

New On DVD & Blu-Ray

The Magnificent Seven Collection The Magnificent Seven Academy Award® Winner* Yul Brynner stars in the landmark western that launched the film careers of Steve McQueen, Charles Bronson and James Coburn. Tired of being ravaged by marauding bandits, a small Mexican village seeks help from seven American gunfighters. Set against Elmer Bernstein's Oscar® Nominated** score, director John Sturges' thrilling adventure belongs in any Blu-ray collection. Return of the Magnificent Seven Yul Brynner rides tall in the saddle in this sensational sequel to The Magnificent Seven! Brynner rounds up the most unlikely septet of gunfighters—Warren Oates, Claude Akins and Robert Fuller among them—to search for their compatriot who has been taken hostage by a band of desperados. Guns of the Magnificent Seven This fast-moving western stars Oscar® Winner* George Kennedy as the revered—and feared—gunslinger Chris Adams! When a Mexican revolutionary is captured, his associates hire Adams to break him out of prison to restore hope to the people. After recruiting six experts in guns, knives, ropes and explosives, Adams leads his band of mercenaries on an adventure that will pit them against their most formidable enemy yet! *1967: Supporting Actor, Cool Hand Luke. The Magnificent Seven Ride! This rousing conclusion to the legendary Magnificent Seven series stars Lee Van Cleef as Chris Adams. Now married and working for the law, Adams' settled life is turned upside-down when his wife is killed. Tracking the gunmen, he finds a plundered border town whose widowed women are under attack by ruthless marauders. Outraged and outnumbered, he resurrects the Seven to take on the killers in this final, emotional battle!. *MGM*

The Man With No Name Trilogy The Sergio Leone "spaghetti westerns" did not simply add a new chapter to the genre...they reinvented it. From his shockingly violent and stylized breakthrough, *A Fistful Of Dollars*, to the film Quentin Tarantino calls "the best-directed movie of all time," *The Good, The Bad And The Ugly*, Leone's vision did for westerns what talkies did for all movies back in the 1920s: it elevated them to an entirely new art form. Fully restored, presented in high definition with their best-ever audio, and including audio commentaries, featurettes and more, these films are much more than the definitive Leone collection...they are the most ambitious and influential westerns ever made. *A Fistful of Dollars* The first true Spaghetti Western follows the exploits of a nameless drifter (Clint Eastwood) who wanders into a town torn apart by greed, corruption, and revenge. The clever, tough-talking gunslinger then plays the town's two feuding families off each other to his own benefit. As members of each family are planted in the ground, the gold in his pockets gets heavier and heavier. This violent remake of Akira Kurosawa's *Yojimbo* made Eastwood a star, and sparked two sequels--*For A Few Dollars More* and *The Good, The Bad And The Ugly*--to form what is now referred to as the Man with No Name trilogy. All three films starred Eastwood, featured Ennio Morricone's distinctive musical compositions, and were directed--in a wonderfully gritty style--by Sergio Leone. Although the film was not released in the United States until 1967, it was produced and released internationally in 1964. For *A Few Dollars More* n the second film in Sergio Leone's Spaghetti Western trilogy (*A Fistful Of Dollars* being the first and *The Good, The Bad And The Ugly* the last), the Man with No Name (Clint Eastwood) teams up with gunslinger Colonel Mortimer (Lee Van Cleef) in order to extract reward money from Indio (Gian Maria Volonte), a mean and vicious bandit. There is little doubt as to No Name's financial intentions in the hunt, but Mortimer seems to be driven by something a bit deeper. A series of flashbacks (which would become a Leone signature device) provides the background for Colonel Mortimer's anger and desire for revenge. Morricone's score combined with Leone's trademark long and lingering shots bring the viewer ever closer to the human side of the Man with No Name. Although the film was not released in the United States until 1967, it was produced and released internationally in 1965. Blondie (Clint Eastwood) and Tuco (Eli Wallach) are gunmen who admire each other professionally but dislike each other personally. Encountering a group of dying soldiers, Tuco learns the location of the graveyard where a Confederate treasure is buried, while Blondie learns the identity of the exact grave. Joined by mercenary drifter Angel Eyes (Lee Van Cleef), they cross the desert, each of the desperadoes knowing half the secret and each focusing his squinty eyes on the \$200,000 bounty. In a classic that puts style above substance, Italian director Sergio Leone uses vivid Cinemascope imagery to depict a bleak and bloody American West in this final installment of his collaboration with Clint Eastwood in the Man with No Name Trilogy. A prototype for the so-called Spaghetti Western genre, the film solidified Eastwood's position as a major international star with his stoic, brooding presence. Cinematographer Tonino Delli Colli's stunning visuals are a match for the vivacious Ennio Morricone score, one of the most recognizable in all of cinema. Although the film was not released in the United States until 1967, it was produced and released internationally in 1966. *MGM*

