

THIS WEEK

MONDAY

■ **Rogers runners** meet at 4:30 p.m., in Lake Atalanta Park, Rogers, for four to six miles. All paces welcome. E-mail: gyrocapt352000@yahoo.com.
 ■ **The Sporty Runner Co-ed Walking and Running Clinic**, free, 6:30 p.m. at the University of Central Arkansas track in Conway. (501) 328-9255.
 ■ **Fayetteville Tri-Sport Club** fun run or walk, 6:30 p.m., from the merry-go-round in Wilson Park. www.trisportclub.com.

TUESDAY

■ **Cabot Country Cruisers** ride bikes at 10 a.m. from Dude's Place, 3811 Arkansas 38 in Ward. (501) 843-1406.
 ■ **River Valley Runners** meet at 5:15 a.m. on the First United Methodist Church lot at Commerce and West Third streets in Russellville for a three- to five-mile road run. (479) 968-0286.
 ■ **NW Arkansas Iron Maidens** women's rugby practice, 6 p.m. at the White River Baseball Complex on Armstrong Avenue in Fayetteville. (479) 313-0633.
 ■ **Urban ride** for mountain bikers with helmets, tail lights and headlamps, 6:30 p.m. from Pulaski Heights United Methodist Church, 4823 Woodlawn Ave. in Little Rock. (501) 834-5787

WEDNESDAY

■ **Fleet Feet's support group** for runners' speedwork, 5:30 p.m. at Agri Park, Arkansas 112 and Knapp Street in Fayetteville. (479) 571-8786.
 ■ **Night-light bicycle ride** on the Arkansas River Trail, 6 p.m. from parking lot below the Main Street Bridge in North Little Rock. (501) 837-7807.
 ■ **Ridge Rider Athletic Club's** beginner road bike ride, 6 p.m. from Jonesboro's Regional Medical Center of NEA at Stadium Boulevard, 12 to 18 miles, helmet and blinky light required. (870) 972-4564.

THURSDAY

■ **Arthritis Foundation Fibromyalgia support group** meets at 2 p.m. in the Regions conference room of St. Vincent Infirmary North Hospital, 2215 Wildwood Ave., Sherwood, (501) 758-6605.
 ■ **Fleet Feet Fayetteville's** weekly fun run, 6 p.m., from the store at 1020 Harold St., Fayetteville. (479) 571-8786.
 ■ **Little Rock Grotto** caving club meets at 7 p.m. in the Maumelle Library, 10 Lake Point Drive, Maumelle. (501) 851-2887.
 ■ Skip Rutherford will talk about plans for a bicycle-pedestrian bridge at the Clinton Presidential Park when **Bicycle Advocacy of Central Arkansas** meets at 7 p.m. in the Oyster Bar, 3003 W. Markham St., Little Rock. www.bacar.org.

FRIDAY

■ Bicycle Advocacy of Central Arkansas' **First Friday Bike to Work**, 6:30 a.m. at the foot of River Mountain Road to the Little Rock River Market. www.bacar.org.
 ■ **Fayetteville Tri-Sport Club** swim workout, 8:30 a.m., Fayetteville Athletic Club, 2920 E. Zion Road, Fayetteville. (479) 587-0500.

To contact the calendar, call (501) 918-4525 or e-mail

cstorey@arkansasonline.com

Leafy green yoga



Sue Martin of Fayetteville takes part in a deep breathing exercise during a yoga-and-Pilates class at Arkansas Yoga Center.

Arkansas Democrat-Gazette/AARON SKINNER



A brook chuckles across stones in the Arkansas Yoga Center's garden.

Arkansas Democrat-Gazette/AARON SKINNER

Instructor realizes dream with 'environmentally friendly' facility

BY LAURA HARDY
 SPECIAL TO THE DEMOCRAT-GAZETTE
FAYETTEVILLE — If a yoga teacher with a degree in environmental studies and a background in landscape contracting built the yoga center of her dreams, it would be only natural for the center to be green. Not just in color (although it is) but "green," as in environmentally responsible.

If it could sit in a green space — with more than 30 trees, a large garden and a koi pond — in a busy section of Fayetteville on a street called *Green Acres*, well, that would be just about perfect. It does.

