

PRO BOWL CHEERLEADERS

bring winning spirit to Pearl Harbor keiki



Story and photos by MC1 (AW/SW) James E. Foehl

While the 2007 National Football League (NFL) Pro Bowl football players caught most of the attention of Pearl Harbor Sailors and their families this week, it was the 2007 NFL Pro Bowl cheerleaders who stole the spotlight and the hearts of the military children as they performed an all-star routine during a youth cheerleading clinic Tuesday at Quick Field on board Naval Station Pearl Harbor.

"Anytime we can support military members and their families it's very rewarding for us," said Charger Girl Stacie Gazonas, NFL Pro Bowl cheerleader from the San Diego Chargers.

Children of all ages and cheerleading experience levels came out to enjoy the company of the NFL's Pro Bowl cheerlead-

ers and have fun learning some tips from the pros.

"It's an opportunity of a lifetime. The girls have an opportunity to see good role models and it has a positive impact on them," said a spouse of a USS Chung-Hoon (DDG 93) Sailor and volun-

teer cheerleading coach for the Boys & Girls Club of Navy Hawai'i (BGCNH).

The cheerleaders introduced themselves and then moved onto the field, quickly organizing the massive group of little girls into two smaller groups.

"We're teaching them different routines that they can do to any music. Each is a different style, but they're basic moves so that the little girls can pick them up quickly," said Gazonas.

Parents from all branches of military service joined the cheerleaders and their children on the field to see them together in action.

"The [cheerleaders] are really friendly and they are trying to involve all the girls," said the spouse of a local Sailor.

After leading the girls through

some stretching and limbering up, the cheerleaders began teaching the routines. As the cheerleaders walked through each move with the girls, the children's spirit and excitement level intensified.

"It's your excitement that gets other people excited. When they see you having fun, they have fun," said Raiderette Megan, NFL Pro Bowl cheer-



leader from the Oakland Raiders.

Smiles grew wider and the fun escalated as the girls continued to practice their routines with the Pro Bowl cheerleaders.

"They're loving it. It really shows someone cares," said a parent of a participating child.

"The military does so much for us; it's nice to be able to give back to them and their families in any way that we can," said Megan.

After rehearsing, the two groups lined up head-to-head to show their spirit, perform their routine and cheer the other girls on.

"It's a great thing for kids. [Cheering] raises their self-esteem, helps them stay fit and have fun at the same time," said Megan.

At the conclusion of the cheering performance, the Pro Bowl cheerleaders ended with an all-star autograph signing and picture taking session with each of the children and their families.

"I thought it was awesome," said a young cheerleader from Aliamanu Military Reservation.

Both children and parents left the field equally impressed with the talents and community spirit that radiated from the NFL's Pro Bowl cheerleaders during their free clinic.

"I've never met any professional cheerleaders before, but they're great. I'm surprised how cheerful they were and they seemed really happy to be here," said a parent of two girls who participated in the clinic.

Youth cheerleading for children of military members assigned to Naval Station Pearl Harbor is available through the BGCNH. Children who participate in the BGCNH cheerleading program receive uniforms, practice the first month of training, and perform for a period of two months. Additionally, an end of season banquet is held for the cheerleaders and their families and trophies are given to each of the cheerleaders.

For more information on the Boy & Girls Club of Navy Hawai'i cheerleading and other youth sports programs, contact the youth sports office at 474-3501.



Commentary

Window on Pearl Harbor

Karen S. Spangler, Editor

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Not so crazy about Cupid

Okay...I confess...I'm not all that thrilled that Valentine's Day, Feb. 14, is just around the corner.

For all of those who have significant others, smitten sweethearts and have been bitten by the lovebug, it's a very special day. But for those who aren't in that category, well, Valentine's Day can be just a little daunting.

Perhaps you have never given it much thought – especially if you have a special someone – so let me try to explain what it's like for the rest of us.

It seems there is no escape from a day that is filled with constant reminders of what I shall refer to as "loveey dovey" day. Everywhere you look, there are hearts (on just about everything, or so it seems) – hearts of all sizes in pinks, reds and purples – and flowers, especially roses – the traditional flower of Valentine's Day.

Every radio station seems to be playing sappy, sentimental love songs – all day long. The only escape is to listen to CDs.

