

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

Enjoy

FEBRUARY 2015

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YOU BY:



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TY'S TIPS

HOME DESIGN TIPS FROM
TY PENNINGTON



THE BOOZY FOODIE

5 BANG FOR YOUR
BUCK TRAVEL TIPS

MEALS TO HEAL

'80s LOVE SONG PLAYLIST

guaranteedRate[®]

The Home
Purchase Experts[®]

Vol 3 ISSUE: 9

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 the 8th largest retail mortgage lender in the U.S. We deliver low, low rates, a transparent process and fanatical customer service.

Check us out and see why we beat the big banks every time.

**A TOP
10
NATIONAL LENDER**



**A+
RATING**



The Home
Purchase ExpertsSM



Source: mortgagereports.com

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FEBRUARY 1
SUPER BOWL XLIX



FEBRUARY 4
FACEBOOK'S
BIRTHDAY (2004)

WHAT'S HAPPENING IN



FEBRUARY 6
NATIONAL DOODLE DAY

FEBRUARY 14
VALENTINE'S DAY

FEBRUARY



FEBRUARY 17
MARDI GRAS

FEBRUARY 19
CHINESE NEW YEAR

FEBRUARY 20
WORLD DAY FOR
SOCIAL JUSTICE

E TRAVEL / 5 BANG FOR YOUR BUCK TRAVEL TIPS

Have you heard that spending money on travel actually makes you richer? In theory that is truly wise, but in practice, a big trip can leave you totally broke, making it tough to bask in all that resulting metaphorical wealth. Unless of course, you know all these handy cheats to make your travel wallet-friendly! "Budget travel" does not necessarily mean hitchhiking and canned foods. No matter your financial situation, use these smart, actionable tricks to get more bang for your travel bucks.



1 BE ANONYMOUS

Everyone knows that flight costs fluctuate, and online aggregators now make it easy to monitor your upcoming trip until the optimal time to buy. The secret is that airlines can penalize you for repeat flight searches, queuing the system to think that you are desperate for a particular date and destination. Clear your cache periodically when searching, and especially before you ultimately commit to a ticket. You just might find a lower price available. Sneaky, huh? Consider this too: Loyalty doesn't always work to your advantage. Some airlines are more likely to show you a higher price if they think you only fly with them. Try adding your frequent flyer info after your purchase has gone through to avoid getting burned.

2 BE SOCIAL

When done right, social media can be a serious travel moneymaker. If you fly a certain airline regularly, like them on Facebook and head over to their Twitter feed to see if they've created a specific hashtag or separate account for deals. Some airlines and aggregators, like Expedia, host weekly Twitter chats that award \$500 travel vouchers to discussion participants. Doing a basic travel hashtag search can turn up unexpected savings too. Many companies and brands use them to promote new campaigns.

3 BE TIMING WISE

Taking a road trip? Booking lodging? Searching for the perfect flight? There are some timing tricks to getting the best deals for car rentals, airline tickets and hotel rooms. Weekends are the best time to rent a car because Monday through Friday business travel accounts for the largest chunk of the market. Try to plan your road trip so that it spans a weekend night, and you might get a better deal. On the other hand, flights tend to be cheaper mid-week, so it can be worth using those vacation days in lieu of weekend escapes. And finally, the sweet spot for hotel deals

is exactly 21 days out. So keep timing in mind.

4 WORK WITH A TRAVEL ADVISER

In most cases, DIY can be a money saver, but that's not always the case when it comes to travel planning. Working with a professional can save you anywhere from 15-30% depending on the destination and type of trip. Additionally, travel advisers have access to value-added perks such as room upgrades, free meals, transfers or even spa credits. A handful of services available through some travel advisers, such as hotel bookings, are free! If there is a fee, just weigh the trip savings against the costs to make sure the service is worth it.

5 USE PLASTIC

Using credit cards whenever possible is an easy way to make sure you reap every tiny benefit, by earning credit for your travel purchases. Any points gained during the trip could be used to offset the costs of your travel experiences. Several card companies offer travel rewards products, which reward points for purchases made toward travel expenses. Some even give perks and points toward specific hotels and airlines, getting you anything from free Wi-Fi to free rooms and flights! And when abroad, you'll get the best currency exchange rate with credit. So, go ahead and flash your plastic — everything adds up!



