

Most parents today are concerned about the impact of popular media on their children (and on themselves). Messages or images derived from music, magazines and books, television, the Internet, and film leave impressions on the mind and in the emotions. They influence attitudes and behavior. Sometimes they leave scars.

As a service to the community, the first Sunday of each month Melaleuca will provide a brief summation of the content of films currently playing in Idaho Falls cinemas. These “vital snapshots” are condensed from in-depth reviews available on other public sources (like www.screenit.com and www.filmvalues.com) and are not intended (with the rare exception) to be either endorsements or condemnations of any given film. This overview is simply our offer to be of assistance in your efforts to make an informed choice. May you choose well, and live well.

Films Now Playing in Idaho Falls

Bourne Supremacy (PG-13)

S1, P3, V3, A1, T2

Officially abandoned U.S. super agent Jason Bourne wants to know why his government now wants him dead. He intends to find out. And he always succeeds.

Catwoman (PG-13)

S2, P1, V3, A1, T2

Resurrected with superhuman powers and feline prowess, a woman sets out to get revenge on the woman who had her killed.

Cellular (PG-13)

S2, P3, V3, A1, T3

An immature young man is forced to grow up when drawn into a desperate situation involving a kidnaped woman and her soon-to-be kidnaped young son. Their only link is a cellular telephone call... and the signal is fading.

Collateral (R)

S2, P3, V3, A1, T3

A cab driver finds himself hosting a cross-country fare... who may be a hired killer.

First Daughter (PG)

S2, P2, V1, A2, T2

The daughter of the President of the United States tries to lead a normal life at a college far from Washington, D.C. College antics, family tensions, and coming-of-age themes prevail.

Forgotten (PG-13)

S1, P3, V3, A1, T3

A grieving mother struggles to cope with the loss of her 8-year-old son... who her psychiatrist tells her she never had.

Friday Night Lights (PG-13)

S3, P3, V2, A3, T1

A highschool football coach in Texas rallies his boys in an effort to win the town's respect... and another championship.

Grudge (PG-13)

S2, P1, V3, A2, T3

An American exchange student living in Japan encounters a house full of ghosts and mysteries.

Harry Potter and the Prisoner of Azkaban (PG)

S1, P1, V2, A1, T3

The young wizard discovers that the murderer of his parents has escaped from prison... and is coming after him.

Ladder 49 (PG-13)

S2, P3, V2, A3, T3

A veteran Baltimore firefighter reviews the course of his career as a raging inferno threatens to take his life.

Napoleon Dynamite (PG)

S1, P1, V1, A1, T2

This low-budget film produced and shot in Preston, Idaho was an audience favorite at last year's Sundance Film Festival, setting it on a lucrative path to fame and (so far) fortune for its creators. It is already earning cult status as a clean-cut, almost offense-free anthem of sorts to highschool nerd-ism.

Princess Diaries 2: Royal Engagement (G)

S1, P1, V1, A1, T1

An American girl born into royal European lineage must get married within thirty days or lose all rights to becoming a Queen.

Raise Your Voice (PG)

S1, P1, V2, A3, T3

Various family tensions beset a talented teenage singer attempting to find her way into a career as a singer.

Ray (PG-13)

S2, P2, V1, A3, T1

Jamie Foxx gives a universally acclaimed portrayal of the late, great blues singer Ray Charles (who died in June of liver failure).

Resident Evil: Apocalypse (R)

S3, P3, V3, A2, T3

A genetically-altered woman risks her life to save a girl trapped in a city of infectious zombies.

Saints and Soldiers (PG-13)

S1, P2, V3, A1, T2

Caught behind enemy lines at the Battle of the Bulge, five allied soldiers give everything they have to bring vital information to their commanders. Completely shot and produced in Utah, a vital, well-crafted exploration of honor, courage, and faith.

Shall We Dance? (PG-13)

S2, P3, V1, A1, T2

A successful, married attorney flirts with extramarital romance, but then finds that his clandestine ballroom dancing lessons are the factor in returning joy to his life.

Shark Tale (PG)

S1, P1, V2, A1, T2

Animated: A little fish in a big pond deals with the consequences of taking credit as a shark-killer when the mafioso sharks bait the hook for him.

Shaun of the Dead (R)

S1, P3, V3, A3, T3

A pair of major slackers try, half-heartedly, to save the world from flesh-eating Zombies.

Shrek 2 (PG)

S1, P1, V2, A1, T2

The green ogre (with help from sidekick Donkey) and Princess Fiona contend against forces that would destroy their happy marriage... like disgruntled in-laws with a Fairy Godmother. And you thought you had challenges.

