

submitted by Nathan Bolls

Have you ever had a favorite tree? I suspect that most people don't give much thought to this idea. After all, trees just sort of stand there, but most of us do look forward to fall leaf colors. There are those limbs that break off in the wind and clutter our surroundings, and there's always the fall season leaf drop. That's when leaves from all over our block seem to be blown onto our lawn--and become our responsibility. Thank you, lawn crews!

We know that tree leaves also do a thing called photosynthesis that is somehow important in the scheme of things. Less well understood is that trees have a circulatory system of sorts that moves around large amounts of water and dissolved chemicals within the tree to where water and chemicals need to be according to the seasonal needs of the tree. These processes need a battery of synchronized internal signals to make them happen! In addition, plants, including trees, have a hormonal system, concerned mostly with stimulating growth and reproduction.

And, relying on a vast network of soil fungal

filaments connected to tree roots, trees communicate with each other, even sharing minerals and sugars with individual trees in need. In short, trees, as well as humans, practice reciprocity.

If you've watched closely, you know that trees have some ability to heal themselves from nicks, cuts, lightning strikes, and limb loss. They stand defiantly with their scars and face the coldest, driest, hottest, and windiest weather Father Sky throws at them. Many of them outlive most humans. And they always offer the benefit of shade.

For some of us, for some reason warmly remembered, a certain tree became a favorite place to spend time either under or within its boughs. I didn't realize that I had a favorite tree until it was blown down in Onaga, Kan., during a wet and windy night in May of 1975—my 44th year. I'm grateful that the tree fell cleanly between our house and the home on the other side.

Years earlier, when it had come time for my parents to own their own home, they chose a house on a lot

See OUTDOOR, page 6

EVENTS & OPPORTUNITIES

Exercise class cancelations

Mat Yoga and Chair Yoga will not meet on Tuesday, March 12, and Thursday, March 14. Chair Yoga class can be accessed both days at 11:15 a.m. on television channel 1960.

Meadowlark Singers, time change for 3/7

Meadowlark Singers will practice today, March 7, at 4:15 p.m. in the Community Room. This is a one-time change. Next week's practice will begin at the regular time of 4 p.m.

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Upcoming classes and workshops include Mixed Level Wheel Throwing Class, Mixed Level Metalsmithing and Enamels Class, Fused Glass Workshop (Suncatchers), Raku Clay Firing Workshop, Prin'n'Sip Happy Hour (Printing with Stencils); and Clay Soda Firing Class.

Tickets are available for the following theater performances at the MAC:

- ~ "An Evening of Culture," March 8-10, a family-friendly comedy of a local theater community production of Romeo & Juliet gone hilariously wrong!
- ~ "South Pacific," April 19-21, 26-28, & May 3-5, the Roger & Hammerstein classic musical about love and conquering prejudices.

Visit www.manhattanarts.org or call (785) 537-4420 on weekday afternoons to learn more.

Family Game Night

Friday, March 8, at 6 p.m.

Residents are encouraged to participate in Meadowlark's Family Game Night at 6 p.m. Friday, March 8, in the Event Center. Invite your friends and family out for a night of puzzles, and card and board games, such as Connect 4, Checkers, Chess, Scrabble, Backgammon, Phase 10, Uno, and more. You can order from the Prairie Star menu while engaging with other residents, friends, and family. There is no sign-up needed, just show up and enjoy each other's company.

Worship Service

Sunday, March 10, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30

a.m. Sunday, March 10, in the Community Room/Chapel. Pastor Melanie will continue the worship series in observance of the Lenten season titled, "Give Up Something Bad for Lent." This week, the sermon is titled, "Give Up Running Away." All are welcome to attend.

Lenten Study Group

Monday, March 11, at 6 p.m.

Join Pastor Melanie on Mondays in the KSU Classroom as we continue the discussion around trying to give up something *bad* for Lent. From discouragement, negativity to apathy, we'll discuss the parts of our life and personality that are keeping us from being our best self. All are welcome.

Page Turners Book Club

Wednesday, March 13, at 11:30 a.m.