Behind Taliban Line his past Fall, an Afghan video journalist negotiated extraordinary access to a part of the country that has quietly reverted back to Taliban control. For close to two weeks, the journalist traveled a region that he found was now largely under control of the Taliban shadow government. He also tracked members of an insurgent cell working with members of Al Qaeda on a mission to sabotage a major U.S./NATO supply route. As the new U.S. strategy focuses on the south and eastern parts of the country, this film opens up a window onto a potential new front in the north, and sheds an important light on who's fighting the U.S. efforts in Afghanistan and why. Also in this hour: A report from Pakistan on the country's troubled public school system which is among the worst in the world, despite years of U.S. aid. *PBS*

Ten9Eight Shoot for the Moon A variety of inner-city kids from all backgrounds and ethnicities participate in the annual business plan competition held by the Network for Teaching Entrepreneurship (NFTE). Every nine seconds -- somewhere in America -- a teen drops out of high school. But not all teens are willing to become a statistic; many are willing to strive for greatness, but simply lack the basic tools and foundation to do so. In this documentary, filmmaker Mary Mazzio follows several underprivileged teens as they draw up business plans in an effort to beat the odds and realize their dreams of success. The competition comes to a head in New York City, where 35 of the 24,000 students who've entered vie for the 10,000-dollar prize that will allow them to launch their own business. Interactions with USA Network founder Kay Koplovitz, Home Depot founder Arthur Blank, and Boston Celtics owner Wyc Grousbeck, among others, help the contestants to realize that living the dream is possible for those willing to put in the hours and make the sacrifices. *PBS*

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The Book of Eli You think you've got it bad from global warming. In the future as depicted in *The Book of Eli*, a war of some magnitude ripped a hole in the sky and exposed the people below to the Sun's rays. Civilization has collapsed, and chapstick and designer sunglasses have become a new commodity. Whatever caused the war, what politics or science went into this, it doesn't matter. It's been thirty years since the Great Flash, and people have long since forgotten the hysteria that followed. Cannibalism, road bandits, and clean water are a bigger concern than what happened. That is, unless you're Eli (Denzel Washington). Eli is a righteous man on a warrior's path. He remembers that following the catastrophe, when people were looking for something to blame, religion became one of the scapegoats. Bibles were burned, their contents since forgotten by all but the very old--of which Eli is one. He has in his backpack what may be the last Bible in existence, and he's walking across the United States, heading west on the path of faith. Along the way, he encounters many an obstacle, but none he can't handle until he comes upon a town that lives under the thumb of Carnegie (Gary Oldman), half-tyrant, half-business man. Carnegie has been searching for a Bible, knowing that religion is a tool he can use to become even more powerful. Eli's intention is to share the Word of God with his fellow citizens, but he knows Carnegie is not the way to do it. *Warner*

Supernatural Season One The Creepy. The Demented. The Unexplained. The Unearthly. Sam Winchester (Jared Padalecki) grew up hunting such terrifying things. But that's all past. Law school beckons him. So does safety and normalcy. That is, until Sam's estranged brother Dean (Jensen Ackles) appears with troubling news: their father has disappeared, a man who's hunted evil for 22 years. So to find their father, the brothers must hunt what their father hunts... and Sam must return to the life he'd rather leave behind. Hold on tight for all 22 Season One Episodes of the edgy, hip series that has viewers in its grip and critics enthralled. Confront the Supernatural!. *Warner*

My Three Sons Second Season, Volume Two In these episodes from the second half of the beloved sitcom's second season, Fred MacMurray stars as Steven Douglas, a widower facing the rough-and-tumble life of a single dad raising three rambunctious boys. As he guides sons Mike (Tim Considine), Robbie (Don Grady) and Chip (Stanley Livingston) through romantic and other entanglements, Steve in turn relies on the help of his amiable father-in-law, Bub O'Casey (William Frawley). Disc 1 includes the following episodes: "Bub Gets a Job," "Le Petit Stowaway," "Robbie Valentino," "The Masterpiece," "A Holiday For Tramp" and "The Big Game." Disc 2 includes the following episodes: "Chip's Party," "Casanova Trouble," "The Pencil Pusher," "Innocents Abroad," "Robbie The Caddy" and "Coincidence." Disc 3 includes the following episodes: "Air Derby," "Too Much In Common," "Chug and Robbie," "Good Influence," "The Hippopotamus Foot" and "The Kibitzers" *Paramount/CBS*