Are you always finding a reason to skip the gym? You're not alone! Here are five of the most common workout excuses and the reasons why they don't hold water, so you can finally win the fight against your biggest fitness obstacle — your own mind!

"I'm so beat from my workday. I just don't have the energy for a workout."

Why it deserves sympathy:

By the time evening rolls around, the last eight hours have taken their toll. It can be impossible to muster the energy for an end-of-day trip to the gym.

And why it doesn't:

Mornings provide all the extra time needed to get in a workout. Simply set your alarm earlier. Even 20 minutes of high-intensity exercise before heading to the office will get your heart rate up and metabolism going.

"It's cold outside! I don't want to brave the elements to get to the gym."

Why it deserves sympathy:

It's true — winter can be brutal.

And why it doesn't:

There are infinite ways to get a workout without leaving the comfort of your home! Purchase home gym equipment, subscribe to a YouTube fitness channel or check your favorite online fitness publication for an at-home routine. You'll get the high of accomplishment without the arctic body shock of stepping outside.

"I'm coming down with a cold. I don't want to make my illness worse."

Why it deserves sympathy:

Battling a cold is the worst. It causes congestion, achy muscles and fatigue.

And why it doesn't:

While rest is important for any sickness, studies show that exercise doesn't increase the intensity or duration of a cold. In fact, keeping to your fitness schedule so that you remain active can actually help. So unless you are truly down for the count, you should still get physical.

"I travel too much for business. I can't workout when I'm on the road."

Why it deserves sympathy:

Flying frequently is tough. It makes holding onto our exercise and diet plans really difficult, not to mention the travel fatigue.

And why it doesn't:

Being on the road can actually be good for your fitness regimen. Most often, there is a gym inside your hotel (eliminating excuse number two), reducing the time and effort required to get in a workout. You're also away from many common exercise distractions, like family, friends and couches. Try reframing your business trips as a way to sneak in extra "me" fitness time, instead of an excuse to abandon your routine.

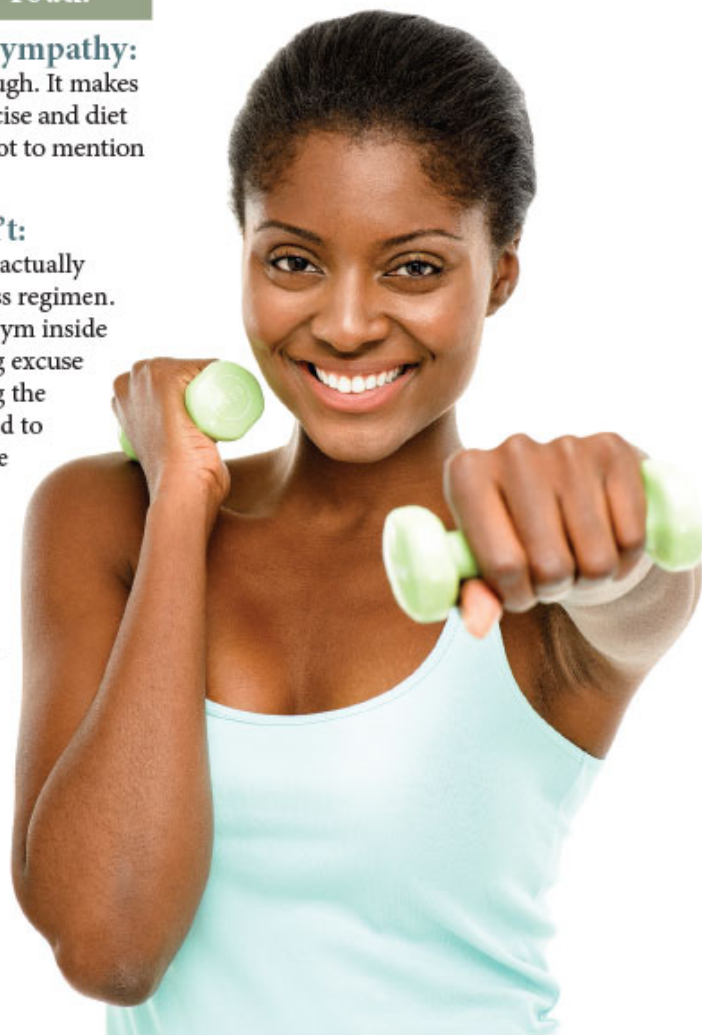
"I can't workout on the weekend. I'm way too hung-over."