About mid-morning, the local florists begin their parade of deliveries to the office for all of the "lucky ladies" who are totally doted on by smitten husbands, fiances and boyfriends. Everywhere you look there are

vases of long stemmed, red roses and

Valentiney balloons. It's almost shameful. I remember a few years ago when I worked in an office with a co-worker whom I shall just call Gidget (name has been changed to protect the innocent). Well, of all the nerve...she had the audacity to receive two huge bouquets of red roses. Okay, okay...she was a newlywed...but that didn't excuse it.

Everyplace I go there seem to be romantically intertwined, lovey dovey couples – holding hands, snuggling, arms wrapped around each other, looking deep into each other's eyes – and even stealing a kiss here and there.

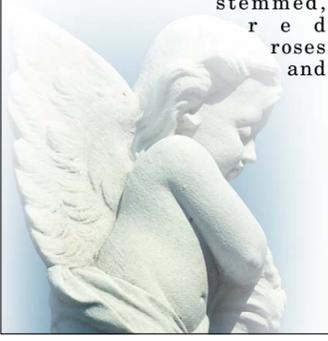
It's a day when all that I want to do is go home and "hide" – away from all of the heart happiness, Cupid craziness that seems to have taken over rational people's thoughts on this particular day.

Now I ask you...why can't Cupid mind his own business??? Unless, of course, he'd like to shoot one of his dainty little "love arrows" at that good lookin' hunk of a guy with the muscles – a little love arrow with my name on it. Maybe then...my attitude about Valentine's Day wouldn't be quite so "scroogey."

Anyway, all I can say is that I'll be glad when all of this Valentine hype is over and done with for another year and all of those reminders of Cupid's day are a thing of the past. But meanwhile, I plan to enjoy my heart-shaped box of heart-shaped truffles. Go figure.

Have a wonderful Valentine's Day – and a fine Navy day here in paradise.

We welcome comments from readers. If you have comments, please send them to: Karen.spangler@navy.mil



Federal Fire Department goes 'red'

Story and photo by Victor M. Flint

Battalion Chief, Federal Fire Department

On Feb. 2, the Federal Fire Department (FFD) went 'red' as it supported the American Heart Association's "Go Red Event" at Tamarind Park in downtown Honolulu. The event was part of a nationwide project to bring awareness about the number one killer of women in America, heart disease.

Firefighters and emergency medical technicians from Federal Fire Department assisted with blood pressure screening and heart disease prevention information.

The American Heart Association and the Federal Fire Department are taking a proactive stance to band together and wipe out heart disease. Thanks to the participation of hundreds of people in Hawai'i and millions across the country, the power to eliminate heart disease as the number one killer is literally in our hands. But how do we do this?

Most risk factors for heart disease can be controlled, such as:

- High blood pressure – the 'silent killer' leads to heart attack and stroke.
- Smoking – coronary heart disease increase.
- High cholesterol – coronary heart disease increase.



Firefighter/EMT David Kramer from FFDs Station Number 2, Subase screens Hawai'i Gov. Linda Lingle's blood pressure.

• Physical inactivity – the more you kick back, the more you increase the chance of heart attack.

• Obesity / overweight – heart disease and stroke increase.

• Diabetes – heart disease increase.

There are other risk factors involved as well, such as age, race and heredity. Talk to your doctor or health care professional for medical advice and direction.

Fire stations around the island and on most military installations will also assist people who come in for free blood pressure screen-

ing. Just walk in or call. But remember, if you are feeling ill, then call 911 right away.

Heart disease, on the most part, can be prevented. Through the knowledge and tools we have at our disposal, we can take a positive, proactive stance to reduce the risks of heart disease and stroke. With this action, we can improve our overall health and quality of life.

For more information, call Victor M. Flint at the Federal Fire Department's prevention division at 471-3303, ext. 633.

Restricted reporting of domestic abuse - empowering and informing victims

Fleet and Family Support Center

Under Department of Defense and Navy policy, victims of domestic abuse - both active duty and family member spouses - can receive confidential medical and counseling services, support and information regarding domestic abuse without reporting to law enforcement and command.

"Violence between intimates is difficult to measure...victims are often reluctant to report incidents to anyone because of shame and fear of reprisal," according to the Bureau of Justice Statistics.

To make a restricted report, victims must disclose domestic abuse to specific individuals (Family Advocacy Program (FAP) victim advocates, FAP clinicians and Navy medical providers). Some exceptions may apply.

Benefits of restricted reporting

- Victims decide when to report.
- Victims receive medical care and advocacy services.
- Victims are afforded space and time to make informed decisions.
- Victims control the release and management of personal information.
- Victims may develop increased trust in the "system."
- Commanders will receive more information about the true scope of domestic violence within the Navy community.
- Reports, investigations and prosecutions may increase as victims develop trust in the system.

