

# 2000 Lifestyles

**Free**

Vol. 17 Issue 2

**February 2015**



**Happy Valentine's Day!**

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## One Goal

At Community Health Services our entire team is dedicated to one goal — to provide the best possible care for our community. From our doctors and nurses to IT staff, housekeeping and support team, everything we do is focused on a better experience for our patients. **As a result, CHS consistently scores over 93% patient satisfaction rating year after year.**

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CHS now has offices in nine locations in five counties. We are growing to bring the same high-quality, accessible health services to the entire region. Our locations include: Fremont, Fostoria, Stony Ridge, Napoleon and Clyde. And we're in your communities — providing health screenings, educational seminars and more.

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# Lifestyles 2000

February 15

Vol. 17 • Issue 2

www.lifestyles2000.net



## Campfire News and Notes

Are you looking for a night out? Please join us here at Camp Fire February 27th, 2015 for "Uncork the Fun". Doors open at 6:15 and raffle drawings start at 7:30. Guests must be 21 and older. Presale only tickets by February 19th are just \$15.00 and can be purchased at Camp Fire or Wendt Key Team Realty. If you are interested in supporting Camp Fire by donating an item contact the office at 419-332-8641.



Camp Fire would like to thank all of those individuals and businesses that supported us during our annual supporting membership drive. Camp Fire would not be possible without the support from the community.

In February, youth members pause to honor our nation's veterans by taking part in Camp Fire's National project, Salute to Veterans. The purpose of the project is to help children learn about our veterans, develop a sense of caring for others, and give service to others. As part of the project, members created Valentine cards for veterans and learned about some veterans real life experiences. Club members are also busy getting ready to submit their work for Camp Fire's National Art Competition. This year's medium is clay.

Camp Fire recently received a \$3,500 donation from the Kraak Charitable Foundation. The funds will allow our council to provide updated computers and software for our staff. This will allow staff to be more effective in reaching out to the community. Together we can make a change, and we are proud and honored to continue the legacy of Mr. Myron Kraak.

Camp Fire also received a general operations grant from the U.S. Bancorp Foundation for \$500.00. We would like to thank this donor for their generosity.

If you like World's Finest Chocolate and Mint Meltaways, Camp Fire will be selling the chocolate and taking orders for bedding plants in March.

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Camera ready ads can be taken up until the 20th monthly; if approval artwork is needed, please contact us no later than the 15th monthly. Press releases and events are to be emailed to [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net) by the 20th monthly, sorry, we cannot return phone calls and we will do our best to print those received. We cannot run fliers, please write up your event and we will include "In Your Own Backyard" Please make sure ALL info is correct before sending.

Lifestyles 2000 is a monthly publication available free of charge at over 200 retail locations in Sandusky, Ottawa and Erie counties.

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Mission Statement: Lifestyles 2000 is a monthly resource guide of northwest Ohio area events presented in an attractive format with entertaining and educational articles suited to fit your "lifestyle."

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30 Ponds Side Drive  
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## Publisher's Letter

Welcome to February!

We are now in our 16th year, and in May will celebrate another anniversary. Thank you all so much for picking us up each month as well as our advertisers who make us possible.



I was saddened to read of Mary Gabel's passing in January. Mary used to leave us the nicest notes about how much she loved Lifestyles. She was a rare individual who touched many lives with her music lessons. We will miss her sweet notes and her beautiful spirit.

Enjoy your month.

Joanne



Once again we had around 150 entries, the correct answer was Fremont Family Dental and almost everyone had it right. The majority of our entries came via email this month, almost 100. With the cost of postage that just might be the best way to go!

## Find Pete Winners

Winners are: Patti Saam, Jessica Hassen, Sharon Hasselbach, Mary Nossaman, Donna Henkel, Charles Babione, Tom Klos, Fremont; Christine Schoeller, Joyce VanFleet, Bellevue; Beckie Garcia, Ryan Miller, Green Springs; Sara Roach, Tanner Hisey, Rick Palyshka, Joseph Long, Susan Pumphrey, Clyde; Cheryal Bowler, Republic; Liza Ebert, Lindsey; Gary Flores, Sandusky; Krissy Vincent, Port Clinton. Congrats to our winners!

## Find Pete Prizes

Prizes are from Applewood Bistro, Jenesis Salon, Dairy Queen West, Rally's Fremont, The Calico Cat in Clyde and Old Fort Market. If you wish a specific prize, please list in your entry.

## Find Pete Contest Rules

To enter send the name of the ad on a 3x5 card or paper to: Lifestyles Contest, 30 Ponds Side Drive, Fremont, OH 43420. Your name and address must be included. You may email your entry to: [lifestyles2000@sbcglobal.net](mailto:lifestyles2000@sbcglobal.net), please include your name and address in the email. One entry per household. Deadline is the 20th monthly. You can now enter to Find Pete on our website at [www.lifestyles2000.net](http://www.lifestyles2000.net)

## Permanent Makeup Solutions

PERMANENT MAKEUP has been a growing industry since the days of Cleopatra, when women were painting their eyes, brows and lips to appear more desirable. These two characteristics probably most define why a woman wears makeup:

1. Women feel their beauty is seen through her eyes 2. She wants to feel as if she is the most important thing in someone's world, and this builds her self-confidence.

Men on the other hand, seek it for thinning brows, hairline or eyelashes & scar camouflaging.

After performing many corrective procedures over the past 19 years, because of the lack of worldwide certification, I realized this is a growing concern. Permanent Makeup has a wonderful purpose, and millions of men and women benefit from it. Make sure to research your technician's skills, cheap is not what you are looking for when it comes to drawing on your face. When done properly, it can look so natural; most people don't even realize its makeup.

Understanding the theory and placement of color in the skin takes a deep understanding of the color wheel. This is crucial for an artist who is implanting pigment on a live canvas. I love helping clients who walk in, and they have had their face melt from a fire. I can recreate hair like strokes, simulating a natural looking eyebrow, and dot in their eyelash line as if they have lashes, and draw them a new mouth with lips. Some have gone through windshields and want help with scar camouflage, abused women with mouths distorted or people born with cleft lip and other birth defects. Then there are those who suffer from hair loss due to cancer, thyroid, heart, medications, and stress. This is a wonderful service for women who are not able to see well enough to put their makeup on evenly or for professionals who have limited time schedules. No more worrying about sweating, from workouts or activities that cause your makeup to smear & disappear. Properly placed pigment can add lift to the face reversing years of aging, without having the expense of an actual facelift, by lifting the brows and corners of the eyes.

This industry has fulfilled my passion for helping my clients feel their best, not only on the outside, but the inside as well.

For any further questions on the artistry of Permanent Makeup please feel free to contact Alisa Florio at 419-680-1486 or go to [profilesbyalisa.com](http://profilesbyalisa.com) or like us on Facebook.



