor is a mixture of comedy, action, and heart, all done with high spirits.
(Source: ROGEREBERT.COM)

Critical Reception

The film has garnered a range of responses from critics. The Guardian praised it as a "gloriously funny big screen debut," highlighting its appeal to both children and adults.

(Source: THEGUARDIAN.COM)

Conversely, the Associated Press noted that while the visual adaptation is commendable, the Hollywood version loses much of the original's quirky charm and guerilla style.
(Source: APNEWS.COM)

Box Office Performance

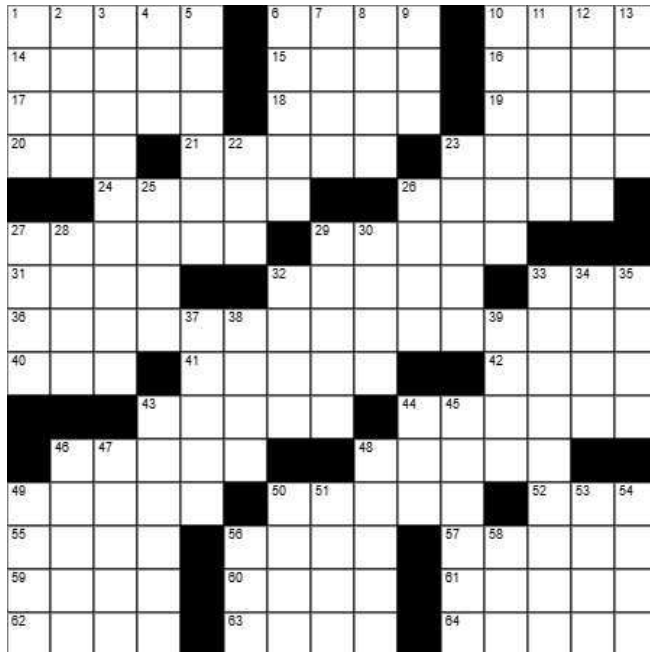
"Dog Man" has proven to be a box office hit, earning \$36 million in its opening week and expected to gross an additional \$20 million despite competing with Super Bowl weekend. Produced by DreamWorks Animation for \$40 million, the film continues to attract audiences domestically and will soon be released internationally.
(Source: NYPOST.COM)

"Dog Man" offers a visually engaging and humor-filled experience that stays true to the spirit of Dav Pilkey's beloved series. While it may not capture all the nuances of the original books, the film provides an entertaining adventure suitable for both longtime fans and newcomers alike.

A LITTLE FUN

Across

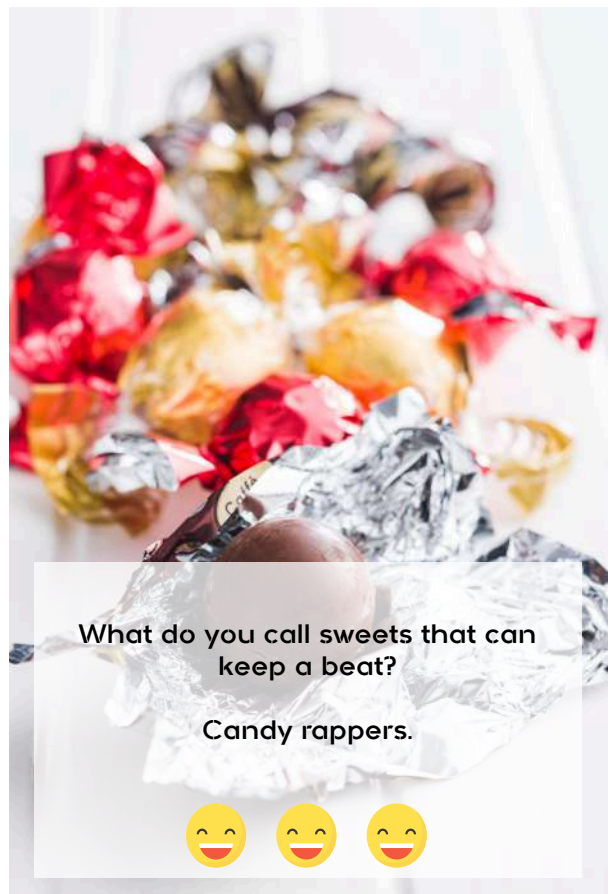
1- Disney deer; 6- Iridescent gem; 10- Phooey!; 14- Future oak; 15- Tree house; 16- Large pitcher; 17- Turkish coins; 18- Sounds of relief; 19- ___ precedent; 20- Banned insecticide, for short; 21- Blazing; 23- Visionaries; 24- Ed of "Lou Grant"; 26- Sri ___; 27- Thawed; 29- Tip off; 31- Small jazz combo; 32- City in Tuscany; 33- Burnsian refusal; 36- In spite of; 40- Non-dairy milk; 41- Dirties; 42- Prefix with plasm; 43- Take the honey and run; 44- Declares; 46- Stand used by painters; 48- Fantasy genre; 49- Legal wrongs; 50- Ignited again; 52- Boy king; 55- Home to most people; 56- Georgetown player; 57- Rental agreement; 59- Catalog; 60- Opposite of odd, especially when applied to numbers; 61- Cosmetician Lauder; 62- Human leg joint; 63- Take a break; 64- Vehicles with runners;



Down

1- Hairless; 2- Etcher's need; 3- Death rate; 4- Lingerie item; 5- Demented; 6- TV studio sign; 7- Fleshy fruit; 8- 1975 Wimbledon champ; 9- Mil. officers; 10- Take offense at; 11- Eight Days ___; 12- Aquarium fish; 13- Ladies of Spain: Abbr.; 22- Gave grub; 23- It's a wrap; 25- Put away; 26- Singer Horne; 27- Range: Abbr.; 28- Switch ending; 29- Bridal path; 30- Permits; 32- Vessel; 33- Wink; 34- Poker pot starter; 35- Freudian topics; 37- Man and Wight; 38- Kit item; 39- Unhearing; 43- Executor's concern; 44- Chem. or biol.; 45- Names; 46- Red fluorescent dye; 47- Spring up; 48- Bias; 49- Confer; 50- Wander; 51- Sight organs; 53- Previously owned; 54- Golf pegs, northern English river; 56- That girl; 58- Subj. for immigrants;

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What do you call sweets that can keep a beat?

Candy rappers.

