

Outdoor Encounters

Submitted by Nathan Bolls

We commonly see or speak of tree squirrels and various birds, see the occasional rabbit, skunk or opossum, and marvel at the yipping choruses belted out by our ubiquitous, wild, and defiant “songdogs.” But we are surrounded by another formidable and seldom-seen denizen of the night. This animal prefers wetlands, damp forests, and suburban areas—and it loves chimneys. It occurs all over the United States (except for the Great Basin), across southern Canada, and as far south as central Panama.

A healthy full-grown adult can weigh 30-35 pounds or more, and they are vicious when cornered. A single dog, to best this creature, has to be fairly large, strong, determined, and quick. This animal eats a wide variety of plant and animal foods and often hunts along the water’s edge of streams, lakes, and ponds. Its tracks can be seen all along these bodies of water. Hike a Kansas stream, or Bayer Pond, and notice the large number of freshwater mussels that have been opened and the soft tissues eaten. This animal probably is responsible for many of these empty shells. It loves cornfields and will raid a henhouse if the chance arises.

This creature lives on our campus and hunts and courts here by night. It neither migrates nor hibernates but may stay in the den for several days at a time during bad weather. In our area, it likes tree hollows for dens, but it has been known to use rock crevices, abandoned ground dens, hollow logs, or stumps with hollows having an entry at ground level. In warmer weather one may be seen sleeping on a limb during the day. It generally is solitary, but several may sometimes share a den during the winter. Breeding occurs here in early spring, and 2-7 young are born in April-May. Mom trills to her young and keeps them with her for 6-9 months. When cornered or courting, this animal may emit high-pitched squeals, growls, or screams—rarely heard by us.

And it is a survivor! On one of our getaway writing weekends during our professor days in Ohio, Imogene and I, about 10:30 the first evening, heard rustling sounds on the balcony of our State Park Lodge third-floor room. Momma creature and three young were, probably, checking to see if messy humans had left any scraps. We cautiously put out some crackers, grapes, and nuts. They were gone the next morning. The next evening, about 10:00, we had scratching—on the balcony door! We cracked the screen door and held out a cracker, and five slim digits reached in out of the dark to snatch the cracker—and 3-4 other goodies we offered during that exchange. The next night the scratching, and benevolent robbery, occurred again, at 9:30. The next night our masked bandit scratched the door at 9:00. Ricky Raccoon is alive and well!

Mardi Gras Party

You’re invited to an entertaining, Mardi Gras themed event full of fun, food and maybe even a few prizes! The party begins at 5:30 p.m. Tuesday, Feb. 13, in Prairie Star Restaurant.

The cost for the evening is \$19 per person. Reservations are required and can be made at the host stand in Prairie Star Restaurant. The restaurant will close at 2 p.m. the day of the event, however, Verna Belle’s Café will remain open until 6 p.m. to serve those who do not participate in the Mardi Gras Party. Please contact Brook Marcotte at (785) 323-3821 with questions.

The menu will feature the following items:

Hors d’oeuvre: mini crab cakes, cornbread fritters & Cajun deviled eggs

Appetizer: oysters and grits

Soup: crawfish gumbo

Entrée: shrimp etouffee, red beans and rice, sautéed spinach

Dessert: banana foster bread pudding with flambé bananas & warm praline sauce

Valentine’s Day Party

Tinklin House cordially invites you to the campus-wide Valentine’s Day Party from 1 to 2:30 p.m. Wednesday, Feb. 14, in the Community Room. Enjoy refreshments, live entertainment and creative crafts! No prior sign up is required.

K-State Men's Basketball Games

Saturday, Feb. 3 & Saturday, Feb. 10

Watch the KSU Men's basketball games in the Game Room on the following dates and times. Watch parties with refreshments will be held for weekend games only.

~ Saturday, Feb. 3, at 3 p.m. vs. West Virginia on ESPN2 (channel 33) -

watch party with refreshments

~ Saturday, Feb. 10, at 7 p.m. vs Texas Tech on ESPNU (channel 244) - **watch party with**

Refreshments

Please note, the Wildcats will play Texas Wednesday, Feb. 7, however this game will be broadcast on Longhorn Network and will be unavailable for us to watch.