Join the Page Turners Book Club, supported by Resident Services Leader, Monte Spiller and facilitated by Meadowlark Special Programs, as they read *True Grit* by Charles Portis. In this humorous western, 14-year-old Mattie Ross corrals an ornery U.S. Marshal, Rooster Cogburn, into helping her avenge her father's murder. The novel *True Grit* has been made into a movie twice-over, starring John Wayne in 1969 and Jeff Bridges in 2010. Grosh Cinema will show the 1969 movie on Tuesday, March 19, and the 2010 movie on Tuesday, March 26.

Page Turners will discuss the book at 11:30 a.m. Wednesday, March 13, in the Patriot Room. Participants do not have to attend each week to participate; come when you are able whether you have finished the book or are just beginning! We have copies available from the Manhattan Public Library. If you would like to borrow a book or if you have any questions, contact Katie at ksigman@meadowlark.org or (785) 323-3899.

Stories About Artificial Intelligence

Wednesday, March 13, at 2 p.m.

Come listen to Stories About Artificial Intelligence at 2 p.m. Wednesday, March 13, in the Community Room. Wesley Fryer will present on the topic.

Wesley is the son of Meadowlark resident Tom Fryer. Wesley graduated from Manhattan High School in 1988. He attended the Air Force

EVENTS & OPPORTUNITIES

Academy and graduated from there in 1992. Following the academy, Wesley spent a year at a university in Mexico City. He received his master's degree and Ph.D. from Texas Tech. Wesley and his wife now live in Charlotte. They are both teachers, and one of the things Wesley shares with his students is robotics.

Performance by Savanna Chestnut

Wednesday, March 13, at 7 p.m.

Meadowlark welcomes Savanna Chestnut at 7 p.m. Wednesday, March 13, in the Event Center! Savanna is a country music artist who rose to fame during her appearance on *The Voice* in 2021 on NBC. Savanna is a Kansas native who has won multiple song writing awards and has shared the stage with singers such as Gary Allan and Tanya Tucker. Come enjoy some music and hear about Savanna's time on *The Voice*.

Ladies Luncheon

Thursday, March 14, at 11:30 a.m.

It's almost here! Ladies Luncheon will meet at 11:30 a.m. Thursday, March 14, in the Event Center. The menu will feature beef stew and a salad for \$13. The program is titled "laughter is the Best Medicine." Sign up in the Blue Book if you plan to attend. Be brave!

Blood Pressure Check

Thursday, March 14, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, March 14, at 1 p.m. No sign-up required.

Knitting & Crocheting Group

Thursday, March 14, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, March 14, for a fun, social, creative opportunity. All skill levels are welcome!

Ides of March

Friday, March 15, at 5:30 p.m.

You're invited to the Ides of March at 5:30 p.m. Friday, March 15, in the Event Center. The event will

feature entertainment by the local Readers Theater actors of *Julius Caesar*.

Attendees will enjoy a three-course meal, including a Caesar salad made fresh at the table; veal saltimbocca, saffron couscous, carrots, leeks, and asparagus; and roman apple cake. Reservations are required and can be obtained by visiting Prairie Star's host stand or call (785) 323-3821. The cost to attend is \$32 per person.

Shopping at Hobby Lobby & Dollar Tree

Saturday, March 16, at 10:30 a.m.

The next scheduled trip is Saturday, March 16, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, April 20. Please sign up in the Blue Book to participate.

St. Patrick's Day Dinner

Sunday, March 17

Prairie Star will have a delicious St. Patrick's Day dinner special during the evening meal on Sunday, March 17. The meal will include corned beef and cabbage with boiled potatoes and Bailey's cheesecake. The cost of the dinner is \$18 per person.

Memory Matters Symposium 2024

Thursday, March 21, at 5 p.m.

The 2024 Memory Matters Symposium begins at 5 p.m. Thursday, March 21, in the Event Center. The goal of this free event, offered by the Meadowlark Memory Program, is to provide outreach and education about dementia and Alzheimer's to those in the Flint Hills region. This year, the symposium will also highlight the latest about creating a lifestyle to encourage prevention and/or delay the onset of cognitive changes while also helping to encourage engagement and understanding. A key component is to help de-stigmatize cognitive decline and changes. This year we are honored to recognize Meadowlark resident Robert Reeves, who is underwriting this event in

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EVENTS, from page 3

memory of his wife, Sue.

