

# PREVIEWS

Information for the California and Nevada Motion Picture Theatre Industry • March/April 2004

## Calendar of Events and Holidays

March 17

St. Patrick's Day

Mar. 22-25

ShoWest

April 4

Palm Sunday

April 4

Daylight Saving Time begins

April 6-12

Passover

April 9

Good Friday

April 11

Easter

April 20-22

National NATO Board of Directors Meeting

Apr. 27 & 29

Spring Film Product Seminars in Northern and Southern California

May 3

Scholarship Applications Due

June 16

Annual Membership Meeting

### Routing Slip

Please share *Previews* with other people in your organization:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NATO of California/Nevada Increases Annual Scholarship Program to \$187,500

The Board of Directors of the National Association of Theatre Owners of California/ Nevada has approved a major expansion of its college scholarship program to meet the increasing cost of education by raising the number of award recipients from 10 to 15 annually, while increasing individual award amounts from \$5,000 to \$7,500, it was announced by Milton Moritz, president of NATO of California/Nevada. The new award structure will become effective with the current 2004 scholarship competition.

The program, headed by Scholarship Committee Chairman Jay Swerdlow, was instituted in 1996 to provide deserving field-level employees of NATO of California/Nevada member theatres with financial assistance for their post-secondary or vocational education, and has benefited 126 young men and women to date.

The Board also approved a new award category providing for ten \$7,500 college scholarships for dependents of theatre management staff and home office employees residing in California and

Nevada. This new program becomes effective with the 2005 scholarship competition.

Mr. Moritz, stated that "Advanced education, be it academic or vocational is imperative for achieving success in today's world. If we can help inspire bright, young people to realize their potential, we're all the richer for it." Past scholarship recipients have attended colleges from as close as their home towns in California and Nevada, to as far away as the east coast and across the ocean to Sussex, England. The award monies have been used for tuition at community colleges, state universities, all of the UC campuses, private universities and vocational schools. Mr. Moritz also stated, "A number of our scholarship recipients will, we expect, choose to remain in exhibition where their initiative and talents will prove valuable assets to our industry. Since the program began, we have seen a steady year by year growth in the number of applications submitted, and we strongly encourage all eligible employees of NATO of California/Nevada member theatres to apply for the program."

*(continued on page 4)*

## \$25,000 Showmanship Awards Competition for California and Nevada Theatre Managers

The National Association of Theatre Owners of California/Nevada will launch a \$25,000 Showmanship Awards competition to reward the outstanding promotional efforts of NATO of California/Nevada member theatre managers in California and Nevada.

Ten eligible theatre managers whose promotion campaign submissions are judged to be the most outstanding and effective will each receive a \$2,500 award. The contest period will run from May 1, 2004 through January 31, 2005, with awards to be presented at the NATO of California/Nevada 2005 Spring Film Product Seminar.

"Showmanship and creative promotion campaigns

at the local theatre level remain important ingredients in building and sustaining patron loyalty for movie audiences and for building important relationships within the community as a whole," stated Milt Moritz, president of NATO of California/ Nevada. "We are very happy to reward those managers who put forth the effort and go the extra mile to promote their theater and its place in the community."

Eligible campaigns may cover a broad range of promotional efforts, including feature film openings, charity events, theatre grand openings, institutional theatre promotions, and more. Contest applications and criteria will be made available by the end of April.

**Information and registration form for the NATO of California/Nevada Spring & Summer Film Product Seminar are on pages 2 and 3.**

## Spring & Summer Film Product Seminars Set For April

*Previews* is published by the  
National Association of  
Theatre Owners of  
California/Nevada

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### OFFICERS

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Charlene Sievers  
*Manager, Member Services*

Members are invited to join the marketing representatives of the major film studios at the upcoming NATO of CA/NV Spring & Summer Film Product Seminars on April 27th at Signatures' Jack London Cinemas in Oakland

Searchlight, Lions Gate Films, MGM, New Line/Fine Line, Paramount, Sony Pictures/Columbia Releasing, Universal and Warner Bros will introduce their upcoming films to the managers and corporate personnel of NATO of CA/NV

member theatres with product reels and promotional information. Guests will have a chance to visit with each other and the representatives at the continental breakfast and lunch that is provided by NATO of CA/NV.