Sisters Keeper A military-trained assassin is caught in a deadly quagmire of deception, family secrets, and forbidden love while attempting to carry out his last job in this thriller featuring Eric Roberts. Jacob Tate has seen his fair share of death, and now he's looking to get out of the game. His latest target is Diane Shaw, a small town schoolteacher who mistakes him for the brother she never met. Diane's mother vanished without a trace thirty years prior, and with the help of her brother she hopes to solve a lingering family mystery. Believing that salvation is in sight, Jacob assuredly assumes the role of Diane's brother. But the closer Jacob gets to Diane, the deeper he falls for her. Strangely, his feelings seem to be reciprocated by the confused Diane, who can't deny her attraction, but resists her instincts in an attempt to sort out her true feelings. Just as Jacob prepares to untangle his sordid web of lies, however, the same men who hired him show up to finish the job, and sins of Diane's mother reach down through the family bloodline. With their lives on the line, Jacob must now choose between being Diane's protector, or her most feared predator. *MTI*

Ghosts Of Machu Picchu By any standard, Peru's Machu Picchu checks in as one of the most endlessly intriguing man-made structures in the Western Hemisphere. Though it remains a symbol of the ingenuity that characterized Incan engineering, with advanced aqueduct systems and emerald green terraces, it was completely abandoned in the Middle Ages. Various unanswered questions linger, including the Incans' reason for building it in such an odd location (on the steep face of a mountain), the nature of the population that inhabited it, and of course the reasons for the abandonment itself. In this special from the PBS series NOVA, a group of archaeologists journey to Machu and investigate areas of the structure that haven't been touched since the Incas built it. They also embark on a "trail of clues" that initially surfaced in 1911, with explorer Hiram Bingham's discovery of the site itself. *PBS*

Peter Rabbit and other Fairytales Adventures The Super Readers help each other solve problems by searching for answers in classic fairy tales. Diving into the pages of the stories, the friends change certain events and apply the lessons they've learned to their real-life dilemmas. Geared toward kids ages 3 to 6, this collection of episodes from the animated series finds the Super Readers exploring "Peter Rabbit," "Tom Thumb," "Goldilocks and the Three Bears" and "Rapunzel." *PBS*

Word Girl Earth Day Girl Becky Botsford may seem like your average fifth grader, but she's got a secret alter ego: WordGirl, a superhero with a killer vocabulary who's dedicated to ridding the world of vicious villains and mangled metaphors. In this collection of episodes from the irreverent animated series, WordGirl matches wits with the likes of Lady Redundant Woman, Chuck the Evil Sandwich-Making Guy and the knitting needle-wielding Granny May. *PBS*

Faces of America Following his acclaimed PBS series, "African American Lives," Harvard professor Henry Louis Gates Jr. again explores the lineage of Americans, using DNA analysis and in-depth research to determine the ancestry of 11 notable individuals. Gates's guests for the diverse genealogy examinations include comedian Stephen Colbert, poet Elizabeth Alexander, actress Meryl Streep, author Louise Erdrich, chef Mario Batali, Queen Noor of Jordan and other *PBS*

Extreme Cave Diving Join a team of experts on a treacherous journey through an intricate underwater world of "blue holes" a network of caves in the waters off the Bahamas dating to the last ice age, before the sea level rose several hundred feet. The scientists discover previously unknown species of underwater creatures, fossils and other evidence that provides clues about animals that lived in the region, the planet's climate and more. *PBS*