The public is invited; reservations are not required. Brain-healthy food will be available. Timothy Steele, Ph.D. is the first presenter of the evening. Steele’s presentation, “*Hearing, Memory, and Living Your Best*,” will help us understand how hearing, memory, and cognition are connected. Learning about prevention and/or delaying the onset of cognitive deficits through a proactive lifestyle arms us with hope.

After his presentation, there will be a brief exercise break and opportunity to visit with members of the Meadowlark Memory Leadership Team and our speakers. We will then learn from Alyssa M. Lanzi, Ph.D., CCC-SLP about “*Brain-Healthy Strategies to Help Adults Maintain Their Independence and Slow the Onset of Dementia*.” Lanzi’s presentation is the perfect pair to Steele’s as she will educate us about Mild Cognitive Impairment (MCI), lifestyle prevention and wellness changes, and maximizing our current abilities to remain independent as long as possible.

At the conclusion of the event, Dr. Matthew Floersch, Meadowlark Memory Program Medical Advisor, members of the Meadowlark Memory Leadership Team, and the presenters will be available for questions. If you are unable to attend

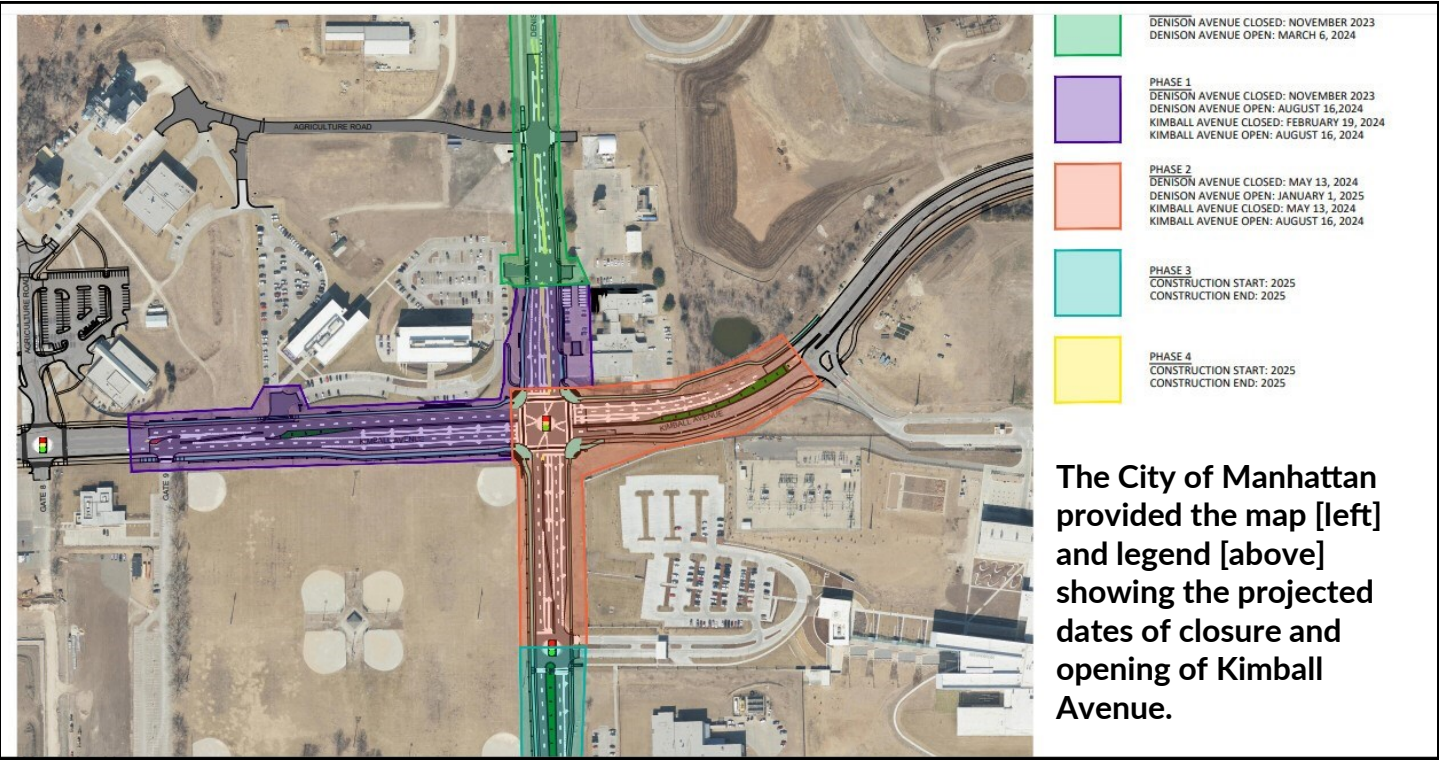
in person, you may join us via Zoom. Contact Michelle or Katie for the link. We look forward to another great year of learning and empowerment!