Why it deserves sympathy:

Ouch! The morning after having a few too many drinks is never fun.

And why it doesn't:

When you're in this state, none of the things that sound good — greasy food, staying in bed all day or more booze — are actually good for you. Instead of falling into that trap, drink lots of water, eat an apple or other healthy snack, take a pain reliever if necessary and hit the gym! A good cardio or yoga session could help set you straight.



DRINK / LOVE POTION

This aphrodisiac-laden cocktail is a perfect way to set the mood on Valentine's Day. This recipe makes enough vanilla elixir, chili elixir and coconut sea salt for eight drinks; everything will last in the fridge for up to two weeks!

WHAT YOU'LL NEED

For the coconut sea salt:

$\frac{2}{3}$ cup unsweetened coconut flakes

$\frac{1}{3}$ cup fine sea salt

For the chili elixir:

5 small hot chilies cut into long, thin strips

16 ounces distilled or tap water

For the vanilla elixir:

8 ounces pure vanilla extract

8 ounces distilled or tap water

For a single Love Potion:

2 ounces rum

Juice of $\frac{1}{2}$ lime

$\frac{1}{8}$ cup coconut sea salt

1 tablespoon sweetened cocoa powder

1 ounce chili elixir, or more to taste

1 ounce vanilla elixir

1 ounce simple syrup

Ice

4 ounces soda water

DIRECTIONS

Make the coconut sea salt:

In a food processor, process the coconut flakes and salt until fully combined, about 1 minute — the mixture will be light and fluffy.

Make the chili elixir:

In a small saucepan, bring the chilies and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, about 15 minutes.

Make the vanilla elixir:

In a small saucepan, bring the vanilla and distilled or tap water to a boil over high heat. Reduce the heat to moderately low and simmer, uncovered, until reduced by half, about 5 minutes.

Make the Love Potion:

For one drink, pour the lime juice onto a small plate and spread the coconut sea salt on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the coconut sea salt to lightly coat.

In a cocktail shaker, combine the cocoa powder, chili elixir, vanilla elixir and simple syrup. Shake vigorously until well combined. Add ice to the prepared glass, then strain the mixture into the glass. Add enough soda water to fill, then stir to incorporate.

Courtesy of epicurious.com



FEBRUARY'S TIPS FROM INTERIOR DESIGN STAR TY PENNINGTON

Courtesy of
Ty Pennington Design Team



Don't just close the door on the chaos in your closets. It's easier than you think to restore order. First step? Remove everything, vacuum and purge. Donate wearable clothing, shoes and accessories to favorite charities. Recycle worn-out linens as cleaning rags. Take advantage of the wide variety of DIY storage systems and gear that fosters organization, like bins and racks. From now on, instead of rummaging, you'll just grab and go.

1 - SOFT TOUCH

Wire shelving systems are easily adjusted to make way for towels, comforters and pillows in the linen closet. Unless you're a mix-and-match person, keep sheet sets together rather than separating flat and fitted. Slide the sheets inside the pillowcase, and shelve by room — master, kids and guest. Towels make sense and look good stacked according to color. Always put freshly

