



Residents Peg Ziser and Mary Smith admire the work of Overland Park, Kan., artist Liz Vargas (right).

Mingle for a cause

Inaugural art event raises thousands for memory program

by Becky Fitzgerald

The invitation envelopes asked “**Art** you ready to **Mingle?**” The answer was YES! The first-ever Art Mingle to benefit Meadowlark Memory Program took place on Friday, March 9, with about 130 guests, several employees and community volunteers attending.

After expenses the event generated \$31,700 for the memory program! Ticket sales, live and silent auctions, and sponsorships contributed to event revenue.

Special guests were artists Oscar Larmer and Ralph Fontenot, two of Manhattan’s most known artists. Larmer’s paintings have become part of the visual fabric and esthetic identity of our community, and Fontenot has recorded in his landscapes and city scapes the changing appearance of Manhattan as it has grown and prospered. Their presence, as well as the

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Living Room receives name change

by Becky Fitzgerald

One of Meadowlark’s community spaces has a new name. The Living Room, added in 2001 when the East Village was added to the west five-story apartment tower, was recently renamed the Flint Hills Room. Jane Westfall, a current resident and member of the Art Committee, suggested the idea during a monthly committee meeting while sitting around the room’s large conference table.

After two “dark” paintings by Lisa Calzavara were moved into brighter lighting – they now hang in the Community Center hallway just outside the Flint Hills Room -- the committee pondered how to fill the blank east wall created by the removal of the Calzavaras.

“What if the room’s paintings reflect a change of seasons the Flint Hills?” Westfall asked. “Could we call this room the Flint Hills Room?” she added.

Examining the paintings currently in the space, it was apparent two of the seasons were already represented. Kim Casebeer’s *Tree Grove in Autumn* is on the north wall. *Coon Creek Farm Scene* by Louis Copt, depicting snow-covered ground and leafless trees, clearly depicts a northeastern Kansas farm in winter. (This

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Sense of the Past, March 22

Sense of the Past will not meet Thursday, March 22. Sessions will resume the following week.

Meadowlark Wellness Olympiad 2018

The time has come for our annual Wellness Olympiad! Like previous Olympiads, teams will be competing for the top prize and many other awards. The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30-minutes of physical activity each day while making healthy food choices. The event will be held from April 9 to May 20 and is open to all Meadowlark residents, employees, and Passport members!

Participants will form teams of three, and are free to create teams of their choosing. Registration will open on Monday, March 19, with the sign-up deadline being Monday, April 2. Contact Jeff Heidbreder (785) 341-2995 with any questions.

KSU Men's Basketball Watch Party

Friday, March 16, at 5:50 p.m.

You're invited to watch the Kansas State Wildcats take on the Creighton Blue Jays in the NCAA Tournament at 5:50 p.m. Friday, March 16, in the Game Room. The game will be shown on TNT (channel 30 or 2030 HD). Light snacks will be served.

Jpegs

Friday, March 16, at 7 p.m.

At 7 p.m. Friday, March 16, Meadowlark welcomes back husband-and-wife duo, Jonathon and Peg Mcbee, better known as *The Jpegs*.

This couple has a great variety of musical genres that they play, which includes: classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage country music to today's modern country, folk music and blues. They have a special Saint Patrick's Day performance planned as well. So come out to the Community Room for a good time!

Celtic Music Crew

Saturday, March 17, at 3 p.m.

You're invited to the Meadowlark Hills Saint Patrick's Day Party! The party gets going at 3

p.m. in the Game Room and Pub when our special guest Patrick Werick and his Celtic Band perform for us! Patrick and his band are return guests and will put on quite the show. Snacks will be provided and beer specials are available for purchase at the Pub.

Vespers Services

Sunday, March 18, at 7 p.m.

The Vespers services will be led by Rev. Dennis Ackerman and the Church Choir from College Avenue Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 18, in the Community Room. All are welcome.

Intermediate Meditation

Tuesday, March 20, at 10:30 a.m.