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# Kiss-Me-Over-The-Garden-Gate

By Grace Sidell

Remember when I promised no more peacock stories, as I no longer had peacocks? Well, I've got one more happy one to tell you. Larry and Elaine Fisher, the folks to whom I gave Pete, called to tell me that they just love him. He hangs around them when they're outside and he sits on their porch and looks in the door at them. To me that means he has made himself at home in his new environment. When he first arrived there he got out of the temporary building they had prepared for him until he could learn the boundaries of his new home. So Larry went in search of him, thinking all the while, "How will I catch him, I have no net" and "Well, maybe I can chase him home." Then he remembered that I had told him that Pete came when called. When he found him, Larry called, "Hey Pete, come Pete, come pretty bird" and Pete followed him all the way home! Pete has a good home

with Larry and Elaine, they are the best! I thank them for calling to tell me this story, did my heart good and so I pass it on to my readers who also cared about my peacocks.

Spring is coming, so, here are the dates and a brief outline of spring time events that we at "The Old Garden House" will be doing. In mid-February, our "Tea at Two" staff will meet to plan the program and menus for the Teas from March through November. All Teas are at 2 p.m. on the last Tuesday of the month, with the exception of April and September when we serve a light dinner at 5:30 p.m.—known as High Tea; In May we will have a Mother/Daughter/Grandmother/3 generations etc., Tea on the Sunday after Mother's Day at 2 p.m., not on the last Tuesday.

We will again have a booth at the Sandusky County Home Show. (ad in this issue). We will have printed Tea schedules available. As usual, we will have a game for you to play. (Haven't figured one out yet, but I'm confident that inspiration will strike before then)

Also, I've been gathering things to put together with the dried flower pedals to make several fragrances of potpourri. We haven't done this and shared with visitors for a few years, so that's the plan for 2015. Please stop by to visit with us, we always look forward to spending time with you.

One more report to make—The Dill Pickle Soup that I made for the Homemakers Club's dinner was really good. I made a double batch and had very little left in the buffet server. I made it again for my family on Christmas Eve when we do our tra-

ditional soup, salad, sandwich and dessert buffet. Everyone brings two of the four choices. It's great, food, family and fun. Christmas Eve doesn't get any better than that. If you would like the Dill Pickle Soup recipe, call me at 419-332-7427 and I can give it to you.

Until next month, THINK SPRING—Take a day and do something FUN with a friend—While the snow is still flying read all those seed catalogs and plan your 2015 garden—and celebrate every day because you that LIFE IS GOOD!

*Ms. Grace is the owner-manager of the Old Garden House. She is the mother of eight grown children, has 16 grandchildren and 7 great-grandchildren. She has over 45 years of "hands in the dirt" experience with flowers which she loves with a passion second only to her love for people – especially children.*



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Robin Arnold



Gena Husman

With the memories of last winter's unrelenting harshness still fresh in our minds it has been hard to feel optimistic about the way this winter has begun. We are lucky that we haven't had as much snow yet as we did last year at this time...still, it has been hard to remain outside for any length of time because of the frigid temperatures and the

near the ceiling, so the "warm" moist air rises and exits the coop through the vents.

So... what do you do when the temperatures force you to remain inside except when running to and from the car to go to work, or making quick trips to the chicken coop with feed and treats and warm water, or dashing madly around the yard to fill all the birdfeeders...or (the best one) trying to walk the two dogs around the pond before their feet freeze up and Robin has to carry both of them back to the house?

Well, there's always bird watching. If we're not doing household chores we spend a fair amount of time at the window checking out the birds. The nuthatches, chickadees, cardinals, blue jays and red bellied woodpecker, along with a few sparrows, tend to hang out in the two maple trees where we feed black oil sunflower seeds. Other birds prefer a different menu and visit one of the feeders offering thistle seed or mixed seeds. If we watch long enough there's always the chance we'll catch a glimpse of the unexpected "winter visitor." (We're still waiting for a snowy owl to land on our deck railing.)

Although this doesn't count as bird watching, we have also noticed three chubby little fox squirrels ignoring the field corn we put out on the ground. Instead, they sit in the maple trees pretending they're just one of the birds stuffing themselves on black oil seeds.

And then there's reading. It's hard to beat curling up with a good book on a cold winter's day (or evening)....

We're not typically book reviewers but... have you read any good books lately? We have. Both were recommended by friends. One book was *Chesapeake*, by James Michener, and we were told by our friend that this was a book that got her interested in bird watching... so we just had to read it. *Chesapeake* (if you haven't read it) is an historical fiction, spanning several generations of families living in the Chesapeake Bay area. An underlying theme throughout the book was the Canada goose migration in the Chesapeake area, and how different people related to the ebb and flow of the geese. We both enjoyed it not only because it was an excellent novel, but also because it reminded us of the area which we live in here near Muddy Creek Bay--on a smaller scale, of course. We've always looked forward to the arrival of the first Canada geese in the early spring. Up until last year, we've usually had one or two goose families raise their young on our pond or in the marsh.

The other was *Unbroken*, by Laura Hillenbrand, and this friend told us it was "fantastic and we just had to read it." This is the true story of Louis Zamperini a World War II bombardier



whose plane went down and who was captured by the Japanese. It is a tale of incredible courage and survival and has just been made into a movie. Robin read it while I was still finishing *Chesapeake* and was very impressed with it. I plan on reading it soon.

Finally, here's hoping the rest of the winter is mild--we are now more than halfway through, and so far, it's been better than last winter was at this time.

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# "Grate" Treats & Eats

By: Chris Timko-Grate

## Sandusky County Park District Activities for February:

February, the month of red hearts, Valentines cards, and also celebrating Presidents Washington and Lincoln's Birthdays. So with that in mind I went recipe hunting! I love going through all the cookbooks I have, I enjoy them as well as a good book!

We have recouped from the Thanksgiving to New Year's non-stop marathon of shopping, cooking, cleaning, decorating, parties, and traveling to family get togethers. I am now in a hibernation mode and looking for breakfast recipes for Valentine's morning, skip lunch, and then a cocktail recipe to have before dinner.

We have not yet decided to go out or stay home, that will depend on the weather. If we stay home I have some shrimp, crab and lobster in the freezer which we could overdose on, along with filling our veins with melted butter-and I can't figure out why I don't lose weight! Whatever we decide will be fine with me. Then for a Valentine's dessert I have Brandied Cherries Jubilee which is easy to make! The Cherries Jubilee can also be use for a President's Day dessert! Enjoy the recipes, and this month's holidays!

### Amazing \*Breakfast Frittata

Butter flavored cooking spray  
1 cup precooked potatoes  
½ teaspoon Dry Italian herbs  
1/8 teaspoon granulated garlic  
1 cup chopped leftover or cooked ham, pork, or turkey  
1 cup shredded Colby and Jack cheese blend  
4 eggs  
1 ½ cups milk

1 teaspoon salt-free all-purpose seasoning, Lawry's

¼ teaspoon each salt and black pepper

Preheat oven to 400 degrees. Spray a 9-inch glass pie plate with buttered flavored spray.