For more information on restricted reporting, contact the Navy Fleet and Family Support Center at 474-1999 and ask to speak with a victim advocate.

Morale, Welfare and Recreation offers cycling for fitness

Sara Mizushima

Navy Region Hawai'i, Fleet and Family Readiness, Marketing

"How can I exercise when I've never worked out before?" or "When will I find the time in my busy schedule, especially when I'm so tired?" are valid questions that arise from people who are confronted with the idea of exercise. These questions usually prevent people from starting their own exercise regimen that could lead to a rewarding and healthy lifestyle.

Navy Hawai'i Morale, Welfare and Recreation (MWR) offers a fitness cycling class that provides the answer to all these questions. In the class, both fitness fanatics and beginners learn how to sit, stand, hover and sprint on a stationary bike, building up to an exhilarating experience. In an average 45-minute workout, 10 to 20 miles can be covered, all while burning more than 500 calories. Cycling can become such a high intensity workout that it will raise cyclists' metabolism for hours, even after they have cycled.

Mentally, the advantages are extremely gratifying. First of all, cycling relaxes

the mind. Cycling classes are not complicated aerobic routines, which leave some feeling flustered and inadequate. All they have to do is keep the pedals spinning. Cycling can be very motivating, not only within the class itself, but extending to the participants' everyday world. They build confidence and mental stamina because they are learning how to push themselves harder than they've ever pushed before, all while sweating buckets.



Photo courtesy of Navy Region Hawai'i, Fleet and Family Readiness, Marketing
MWR offers classes in cycling for fitness

Physically, cyclists will be able to tone and tighten their quadriceps, hamstrings, calves, buttocks, hips and abdomen, all while being gentle on their knees and joints. After two to three weeks of cycling class, a noticeable increase in cardio endurance and energy level will result. In addition, a drop in weight or a change in body form will occur.

Cyclists will also be able to enjoy the newly installed Star Trac spinning computers attached to their bikes. These high tech devices will track cyclists' heart rates, help them keep correct cadence, and inform them on how many miles they rode in any given class.

At Navy Hawai'i MWR fitness cycling class, you

control the resistance to your bike, making your workout as intense as you choose. Also, Navy Fitness has a variety of times and days to fit into almost any work schedule. Offering free classes as early as 6 a.m. and as late as 4:30 p.m., Pearl Harbor offers six classes a week and two also at Naval Computer and Telecommunications

Area Master Station NCTAMS.

Commands can also request a special class if they have 10 or more people and the time requested is available in the aerobic room. MWR fitness cycling can show you how to make fitness fun and beneficial in one of its cycling classes. For more information, call 473-0793.

Skylark Central

Unscramble the tiles to reveal what this president said.

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Know your Navy

Who was the first American to go into space in 1961?

Last week's question...
 In the "Sailor's Creed," what sentence comes right after this line: "I proudly serve my country's Navy combat team with honor, courage and commitment."
Answer...
 "I am committed to excellence and the fair treatment of all."

Who said... Cryptogram Puzzle Answer

"...without a respectable Navy, alas America!"

-Capt. John Paul Jones, October 17, 1776, in a letter to Robert Morris.

Hawai'i Navy News Online
www.hawaii.navy.mil



NAVY HAWAII MWR
Morale, Welfare and Recreation

Here's what's going on at Navy Region Hawai'i!

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held. For more information (FMI): visit www.greatlifehawaii.com



Outdoor Adventure Events

For more information, call 473-1198.

- February**
- 14 – Family fun, Pearl Harbor bike trail hike, 2 p.m., \$5. Register by Feb. 10.
 - 17 – Waimano Pools, 9 a.m., \$7. Register by Feb. 14.
 - 18 – Powered hand gliders, call for time, \$130. Register by Feb. 14.
 - 21 – Family fun, Ko'olina beach day, 2 p.m., \$5. Register by Feb. 17.
 - 24 – Learn to surf, 9:30 a.m., \$15. Register by Feb. 21.
 - 25 – Kau Crater hike, 8:30 a.m., \$7. Register by Feb. 21.
 - 28 – Family fun, explore Ho'omaluhia hike, 2 p.m., \$5. Register by Feb. 24.



