



THE RUNNING MAN (Blu-ray) Paramount Pictures

Arnold Schwarzenegger leads this thrilling, big-screen action blockbuster remastered for Blu-ray. Set in a dystopic 2017 Los Angeles — now a police state in the wake of the global economy's total collapse — *The Running Man* is the hottest-rated reality competition series, where condemned criminals are given a chance for freedom by running through a gauntlet of heavily armed killers known as "Stalkers." When an ex-cop (Schwarzenegger) is wrongly convicted of a violent crime, he finds himself on the series in the company of other prisoner "contestants." Featuring an unforgettably motley supporting cast including: Yaphet Kotto, Maria Conchita Alonso, Jim Brown, Jesse Ventura, Toru Tanaka, Mick Fleetwood, Dweezil Zappa and Richard Dawson. A game nobody survives ... but Schwarzenegger has yet to play.

THE GOOD SHEPHERD (Blu-ray)

Mill Creek Entertainment
Matt Damon, Angelina Jolie and Robert DeNiro star in this powerful thriller about the birth of the CIA. Edward Wilson (Damon) believes in America, and will sacrifice everything he loves to protect it, but as one of the covert founders of the CIA, Edward's youthful idealism is slowly eroded by his growing suspicion of the people around him. Everybody has secret ... but will Edward's destroy him? A gripping, spellbinding masterpiece with an all-star cast including: Alec Baldwin, Billy Crudup, William Hurt, Michael Gambon, Timothy Hutton and John Turturro. The untold story of the most powerful covert agency in the world.

ELI ROTH PRESENTS DREAM EATER (Blu-ray)

Mill Creek Entertainment
During their holiday at a cabin deep in the snowy Laurentian Mountains, Mallory documents her boyfriend Alex's violent parasomnia. When his sleepwalking gets worse, Mallory suspects the cause may be something far more sinister than a mere sleep disorder. Using her expertise as a documentary filmmaker, Mallory digs into Alex's shadowy past and begins to unravel a decades-long mystery steeped in trauma and the occult. As darkness closes in, and ancient evil awakens — plunging the couple into a downward spiral of madness and horror that threatens to destroy more than just their relationship. By the time the end credits roll, *Dream Eater* will have you questioning who you questioning who you're really sleeping next to at night. A film that won't let you sleep.

THE CHASE (Blu-ray)

Mill Creek Entertainment
Bubber Reeves (Robert Redford) escapes prison and sets his sights on returning to his small hometown in Texas, where his lonely wife Anna (Jane Fonda) seeks comfort in the arms of another man. The local sheriff, Calder (Marlon Brando), who believes Reeves is innocent of the crime that put him behind bars, struggles to maintain order amidst rising panic.

Robert Duvall, Angie Dickinson, Janice Rule, E.G. Marshall, and James Fox round out the superb caducer Sam Spiegel's gripping tale of justice and betrayal. A breathless, explosive story.

NOT WITHOUT HOPE (DVD) Ketchup Entertainment

In a gripping true story from a New York Times best-seller, friends Nick Schuyler, Will Bleakley, and NFL players Marquis Cooper and Corey Smith face disaster when their boat capsizes in the Gulf of Mexico. Battling massive waves, sharks, dehydration, and hypothermia, they cling to hope as Captain Timothy Close and his Coast Guard crew launch a daring rescue through a raging storm to save him. Based on a true story, *Not Without Hope* stars Zachary Levi and Josh Duhamel.

EVIL NUN (DVD) Greenfield Media 1

When a Catholic youth ministry is invited to spend the night in a vacant Mexico church, they find themselves suddenly trapped by the ghostly apparition of a vengeful nun. Now their only hope is to break the curse before she claims them all, one deadly sin at a time. A ghoulishly haunting nightmare!

POPPY (DVD) IndiePix Films

Nineteen-year-old Poppy Simpson is an irrepressible young woman with Down Syndrome and an assumption she should get to do what everyone else does — have a job, drive a car, get married. Holding her back is Dave, her older brother and only family since the death of their parents. Poppy and Dave work together in their inherited car repair business, and its clear Poppy has mechanical smarts. But her super-protective brother doesn't think she's up to getting her driver's license or the apprenticeship she was promised by their late father. Quietly rebellious, Poppy secretly begins to teach herself to drive. And it's not until she teams up with an old school friend who needs his car fixed in time to enter the local burnout competition that her plans progress in this acclaimed feel-good drama.

PICTURE OF A NYMPH (Blu-ray) 88 Films

A hauntingly beautiful tale of love, art, and the supernatural, *Picture of a Nymph* (1988) stars Yuen Biao in one of his most tender and visually stunning roles. Set in ancient China, the story follows a gentle scholar whose chance encounter with a mysterious young woman leads to a love that transcends the boundaries of life and death. But when he unwittingly releases a vengeful demon from centuries of imprisonment, the spirit of his beloved becomes the demon's only hope for regaining power. To protect her, the scholar paints her likeness, allowing her to hide within the portrait — but his devotion soon draws the wrath of dark forces. Blending romance, fantasy, and dazzling martial arts spectacle, this film is a visually rich masterpiece of Hong Kong cinema that captures the eternal struggle between passion, sacrifice, and destiny.