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Elvis 75th Birthday Collection The king of rock and roll starred in films that were as entertaining and beloved as his legendary music. Featuring simple, powerful storytelling, iconic charm and high-energy musical numbers, these seven movies, selected in honor of Elvis Presley's 75th birthday, are a must-own addition to any DVD collection. Includes: *Love Me Tender: Special Edition*, *Flaming Star*, *Wild in the Country*, *Clambake*, *Frankie and Johnny*, *Follow That Dream & Kid Galahad*. *Love Me Tender* The year is 1865, and the three Confederate Reno brothers don't know the war has ended. They manage to steal a Union Army payroll, and head for home with the money. While Vance (Richard Egan) can think only of the love of his life, Cathy (Debra Paget), it turns out that the brothers have been reported dead, and Cathy has married their youngest brother Clint (Elvis Presley). Vance accepts this until he learns that Cathy still loves him. To complicate things, the U.S. Army knows of the brothers' theft and is hunting them down. *Flaming Star* In the years following the Civil War, Western Texas has become an uneasy meeting ground of two cultures; one white, the other Native American. Elvis stars as Pacer Burton, the son of a white rancher (John McIntire) and his beautiful Kiowan wife (Dolores Del Rio). When fighting breaks out between the settlers and natives, Pacer is pulled into the deadly violence despite his peacemaking efforts. *Wild In The Country* Can a sensitive therapist help a rough-and-tumble hayseed realize his true literary gifts? Glenn (Elvis Presley) has had his share of hard knocks -- including time spent behind bars -- but he has a talent and passion for writing that never fades. After he meets Irene, a social worker, Glenn finds confidence and affection, and their work together begets not only personal growth for Glenn, but the possibility of love for both. *Clambake* In the last of Elvis Presley's three 1967 releases, he stars as Scott, an oil heir who longs for a life free of expectations. So he trades lives with a water-ski instructor and seeks a mate who will like him for his personality and not his wealth. But he falls for a student (Shelley Fabares), who, ironically, seeks his help in landing a rich guy (Bill Bixby). Presley heads up eight musical numbers that feature plenty of girls and fast boats. *Frankie and Johnny* Johnny (Elvis Presley) is a riverboat entertainer plagued with bad luck, which doesn't help his gambling problem. But his unlucky streak ends when the beautiful Nellie Bly (Nancy Kovack) shows up. A little competition doesn't sit too well with Johnny's girl, Frankie (Donna Douglas), who has a shiny, new bullet with Johnny's name on it. It se, *Follow That Dream* Elvis Presley stars as Toby Kwimper, a naïve but upstanding down-home Georgia boy who moves with his scruffy family to the Florida coast. No sooner do Toby and family set down roots than a nosy social worker and a cantankerous land commissioner start to hassle the newcomers. Elvis's songs include "What a Wonderful Life," "Angel" and the title tune. *& Kid Galahad* This musical sports drama stars Elvis Presley as Walter Gulick, a discharged GI who returns to his rural hometown seeking work as an auto mechanic. But after talking to a local innkeeper who used to be a boxing manager (Oscar winner Gig Young), Walter decides to use his hands for fighting instead of fixing cars. Under the tutelage of training ace Lew Nyack (Charles Bronson), the rookie pugilist is transformed into the champion "Kid Galahad." *MGM*

Undisputed III: Redemption Eight Elite Fighters - prisoners from maximum security prison around the world - are brought together by a powerful underground gambling syndicate for a secret, survival-of-the-fiercest battle competition. The prize: freedom for the champion...and a payday of millions to the organizers. Except the syndicate really doesn't plan on allowing anyone to walk free. Scott Adkins (The Fearsome Weapon XI in *X-Men Original: Wolverine*) returns as Boyka in a spin-kicking, iron-fisted, ground-and-pound fury of martial arts mastery. With the odds against him overwhelming, Boyka will take on the syndicate his way. If his gambit works, it might send the whole scheme crashing down around them. *Warner*

Bleach Volume 28 This hit Japanese anime series based on the manga by Tite Kubo follows the adventures of spirit-seeing teen superhero Ichigo Kurosaki as he and his supernatural sidekick, Rukia Kuchiki, round up lost souls. Ichigo first inherits his powers from a wounded Rukia, who is in fact a shinigami, or soul reaper. Forced to live temporarily in an artificial human body, Rukia must combine her otherworldly abilities with Ichigo's. In Vol. 28 Rangiku Matsumoto and several other Soul Reapers arrive to help in the battle against the evil Bounts. Entering the cave hideout, they soon discover they've stumbled into a trap! Just in time to back up their comrades, Ichigo faces the Bount leader Kariya and must summon his bankai if he is to survive, while Uryû must rediscover his lost powers as well. Vol. 28 includes episodes 114-117 *Viz/Warner*