Please note that all reservations must be approved by the respective corporate office or district manager. The attached registration form can be faxed or mailed to the NATO of CA/NV office, or email the information as requested in the registration form to [office@NATOCalNev.org](mailto:office@NATOCalNev.org). Due to space limitations we will be able to accommodate only two representatives from each theatre. The NATO of CA/NV Film Product Seminar is presented exclusively for managers, district managers and corporate personnel of our member circuits. **Attendance is free however it is by reservation only, we cannot accommodate walk-ins or substitutes. This policy**

**will be strictly enforced.** The deadline for reservations is Friday, April 9th.

Please phone the NATO of CA/NV office (310/652-1093) for additional information.



*Signature's Jack London Cinemas, Oakland*



*Loews Cineplex Universal Studio Cinemas, Universal City*

and at Loews Cineplex Universal Studios Cinema on April 29th in Universal City.

The studio representatives from Buena Vista Pictures, DreamWorks, Focus Features, Fox/Fox

# Registration Form

## NATO of CA/NV Spring & Summer Film Product Seminar

Attendance is open to NATO of CA/NV member companies and is by reservation only, **no walk-ins and no substitutions**. Due to space limitations we can accommodate no more than two persons per theatre location.

*Please submit a separate form for each representative.*

### Deadline for reservations: **Friday, April 9th**

**April 27, 2004**

Signature's Jack London Cinemas  
100 Washington Street  
(located at Washington and 2nd Street)  
Oakland, CA 94607-3703

**April 29, 2004**

Loews Cineplex Universal Studios Cinemas  
100 Universal City Plaza  
(located in City Walk)  
Universal City, CA 91608

*Limited parking validations available at both locations.*

NAME: \_\_\_\_\_ TITLE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

COMPANY NAME: \_\_\_\_\_

THEATRE NAME: \_\_\_\_\_

BUSINESS ADDRESS: \_\_\_\_\_

DISTRICT MANAGER/CORPORATE OFFICER: \_\_\_\_\_  
*Print Name*

PHONE: \_\_\_\_\_  
*Signature*

Will attend: \_\_\_\_\_ No. Calif. \_\_\_\_\_ So. Calif.

**FAX THIS COMPLETED FORM TO NATO of CA/NV: 310/657-4758. For more details call 310/652-1093.**

## Exhibitor Relations Contact Information

### Buena Vista

Christina Nedelec  
[Christina.nedelec@disney.com](mailto:Christina.nedelec@disney.com)  
Nayery Markarian  
[nayery.markarian@disney.com](mailto:nayery.markarian@disney.com)  
One sheets & trailers can be ordered from Technicolor

### DreamWorks

Eric Tabak  
[etabak@dreamworks.com](mailto:etabak@dreamworks.com) or  
818/695-7758 for materials  
All One-sheets and trailers can be ordered from Technicolor

### Focus Features

Eric Carr  
818-777-8840  
[eric.carr@focusfeatures.com](mailto:eric.carr@focusfeatures.com)

### Fox/Fox Searchlight

Fox Fulfillment  
Materials Hotline 800-FOX-0010  
Materials Fax line 818-785-3077  
[www.FoxExhibitor.com](http://www.FoxExhibitor.com)

Fox Rewards  
Fox Rewards Enrollment & Hotline  
888-FOX-9330  
[www.FoxRewards.com](http://www.FoxRewards.com)

### Lions Gate Entertainment

Mike Polydoros  
Ph 310/255-3719, Fax 310/255-3730  
[mpolydoros@lgecorp.com](mailto:mpolydoros@lgecorp.com)

### MGM

Tony Cheng – [Tcheng@mgm.com](mailto:Tcheng@mgm.com)  
Brett Fellman – [Bfellman@mgm.com](mailto:Bfellman@mgm.com)  
One-sheets and trailers can be ordered from Technicolor.