Toss potatoes, ham, and cheese with Italian herbs and garlic. Place in buttered pie pan.

In medium bowl whisk together rest of ingredients, pour into pie pan. Bake in preheated oven for 35 to 45 minutes, or until eggs are set in the center. Let cool on a wire rack for five minutes before cutting and serving. A bowl of fruit goes very well with this and if you need to expand your breakfast add bagels with butter and cream cheese, or english muffins with butter and jam and sausage links or patties. Nobody goes home hungry!

\*Breakfast Frittata - Eggs go well with about any meat or vegetable so the combinations are left to your imagination and a Frittata can be for a Breakfast, Lunch or Dinner Entrée.

### Delicious Chocolate Martini - yum!! A cocktail for before or after dinner

Ice

2 shots Irish Cream

3 shots chocolate liqueur, Godiva

2 shots hazelnut liqueur

1 shot half and half

1 chocolate-covered candy bar chopped (Butterfinger)

Fill a cocktail shaker with ice (a milkshake canister). Pour the next 3 liqueurs and cream over ice. Shake vigorously, strain into 2 martini glasses. Garnish with chopped candy bar. Tip: with candy bar in its wrapper take a small hammer and hit that candy bar a couple of times to break it up.

### Brandied Cherries Jubilee

2 cups Burgundy or other dry red wine

1 cup superfine sugar

3 cups pitted fresh sweet cherries or

2 16oz cans pitted dark sweet cherries drained.

3 tablespoons lemon juice

1 tablespoon cornstarch

¼ cup kirsch - you can sub brandy for this ingredient if can't find it

¼ cup brandy

Vanilla ice cream (we love Toft's French Vanilla)

Bring wine to a boil in a large saucepan over medium heat. Add sugar cook 5 minutes or until sugar dissolves, stirring occasionally. Add cherries; simmer 8 to 10 minutes or until cherries are tender. If using canned cherries, cook until thoroughly heated.

Transfer cherries to a bowl, using a slotted spoon; reserve liquid in pan. Bring liquid to a boil over high heat; cook ten minutes or until liquid is reduced by one third. Combine lemon juice and cornstarch, stirring well until smooth. Add cornstarch mixture to reduced liquid, stirring well; boil 1 minute or until slightly thickened, stirring constantly. Stir in kirsch and cherries. Remove from heat, and set aside. Place brandy in a small, long handled saucepan; heat until warm (do not boil), remove from heat. Now this next step involves flames so you might want to skip this one. Ignite the cherries with a long match. Pour over cherry mixture. Stir until flames die down and are out. Serve immediately over ice cream. Serves 8

Contact me with questions, comments, suggestions, and your recipes at ChrisTimkoGrate@roadrunner.com

**Hands-On Science: Bird Banding Research, Saturdays/Sundays, Feb. 8, 14, 22; 7:30a.m.,** Green Creek Hunt Club, meet at Countryside Park Main Office

**Full Snow Moon Hike, Feb. 3; 7-8pm,** Creek Bend Farm Wilson Nature Center.

Come enjoy a crisp winter walk by the light of the full moon. Afterwards we will warm up with hot chocolate.

**Babies in the Parks: Birds, Feb. 5; 2-3pm,** Creek Bend Farm: Wilson Nature Center. For ages birth to 12 months with adult companion. Explore birds through puppets, stories and fingerplays, then explore the birds of the nature center.

**Hike the Bike (North Coast Inland Trail) 4:30-pm, Feb. 9, 23 & March 9:** Bellevue: Tea-Kauffman  
March 23 & April 13: Clyde;  
April 27: Biggs Kettner Park. Calling all hikers—our goal is to hike all 26 miles of the North Coast Inland Trail! It's a lot of hiking and a lot more fun as a group. We have incentives & free gifts to keep you motivated. Bring your favorite device for journaling so we can chronicle each mile!

**Puddle Jumpers: The Mitten, Feb. 16; 2-3pm,** Wolf Creek Park Campground. For ages 5 and younger with adult companion. Dress to be outdoors as we walk the trail and discover what is inside the mitten.

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# Omarr's Astrological Forecast

By Jeraldine Saunders

**ARIES** (March 21-April 19): Meet your moment without hesitation. Your leadership abilities will get a chance to shine in a completely new way. New inspirations and ideas will add some spice to your life.

**TAURUS** (April 20-May 20): You don't need to bully your way to perfection. Other people might not be as picky as you are. You will be much happier if you turn a blind eye to insignificant mistakes.

**GEMINI** (May 21-June 20): Everything will not be revealed at first glance, so take your time about making crucial decisions. You could be much too optimistic about a certain relationship or idea.

**CANCER** (June 21-July 22): You might be more concerned with finances than with your personal appearance. You want to look your best, but might find that it takes extra funds to do so properly.

**LEO** (July 23-Aug. 22): Have faith in your fantasies. Without inspiration, you won't have the chance to be drenched by perspiration. You can make your dreams a reality by being energetic.

**VIRGO** (Aug. 23-Sept. 22): Put a cushion between you and insensitive remarks. Don't let criticism undermine your self-confidence, but use it as a tool

to become a better person. By mid-month, your love life improves.

**LIBRA** (Sept. 23-Oct. 22): During the month ahead, you may have a change of heart due to flattery from an unexpected source. Avoid going overboard with personal spending. Be sure you act only from sincere motives.

**SCORPIO** (Oct. 23-Nov. 21): Take your time and be thorough. You understand that slipshod work won't earn you any brownie points. It requires a sharp tack to pin down a situation neatly and securely.

**SAGITTARIUS** (Nov. 22-Dec. 21): You might think you know the answer, but your judgment and assessments could be off base until the second half of the month. Bypass unimportant obstacles and ignore minor errors.

**CAPRICORN** (Dec. 22-Jan. 19): If you don't quit, you won't fail. Take pride in your ability to remain tenacious about the job, the task, or the relationship you're working hard to perfect. You can overcome obstacles.

**AQUARIUS** (Jan. 20-Feb. 18): You may learn that passing fads only provide temporary satisfaction. A

new acquaintance might seem exotic but could let you down once the first bloom of friendship fades.

**PISCES** (Feb. 19-March 20): Make a list and prioritize your long-term, as well as short-term, goals. The cold shoulder you may receive when you promote your ideas will thaw very soon.

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*Valentines and Red, White and Blue are Here!*

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Clyde Gardens Place invites you to CELEBRATE

## VALENTINE'S DAY

Friday, February 13

Drop by between the

Hours of 9:00 am and 5:00 pm

JOIN US FOR A SPECIAL EVENT AND TOUR

Clyde Gardens Place invites you to a Valentine's Day gathering, where you can meet our team, enjoy our warm community atmosphere, and take some sweets home to your sweetheart. Tours are available. Refreshments will be provided. RSVP to 419-547-7746 by Wednesday, February 11.

