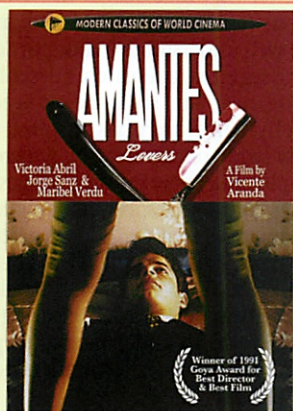


## DVD Picks

Sponsored by BayView Entertainment



### AMANTES (LOVERS) BV0222, \$29.99

Handsome young Paco is engaged to the beautiful and innocent Trini but soon finds himself enchanted with Luisa, a mysterious widow. A torrid affair between Paco & Luisa ensues, which puts the three people on the path to a shocking and unexpected conclusion. A gripping thriller, *Amantes* (based on a sensational true crime story) stars the exotic Victoria Abril (*High Heels*) and won two 1991 Goya Awards for Best Film & Best Director (Vicente Aranda). First time on DVD; in Spanish with English subtitles.



### YOGA JOURNAL'S COMPLETE HOME PRACTICE BV7284, \$29.99

*Yoga Journal* - the most trusted Yoga magazine in the world - is proud to present the *Complete Home Practice* two-disc set - your very own at-home yoga studio. Discover the joy of yoga through nine safe and easy-to-follow routines to improve your overall health. Taught by some of the world's most acclaimed instructors, this collection is a convenient way to make yoga an integral part of your life...all from the comfort of your home. Also available - *Yoga Journal: Advance Your Practice*, BV7285, \$19.99



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and how we measure it. Other topics covered include clouds and precipitation, climate zones and seasons, the effects of air currents and air pressure, and big storms. After each brief segment, a three-question quiz offers the opportunity to review main ideas. Highly recommended. Aud: E, I, P. (E. Gieschen)

## HEALTH & FITNESS

### Before You Go Up: Fire Safety in Multi-Story Buildings ★★★

(2011) 12 min. DVD: \$195. The Idea Bank. PPR. ISBN: 1-884684-04-2.

After noting the frightening statistical probability of finding oneself in a high-rise fire ("Americans have one of the highest fire-death rates in the industrialized world ..."), this brief, informative guide looks at fire emergency preparedness techniques specific to multi-story buildings, along the way explaining cultural attitudes toward structural fires, and touching on ways that people typically try to escape burning buildings. Public information officer Diane Roberts hosts *Before You Go Up*, which describes simple safety measures (such as carrying a small flashlight when traveling) and introduces fire safety officials who appear in stills and speak briefly off-camera. While it takes an hour or less to create a plan for an emergency evacuation, most people believe that it is someone else's responsibility to ensure safety in office buildings, dormitories, apartments, or hotels. Unfortunately, safety laws may not always be enforced in older structures, where conflagrations are often viewed as unavoidable. Accompanied by teaching materials, this short but solid fire safety program is recommended. Aud: C, P. (M. Puffer-Rothenberg)

### Nico Escondido's Grow Like a Pro ★★★

(2011) 110 min. DVD: \$19.95. Music Video Distributors (avail. from most distributors).

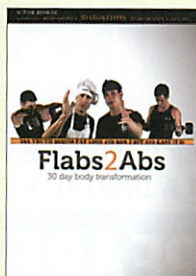
Horticulturalist, marijuana activist, and *High Times* magazine's cultivation editor Nico Escondido hosts this comprehensive guide to growing and cultivating medicinal pot under a variety of conditions. The program is directed much more at farmers dealing with huge yields of marijuana (right at the legal limit in California and Colorado, where this DVD was shot) than smaller enterprises (although some of Escondido's tips can certainly be applied to any situation). In brief chapters, Escondido provides top-to-bottom tours of growth in three locales: an indoor facility (essentially a prefabricated house of 1,000 square feet), an enormous greenhouse, and a terraced outdoor garden. Each environment has advantages and disadvantages, but all require careful engineering to maximize light, temperature, irrigation, and space for the plants to grow tall and bushy. Along the way, Escondido explains how costs can be contained with solar power, water recycling, and smart design, and he weighs numerous options for soil mixtures, including the all-organic approach. While Escondido is a genial and informative host, the camera can't always keep up with him, so the visuals sometimes appear dizzying and amateurish (maybe the video operator was experiencing a contact high). DVD extras include an interview with legendary grower Chemdog, and footage of various gardens. Given the dearth of authoritative video guides on the subject, this is recommended. Aud: P. (T. Keogh)

### Stroke Recovery: Taking Back Our Lives

★★★

(2010) 61 min. DVD: \$248. Icarus Films. PPR.

In this documentary aimed at those recovering from the ravaging physical and emotional effects of a stroke, the overriding



### Flabs 2 Abs: 30 Day Body Transformation ★★★1/2

(2011) 90 min. DVD: \$39.95. *Flabs 2 Abs* (avail. from [www.flabs2abs.com](http://www.flabs2abs.com)). PPR.

Brothers Craig and Matt Lewandowski are not fitness experts, but after losing more than 25 pounds in 30 days through diet and exercise, the pair decided to share their formula in this sensible, high-energy program that combines a tutorial on nutrition with cardiovascular and weight-training routines. The hosts begin by stressing the importance of eating five meals a day (three hours apart), scheduling carbohydrates as part of the earliest meals. They offer specific advice on what to eat and what not to eat (or drink—no alcohol on this plan), sharing detailed advice about putting specific classes of food in a particular order in the daily regimen. From there, the siblings explain that the right cardio workout is no more strenuous than walking (harder exercise would require more carbs). Finally, the pair illustrate how to build muscle with small free weights. DVD extras include the featurette "Keeping the Weight Off," along with helpful tips and examples for creating menus and flexible schedules. Although twice the price of most fitness programs, this is still highly recommended. Aud: P. (T. Keogh)