

# HARBOR LIGHT

January 2013

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PLYMOUTH HARBOR INC. (not-for-profit) 700 John Ringling Boulevard Sarasota, FL 34236-1551

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## NEW YEAR'S GREETINGS FROM HARRY HOBSON, CEO

At this time each year it is customary for me to reflect upon the past year, and look forward to the New Year with regard to Plymouth Harbor. During this time of reflection, my emotions become mixed with satisfaction for what has been accomplished to enrich the lives of our residents and staff, and with a sense of determination and enthusiasm for those challenges yet to be addressed. The latter will become a part of my focus for the New Year.

### REFLECTIONS OF 2012

Overall, 2012 was a successful year for Plymouth Harbor. It was a year that began with the celebration of life for the 37 treasured former residents of Plymouth Harbor, and community admissions in the Smith Care Center, who as Chaplain Jerry would say, "Are in a better place." By the end of 2012, we welcomed 44 new residents into the Plymouth Harbor family.

Lifelong learning opportunities continued in 2012 as we continued to collaborate with SILL, Pierian Spring Academy, and a myriad of other Sarasota partners.

Capital improvements were made to enhance our living, dining, and activity spaces throughout the campus. Those enhancements can be seen during a stroll through the model apartments, colony rooms, atriums, café, dining room, indoor therapy pool area, wellness center, Smith Care Center, and the Peninsula.

The Plymouth Harbor Foundation became a reality after several years of planning. A Foundation Board has been appointed; a Vice President of Philanthropy, Becky Pazkowski, was hired; and, more than 75 new donors to the Foundation were welcomed representing \$760,000 in gifts and pledges that will benefit our residents and employees.

We were pleased to award the Doyle Annual Scholarships to employees Emily Messinger and Bradley Inzalaco, who articulated how working in the field of senior services has impacted them. We are indebted to former residents, Mildred and Bernard Doyle, for their generous gift.

With the hiring of Chris Valuck, Wellness Coordinator, we launched our Wellness Program. The success of its first year can be measured by the more than 100 one-on-one resident fitness assessments that were conducted; introduction of Armchair Ballet, Sit Fit, Better Balance (Falls Prevention), Walk'n'Workout, and a kayaking field

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## NEW YEAR'S GREETINGS FROM HARRY HOBSON, CEO

(continued from page 1)

trip. In addition, we enhanced other group exercise programs including Total Body Challenge and Aqua Fit. In the final analysis, resident involvement increased by nearly 70% as a result of our new Wellness Program.

### A LOOK AHEAD: 2013

I believe 2013 will be a fruitful year for Plymouth Harbor. I know we will embrace the future with passion, commitment and confidence. It is important to achieve the day-to-day goals necessary to address our mission, which is **to provide the most positive aging experience possible for its residents**. It is equally important to keep our long-term vision at the forefront, which is **to become the regional continuing care retirement community of choice**. The roadmap for long-term success is through a series of well-planned strategic initiatives.

It is my belief that if we address the following five strategic initiatives over the next year, we will position Plymouth Harbor for continued long-term success.

These five strategic initiatives include:

1. Completion of the planning, designing and financing process for a new assisted living and memory support center on campus to better address the challenges faced by many residents.

2. Updating and expanding the exercise and wellness center to nurture the health and welfare of our residents.
3. Expanding rehabilitative services and home healthcare to better serve our residents and to maximize revenue opportunities, possibly beyond our Plymouth Harbor campus.
4. Forming strategic alliances with other organizations to better utilize the economies of scale related to purchasing goods and services.
5. Continual focus on ways to ensure maximum resident satisfaction and employee relations.

We are planning to conduct a formal resident satisfaction survey during the first quarter of 2013. The results of the survey will assist the Board of Trustees and administration in addressing resident concerns, while building upon our strengths. An employee satisfaction survey will follow in the summer.

I am extremely energized and optimistic about 2013. Suffice it to say that I think we will continue to reach new degrees of excellence as we embrace **The Plymouth Harbor Experience** together.