You're invited to join Erin Davis for Intermediate Meditation at 10:30 a.m. Tuesday, March 20, in Grosh Cinema. In this class, participants work toward the goal of engaging in relaxed breathing and calmed focus. The class will utilize aromatherapy for a more complete sensory experience. Those with practice may find the Intermediate Class more beneficial.

Please sign up in the Blue Book to reserve your spot as seating is limited. Please contact Michelle Haub at (785) 323-3899 with questions.

All-Campus Spring Party

Tuesday, March 20 at 1 p.m.

Honstead House will be hosting an all-campus Spring Party at 1:30 p.m. Tuesday, March 20, in the Community Room. Join the party for appetizers, crafts and fellowship. All are welcome to attend.

Emily's Feature Dessert!

Tuesday, March 20, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, March 20, is a Blueberry Crumble Muffin. In England, muffins were once called "tea cakes," while American muffins are served primarily for breakfast or as an accompaniment for dinner. Emily's blueberry crumble muffins will pair beautifully with a cup of coffee at Tuesday's gathering. Don't miss out on this special treat!

Parkinson's Partners Luncheon

Friday, March 23, at 12 p.m.

Join the Parkinson's Partners Luncheon for a relaxing lunch from noon to 1 p.m. Friday, March 23, in the Community Room.

Please sign up in the Blue Book by Monday, March 19. Cost is approximately \$9 per person.

Argyle Socks

Friday, March 23, at 7 p.m.

Two guys and their argyle socks, Nick Hernandez and Jeff Hupe, are an acoustic duo from the band *The Argyles* of Wamego, Kan. *The Argyles* will be entertaining in the Community Room at 7 p.m. Friday, March 23.

Nate began playing acoustic and electric guitar over ten years ago. Jeff has been a lifelong drummer on a variety of percussive instruments and joined the praise band with Nate this past year. Together they will perform an acoustic show of varying genres. All are welcome to attend.

Elementary Leadership Group

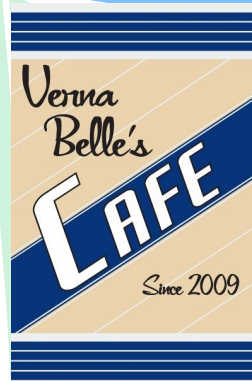
Tuesday, March 27, at 3:30 p.m.

A group of fifth and sixth grade students from Amanda Arnold Elementary School are coming to Meadowlark from 3:30 to 5 p.m. Tuesday, March 27. When they first arrive, they will head to the Community Room to participate in Coffee Corner. While they are here, they plan to entertain residents with their musical talents, while dazzling their wits during a few games of chess, checkers, and Apples to Apples! If you are already a Coffee Corner "regular", please feel free to stick around from 4 to 5 p.m., to spend time with these wonderful youth!

Good Friday Communion Service

Friday, March 30, at 4 p.m.

A Good Friday service of communion will be held at 4 p.m. Friday, March 30, in the Community Room. The service will be led by the Rev. Cam McConnell from First Presbyterian Church in Manhattan and everyone is welcome. The invitation to the sacrament of communion extended to all Christians regardless of denomination.



LUNCH SPECIALS

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

Monday, March 19

Meatball Sub with Choice of Side
meatballs with marinara sauce & mozzarella cheese on a sub roll
\$3.99 / \$5.99

Tuesday, March 20

Reuben with Choice of Side
corned beef, swiss cheese, thousand island dressing & sauerkraut on butter-toasted rye bread
\$3.99 / \$5.99

Wednesday, March 21

Bierocks with Choice of Side
ground beef, onions & cabbage baked inside a flaky biscuit crust
\$3.99 / \$5.99

Thursday, March 22

Turkey & Ham Bagel Sandwich with Side
sliced turkey & ham on a toasted bagel with mayo-dijon mustard sauce, served with lettuce & tomato
\$3.99 / \$5.99

Friday, March 23

Crunchy BBQ Chicken Sandwich with Side
grilled chicken, swiss cheese, bbq sauce & French-fried onions on a toasted hamburger bun
\$3.99 / \$5.99

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event beneficiary, prompted this year's theme: Manhattan Memories.