The time has come, the walrus said,

TO TALK OF MANY THINGS of shoes and ships and sealing wax of cabbages and kings

by Sal Giarratani

SAD NEWS ON PAGE ONE OUT OF IRAN

Last Friday, the Page 1 headline of the *NY Post* was quite sad. Seems the mullahs in charge in Iran are still hanging on and are now publicly executing teenage protesters.

Saleh Mohammadi, a 19-year-old wrestling star was executed for participating in anti-government protests in Iran, as the ayatollah's regime and its boots on the ground attempt to retain control over domestic unrest amid relentless bombardment by U.S. forces.

It is looking more and more that there is no regime change coming anytime soon. When all is said and done, was this

current war with Iran even necessary? You tell me.

TRUMP'S UNKINDNESS ON MUELLER AN OFFENSIVE MOVE

We all know there was no love lost between Robert Mueller and President Trump but his public reaction seemed pretty crass. When asked Trump stated a one worded response "Good" and that response to me was undignified. When I was growing up I was taught that if you have nothing good to say about someone, say nothing. However, Trump shows that's not his style, it only makes him look like an unfeeling dumb guy. I didn't like what Mueller did. It looked like he was trying to railroad Trump but when the guy

died recently at 81 years old, the last thing out of anyone's mouth should be GOOD because that's not a good response. It's cheap and Trump needs to be better than that.

FLORIDA KEEPS KISSING COUSINS

A Florida measure to ban marriage between first cousins went down in defeat a few weeks back after a bill this measure was tucked into failed to pass the state legislature.

Legislators are hoping to bring the measure back again in the next session.

I was also surprised to learn that 16 states including New York and New Jersey are among those states allowing first cousins to canoodle.

Raise Your Garden to New Heights

by Melinda Myers



Raised bed vegetable gardens make planting, weeding and harvesting easier.

Photo by www.MelindaMyers.com

Elevated and raised bed gardens can expand your planting options and make planting and maintenance easier and more convenient. You'll be able to plant, weed and harvest with minimal bending or even from the luxury of a chair or bench.

Elevated gardens are basically containers on legs. You can find plans to make your own or purchase one from your local garden center or garden supply retailer. Consider one on wheels or add your own for ease of moving. You'll be able to move your garden into the sun or shade as needed each day or out of the way when you entertain.

Set the garden in place first. Once filled with soil, it will be very heavy and difficult to move unless you have added wheels. Those who garden on a balcony should confirm the space will hold the weight of the elevated garden bed once it is filled with moist soil and mature plants.

Including raised beds in your gardens and on or near your patio is another way to increase planting space and easier access. Purchase a prefab raised bed or make your own from a long-lasting material such as interlocking block, fieldstone, plastic lumber or naturally long-lasting wood. Consider the available space, your gardening goals and one that provides a comfortable height for gardening. Select one with corners or edges suited for sitting or narrow sides to allow easy access from a garden bench.

Line the bottom of your raised bed with hardware cloth to reduce the risk of animals burrowing into your garden. Lay the hardware cloth over the ground and bend it up along the inside of the raised bed walls. Add a liner of landscape fabric to keep the soil in place when placing your raised bed on a patio.

A three- or four-foot width makes it easy to reach all parts of the garden for planting, weeding and harvesting. Raising your planting bed at least 8 to 12 inches improves drainage and provides an adequate space for most plants to root and grow. If you want to minimize bending, go higher or add benches to increase your gardening comfort and ease.

Your raised bed is complete or elevated garden is in place, fill it with quality planting mix. You can calculate the volume of soil that is needed yourself or use one of the many soil calculators available online.

Check the soil moisture regularly as the limited soil mass

and increased exposure to wind, heat and sunlight make raised beds dry out more quickly than in-ground gardens. Reduce the need for frequent watering by incorporating a certified organic and sustainable soil amendment, like Wild Valley Farms wool pellets (wildvalleyfarms.com). Research found adding these pellets made from 100% wool waste helps reduce watering by 25% and increases

air space in the soil for better plant growth. You'll only need a one-pound bag of these wool pellets to cover about 30 square feet if you add the pellets as you plant or it is enough to amend 12 gallons of soil when mixing thoroughly in your mix, following label directions.

Further boost your gardening success by selecting the best plants suited to the growing conditions and your gardening goals. In no time, you'll be enjoying the flavor and beauty these gardens provide.

Melinda Myers has written more than 20 gardening books, including the *Midwest Gardener's Handbook*, *2nd Edition* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" streaming courses and the nationally syndicated *Melinda's Garden Moment* radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and her website is www.MelindaMyers.com.