Youth in Revolt Youth In Revolt is a coming-of-age comedy that puts a fresh and outrageous stamp on a tale of adolescent obsession and rebellion. Based on the acclaimed novel by C.D. Payne, Youth In Revolt is the story of Nick Twisp - a unique, but affable teen with a taste for the finer things in life like Sinatra and Fellini - who falls hopelessly in love with the beautiful, free-spirited Sheeni Saunders (Portia Doubleday) while on a family vacation. But family, geography and jealous ex-lovers conspire to keep these two apart. With Sheeni's encouragement, Nick abandons his dull, predictable life and develops a rebellious alter ego: Francois. With his ascot, his moustache and his cigarette, Francois will stop at nothing to be with Sheeni, and leads Nick Twisp on a path of destruction with unpredictable and uproarious consequences. *Sony*

The Quake On January 12, 2010, Haiti was leveled by one of the most devastating earthquakes in recorded history. Those responsible for handling the catastrophe, including the Haitian state and the United Nations, were crippled by the magnitude of the disaster and struggled to respond. In the confused aftermath, survivors were left without food, water or shelter. Frontline correspondent Martin Smith and team arrived in Port-au-Prince within days, and in this powerful report, bears witness to the disaster and the ill-coordinated relief efforts in the poorest country in the Western hemisphere. Drawing on interviews with key officials and humanitarian experts from Port-au-Prince to New York, The Quake asks, can the world do better? And how? *PBS*

Small Island When Hortense (Naomie Harris) leaves her native island of Jamaica and lands in 1948 London, she dreams of making a better life for herself and expanding her social opportunities. Instead, she's confronted with racism and life's harsh realities. One of the harshest is her marriage of convenience to a man (David Oyelowo) she doesn't love. John Alexander directs this televised adaptation of Andrea Levy's award-winning novel. *PBS*

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Johnny Bravo Season One Join Johnny Bravo, the dim-witted, girl-chasing, muscle-flexing, sunglasses-wearing, clown-hating, mama-loving pretty boy as he karate-chops his way through 13 outrageous episodes of action-packed antics that'll rock your world! Guest Appearances from Scooby-Doo and the Mystery, Inc. gang along with celebrities like Farrah Fawcett, Adam West and Donny Osmond boost this 2-Disc Complete Season One Collection to hubba-hubba status. Play it Cool, like Johnny would, and play this heaping helping of pure Bravo. Disc 1 includes "Johnny Bravo/Jungle Boy in Mr. Monkeyman/Johnny Bravo & the Amazon Women," "Super Duped/Bungled in the Jungle/Bearly Enough Time," "The Sensitive Male/Bravo Dooby-Doo," "Date with an Antelope/Did You see a Bull Run By Here/Cookie Crisis," "I Used to Be Funny/My Fair Dork/Twas the Night," "Blarney Buddies/Over the Hump!/Johnny Meets Farrah Fawcett," "Blanky Hanky Panky/Talk to Me, Baby/Hip Hop Flop," "Beach Blanket Bravo/The Day the Earth Didn't Move Around Very Much/The Aisle of Mixed-Up Toys." Disc 2 includes the episodes: "Substitute Teacher/A Wolf in Chick's Clothing/Intensive Care," "Jumbo Johnny/The Perfect Gift/Bravo, James Bravo," "Going Batty/Berry the Butler/Red Faced in the White House," "The Man Who Cried 'Clown'/Johnny Real Good/Little Talky Tabitha," "Johnny Bravo Meets Adam West!/Under the Big Flop/Johnny Meets Donny Osmond." Also included are audio commentary, a making-of documentary and original pencil tests. **Warner**

Family Guy Volume 8 Led by dim-witted Peter, Stewie the matricidal infant and Brian the acid-tongued dog, the Griffin family is back for another round of scathing satire, tasteless quips and politically incorrect adventures. In this season, Brian and Stewie set off on another one of their madcap road trips and Peter entertains the family during an electrical outage by performing an homage to Star Wars Episode V: The Empire Strikes Back. Disc 1 includes the following episodes: "Fox-y Lady," "Not All Dogs Go To Heaven," "420," "Stew-Roids" and "We Love You, Conrad." Disc 2 includes the following episodes: "Three Kings," "Peter's Progress," "Road to the Multiverse," "Family Goy," "Spies Reminiscent of Us" and "Brian's Got A Brand New Bag." **Fox**

