

FEB. 2: GROUNDHOG DAY





FEB. 3: SUPER BOWL XLVII

# WHAT'S HAPPENING







FEB. 14: VALENTINE'S DAY

FEB. 12:

MARDI GRAS

(FAT TUESDAY)

FEB. 18: PRESIDENT'S DAY

# FEBRUARY





FEB. 23: NATIONAL CHILI DAY

FEB. 24: PURIM

## NUTRITION SIP UP: HEALTH BENEFITS OF TEA

There are many varieties of tea to choose from, and studies show that drinking brewed tea of any kind increases insulin activity 15 times over (translation: prevents and helps treat diabetes). Read on for more information on health benefits from four popular types of tea!

#### Green Tea

Green tea is full of antioxidants that help prevent breast, lung, and stomach cancer as well as Alzheimer's and Parkinson's disease. Studies also show that drinking green tea reduces the chance of stroke and heart disease. Looking to shed some pounds? Green tea helps the body burn fat and can improve cholesterol levels.

#### Black Tea

Need an energy boost? Made from fermented leaves, black tea is the highest in caffeine, and because of the fermentation process, it's the lowest in monomeric catechins, which prevent cancer. Studies show that black tea boosts proper blood dilation, helps prevent stroke and heart disease, and can also help reduce levels of the stress hormone, cortisol.

#### White Tea

Made from young buds and leaves, white tea is unfermented and offers the most powerful antioxidants of all tea varieties.

#### Oolong Tea

A fermented tea that may prevent weight gain and actually promote weight loss, colong tea is a great choice for dieters - and as an added bonus - also helps prevent tooth decay.

#### Coffee

The Stats vs.

Tea

80-185mg

caffeine per cup

Made from the berries of an evergreen plant

The average coffee drinker has 3.1 cups per day, or 70 gallons

Approximately \$18 billion

sold in the U.S. annually

Preferred drink of Juan Valdez and the cast of Friends

> featured in "The Coffee Song" by Frank Sinatra

15-70mg

caffeine per cup

Made from a variety of plant leaves

The average
American drinks
155 cups
of tea annually, or
10 gallons
a year

Approximately \$8 billion

sold in the U.S. annually

Preferred drink of Captain Jean Luc Picard from Star Trek and the Madd Hatter

featured in "English Tea" by Paul McCartney

# NUTRITION DARK CHOCOLATE AND YOUR HEALTH

## February is Chocolate Lovers Month,

and whether in the hands of your valentine or co-worker's ever-present candy basket, chocolate abounds and seduces us from all directions. The good news is that studies show that chocolate – dark chocolate in particular – can actually benefit your health.

All chocolate contains
antioxidants because it comes
from nutrient-rich cacao beans,
however dark chocolate has
the highest percentage of
cocoa solids and more flavanol
antioxidants. But before you raid
the candy basket, remember
that moderation is key! Limit
yourself to 1 serving (not bar!)
a day. Read on for more dark
chocolate benefits!



#### Choc Full of Antioxidants

Dark chocolate is loaded with cell-protecting antioxidants that help rid the body of free radicals that cause oxidative damage to cells. Because of this, eating dark chocolate can actually protect you from various types of cancer, cardiovascular disease and slow down the aging process.

#### Heart Smart

In short term clinical trials, dark chocolate reduced blood pressure, improved blood flow, prevented artery plaque formation, and even demonstrated slight anti-clotting effects in the arteries.

#### Brain Boost

Because dark chocolate increases blood flow to the brain and the heart, it can improve cognitive function. What's more is that the chemical compounds found in dark chocolate (and especially phenylethyamine) can boost your mood and encourage the release of endorphins (which make you feel happier)!

#### Blood Sugar Regulator

Unlike other sweets, dark chocolate has a low glycemic index (similar to oats) that will not spike your blood sugar. The flavonoids in dark chocolate also help reduce the body's insulin resistance by helping cells function normally and use insulin efficiently.

#### Vitamins and Minerals

Dark chocolate contains high levels of potassium and copper (prevents stroke and cardiovascular ailments), iron (protects against anemial, and magnesium (protects against type-2 diabetes, high blood pressure and heart disease).

#### Be Mine, Theobromine

This might be a perk that even your dentist will approve of: because dark chocolate contains theobromine, which helps harden tooth enamel, it may actually lower your risk of getting cavities. This is, of course, dependent on the foundation of a good dental hygiene routine.