Palm Sunday Worship

Sunday, March 24, at 10:30 a.m.
Pastor Melanie Nord invites to a very special Palm Sunday observance as we remember Jesus' triumphant entry into Jerusalem. We'll have a Palm Processional and guest musicians Ryan McClure and JP Scheele. Ryan is a sophomore at KSU studying Civil Engineering, and JP is studying Mechanical Engineering. Both are from Manhattan and excited to help amplify the Palm Sunday worship experience. All are welcome to this special service, which marks the beginning of our Holy Week.

NEW Theater Trip

Wednesday, March 27, depart at 9 a.m.
Meadowlark is offering a trip to the NEW Theatre Restaurant located in Overland Park, Kan., on Wednesday March 27. The show for the day is *ELVIS: Aloha from Vegas!* Following along through the King’s journey during the 1970s. It was a period of reinvention, kicking off a seven-year annual residency at the International Hotel in Las Vegas, running through the sold-out shows at Madison Square Gardens, and culminating in a historic international live satellite broadcast from



The City of Manhattan provided the map [left] and legend [above] showing the projected dates of closure and opening of Kimball Avenue.

Hawaii, all featuring unforgettable songs like “Burning Love,” “Suspicious Minds,” and of course, “Can’t Help Falling in Love.”

The group will depart from the Village Entrance at 9 a.m. Restroom breaks during the trip will be accommodated, if needed. The cost of the trip is \$56 per person, and includes transportation, the show, and the meal at the theater. A sign-up sheet is in the Blue Book at the Hospitality desk. For questions, call Monte Spiller at (785) 323-3801.

Maundy Thursday Worship

Thursday, March 28, at 7 p.m.

At this service, we'll study and ponder the last supper. What might Jesus have felt during that fateful meal? What might the Disciples have understood about the significance of this supper? Retired Rev. Jim Reed will assist Pastor Melanie Nord in Holy Communion. All are welcome to receive. If it is not in your belief or practice to receive Holy Communion in this way, you're still welcome to attend. You may use the communion time for silent prayer and reflection. All are welcome!

Good Friday Worship

Friday, March 29, at 7 p.m.

Some argue that you can't have Easter joy without Good Friday grief. This worship service reflects on the death of Christ and what it means for our life and human nature. Pastor Melanie Nord will lead a journey through Jesus' last words in an attitude of humility - embracing any grief that lies without our hearts. All are welcome.

Easter Sunday Worship

Sunday, March 31, at 10:30 a.m.

Come celebrate the joy of Easter! Christ is risen! Through scripture, song, and message we'll let the hope of eternal life enrich our life and bless our soul! How can we capture an Easter Joy that lasts all year long? We've taken the challenge of giving up bad for lent. Come join Pastor Melanie Nord in worship as we embrace the good in our lives. All are welcome.

EASTER BUFFET

March 31st 11:00-1:30

Meadowlark Event Center \$28⁰⁰ +TAX

HOT

Carved Prime Rib
Omelet Bar
Creamy Chicken
Cajun Pork Tenderloin
Andouille Sausage
Herb-Crusted Orange
Roughy
Twice-Baked Potato
Casserole
Roasted Fingerling
Potatoes
Shrimp & Crab Cake
Wild Rice
Green Beans
Vegetable Medley
Cornbread Dressing

COLD

Poached Salmon
Salad Waterfall
Fruit Display
Raspberry-Marinated
Asparagus
Jell-O Molds
Deviled Eggs
Seafood Salad
Chicken Salad
Cucumbers & Artichoke
Potato Salad
Ambrosia
Pasta Salad
Waldorf Salad
Assorted Bread Display

DESSERT

Raspberry-Walnut Torte
Blueberry Cheesecake
Pecan Cheesecake
French Silk Pie
Chocolate-Peanut Butter
Pie
Dutch Apple Pie
Carrot Cake
Mixed Berry Tart
Cream Puff Swans
Chocolate-Bourbon
Pecan Pie

RESERVE YOUR SPOT AT PRAIRIE STAR

Reservations are required.

