

FITNESS • NUTRITION • DRINK • FOOD • TRAVEL • TY'S TIPS • MUSIC • MOVIES

Enjoy

JANUARY 2015

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YOU BY:



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TY'S TIPS

HOME DESIGN TIPS FROM
TY PENNINGTON



RESOLUTION
FRIENDLY DESSERTS

TURN UP THE HEAT
ON WEIGHT LOSS

DITCH THE JET LAG

THE FAULT IN OUR GENES

guaranteedRate[®]

The Home
Purchase Experts[®]

Vol 3 ISSUE: 8



Dropping mortgage rates and taking names!

TY PENNINGTON
GUARANTEED RATE SPOKESPERSON &
HOST OF EXTREME MAKEOVER:
HOME EDITION

In just 15 years, Guaranteed Rate has risen as one of the 10 largest retail mortgage lenders in the U.S. We deliver low, low rates, a transparent process and fanatical customer service.

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**A TOP
10
NATIONAL LENDER**



**A+
RATING**



The Home
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JANUARY 1
NEW YEAR'S DAY



JANUARY 8
WAR ON
POVERTY DAY

WHAT'S HAPPENING IN



JANUARY 14
NATIONAL DRESS UP
YOUR PET DAY

JANUARY 19
MARTIN LUTHER KING DAY

JANUARY



JANUARY 23
NATIONAL PIE DAY

JANUARY 24
BELLY LAUGH DAY

JANUARY 29
NATIONAL PUZZLE DAY





Crossing time zones typically means that you're taking the kind of trip that brings all the unique pleasures of travel: new cultures and flavors, fresh scenery and weather, and unfortunately, jet lag. While jet lag is not entirely avoidable (or immediately curable), the triggers and effects can be mitigated with thought and preparation. Follow these steps to get more out of your body and your vacation.

1 PREPARE YOUR BODY FOR THE CHANGE IN TIME ZONES.

Try shifting your eating and sleeping schedule by an hour a day leading up to your trip. Easing your body into the change will help reduce the shock and even if you can't reasonably match your life to a six- or seven-hour schedule change, just a few hours closer to your travel timing will help. Be aware of your travel direction. It is recommended that you try going to bed earlier a few nights before leaving if you're traveling east and later if you're traveling west.

2 STAY HYDRATED.

For the week leading up to your trip and especially on the day of your flight, drink as many fluids as possible. Dehydration is one of the symptoms and triggers of jet lag. Stay away from any beverages with alcohol or caffeine in them, as they can both not only cause dehydration but weaken your body's ability to adapt.

3 SET YOUR WATCH TO THE TIME AT YOUR DESTINATION AS SOON AS YOU BEGIN YOUR FLIGHT.

This helps you to mentally prepare for the new time zone and plan your in-flight sleeping and eating schedule.

4 USE NOISE-CANCELING HEADPHONES ON YOUR FLIGHT.

Surprising? It seems random, we know, but the reason this high-tech audio gear reduces your arrival fatigue is actually pretty intuitive. When traveling by plane, our primal fight or flight sensory responses

are on constant alert because we're suspended in the air, surrounded by stress-triggering engine noises, announcements and tiny changes in balance, orientation and direction. So even if you are sound asleep, your body is essentially on high alert, adjusting to the fluidly changing environment. Noise-canceling technology helps you block out at least a portion of those triggers, expending a little less energy and stress-induced hormones in the process.

5 SLEEP (OR STAY AWAKE) LIKE YOU'RE ALREADY THERE.

Consult your newly changed watch; if it's daylight at your destination, try to avoid sleeping on the plane. If it's nighttime at your destination when you're on the plane, try to sleep. When sleeping, use headphones, eyeshades and turn on the air-conditioning valve for optimal rest. When awake, take walks in the aisles and play engaging games to keep your mind and body stimulated.

6 EAT LIKE YOU'RE ALREADY THERE.

Since airplane food is generally served on a schedule that's consistent with the time zone you're leaving instead of the one that you are traveling to, try avoiding airline prepared meals all together. Pack your carry on with small servings of healthy snacks that you can nibble on when hungry. Eat lightly until you arrive and then indulge in full meals during appropriate times.