**Clyde Gardens Place**  
Senior Living

700 Coulson Street  
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\$500 BONANZA in 56#

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Doors Open 5:30 pm

Games 7:00 pm

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SANDUSKY COUNTY BUILDERS ASSOCIATION

## HOME, GARDEN AND BUSINESS SHOW



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600 St. Joseph Street, Fremont, Ohio

DOOR PRIZES

---- FREE ADMISSION WITH TICKET ----

Friday  
5 to 9 p.m.

Saturday  
10 a.m. to 7 p.m.

Sunday  
12 to 4 p.m.

**MARCH 6 - 7 - 8**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_





# Calendar of Events

February 2015 – Sandusky County

**Feb. 7, 8:** Woodcarving Show, VFW Hall on Rt 20 (east side of town), Bellevue. Sat. 10-5, Sunday 10-4.

Free, all kinds of woodcarvings from different wood and different styles. Some will be demonstrating and some will be for sale.

**Feb. 7, 8:** Living History Trade Fair, at Sandusky County Fairgrounds. Sat. 9-5, Sun. 9-3. Cost: \$5pp

**Feb. 13:** Dungeon Descent: An Adventure into the Paranormal, Sandusky County Jail, Fremont. Explore the age old mystery of what lies beyond the grave in this nighttime paranormal investigation adventure. Cost: \$25.00 p/p. Pre-register by calling 419-332-4470.

**Feb. 13:** Valentine's Day at Clyde Garden Place, 9-5. 700 Coulson Street. The Valentine's Day gathering will include a tour, meeting with staff and residents and even take some sweet

treats home to your sweetheart. call 419-547-7746.

**Feb. 14:** All you can eat Pancake Breakfast – Girton Church of God, 2112 S. C.R. 32(Corner of C.R.32 & C.R.21). 7-11am. Cost: \$5, proceeds to the Risingsun Park Fund for rebuilding the playgrounds.

**Feb. 14:** Second Saturday R 4 Kids, 11am-2pm, Hayes Presidential Center. A hands-on educational series designed for children and parent/adult companions. Cost: \$1/child 6-12, \$7.50/Adult, which includes Hayes Museum admission. Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**Feb. 14-16:** Sleigh Rides in Spiegel Grove. In honor of Presidents' Day, take a tour through the 25-acre estate of 19th President Rutherford B. Hayes using the mode of transportation he

used – a horse drawn sleigh. Rides \$3 per person.

**Feb. 15:** Hayes Lecture on the Presidency, 5-8pm, Hayes Presidential Center. Cost: \$30 reception/dinner/lecture; \$10 lecture only (begins at 7m). Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**Feb. 16:** Sandusky County Historic Jail Tour, 622 Croghan St, Fremont. 5:30 pm, 6pm, 6:30pm, 7pm, admission \$3. Tours are kid friendly! Tickets can be purchased at the SCVB, 712 North Street, Fremont, or at the door. [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Feb. 21:** Beginner Genealogy Class 9:30-11:30am, Hayes Presidential Center. Learn the basics of beginning a family history at the class led by experienced genealogists from the Hayes Presidential Center staff. Pre-registration required. Call 419-332-2081 or [www.rbhayes.org](http://www.rbhayes.org).

**Feb. 21, 22:** Fremont Gun Show, Sandusky County Fairgrounds, Admission is \$5. Sat. 8:30am-4:30pm, Sun. 8:30am-2:30pm Contact: 419-332-8189.

**Feb. 23:** Jailhouse Rock Dinner Theater, Historic Sandusky County Jail. Dinner at 6pm, \$20. Dungeon and Gallows Exhibition Hall. Tickets can be purchased at SCVB or [www.sanduskycounty.org](http://www.sanduskycounty.org)

**Feb 28:** The Brett Family-Branson, Missouri, Communities for the Arts, Clyde High School Auditorium, 1015 Race St. Admission: \$20, all seats reserved, 7:30pm-9:30pm. 419-547-0588 [www.communitiesfortheartsclyde.org](http://www.communitiesfortheartsclyde.org).

**Feb. 28:** Racers Swap, at Sandusky County Fairgrounds, \$5, [www.sanduskycountyfair.com](http://www.sanduskycountyfair.com).

## Knead It Massage

by Jamie Meade (419)307-2324  
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**\$35**

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Buy 3 gift certificates  
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Chris Haas,  
Events Coordinator

## the Heights

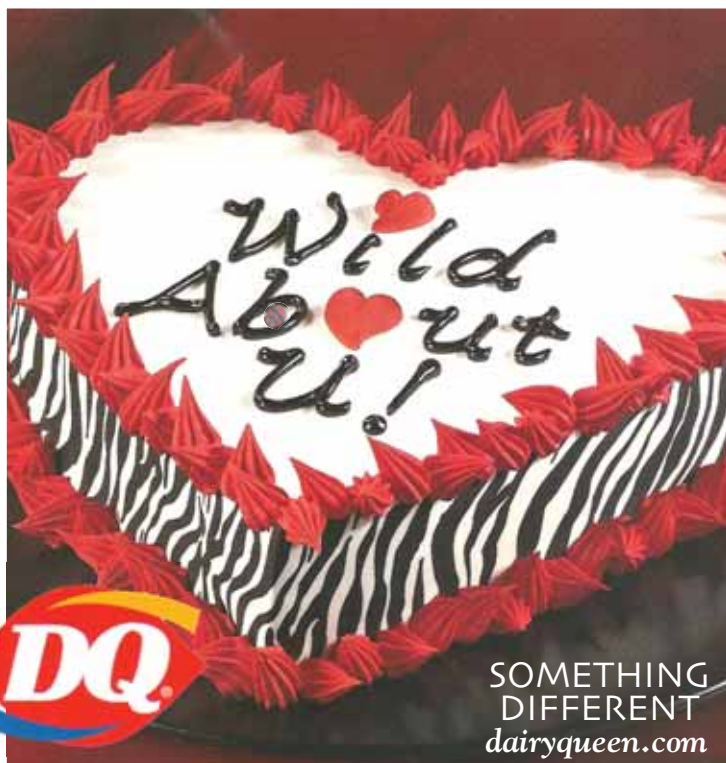
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# Helen Marketti's Music Corner

## 50 Things You Might Not Know about The Beatles



Rock author, David Roberts has written a book that is a short but fun read for any Beatles or music fan. It is a collection of 50 pieces of trivia about the Fab Four. Readers are sure to learn something new about those four lads from Liverpool. "50 Things You Might Not Know about The Beatles" (Poppublishing, 2014, UK) is a look into the little known side facts that were involved with The Beatles career and lives. While there are hundreds of books written about these four lads from Liverpool, one might find it a difficult challenge to find anything new or different but David Roberts seems to have found a niche for the unfamiliar Beatle anecdote.