To reserve your spot, please visit the host stand or call (785) 323-3820.



OUTDOOR, from page 1

that also had that giant cottonwood. The house was shaded by that giant, and I spent my teenage years there. My upstairs bedroom window opened out under the north side of that tree, and many nights I lay quietly, window open, listening to the rustle of leaves that only a cottonwood and a gentle breeze can generate. When the wind was up, the huge limbs would creak and moan. I had no need of a sleep app.

As is the case with most trees, the big old cottonwood was home to certain animals. We occasionally heard fox squirrels barking from its far reaches, but they seemed to be swallowed up in the vastness of the limb and branch network. I thrilled each fall to the two to three pendulous sock-like Baltimore oriole nests revealed at the ends of drooping branches now devoid of leaves. They were always on the east side of the tree. Could it be that we share with orioles a thing for sunrises? The warm fuzzies? Escaping the hot afternoon sun?

Soon after moving into our new home, Dad gave my sister, Anna, and me strict instructions about not trying to climb the tree. Not to worry; the lowest limb was twelve feet above the ground!

However, the tree was used in various ways. One of Mother's flower beds was in its shade, Dad and I leaned our fishing poles against it, Anna danced in its shade, I had a basketball goal nailed to its trunk, and my much younger brother, Earl, had Dad build him a pigeon roost on the lowest limb.

After the tree fell, I was fortunate enough to be visiting Mother when sawyers were cutting it up to be hauled away. The trunk was 3 feet and 10 inches across, diameter-breast-high (a forester's term). That doesn't sound like much, but few Kansas trees reach that size. I counted 99 annual growth rings, which means that this tree sprouted just a few years after Onaga was founded in 1867.

However, I point you toward a couple of giant trees that grow nearby, in downtown St. George. In the yard of a home there is a bur oak tree. A sign beside it gives the tree's measurements and also states that the

tree is pushing 300-years-old and is the champion bur oak in Kansas. A few hundred feet west of the bur oak is a giant cottonwood that has a trunk diameter equal to or slightly larger than that of my cottonwood. That tree looks to be the result of at least two to three young trees that have fused together. But, it sports a grand symmetry, making it a must-see either in its leafy finery or while standing nude through the wintry months.

Researchers are discovering that there is more to trees than previously thought, e.g., they have surprising sensory abilities, and more capacities for responding to their environments than ever imagined. On the outside chance that trees develop a sense of who shares a space with them, I wonder if our cottonwood missed we three kids when we left home. Did it have a sense of sheltering the aging couple that remained, and, finally, the grieving widow who was the last of us to huddle in the shelter of that giant?