On behalf of the Board of Trustees and Staff of Plymouth Harbor, I would like to wish each of you a very Happy, Healthy and Prosperous New Year.

***Postscript: I feel compelled to add a brief postscript to my New Year's Greeting by sharing that my wife, Nancy, and I sincerely enjoyed spending New Year's Eve with our residents and Dining Services staff this year. It was an evening to behold that was shared by over 125 residents, families and friends engaged in conversation, dancing and dining that simply resulted in the best party in town....hands down!***

## A Spirit of Philanthropy by Becky Pazkowski A New Year of Thanks

One of the greatest moments in philanthropy occurs when we are given the opportunity to say “thank you” for a gift. Over the past months, as I have come to know our donors and friends, I have had the opportunity say thank you many times, for gifts in different forms. It is during a thank you call that I might hear the real reason why someone has made a gift. It warms me to the core to hear these stories, and I’d like to share a few of them with you.

A current resident who recently made a very generous cash gift had the following to say about his experience here: “My wife and I have lived longer at Plymouth Harbor than any other residence in our lifetime. It has become our home. Selfishly, I specifically want to gift during my lifetime, so that I can see how it is received and/or directed.”

The son of former residents Cyril and Bettie Houle shared with me that his favorite aunt (Hazel Stevens) was one of our first residents at Plymouth Harbor. He would visit Auntie when he was a young boy, and, later, after his parents moved in, he would come to visit them. His eyes became moist as he remembered this as his family home. He still has the piece of art that his 5-year-old son (now 26) did with his mom in the Art Center during a visit. David Houle, author and futurist, will show his appreciation for the care his family received in the form of a Waterside Chat this spring as he discusses his newest book “Entering the Shift Age.”

This last fall we shared news about new residents Marcia and Arnold Freedman, who made a gift in honor of their Residency Sales Counselor. They felt that they would not have been able to make the move to their new home had it not been for her assistance and professional expertise.

A former rehabilitation patient in the Smith Care Center made a gift in December in honor of the Smith Care Center staff. When I called to thank her for her amazing gift, she said, “Well, the staff was pretty amazing!”

Several residents who have made gifts during the year have commented similarly about supporting Plymouth Harbor. The two most common reasons people give me are that they are grateful for the care and services provided by the employees and for the friendships they are making with their neighbors.

At this writing, we are about to bring 2012 to a close, with gifts and pledges to The Plymouth Harbor Foundation of \$760,000. This is a record year in generosity, and I’m pretty sure that we haven’t said “thank you” enough. That being said, please accept our heartfelt thanks for every gift, and let us look ahead to 2013 with hope and anticipation of even greater things to come.

*Happy New Year!*

XIÈXIE “Thank You” SPASIBO  
 GRACIAS Grazie Mahalo  
 Merci Danke WA-D⊕  
 Arigato Dhanyawaad Aante



*We Celebrate the Lives of  
Our Departed Loved Ones & Friends*



Wednesday ~ January 23 ~ 10:30 am ~ MacNeil Chapel

Psalm 121 NRSV

I lift up my eyes to the hills -- from where will my help come?  
My help comes from the Lord, who made heaven and earth.