7 GET OUTSIDE AND GET MOVING.

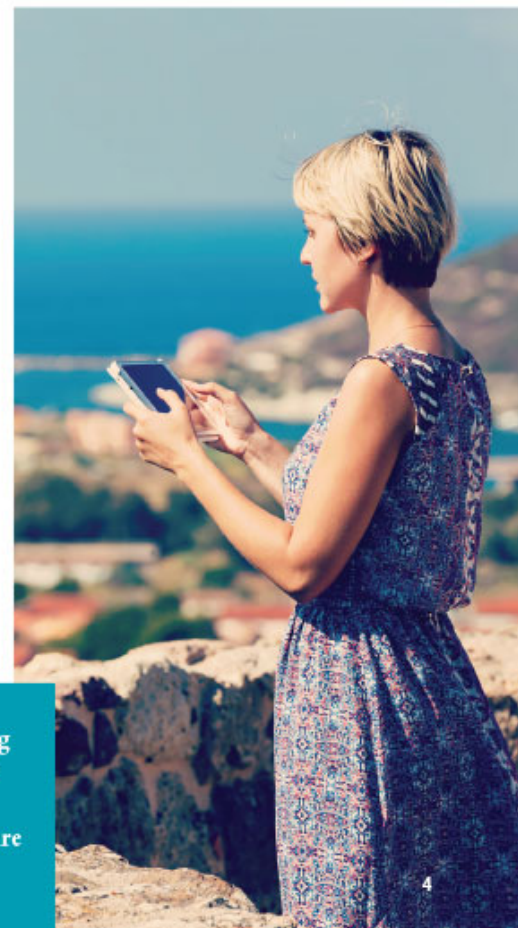
If it's daytime at your destination, spend as much time outside as you can. The exposure to sunlight will help cue your brain to adjust to the new time zone. And while you're out, remain active. Any form of physical activity will help, while naps and lethargy — no matter how bad you feel — only make the jet lag worse.

8 CONSIDER TAKING MELATONIN.

The hormone that your body produces naturally when it's time for bed, known as melatonin, can help coax your body into a shift in schedule. Just 10 extra milligrams before the bed time in your new time zone can help get you back on track. Just be sure to check with your doctor first to make sure it's safe for you to take.



Traveling east is harder than traveling west. This is because when going east the body clock has to jump forward and does not get the required exposure to natural light necessary to adjust.



DID YOU KNOW...

...the inclusion of one simple food could help you jump-start your metabolism, eat fewer calories and stay full longer? Look no further than the spicy pepper section of your produce aisle. From jalapeño to habanero, recent studies suggest that the spicy pepper may be the simplest and most influential missing ingredient in your weight-loss plan. Here are some facts about these hot little numbers that will make your eyes water!

Recent studies show that after eating only one half of a medium-size jalapeño pepper, the fat metabolism in every study participant went through the roof.

Several experiments linked very small portions of hot peppers — just a bite of jalapeños — to increased sensations of fullness and drops in hunger. By the numbers, researchers found people consumed 16% fewer calories throughout the day and reported feeling 12% fuller even though they were consuming less food!

The secret hero: Scientists attribute all of these weight loss benefits to capsaicin, the fiery ingredient in all hot peppers that provides the intense kick. When spicy peppers are consumed, capsaicin takes holds of a taste receptor on your tongue, releasing neurotransmitters in your brain that determine whether you feel full or hungry. And, it's the spicy heat that

revs up energy burning too, kicking your metabolism into high gear.

Scientists concluded that in order to get the toasty, healthy benefits of peppers, just 2.25 to 3.0 grams of capsaicin, or roughly .1 ounce, is needed. That's doable for even the most heat-averse among us.

Not sure you can stand the heat? Ease into your pepper consumption by putting a small amount into an omelet or smoothie to start. Studies show that

this can calm the heat of the pepper without removing any of the fat-burning properties. Or, try making pepper salsa to add to many meals to warm up to the flavor. Ease into the amount you use, and your taste buds will adapt over time. You'll become a pepper-belly in no time (and a trim one at that)!



HERE'S A LIST OF THE HOTTEST PEPPERS IN THE WORLD, AS DETERMINED BY THEIR CAPSAICIN DENSITY, OR "SCOVILLE UNITS."