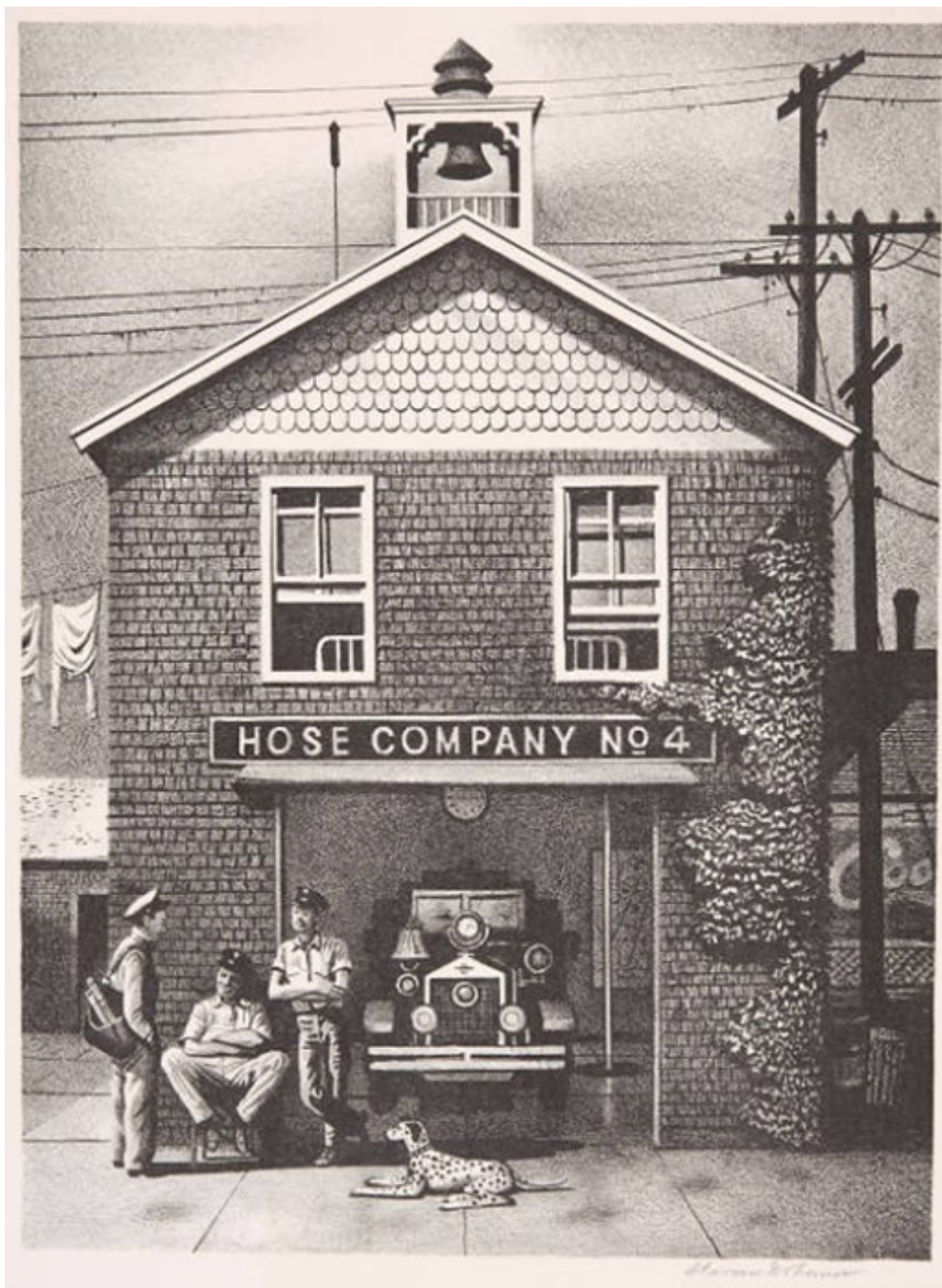
In one of her hundreds of published poems, my late wife, Imogene, wrote the following line in a poem about that old cottonwood: "Life asks enough, even of trees."



Bur oak tree in St. George, Kan. According to the tree's measurements, it is nearly 300-years-old, making it the champion bur oak tree in Kansas.

Art Engagement *from the* Beach Museum of Art

Artists will create balance using symmetry, asymmetry, or radial symmetry. If you visualize a vertical line down the center of this lithograph and focus your attention on the building, there appears to be almost mirrored symmetry. Where do you notice the balance? This type of symmetry provides a sense of stability and order. It invokes harmony and is pleasing to the viewer, but, how does the artist keep the image from getting boring? Perhaps he created asymmetrical balance. Look at the print again, widening your gaze to include the entire image. Do you notice differences from one side to the other? How are they balanced with something different but with equal visual weight on the other side?



Stevan Dohanos (United States, 1907 - 1994), Associated American Artists (United States, 1934 - 2000)
Hose Company #4, published 1950, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art,
bequest of Raymond & Melba Budge, 1992.12

RESTAURANT **SPECIALS**

Sunday, March 10	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots
Monday, March 11	\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, March 12	\$12 Lunch Caesar Steak Wrap Garlic-Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, March 13	\$10 Lunch Everything Bagel Sandwich <i>Ham, Turkey, & Swiss Cheese</i> Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans
Thursday, March 14	\$11 Lunch Broccoli Cheddar Bread Bowl Side Caesar Salad	\$16 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Green Beans
Friday, March 15	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Roasted Garlic Mashed Potatoes Asparagus
Saturday, March 16	\$13 Lunch Fish & Chips Coleslaw	\$17 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar *March 10 to March 16*