8-BALL POOL TOURNAMENT SERIES

Chalk up your cue and sign-up for Morale Welfare and Recreation's (MWR) handicap 8-Ball Pool Tournament at 7 p.m. **Feb. 12** at Liberty in Paradise (LIP). Tournament information packets are available at all Liberty locations. The series will consist of monthly tournaments, played alternately at Beeman Center and LIP. The event is open to Single Sailors only and is free of charge. FMI: 473-4279.

DART TOURNAMENT

Single Sailors can get ready to shoot for the bull's eye at MWR's dart tournament. The tournament will be in a singles high score format using steel tip darts. Top qualifiers will advance to the finals and prizes will be award-

ed to the top three in each preliminary round. There will be a grand prize for the final winner. Preliminary rounds will be held on the following dates and locations: **Feb. 13** at Instant Liberty, **Feb. 14** at Beeman Center and **Feb. 15** at Liberty in Paradise and Liberty Express. Deadline to register will be at 5 p.m. on the day of the event and games begin at 5:30 p.m. Finals will be held at 5:30 p.m. Feb. 16 at Beeman Center. The event is free. FMI: 473-4279.

BOWLING VALENTINE'S DAY SPECIAL

Come in to Naval Station Bowling Center on Valentine's Day for a sweet deal. Couples can bowl for half off the cost from 2 to 5 p.m. on **Feb. 14** and shoe rental is free. FMI: 473-2574.

SWEETHEART SWIM

Make a splash on Valentine's Day at MWR pools. Swim 500 yards as a couple or pair at Scott Pool, Towers Pool, Naval Computer and Telecommunications Area Master Station (NCTAMS) Pool or Richardson Pool on **Feb. 14** and receive a free box of Valentine's Day candy. FMI: 474-5149.

SOCIAL WITH BUCCANEERS' CHEERLEADERS

Single Sailors will be able to meet and greet the Tampa Bay Buccaneers' cheerleaders during a free barbecue at 5 p.m. **Feb. 17** at Liberty in Paradise. Sailors can bring their camera for photo opportunities and get the cheerleaders' autographs before the Tampa Bay Buccaneers Belated Valentine's Day Dating Game. The free event is open to Single Sailors only. FMI: 473-4279.

DATING GAME WITH CHEERLEADERS

Single Sailors, are you looking for a great post Valentine's Day date? Register for the Tampa Bay Buccaneers' cheerleaders Belated Valentine's Day Dating Game at Liberty in Paradise. The NFL Tampa Bay Buccaneers' cheerleaders will take the stage and play the "Dating Game" with Sailors on **Feb. 17** at Beeman Center. Winners of the game will escort their "date" to Club Pearl after the show for snacks, billiards and drinks. The game will begin at 7 p.m. Military-affiliated and Department of Defense (DoD) personnel, 18 years and older, can come and watch as the game unfolds. Tickets are not needed and

admission is free. FMI: 473-4279.

SAM SNEAD'S TAVERN RENOVATIONS

Sam Snead's Tavern will be undergoing renovation from **Feb. 20-March 7**. Lunch and "all you can eat" dinner buffets will be served at the open-air cafe patio located next to the golf course's ninth hole. Lunch will be served from 11 a.m. to 2 p.m. and dinner buffets will be served from 4 to 7:30 p.m. Live entertainment will be provided nightly. FMI: 421-SAMS (7267) or www.greatlifehawaii.com.

NAVY BOWLING TRYOUTS

Bring your best game and sign up for the Navy Bowling tryouts from **Feb. 20-22** at the Naval Station Bowling Center. The top 10 qualifiers will advance to the Military Bowling Tournament and represent the Navy. To take part in the tryouts, pick up your application today at any Navy bowling center. FMI: 473-2651.

INTRAMURAL SAILING REGATTA

All Pearl Harbor, Barbers Point, NCTAMS, West Loch and Naval Security Group Activity Hawai'i active duty commands can challenge and test their sailing skills by entering the MWR Intramural Sailing Regatta. Deadline to register a two- to three-member team is Feb. 22. Practices and clinics will be held March 1, 8 and 15 from 4 to 6 p.m. at Rainbow Bay Marina. The race will be March 22. Race and practices will be on a 19-foot Rhodes sailboat. FMI or sign-up: 473-2494 or 473-2437.

Single Sailor Activities

February

(All trips depart from Liberty in Paradise at the indicated time unless otherwise stated.)

- 9 – Kayak Moku Island and barbecue, 10 a.m., \$7.
- 10 – Pro Bowl tailgate and game at Rainbow Bay Marina, 10:30 a.m., \$50.
- 10 – Night snorkel, 5 p.m., \$5.