### New Line/Fine Line

[kristina.warner@newline.com](mailto:kristina.warner@newline.com)  
[zach.beebee@newline.com](mailto:zach.beebee@newline.com)  
[aubrey.shafner@newline.com](mailto:aubrey.shafner@newline.com)

### Paramount

Bill Saugez or Chris Chouinard  
[PARAMOUNTPROGRESS.COM](http://PARAMOUNTPROGRESS.COM)

### Sony Pictures

[www.sonypicturesreleasing.com](http://www.sonypicturesreleasing.com)  
Theaters can view and order all materials online at this URL.  
Registration requires a valid Technicolor ID. And it's free!

### Universal

<http://www.exhibitorrelations.com>

### Warner Bros

Bill Smith  
[Bill.smith@warnerbros.com](mailto:Bill.smith@warnerbros.com)

*(Scholarship Program continued from page 1)*

Eligible applicants are those employees who have worked a minimum of 500 hours during the qualifying period in a NATO of California/ Nevada member theatre and have at least a 3.0 cumulative GPA. The scholarships are merit based and are predicated on the recipient being enrolled in at least three classes with a minimum of 9 units per semester/quarter. All applications for the 2004 program are due in the NATO of CA/NV office by May 3, 2004.

In addition to its college scholarship program, NATO of California/Nevada is an enthusiastic supporter of talented men and women dedicated to pursuing careers in the entertainment industry. The Association provided a two-year grant to a promising fellow at the American Film Institute for 2001 and 2002, and instituted \$25,000 fellowships at UCLA in 2004 and at USC in 2005.

## Companion Seating Case Argued Before the Ninth Circuit Court

By Gregory F. Hurley, Esq. & Stacey L. Jaramillo, Esq.



We recently argued a case of first impression before the Ninth Circuit Court of Appeal that will have implications on companion seating in movie theaters, auditoriums and assembly areas of all types, including classrooms, courtrooms, sports arenas and concert halls.

In the underlying litigation The United States District Court for the Central District of California had issued a vague injunction requiring that the movie theater "ensure" that companion seats are left open for companions of wheelchair users. The lower court never defined "ensure," as it was used in the injunction. The lower court's decision could require that the theater owners interrogate and evict patrons using a companion seat in order to determine whether they were actually a "companion" of a "disabled" patron. The lower court did not provide the theater owner with any guidance concerning who qualifies as a "companion," or how many companions are entitled to adjoining seats. For instance, the lower court declined to resolve the issue of what a theater must do when a disabled individual wishes to leave their wheelchair or walker in the wheelchair space and transfer into the companion seat and the concomitant dilemma created when or if that seat is later requested by an ambulatory companion of a disabled patron.

In this case, the theater already had in place signage and a policy concerning companion seating, which the theater argued was sufficient to prevent most ambulatory patrons from utilizing the companion seats. The only step the theater would not take was to physically remove an offending patron from the companion seat when it was requested.

In support of its position, the theater argued that many disabilities are not physically discernable, that the theater is not legally permitted to interrogate patrons regarding any perceived disabilities, and that there exists a possibility that patrons protected under the ADA may be asked to move if they are utilizing the companion seat because they use a walker, have a prosthetic limb, etc.

The panel was comprised of Justices Browning, Wardlaw and Reinhardt and from the outset, the Court was hostile. The Court inquired about the configuration of the theater's wheelchair and companion seats. They also asked why non-disabled patrons are even permitted to sit in the companion seats in the first place. In particular, the Court stated that the current signage warning non-disabled patrons that they "may" be asked to move is not strong enough and that it did not appear to be too difficult to rope off the companion seats until they are needed. In response, the theater argued that it could still not prevent patrons from lifting up the rope and sitting in the companion seats. Nor could the theater ever definitively "know" when the companion seats would be needed.

