

# HELP!

By Helen Marketti



For The Beatles, 1965 was quite a year. They performed their biggest concert at Shea Stadium in New York, made their final tour of the UK, were awarded MBE's (usually given to British Military) and starred in their second film, "HELP!"

Originally the film was going to be called, "Eight Arms To Hold You." "HELP!" is a combination of dramatic James Bond-like travels as well as comedy routines of escape, chase and rescue. The film centers around the obsession of a red jeweled ring worn by Ringo Starr that was sent to him by a fan. The ring is highly sought after by two different groups of people with their own plans, reasons and attempted modes of capture. John, George, Paul and Ringo find themselves being pursued by zany individuals who follow them through London, the Austrian Alps, Buckingham Palace, Salisbury Plain and finishing the trail in the Bahamas where the pursuit finally ends with the Scotland Yard Police.

Traveling to such unique places for the film came from the Beatles, themselves, who wanted to experience the ski slopes, thus sending them to the Austrian Alps and then wanting to explore and enjoy the warm, sandy beaches of the Bahamas.

Seven Beatle songs make their way into the film: "HELP!," "You're Going To Lose That Girl," "You've Got To Hide Your Love Away," "Ticket To Ride," "I Need You," "The Night Before" and "Another Girl."

John Lennon wrote the song, "HELP!" in just thirty-five minutes. Not only would the song be for the beginning and ending of the film's soundtrack, it would also serve as a cry for "help" on a personal level. John had revealed in later interviews that he had begun to feel stifled and confined with the success of The Beatles and wasn't enjoying it any more and writing that song was his way of crying out for help in the guise of a rock song.

"HELP! Behind the Scenes of the Beatles' Movie" is a new exhibit which opened on November 17 at the Rock and Roll Hall of Fame & Museum in Cleveland. The exhibit has been timed with the early November release of "HELP!" on DVD. The exhibit is on the museum's fifth floor and will be open through March of 2008.

Items on display include George Harrison's original script, costumes worn by the Beatles in the film, instruments played in the film, tickets to the U.S. premiere, call sheets, posters, press kits, photos and other promotional items.

These archive treasures that hold memories for one of the greatest rock band's of our time are on generous loan from the Beatles' organization Apple Corps. The current exhibit of "HELP! Behind the Scenes of the Beatles' Movie" is unique and "attention getting"...just like The Beatles!

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# The Spinal Column

By Darren L. Snodgrass, D.C.

## HOW HIGH HEELS AFFECT YOUR BODY

Question: I always hear that wearing high heels is bad for you. I am a 30-year-old professional woman and they have not bothered me so far.

Answer: You may be one of the lucky ones that are able to wear high heels without ill effect. More likely, you have not worn them long enough and have a good chance of developing problems down the road.

High heels push your center of gravity forward, tipping your pelvis like you are pregnant. This increases the curvature in your low back and can easily cause low back pain.

Excess force is also placed on your knees, which is a common site of arthritis for women. One study found that knee joint pressure increased by 26% with high heels. There is also a big increase in pressure on your forefoot (the ball of your foot). A one-inch heel causes 22% more pressure. Two-inch heel causes 57% more pressure and a three-inch heel

causes 76% more pressure on the ball of your foot!

If the front of your shoe is narrow, this can also increase pressure at the forefoot, possibly leading to Morton's neuroma. This causes thickening of a nerve resulting in numbness and pain in your foot. Calf muscles also become shorter and tighter. This causes more pulling on your heel, resulting in heel pain and Achilles' tendonitis. Ankle injuries are more common due to impaired balance. Who knows what type of injury you may have as a result of a fall?

If you must wear heels for appropriate dress, stay at 1 inch or less. Also do not use spiked heels, but keep the base wide and supportive. Also buy your shoes at the end of the day when your feet are swollen. If the shoe pinches, do not buy it. It is not the shoe that breaks in, but your foot.

If you develop back, knee or foot pain, get out of your high heels. If this doesn't work, see your chiropractor.



Dr. Darren L. Snodgrass

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