And for Andrea Fournet, founder and executive director of the Arkansas Yoga Center, the opening of her new center Aug. 22 was the culmination of a dream she'd been incubating since moving to Northwest Arkansas from Hawaii in 1993.

Fournet, her husband, David, and daughter, Adele, made the move as "a conscious choice, not for jobs, but more for a sense of community," although Fournet, to her dismay, found considerable resistance to yoga in her early days in the area. But that changed quickly.

"Within a few months of moving to Northwest Arkansas, I landed a position teaching yoga to

the men's U of A basketball team in 1994 — the year they won the NCAA championships." Fournet says, adding that it helped yoga "become a bit more popular in this Bible-Belt area."

Teaching and training a sports team was validation, and "the misperceptions that yoga was some kind of religion were dispelled."

She also acquired a nickname — from then-Razorback, now-Sacramento King Corliss Williamson — that has stuck with her all these years: "The Yoga Lady."

In 1995, Fournet developed a yoga program for Washington Regional Medical Center's Exercise Center, which she ran until 2004.

"I went out on my own to pursue my dream of 12 years of creating a center dedicated to yoga and other modalities that help induce tranquility and peacefulness while keeping people physically fit," she says.

Another part of Fournet's dream was "to keep the building as environmentally friendly as possible." To that end, she worked with an architect "to come up with a unique building to fit on an old parking lot," she says, as well as adhering to LEED (Leadership in Energy and Environmental

See YOGA on Page 6E

MILES TO GO

To go the distance, treat yourself well

This column offers advice for runners and walkers training for 26.2-mile races like the Little Rock Marathon on March 5.

BY HOBBIT SINGLETON
 SPECIAL TO THE DEMOCRAT-GAZETTE

When I wrote this column last year, it was fairly easy. I had things I wanted to say to people who were doing their first long-mileage race, and I sat down and wrote them.

This year it's a little harder. Those same things need to be said because we have new people training for their first long event (no matter what the distance, if it's farther than you've ever run or walked before, it's long to you). And, let's face it, some of us need to hear things about five times before they really sink in.

But, at the same time, I want to write about the "same old things" in a way that's fresh, new and exciting. Hmm, well, maybe I need to

write about the same old things and just hope you don't remember what I've written in the past.

The watchword this time of year is busy. Busy, busy, busy. (You thought I was going to say "eating," didn't you?)

The schedules that were already filled to capacity now have to expand to include parties, family gatherings, school functions and the dreaded end-of-year inventory at work. Trying to fit 30 hours of activity into a 24-hour day is kind of like filling a 10-pound flour sack with 25 pounds of mud — something's got to give (and it's usually not pretty).

First of all, remember that your running or walking is supposed to help relieve stress, not enhance it.

Yes, you have a training schedule. Yes, it's important that you build up your strength and endurance by

See TRAIN on Page 6E

HAPPY TRAILS

BURNS PARK BOY SCOUT TRAIL

Trailhead: The Boy Scout Loop trailhead arch and parking area are about in the middle of North Little Rock's Burns Park. Take exit 150 north off Interstate 40, go past the Visitor Center and turn left onto Funland Drive. Go about a mile and turn left at the intersection to cross over the I-40 overpass. The trailhead is just ahead on the left.

Length: The loop gives hikers two choices. There's a well-marked cutoff just beyond an old log cabin that will give you a five-mile hike; or bear left at the sign for the complete 10-mile "what-was-I-thinking?" outer loop.

Recommended: Make two trips and two hikes out of the loop. That way you'll enjoy the scenery. Download an outstanding map at www.quapawbsa.org.

Main attractions: The five-mile loop has it all — hills, ravines, marshy areas, a nifty view of the Arkansas River and Little Rock beyond, a bayou and an old log cabin and cemetery. The longer loop includes most of that plus a pond, covered bridge and mysterious mounds.

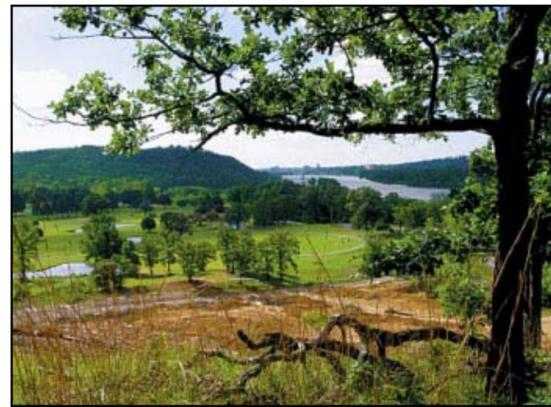
Either way, you get a deep-woods hike right in the middle of the city.