Weekly events:

- Sundays** – Surfing lessons and barbecue, 10 a.m., \$7.
- Mondays** – Monday Night sports and feast, free food, all centers, 5 p.m., free.
- Thursdays** – Root beer and ice cream float night, 6 p.m.
- Every third Wednesday** – Poor Boy barbecue, 5 p.m.

Community Calendar

To have your activity or event featured in the Community Calendar, e-mail your requests to hnn@honoluluadvertiser.com or fax 473-2876. Deadline is Thursday for the following week's issue. Items will run on a space available basis and must be resubmitted every four weeks.

February

11 - Celebrate Chinese New Year at NEX. Commemorate the year of the boar with Chinese lion dancing and calligraphy demonstration at 10 a.m. FMI: 423-3330.

13-14 - The Sounds of Aloha Chorus, a local men's barbershop quartet that includes military service members, will perform singing valentines. The service affords the opportunity to send your sweetheart a unique Valentine and is available from 9 a.m. to 9 p.m. on **Feb. 13-14** and also on **Feb. 9-10** for special events. Quartets will present a card, a silk rose and two songs at restaurants, workplaces, residences, hospitals... you name it. Call for information on cost for the service. To reserve a time or FMI: 262-SONG (7664).

16 - Inaugural National Naval Officers' Association (NNOA) Black History Month Golf outing will be held at the Kaneohe Klipper Military Golf Course at Marine Corps Base Hawai'i - Kaneohe. Registration begins at 11 a.m. with tee-off at noon. The cost is \$50 and includes 18 holes of golf, riding cart, heavy hors d'oeuvres and various awards. There will be an awards presentation and banquet directly following golf at the Klipper Lanai. Collared shirts are required. This is a fundraising event and all proceeds go toward college scholarships for Oahu High School JROTC students. Register online by going to http://www.freewebs.com/nnoa_hi and clicking on the Black History Month Golf Tournament link.

20-23 (and Feb. 26-March 2) - The GSA Customer Supply Center at Schofield Barracks will be closed for inventory Feb. 20-23 and reopen for normal business on Feb. 26. Customers can shop at the Hickam GSA store in the interim. The Hickam GSA Customer Supply Center will be closed for inventory Feb. 26-March 2 and will reopen on March 5. Customers can shop at the GSA Schofield Barracks store during this time. FMI: Teresa DeMello at 448-8937 or Mike Martin at 655-0280.

At a Glance

Now - Tax preparation service is now available at the Navy Exchange (NEX) Mall at Pearl Harbor. Services include e-filing, federal and state income tax preparation. No appointment is necessary. Hours of operation are from 9 a.m.-7 p.m. Monday-Saturday and 10 a.m.-5 p.m. on Sunday. FMI: 422-1082.

The NEX Autoport provides a free auto safety inspection to families of deployed Sailors. This service is available one week prior, after and during deployment periods. The autoport is located on base, sub side. FMI: 423-3226.

The American Red Cross needs volunteer instructors -for cardio-pulmonary resuscitation (CPR) and first aid classes. Free training is provided. Volunteers must make a commitment to teach eight classes a year and have at least one year left in the area. FMI: 449-0166.

How to contact TriWest/TRICARE services - Beneficiaries can contact TriWest with enrollment; primary care manager and address changes; program benefits questions; claims status; fee payments and locating network providers in the area by calling 1-888-TRIWEST (1-888-874-9378), visiting their Web site at www.triwest.com, or TRI-CARE Service Centers located at Makalapa Medical Clinic and Kaneohe Bay Medical Clinic.

Looking for a few good dads - The Fleet and Family Support Center (FFSC) at Naval Station Pearl Harbor is looking for volunteers to help with Boot Camp for New Dads. FMI: Chet Adessa chester.adesa@navy.mil.

NEX price matching - Through the Navy Exchange (NEX) price matching policy, the NEX will match the price of any identical item sold in any local store. Please see a sales associate for more information.