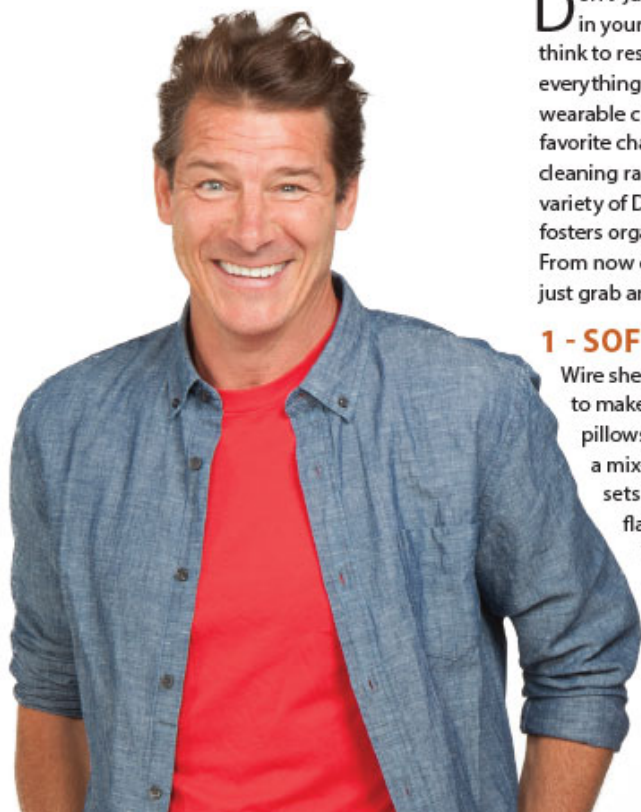
laundered towels on the bottom to assure an equal rotation. Hand towels and washcloths live happily in pullout wire bins. For easy access, gather backup toiletries and supplies together in attractive baskets.

2 - OPEN AND SHUT

The leftover footage beneath shelves is a natural berth for heavy off-season blankets and throws. Hide them safely away from pests and dust in clear boxes or blanket bags.

3 - HOT RODS

Hanging rods at different heights maximizes vertical space and affords twice as much storage in your clothes closet — and who couldn't use that? Line up shirts on the top, pants and skirts below, and leave some room for longer items to prevent scrunching. Matching hangers — not wire ones — are better for your clothes and will glide along the rod better than a mismatched jumble. An over-the-door hook is a handy perch for dry cleaning.



4 - SHELF LIFE

Vertical cubbyholes are the perfect home for scarves, tees and sweaters. Hide special-occasion garb and gear up high in lidded boxes to protect contents. Label them so you can quickly ID what's inside. Park shoes on the floor or in a tiered shoe rack, shifting seasonal footwear — summer flip-flops, winter boots — up front. A hanging shoe bag is another option.

5 - GRAND ENTRANCE

Hall closets are traffic central. To make the most of your storage from floor to ceiling, start by dividing the space into zones to accommodate all ages — a lowhung rod (generally 42 inches from the floor) for kids' coats and higher rods for adults. Simple stacking shelves on the floor corral running shoes and boots. Stash scarves, hats and mittens in see-through containers or wire baskets.

6 - DIVIDE AND CONQUER

Label shelves (or baskets) in a closet with the names of everyone in the family. This arrangement means each person can just toss stuff into their designated spot and not have to dig through a huge pile when rushing out the door.



RULES OF ORDER

There are all kinds of ways to transform an unruly closet. Try some of these to reign in the turmoil once and for all.

Do get a fresh start. Clean the closet, vacuuming and dusting shelves thoroughly before putting items back in.

Don't forget to decorate. Paint or wallpaper the inside of the closet with a color or pattern you love but might not have the guts to use in a whole room.

Do add a light for convenience. If hiring an electrician isn't in your budget, easily mounted battery-operated lights also do the trick.

Don't use flimsy wire hangers. Not only can they leave rust marks, they give clothes a funky shape. Padded hangers are best for delicate blouses. Wood hangers with elongated necks are prime for keeping tailored suit jackets looking sharp. Outfit kids' closets with tubular plastic hangers in lollipop colors.

Do incorporate sturdy hooks or a peg rail in the back or along the sides of a deep closet to hold bags, umbrellas and other stray items you want off the floor.

Don't let a small closet get the best of you. Shop for storage containers that make the most of space, like hanging shoe bags and clear stacking boxes.

Do subdivide drawers with tray organizers that line up willy-nilly socks, keep lingerie and hosiery sorted and corral small accessories. Belt and tie racks, hanging from the closet rod, do a similar job.

Don't let folded clothes or towels get messy. Use shallow baskets or canvas boxes to keep piles neat, or look for clear plastic dividers that clip onto shelves to stop stacks from tipping over.

Do utilize the back of the door. A hanging vinyl shoe bag stops pairs of flats and slippers from getting separated, and in the hall closet, it can help keep gloves and mittens sorted.

Don't overfill your closets. Cramming can wrinkle clothes and make everything hard to find. If tight for space and an item could live someplace else, like the attic or garage, move it.