Hazards: If you really tried, you could fall off the bluff into White Oak Bayou, but mostly it's a well-marked, easy-to-moderate path.

Amenities: Parking at the trailhead; water and restrooms



Arkansas Democrat-Gazette



Arkansas Democrat/MICHAEL STOREY

The overlook on the Burns Park Boy Scout Trail features a sweeping view of Burns Park Golf Course, Big Rock bluff, the Arkansas River and the state Capitol in the distance.

nearby. **Fees:** None. **Dog, bike friendly?** Dogs will be in puppy heaven (on a leash, of course). Mountain bikes are not (currently) allowed, although they can use equestrian trails nearby. Those trails are blazed in red, yellow and white. The Scout trail is blazed with the Scout emblem or silver and blue.

Rating (out of five): ★★★★★

Know a good trail for a hike? E-mail

mstorey@arkansasonline.com

Grand Prix calls all feet to compete, fast or slow

BY CELIA STOREY
ARKANSAS DEMOCRAT-GAZETTE

The 2005 Arkansas Grand Prix series of footraces ended with Stuttgart's Great Duck Race on Saturday, which means the state's running clubs have begun trying to wheedle runners onto their 2006 teams.

Wheedle, coax, cajole. Beg. These clubs aren't only trying to sign up "elite" runners. They need all paces of runners and some clubs would be delighted to have walkers, too.

Eh? What's that? Grand Prix racers don't have to be whippersnappers?

In a word, no. The clubs wish they were all whippersnappers, but, says Kim Howard, who represents the state chapter of the Road Runners Club of America, the series inspires people of every pace to train hard and do the best they can do.

"Just get out there," he says.

"We do say it's a running Grand Prix, but if they want to walk a 5K they're more than welcome to," he adds. "That's fine. Just get out there and get active. It's the healthy lifestyle."

The Grand Prix is a 10-month series of road and cross country races sanctioned by the state's chapter of the Road Runners Club of America (RRCA). To compete, racers must belong to one of the national group's 20 local running clubs in Arkansas. The clubs also compete against one another.

Team competition is decided by which club gets the most warm bodies to enter and finish the most events.

Howard explains that — to collect team points at a race — each club needs a minimum number of its teammates to cross the finish line: four men (for a male team) and three women (for a female team).

If you don't have those four men or those three women, "regardless of how fast they are, you aren't going to score," he says.

"A lot of times, what it is is just getting a [full] team to the race."

Three and four seem like small numbers, until you spread the obligation over 10 months and 20 or so events (in 2006, there will probably be 17, beginning with a new one-hour track event in January). Winners aren't merely quick, they're sturdy. Because running is easy to overdo, a good number of racers will pick up an injury that prevents them from entering some events. Also, few people's schedules allow them to complete the "RRCA Iron Man" feat of entering and finishing every race in the series.

So clubs need backup racers, fast ones or slow ones.

Racers also compete as individuals, he says. Individuals don't have to belong to a local club's team, but they must be members of the national club.

Grand Prix participants collect points for winning in these award categories: overall, Masters, Grand Masters and Seniors as well as the following age groups: 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, and 80 and up.

2006 will be the series' 25th year. The race roster is still tentative, but some familiar events will not appear, including the Lung Run Half-Marathon, which has been discontinued. It will be replaced by the Little Rock Marathon's Half-Marathon.

BENEFITS

What do runners get besides the glory of possibly being ranked as one of the state's fastest people (of certain ages) or helping a club team triumph?

"The Grand Prix is what motivates me," Howard says. "I think I ran 13 of the Grand Prix races this past year, and I'll probably run 13 this year. And if it wasn't for their being in the Grand Prix, I probably wouldn't have run but two of them."

Team commitment also

helps events, by encouraging participants to cross the state to attend them.