The event's signature cocktail was called "Bid Booster," and that proved to be accurate. The winning bid for an original watercolor of the renovated Manhattan train depot was \$2000. Ralph Fontenot created the piece, called *On Time*, and donated it for Art Mingle.

Three memory program opportunities – Memory Matters Symposium, Music & Memory and Memories in the Making – received additional support during the live auction as bidders raised their numbers to indicate various levels of giving. For example, at least one person "bid" \$1000 for each program, while others gave \$500, \$250, \$100 or \$50. Vern Gannon donated his time as auctioneer.

Major event sponsors were Community First National Bank, the Goldstein Fund, a supporting organization of Greater Manhattan Community Foundation, and Kellstrom Pharmacy. Additional support came from several other local companies, organizations and individuals, including K-State's Marianna Kistler Beach Museum of Art, Wayne & Cindy Sloan, Strecker Nelson West Gallery and Copies-4-Less.

The silent auction featured 31 items, such as paintings, prints, jewelry, gift certificates and more. Four residents contributed items to the silent auction as well as several local and area artists. *Bar at Harry's*, a framed print of a Gene Ernst watercolor, generated the highest silent auction bid; the winner paid \$350.

Friday's event was followed by Art Mingle: Fine Art Fair on Saturday and Numb & Number, a staged play reading at Manhattan Art Center, on Sunday. Twenty-one local and regional artists set up shop in the Community Room, Flint Hills Room and library from 10 a.m. to 4 p.m. A wide variety of fine art and their creators kept a steady stream of customers entertained, with some artists selling more than others.

"I sold only one piece, but I made a new friend," said Alicia Firstbrook-Stott, an art teacher. She combines paint and found objects into heart-shaped designs she calls Junk of the Heart.

Admission to Numb & Number on Sunday was by donation, with those gifts also benefiting the memory program. An additional 500-plus dollars

were raised, bringing the weekend revenue to \$38,212. The two-act play was written by Deborah Murray, a K-State English instructor, about the emotional upheaval experienced when a family member receives an Alzheimer's diagnosis.

Michelle Haub, Meadowlark Memory Program Leader, and resident Kay Shanks, were two of an eight-member panel who lead a discussion following the play reading. Audience members were invited to ask questions and offer feedback.

Many worked, volunteered or attended one or more events during this memorable weekend. Special thanks to the 12-member Art Mingle planning committee and the resident Ambassadors who assisted with the Fine Art Fair.

On Bunny Bites Dog

by Helen Roser

Reading about beautiful Murphy Rose having a new pet rabbit, Gus, reminded me of my rabbit, Bunny, I had years ago. We didn't know who Bunny's relatives were. He was just a nice bunny with soft light brown fur and long ears. Every now and then, Bunny was let out of his cage to he could check out all our flower beds in our back yard.

There were no fences between yards, but Bunny knew his territory and stayed in our back yard. One day our neighbors came around with their new dog, Dream, a pedigreed dog with famous relatives, they proudly told us. The poor dog's name was Dream, which I think gave him some kind of complex.

One day Bunny was checking our flower beds, out of his cage, when Dream came along, checking out the neighborhood. Bunny, seeing Dream coming into his territory, stopped checking, raised up, looking at Dream for a moment. Then Bunny crouched down and went tearing across our back yard to Dream. Bunny passed Dream and got behind him, then raised up and bit Dream on his hind leg.

The pedigreed hunting dog with his famous relatives let out a yelp, crouched down, with his tail between his legs, and went tearing home.

That was the last time we saw Dream and there was never any explanation why he was gone. I have always wondered if they took him hunting and he saw a rabbit.

