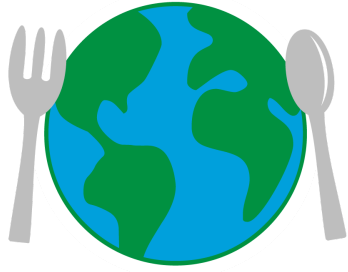


Family Dinner & Movie Night Suggestions: Broaden your worldview!



LOCAL RESTAURANTS TO TRY

Disclaimer: We have not personally eaten at each of these establishments.

- Meddys Mediterranean
- Fannies West African Cuisine
- Baba's Pantry- Palestinian food, well-known for their hummus
- Waldo Thai
- Mesob Restaurant—authentic international flavors, Ethiopian focus
- Taste Island Grill — Caribbean
- Buck Tui - Thai-influenced barbecue
- The Black Pantry: KC'S first shop dedicated to sourcing quality food & home products from Black-owned brands across the country.
- Blue Nile- Ethiopian. Located in river market
- Taj Place- Indian
- Gigi's Vegan Cafe
- KC Daiquiri Shop - Creole & Cajun
- Cafe Vie- Vietnamese
- Holy Land Cafe- Greek
- Jerusalem Cafe- Middle Eastern
- EsKCobar- Ethiopian & Caribbean fusion
- Taste of Africa
- Niece's Restaurant - family-owned soul food restaurant.
- Wah Gwan - Jamaican & Nigerian



MOVIES to broaden your worldview

Disclaimer: We have not viewed all of the movies listed. It is up to the parent to decide what is right for their children.

The Iron Giant

Common Sense media suggests: Grades 1+

With references to the 1950s setting, there's a lot to unpack about technology vs. nature in *The Iron Giant*. But what kids (and even adults) will really learn from this tale of robot/kid friendship is acceptance, the consequences of being too quick to judge, and the many forms of heroism.

Discussion questions: What do you know about the Cold War of the 1950s? How might the characters have acted differently if the story had been set in another time period (like post-9/11)? Where do you see statements about technology vs. nature? How does paranoia drive the plot of the film?

Human Flow

An incredibly moving documentary by acclaimed filmmaker and artist Ai Weiwei, which stunningly captures the sobering reality of the global refugee crisis. Amidst the overwhelming numbers and statistics, Weiwei returns a sense of humanity to the crisis as he paints an accurate—albeit heartbreaking—picture of the suffering endured by the millions forced to flee their homelands.

Medair has been responding to the Syrian refugee crisis since 2012. We help Syrian refugees who have fled into Lebanon and Jordan to access emergency shelter; medical care; clean water, sanitation, and hygiene; and cash assistance.

The Impossible

The 2004 Indian Ocean tsunami killed at least 225,000 people spanning 14 countries. The enormous waves severely damaged or destroyed entire coastal towns, leaving survivors without shelter, food, clean water, or medical care. *The Impossible* depicts the true-life story of one family on holiday in Thailand when the tsunami hit and their incredible story of survival. After the 2004 Indian Ocean earthquake and tsunami, Medair responded to the aftermath in Sri Lanka.

Hotel Rwanda

Hotel Rwanda captures the harrowing story of a real-life hotel manager, Paul Rusesabagina, and his wife, Tatiana, during the 1994 Rwandan genocide. The film captures Rusesabagina's brave efforts to save his family's lives and an estimated 1,000 displaced people in the hotel he managed amidst the violence ensuing around him. In the aftermath of the Rwandan genocide, Medair provided emergency relief to the Bugesera region, which had lost 80 percent of its population to the genocide. Emergency teams worked to get medical centers running again and brought in psychiatrists to provide trauma counseling for both major ethnic groups. These workshops brought together mixed ethnic groups to share their stories.