Ferris D. Highsmith  
February 8, 2012

Eleanor M. Koster  
June 1, 2012

Merle E. Dimino  
August 3, 2012

Rosalie Russell\*  
February 12, 2012

John K. Hess  
June 12, 2012

Sidney Robbins\*  
August 25, 2012

Barbara M. Machan  
February 14, 2012

Elizabeth (Liesel)  
Rosenberg  
June 14, 2012

George Stevens\*  
September 3, 2012

Robert Merrill  
February 16, 2012

Richard W. Koster  
June 23, 2012

John A. Connor  
September 6, 2012

Mary Miller\*  
March 2, 2012

William S. (Bucky)  
Buchanan  
June 25, 2012

Kathryn M. Weiser  
September 8, 2012

Nancy M. (Mike) Wallace  
March 24, 2012

Ingvar E. Tornberg  
July 8, 2012

Robert Singer\*  
September 14, 2012

Cornelia Futor  
March 28, 2012

Carroll F. Johnson  
October 1, 2012

Edith Rosenthal\*  
May 18, 2012

Lloyd Singer\*  
July 13, 2012

Joann Sutton\*  
October 7, 2012

Fairlie Pasfield\*  
May 21, 2012

Ethel Danto\*  
July 19, 2012

Nancy J. Berkely  
December 5, 2012

Alice Jean McFarlin\*  
May 31, 2012

George Durell\*  
July 26, 2012

Barbara Argenti  
December 21, 2012

(\* Smith Care Center)



**IN SIMULCAST**  
**Mondays & Thursdays at 10:30**  
**Pilgrim Hall at Plymouth Harbor**

**Music Mondays: Musical Conversation with ...**



- January 7      SPEAKER: Charlie Albright, pianist  
 January 14     SPEAKER: Andrew Lane, conductor  
 January 21     SPEAKER: Maria Wirries, Sarasota singing sensation  
 January 28     SPEAKER: Kent Tritle, New York Philharmonic organist

**Thursday Global Issues**

Call Mary Piston  
 at Ext. 512 for tickets

- January 10      SPEAKER: Dr. Jerry Pubantz  
*Resetting Foreign Policy: The Path Forward after January 20th*
- January 17      SPEAKER: Dr. Irene Finel-Honigman  
*Markets, Monsters, & Black Swans: The European Union and the Euro*
- January 24      SPEAKER: Dr. Ron Haskins  
*Fighting Poverty and Increasing Economic Opportunity*
- January 31      SPEAKER: Dr. Jonathan Pollack  
*The United States and China: The Wary Partnership*



**January 2012 Employee of the Month**

**Patricia Martinez**

**Smith Care Center Housekeeping**

“Patricia is a trusted member of the Smith Care Center Housekeeping Department who requires no oversight. She does more than is required -- an overachiever who puts 100% effort into any task she performs. Patricia is kind, friendly and helpful, considerate and always greets everyone with a smile and a helpful hand.”



## **INTRODUCING**

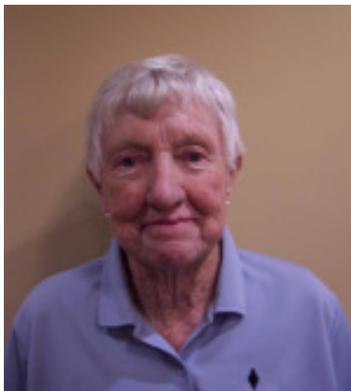
### **Johanna Smith**

Move-In Date: December 10, 2012

Apt. E-112            Ext. 528

Jo Smith may be the most enthusiastic golfer ever to move into Plymouth Harbor. Her love of the game led her from her local golf association through state and regional groups to the U.S. Golf Association where she served as a Rules Official, sometimes at national tournaments.

Her life with golf started in Lake Charles, LA, where she was born and lived for her first 40 years. In junior high school, Jo took some lessons and was hooked. Before she had to give up golf, she had belonged to at least five golf clubs, one in every place she lived while accompanying her engineer husband as he moved around, Puerto Rico, Pittsburg, AZ, Lecanto in Florida. An engineer with Pittsburg Plate Glass, he ended up in Pittsburg where Jo acquired an additional interest. As a docent at the Carnegie Museum, she discovered dinosaurs which were particularly enchanting to groups of children. Upon retirement, the Smiths moved to Sedona, AZ, where the local museum is particularly strong in dinosaurs and other southwestern fossils. It was not a surprise that Jo began docenting again. Her fondness for Arizona is evident in her apartment where the color scheme, the Indian rugs and pots all are reminders of the wonderful American Southwest.



