

REACHING OUT

'Yoga' Stretches For New Audience

OTHER STATIONS MIGHT PICK UP LOCAL SHOW

By Teresa S. Newton

THE MORNING NEWS • NEWTON@NWAONLINE.NET

SPRINGDALE

Andrea Fournet hopes to take her television program to a national audience this year. "Yoga With Andrea" went statewide through the Arkansas Educational Telecommunications Network last fall and has been a hit, says the Fayetteville yoga instructor.

With AETN's assistance, the show will be offered to other Public Broadcasting Service affiliates through a distributor, says Carole Adornetto, an AETN production director.

If a distributor agrees to handle the show, it will be offered to other PBS stations. The stations decide individually whether to air the program. "There is no guarantee," Adornetto says.

"It's a good cause and is bringing health to the community," Fournet says of the show.

Fournet has been talking one-on-one with area health care leaders about underwriting the \$20,000 needed for the next 48 segments.

In return, underwriters receive a 15-second spot for every \$5,000 donated. One donor could receive a 1-minute spot. Those short slots are not advertising, according to PBS



Andrea Fournet and Bryan Fowler move into a traditional yoga pose while filming an episode of "Yoga With Andrea."

guidelines, but instead announce who has paid for the program's recording or air time. Underwriting for the program is a donation to AETN, a nonprofit organization. Therefore, donations are tax deductible.

Fournet's show stretched outside the Northwest Arkansas area two years ago, when she began talking with AETN officials about going statewide with the program.

Adornetto watched Fournet's initial tape and followed the exercises.

"She said she hadn't done yoga in 20 years and if I could get her to do it, then it would

work," Fournet says.

Fournet explains yoga in ways that are attractive to both beginners and yoga veterans, Adornetto says.

"Andrea is very accessible to the average viewer, very friendly, very funny," she says.

Fournet moved her production to the Jones Television Network, based at the Jones Center for Families in Springdale, and refined the format according to from Adornetto and other AETN staff members.

The three pilot shows — aired last October — were well received and since then the program has been shown



Andrea Fournet stretches while filming her television show, "Yoga With Andrea," at the Jones Television Network studios in Springdale.

at 4 p.m. Sundays. Fournet has practiced yoga for 20 years and taught in Northwest Arkansas for 10 years.

Bob Emenegger, who was a board member of Community Access Television in Fayetteville, encouraged Fournet to put her moves on local television screens.

"I started the show to teach

that yoga was not a cult or a religious practice; it was something everyone can do for good health," Fournet says.

The show premiered in 1997 and has been popular ever since.

Programs focus on various approaches to yoga or yoga for specific needs. A few upcoming shows will feature prenatal exercises, yoga moves to

strengthen the back, yoga stretches that can be done at the office and yoga for moms and babies.

"Yoga with Andrea" is on at 9 p.m. Monday, Wednesday and Friday on CAT and at 9:30 p.m. Tuesday and 8 p.m. Friday on Jones Television Network, which broadcasts to Bentonville, Bella Vista, Lowell, Rogers and Springdale.

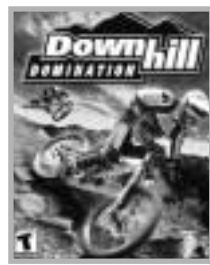
'Downhill Domination' Worth Ride

BMX RACING GAME AMONG YEAR'S BEST

Main Entry: *dom-i-na-tion*
Pronunciation: *dā-m&-nā-sh&n*
Function: *noun*
Date: *14th century*
1: supremacy or preeminence over another
2: exercise of mastery or ruling power
3: exercise of preponderant, governing, or controlling influence
— Merriam-Webster Online



Dan Martin
UNDER THE THUMB



VIDEO GAME REVIEW

Title: Downhill Domination
Publisher: Sony Computer Entertainment
Developer: Incog, Inc.
Platform: Sony PlayStation 2
Release Date: July 22, 2003
Retail Price: \$39.99
ESRB Rating: T (Teen, 13-plus; mild language, violence)
WWW.US.PLAYSTATION.COM/GAMES/SCUS-97177