*For example, (excerpt from book) James Taylor became the first non-British artist to sign to the new Apple Records label in 1968, the Massachusetts-born singer songwriter set in train a series of significant appearances in the Beatles' story. Included on his eponymous debut album, recorded at London's Trident Studios, was 'Carolina in My Mind.' This enduring Taylor classic was recorded with contributions from Paul McCartney on bass and vocals by George Harrison. At the time, both Beatles were taking time out from their sessions at Trident and across London at Abbey Road while working on the White Album.*

*Also hidden away on the James Taylor album was a track called, 'Something in the way she Moves.' The song made an instant impact on Harrison. The title and lyric line alone (the music was completely different) provided the inspiration for George Harrison's breakthrough as a songwriter when he created 'Something'.*

The following "Q and A" with David Roberts gives a closer insight to his inspiration for writing the book and why people are still interested in The Beatles.

*What gave you the idea to write this book and how did you decide on the number 50?*

I collect music facts generally. However, a year ago I realized just how many of the stories and anecdotes I have collected are Beatles related. I actually have another 50 stories for a Volume 2 but the content just felt right for a less expensive ebook release. It's not meant to be anything other than fun and quirky but I hope even lifelong Beatles fans will find something in the book that they didn't know.

*What was involved in your research?*

Following up leads on brief snippets of information, I have written down over the years. A good deal happened by accident! When researching Linda McCartney's roots, who knew her family name was Epstein?!

*Were there any surprising stories?*

Plenty, I think if they didn't surprise me, the stories didn't end up in the book.

*#30 "Songs about The Beatles"*

*There is also a song called, "Beatles and Stones" by Beady Eye.*

Thanks! That can be another bit of information for Volume 2. I am hoping Beatles fans will contact me with more info like that.

*Why did you focus on The Beatles instead of another band?*

Because I wanted to prove that despite everyone thinking that there wasn't room for yet another book on the most popular band of all-time, I could come up with something a little different.

*Why is there still an interest in them after 50 years?*

Because the music they made in the first half of the sixties was so amazingly exciting and the music they made in the second half of the sixties still stands up today and isn't dated.

*Where can readers get a copy of your book?*



8080 Main Street,  
Old Fort  
419-992-4666

Mon-Fri  
7:30am-6pm  
Sat 8am-5pm  
Sun 10am-2pm

Feeling cold?

Step into the warmth.  
Homemade soups and hot  
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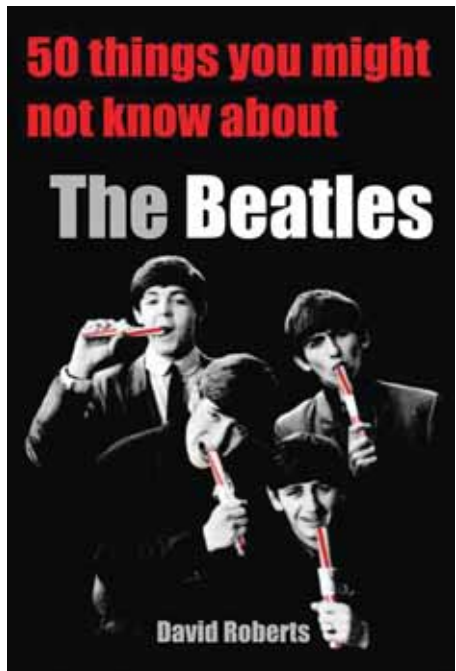
You can download it from Amazon to Kindle, iPhone or iPad anywhere in the world.

*What other current projects are you working on?*

I have just finished the second edition of my Rock Atlas UK & Ireland book, published by Red Planet. I am also publishing the first biography of The Hollies and mentoring a debut novelist who is writing a thriller called Muddy Water, which is a new venture for me as well as him!

*Is there anything else you would like to mention or discuss?*

Just a mention to any Beatles fans who want to get in touch and feedback on the ebook. My email address is poppublishing@gmail.com



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*By: Robert Morton, M.Ed., Ed.S.*

Taking risks is necessary for personal growth and for enhancing one's self-esteem. We should set our goals just like the porridge analogy- not too hot, but not too cold. Make them within reach, but not too easy! Many grow uneasy when they venture beyond their margin of safety, and an attitudinal change is needed to not fear failure when taking calculated risks. True, we won't fail at anything if we don't compete outside our comfort zones. But, we won't accomplish much either.

As long as we walk around sucking in oxygen, we'll experience periods of self-doubt, lack of confidence, fearfulness and, of course, some failures. The truth is, happy and successful people, on average, experience more disappointments and letdowns than triumphs and victories as they move through life. Studies reveal that the famous and successful make many more mistakes than unsuccessful people. For example, I enjoy watching the TV program "Biography" on the ARTS (A&E) channel. It highlights successful people like Cher, Sammy Davis Jr., Connie Francis, Dean Martin and Jean Harlow, all of whom experienced stormy disappointments, unfair manipulations, and dim-witted fiascos during their rise to fame.

Years ago, I took my daughter to Cleveland's Rock N' Roll Hall of Fame to learn how prize-winning musicians overcame their failures. I was astonished by the rejection letters received by Simon & Garfunkel. One read, "You can play at the Chautauqua Lake Summer Festival but we won't pay for your bus ride. Find a patch of grass far away from the main events." I treasured the U-2's thumbs-down letter: "We can't personally respond to the many letters we receive so this form letter is to let you know we cannot use you right now."

The point is, these icons could easily have become washouts, but they never quit, despite the many rejections. They simply kept pushing outside their comfort zones and kept taking risks. Maybe it's a good thing when we experience a few letdowns, so we're not like the sports coach who has no early losses and faces the pressure of trying to maintain an undefeated season. All of us have defeats in life and we must learn that it takes decades of effort, and failures, to become an overnight success.

It's almost as if life's upsets actually bolster our personal development and strengthen our self-esteem. "Living" is a natural series of upsets and stages of disequilibrium, a process through which self-esteem emerges. When our comfortable security zone is sometimes cracked open, a wider and deeper existence results. Genuine self-esteem blossoms when we refrain from overprotecting ourselves and allow ourselves to experience the ups and downs of life. Through surmounting the uncomfortable, we validate our worthiness and enhance our self-esteem.

Think about it. For the first nine months of our lives we dwelled in a warm, quiet space with all our needs met. Then, our first upset on planet earth...birth! Forced and tugged out of the womb, we were greeted into a noisier, colder world with a sharp swat on the buttocks. But, without this pain, we may have perished. Soon after, the annoyances arising from our efforts to ingest, digest and eliminate food ensued. Without conquering this digestive distress, we would have withered away in infancy. A bit later, along came the upsets of weaning and potty training. But without overcoming these new aggravations, we would have remained a mewling forever.

Then, the day arrived when our parents left us stranded by the schoolhouse door. As they walked away, not allowing us to see their own tears, we encountered the first institution outside the home where expectations of becoming productive citizens in the larger society were thrust upon us.

