

Arts & Entertainment

Kam's Kapsules: Movies Opening Friday, April 12



'Little'

WIDE RELEASES

After (Unrated) Adaptation of Anna Todd's romance novel about a college freshman (Josephine Langford) tempted to abandon her high school sweetheart (Dylan Arnold) when she meets a mysterious rebel (Hero Fiennes-Tiffin) on campus first semester. With Selma Blair, Jennifer Beals and Peter Gallagher.

Hellboy (R for pervasive profanity, gore and graphic violence) Third live-action adaptation of Mike Mignola's graphic novel finds the demonic superhero (David Harbour) and his closest allies locked in battle with a beautiful sorceress (Milla Jovovich) bent on avenging an ancient betrayal. Cast includes Ian McShane, Sophie Okonedo, Thomas Haden Church and Sasha Lane.

Little (PG-13 for suggestive material) Romantic fantasy revolving around a ruthless tech mogul (Regina Hall) whose dream of reliving her childhood comes true. With Issa Rae, Tracee Ellis Ross, Tone Bell and Mikey Day.

Missing Link (PG for action, peril and mild, rude humor) Zach Galifianakis plays the title character in this animated family comedy which finds Bigfoot venturing from the Pacific Northwest to Shangri-La to find long-lost relatives with help of a legendary British explorer (Hugh Jackman) of myths and monsters. Voice cast includes Zoe Saldana, Emma Thompson and Stephen Fry.

INDEPENDENT & FOREIGN FILMS

A Dark Place (Unrated) Suspense thriller set in a sleepy Pennsylvania



Kam Williams
Kam's Kapsules Movie Reviews

town where a sanitation truck driver (Andrew Scott) becomes obsessed with solving a young local boy's (Nolan Cook) "missing person's" case. With Christa Beth Campbell, Jason Davis and Denise Gough.

Girls of the Sun (Unrated) Middle East saga chronicling an all-female, military battalion's effort to liberate the town of Corduene from Muslim extremists. Co-starring Golshifteh Farahani, Emmanuelle Bercot and Zubeyde Bulut. (In French, Kurdish, Arabic and English with subtitles)

High Life (R for profanity, violence, sexual assault and graphic nudity) Futuristic sci-fi thriller revolving around an ex-con astronaut (Robert Pattinson) and his daughter (Scarlett Lindsey), the sole survivors aboard a spaceship mission to a black hole. With Juliette Binoche, Andre' Benjamin and Victor Banjeree.

Mary Magdalene (R for bloody and disturbing images) Biblical tale, set in the Holy Land in 33 A.D., recounting the transformation of a young woman (Rooney Mara) inspired to follow the charismatic founder of Christianity, Jesus of Nazareth (Joaquin Phoenix) Cast includes Chiwetel Ejiofor, Zohar Shtrauss and David Schofield as Apostles Peter, John and Thomas, respectively. (In English and Hebrew with subtitles)

My Life with Emily

(PG-13 for sexuality) Molly Shannon plays Emily Dickinson (1830-1886) in this biopic exploring her long-time relationship with her sister-in-law (Susan Ziegler). With Amy Seimetz, Brett Gellman and Jackie Monahan.

Teen Spirit (PG-13 for suggestive content, and for underage smoking and drinking) Coming-of-age drama about a shy British girl's (Elle Fanning) attempt to escape her tiny island by entering a popular singing competition staging auditions in town. With Zlatko Buric, Rebecca Hall and Agnieszka Grochowska.

View movie trailers at TheSkanner.com



A Lesson from Nature on Resilience

By Dr. Jasmine Streeter, DVM
For The Skanner News



King Penguins work together to raise young and find food

When I think of resilience I think of nature. Resilience can be defined as the capacity to recover quickly from difficulties. As many of us have discovered, developing and practicing resilience is much easier said than done. The challenges we face as humans in a fast-paced competitive world place many stressors on us that can have a negative impact on health and wellness. Today, let's reflect on how nature can help us develop resilience.



Dr. Jasmine Shanelle Streeter
Veterinarian

Forming healthy relationships, stay-

ing optimistic but realistic and having a supportive tribe of people or pets in your circle can help buffer stressful situations. Take the largest colony of King Penguins, who live on the subantarctic French Island, respectfully named Pig Island. According to a new paper, published in *Antarctic Science*, nearly 60,000 breeding pairs were counted. It is amazing how these unique creatures work together to raise young and find food.

To come out on top in life requires stamina, strength and persistence. The African wild dog (*Lycaon pictus*) embodies these characteristics. This wild canine is a formidable hunter with

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Affordable Condos Family-size 5020 N Interstate

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JASON AND THE ARGONAUTS

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