Many cooks already subscribe to the two-handed cooking rule when in the kitchen — right hand for cooking utensils, left hand for cocktails. Whether you drink or not, alcohol can add a rich, complex flavor to many dishes. From a red wine-laced Bolognese sauce to a beer-battered tempura, alcohol is popular in recipes in most professional kitchens. Here's a basic primer on the rules of cooking with alcohol and three killer recipes to make for your Valentine this year!

RULE #1

Of course, creativity is welcome when cooking, but here's a loose field guide for flavor pairing food and libations:

Types of alcohol	Best food pairings
WINE: Sauvignon Blanc, Rosé, Champagne BEER: Lagers, hefeweizens	White delicate fish, salads, mild cheese and fruit
WINE: Pinot Noir BEER: Wheats	Meaty fish, grilled vegetables or lighter meats — chicken, pork, veal; pasta with cream sauce
WINE: Merlot, Cabernet Sauvignon BEER: Heavy brown ales, porters, stouts SPIRITS: Dark spirits	Red sauce pastas, red meats, especially steak, grilled and smoked foods, sharp cheeses

RULE #2

Don't cook with anything you wouldn't drink! There's no need to waste your most expensive wine while cooking, but take a sip of whatever you're about to add to your dish, just to make sure it passes the taste test.

RULE #3

Remember that alcohol is highly flammable! Always pull the dish off the heat before adding your spirits.



Courtesy of artofmanliness.com

Penne a la Vodka

WHAT YOU'LL NEED

- 1 pound dried penne pasta
- 1 pound Italian sausage, casings removed
- 4 tablespoons unsalted butter
- 1 onion, finely diced
- ½ teaspoon kosher salt
- 2 cloves garlic, minced
- 1 teaspoon red pepper flakes
- 1 pound button mushrooms, sliced
- 16 ounce can crushed tomatoes
- 1 cup heavy cream
- 2 tablespoons vodka
- 4 cups loosely packed spinach leaves
- Parmigiano-Reggiano grated cheese

DIRECTIONS

Brown sausage in a cast-iron skillet over medium heat until cooked through; remove and drain on paper towels.

Melt butter in the same skillet; add onions and salt and sauté until tender, about 6-8 minutes.

Add garlic, red pepper and mushrooms; cook until mushrooms are tender, about 5 minutes.

Add tomatoes, cream and vodka, and return the sausage to the pot. Allow the mixture to come to a slow simmer, reduce heat to low and simmer 10 minutes, uncovered.

Cook pasta in salted water until al dente. Drain and keep warm.

Fold in the pasta, followed by the spinach, and toss until spinach is wilted and incorporated. Serve with grated cheese.

+ PRO TIP

Generally, lighter colored beers, wines and spirits tend to go best with lighter colored proteins, sauces and cheeses. As the alcohol gets darker, so should your pairings.

Red Wine Filet

WHAT YOU'LL NEED

4 tablespoons unsalted butter, divided
2 8-ounce filet mignons, at room temp
Kosher salt
Fresh cracked pepper
1 tablespoon shallot, minced
½ cup cabernet or Syrah wine
½ cup beef stock

DIRECTIONS

Preheat oven to 425 degrees F.

Heat a cast-iron skillet over medium-high heat and season filets with salt and pepper. Add butter and sear filets, undisturbed, 2-3 minutes. Flip filets, then put skillet onto the bottom rack of the oven for 5-7 minutes (or until internal temperature is 135 degrees F for medium rare/medium). Remove filets from oven, tent with foil to keep warm and rest.

Place cast-iron skillet back on stovetop over medium-high heat and sauté shallots for 1-2 minutes. Deglaze pan with wine, and reduce mixture by half. Add stock, and again reduce mixture by half.

Remove from heat, add remaining butter, and season the sauce to taste with salt and pepper. Serve sauce with steak.



Courtesy of artofmanliness.com

Peach Bourbon Granola Cobbler

WHAT YOU'LL NEED

8 peaches, peeled and sliced
(6 to 8 cups)
¼ cup bourbon
¾ cup sugar, plus more for top
2 tablespoons cornstarch
1 teaspoon ground cinnamon,
plus more for top
1½ cups all-purpose flour
2 teaspoons baking powder
½ teaspoon kosher salt
2 sticks cold unsalted butter
¾ cup heavy cream, plus more
for brushing
1 quart vanilla ice cream, for serving

DIRECTIONS

Preheat the oven to 375 degrees F. Combine the peaches, bourbon, ¼ cup sugar, the cornstarch and cinnamon in a large bowl and toss to coat.