So, as you set your life's goals, challenge yourself. Get out of your comfort zone, but don't set your dreams and aspirations so high that you set yourself up for failure. Just remember that genuine self-esteem materializes out of the upsets and natural crises we learn to overcome. It's paradoxical, but by encouraging ourselves to take risks and by venturing outside our comfort zones, we discover that life's upsets are mere invitations to inner personal growth, a richer awareness...and a stronger self-esteem.

*Robert Morton, M.Ed., Ed.S. has retired from his positions as School Psychologist for Fremont City Schools and adjunct professor in the School of Leadership & Policy Studies at Bowling Green State University. Contact him at the Family Journal: [www.familyjournal1.blogspot.com](http://www.familyjournal1.blogspot.com)*

## CRYSTAL ARBORS CATERING OPENS APPLEWOOD BISTRO

Crystal Arbors Catering opened their new banquet hall in Fremont, at 1800 East State Street, in June 2014. Currently seating 200, with plans to expand up to 250 guests, renovations continued through 2014 as the focus became a daily lunch service.

Owner Deb Herb wants to feature foods you find in the big city, but also feature healthier options. “Restaurant trends have moved to products with no preservatives, gluten, and msg free”. The new menu offers these features including Applewood smoked deli turkey and ham sliced fresh daily. We are promoting fresh organic foods you would find in the metropolitan areas, like Michael Simon’s restaurants in Cleveland; also foods from Chicago, Boston and New York, offering fresh meats by Pat LaFrieda. Also available are soups, sandwiches and salads, all house food fusions from different cultures.

Applewood Bistro is a grab 'n go concept with fresh foods made daily. Designed for quick service meant for people's busy lives as a better alternative to fast food. Seating is inside or outdoors from the summer patio ready for dining this spring. Pre-orders are available enabling customers to order over the phone or on-line. A quick serve line enables pre-order customers to walk-in, pick-up, and go.

The company is hosting a Grand Opening Celebration of the new Applewood Bistro in the Applewood Shopping Center. Plans are to celebrate for five days beginning February 12th with the new menu featuring daily food specials celebrating Mardi Gras through February 17th. Giveaways, door prizes, and coupon specials will be offered thru “Fat Tuesday”, February 17th. The business is open daily from 10:30am-6:00pm. Sneak peeks of the menu are featured on our face page along with photos of the build out.



Crystal Arbors Announces the  
Grand Opening of  
**Applewood Bistro**

~Grab n Go Menu~

**Applewood Shopping Center**  
1800 E. State St. Fremont

## 5 Day Mardi Gras Celebration begins

Thursday, February 12 -

Tuesday, February 17

Open 10am-7pm

Closed on Sunday

**Giveaways, Door Prizes,  
Coupon Specials  
Full Details On Our  
Facebook Page**

419.355.9789

# Clyde St. Mary's Fish Fry

**609 Vine Street**

**419-547-9687**

[clydestmary.org](http://clydestmary.org)

4:30-7:00PM

February 20th, March 6th  
March 20th

**Alaskan Walleye, Potato, Salad Bar/Drink**

**Adults - \$9.00**

Kids 10/under \$4.00

(Carry outs available)

## St. Paddy's Night

**March 14th – 5:30-10:30**

**\$10.00 - Includes soup, salad,  
sandwich bar.**

Drink ticket sold separately  
Must be "21" to enter

Card	Keno
Room	Instants

## Raffles

A whole lot of fun!



Great Fun -  
Wear Green  
Bring your  
own group



# In Your Own Backyard

**Feb 11th:** Fremont Emblem Club #156 Meeting at Fremont Elks Lodge @ 6:30 pm. Call or text Dianne @ 419-680-5656 for more info.

**Fremont Area Women's Connection: Anjulina's Catering,** 2270 W. Hayes Ave., Tues., Feb.10, luncheon 11 am-12:30 pm, cost \$12.00 (incl). Feature, Jerry Gonya, Harvey Oaks Jewelers; Speaker, Theresa Herr, Sylvania, "Victory Over Rejection" For luncheon and free child care, please call by February 5th, Donna 419-680-2251, or email Carrol at fawcluncheon@gmail.com

**Sandusky State Theatre:** Feb. 21 at 7:30, Firelands Symphony joins the ranks of the Los Angeles Philharmonic, the National Symphony, orchestras from San Francisco to Boston and across Europe in welcoming renowned cellist Sharon Robinson and violinist Jaime Laredo. Call 419-626-1950 or [www.sandusky-state.com](http://www.sandusky-state.com).

**Valentine's Charity Ball Black and White Gala:** Sat., Feb. 21, The Heights American Legion Hall, 6 p.m.-10 p.m. \$25 Singles/\$40 couple. Tickets in advance by mailing check or money order to: Women of Grace Ministries, PO Box 1001, Fremont OH 43420. Tickets purchased will be at the front door. Tickets must be purchased by February 15th, Call 419-332-1001.

**Feb. 4: 9- 3, Learning to Pray without words.** Presenter: Sister Marianne Longo, RSM

**Feb.10: 6- 8:30, Toast the Trees with Couples.** Couples are invited to an enjoyable evening of dining and toasting the trees as they seek to renew their own engagement with all its on-going developments. Sister Edna Michel, OSF/T

**Feb. 17: 9-10:30 AM, Between Santa and the Easter Bunny.** Especially geared to families awaiting a child and parents of preschool and primary grade children. Grandparents and grandparents -to -be are specifically welcome. Sister Eve Marie Korzym, OSF/S

**Feb. 16: 7- 8 pm. Evening Prayer:** Preparing for Lent. Join in song and prayer as we anticipate the season of Lent.

**Feb. 22: 6- 8:30 PM, Lent by Candlelight. Pondering the Seven Sorrows of Mary**

Spending time, in prayer, with Mary during some of the most poignant times of her life helps us identify with these situations. Sister Eve Marie Korzym, OSF/S

Contact us at 419-332-6522 or [olprc@pinesretreat.org](mailto:olprc@pinesretreat.org)

**Humane Society "Chili and a Dog" Dinner** at the Fremont American Legion, Sunday, March 1st from 11:30-1:30am. All dinners are \$10 donation, presale tickets are \$9 at the shelter. Dinner includes chili, hot dog, dessert and a drink. All meat provided by Hasselbach's.

**LOOK GOOD, FEEL BETTER PROGRAM TO BE OFFERED AT THE BELLEVUE HOSPITAL:** The

Bellevue Hospital and the American Cancer Society will team together to host a "Look Good, Feel Better" Program on Monday, Feb. 9, from 1-3 p.m. in the Administration Conference Room at TBH. Look Good, Feel Better is a free American Cancer Society program that teaches beauty techniques to women who are actively undergoing cancer treatment. This program helps them combat the appearance-related side effects of radiation and chemotherapy. At the conclusion of the program, each participant will receive a free makeup kit worth \$250. To register call 800.227.2345.