<p>Sunday • March 10 <i>Put your trash at the curb!</i></p> <p>10:30 a.m. ~ Worship Service, CR</p> <p>10:30 a.m. ~ Transportation to FUMC, VE</p>	<p>Thursday • March 14</p> <p>2:30 p.m. ~ Knitting & Crocheting, BR</p> <p>4:00 p.m. ~ Meadowlark Singers Practice, CR</p> <p>4:30 p.m. ~ Wamego-Area Memory Care Partner Support Group, WUMC</p> <p>5:30 p.m. ~ Eastside Supper, BR</p>																		
<p>Monday • March 11 <i>Trash pick-up</i></p> <p>9:30 a.m. ~ Seated Strength, CR <i>or 1960</i></p> <p>10:30 a.m. ~ Weights 101, CR <i>or 1960</i></p> <p>10:30 a.m.~ Mindful Memories, MSC</p> <p>11:00 a.m. ~ Rock Steady Boxing, BF</p> <p>11:30 a.m. ~ Sit & Be Fit, CR <i>or 1960</i></p> <p>1:00 p.m. ~ Parkinson's Exercise Class, CR <i>or 1960</i></p> <p>1:30 p.m. ~ God Talk, KSU CL</p> <p>2:00 p.m. ~ Change & Loss Support Group, FHR</p> <p>4:00 p.m. ~ Hable Espanol, FHR</p> <p>6:00 p.m. ~ Lenten Study Group, KSU CL</p> <p>7:00 p.m. ~ Community Bingo, CR</p>	<p>Friday • March 15</p> <p>7:30 a.m. ~ Rock Steady Boxing, BF</p> <p>9:30 a.m. ~ Seated Strength, CR <i>or 1960</i></p> <p>10:30 a.m. ~ Weights 101, CR <i>or 1960</i></p> <p>11:30 a.m. ~ Sit & Be Fit, CR <i>or 1960</i></p> <p>3:00 p.m. ~ Catholic Rosary, CR</p> <p>5:30 p.m. ~ Ides of March, EC</p>																		
<p>Tuesday • March 12</p> <p>9:45 a.m. ~ Target & Great Clips Trip, VE</p> <p>10:00 a.m. ~ Memory Activities Class, EC</p> <p>10:30 a.m. ~ Steady Yourself, CR <i>or 1960</i></p> <p>11:15 a.m. ~ Chair Yoga, <i>1960 only</i></p> <p>12:00 p.m. ~ 4th Floor Luncheon, MR</p> <p>2:00 p.m. ~ 10-Point Pitch Group, GR</p> <p>2:00 p.m. ~ Social Circles, PS</p> <p>3:00 p.m. ~ Coffee Corner, EC</p>	<p>Saturday • March 16</p> <p>9:30 a.m. ~ Band Bust Exercise Class, <i>1960 only</i></p> <p>10:30 a.m. ~ Saturday Shopping Trip, CR</p>																		
<p>Wednesday • March 13</p> <p>9:30 a.m. ~ Seated Strength, CR <i>or 1960</i></p> <p>10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE</p> <p>10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR</p> <p>10:00 a.m. ~ Memory Café, KSU CL</p> <p>10:30 a.m. ~ Weights 101, CR <i>or 1960</i></p> <p>11:30 a.m. ~ Sit & Be Fit, CR <i>or 1960</i></p> <p>11:30 a.m. ~ Page Turners Book Club, PR</p> <p>2:00 p.m. ~ Stories re: Artificial Intelligence, CR</p> <p>3:00 p.m. ~ Rock Steady Boxing, CR</p> <p>3:00 p.m. ~ Sing-Along, FHR</p> <p>7:00 p.m. ~ Performance: Savanna Chestnut, EC</p>	<p>Room Abbreviations</p> <table><tr><td>1960, TV Channel 1960</td><td>KSU CL, KSU Classroom</td></tr><tr><td>BF, Body First</td><td>MM, 120 Scenic Drive</td></tr><tr><td>BR, Bison Room</td><td>MR, Manhattan Room</td></tr><tr><td>CR, Community Room</td><td>PR, Patriot Room</td></tr><tr><td>CY, Courtyard</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>EC, Event Center</td><td>MSC, Manhattan Sr. Center</td></tr><tr><td>FHR, Flint Hills Room</td><td>VBL, Verna Belle's Lounge</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr><tr><td>GR, Game Room</td><td>WUMC, Wamego UM Church</td></tr></table>	1960 , TV Channel 1960	KSU CL, KSU Classroom	BF , Body First	MM , 120 Scenic Drive	BR, Bison Room	MR, Manhattan Room	CR, Community Room	PR, Patriot Room	CY, Courtyard	PS, Prairie Star Restaurant	EC, Event Center	MSC , Manhattan Sr. Center	FHR, Flint Hills Room	VBL, Verna Belle's Lounge	GC, Grosh Cinema	VE, Village Entrance	GR, Game Room	WUMC , Wamego UM Church
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SAVE THE DATE