Sift the flour, the remaining ½ cup sugar, baking powder and salt into a bowl. Cut 1 ½ sticks of the butter into small pieces; add to the flour mixture and cut it in with a pastry blender or your hands until mixture looks like coarse crumbs. Pour in cream and mix just until the dough comes together. Don't overwork; the dough should be slightly sticky but manageable.

Melt the remaining ½ stick butter in a 10-inch cast-iron skillet over medium-low heat. Add the peach mixture and cook gently until heated through, about 5 minutes. Transfer the mixture to a 2-quart baking dish (or leave in the skillet). Drop the dough by tablespoonful over the warm peaches (there can be gaps because the dough will puff up and spread as it bakes). Brush the top with some heavy cream and sprinkle with sugar and a little extra cinnamon.

Bake in the oven on a baking sheet (to catch any drips) until the cobbler is browned and the fruit is bubbling, 40 to 45 minutes. Serve warm with vanilla ice cream.

Courtesy of foodnetwork.com





Increasingly we're told that our genes hold the key to so much of what makes us tick and what might plague us in the future. In fact, logging your family's history for patterns of disease can provide some real insight into what lies ahead. Good news is that scientists are also learning more about how the foods we eat affect those genes, and studies show that certain nutrients are so powerful, they can actually turn off genes related to specific diseases! Consider incorporating these edible prescriptions into your diet to counteract your DNA—and maybe even control your destiny.

Is your family disease history unclear? Consider going to a geneticist! These specialists can give you all kinds of insight into your DNA so that you can get on track for the healthiest you.

Eat To Beat: **Alzheimer's** **Disease**

The gene variant:
APOE4

What it does:
Increases your risk of Alzheimer's disease (and high cholesterol) by making your body more sensitive to the damaging effects of saturated fat—a big contributor to the condition.

What you can do:
Go vegan. Meals low in saturated fats and high in veggies and plant-based monounsaturated fats like olive oil, nuts

and seeds hold the nutritional keys to keep these genes at bay. Try losing the fatty meats and dairy one meal at a time throughout your week to adjust. And if you can't go cold turkey, try saving your meat and dairy consumption for special occasions only.

Eat To Beat: **Obesity**

Variants of genes:

NRXN3, FTO, FAIM2, MC4R, MSRA and TFAPB2

What they do:

Together, these genes increase the chance that you'll pack on extra pounds, particularly around your middle.

What you can do:

Focus on cutting out sugar and consuming more calcium-rich foods to protect yourself from your fat-hoarding DNA. Lowfat cheeses and yogurts, leafy greens, white beans and almonds are all packed with calcium goodness and have been shown to shrink dangerous belly fat.

Eat To Beat: **Macular Degeneration**

The gene variants:

ARMS2 rs10490924 and CFH rs1061170

What they do:

Increase your risk of age-related macular degeneration, potentially by triggering an immune response that leads to inflammation and retina damage.

What you can do:

Eat more lutein and zeaxanthin-rich foods, such as spinach, collards, green beans, Brussels sprouts and oranges to drop your risk factor for this disease by up to 40%. Take that genes!

Eat To Beat: **Heart Disease**

The gene variant:

9p21

What it does:

Doubles your risk of having a heart attack, potentially by thickening the heart muscle.

What you can do:

Ditch the sugar, gluten and corn products and eat a diet rich in anti-inflammatory foods instead. Sardines, green vegetables, gluten-free grains and raw nuts can all lower your risk of a heart attack to that of someone without the gene, so you can keep your ticker happy for the long haul.