**Reiki Circle: Tues., Feb. 10th, The Bellevue Hospital, Conference Room A-B,**

6-9pm. "Inherent Wisdom", Respect the Intelligence of the Body to Heal. Our goal this year is to provide the tools to broaden your experience and to provide the resources available for strengthening our community to a better under-

standing of Reiki and how it does relate to our inherent wisdom and self healing.

**Washington Elementary Chili Festival:** The 59th Annual Chili Festival will be held Sat. Feb. 28th 5-8:30! This is an evening filled with Great Food, lots of Kids Games & Prizes, Face Painting, Cake Walk, Bingo, and Raffles for all ages. The festival will feature our 8th Annual Themed Basket Raffle. All baskets will be on display in the Gym when the doors open at 5pm. Take the opportunity to drop your name in the bucket for a chance to win one of the awesome Door Prizes for adults and kids donated by our generous area businesses! Enjoy our Famous Chili, Root's Chicken sandwich, slice of Papa Murphy's Pizza & more! Don't forget a long time Tradition of the Chili Festival, .25 Bingo! Shake off those winter blues and join us for an awesome night out with the family! Sponsored by the Washington P.T.O.

## Humane Society of Sandusky County ANNUAL MEMBERSHIP DRIVE



Please join us in 2015  
and support your local shelter!

To become a member choose from the  
following pledge levels:

\$15 Senior Citizen (60 yrs. plus)  
\$25 Single Membership  
\$45 Couple Membership  
\$100 Family Membership  
\$500 Lifetime Membership

*Please, we need your help to continue to  
operate this facility!*

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Phone# \_\_\_\_\_  
Email \_\_\_\_\_

Mail to:

The Humane Society Shelter,  
2520 Port Clinton Rd, Fremont, OH 43420  
419-334-4517  
[www.humanesocietyofsanduskycounty.org](http://www.humanesocietyofsanduskycounty.org)  
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**Your tax refund is your  
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Don't get nickel and dimed  
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E-file your federal and state  
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When calling to make an  
appointment for taxes, please leave a  
message and we will return your call  
to set an appointment.

Most households with annual gross incomes of  
less than \$60,000 can file with us

## Send a Hug to a Senior Day February 13th

*Presented by: Valley View Healthcare Center*  
**FREE Flower and Candy sent to your favorite  
Senior Citizen in your life...**

### How do I place my order?

Call us by **February 6th**  
with the Name & Address of Your Special  
Senior Citizen along with a brief message  
& we will deliver on **February 13th**

### To Place Your Order

**Call 419-332-0357**

**Hurry ~ Quantities are Limited to the first 100 callers**





**DEAR MAYO CLINIC:** I was recently told I have resistant hypertension. What exactly is it, and what could cause it? How can I treat my high blood pressure, since medications haven't worked?

**ANSWER:** Hypertension (high blood pressure) is considered resistant when a person is taking a diuretic plus two other blood pressure medications, and their blood pressure is still too high. Diuretics lower blood pressure by helping your kidneys get rid of extra salt and water in your body. Resistant hypertension has several possible causes, including another underlying medical condition. Treatment typically involves a change in your medications.

A variety of drugs are available to treat high blood pressure. If you are taking a diuretic and your blood pressure remains high, your doctor may recommend adding additional medications, such as angiotensin-converting enzyme (ACE) inhibitors, beta blockers, calcium channel blockers or others that can help lower blood pressure.

When resistant hypertension is discovered, the first step is usually a thorough review of all your current medications, including those for blood pressure control and any other medications you take. In many cases, a change in the amount of blood pressure medication a person is taking - often an increase in the diuretic - can effectively treat resistant hypertension. For blood pressure medications to work best, the directions for taking them should be carefully followed.

If medication adjustments don't work, doctors usually start looking for other medical problems that could be contributing to high blood pressure. Those may include an abnormality in the hormones that control blood pressure, or a narrowing in one or more of the arteries leading to your kidneys. If another problem is uncovered, treating that condition in addition to treating the high blood pressure usually works to bring blood pressure down.

Certain sleep problems, including sleep apnea, may also contribute to resistant hypertension. Some people with high blood pressure, particularly those who are overweight, can have disturbed breathing during sleep, and that may lead to resistant hypertension. If you're exceptionally tired during the day and you snore while sleeping, tell your doctor.

In the future, treatment for resistant hypertension without drugs may be an option. For example, the kidneys play a key role in controlling blood pressure, and blood flow to the kidneys is an important part of the process. Researchers are examining whether making changes in how kidney arteries function - for example, by destroying certain nerves that serve the arteries- can help control blood pressure. This research is still in the early stages, but it holds promise.

Also important to remember is that lifestyle choices you make can significantly affect your blood pressure. Eating a healthy diet that includes lots of fruits and vegetables and limits salt can often help control blood pressure. Staying at a healthy weight, exercising, not smoking and limiting the amount of alcohol you drink are important self-care steps for people with high blood pressure.

Make an appointment to talk to your doctor about controlling your high blood pressure. Sometimes, people with high blood pressure go through several medications and changes in medication dosages before their blood pressure is well controlled. You may need to monitor your blood pressure at home for some time to determine if a new medication is working. In most cases, a combination of medications and healthy lifestyle changes can keep blood pressure in check. - Michael Hogan, M.D., Consultative Medicine, Mayo Clinic, Scottsdale, Ariz.

(Medical Edge from Mayo Clinic is an educational resource and doesn't replace regular medical care. E-mail a question to [medicaledge\(AT\)SIGN\(mayo.edu\)](mailto:medicaledge(AT)SIGN(mayo.edu)). For more information, visit [www.mayoclinic.org](http://www.mayoclinic.org).)

(c) 2014 MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH.

My dear friend, Joy Taylor, sent me these recipes from restaurants, so I am sharing two that I think you will enjoy in the cold weather. Besides, you can eat well and not leave the house. Who doesn't love Beer Cheese Soup? And Mac and Cheese is always a favorite. Enjoy!

## 101st Airborne Beer Cheese Soup

1 large can chicken broth  
1 medium jar cheese whiz  
1 can stale beer  
Cayenne pepper to taste

Heat broth to boiling, reduce heat, add cheese whiz, stir till melted, add beer and reheat, but do not boil. Top with bacon bits and green onions.

## Boston Chicken Macaroni & Cheese

3 Cups Dry spiral-shaped pasta, Cook al dente, drain  
2/3 Cup Milk (2% or regular)  
1 Pound Velveeta cheese, light or Cubed small  
1/4 Teaspoon Dry mustard powder  
1/2 Teaspoon Ground turmeric  
Salt and pepper to taste

Place into top of double boiler over gently simmering water milk, cheese, mustard powder, turmeric, salt and pepper in that order. Stir with whisk occasionally until melted and smooth. Stir pasta into hot cheese mixture and keep hot until serving time over hot water, up to an hour. (If it begins to thicken up too much, dilute with a little milk). Never put into oven or over direct heat as it will scorch and change the texture to a sticky mess.