Throughout the argument, the theater sought guidance from the Court concerning the definition of "ensure" as it was used in the District Court's injunction, and what the theater needs to do in these situations. The Court was unwilling to provide theater owners with this guidance.

The most vocal of the panel was Justice Reinhardt; Justice Wardlaw posed a few questions and, although the most senior member of the panel, Justice Browning was silent. Unfortunately, Justice Reinhardt's outspoken nature may not bode well for the theater since he is notoriously liberal.


At the conclusion of the argument, the Court took the matter under submission. Although the Court has no

time limit in issuing an opinion, the theater anticipates a decision within three months to one year.

*Mr. Hurley, a Shareholder of Greenberg Traurig's Orange County Office, co-chairs Greenberg Traurig's National Accessibility group and is a nationally-recognized expert on disability law. Stacey Jaramillo is a Senior Associate of Greenberg Traurig's Orange County Office. She represents theater owners in California State and Federal Courts.*

*Mr. Hurley and Ms. Jaramillo may be contacted at 949-252-8801 or at HurleyG@gtlaw.com*

*“ . . . the lower court declined to resolve the issue of what a theater must do when a disabled individual wishes to leave their wheelchair or walker in the wheelchair space. . . . ”*



# LABOR ISSUES & Updates

## Huge Lawsuits Continue to Highlight Employee Overtime

Recent multimillion-dollar settlements of overtime claims emphasize how important it is for California employers to understand how to classify and pay employees for their work.

### Wage-and-Hour Audits

To avoid being one of the statistics hit with an overtime lawsuit, employers should focus on wage-and-hour compliance and conduct an audit to determine which employees are exempt versus non-exempt.

The best practice is to schedule annual audits of company wage payment practices and job classifications. At a minimum, employers should schedule audits whenever there has been a reorganization or significant change in employee job classifications.

The complex state and federal laws governing overtime pay often confuse well-intentioned employers. Audits are best conducted by, or at least directed by, competent outside legal counsel. Legal counsel will understand current wage-and-hour case law and administrative interpretations. Having the audit conducted or directed by legal counsel also helps companies protect sensitive information, such as legal advice about classification problems, under the attorney-client privilege.

*The auditor should examine:*

- job descriptions
- organization charts
- payroll records
- time cards
- employee handbooks.

Auditors also should review company record-keeping practices. Auditors may survey individual employees through questionnaires or interviews. The audit may be set up as an analysis of organizational structure and efficiency to avoid having individual employees provide incorrect information that leads to them being incorrectly classified as non-exempt.

### Best Defense Is a Good Offense

With the blitz of lawsuits and front-page settlements, all employers should be concerned about correctly classifying their employees. Employers face greater potential liability eventually

if they do not audit themselves now and make proactive changes.

### How to Define an Exempt Employee

For an employee to be exempt as a manager s/he must:

1. Have primary duties and responsibilities that involve the management of the enterprise.
2. Customarily and regularly direct the work of two or more other employees.
3. Have the authority to hire or fire other employees or to make suggestions, which will be given particular weight, about personnel decisions regarding other employees.
4. Customarily and regularly exercise discretionary power.
5. Spend more than 50 percent of his or her time engaged in managerial duties that meet the tests in Items 1 through 4 **and**
6. Earn a monthly salary

equivalent to at least two times the state minimum wage for full-time employment. The current minimum salary for someone to be categorized as an exempt employee is \$2,340 a month, which is twice the starting minimum wage for full-time employment.