Jo left her beloved Lake Charles to spend two years at Randolph Macon College and returned for one year at Sophie Newcomb, (the woman's part of Tulane). She quit to marry William Smith, a marriage that lasted for 63 years, until he passed away a year ago. With three children, five grandchildren and two great grandchildren, we can guess the number of volunteer activities, hospital auxiliary stints, and even a real estate sales job that filled her time, golf notwithstanding. She moved to Plymouth Harbor from Citrus County where they spent 18 years because she has that most valuable asset, a daughter, who lives in Sarasota.

Just do not ask Jo about her golf handicap when you meet her. It is low enough to make you golfers jealous.

- Ish Pedersen

## **In House Moves**

**Carl Denney**

**Winnie Downes**

Apt. W-209 ... Ext. 268

**Serge Oliel**

Apt. N-311 ... Ext. 194

**Paul & Macky Groen**

Apt. T-2307 ... Ext. 397

## **INTRODUCING**

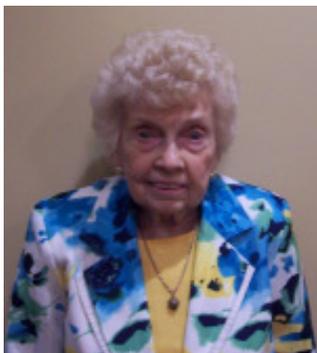
### **Mary Lou Paul**

Move-In Date: November 13, 2012

Apt. T-2214      Ext. 390

Have you noticed that some apartments in the Tower are so filled with artistic treasures that you think you've stepped into a museum?

I think that Mary Lou Paul's apartment, once she has finished unpacking, will look like a museum. Already there is a cabinet filled with ceramic and crystal figurines from all over the world; some small sculptures on side tables; and a few paintings on the wall.



Mary Lou comes to us from Punta Gorda where she has lived for the past 25 years. She still owns a house in Punta Gorda and has many dear friends, including a thriving book club, there. The 2004 hurricane, which had been expected to come to Sarasota, touched land instead in Punta Gorda — “it was frightening, it sounded like a freight train passing by my house but luckily, it only caused minor damage on my property.” Mary Lou says that in any event, she was prepared, having had “lots of storm experience” when she lived in the Northeast.

Mary Lou was born in Nebraska, lived as a young child in North Carolina and spent much of her adulthood in Pennsylvania. She was a librarian, with a degree from Drexel University. She began her career in elementary school districts in Washington and Chester, PA, became high school

librarian in the Philadelphia area and then worked in the Penn State University Library for three years.

She has been married and widowed twice. She has two children and three grandchildren. Her son lives with his family in Delaware and her daughter works for the Blood Bank in Sarasota and was the moving spirit behind Mary Lou's relocation to Plymouth Harbor.

Mary Lou loves to read and also lists sewing, gardening, scrabble and traveling as her hobbies. When you first encounter Mary Lou, you will meet a friendly, outgoing, sociable lady, eager to make friends in her new home, and I'm confident that, to our benefit, she will do that very soon.

- Vera Kohn

## **Welcome New Residents**

### **Johanna "Jo" Smith**

Apt. E-112 ... Ext. 528  
December 10, 2012

### **Betty Hendry**

Apt. N-305 ... Ext. 188  
December 19, 2012

### **Jean Simon**

Apt. T-403 ... Ext. 414  
December 24, 2012



## New Year's Resolutions

No. We're not talking about losing five pounds, or exercising 30 minutes every day. Or even giving up candy. (Perish the thought!)

We're talking about New Year's Resolutions that actually become part of your daily routine, those habits that become automatic. Some habits have already become automatic for most of us, turning off the lights whenever you leave a room, adjusting the thermostat up or down at night.

But, there are a couple that the Conservation Committee would like to suggest, things that may not have occurred to you.

For instance, towels. Save water, soap and Liz's time. Help your housekeeper know which of those fluffy white towels need to be washed. Throw dirty ones in the tub or the shower. The towels still on the towel rack are clean so why wash them.