Downhill Domination," recently released from the development works at Incog Inc., is aptly named. This has to be one of the best pieces of console software I've seen this year and is without doubt the best implementation of hard-core BMX cycling in a console sports game to hit the market to date. "Downhill Domination" involves serious off-road cycling — none of this wimpy Tour De France stuff, where the worst obstacle you're likely to encounter consists of cobblestone pavement and pile-ups of other cyclists. Here, the obstacles range from relatively fixed pieces of landscape —

rocks, trees, seething pits of lava — to wildlife with an apparent aggressive dislike of two-wheeled invaders and bathing beauties relaxing in all-natural hot springs. While this isn't the most remarkable artwork you're likely to encounter on the Sony PlayStation 2, it's not bad. Courses traverse settings ranging from the pastoral to the urban, desert to forest, American to European. Incog demonstrates great technical expertise with its handling of light and shadow, all the while delivering a consistent, smooth 60 frames-per-second animation speed. Courses are highly detailed, providing a broad

range of obstacles and short-cuts to put the rider of your choice through. There are two primary game objectives — racing and two-wheeled acrobatic tricks. The race component of the game is straightforward. Each course hosts three different events: Free Ride, Technical Downhill and Mountain Cross. Your job is to pilot your character through each event, striving all the while to not fall behind or get clobbered by the other characters. These kids don't always play nice, you see. Combat against other riders is part of the strategy, and improved combat methods are one of the power-

ups that can be collected during the race. Starting initially with fists, lessons are dealt out in doing harm to other nearby riders with methods that include kicks, sticks to the spokes of other bikes, and the ultimate weapon: the auto-homing thrown water bottle. When you're not dodging blows or missiles from your friends and fellow players, you're going to be happily engaged in navigation of terrain that the average cyclist is unlikely to approach. Screamingly steep downhill runs that are laden with obstacles ranging from pedestrians to mule deer to polar bears or paved downhill runs that make

San Francisco look like Wichita will focus your attention in the moment. The control system is straightforward to learn, but mastery — particularly of the trick system — will take some time. As you progress through your racing career, your character will accumulate cash winnings that allow you to purchase equipment upgrades for better bicycles and sponsorships that provide a variety of outfits. Cash winnings can also be used to unlock additional game features. If there's any drawback to this otherwise remarkable piece of work, it's in the voice-over sound bites that go with each character. These are funny for about the first 15 minutes, and after that they're mostly annoying. Fortunately, it's easy to turn them off. Definitely worth the rental price, and on my personal "buy" list, take a look at "Downhill Domination." DAN MARTIN IS AN INFORMATION TECHNOLOGY PROFESSIONAL WITH SEVERAL INTERESTING BICYCLE-RELATED SCARS. COMMENTS CAN BE DIRECTED TO THE SECTION EDITOR OR VIA E-MAIL TO DANIELMARTIN@COX-INTERNET.COM.

ARTS AWAY!

The Morning News Arts Away! spotlights entertainment events around the four-state region. For further information on the events, please call the numbers listed.

August

- Just For Fun**
ST. LOUIS — Aug. 23-Sept. 7: Cirque du Soleil: Dralion, The Highlands at Forest Park. Admission \$45-\$65. Information: (800) 678-5440.
In Concert
KANSAS CITY — Aug. 17: Nelly, Memorial Hall. Information: (816) 931-3330.
KANSAS CITY — Aug. 17: James Taylor, Verizon Wireless Amphitheater in Bonner Springs. Information: (816) 931-3330.
ST. LOUIS — Aug. 17: American Idols Live, Savvis Center. Admission \$25-\$45. Information: (314) 622-5435.
ST. LOUIS — Aug. 18-19: Nelly, The Pageant. Admission (314) 241-1888.
KANSAS CITY — Aug. 20: Wayne Newton, Starlight Theater. Information: (816) 363-7827.
OKLAHOMA CITY — Aug. 21: American Idols Live, Ford Center. Information: (800) 511-1552.
LITTLE ROCK — Aug. 22: Ringo Starr & His Allstar Band, Riverfest Amphitheater. Admission \$25-\$60. Information: (501) 975-7575.
ST. LOUIS — Aug. 22: Little Feat, The Pageant. Admission \$25. Information: (314) 241-1888.
KANSAS CITY — Aug. 23: Gladys Knight, Ameristar Hotel & Casino. Information: (816) 414-7000.
LITTLE ROCK — Aug. 23: Crunkfest 2003, Barton Coliseum. Information: (501) 975-7575.
DALLAS — Aug. 23: Ringo Starr & His Allstar Band, NextStage Entertainment Complex. Information: (214) 373-8000.
ST. LOUIS — Aug. 23: Cauterize, Cold, Evanesence and Revis, The Pageant. Admission \$27.50. Information: (314) 241-1888.
On Stage
OKLAHOMA CITY — Aug. 19-23: "Smokey Joe's Cafe," Civic Center Music Hall. Information: (405) 524-9312.
OKLAHOMA CITY — Aug. 21-Sept. 5: "Winnie the Pooh," Children's Theater. Information: (405) 951-0011.
KANSAS CITY — Aug. 22-24: "The Marriage of Figaro," Folly Theater. Information: (913) 262-6688.