*Source: Labor Law Update*

*“The best practice is to schedule annual audits of company wage payment practices and job classifications.”*

## New Minimum Wage Bill Introduced in Assembly

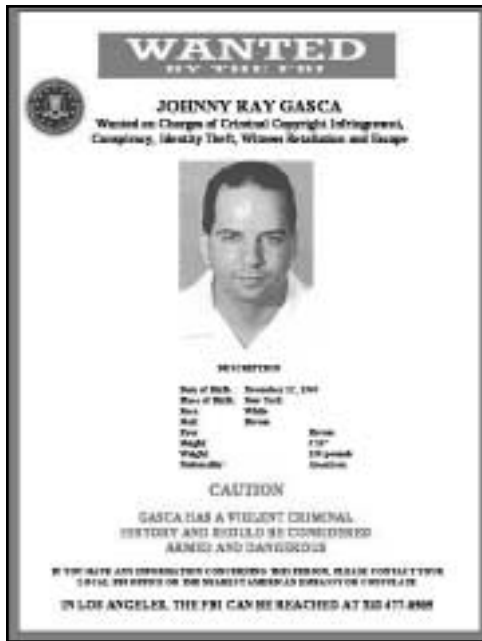
AB 2832 has been introduced in the State Assembly and if approved by a majority vote, in both houses and signed by the governor, the new bill would set the minimum wage at \$7.25 as of January 1, 2005 and \$7.75 as of January 1, 2006. The current minimum wage is \$6.75 per hour.

## Cell Phone Jamming

The Association has received numerous calls regarding cell-phone jamming in movie theatres.

For those of you who are not familiar with cell-phone jamming, it is a technology device that broadcasts a signal on the same frequencies as a cell phone which will interfere with any devices trying to transmit in that range. It is most effective and currently is being used in movie theatres in France, China, Russia and Israel.

However, in the United States it is illegal. The FCC, which is in charge of regulating the airwaves, has established severe penalties up to an \$11,000 fine and a one year jail term. According to the FCC, cell-phone jammers should remain illegal, since commercial enterprises have purchased the rights to the spectrum and jamming their signals is a form of property theft.



**Johnny Ray Gasca is wanted by the FBI for theatrical camcording piracy. He is a convicted felon on the run from law enforcement and may still be in California continuing his illegal activities.**

Please be on the lookout for him and if he enters one of your theaters please take the following steps outlined by the FBI:

1. **Contact the local police** and advise that there is a person present in the theater for whom an arrest warrant has been issued.
2. **Do not approach Gasca** until the police arrive.
3. Advise the local police arriving at the theater that **there is an outstanding arrest warrant for Gasca by the FBI.**
4. **Contact the MPAA Anti-Camcording Hot Line at (800) 371-9884** and request that the Hot Line operator contact a MPAA Staff Supervisor immediately.

Camcording piracy is a major threat to the entire film industry. Criminals like Johnny Ray Gasca illegally record theatrical films with camcorders in the first week, and in some instances, prior to the film's US release. In most cases, these copies appear in a matter of days on the Internet on peer-to-peer networks, file transfer protocol (FTP) sites, Internet Relay Chat (IRC) rooms. Camcorder pirates simultaneously sell the master recordings to illicit "source labs" where they are illegally duplicated, packaged and prepared for sale on the black market, then distributed to bootleg "dealers" across the country and overseas. Consequently, the film appears in street markets around the world days after the US theatrical release and well before their international debut.

# TECHNICAL *Corner*

## Loops and Tensions

*By Ken Jacquart, Cinema Product Manager, Motion Picture Division, Dolby Laboratories Inc.*



You make lots of loops and film tension adjustments when threading up a projector. You have probably done this routine thread-up so many times that you do it without even thinking about it at all. Most of the time, your loops and tension adjustments are likely to be nearly identical each time you perform this mundane task. Hopefully your end result is the correct result with regards to your loop sizes and film tension adjustments.

I've been in so many different projection booths around the country and have seen so many projector thread-up variations, even on the same brand projector, to warrant a short article as to my observations.

I can generally categorize what I have seen in two categories. One is when the thread-up variations are slight and attributed to personal opinions about how big or small a loop should be, and the film-tensions are correct. The other is when loops are obviously too big or small and/or film-tensions are obviously wrong.

In my opinion, the foremost important concern should be to avoid a loop size that will cause film damage. Secondly, improper film tension around any of your sound reader's film drum will most certainly cause audio difficulties or at the very least, put you on the edge of audio trouble.