## DRINK COCKTAIL OF THE MONTH



## Classic Hurricane Rum Cocktail

Debuting in New Orleans, Louisiana in 1939 at the Worlds Fair, the Hurricane was named after hurricane lamp-shaped glasses they were first served in. The drink quickly became popular at Pat O'Brien's Bar during the 1940s and is still known for being rum-tastic!

Yields: 1 cocktail

#### What You'll Need:

2 oz light rum
2 oz dark rum
2 oz passion fruit juice
1 oz orange juice
Juice of a half a lime
1 tbsp simple syrup

1 tbsp grenadine Orange slice, lime wedge, and cherry for garnish

#### Directions:

-Squeeze juice from half a lime into cocktail shaker over ice

Pour the remaining ingredients into

Shake well and pour contents into hurricane glass

Garnish with a cherry, lime wedge and orange slice

## FITNESS YOGA 101: TYPES OF CLASSES

## We've all been there: you've built up the confidence to finally try a yoga

class at your local fitness center, and now you need to decide between the Hathas, Vinyasas and other nondescript yoga class terms. Each type of yoga provides a rejuvenating workout that is good for both your mind and your body, and will leave you relaxed and stretched out. Read on to determine which style best fits you!

#### Ashtanga

This type of yoga provides a more invigorating and physically challenging workout, as you go through 25 ordered and prescribed poses (called asanas) that include back bends, inversions (think headstands and handstands), twists, and balances.

#### Difficulty level: Intermediate to Advanced

Good for: Athletic, flexible types who want a structured, high-energy workout.

#### Hatha

In the United States, Hatha is affiliated with a more mellow, slow-paced class that includes simple breathing and meditation. Hatha is also considered an umbrella term for all of the poses that are involved in yoga.

#### Difficulty level: Beginning to Intermediate

Good for: Newbies looking to learn the basics and/or individuals looking for a more relaxing and meditative experience.

#### Vinyasa

Also known as Flow Yoga, Vinyasa combines breathing with poses similar to Ashtanga in style. This type of class allows the instructor to determine the sequence of poses and pace, often incorporating music. These classes include more familiar terms for poses such as "Downward Dog" and "Child's Pose".

#### Difficulty level: Beginner to Intermediate

Good for: Those looking for a less repetitive yoga class and a good workout.

#### Bikram

Also known as Hot Yoga, these classes are held in a 105 degree room, which serves to help loosen muscles and tendons. The class consists of two sets of 26 ordered poses which focus on strengthening the muscles, tendons, and ligaments. Be sure to bring a towel and copious amounts of water!

#### Difficulty level: Intermediate to Advanced

Note. These classes are demanding as they tend to be lengthy and the room temperature can be challenging for those with a low heat tolerance.

Good for: Athletic types looking to sweat and be challenged in sauna-like heat.

### Lyengar

Known as the yoga of alignment, these classes emphasize the ability to sustain and hold poses for 30 seconds to two minutes. Lyengar classes involve props or aids, like blocks and chairs, to achieve the proper positions.

#### Difficulty level: Beginner to Intermediate

Good for, Individuals looking to improve posture and alignment, as opposed to a high-intensity workout.

#### Kundalini

A more spiritual form of yoga meant to awaken mental clarity, Kundalini focuses on releasing energy from the base of the spine via chanting and breathing exercises while simultaneously practicing poses.

#### Difficulty level: Beginner to Intermediate

Good for: Those looking for both a mental and physical workout.

## BE MINE: ACTIVE VALENTINE'S DATES

#### Ah, Valentine's Day.

If the thought of hunting down the perfect gift gives you nightmares – or you've simply had enough with roses and stuffed animals – consider sharing a physically active date this year. You'll create memories that will last longer than a box of chocolates, and your waistline will thank you!



#### **Rock Climbing**

Want to build on your mental and physical compatibility? A rock climbing date is a great place to start. A successful climb requires trust (to catch you if you fall) and communication, so it's an excellent way to build on those relationship fundamentals.

## Horseback Riding

Swimming or Snorkeling

If you're in a warmer climate and have

access to a lake or ocean that isn't frigid

in February, a romantic dip offers a great

immersing you in the elements. You can

always follow it with a classic "walk along

low impact workout while simultaneously

Even if you're not an experienced rider who can gallop off into the sunset, you can still enjoy the outdoors with a partner on a trail ride. Horseback riding works your inner thighs and core while you enjoy the scenery.

#### Ice Skating

This one is a no-brainer for a formantic date idea, as ice skating involves holding hands for balance. A bonus is that your lower body, especially your glutes, will get a great workout as well.