Eat To Beat: **Colon Cancer**

The gene variants:

FADS1 and FADS2

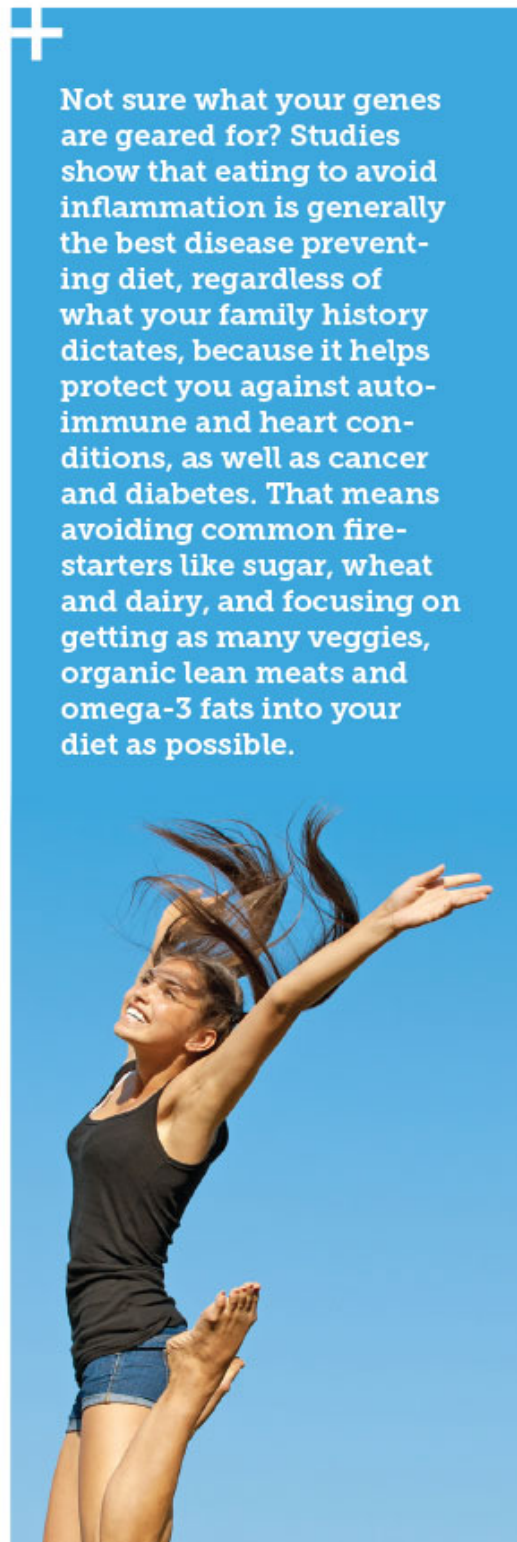
What they do:

Increase your risk of colon cancer by boosting concentrations of pro-inflammatory omega-6 fats in your colon.

What you can do:

Eat a Mediterranean-style diet low in omega-6 fat and high in omega-3 which can cut inflammation levels by up to 16%. That means olive oil instead

of canola, wild-caught fish instead of chicken and loads of peas, broccoli, kale, cabbage, garlic and egg yolks, all of which may turn on tumor-fighting genes.



Not sure what your genes are geared for? Studies show that eating to avoid inflammation is generally the best disease preventing diet, regardless of what your family history dictates, because it helps protect you against autoimmune and heart conditions, as well as cancer and diabetes. That means avoiding common fire-starters like sugar, wheat and dairy, and focusing on getting as many veggies, organic lean meats and omega-3 fats into your diet as possible.

MUSIC / TOP TEN '80s LOVE SONG PLAYLIST

1 DRIVE

The Cars

2 DON'T DREAM IT'S OVER

Crowded House

3 RED RED WINE

UB40

4 NEVER TEAR US APART

INXS

5 THE WAY YOU MAKE ME FEEL

Michael Jackson

6 WITH OR WITHOUT YOU

U2

7 LOVE SONG

The Cure

8 SWEET CHILD OF MINE

Guns N' Roses

9 TIME AFTER TIME

Cindi Lauper

10 IN YOUR EYES

Peter Gabriel



MOVIES / NEW FLICKS IN FEBRUARY

Release dates subject to change.