The reason why loop size is important (other than the obvious film damage potential) is related to picture and audio synchronization. The analog audio soundtrack is printed 20 frames in advance of the picture frame. Why? because the analog sound reader is located down below the picture gate in the soundhead. Every projector in the world is designed to have

the analog sound reader located down there, 20 frames ahead of the picture. If you make loops too big or small between the picture gate and the soundhead, the audio lip-sync will not be perfectly in "time" with the picture.

Even more important is film-tension, more specifically, the film tension adjustments that are made in the soundhead of both your analog reader and your digital reader(s). Most every reader design requires that somewhere you set the tension of a roller or rollers. Most readers also have some sort of markings to indicate where this proper tension should be set. Don't take this lightly. It is very important to pay attention to this when you are threading up, because even one or two sprocket holes worth of difference can sometimes make or break the ability of some readers to read. This is the most common mistake that I have seen out there with regards to thread-up. Either these settings are set so tight, that I'm surprised that the film doesn't break, or they are so loose that there is no film tension at all. The reason that the tension is important in a soundhead is to assure that any projector vibrations are absorbed in the tension mechanism. If the vibrations were not removed, the tiny little bits of digital data on the film would be nearly impossible to be scanned and decoded. When the tension is too tight or too loose, you are effectively eliminating most of the mechanisms ability to absorb vibration.

So the next time you're going through the motions of threading a machine, think about it for a moment and question yourself as to your loop sizes and film tensions.

*Do you have a question about the operations of your booth? Feel free to submit questions or suggestions for upcoming Tech Tips to [techtips@dolby.com](mailto:techtips@dolby.com). We look forward to hearing from you*

# STATISTICS



## Year-To-Date Box-Office

YEAR-TO-DATE 67 days starting Thursday January 1, through Sunday, March 7, 2004.

Average Ticket price for 2003 & 2004 is estimated.

Year	Avg. Ticket Price	Ticket Price Change	Total Gross	% Change vs. Previous Yr.	Attendance	% Change vs. Previous Yr.
2004	\$6.25	3.65%	\$1,601,076,956	2.11%	256,172,313	-1.49%
2003	\$6.03	3.97%	\$1,568,024,100	-1.11%	260,037,164	-4.88%
2002	\$5.80	2.65%	\$1,585,654,163	-	273,388,649	-

Source: Exhibitor Relations Co.

## Films To Video: Projected Release Schedule

<i>Cheaper by the Dozen</i>	4/6/04	<i>Love Don't Cost a Thing</i>	4/27/04
<i>The Matrix Revolutions</i>	4/6/04	<i>Stuck on You</i>	4/27/04
<i>Kill Bill Vol. 1</i>	4/13/04	<i>Calendar Girls</i>	5/4/04
<i>Timeline</i>	4/13/04	<i>The Last Samurai</i>	5/4/04
<i>The Haunted Mansion</i>	4/20/04	<i>Peter Pan</i>	5/4/04
<i>Master &amp; Commander: The Far Side of the World</i>	4/20/04	<i>The Triplets of Belleville</i>	5/4/04
<i>Big Fish</i>	4/27/04	<i>Scary Movie 3</i>	5/11/04
<i>The Cooler</i>	4/27/04		
<i>Love Actually</i>	4/27/04		

For additional listings refer to: [www.hive4media.com](http://www.hive4media.com)