THE BHUT JOLOKIA CHILE PEPPER

Currently, this northeast Indian chile holds the distinction of being the world's hottest chile pepper, carrying a scorching 1,001,304 Scoville units and one Guinness World Record. **WOW!**

THE HABANERO CHILE PEPPER

Habanero peppers are among the most capsaicin-rich chiles that are commonly available to the public. The Chile Pepper Institute reports that the average spice of an orange habanero is 210,000 Scoville units and the red habanero is 150,000 units. However, habanero chiles can sometimes exceed 300,000 units. **GEEZ!**

THE TABASCO CHILE PEPPER

Kentucky State University researchers found that peppers from the species *Capsicum frutescens* had the highest concentration of dihydrocapsaicin, a different alkaloid form of capsaicin. That group includes the Tabasco chile which has a capsaicin concentration that gives it a rating of 120,000 Scoville units. **HOT, HOT, HOT!**

E DRINK / NEW YEAR BLOOD-ORANGE BLAST

YIELDS
1 DRINK

WHAT
YOU'LL
NEED

1 ½ ounces bourbon
½ cup blood orange juice
8 fresh mint leaves
1 slice of a blood orange
for garnish

DIRECTIONS

In a shaker, mix together the bourbon, blood orange juice and mint leaves. Serve over ice in a low glass and garnish with a slice of blood orange.



Courtesy of realsimple.com

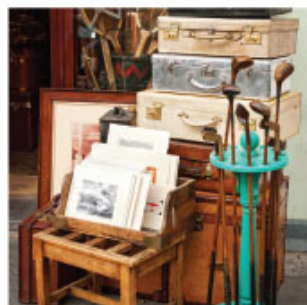
+ The blood orange is a variety of orange with crimson, almost blood-colored flesh. The distinctive dark flesh color is due to the presence of anthocyanins, a family of antioxidant pigments common to many flowers and fruit, but uncommon in citrus fruits.

JANUARY'S TIP FROM INTERIOR DESIGN STAR TY PENNINGTON

Courtesy of
Ty Pennington Design Team



EASY, AFFORDABLE WAYS TO MAKE OVER YOUR ROOMS



If you're like me, you love to mix things up from time to time. But constantly making over a room can get costly. For easy updates without breaking the bank, follow these tried-and-true dos and don'ts.

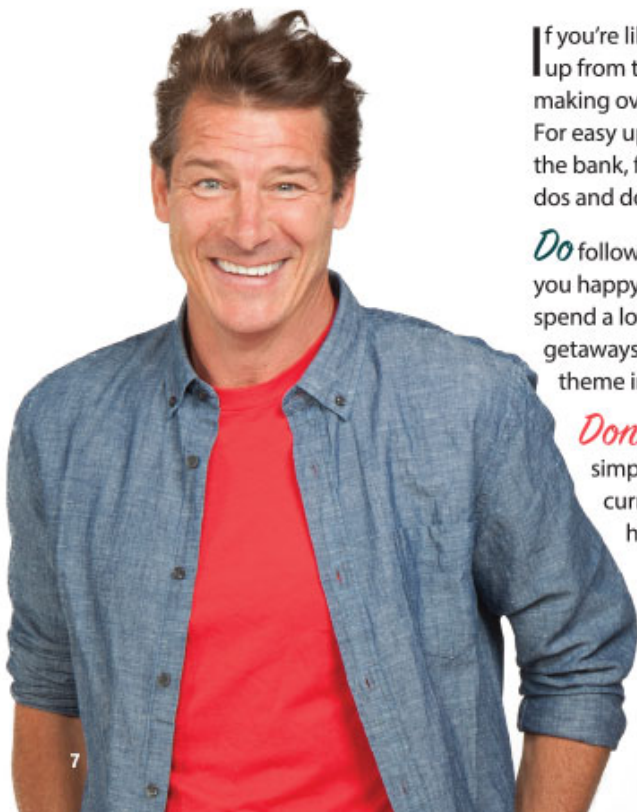
Do follow your emotions. If red makes you happy, put it in a room where you spend a lot of time; if thoughts of ocean getaways relax you, create a coastal theme in your bedroom or bath.

Don't throw out useful items simply because they don't fit your current decorating scheme. If you have the storage space, use it. You never know what attic treasure might be just the ticket when you're redoing your next room.