Sky Captain and the World of Tomorrow (PG)

S1, P1, V2, A1, T2

An ambitious reporter and her dashing companion join forces to save the world in this stylized computer-age reincarnation of the Hero tales of yesteryear.

Surviving Christmas (PG-13)

S2, P2, V1, A3, T2

A wealthy young businessman returns to his childhood home and hires the family now living there to include him in their “family” Christmas.

Taxi (PG-13)

S3, P3, V2, A3, T2

An inept New York City detective and a NASCAR-wannabe taxi driver team up to catch a quartet of beautiful Brazilian bank robbers.

Team America (R)

S3, P3, V3, A3, T2

Re-edited 10 times to bring it down to an R rating, this film is acted entirely by a group of hormonally super-charged “super-hero” marionettes out to save America from a brutal Korean dictator. Graphic marionette sex and violence, awash in vulgarities.

Village (PG-13)

S1, P2, V3, A1, T2

Inhabitants of a remote village live in fear of strange beings who inhabit the woods that surround their idyll. But now their future may depend on someone making it through those woods.

Wimbledon (PG-13)

S2, P2, V1, A1, T1

Unlucky in love and in competition, a tennis player gets a chance at Wimbledon... and romance.

Without A Paddle (PG-13)

S3, P2, V2, A3, T2

Two goofballs search the Oregon woods for the body of famous hijacker D. B. Cooper... and the money he escaped with.

Key to Symbols:

These content scores are offered in view of the MPAA rating the film carries. In other words, a film rated PG-13 by the MPAA and receiving a “moderate” score (2) for sex/nudity probably contains sexual material that would earn it an “extreme” score (3) were it a G or PG-rated film.

Degree (as per a film's MPAA rating)

1 = not present or minimal

2 = moderate

3 = extreme

Element

S = Sex acts, nudity, sexual innuendo

P = Profanity, vulgarity (a single use of the 'F' word will earn an 'extreme' rating for any film)

V = Violence, weaponry, gore

A = Alcohol, drugs

T = Thematic elements such as child abuse, violent crime, homosexuality, horror, etc.

Thus, a film receiving ratings of S1, V2 and P3 would have little or no overt sexual content, a moderate amount of violence, but a large volume of profanity or use of extreme profanity/vulgarity.

To Your Health?

A recent article in USA Today (“What Good Is Alcohol?” September 27, 2004) appeared, at first sip, to endorse scientific evidence that suggests alcoholic drinks may enhance human health, noting, in particular, evidence that shows a moderate intake of wine may reduce the buildup of cholesterol and the incidence of heart disease in certain individuals. But scientists evaluating that study say the drink-to-your-health bouquet may not be as robust as at first intimated. Consider these comments from the article:

- “Researchers note that alcohol affects people in different ways, based on age, sex, genes and other factors. While wine may protect a 65-year-old man with high cholesterol, it may offer no help to a 22-year-old. The young have a low risk of heart disease, but a high chance of dying in accidents.”
- “Some scientists question whether wine lovers are healthier because they drink Bordeaux or because they can afford to join a gym.”
- “Research now suggests that drinking patterns are as important as total consumption. Alcohol passes through the body relatively quickly, so drinking small amounts every day stretches out the benefits. Bingeing, on the other hand, poses a number of risks. ‘Whereas alcoholic drinks may be standardized,’ researchers concluded, ‘drinkers are not.’”
- “People who want help weighing the odds should consult their doctors, [Scientist Lorraine] Gunzerath says. And she notes that people can get just as much benefit, without the risks, from regular exercise.”

Is Your Community “Fat-Friendly?”

We’ve all seen rankings of “America’s Best Place to Live,” or “The Best Small Town In America,” or, “America’s Top Family-Friendly Communities.” A couple of years ago one national publication rated 50 cities according to the “fat factors” present in that community: total mileage of walking trails, number of restaurants, number of gyms or health spas, per capita consumption of various foods, etc. (Colorado Springs topped the list; Houston came in last, in case you’re wondering.)

The American Journal of Preventive Medicine (August 2004) recently compared the “pedestrian-friendliness” of several neighborhoods in one major metropolitan area, surveying residents as to their walking and driving habits, and comparing those findings to each individual’s “body mass index,” or BMI. There were some clear correlations.

The individuals who lived in the least pedestrian-friendly areas (walkways, trails, access to business, town centers, etc.) were the most likely to be obese, with each quartile increase in neighborhood pedestrian-friendliness lowering a person’s obesity risk by 12.2 percent. Similarly, each hour spent daily in a car (whether in commute or in transit to the noon-hour lunch counter, bank, or the mall) increased a person’s risk of being obese by six percent, while each kilometer walked per day reduced individual risk by nearly five percent.