"I live down here in Mineral Springs. I'm 2½ hours from Little Rock," he says. "But because [some races in the city are] in the Grand Prix, I don't mind driving the 2½ hours there or driving and spending the night at Batesville or up to Fayetteville to do the Chili Pepper."

Other benefits:

■ Grand Prix races must provide accurate routes, safety support and other amenities racers need and enjoy.

■ Entrants also receive brochures for the footraces in the mail, so they don't have to hunt for application forms.

■ Beginning with the first race, racers' ages will be listed all year using the oldest age they will attain by Nov. 18, 2006. So if you need some help confronting a fear of aging, Grand Prix can make that happen for you.

■ And you'll never lack for T-shirts.

SPECIFICS

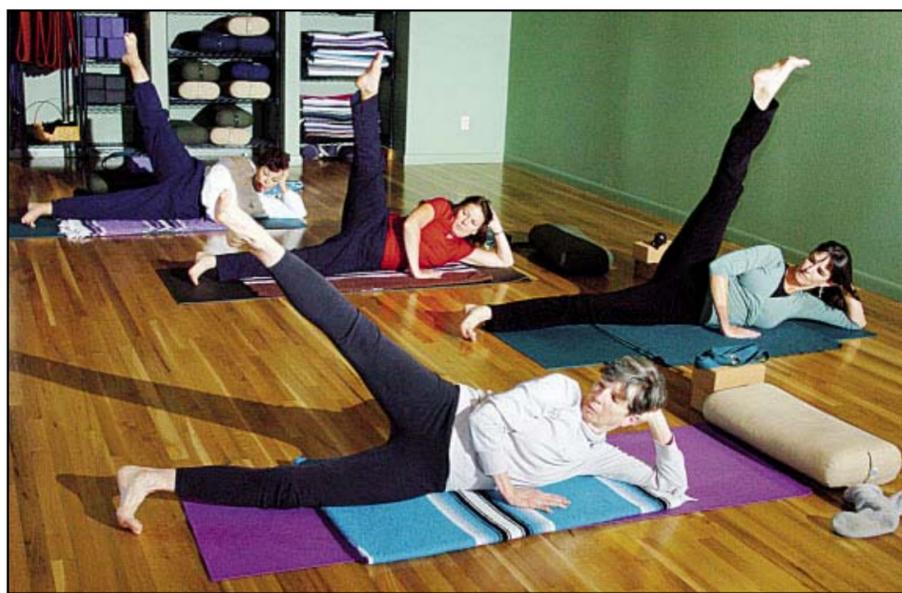
■ Grand Prix dues are \$15 a year; racers must also pay entry fees for each race.

■ Racers must belong to an Arkansas running club that's a member of the national Road Runners Club of America, or they must be individual members of the RRCA.

■ Arkansas' eligible running clubs are listed online at www.arkrrca.com, which also has the registration form, rules, examples of how points are scored and a spirited message board where friendly "trash talking" is encouraged.

WHAT ABOUT 2005?

With the close of the 2005 series at Saturday's Duck Race, Howard expects to be done with calculations and able to post the 2005 winning teams and individuals on the Web site early this week. Little Rock Roadrunners Club is expected to win the men's team competition; ArkansasRunner.com is expected to win the women's team.



Arkansas Democrat-Gazette/AARON SKINNER

Students (from left) Barbara B. Wilson, Pam Morrison, Marie Silano and center owner Andrea Fournet work through an exercise during a yoga-and-Pilates class at the Arkansas Yoga Center in Fayetteville.

Yoga

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Design) guidelines for green buildings.

Silver metal siding on three sides helps with reflecting heat in the summer and absorbing heat in the winter, she says, and "blown-in recycled newsprint was used for insulation through the whole building, cutting down on energy loss."

Responsible energy use was another consideration.

"Radiant-heat flooring in the large main yoga room is much more energy efficient — as well as comfortable for the students, with no dry, blown-in heat," Fournet says.

"We also use thermostats that regulate room temperatures and lower the temperature when the space is not being used, thus not heating or cooling an empty building — very energy efficient."

GREEN AND SERENE

Arkansas Yoga Center, housed in two buildings connected by a second-story bridge, is decorated in soft earth tones — yellows, creams and greens with accents of buff and crimson — with open-beam painted ceilings ("so you can have really lofty thoughts while practicing yoga or tai chi or Nia or meditation," Fournet says) and many windows for natural light.

