

Hard Day's Night

By Helen Marketti

Cleveland rocks! Cleveland has been the birth place of many rock and roll offspring. Each time you hear of a band hailing from the Cleveland area, there is a rush, an excitement and an opportunity to check out the band for yourself.

Fans are in for a "fab"-ulous time when they come out to see Beatles tribute band, Hard Day's Night. For those that want to relive the moments and hear the songs that made the Fab Four conquer the music world, then seeing this band will bring you back to those days. Baby boomers to generations X-ers all turn out to pay homage to a band that captures the sound, look and spirit of those four Liverpool lads.

Hard Day's Night has been together for over nine years. Though they have endured line-up changes over time, the one thing that remains the same is the authentic sound, fan following and a love for what they do.

"Ringo" (Glenn), "Paul" (Frank) and "John" (Mike) all have "day jobs" ranging from Ameritech employee, chemical sales rep. to working with prosthetic limbs. "George" (Jimmy) is "George" on a full time basis and is currently putting together a George Harrison tribute act.

What's the interest to be in a Beatles tribute band as opposed to being in "a band"? The answer is simple really... they love The Beatles and enjoy having a sense of knowing they are helping Beatlemania to carry on. Its a great way to pay tribute to a band that is still considered the number one band in the world!

How does one decide who will be Paul, Ringo, John and George? In addition to having musical talent and being able to play the same instruments as the Fab Four, it also helps to "look" the part as well. When Hard Day's Night was being formed, auditions were held to see who was the right fit to portray each Beatle. Once that was established then they began watching Beatle films, concert footage, television appearances and

so forth to learn the craft of becoming a "Beatle". Now its second nature and when you watch the band onstage you will see their craft has been perfected.

The chemistry and banter between band members is very reminiscent of the Beatles. Songs are played and sung with all of the "details"...(i.e. guitar riffs, mannerisms and occasional "Beatle" chit chat).

And what about the fans? In a word... WOW! Hard Day's Night fan base numbers well into the thousands. There are loyal devotees who show up for their gigs all across Ohio and even out of state! People are dancing, screaming, singing and swinging their love beads in the air. Others are tapping their feet and clapping their hands. Picture grown

women... somebody's mother, perhaps... standing at the foot of the stage and

screaming as if its actually 1966 all over again. (I told you this band was reminiscent of The Beatles!)

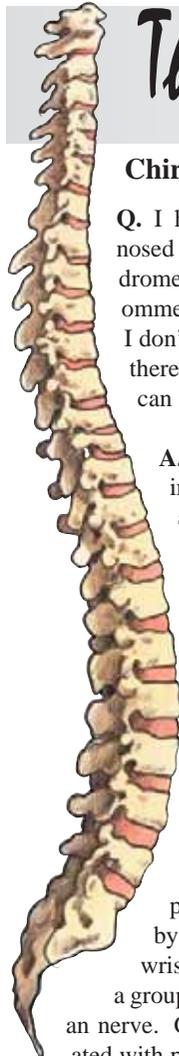
Hard Day's Night is considered to be the number one Beatles tribute band in the Midwestern United States! Their accolades include having performed in Liverpool, England at the Cavern Club with Pete Best during International Beatles Week. (Pete was The Beatles original drummer before Ringo Starr.) The Cavern Club was a local hang out in Liverpool where The Beatles played to lunch time crowds in the early 60's. (pre-Beatlemania days) Hard Day's Night have also performed for national clients such as Easter Seals, American Heart Association and Continental Airlines... just to name few. They also play for clubs and private parties. They have appeared on Cleveland television station FOX 8, PBS and CBS.

For more information on Hard Day's Night, check out their website: HardDaysNight.net which includes their performance schedule! So get your "Ticket to Ride" on the "Yellow Submarine" and remember this is "From Me To You".



The Spinal Column

By Darren L. Snodgrass, D.C.



Chiropractic Approach To Carpal Tunnel Syndrome

Q. I have recently been diagnosed with carpal tunnel syndrome. My regular doctor recommended that I have surgery. I don't want to have surgery- is there anything a chiropractor can do for me?

A. First of all, I think it is important for you to gain a better understanding of carpal tunnel syndrome. CTS is usually associated with a tingling, numbness and/or pain in the fingers, hand or wrist. They symptoms range from mild to severe, constant or sporadic. Similar conditions may also occur in the arm, shoulder or neck regions. The carpal tunnel itself is formed by the carpal bones in your wrist. Through the tunnel run a group of tendons and the median nerve. CTS is commonly associated with pressure on this nerve.

CTS affects as many as one in ten people who work with their hands and is even more common with people who perform repetitive tasks, such as secretaries, computer operators, etc. In these cases, it may also be called Overuse Syndrome.

The chiropractic approach is very different. As a chiropractor, I am more interested in finding out what is causing the symptom than in simply treating the symptom. The first area that I examine in a CTS case is not the wrist, but the neck. It is here that a group of nerves known as the brachial

plexus comes out of the mid to lower neck region, then branches out to the arms, hands and fingers.

If there is pressure on any of these nerves, especially the median nerve, the rest may be CTS. It is not uncommon to have neck involvement when the symptoms occur in both hands. Likewise, if there is pressure on the nerves in the shoulder area, elbows, or wrist, the symptoms may also appear. As a chiropractor, I adjust bones of the neck, known as the vertebrae, to relieve the pressure on nerves involved. It has been shown to be very effective in treating CTS by manipulating various carpal bones in the wrist to reduce the pressure on the tunnel itself. These small bones can easily become displaced, resulting in CTS. Taping, splinting and various forms of physical therapy can also be used.

It is also an important part of treatment to determine how CTS was first developed. For instance, if a patient develops CTS because they sit in front of a computer all day, it is important to determine in the chair, desk, keyboard and screen are set properly.

In conclusion, I feel that the chiropractic approach is an excellent choice for the treatment of CTS. It should definitely be considered before more aggressive treatment such as surgery is attempted. If you feel you could be suffering from CTS please feel free to contact my office for an examination.



Dr. Darren Snodgrass

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