Do unify random decorative objects by painting them all one color. Scour your attic or garage sales for a hodgepodge of "throw away" items that can become a surprisingly cohesive display.

Don't ignore lighting. Table lamps and sconces can be an affordable way to create interest in any room. Materials and shapes run the gamut and jazz up any decor. Getting a new shade for an old lamp is another great trick.

Do get creative with your wall covering. Layer an assortment of maps using wallpaper adhesive. It's great for camouflaging uneven walls and is a creative way to pay homage to the many road trips you've taken — or want to take.



Don't follow the crowd. Trends come and go, and easy updates are the best way to keep current. But you have to live with the look, so be sure you love it. Just because it's *in* style doesn't mean it's *your* style.

Do be a salvage specialist. Go home-goods shopping at thrift stores, garage sales and salvage yards. Often the most random, tossed-aside things — like assorted letters or an old-school locker — can find the coolest purpose in your home.

Don't paint an important piece, like a family heirloom. You'll negate the value, and if you ever want to see the original finish again, removing paint can be an unrelenting job, especially on carved or ornate pieces. Paint is permanent, slipcovers aren't.

Do recycle. Antique items add texture to modern spaces. When an old piece seems to be on its last leg, instead of tossing it (and adding to the landfills) or buying new, update it with a fresh coat of colorful paint.

Don't let small accents stand alone. Itty-bitty items can lose their impact, so when displaying mantel or tabletop knickknacks, give them some clout by grouping with other objects that are similar in size and style.

Do limit your boldness. If you're painting a bright color over a large area, be careful with accents in other bold hues that might distract from the main attraction. Sometimes just one strong color says it all.

Don't overdo it. Simple touches may transform a room—but too many will drown it.

Do add a personal touch to new, uninspired furniture. This side chair goes from bland to bold with a simple application of upholstery nails.



Don't forget about storage. When shopping for new pieces, pick those with a dual purpose, like an ottoman with a hidden compartment, a bookcase to hold collectibles or baskets to stash papers. A messy environment can be stressful and unattractive.

Do dress it up! Colorful chair covers and a patterned table runner can give a dining set an instant (and affordable) makeover. Just change the wardrobe when you're ready for a new look.

Don't paint before choosing accents. If you're planning to add pillows or vases, select paint color after you buy them to ensure you get the perfect match.

Do look up. The ceiling is often a neglected design element, yet a simple coat of paint can give a room a bold new look—no structural changes required.

Don't hang onto stuff past its prime. Know when something has served its purpose—and donate it to a local charity.

Do accessorize. One of the easiest and fastest ways to completely change the personality of a room is with affordable accents like throw pillows, vases and lamp shades.

Don't rush to pick a wall color. Paint a small piece of foam core, one to two square feet, and observe it at various times of the day and in different areas of the room. Like Cinderella's carriage, tangerine may turn into pumpkin at midnight!



The start of a new year can be a tough time for those with a sweet tooth who are trying to make dietary changes and develop healthier eating habits. Instead of cutting out sweets entirely, commit to something more reasonable like getting more vegetables into your desserts! Here are three ways to not only have your cake, but eat a nutrient-rich serving of your veggies too!



Chocolate-Beet Cupcakes with Cream Cheese Frosting

These cupcakes get their deep red hue from antioxidant-loaded beets. No artificial food dyes here.

Servings: 12

WHAT YOU'LL NEED

Cupcakes

- 1¼ cup cake flour
- 1 cup granulated sugar
- ½ cup unsweetened cocoa powder
- ¾ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ¾ cup beets, cooked and pureed
- 2 tablespoon safflower oil
- 1 large egg
- ½ teaspoon vanilla extract
- ¾ cup buttermilk

Frosting

- 2 cup confectioners sugar
- 4 ounces reduced-fat cream cheese (Neufchatel), room temperature
- ¼ cup unsalted butter, room temperature
- ½ teaspoon vanilla extract

DIRECTIONS

Step 1. Heat oven to 350°F. Line 12-cup muffin pan with paper liners.

Step 2. Sift flour, sugar, cocoa, baking soda, baking powder and salt in large bowl. Stir beet puree, oil, egg, vanilla and buttermilk together in small bowl. Stir in dry ingredients until combined. Divide among 12 cups. Bake until wooden pick inserted in center comes

+ UNDERCOVER VEGGIES!