#### Tandem Biking

It may be a bit cheesy, but if you can laugh and forget about how it may look to outsiders, tandem biking offers a terrific low-impact workout and is perfect for interesting conversation since you'll be sitting on the same bike. At a loss for words? You can always comment on the surroundings!

#### Salsa Dancing

Salsa dancing with a partner involves movement language – that's to say, communication via the eyes, hips, smile, and embrace – so it's no wonder that it's a great choice for a date. You can enjoy sensual moments together while getting your heart rate up moving to the music!

#### Hiking

Hiking with a partner allows you to tone your gutes, hamstrings, quads and calves while taking in the scenic landscape. Also, depending on the duration of your hike, you can pack a pionic lunch or snack to enjoy together.

#### Kayaking

If the climate and weather permit, taking a double kayak out on the water is a great way to spend an afternoon with a significant other. You can enjoy the view while simultaneously working your core and upper body.

## FOOD CHILI MATCHUP: TWISTS ON THE BEEF AND BEAN CLASSIC

Cincinnati Style Chili vs. New Orleans Creole-Style Chili

Chili is one of those classic winter comfort foods that warms you up from the inside out. While it can seem pretty straightforward to create, there are many variations on the beef and bean staple. We've pitted two unique renditions on the classic below and ensure either one will wow your guests!

## Cincinnati Style Chili

Courtesy: allrecipes.com

Key Twist: Served on spaghetti noodles, and includes cinnamon, chocolate, and a mound of shredded Cheddar cheese

Yields: 8 servings

#### What You'll Need:

- 1 tablespoon vegetable oil
- 1/2 cup chopped onion
- 2 pounds ground beef
- 1/4 cup chili powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1 bay leaf
- 1/2 square (1 ounce) unsweetened chocolate
- 2 (10.5 ounce) cans beef broth
- 1 (15 ounce) can tomato sauce
- 2 tablespoons cider vinegar
- 1/4 teaspoon ground cayenne pepper
- 3 cups shredded Cheddar cheese
- 1 cup chapped raw onion

#### Directions:

- Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until tender, about 6 minutes.
- Add beef, in batches if necessary, and cook, breaking it up with a wooden spoon, until browned.
- Add chili powder, cinnamon, cumin, allspice, cloves, bay leaf, chocolate, beef broth, tomato sauce, cider vinegar, and red pepper. Stir to mix well.
- Bring to a boil. Reduce heat to low; cover and simmer 1 1/2 hours, stirring occasionally.
- Remove the pot from the heat, let cool, and refrigerate overnight, or for about 6-10 hours if time allows.
- Remove the bay leaf. Reheat gently over medium heat. Serve over hot, drained spaghetti. Top with chopped raw onion (optional) and copious amounts of shredded Cheddar cheese.





Key Twist: Incorporates andouille sausage and beer

Yields: 4 servings (for a larger crowd, just double the recipe)

#### What You'll Need:

- 1 box corn muttin mix
- 1 cup frozen corn, defrosted
- 2 tablespoons chili powder, divided
- 2 cups aged Cheddar cheese, grated
- 3 tablespoons honey
- 2 tablespoons extra-virgin olive oil
- 3/4 pound andouille sausage, peeled
- 1 1/2 pounds of beef, yeal, pork meatloaf mix
- 1 bay leaf
- 3 celery stalks, chopped
- 1 large onion, chopped
- 6 cloves garlic, chopped
- 1 green bell pepper, chopped
- 5 thyme sprigs
- Salt and freshly ground black pepper
- 1 bottle of beer, lager style
- 1 cup chicken stock
- 1/3 to 1/2 cup hot sauce
- 1 28 ounce can diced, fire-roasted tomatoes
- 1 15 ounce can red beans (optional)

#### Directions:

- Preheat oven to 400 degrees.
- Butter an 8x8" baking dish and make corn bread according to package directions but also add the defrosted corn, 1 tablespoon chili powder, 1 cup of Cheddar cheese and the honey into the mixture.
- Cut the andouille sausage into 1/2 inch pieces. While the corn bread is baking, preheat a large Dutch oven over medium-high heat with 2 tablespoons of olive oil. Add the chopped andouille and cook, stirring occasionally for 2-3 minutes.
- Add the ground meat mixture to the pot, using the back of a wooden spoon to break up the meat as it browns. Cook for about 5 minutes and then add the remaining tablespoon of chili powder, bay leaf, celery, onion, garlic, green bell pepper, thyme, salt and pepper, stirring frequently for about 5 minutes.