Fournet is proud of the bamboo blinds on all the windows — bamboo is a renewable resource — and the 15-by-30-foot outdoor deck "made of recycled plastic bags and bottles, a product made locally in Springdale."

She's also proud of the grounds and of the fact that not only were only four trees removed for the footprint of the building, but a dozen or so more were added to the 20 remaining.

"The landscaping was done by a company here in Fayetteville called Azurescapes, and their specialty is water features and working with the existing natural environment," Fournet says. "They were awesome to work with."

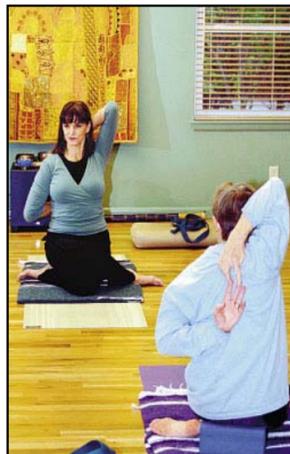
The larger building houses the two yoga classrooms and reception area; the smaller holds a massage center called Integrated Body and a studio apartment, which is rented to one of the massage therapists.

"We created the massage center so we could offer the whole wellness concept," Fournet says.

The result is a place in which Bryan Fowler, Fournet's right-hand man, finds it soothing to spend time.

"It amazes me how people respond to time spent in the center," Fowler says. "It's like an oasis of calm, good will and health. I know others share this sentiment, but I find it hard to leave the center, even after a long day of teaching and working there."

Fowler, who lives and works — as a yoga teacher and musician — in Fort Smith says he



Arkansas Democrat-Gazette/KAREN VANDONGE

Andrea Fournet leads a yoga class at her new Arkansas Yoga Center on Green Acres Road in Fayetteville.

now spends so much time at the new center (where he teaches two days a week) and working on projects with Fournet that he also keeps an apartment in Fayetteville.

WORKING FRIENDSHIP

Fowler and Fournet began with a student-teacher relationship, when he came to her for teacher training, but now they collaborate. Together they have developed VariYoga, their trademarked brand of hatha yoga, and Fowler has worked on music for Fournet's public-access television show, *Yoga With Andrea* (shown statewide at 4 p.m. Sundays on AETN), and her DVDs — one of which has been spun off into a CD of music for yoga called *Synchronicity: The Merging*.

"Andrea and I have enjoyed developing our friendship, as well as brainstorming on yoga ideas, workshops, poses, etc. She has been a tremendous encouragement and support," Fowler says.

"We enjoy a strong working relationship, but I also feel like a member of her family. Her husband, daughter and dog have all welcomed me fully. The cat is another matter."

Fowler's even the Web master for Fournet's Web site, www.aryoga.com. "That's all Bryan," Fournet says. "He does a great job with it."

The two are in the process of creating a meditation CD titled *Savor the Stillness*. Fowler wrote and produced the music.

"The CD is a guided meditation, with my voice or Bryan's leading the listener through different guided meditations," Fournet explains. "It is an hour long with two five-minute sessions, two 10-minute sessions and two 15-minute sessions. The last session someone can use to help them go to sleep."

Fournet has also produced four yoga practices on video or DVD. The first two videos, *Yoga Basics With Andrea I and II*, are no longer available, "so if you

Train

Continued from Page 1E

doing the mileage. But, guess what, it's OK to be a little flexible with that plan.

Take a good look at your training schedule versus your time commitments for the week. Don't be afraid to move days around if you need to; just remember to keep to the "hard easy" rule. A hard day — long mileage or shorter mileage that's a more intense or faster workout — should be followed by an easy day or a day off.

Wed rather you didn't miss a long-mileage training day (after all, that is what this is all about, going the distance in March), but missing a shorter run or walk occasionally isn't going to be the end of your marathon hopes and dreams.

Now, don't go running to my husband, Tom, or to another coach or your training partners and telling them, "Hobbit said I could train for the marathon just doing the long-mileage runs

every week!"

If you find yourself making excuses to put your training off till afternoon (or the next morning) and then not following through for days at a time, well, we need to have a little chat and get you back on track. But missing one day? Enjoy the day off and forget about it.