American Dad Volume 5 The eccentric Smith family returns in these episodes of Seth MacFarlane's Emmy-nominated animated series satirizing political extremism, with conservative CIA Agent Stan Smith (voiced by MacFarlane) trying unsuccessfully to keep everyone in line. The family includes Stan's wife Francine, liberal daughter Hayley, adolescent son Steve, alcoholic extraterrestrial Roger and goldfish Klaus, who has the brain of a German man. Disc 1 includes the following episodes: "Phantom of the Telethon," "Chimdale," "Stan Time," "Family Affair," "Live and Let Fry" and "Roy Rogers McFreely." Disc 2 includes the following episodes: "Jack's Back," "Bar Mitzvah Shuffle," "Wife Insurance," "DeLorean Story-An," "Every Which Way But Lose" and "Weiner of Our Discontent." Also included is audio commentary for each episode. **Fox**

The Illusionist Unlock the mysteries of the year's most spellbinding film from the producers of Crash and Sideways! Oscar® nominee Paul Giamatti and Edward Norton lead an all-star cast in this "stunning" film (USA Today) that conjures an exhilarating blend of suspense, romance and mind-bending twists. The acclaimed illusionist Eisenheim (Norton) has not only captured the imaginations of all of Vienna, but also the interest of the ambitious Crown Prince Leopold (Rufus Sewell). But when Leopold's new fiancé (Jessica Biel) rekindles a childhood fascination with Eisenheim, the Prince's interest evolves into obsession...and suddenly the city's Chief Inspector (Giamatti) finds himself investigating a shocking crime. But even as the Inspector engages him in a dramatic challenge of wills, Eisenheim prepares for his most impressive illusion yet in this "mesmerizing" (Entertainment Weekly) and "beautifully acted" (Good Morning America) film that "teases you until the very end." **Fox**

Showgirls Vegas, baby. Where the dreams and desires to make it big are as sharp as a stiletto heel. Enter Nomi (Elizabeth Berkley), a girl with the looks and drive to devour the glitz and glamour whole. When she catches the eye of Cristal (Gina Gershon), the main attraction at the Stardust stage show, Nomi is on the brink of realizing her dreams. But as she quickly bumps and grinds her way to the top, Nomi realizes that there is only room for one starlet on the marquee... and that either she or Cristal will have to take a fall! **MGM**

Worse Than War As adapted from Daniel Goldhagen's book of the same name, Worse Than War takes as its central subject genocide - not one instance in particular, but the horrible concept per se - as well as the related ideas of ethnic cleansing and broadly-scaled mass murder. Closely following Goldhagen's discoveries, the documentary asks key, penetrating questions about the origins and common patterns of genocide, and its impact on various sociopolitical events and landscapes. In this program, Goldhagen turns up to interview a swath of experts, including historians, politicians, diplomats, those who have just escaped victimization by genocide, those who have enacted it, and many others - with the overarching goal of determining how genocide can be prevented in future years. **PBS**

Flying Cheap Everyone likes to get where they're going fast, and no one likes getting gouged by the airlines. In this report, Frontline investigators examine whether or not value and safety are mutually exclusive by investigating the changes that occurred within the airline industry following the February 2009 crash of Continental flight 3407. Thanks to the recent proliferation of inexpensive regional carriers, flyers have more - and cheaper - options than ever before when it comes to choosing an airline. But while the airline industry remains staunch in their claims that flight is still the safest form of travel, others suggest that airlines are cutting corners in order to compete, and that the results could spell tragedy for bargain-hunting travelers. **PBS**

Just Ad Spice This educational program for parents offers insight on gaining the positive parenting skills needed to foster healthy eating habits in children. Focusing on the practices of Structure, Praise, Inspiration, Consistency, and Enjoyment (a method known as SPICE), the program discusses how to deal with children who refuse to eat healthy foods, whine for unhealthy choices, and rely on sedentary forms of entertainment. **PBS**

Pilates Risa Sheppard A Gentle Formula to a Strong Body Over 30 years ago, Risa Sheppard developed The Sheppard Method of Pilates: A Classic form of Pilates that speaks to the body. In this DVD, Risa provides two 30 minute mat works (beginner and intermediate) for flexibility, strength and movement. Done thirty minutes a day, 3 days a week, will bring lasting results. Pilates is a gentle workout that is meant to be done with precision and grace; to feel like a dancer without being a dancer; look and feel great, and, move in a body that is flexible, strong and toned.