- Add the beer, scraping up brown bits from the bottom of the pan, then the chicken stock and hot sauce, and cook for another minute. Add the tomatoes and beans and bring up to a bubble. Simmer for 15 minutes. Remove bay leaf before serving.
- To serve, cut the corn bread into squares. Ladle a serving of chili into a bowl and place a few corn bread squares on top. Sprinkle generously with remaining Cheddar cheese.



## LIFESTYLE PARTY SHOWDOWN: SUPER BOWL VS. MARDI GRAS

Can't fly to New Orleans for the big game or visit Bourbon Street at Mardi Gras? No problem. It's not too late to plan a Super Bowl or Mardi Gras get together, right from your own home. Forget the tickets and lines at the airport, we've broken down all the party planning details below!

## Throw the **Ultimate** Super Bowl Party:

Super Bowl XLVII is right around the corner! February 3rd will have football fans across the country glued to screens large and small, so why not get a crowd together and make a night of it? Read on for a few tips on how make sure the party's a success (beyond just having a great TV).

#### Super Bowl Facts & Trivia:

Approximately 8 million pounds

Super Bowl Sunday and about

14,500 tons of chips are eaten along with it.

The Super Bowl is measured in Roman numerals because a football season runs over two calendar years

Over 700,000 footballs

are produced annually for official NFL use and 72 of them are used for the Super Bowl

 $_{-}$ It is the 2nd most watched $_{-}$ sporting event in the world. More than

100 million people

worldwide watch the Super Bowl every year.

One 30-second commercial can cost up to \$2,800,000.

The NFL has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees F, unless it is an enclosed stadium.

#### Arrange the room in advance:

Everyone will want to watch the TV, so arranging the seats around the flat screen in advance will ensure everyone gets a good view and will avoid a last minute game of musical chairs. To please a mixed fan base, decorate the room with both team colors with one team's colors on one side of the room, and the opposing team's colors on the other.

#### Spice up the food:

Chips and pizza can certainly do the job, but why not serve a dish that's more unique (and filling)? Slow cookers can do wonders (think pulled pork) or better vet - serve up some chili to celebrate the occasion. This issue features two regional twists on chili on pages 7-8 to get you started.

#### Use a buffet table:

Avoid salsa and dip stains by establishing a buffet table (kitchen or dining room table) instead of putting everything on the coffee table. Guests can line up on either side and won't have to reach over each other to fill up their plates with game day eats!

#### Serving strategies:

Serving chips in large bowls will avoid any one person from usurping the bag. Opting for a mini-keg, instead of BYOB. will eliminate empty bottles all over the room. For an extra pub touch, chill pint glasses in the freezer the night before.



# THROW A FESTIVE MARDI GRAS PARTY:

Mardi Gras ("Fat Tuesday" translated from French to English) occurs on February 12th this year, and is a great excuse to bring friends together and indulge in an all-out excess of food and fun! Read on for ways to bring Cajun traditions chez toi.

### DECORATE!

The official colors of Mardi Gras are purple, gold, and green, so find as many, beads, coins and streamers as you can in these bold and bright colors - and the tackier, the better! If you want to get crafty, you can even create "Bourbon Street" signs to hang throughout the room.

#### AUTHENTIC MENU:

Shrimp cocktail and fried oysters make easy, crowd pleasing appetizers. For the main course you'll want to incorporate Cajun heat into your dishes, so New Orleans classics like Cajun-

style chili (see page 8 for the recipe), gumbo or jambalaya should do the trick. What to drink? Offer guests a specialty New Orleans cocktail like a Hurricane (see page 4 for the recipe) in addition to the expected beer and wine.

DON'T FORGET THE CAKE!

King Cake is a traditional glazed, ring-shaped cake that marks the start of the Mardi Gras season. A tiny plastic baby — or bean — is baked into the cake, and the person whose piece of cake contains the baby or bean becomes the King or Queen of the party. They are also responsible for hosting next year's Mardi Gras party! You can make one at home or pick one up at your local bakery. And be sure to warn quests not to chomp down too hard!