If you turn off the computer when you are not using it (OFF, not sleep), unplug the cell phone charger when it is not charging, turn the switch on most dishwashers, the one that says "heated dry" to off. Lots of little savings of electric power make big savings.

Batteries. All batteries with a letter, A, AA, AAA, C and D, those will do no damage in the landfill. You can throw them out with the trash. But the mercury in hearing-aid batteries and ALL other batteries needs to be kept out of the landfill. Blessedly, we have a simple way to dispose of them. Take them to the maintenance office or ask your housekeeper to take them there. Same story for compact fluorescent bulbs — broken or worn out. They have a speck of mercury so they need special handling.

Medicines. You can deliver your unused drugs to the Callahan Center. They dispose of medicines all the time. They will take yours, too.

And think of how virtuous you will feel when you do NOT break these New Year's Resolutions.

~ Compliments of the Conservation Committee ~

*Let your green journey begin with renewed vigour this new year.*



## Pierian Spring Academy Winter Classes at Plymouth Harbor

<b>TUESDAYS</b>	9:30 am Bill Cotter	January 8 -- January 29 (4 weeks/\$55.00) <b>Government &amp; Politics</b> <i>The Supreme Court: Current Issues</i>
<b>TUESDAYS</b>	2:00 pm Joyce Stith	January 8 -- February 12 (6 weeks/\$75.00) <b>Theater &amp; Film</b> <i>Out of India</i>
<b>THURSDAYS</b>	2:30 pm Bill Wittig	January 10 -- February 14 (6 weeks/\$75.00) <b>Music</b> <i>Solving More Musical Mysteries</i> <i>("Whodunnit" continued)</i>
<b>FRIDAYS</b>	9:30 am Mary Jane De Genaro & Bill Wittig	January 11 -- February 15 (6 weeks/\$75.00) <b>Music</b> <i>Four Operas at Sarasota Opera</i>

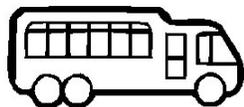
*Is there a class of interest to you?* If so, call Ext. 252 or drop by the Resident Services Office for assistance with registration and/or questions. Not sure if you want to commit? Try out the first class of any course for a preview before making a decision.

### *Art & Artists Series ...*

## A HISTORY OF ART IN THREE COLORS: GOLD

Wednesday ~ January 30

3:00 pm in Pilgrim Hall



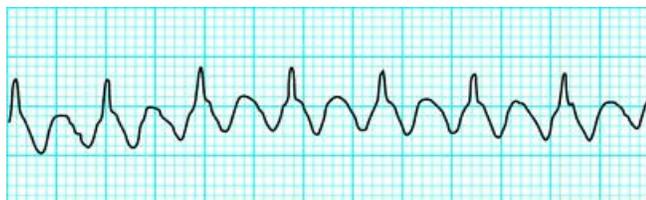
**PLACES to GO ... Call Ext. 252 to sign up**  
**Minimum 10 participants for all outings**

**The Chihuly Collection, The Hot Shop and Lunch**

Friday, January 25 Bus departs 10:00 am



Before we visit St. Petersburg's cultural jewel, The Chihuly Collection, we'll visit the Glass Studio and Hot Shop at the Morean Arts Center, and -- comfortably seated -- watch an artist take molten glass and create a magnificent piece of art glass. Then lunch at 400 Beach Seafood and Taphouse, and on to meet our docent at the fabulous Chihuly Collection with its spectacular large-scale installations. Trip fee (\$70.00) includes transportation, admissions, lunch, beverage, tax, gratuity and all the oohs and aahhs you want!