You wouldn't believe what you can sneak veggies into! Try adding a few tablespoons of food-processed broccoli, carrots and kale into your meatloaf or burger patties next time you cook. Your taste buds will be none the wiser, and your body will thank you.



out clean, about 16 minutes. Cool completely.

Step 3. Beat sugar, cream cheese, butter and vanilla until smooth and fluffy. Spread frosting over cupcakes.

Sweet Potato Doughnuts with Buttermilk Glaze

These sweet delights are so moist and decadent; you'd never know you were getting the nutritional boost of sweet potatoes!

Servings: 12

WHAT YOU'LL NEED

Doughnuts

- 2 cup cake flour
- 2 teaspoon baking powder
- ¼ teaspoon allspice
- ¼ teaspoon nutmeg
- ¼ teaspoon salt
- ¾ cup sweet potato, cooked and pureed
- ⅓ cup buttermilk
- ¼ cup granulated sugar
- 2 large eggs
- 2 tablespoon unsalted butter, melted

Glaze

- ½ cup confectioners' sugar
- 1½ teaspoon buttermilk

DIRECTIONS

Step 1. Heat oven to 350°F. Coat 2 doughnut pans with cooking spray.

Step 2. Sift flour, baking powder, allspice, nutmeg and salt into medium bowl. Whisk sweet potato puree, buttermilk, sugar, eggs and butter in small bowl. Stir in dry ingredients until just combined. Divide among 12 doughnut cups. Bake until doughnuts puff and wooden pick comes out clean when inserted, about 12 minutes. Remove and place on rack.

Step 3. Whisk confectioners sugar and buttermilk in small bowl and drizzle over doughnuts.

Butternut Squash-Apple Coffee Cake

Squash and apples' high water content keeps this cake perfectly moist — without loads of butter.

Servings: 9

WHAT YOU'LL NEED

- 1 butternut squash (2 pound)
- 2 cup + 2 tablespoon all-purpose flour
- 2 teaspoon + ½ teaspoon cinnamon
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ⅓ cup sugar
- ¼ cup + 2 tablespoon unsalted butter, room temperature

1 cup low-fat plain Greek yogurt

2 large eggs

1 cup Granny Smith apples, peeled and diced

½ cup chopped toasted pecans

⅓ cup dark brown sugar

Confectioners sugar (optional)

DIRECTIONS

Step 1. Heat oven to 425°F.

Step 2. Peel, seed and dice butternut squash and place in even layer on greased baking sheet. Roast until soft, 20 to 25 minutes. Reserve 1 cup. Place remaining squash in food processor and puree until smooth. Reduce oven heat to 350°F.

Step 3. Coat a 9" × 9" baking dish with cooking spray. Sift 2 cups flour, 2 teaspoons cinnamon, baking soda, baking powder and salt in medium bowl. Beat the sugar and ¼ cup unsalted butter in large bowl until light and fluffy, about 3 minutes. Beat in the Greek yogurt, eggs and pureed squash until smooth. Stir in dry ingredients until combined. Fold in the apples and reserved diced squash.

Step 4. Pour into pan. Stir together the pecans, brown sugar, 2 tablespoons all-purpose flour, 2 tablespoons unsalted butter and ½ teaspoon cinnamon until crumbly. Sprinkle over batter.

Step 5. Bake until wooden pick inserted in center comes out clean, about 35 minutes. Cool and dust with confectioners sugar, if desired.

Courtesy of prevention.com

F FITNESS / THE FAULT IN OUR GENES

Have you ever put the full force of your effort behind your fitness routine and still fallen amazingly short of your goals? We're told that staying fit is just committing the time and hard work required to be healthy, but before you blame yourself, consider whether your obstacles have been written into your genome. In fact, scientists say that your genes could be stacked against you in several facets of your fitness regimen and that genetic variations determine how individuals react to exercise programs. What works for someone else might not work for you.



Here are six ways you may be compromised and how to work around your DNA to get the results you want.

1 YOU'RE FIT, BUT NEVER FEEL MOTIVATED TO WORKOUT

You know the people who are bursting with fidgety energy? The ones who mystify you with their intense need to move? New studies suggest that motivation and natural physical activity levels are 67% hereditary. So if you can never seem to muster the energy to get to the gym, it might not be entirely your fault!