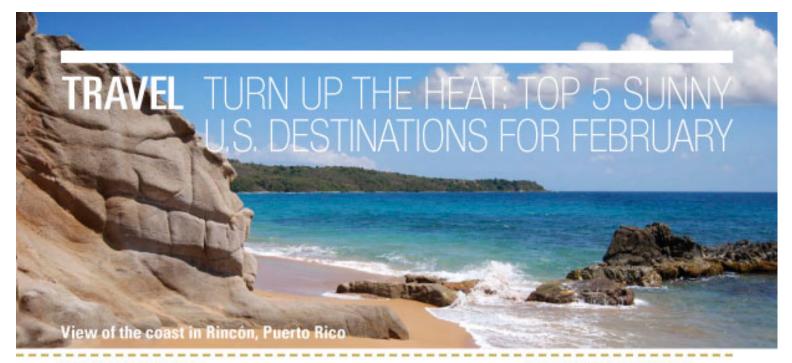
## MASK YOUR GUESTS:

Encourage guests to wear a mask, and for those that forget, set up a table station with masks and decorations so they can make one at the party. Besides the masks themselves (which you can buy ready-made or cut out of paper plates and attach string to make), set out glue, glitter, beads, and feathers to decorate.

# LIFESTYLE WHAT YOUR COLOR PREFERENCE SAYS ABOUT YOU

Find yourself gravitating towards the same colors? Turns out, wearing certain colors can reveal parts of your personality, and trigger unconscious signals and associations. Continue reading to learn about popular color tones and how they may correlate to the person who wears them.

color	personality traits	associations
black	authoritative, powerful, elegant	timelessness, grace
grey	sophisticated, brainy, confident	old times, balance
white	simple, neat	cleanliness, purity
red	dominant, bold, intense	energy, sex appeal
brown	reliable, genuine	stability, trust
yellow	anxious, alert, logical	order
green	calming, wealthy	healthy, environment- friendly
blue	loyal, trustworthy	peace, calm
purple	sophisticated, romantic	luxury, wealth
1		



#### Rincón, Puerto Rico

Perched on the cliffs on the western coast of Puerto Rico, Rincón is one of the island's most famous surfing spots and resort vacation destinations. Temperatures rarely dip below the 83 degree mark midwinter, so you can relax on Rincón's eight miles of beaches or snorkel 'til your heart's content.









#### New Orleans, Louisiana

February is a great time to visit "The Big Easy," and if the Super Bowl and Mardi Gras aren't enough of an incentive, come for the sunshine and local Cajun cuisine! During the day, enjoy strolls through the historic French Quarter and Garden District, and by night, visit Bourbon Street for live music and a roaring nightlife scene.

#### Maui, Hawaii

In need of some R&R outside of the mainland? Maui offers gorgeous beaches and stunning mountain views, and in February you can enjoy whale watching season — where over 2000 humpback whales migrate from Alaska and inhabit Maui's Pacific waters. For the active traveler, Haleakala National Park offers plenty of hiking and biking trails, as well as stunning views from the volcanic landscape.

#### Boca Raton, Florida

Located close to the Gulf Stream and its ocean breezes, Boca Raton offers plenty of beaches, parks, resorts, and shopping to visitors year round. Take a stroll in town past the historic Town Hall and enjoy the Spanish-Moorish architecture or hike through Loxahatchee National Wildlife Refuge for up-close encounters within the Northern Everglades.

#### San Diego, California

Relax in Ocean Beach where temperatures stay in the 60s all through the winter and the crashing waves of the Pacific create a classic American beach-town vibe. The whole family can enjoy excursions and attractions with visits to the San Diego Zoo, Sea World, Mission Beach, Old Town, and Seaport Village.

## MUSIC TOP 10 TIMELESS JAZZ SONGS

Considered a music melting pot, jazz has gone through countless incarnations and stylistic changes throughout its 100 year history; from swing to behop to free jazz, many artists across various generations have contributed to this rich genre of music. Here's a sample playlist that showcases what jazz has to offer.

#### "Parisian Thoroughfare"

#### **Bud Powell**

Key Note: This song demonstrates the transition from swing to belop.

#### "On Green Dolphin Street"

#### John Coltrane

Key Note: Showcases Coltrane's unmatchable saxophone skills.

#### "Moanin"

#### Art Blakey and the Jazz Messengers

Key Note: A great example of a sub-genre of jazz called "hard-bop" that includes heavy swing and blues phrases.

#### "Time Remembered"

#### **Rill Evans Trio**

Key Note: Example of a classic, reflective cool jazz style.

#### "Donna Lee"

#### Charlie Parker and Dizzy Gillespie

Key Note: Reflective of fast-paced bebop.