Makala

Makala is a French documentary following the life of a young man living in rural DR Congo, struggling to provide for himself by making and selling charcoal. The film provides a look into the harsh realities of rural life, and the many physical, emotional, and spiritual challenges people face on a daily basis to get by. DR Congo now has more internally displaced people than any other African country because of the prolonged violence. An Ebola outbreak in Eastern DR Congo has only added to the complexity. Medair has worked in DR Congo for over 20 years. It's current programming focus is on supporting health facilities to provide quality services to the most vulnerable.

The Good Lie

Based on real-life events, The Good Lie tells the story of a group of Sudanese refugees as they flee violence in their country, seek safety in a refugee camp in Kenya, and eventually are awarded the chance to immigrate to the United States. The movie follows their journey as they struggle to start over in a foreign land while being separated from loved ones, and the one choice that would change their lives forever.

Medair has been responding since 1992 to crisis in Sudan and is now one of the most active humanitarian relief organizations in the new country of South Sudan.

A Place at the Table

Common Sense Media suggested age: 9+

In the urban streets of Philadelphia, the rural towns of Colorado, and the hamlets of Mississippi, kids are going hungry. Both experts and real families discuss the pervasive problem of food insecurity in this affecting documentary that'll make your kids grateful for what they have -- and possibly inspire them to help.

What to talk about: Discuss what your family can do. Can you join a local food bank through your community or house of worship? Can you write a letter as a family to your elected officials?

On the Way to School

Common Sense Media suggested age: 10+

On the Way to School provides viewers insight into our diverse world through a subject most kids can relate to – traveling to and from school. The film shows four kids from Kenya, Argentina, Morocco, and India on their long and often arduous trips to school. One rides a horse with his sister while another encounters wild animals. This film will expand kids' horizons as they learn that not all children travel by bus, car or public transit to get to school. It also showcases children who are eager to grow in their education and who will go to great lengths to learn.

Living on One Dollar

Common Sense Media suggested age: 10+

Provides viewers with insight into the living conditions of nearly 700 million people worldwide. The film is set in Guatemala and features four American college students as they attempt to survive on just one dollar a day. Throughout the film, the students encounter hunger, parasites, and severe financial

burdens – exposing the challenges of living in extreme poverty. While the film is eye-opening to all viewers, some aspects of trying to survive extreme poverty could be disturbing to young viewers.

Underwater Dreams

Common Sense Media suggested age: 10+

Underwater Dreams is the story of a robotics team from Phoenix's Carl Hayden high school, which has a large population of low-income undocumented Mexican immigrants. In 2004, the team entered an underwater robotics competition which put them up against the likes of M.I.T. and other prestigious schools. The Carl Hayden high school outperformed everyone's expectations and inspired future generations of students at the school to pursue engineering. In addition to the competition, the movie also focuses on immigration reform and what alum from the high school are doing to address it. Beware that there are few times when expletives are used and even though they're silenced, it's still obvious which word was said.

Hoop Dreams

Common Sense Media suggested age: 13+

Mad skills on the basketball court aren't a guarantee of the good life -- you have to be lucky, too. Problems, pitfalls, and poverty lurk around every corner in this documentary about two young basketball stars competing for college scholarships.

What to talk about: Discuss the experiences of William Gates and Arthur Agee both on and off the high school basketball court. How do their family environments help and hurt them? Why do other young people -- particularly young black men -- find themselves in similar situations? What do you think about the boys' long-term goals? What would you have done differently? How are their predicaments similar to and different from those of other children in inner cities across the United States?

Miss Representation

Common Sense Media suggested age: 13+

For girls -- and boys -- interested in gender equality, Miss Representation isn't only a movie -- it's a movement. Using advertising images, interviews, and movie clips, this documentary invites viewers to challenge how women are portrayed in the media -- and to actually do something about it.

What to talk about: Discuss how the media shapes our views of women. What messages do you see on TV, in movies, and on the Web? How would you get other people to recognize when women and girls are portrayed negatively and as stereotypes?

Waste Land

Common Sense Media suggested age: 14+

"Trash talk" takes on an entirely new meaning in this documentary about the people who work in a landfill outside Rio de Janeiro. Incredibly poor -- but incredibly resilient -- these folks get viewers to see the dignity of people living in poverty.