THE FIX:

Optimize your environment.

You might not be as genetically predisposed to getting psyched for your workout, but that doesn't mean you can skip it either. The trick is to build in hacks that force motivation where it is naturally lacking. If this is your pitfall, consider joining a workout group that stays social, signing up for lots of intramural sports teams or setting a big goal like a 10K or even a half marathon.



2 YOU PUMP LOTS OF IRON BUT JUST CAN'T SEEM TO TONE UP

If you find yourself looking around your fitness class and wondering why others chiseled transformations seemed so effortless, maybe you are just geared for less definition. Researchers have learned that just as fitness levels can ascend faster in some bodies than in others despite identical routines, genes also partially dictate how well weight training works for every person.

THE FIX:

Lift differently.

You can't necessarily expect to build strength at the same rate as your gym buddy. But as with anything else in fitness, mixing up your approach can change your results. While you might not be seeing the same results as your gym mate, it may just mean that you need a different type of strength training, not that building muscle is impossible all together. Your own response to training may vary based on your unique mix of muscle fibers. Go with a trial and error method to see what works — if you don't see gains with light weights and high repetitions, try heavy weights and fewer reps, or vice versa. And be sure to eat enough protein to support your efforts.

3 YOU'RE A YOGA JUNKIE BUT YOU CAN'T TOUCH YOUR TOES

Flexibility might be the clearest indication of genes dictating our abilities. We've all witnessed balletic bodies that can bend and twist beyond reason, and those that seem like they're made of bricks. The most flexible among us have lucky bits of DNA that help produce collagen — a protein that strengthens and supports skin

and other tissues, as well as the bendiness of your body.

THE FIX:

Reframe your weakness as a strength.

If you are too stiff for one activity, it may mean that you are geared for another. For example, some of the fastest runners have tight, powerful hamstrings. Try speed-based sports and activities instead and rely on dynamic instead of static stretching to prevent injury. Or, if you are determined to fight through it, studies show that 40 minutes of stretching a muscle group each day will improve flexibility. But don't expect too much from yourself, even this much commitment only yields 13% more twistability.

4 YOU'RE A CARDIO MASTER BUT YOU'RE ALWAYS OUT OF BREATH

If you've ever read about the training of Olympic athletes, you may be familiar with the term VO2 max, which measures how much oxygen your muscles can use to create the cellular energy they need to fire. How easy a workout feels to you and how long it takes to get winded are both determined by your VO2 max, and like motivation and flexibility, your VO2 max potential is strongly tied to your DNA. Studies show that while many of us were born super-fit, others are unfortunately pre-programmed to be out of shape, and a high VO2 max does not always come with coordination or athletic ability.

THE FIX:

High-intensity intervals.

The good news is that the type of workout you do can actually improve your VO2 max. Running at an even pace and always for the same distance means that your fitness level will probably remain at whatever level you were born

with, but if you mix in intense 30-60 second bursts of maximum exertion into every workout, you'll notice that you can breathe easier and go farther over time.

5 YOU LOVE EXERCISE BUT DRAG FOR DAYS AFTER A WORKOUT

When we work out to get faster or stronger, there is inevitable muscular damage; your body's response to that damage is precisely what makes you improve. New evidence shows that your DNA could play a role in how quickly or easily you recover. Satellite cells — the worker bee cells that repair and rebuild muscle — are more abundant in some people than others.

THE FIX:

Sleep more.

Surprisingly, the best recovery tool is free and helps with all types of health — you guessed it, sleep! While you sleep, your body repairs and rebuilds, releasing complex compounds that strengthen muscles and bones. Although the average suggested amount of sleep is seven to eight hours each night, studies show that different people require varying amounts for optimal benefits. In fact, one study showed that basketball players who slept an extra two hours per night for two weeks improved their sprint performance and free-throw shooting!



Genome wide association studies, comparing genetic makeups of obese people to those of normal weight, are making it easier to identify important genetic factors contributing to weight.

Researchers at the Harvard School of Public Health say that to date, these studies have identified more than 30 genes on 12 chromosomes associated with body mass index (BMI).