SEVENTH SON

Genre(s): Adventure, Fantasy
Release Date: February 6

Starring: Jeff Bridges, Julianne Moore, Ben Barnes, Olivia Williams

"Seventh Son" is the story of Master Gregory, a knight who centuries ago battled to capture a dangerously powerful dark witch and whose constant fears that she would someday return are horrifically realized. When she escapes her prison and vows to seek vengeance, throngs of evil followers rally to her side. As her forces and powers grow and she prepares to unleash her terrible wrath on an unsuspecting world, Master Gregory must rise up once more to defeat her dark powers and restore peace and goodness to the world. Too old to face his ancient foe, he has only until the next full moon to train his new apprentice, to fight for the fate of mankind – the seventh son of a seventh son.

JUPITER ASCENDING

Genre(s): Sci-Fi, Adventure
Release Date: February 6

Starring: Channing Tatum, Mila Kunis, Sean Bean, Eddie Redmayne

By day, Jupiter Jones feels like an unremarkable and common American story – a cleaning lady dealing with a seemingly endless string of bad breaks. But at night, Jupiter dreams of the stars, of worlds beyond her own and even of her own birth beneath a night sky, and a quiet voice inside whispers of a greater destiny. Only when Caine, a genetically engineered ex-military hunter, arrives on Earth to track her down and help her connect to her visions does Jupiter begin to understand her place in the world. Caine explains that Jupiter's genetic signature marks her as next in line for an extraordinary inheritance that could alter the balance of the cosmos. Darker powers in the universe work to prevent her from reclaiming her throne and leading her people, while Caine slowly teaches her how to harness her birthright and rise up to own her fate.

THE SPONGEBOB MOVIE: SPONGE OUT OF WATER

Genre(s): Animated Comedy, Family
Release Date: February 6

Starring: Tom Kenny, Bill Fagerbakke, Rodger Bumpass, Clancy Brown

Beloved SpongeBob and his gang of endearing friends embark on a quest that takes them into the real world. Navigating reality in order to discover a stolen recipe, the gang battle a pirate to steal a magic book. SpongeBob transforms into a superhero named Invincibubble, while Patrick becomes Mr. Superawsomeness; Sandy becomes a real-life squirrel; Mr. Krabs becomes the Iron Man-like Sir Pinch-a-lot; Plankton becomes a yet unknown Hulk-like superhero; and Squidward becomes Sour Note. Super-powered with their new superhero alter-egos, the crew tumbles and fights through all kinds of adorable turbulence and desperately tries to save the day.

FIFTY SHADES OF GREY

Genre(s): Drama, Romance
Release Date: February 13

Starring: Jamie Dornan, Dakota Johnson, Rita Ora, Luke Grimes

When the self-conscious and curious character of Anastasia Steele, a literature student, goes to interview the wealthy Christian Grey, she encounters an attractive, brilliant and intimidatingly mysterious man. The innocent and naive Ana finds herself desperate to get close to him. Christian admits he wants her too but on his own terms. Despite of the embellishments of success, his multinational businesses, his vast wealth and his loving family, Grey is consumed by the need to control. Ana gets swept into a world of sexual exploration and intensity that she could never have imagined. "Fifty Shades of Grey" is the racy, globally anticipated film adaptation of the book that has become an international phenomenon – selling more than 90 million copies, in 52 languages.

KINGSMAN: THE SECRET SERVICE

Genre(s): Comedy, Family
Release Date: February 13

Starring: Colin Firth, Taron Egerton, Michael Caine, Mark Strong

Based upon the obsession, comic book "Kingsman: The Secret Service" tells the story of a super-secret spy organization that recruits an unrefined but promising street kid into the agency's ultra-competitive training program, just as a global threat emerges from a twisted tech genius. A compelling, action-packed classic tale of a veteran taking a young upstart under his wing, to battle superb villains and save the day, this will satisfy both a superhero fix and an eccentric and offbeat comic persuasion.

HOT TUB TIME MACHINE 2

Genre(s): Comedy
Release Date: February 20

Starring: Rob Corddry, Craig Robinson, Clark Duke, Adam Scott

When quirky and hilarious Lou finds himself in trouble, his buddies Nick and Jacob fire up the trusty hot tub time machine in an attempt to get back to the past and remedy his situation. They inadvertently veer off course and land in the future, instead of going back in time. This motley gang must navigate the confusing future-world, and ultimately alter the future in order to save the past, which is really the present.



Enjoy

THIS ISSUE IS BROUGHT TO YOU BY



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FEBRUARY 2015



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