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Nearly everything modern veterinary medicine knows about cat health and welfare has been learned through studies funded by the non-profit Winn Feline Foundation. From the very food most cats eat to the vaccinations they receive to treatments for a wide range of health issues, Winn has been there to help cats. The foundation is now celebrating 46 years and a new website: [www.winnfelinefoundation.org](http://www.winnfelinefoundation.org).

**Q:** We took in a very sweet stray cat. We discovered she had tapeworms, for which she was treated. Since then, she gets very car sick. It's gotten so bad now that we can't take her on trips. We've tried various medications, as well as putting a sheet over the carrier, but nothing helps. Do you have any idea why after being treated for tapeworms she began to get car sick? How can we help her? - J.M.

**A:** Dr. Vicki Thayer, executive director of the Winn Feline Foundation, suggests that treating tapeworms was a good idea, but had nothing to do with your cat being car sick after treatment.

"Your veterinarian can help you; ask about a drug called Cerenia for motion sickness," says Thayer, of Lebanon, WA. "But that's only a start because it's likely that, at this point, your cat sees the carrier and associates it with car travel, which instantly makes her anxious because she knows she's going to get sick."

Begin by decreasing her anxiety. Ask your veterinarian about Anxitane

(L-theanine, a nutritional chewable supplement to take the edge off) and a prescription diet from Royal Canin, called CALM. This diet is formulated to help cats maintain emotional balance. Among other ingredients, the recipe includes L-tryptophan (an amino acid that creates a sense of emotional well-being) and nicotinamide (also called Vitamin B3, which can relax the central nervous system).

Thayer says you also may need to re-adjust your cat's attitude toward her carrier. Make it a positive place. Leave the carrier out all the time. Periodically, wipe and/or spray the inside with Feliway (a copy of feline calming pheromone). Randomly drop treats in the carrier, transforming it into a treat dispenser. Over time, start feeding your cat from the carrier, as well.

Once your cat becomes comfortable in the carrier, shut the door and simply move it to another room, then feed her when you let her out. The idea is to get her accustomed to being moved in the carrier, and also to demonstrate that upon release, really good things happen - like a meal.

"Spraying and wiping the cat's carrier with Feliway before travel, and better yet on practice runs, to get the cat acclimated to the carrier is also a good idea," he says.

**Q:** I recently had to have my 16-year-old cat euthanized. He was my faithful companion for many years and I'm heartbroken. I'm not sure what happened and hope you can shed some

light. He was active and healthy up to about a year ago. Suddenly, his appetite decreased and he lost weight. The vet said his kidneys weren't functioning correctly. He put my cat on medication and he seemed to improve for a time. He even gained some weight back. Then he got really sick very fast. The vet said there was a tumor in his abdomen so we put him to sleep. How could all of this happen so fast, and the tumor not be discovered until it was too late? - D.M.

**A:** "I'm so very sorry for your loss," says Winn Feline Foundation President Dr. Glenn Olah, of Albuquerque, NM. "Of course, I can't be specific without knowing more, but many older cats begin to have kidney failure, and the treatment often improves their condition, at least for a time. It's possible there was no way to detect that this underlying problem was also there. Maybe the tumor was there and not seen, or maybe the tumor grew very quickly. Cats do hide illness the best they can, sometimes until things get very bad."

Olah continues, "This is not your fault; it's likely not anyone's fault, though I certainly understand that it doesn't diminish how you feel."

Perhaps when you're ready, you'll consider getting another cat.

(Write to Steve at Tribune Content Agency, 2225 Kenmore Ave., Suite 144, Buffalo, NY. 14207. Send e-mail to [PETWORLD\(at\)STEVE DALE](mailto:PETWORLD(at)STEVE DALE). TV. Include your name, city and state.)



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## Sandusky County YMCA to host Gala and Silent Auction

Annual Y fundraiser is successful in keeping our community strong.

The Sandusky County YMCA's annual Gala and Silent Auction is scheduled for Saturday, February 28th. Since the first event in 2002, this reverse raffle and silent auction event has been successful in raising funds to help continue community-strengthening YMCA programs, making possible youth programming such as: swim lessons, soccer, basketball, football, t-ball and baseball, and more. This fundraiser also benefits the YMCA's extended-hour Child Care program – a very necessary community service.

The Gala is the YMCA's major fundraising event for the year. Prize payout totals \$8,000 with a limit of only 250 tickets sold. Up to 500 residents attend the dinner, raffle, and silent auction. This year's event is scheduled for February 28, 2015 from 5-9 pm at Ole Zim's Wagon Shed in Gibsonburg, Ohio. You must be 21 to purchase a ticket and attend, and there are no tickets sold at the door. Your \$90 ticket donation includes two all-you-can-eat family-style meals with refreshments and a night full of fun including a silent auction and basket auction, 50/50 drawings, side boards, and a raffle for a 50" HDTV.

For information about attending or donating an auction item, please contact Ruth Keck, Ruth@frymca.org or call 419-332-9622.

## Video View By Jay Bobbin

**"FURY"**: Brad Pitt is back in a military milieu in this World War II drama from writer-director David Ayer, typically a maker of gritty police tales. (R: AS, P, GV)

**"THE JUDGE"**: Also a producer of the film along with his wife Susan, Robert Downey Jr. does an effective job in this drama as a cocky attorney who has a tense homecoming. \*\*\* (R: AS, P)

**"BEFORE I GO TO SLEEP"**: Nicole Kidman goes the thriller route again in this melodrama, playing a woman who goes the "Groundhog Day" route ... waking each day with no memory of her existence. \*\*\* (R: AS, P, V)

**"THE BEST OF ME"** (Feb. 3): In the Nicholas Sparks story, a former high-school couple (James Marsden, Michelle Monaghan) is reunited years later. (PG-13: AS, P)

**"DRACULA UNTOLD"** (Feb. 3): The roots of the vampire (Luke Evans) are traced as he tries to protect his family and kingdom. (PG-13: AS, P, V) **"JOHN WICK"** (Feb. 3): Keanu Reeves plays a former hired killer who uses the tricks of his trade again on a personal revenge mission. (R: AS, P, GV)

**"ALEXANDER AND THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD DAY"** (Feb. 10): As he turns 12, Alexander makes a wish that causes trouble (Ed Oxenbould) for his whole family (PG: AS, P)

**"NIGHTCRAWLER"** (Feb. 10): Jake Gyllenhaal plays a videographer who provides graphic crime footage to an eager TV-news producer (Rene Russo). (R: AS, P, GV) **FAMILY-VIEWING GUIDE KEY**: AS, adult situations; N, nudity; P, profanity; V, violence; GV, particularly graphic violence.



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11:30am-1:30pm**

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