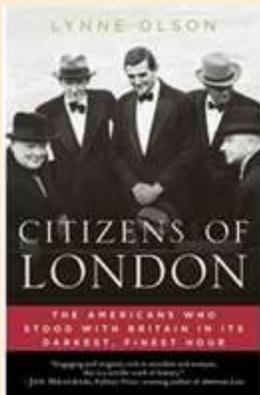
**Health Matters**

*Sponsored by the Health Committee*

**Atrial Fibrillation - Heart Arrhythmias**

**Presented by Sam Kalush, MD**

**Wednesday ~ January 16 ~ 3:00 pm ~ Pilgrim Hall**



**March Book Discussion**

***Citizens of London* by Lynne Olson**

Learn the behind-the-scenes story of how the U.S. forged its wartime alliance with Britain, told from the perspective of three key American players in London: Edward R. Murrow, Averell Harriman and John Gilbert Winant, the shy, idealistic U.S. ambassador to Britain. Each man formed close ties with Churchill, so much so that all became romantically involved with members of the prime minister's family.

**Discussion led by Bill Vernon**

**Friday, March 1**

**3:00 pm in the Card Room**

Call Ext. 252 to sign up and for a copy of the book (\$15.00). Available on Kindle



## New in the Library

(\* indicates a gift)

### FICTION - Regular Print

**Back to Blood** (©2012) by Tom Wolfe  
**The Black Box** (©2012) by Michael Connelly  
**The Black House\*** (©2012) by Peter May  
**The Bone Bed** (©2012) by Patricia Cornwell  
**Flight Behavior\*** (©2012) by Barbara Kingsolver  
**The Forgotten** (©2012) by David Baldacci  
**A Heartbeat Away\*** (©2012) by Michael Palmer  
**Mad River\*** (©2012) by John Sandford  
**Merry Christmas, Alex Cross\*** (©2012)  
 by James Patterson  
**Monday Mornings\*** (©2012) by Sanjay Gupta, MD  
**NYPD Red\*** (©2012) by James Patterson  
**One Rough Man\*** (©2012) by Brad Taylor  
**The Panther** (©2012) by Nelson DeMille  
**The Paris Wife\*** (©2012) by Paula McLain  
**The Secret Keeper** (©2012) by Kate Morton  
**The Sweet Tooth** (©2012) by Ian McClain  
**The Tombs\*** (©2012) by Clive Cussler

### NONFICTION - Regular Print

**The End of Your Life Book Club\*** (©2012)  
 by Will Schwalbe  
**The Lady in Gold** (©2012) by Anne-Marie O'Connor  
**The Patriarch** (©2012) by David Nasaw  
**The Signal and the Noise** (©2012) by Nate Silver  
**Sirio\*** (©2012) by Sirio Maccione and Peter Elliot  
**Thomas Jefferson: The Art of Power** (©2012)  
 by Jon Meachan

### FICTION- Large Print

**The Perfect Hope** (©2012) by Nora Roberts  
**The Racketeer\*** (©2012) by John Grisham

### DVDs New in the Media Library

**The Apartment\***  
**The Best Exotic Marigold Hotel**  
**Chopin: Desire for Love\***  
**The Dark Knight Rises**  
**Grumpy Old Men\***  
**Hope Springs**  
**It's a Wonderful Life**  
**The Last Kiss\***  
**Maria Callas: Life and Art\***  
**Marty\***  
**Miracle on 34th Street**  
**Moonrise Kingdom**  
**National Lampoon's Christmas Vacation**  
**National Treasure\***  
**The Nutcracker (Balanchine)**  
**The Nutcracker (Royal Ballet)**  
**Pavarotti: Italian Opera Collection**  
**People Like Us**  
**Prometheus**  
**Restrepo**  
**Rock of Ages**  
**Shall We Dance?\***  
**An Unfinished Life**  
**The Yellow Rolls Royce\***



### REMINDER: BOOK DISCUSSION

*The Johnstown Flood* by David McCullough

Discussion led by Jim Griffith

**Friday, January 11 at 3:00 pm in the Card Room**

# From The Wellness Center...

Please join us weekly for a special new class beginning in 2013



## Mindful Meditation

Monday Mornings, 8:30-9:00 am

Beginning January 7, 2013

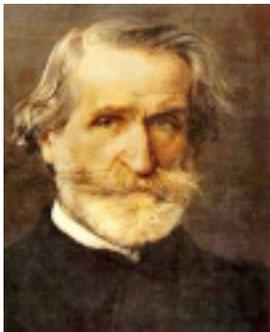
This unique experience will help to reduce anxiety, stress, and depression, while increasing a more vital state of physical health and mental well-being.