8 WAYS TO BROADEN YOUR MUSICAL HORIZONS IN THE NEW YEAR

1 If you are trapped in the era of classic rock, try War On Drugs, "RED EYES"

2 If you think Johnny Cash is the only acceptable country musician, try Deertick, "HOUSTON, TX"

3 If you haven't liked hip hop since the '90s, try Earl Sweatshirt, "CHUM"

4 If you think Sade is the only musician who can set the mood, try Rhye, "OPEN"

5 If you think surf rock is too far out, try The Drums, "DAYS"

6 If you think synthesizers ruined music, try CHVRCHES, "TETHER"

7 If you hate punk, try Japandroids, "THE HOUSE THAT HEAVEN BUILT"

8 If you think jazz rock died with Steely Dan, try Mac Demarco, "BLUE BOY"



MOVIES / NEW FLICKS IN JANUARY

Release dates subject to change.

CAKE

Genre(s): Drama

Release Date: January 1

Starring: Jennifer Aniston, Anna Kendrick, Sam Worthington, Chris Messina

With the exception of her loyal housekeeper, Claire has alienated everyone in her life with her intense eccentricities and chronic battles with personal demons. Developing a fascination with the suicide of a woman in her chronic pain support group, Claire stumbles into a profound relationship with the woman's grieving husband and ultimately comes to terms with her own personal tragedy, projecting her back into a meaningful life.

SELMA

Genre(s): Drama, History

Release Date: January 9

Starring: David Oyelowo, Tom Wilkinson, Tim Roth, Oprah Winfrey

This epic portrayal of one of our most historic struggles follows Martin Luther King on an intensely dangerous and world-changing campaign for racial equality, which culminates in the terrifying and powerful march from Selma to Montgomery, Ala., ultimately leading to the Voting Rights Act of 1965.

PREDESTINATION

Genre(s): Sci-Fi, Thriller

Release Date: January 9

Starring: Ethan Hawke, Sarah Snook, Noah Taylor, Christopher Kirby

In the world of *Predestination*, the future of crime-fighting is prevention. This action-packed film chronicles the life of a temporal agent who masters the complex and dangerous art of time-travel in order to stop future killers from committing their previously inevitable crimes. On his final assignment, the Agent enlists and trains a protégé to help him stop a murderer who has eluded him throughout time and prevent and save the lives of thousands.

BLACKHAT

Genre(s): Thriller

Release Date: January 16

Starring: Chris Hemsworth, Viola Davis, William Mapother

When extreme cybercrime has become the new global reality, agencies must enlist a legendary super-coder convict and his band of sidekicks to hunt and diffuse the most dangerous and powerful hacking networks. Action-packed and terrifying, the battle rages from Chicago to Los Angeles to Hong Kong to Jakarta, as they fight for the stability of our digital and physical world.

PADDINGTON

Genre(s): Comedy, Family

Release Date: January 16

Starring: Ben Whishaw, Nicole Kidman, Hugh Bonneville, Sally Hawkins

Bringing to life the beloved novels, "Paddington" weaves the misadventures of a young Peruvian bear who travels to the city in search of a real home. At first, lost and alone, city life seems like it is not for him, until he is discovered by the dear Brown family, who are compelled by the tag hanging from his neck, "Please look after this bear. Thank you." Paddington's home is coming together, but when he catches the eye of a museum taxidermist, he has to fight to keep his new family and escape peril.

BLACK SEA

Genre(s): Adventure, Thriller

Release Date: January 23

Starring: Jude Law, Grigoriy Dobrygin, Scoot McNairy

Operating on secret knowledge, a rogue submarine captain assembles a misfit crew to pursue a sunken treasure rumored to be lost in the dark and dangerous depths of the Black Sea. As peril and uncertainty plague the mission, greed invades their tiny vessel, and the team dissolves, turning on each other to increase their prize and survive the odds.

MORTDECAI

Genre(s): Action, Comedy

Release Date: January 23

Starring: Johnny Depp, Gwyneth Paltrow, Ewan McGregor, Olivia Munn, Jeff Goldblum

Eccentric debonair art dealer and fashionable rogue, Charlie Mortdecai, juggles a sultry wife, international terrorists, angry Russians and the British MI5, in a globe-trotting race to recover a stolen prize. Armed only with his good looks and charm, he races through a riotous and delightful journey.



Enjoy

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