Art Mingle

POYNTZ OF VIEW2024

Friday, May 31, 2024

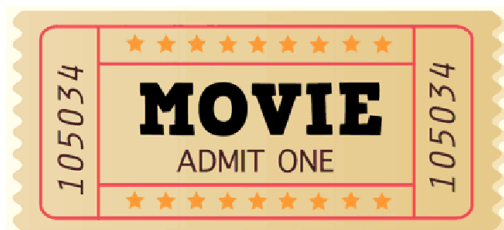
6:30 p.m.

SNW Gallery & Union Hall

328 Poyntz Avenue • Manhattan, Kansas

Tickets on sale April 17.

Event proceeds benefit Meadowlark Memory Program.



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.
SUNDAY 2:00 P.M. / 6:00 P.M.

SUNDAY: March 10

FORGIVEN (2020) TV-14, 1 hr. 18 min. *Heartfelt, Inspiring, Faith*

Cast: Kevin Sorbo, Jenn Gotzon Chandler, & Casey Fuller

When a police standoff leads to a hostage situation inside a church, a pastor's daughter puts her fear aside in a bid to save the perpetrator's life.

MONDAY: March 11

SEE YOU ON VENUS (2023) TV-PG, 1 hr. 35 min. *Sentimental, Witty, Heartfelt*

Cast: Virginia Gardner, Alex Aiono, & Rob Estes

Hoping to ease the pain in their hearts, teens Mia and Kyle travel to Spain in search of Mia's birth mother—and find themselves falling for each other.

TUESDAY: March 12

THE FINEST HOURS (2016) PG-13, 2 hr. *Disaster, Survival, Drama*

Cast: Chris Pine, Casey Affleck, & Ben Foster

This saga of courage, loyalty, and honor is based on the extraordinary true story of the greatest small-boat rescue in Coast Guard history. When a massive storm strikes off the coast of Cape Cod, it rips a T-2 oil tanker in half, trapping more than 30 sailors in a rapidly sinking stern. Vernie Webber and his crew set out in a 12-seat rescue boat to save them, as Chief Engineer Ray Sybert struggles to buy his men more time.

WEDNESDAY: March 13

THE GUNS OF NAVARONE (1961) TV-14, 2 hr. 36 min. *Suspenseful, Classic*

Cast: Gregory Peck, David Niven, & Anthony Quinn

During World War II, British forces launch an attack designed to take out the massive Nazi cannons that guard a critical sea channel.

THURSDAY: March 14

2023 OSCAR WINNER

EVERYTHING EVERYWHERE ALL AT ONCE (2022) R *for violence & sexual content*, 2 hr. 19 min.

Cast: Michelle Yeoh, Ke Huy Quan, & Stephanie Hsu

A audit of Evelyn's laundromat triggers a heroic journey through alternate universes where the only constant is her complicated love for her family.

FRIDAY: March 15

BIRD ON A WIRE (1990) PG-13, 1 hr. 50 min. *Suspenseful, Romantic, Comedy*

Cast: Mel Gibson, Goldie Hawn, & David Carradine

An attorney and her ex-fiancé who's been in the Witness Protection Program since ratting out drug smugglers go on the run after she blows his cover.

SATURDAY: March 16

ALL TOGETHER NOW (2020) PG, 1 hr. 33 min. *Understated, Inspiring, Emotional*

Cast: Auli'i Cravalho, Justina Machado, & Rhenzy Feliz

An optimistic, talented teen clings to a huge secret: she's homeless and living on a bus. When tragedy strikes, can she learn to accept a helping hand?