- “Sitting Tai Chi Meditation” (Experience the graceful flow of Tai Chi meditation, and invigorate and strengthen your body *and* mind)
- “Basic & Specialized Breathing Techniques” (Focused respiration can help alleviate headaches, anxiety, high blood pressure and insomnia, and contributes to increased energy and productivity)
- “Chi-Kung Massage Revitalization Techniques” (Give *yourself* a healing and revitalizing massage & experience the benefits of an acupuncture treatment without the needles)

This unique educational experience was created by  
Master Instructor, Rosann Argenti, BSW, LMT  
from the internationally acclaimed PBS TV Series “Tai Chi INNERWAVE.”

## Program & Civic Affairs Committee events ...

Please note that we are experimenting with a change of start time during the month of January. Programs will begin at 8:00 pm. We welcome your feedback.



### Verdi: Celebrating 200 Years

**Dr. John Goodman**

**Professor Emeritus, Boston University**

A retrospective on the world's most popular composer of operas

**Thursday, January 10 at 8:00 pm in Pilgrim Hall**

### Sea Level Change

Barbara Lausche, Director  
Marine Policy Institute at Mote Marine

**Thursday ~ January 17**

**8:00 pm in Pilgrim Hall**



### Igor Begelman and Rieko Aizawa

**Thursday ~ January 24**

**8:00 pm in the Card Room**



Igor Begelman (clarinet) and Rieko Aizawa (piano) come to us from New York's Piatigorsky Foundation, whose mission is to make classical music an integral part of everyday life for communities throughout the United States.



Subtitled DVD

### Leoncavallo's Pagliacci

Time for the second half of *Cav and Pag*. This production from the Metropolitan Opera stars Teresa Stratas, Placido Domingo and Sherrill Milnes, with the orchestra conducted by James Levine.

**Thursday ~ January 31 ~ 8:00 pm ~ Pilgrim Hall**



**Tom Hopkins**  
Chairman, Board of Trustees

**Harry E. Hobson**  
President/CEO

**Garry Jackson**  
Senior Vice President/CFO

**Gordon Okawa**  
Vice President  
Marketing & Community Affairs

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**Maryanne Shorin**  
Resident Services Coordinator

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Peggy Schwarz, *chair*

David Beliles

Betty Blair

Vera Kohn

Gena Magoon

Perry Monroe

Isabel Pedersen

Sallie Van Arsdale

Don Wallace



700 John Ringling Blvd.  
Sarasota, FL 34236-1551  
941-365-2600  
www.PlymouthHarbor.org



# MOVIES

## Showing in January

### Tuesdays at 7:45 pm

<b>January 1</b>	<i>Arbitrage</i>			
2012	Color	107 minutes	R	
<b>January 8</b>	<i>The Queen of Versailles</i>			
2012	Color	100 minutes	PG	
<b>January 15</b>	<i>Doubt</i>			
2008	Color	104 minutes	PG-13	
<b>January 22</b>	<i>Arsenic and Old Lace</i>			
1944	B/W	118 minutes	Not Rated	
<b>January 29</b>	<i>Won't Back Down</i>			
2012	Color	121 minutes	PG	

**Have a movie request? Call Ext. 252.**

### Sundays at 2:00 pm & 7:00 pm

<b>January 6</b>	<i>Sparkle</i>			
2012	Color	116 minutes	PG-13	
<b>January 13</b>	<i>Golden Boy</i>			
1939	B/W	99 minutes	Not Rated	
<b>January 20</b>	<i>Being Julia</i>			
2004	Color	104 minutes	R	
<b>January 27</b>	<i>Secretariat</i>			
2010	Color	123 minutes	PG	