EXHIBIT: Artist Died At Age 48

CONTINUED FROM PAGE 4F

The result earned him the acclaim of his peers, but he died just a few short years later, in 1909. He was 48. "He died so young, and he did so few paintings," Morand says. "It hasn't been common in the past to see those paintings together in a big exhibition. When my colleague at the National Gallery, Nancy Anderson, and I started looking at them, they were so beautiful, it made (this exhibition) an easy decision." Morand admits that "I have not been a big Remington fan through most of my career. I'm more interested in 19th century landscape and things like that. But when we got these paintings on the walls, it was just extraordinary. "It might seem odd to use the word 'beautiful' to talk about Remington," she adds. "But these are incredibly beautiful. "Among a very few elitist individuals, Remington's Western art might still be a red-haired stepchild," Morand admits, "but it's part of the canon now. It can never drop out of the picture again."

DVDs Profile Director's Career

'PAPER MOON,' 'DAISY MILLER,' 'TARGETS' AMONG LATEST RELEASES

By David Germain
THE ASSOCIATED PRESS

'Paper Moon,' 'Daisy Miller,' 'Targets'

Three from director Peter Bogdanovich, led by the DVD debut of his 1973 road-trip gem "Paper Moon," with Ryan O'Neal as a Depression-era huckster in a tale that earned a supporting-actress Academy Award for daughter Tatum O'Neal, at age 10, the youngest person ever to win an acting Oscar. The always effusive Bogdanovich piles on one amusing anecdote after another in commentary and interviews accompanying "Paper Moon." "Targets," his 1968 directing debut, stars Boris Karloff essentially playing himself, an aging horror star, preyed on by a sniper with a cache of weapons who lays siege to a drive-in theater. "Daisy Miller" reunites Bogdanovich with "The Last Picture Show" co-star Cybill Shepherd in an adaptation of Henry James' novel about a

free-spirited American woman at odds with Europe's 19th century social reserve. Bogdanovich also provides commentary and introductions for "Targets" and "Daisy Miller." "Paper Moon" DVD, \$14.99; "Daisy Miller" and "Targets" DVDs, \$9.99 each. (Paramount)

'The Lizzie McGuire Movie'

If "What a Girl Wants" primed the pump for girl-power drivel this summer, "The Lizzie McGuire Movie" drained it dry. Hilary Duff takes her Disney Channel TV persona from high school to a class trip to Rome, where she's inexplicably mistaken for an Italian pop star and courted by the singer's partner. Among DVD extras for her teen hit are deleted scenes and an alternate ending, a tour of the movie's locations with Duff's new pop album and a music

video from the actress. The DVD has widescreen and full-screen versions. DVD, \$29.99. (Disney)

TV On DVD

► "Futurama: Volume Two" — "The Simpsons" creator Matt Groening continues his future schtick with the second season of his animated sitcom set in the year 3000. The four-disc set contains 19 episodes, highlighted by the show's Christmas spoof featuring a raging robot Santa that deems all Earthlings naughty, Richard Nixon's return to politics and a voyage to the bottom of the sea, where the denizens of the "lost city" of Atlantis now reside. DVD set, \$49.98. (20th Century Fox)
 ► "Babylon 5: The Complete Third Season" — The cult sci-fi adventure revs up the action in season three, segueing from an episodic show to something of a season-long miniseries with a

continuous plotline. Space station captain Sheridan (Bruce Boxleitner) leads a revolt against conspirators who have co-opted Earth's government, putting the distant outpost at war with the mother planet. The six-disc set has 22 episodes, with commentary on three from series creator J. Michael Straczynski, Boxleitner, and co-stars Jerry Doyle and Richard Biggs. DVD set, \$99.98. (Warner Bros.)
 ► "Rocky & Bullwinkle & Friends: Complete Season 1" — Moose and squirrel come to DVD. A four-disc set contains the first 26 episodes of the beloved animated show that debuted in 1959 (originally under the name "Rocky & His Friends"), featuring a flying squirrel named Rocky, his goofy moose pal Bullwinkle, their conniving Russian foes Boris and Natasha, and other cartoon chums including Dudley Do-Right. DVD extras include a Bullwinkle puppet session and a new cartoon short on Boris Badenov. DVD set, \$39.98. (Classic Media)

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