Music with MAMTA

Friday, Feb. 2, at 7 p.m.

On Friday Feb. 2, at 7 p.m. in the Community Room, the Manhattan Area Music Teachers Association (MAMTA) will be performing a variety of music for the residents of Meadowlark. MAMTA is an organization of professional music educators from Manhattan Kansas and the surrounding area that strives to advance the value of music study and music-making for a diverse community while supporting the professionalism of music teachers and the promotion of a high standard of music among its members.

Super Bowl Watch Party

Sunday, Feb. 4, at 5:30 p.m.

You're invited to watch the Philadelphia Eagles take on the New England Patriots in the 2018 Super Bowl! The watch party will start at in the Game Room at 5:30 p.m. Sunday, Feb. 4. Light refreshments will be served.

Vespers Services

Sunday, Feb. 4, at 7 p.m.

The Vespers services will be led by Rev. John Wright from the First United Methodist Church and the White City United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Feb. 4, in the Community Room. All are welcome.

Intermediate Meditation

Tuesday, Feb. 6, at 10:30 a.m.

You're invited to participate in a new opportunity offered through Meadowlark Memory Program and Meadowlark Parkinson's Program.

Intermediate Meditation is geared toward individuals with some experience in structured meditation. The group will meet in Grosh Cinema at 10:30 a.m. Tuesday, Feb. 6. Please sign up in the Blue Book if you plan to attend. If you have questions, contact Michelle Haub, Program Leader, at (785) 323-3899.

Card Making with Michelle

Tuesday, Feb. 6, at 1:30 p.m.

You're invited to make Valentine's Day cards with Michelle Lehmer Tuesday, Feb. 6, at 1:30 p.m. in the West Conference Room. All who are interested are invited to attend!

Memory Program Luncheon

Wednesday, Feb. 7, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Feb. 7, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. Please sign up in the Blue Book by Monday, Feb. 5. Cost is approximately \$9 per person.

Resident Focus Group

Thursday, Feb. 8, at 10 a.m.

The Resident Focus Group will meet at 10 a.m. Thursday, Feb. 8, in the KSU Classroom. This session will be hosted by John Schapel, Sous Chef for Prairie Star Restaurant. All who are interested in learning more about Prairie Star Restaurant and Sous Chef John are invited to attend.

Meadowlark Ladies Luncheon

Thursday, Feb. 8, at noon

The Meadowlark Ladies will meet for lunch Thursday, Feb. 8, at noon in the Manhattan Room. The menu will feature a club sandwich, fresh fruit and vanilla ice cream with raspberry coulis. Please sign up in the Blue Book if you plan to attend.

Music by Craig Plotner

Friday, Feb. 9, at 7 p.m.

Back by popular request, Meadowlark gladly welcomes Craig Plotner! Craig is joining us from Lucas, Kansas at 7 p.m. Friday, Feb. 9, in the Community Room. Craig has been sharing his music throughout many Kansas communities for the past eight years. Come and enjoy his extensive song list, including some Craig Poltner originals. All are welcome for this fun night of musical entertainment!

Muffins with Meadowlark

Tuesday, Feb. 13, at 10 a.m.

Meadowlark has partnered with Jamboree Drop-In Daycare, a local childcare center to offer a new volunteer opportunity! Every second Tuesday, Meadowlark residents will have the opportunity to visit the children at the daycare, ages two to five years old. The first visit is scheduled for Tuesday, Feb. 13, from 10 to 11 a.m. Visits will include time for socializing, story time or another activity, and snacks.

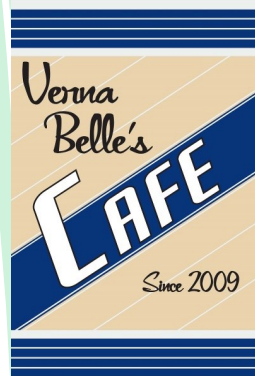
Jamboree is a licensed daycare provider, so all of the children have been vaccinated. The facility is also wheelchair accessible for residents who might want to participate, but are wheelchair bound.

Transportation will be provided for all residents, so please sign up in the Blue Book if you are interested in participating. Please contact Jana at (785) 323-3890 for more details or with questions.