#### "Take the A Train"

#### **Duke Ellington**

Key Note: Ellington meticulously composed his jazz songs in advance, instead of relying on improvisation, but still achieved a loose, free feeling in his music.

#### "Blue in Green"

#### Miles Davis

Key Note: Part of the bestselling album "Kind of Blue," this musical interaction conveys an introspective atmosphere.

#### "Cheek to Cheek"

#### Louis Armstrong and Ella Fitzgerald

Key Note: This song juxtaposes Armstrong's rough voice and trumpet skills with Fitzgerald's soft crooning.

#### "I Surrender, Dear"

#### Thelonious Monk

Key Note: Showcases Monk's undeniable piano skills.

#### "Duet Solo Dancers"

#### Charles Mingus

Key Note: A bit on the dissonant side, this song may require multiple listens for the casual jazz fan to fully connect to it.

## **MOVIES** NEW FLICKS IN FEBRUARY

#### STAND UP GUYS

Genre(s): Drama, Comedy Release Date: February 1

Starring: Al Pacino, Christopher Walken, Julianna Margulies

Three con-men reunite after years of separation and reminisce on their years of crime, loyalties, and freedom lost and gained in this comedic drama. Despite their age, the old gang gets together for one last hurrah within the criminal world. However, one of them has a dangerous secret: that his last assignment involves killing one of his comrades.

#### WARM BODIES

Genre(s): Romance, Supernatural Release Date: February 1

Starring: Nicholas Hoult, Teresa Palmer, Rob Corddry, John Malkovich

Based on the novel by Isaac Martin, Warm Bodies follows the relationship between Julie, a zombie survivor, and R, a conscientious zombie that saves Julie after a major zombie epidemic. As they struggle for survival, R becomes more and more human...and what started a friendship develops into something more.

#### IDENTITY THIEF

Genre(s): Comedy

Release Date: February 8

Starring: Jason Bateman, Melissa McCarthy, Amanda Peet, Jon Favreau

After his identity is stolen, Sandy Bigelow Patterson travels from Denver to Miami to find and track down and confront the thief and clear his name once and for all. Surprises are in store for Diana, who has been using Sandy's identity to live it up in Miami and satisfy her retail addiction.

#### BEAUTIFUL CREATURES

Genre(s): Romance, Supernatural Release Date: February 13

Starring: Alden Ehrenreich, Alice Englert, Jeremy Irons, Viola Davis

Based on the novel by Kami Garcia and Margaret Stohl, Beautiful Creatures tells the story of two star-crossed teenagers who uncover haunting secrets about their families and the Southern town in which they reside.

## ESCAPE FROM PLANET EARTH

Genre(s): Animated Comedy, Adventure Release Date: February 14

Starring: Brendan Fraser, Sarah Jessica Parker, Jessica Alba, Jane Lynch

Get ready to travel to planet Baab, where astronaut Scorch Supernova is a national hero to a blue alien population with the aid of his by-the-books brother Gary. When the brothers get word of an SOS from an infamously dangerous planet, Scorch impulsively sets off on the mission solo. However, when Scorch is captured, the interplanetary stakes are raised and Gary must set off to save his brother and the entire planet Baab.

#### SAFE HAVEN

Genre(s): Drama, Romance Release Date: February 14

Starring: Josh Duhamel, Julianne Hough, Cobie Smulders, David Lyons

A romantic thriller with a Valentine's Day release date, Safe Haven takes place in North Carolina and follows the story of a mysterious young woman who arrives in a small town, reluctant to join the tight knit community. As she establishes her roots, she gains the courage to start a relationship with widowed store owner Alex, but dark and terrible secrets will force her to rediscover the meaning of love and sacrifice.

#### DARK SKIES

Genre(s): Thriller, Supernatural Release Date: February 22

Starring: Keri Russell, Josh Hamilton, Dakota Goyo, Annie Thurman

A couple's lives become a nightmare when their home is invaded with a nightly alien presence to prey upon their children. Since no one will believe them, the couple decides to take matters in their own hands in an effort to save their family from the terrifying presence, and a psychological thriller unfolds.

#### SNITCH

Genre(s): Action, Adventure Release Date: February 22

Starring: Dwayne Johnson (aka "The Rock"), Barry Pepper, Jon Bernthal, Michael K. Williams

A father resolves to rescue his son at all costs when his teenage boy is convicted of drug distribution and faces prison. Desperate and determined, he risks everything when he makes a deal with a U.S. attorney and is assigned to go undercover and infiltrate a drug cartel.







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