University of Phoenix Hawai'i campus adds hours of operation at Tripler/Fort Shafter education complex - The University of Phoenix Hawai'i Campus has extended counseling hours at the Tripler/Fort Shafter Education Center Complex, building 102, room 109A, to two days a week. The office will now be open every Tuesday from 9 a.m. to 4:30 p.m. as well as every Thursday from 9 a.m. to 2:30 p.m. Counseling will no longer be offered on Mondays. The center provides information about the university's educational programs, as well as financial aid assistance, and can help guide prospective students through the enrollment process. The University of Phoenix Hawai'i Campus has four campuses on Oahu, which are close to most of Oahu's military bases: Mililani Learning Center, Windward Learning Center, Honolulu Main Campus and Kapolei Learning Center. FMI: Ivy Wong at 536-2686, ext. 35148 or ivy.wong@phoenix.edu.

AT THE MOVIES

MOVIE CALL	
Sharkey Theater Naval Station Pearl Harbor (473-0726)	
TODAY	
7:00 p.m.	Rocky Balboa
SATURDAY	
2:30 p.m.	Night at the Museum
4:45 p.m.	Charlotte's Web (G)
7:00 p.m.	The Good Shepherd (R)
SUNDAY	
2:30 p.m.	Charlotte's Web (G)
4:45 p.m.	The Pursuit of Happyness (PG 13)
7:15 p.m.	Rocky Balboa (PG)
Memorial Theater Hickam Air Force Base (449-2239)	
TODAY	
7:00 p.m.	Night at the Museum (PG)
SATURDAY	
2:00 p.m.	Charlotte's Web (G)
7:00 p.m.	Night at the Museum (PG)
SUNDAY	
7:00 p.m.	Codename: The Cleaner (PG 13)
WEDNESDAY	
7:00 p.m.	Codename: The Cleaner (PG 13)
THURSDAY	
7:00 p.m.	Charlotte's Web (G)
Sgt. Smith Theater Schofield Barracks (624-2585)	
TODAY	
7:00 p.m.	We are Marshall (PG)
SATURDAY	
7:00 p.m.	The Pursuit of Happyness (PG 13)
SUNDAY	
2:00 p.m.	Children of Men (R)
WEDNESDAY	
7:00 p.m.	We are Marshall (PG)
THURSDAY	
7:00 p.m.	The Pursuit of Happyness (PG 13)



Charlotte's Web

Fern is one of only two living beings who sees that Wilbur is a special animal as she raises him, the runt of the litter, into a terrific and radiant pig. As Wilbur moves into a new barn, he begins a second profound friendship with the most unlikely of creatures—a spider named Charlotte—and their bond inspires the animals around them to come together as a family. (G)

Children of Men

A futuristic society faces extinction when no children are born and the human race has lost the ability to reproduce. England has descended into chaos, until an iron-handed warden is brought in to institute martial law. The warden's ability to keep order is threatened when a woman finds that she is pregnant with what would be the first child born in 27 years. (R)



Codename: The Cleaner

An amnesiac janitor, who is duped into thinking he is an undercover agent, is subconsciously carrying a secret that can link the FBI with an arms scandal. (PG13)

The Good Shepherd

Edward Wilson under-

stands the value of secrecy—discretion and commitment to honor have been embedded in him since childhood. Wilson's acute mind, spotless reputation and sincere belief in American values render him a prime candidate for a career in intelligence, and he is soon recruited to work for the OSS (the precursor to the CIA) during WWII. (R)



Night at the Museum

Good-hearted dreamer Larry Daley accepts what appears to be a menial job as a graveyard-shift security guard at a museum of natural history. During Larry's watch, extraordinary things begin to occur: Mayans, Roman gladiators, and cowboys emerge from their diorama to wage epic battles. (PG)



The Pursuit of Happyness

Chris Gardner is a bright and talented, but marginally employed salesman. Struggling to make ends meet, Gardner finds himself and his five-year-old son evicted from their San Francisco apartment with nowhere to go. When Gardner lands an internship at a prestigious stock broker-

age firm, he and his son endure many hardships, including living in shelters, in pursuit of his dream of a better life for the two of them. (PG 13)



Rocky Balboa

Former heavyweight champion Rocky Balboa steps out of retirement and back into the ring, pitting himself against a new rival decades after his initial glory. When a computer simulated boxing match declares Rocky Balboa victor over current champion Mason "The Line" Dixon, the legendary fighter's passion and spirit are reignited. (PG)



We are Marshall

For decades, players, coaches, fans and families have come together to cheer on Marshall University's "Thundering Herd." While traveling after a game in North Carolina, 75 members of Marshall's football team and coaching staff were killed in a plane crash. As those left behind struggle to cope with the devastating loss of their loved ones, the grieving families found hope and strength in the leadership of Jack Lengyel, a young coach who was determined to rebuild Marshall's football program. (PG)