Along with lack of time come lack of sleep and, believe it or not, lack of nutrition during the last weeks of the year.

Since a lot of us tend to gain weight in November and December, you probably don't believe me when I say that your body might not have enough fuel to keep up with all the extra demands you're asking of it. But think about it. Are you eating enough of the "good" stuff (lean protein, fruits, vegetables, whole grains, low-fat dairy) or are you getting through your busy day fueled by sugar cookies, your Aunt Sue's super stupendous fudge, and eggnog?

I know, I know, Aunt Sue only makes this fudge once a year, and we don't want to miss out

on it, I'm only saying give your body a little more to work with than empty calories.

I mentioned lack of sleep. Most of us already burn the candle at both ends, and getting your training in (whether you train early in the morning or late in the evening) can result in making the nighttime hours even shorter.

You'll know when you reach the critical point in sleep and food deprivation — your family and friends will scatter when you walk into a room, and not just because of your smelly workout clothes.

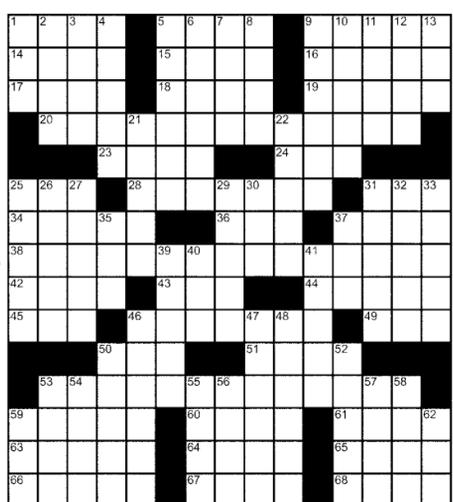
Bottom line here: Take care of yourself. Your family, friends and you will be glad you did.

Registration for the Little Rock Marathon is online at www.littlerockmarathon.com. Hobbit Singleton, Little Rock Marathon walking coach, is certified by the Road Runners Club of America. Write to her in care of Health & Fitness section, P.O. Box 2221, Little Rock, Ark. 72201. Or e-mail

hobbit_s@sbglobal.net

New York Times Crossword

Edited by Will Shortz No. 1017



Puzzle by Gregory E. Paul

- ACROSS
- Unravel, as a cord
 - Hand support
 - Fissures
 - Christmas season
 - To be, in Toulon
 - Messages via MSN.com, e.g.
 - "...small world!"
 - Extended family
 - Backside
 - Old-fashioned
 - Nonverbal O.K.'s
 - Author Harper
 - Amer. soldiers
 - Result of a hung jury, maybe
 - Fit ... fiddle
 - Fess up (to)
 - Driver's lic. and such

- DOWN
- Memo letters
 - Justice Bader Ginsburg
 - By the same token
 - Long (for)
 - Ebb
 - "Finally!"
 - Tehran's land
 - What usurers do
 - Gas up again
 - Spitting ...
 - Weapon of 59-Across
 - Wee
 - Underhanded
 - After a fashion, informally
 - Really good time
 - Alpha, beta, ...
 - Perfect
 - Wee
 - Turn red, as a strawberry
 - Wedding vow
 - Not silently
 - Luxury leather
 - Liability's opposite

- Sagan or Sandburg
- Glimpse
- It might be 18 oz. on a cereal box
- Safe sword
- ... the wiser
- Mt. Rushmore material
- "Law & Order" fig.
- Shipwreck signal
- Instrument hit with a hammer
- Petty
- Lethal snake
- Yankee nickname starting 2004
- Workbench attachment
- "Doe, ... a female ..."