Ash Wednesday Service

Wednesday, Feb. 14, at 10 a.m. & 2 p.m.

Two Ash Wednesday services will be held in the Living Room on Wednesday, Feb. 14, at 10 a.m. and 2 p.m. Receiving ashes (on the forehead or on the back of a hand) is optional, and all are welcome to come!



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, Feb. 5

Turkey & Cranberry Panini with Choice of Side
turkey, cranberry sauce & swiss cheese on your choice of toasted white or wheat bread
\$3.99 / \$5.99

Tuesday, Feb. 6

Grilled Ham & Cheese with Tomato Soup
ham, American & cheddar cheese on your choice of white or wheat bread with tomato soup
\$3.99 / \$5.99

Wednesday, Feb. 7

Chili with Cinnamon Roll
seasoned ground beef, onions, tomatoes & chili beans in a tomato sauce served with shredded cheddar cheese & crackers
\$3.99 / \$5.99

Thursday, Feb. 8

Avocado BLT with Choice of Side
avocado, bacon, lettuce & tomato on your choice of toasted white or wheat bread
\$3.99 / \$5.99

Friday, Feb. 9

Grilled Chicken Sandwich with Choice of Side
grilled chicken, swiss cheese & roasted garlic aioli on a toasted hamburger bun with lettuce, tomato & pickle on the side
\$5.99

PRAIRIE★STAR RESTAURANT

Restaurant Hours
Monday to Saturday, 10:30 a.m. to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	Feb. 4 ~ Lunch \$12	Dinner \$11
	Pot Roast with Carrots, Onions, Celery Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Feb. 5 ~ Lunch \$10	Dinner \$12
	Italian Sausage Fettucine with Sweet Peppers Garlic Toast Choice of Vegetable	Grilled Cilantro Lime Chicken with Mango Salsa Rice Vegetable du Jour
TUESDAY	Feb. 6 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Brown Sugar Dijon Glazed Pork Tenderloin Cheddar Scalloped Potatoes Vegetable du Jour
WED.	Feb. 7 ~ Lunch \$10	Dinner \$11
	BBQ Brisket Sandwich Coleslaw French Fries	Swedish Meatballs over Noodles Vegetable du Jour
THURS.	Feb. 8 ~ Lunch \$8	Dinner \$14
	Caesar Salad Bar <i>(does not include drink, starter, or dessert)</i>	Grilled Salmon with Sun Dried Tomato Sauce Baked Potato Vegetable du Jour
FRIDAY	Feb. 9 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Feb. 10 ~ Lunch \$10	Dinner \$14
	Meatball Sub French Fries Choice of Vegetable	Grilled Pesto Shrimp with Roasted Red Pepper Sauce Roasted Red Potatoes Vegetable du Jour

**DRINK
SPECIAL**

Cosmopolitan
 1.25 oz. Citrus Vodka, 1/4 oz. Sweetened Lime Juice, 1/4 oz. Triple Sec & 1/4 oz. Cranberry Juice
\$3.75

Grosh Cinema Movies

Sunday, Feb. 4, to Saturday, Feb. 10, 2018

Show Times: 1, 4 and 7 p.m., Monday - Saturday / 2 and 6 p.m., Sunday

Sunday, Feb. 4—Rugrats the Movie (1998)

- When his baby brother Dill is born, Tommy Pickles and his pals decide that he's too much responsibility and try to return him to the hospital.
- Co-Starring: Elizabeth Daily, Christine Cavanaugh & Kath Soucie
- Rated G; 1 hr. 20 min.

Monday, Feb. 5—All of Me (1984)

- Just before millionaire Edwina Cutwater dies, she asks her uptight lawyer, Roger Cobb, to amend her will so that her soul will pass to young, vibrant Terry Hoskins. But the spiritual transference goes awry -- and Edwina enters Roger's body instead.
- Co-Starring: Steve Martin, Lily Tomlin & Victoria Tennant
- Rated PG; 1 hr. 33 min.

Tuesday, Feb. 6— Logan (2017)

- In this chapter from the exploits of Wolverine, the hirsute superhero returns to thwart the apocalyptic plans of supervillain Nathaniel Essex.
- Co-Starring: Hugh Jackman, Patrick Stewart & Richard E. Grant
- Rated R for strong brutal violence and language, and for brief nudity; 2 hrs. 15 min.