What to talk about: What is the ability of one man -- in this case, Vik Muniz -- to make a difference in the world? What elements were included in the movie to make Muniz appear like a hero? What do you think was left out? Are there opportunities in your community to "give something back"

The Help

Common Sense Media suggests: Grades 7+

Despite some controversy surrounding a central white character in a civil rights-era film, this movie adaptation still demonstrates how oppressed people have a story that needs to be told. It will get kids thinking about segregation and class differences in our society, and what it takes to break the legacy of racism.

Discussion questions: Why do you think people might be critical that the story is anchored in the coming-of-age tale of a white girl? Do you think the characters are realistic representations of the time, or are they stereotypes? How do we know?

Love, Simon

Common Sense Media suggests: Grades 8+

While this lighthearted tale isn't based on a historical event and doesn't delve into deep intellectual themes, it does give insight into the emotional turmoil of a young man trying to come out. It's a rare slice of cinema that gives kids a chance to relate to and empathize with the struggles of a gay man and the gay community.

Discussion questions: How does the film compare to the novel it's based on (Simon vs. the Homo Sapiens Agenda)? How do you think these childhood experiences might later affect someone as an adult? What other type of secrets do you think students may be struggling with in high school? How might it affect their relationships with their classmates?

Bend It Like Beckham

Common Sense Media suggests: Grades 8+

A girl living in England struggles to pursue her soccer dreams while also respecting her parent's traditional Indian values. This feel-good story grounds the popular "follow your heart" theme in relevant discussions about second-generation immigrant families and cultural identity.

Discussion questions: How much should you preserve the traditions of a culture when you're no longer living (or never lived) in that place? What are some strategies for helping to build up your own sense of self-worth and for coping with pressures from family members or society?

The Truman Show

Common Sense Media Grades 5+

The main character in this satirical movie is an insurance salesman who discovers that everyone around him is part of an elaborate "show" and that every aspect of his life has been orchestrated. Kids will inevitably begin to question the consequences of our media-driven world.

Discussion questions: How does this movie address the reality of those who spend hour after hour of their free time watching TV or movies? Does the proliferation of social media make the story outdated today? What lessons can we still learn about how we consume -- and are influenced by -- media?

Remember the Titans

Common Sense Media suggests: Grades 5+

Remember the Titans tells the inspirational true story about the struggles and victories of a newly integrated high school football team in 1971. Themes of segregation and prejudice will help students think critically about race relations.

Discussion questions: How did playing football help the students better understand the prejudice of the time? Do you see segregation or racism today in schools or neighborhoods? How might you apply the lessons from the movie (change is inevitable, teamwork and attitude are important) to the issues of today?

Coco

Common Sense Media suggests: Grades 2+

Coco explores the Day of the Dead and a kid's desire to become a musician despite his family's wishes. A moving tribute to Mexican traditions and customs, this movie will get kids contemplating the ways we remember and honor our departed family members.

Discussion questions: What about learning the traditions of the Day of the Dead surprised you? How does your family pay tribute to relatives and loved ones after they've passed away? How do you think the practice of honoring the dead might factor into how tight-knit Mexican families make important decisions?

He Named Me Malala

Common Sense Media suggested age: 12+

This is the follow-up film to the best-selling book, Malala. It showcases young Pakistani Malala Yousafzai, who won a Nobel Peace Prize for her human rights activism. Malala's activism began shortly after she was shot by the Taliban for speaking out about girls' right to go to school. The film is very forthcoming about the shooting and the political situation in Pakistan that lead up to the assassination attempt. Fortunately, there is no graphic imagery of the event although bloody images are shown of the vehicle Malala was riding in. There are also surgery-prep scenes and news footage about how almost everyone expected Malala to die. This film is intense, making it not suitable for young viewers but the messages of bravery, courage, and the importance of education will resonate with older tweens and teens.