- Tune out
- Walk like a little 'un
- It fits into a nut
- First, as a name
- Yymph bump
- Leap, as the Constitution
- Fun park car
- Amount not to care
- Soybean paste
- Armchair athlete's channel
- Pop-top's place
- Storm's center

ANSWER TO PREVIOUS PUZZLE

FLEMISH LABELS
LAYANEGG ONELAP
ICESKATE KISSME
MOLTEN TWISTTIE
FRIED CSA EBOND
LUND SHIRT UNAS
ANE DARNINGOOD
MARGARITANOSALT
GIRISHAMENSAHT
SLOG STEER ABRI
MOTAS EHS ASIGN
MANTMENU SPLIEN
LEDOTON NOCHANCE
LESION TRAINCAR
ERECTS INSTEPS

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RENT (PG-13) 4:15, 7:10
IN THE MIX (PG-13) 5:30, 7:45
ICE HARVEST (R) 5:30, 7:40
JUST FRIENDS (PG-13) 5:30, 7:40
YOURS, MINE AND OURS (PG) 5:20, 7:30
HARRY POTTER AND THE GOBLET OF FIRE (PG-13) 5:00, 7:00
WALK THE LINE (PG-13) 4:10, 7:05
CHICKEN LITTLE (PG) 5:00, 7:00
TWO FOR THE MONEY (PG-13) (OPEN CAPTIONED) 4:25, 7:00

Visit www.carmike.com for your chance to win a Gibson Guitar from Walk the Line!

ALL SHOWTIMES INCLUDE PRE-FEATURE CONTENT

18 kids, one house, no way.

YOURS, MINE & OURS

NO PASSES

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MALCO SUNSET CINEMA 9

RAZORBACK 6

1:10 - 4:15
7:30 - 9:40

1:10 - 4:15
7:30 - 9:40

1:10 - 4:15
7:10 - 9:30

MALCO SINCE 1915

SHOWTIMES MON 11/28 - THU 12/1

NO PASSES DIGITAL SOUND

ALL STADIUM SEATING

ROGERS TOWNE CENTER
621 N. 46th ST., ROGERS 631-5927 619-2744

★RENT (PG13) 12:20-3:35-7:05-10:00
★YOURS, MINE AND OURS (PG) 1:10-4:15-7:30-9:40
★JUST FRIENDS (PG13) 12:50-3:55-7:20-9:50
★PRIDE & PREJUDICE (PG) THX12:40-3:45-7:10-10:00
★HARRY POTTER & GOBLET OF FIRE (PG13) THX 12:15-3:25-6:45-9:55
★HARRY POTTER & GOBLET OF FIRE (PG13) 12:45-4:00-7:20
★HARRY POTTER & GOBLET OF FIRE (PG13) 1:30-4:40-8:00
★WALK THE LINE (PG13) 12:30-3:45-7:00-9:50
★WALK THE LINE (PG13) 1:25-4:25-7:30
★ZATHURA (PG) 1:30-4:20
★DERAILED (R) 7:05-9:30
★CHICKEN LITTLE (G) 1:00-3:00-5:00-7:10-9:20
★CHICKEN LITTLE (G) 1:35-4:10
★JARHEAD (R) 7:00-9:55
Special Cineobies Event Tuesday 11/29/05, This week
★HARRY POTTER & GOBLET OF FIRE (PG13) 11:00 AM

SUNSET 9 751-2600
2940 WEST SUNSET 751-5070

★RENT (PG13) 12:20-3:35-7:05-10:00
★YOURS, MINE AND OURS (PG) 1:10-4:15-7:30-9:40
★JUST FRIENDS (PG13) 12:50-3:55-7:20-9:50
★ICE HARVEST (R) 1:20-4:05-7:15-9:30
★HARRY POTTER & GOBLET OF FIRE (PG13) THX 12:15-3:25-6:45-9:55
★HARRY POTTER & GOBLET OF FIRE (PG13) 12:45-4:00-7:20
★WALK THE LINE (PG13) 12:30-3:45-7:00-9:50
★WALK THE LINE (PG13) 1:30-4:20
★CHICKEN LITTLE (G) 1:00-3:00-5:00-7:10-9:20
★SAW II (R) 7:30-9:55

RAZORBACK 6 521-7005
2035 N COLLEGE 521-4080

★YOURS, MINE AND OURS (PG) 1:10-4:15-7:10-9:30
★HARRY POTTER & GOBLET OF FIRE (PG13) 12:15-3:25-6:45-9:55
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★WALK THE LINE (PG13) 12:30-3:45-7:00-9:50
★WALK THE LINE (PG13) 1:25-4:25-7:30

NWA MALL TWIN 4201 N COLLEGE 521-2322

★JUST FRIENDS (PG13) 4:30-7:15
★ZATHURA (PG) 4:40
★JARHEAD (R) 7:00

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