Wednesday, Feb. 7— Wild Hogs (2007)

- Restless and ready for adventure, four suburban bikers leave the safety of their subdivision and head out on the open road.
- Co-Starring: Tim Allen, John Travolta & Martin Lawrence
- Rated PG-13; 1 hr. 40 min.

Thursday, Feb. 8— Breakfast at Tiffany's (1961)

- Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul Varjak, who moves into her building on a wealthy woman's dime.
- Co-Starring: Audrey Hepburn, George Peppard & Patricia Neal
- Rated NR; 1 hr. 54 min.

Friday, Feb. 9 – Cool Runnings (1993)

- A fictionalized account of the unlikely story of Jamaica's first bobsled team, Cool Runnings follows their journey to the 1988 Olympics.
- Co-Starring: John Candy, Leon & Doug E. Doug
- Rated PG; 1 hr. 38 min.

Saturday, Feb. 10— Spotlight (2015)

- Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.
- Co-Starring: Mark Ruffalo, Michael Keaton & Rachel McAdams
- Rated R for some language including sexual references ; 2 hrs. 9 min.

Weekly Opportunities Calendar Feb. 4 - Feb. 10

Sunday • February 4

Breakfast at Verna Belle's—Omelets with Fruit
 9:00 a.m. ~ Miller Worship Service, MFR
 10:00 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 5:30 p.m. ~ Super Bowl Watch Party, GR
 7:00 p.m. ~ Vespers with Rev. John Wright from First United Methodist Church, CR

Monday • February 5

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
 8:30 a.m. ~ IL Resident Council, KSU CL
 9:30 a.m. ~ Town Meeting, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:00 a.m. ~ St. Luke's Communion, TR
 12:00 p.m. ~ Weights 101, CR
 12:00 p.m. ~ Yoga, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ MLH Singers Practice, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 6:00 p.m. ~ LEAP! Class, KSU CL
 7:00 p.m. ~ Community Bingo, CR

Tuesday • February 6

Trash pick-up day
Breakfast at Verna Belle's—Breakfast Bierock with Fruit
 9:30 a.m. ~ Literature of Aging, WCR
 10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Intermediate Meditation, GC
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, LR
 12:00 p.m. ~ Kimball Luncheon, MR
 1:30 p.m. ~ Card Making with Michelle, WCR
 2:00 p.m. ~ LifeStory Writing Group, LR
 3:00 p.m. ~ Coffee Corner, CR
 3:30 p.m. ~ Ambassador Committee Meeting, WCR
 4:00 p.m. ~ Newspaper & Bible, LR

Wednesday • February 7

Breakfast at Verna Belle's—Breakfast Burrito with Fruit
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Worship Service, LR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Café, KR
 10:00 a.m. ~ Memory Care Partners Support Grp, TR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ 1st Men's Club Luncheon, LR
 11:00 a.m. ~ Memory Luncheon, MR

12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Pitch, GR
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
 2:00 p.m. ~ Library Committee Meeting, LR
 3:00 p.m. ~ Rock Steady Boxing, KSU CL
 3:00 p.m. ~ Call Hall Ice Cream, KR
 4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • February 8

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
 8:30 a.m. ~ Messenger Ladies, WCR
 9:30 a.m. ~ Literature of Aging, WCR
 10:00 a.m. ~ Resident Focus Group, KSU CL
 10:00 a.m. ~ Meadowlark Bible Study, LR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Meadowlark Ladies' Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 2:00 p.m. ~ Stepping On, KSU CL
 2:30 p.m. ~ Gerontology Class, CR
 4:00 p.m. ~ Great Decisions, LR

Friday • February 9

Breakfast at Verna Belle's—Waffle or Pancake
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partners Support Grp, LR
 7:00 p.m. ~ Music by Craig Plotner, CR

Saturday • February 10

Breakfast at Verna Belle's—Omelets with fruit
 9:00 a.m. ~ Rock Steady Boxing, CSC
 9:30 a.m. ~ Painting for Fun, KSU CL
 7:00 p.m. ~ KSU Watch Party, GR

Room Abbreviations

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center
HD, Hospitality Desk	MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960