Source: Video Store Magazine

## Top 15 April Openers of All Time

RANK	TITLE	DISTRIBUTOR	3-DAY OPENING	SITES	DOMESTIC GROSS	DATE OPENED
1	ANGER MANAGEMENT	SONY	\$42,220,847	3551	\$134,403,613	Fri, 4/11/03
2	THE SCORPION KING	UNIVERSAL	\$36,075,875	3444	\$90,450,350	Fri, 4/19/02
3	LIFE	UNIVERSAL	\$20,414,775	2594	\$63,886,029	Fri, 4/16/99
4	LOST IN SPACE	NEW LINE	\$20,154,919	3306	\$69,117,629	Fri, 4/3/98
5	ENTRAPMENT	FOX	\$20,145,595	2815	\$87,704,396	Fri, 4/30/99
6	U-571	UNIVERSAL	\$19,553,310	2583	\$77,086,030	Fri, 4/21/00
7	INDECENT PROPOSAL	PARAMOUNT	\$18,387,632	1694	\$106,614,059	Wed, 4/7/93
8	CHANGING LANES	PARAMOUNT	\$17,128,062	2613	\$66,802,000	Fri, 4/12/02
9	ALONG CAME A SPIDER	PARAMOUNT	\$16,712,407	2530	\$74,078,174	Fri, 4/6/01
10	ANACONDA	SONY/COLUMBIA	\$16,620,887	2456	\$65,557,989	Fri, 4/11/97
11	HOLES	BV	\$16,300,155	2331	\$67,325,559	Fri, 4/18/03
12	THE SAINT	PARAMOUNT	\$16,278,873	2307	\$61,363,304	Fri, 4/4/97
13	IDENTITY	SONY	\$16,225,263	2733	\$52,131,264	Fri, 4/25/03
14	BAD BOYS	SONY/COLUMBIA	\$15,523,358	2132	\$65,807,024	Fri, 4/7/95
15	CITY OF ANGELS	WB	\$15,369,048	2212	\$78,647,175	Fri, 4/10/98

Source: Exhibitor Relations Co.



NATO of CA/NV  
Increases Annual  
Scholarship Program  
to \$187,500



New \$25,000  
Showmanship Award  
Competition



Spring & Summer Film  
Product Seminars Set  
For April



Exhibitor Relations  
Contact Information



Companion Seating  
Case Argued Before the  
Supreme Court



Labor Issues & Updates  
*Huge Lawsuits Continue  
to Highlight Employee  
Overtime*

*New Minimum Wage Bill  
Introduced in Assembly*



Cell Phone Jamming



Wanted by the FBI



Technical Corner  
*Loops and Tensions*



Statistics



Video Release Schedule



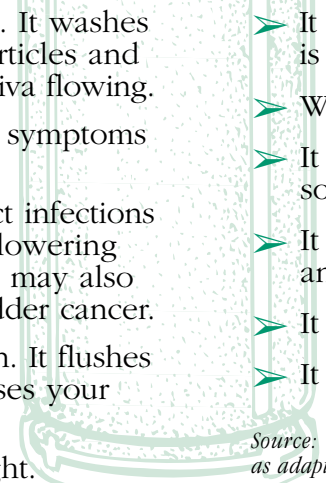
Health Tip

National Association  
of Theatre Owners  
of California/Nevada  
116 No. Robertson Blvd., Suite 708  
Los Angeles, CA 90048

ADDRESS CORRECTION REQUESTED

## Health Tip *Reasons to Drink More Water.*

*Water seems to taste the greatest when you're incredibly thirsty, but here are 11 reasons why you should drink more water, even if you're not extremely thirsty. The health benefits, as you will see, are outstanding.*

- 
- It prevents bad breath. It washes away odor-causing particles and bacteria, and keeps saliva flowing.
  - It prevents or reduces symptoms of heartburn.
  - It prevents urinary tract infections by diluting urine and lowering the bacterial count. It may also reduce the risk of bladder cancer.
  - It prevents constipation. It flushes out toxins and decreases your risk of colon cancer.
  - It helps you lose weight.
  - It prevents headaches. Dehydration is the cause of many headaches.
  - Water aids digestion.
  - It could reduce heart attacks, some studies show.
  - It boosts your immune system and helps fight off colds.
  - It wards off daytime fatigue.
  - It prevents back and joint pain.

*Source: Will Rogers Institute Humanitarian,  
as adapted from Hope Heart Institute, Seattle*

Visit [www.NATOCalNev.org](http://www.NATOCalNev.org)  
for **Scholarship Applications** (*Due May 3, 2004*)  
and **Film Product Seminar registration forms**