I hope Murphy Rose will enjoy Gus. One tip about bringing Gus indoors: Hardwood floors are slippery for rabbit feet. Carpet or rugs are better.

July trip generates much interest!

The Meadowlark Travelers' summer getaway to the Apostle Islands has proved to be a popular choice with residents, Passport members and others. With about six weeks remaining in the registration period, 36 persons have signed their names in the Blue Book. This means two things: (1) With 30 or more paid travelers, the total fee has decreased by \$65. The price per person with double occupancy is now \$1535. The price for single occupancy is now \$2195. (2) We have just two more hotel rooms available in our confirmed allotment of 25. This translates to either two more single travelers or four more double-occupancy travelers.

Once these rooms have been taken, we'll remove the registration sheets from the Hospitality Desk. If you find the trip notebook missing and would like to join the tour, please contact Becky Fitzgerald, (785) 323-3843, or Monte Spiller (785) 323-3801. There is a possibility an additional room or two could be added. The registration deadline is May 4 or when all hotel rooms have been reserved, whichever comes first.

The Apostle Islands of Lake Superior adventure is planned for July 9-15. Our overnight stops include Owatonna, Minn. (1 night); Duluth, Minn. (2 nights); Ashland, Wis., (2 nights), and Austin, Minn. (1 night). A deposit of \$320 for double occupancy or \$450 for single occupancy is due with your registration form. A balance of \$1215 per person for double occupancy or \$1745 for persons traveling with a roommate is due by June 1. Meadowlark residents may add trip payments to their monthly statements; residents and others may pay by check or credit card.

For more information, please contact Becky or Monte.

[below] Travelers will visit Gooseberry Falls State Park near Duluth, Minn.



Living Room, from page 1

painting was an estate gift from former resident Marion Pelton.)

The committee discussed with staff liaisons Jayme Minton and Becky Fitzgerald the options for representing the missing seasons: spring and summer. Staff were confident that at least one painting with summer subject matter could be found among the current collection and relocated into the room, but a spring scene may need to be purchased. The committee wished aloud for a painting that depicts the controlled burning of area ranch land that often occurs in late April.

Westfall offered to donate the funds to buy such a painting if one could be identified. Enter Alyn West of Strecker Nelson West Gallery. She brought *Night Fires*, an oil painting, also by Louis Copt, to Meadowlark for Westfall's approval. Westfall agreed that the painting, with its fiery shades of red, orange and yellow, lit up the wall nicely, and "spring" was sprung. *Night Fires* now has a new home on the east wall.



A trio of watercolor paintings by Oscar Larmer were moved to the room to represent "summer" just prior to the recent Art Mingle event. All three paintings, purchased in 2008 for the Billiards Room, feature bison enjoying a meal of prairie grasses. They paintings hang on the west wall, on both sides of the doors leading to the library.

A Flint Hills Room sign has been added to the right of the room's French doors. *Meadowlark Messenger* readers will notice Flint Hills Room references in today's edition. The Flint Hills Room is located just west of the Hospitality Desk.

Thank you, Jane Westfall, and other committee members for your commitment to impacting Meadowlark's living spaces through fine art.

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	March 18 ~ Lunch \$12	Dinner \$11
	Roast Pork Loin with Natural Sauce Wild Rice Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	March 19 ~ Lunch \$10	Dinner \$13
	Salmon Cakes Rice Pilaf Choice of Vegetable	Herb-Crusted Pork Tenderloin with Burgundy Vinaigrette Sautéed Polenta Vegetable du Jour
TUESDAY	March 20 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Braised Chicken ala Orange Wild Rice Vegetable du Jour
WED.	March 21 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	March 22 ~ Lunch \$7	Dinner \$13
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp & Chicken Penne with Sherry Garlic Sauce Garlic Toast Vegetable du Jour
FRIDAY	March 23 ~ Lunch \$10	Dinner \$14
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Grilled Salmon with Dill Sauce Baked Potato Vegetable du Jour
SAT.	March 24 ~ Lunch \$10	Dinner \$15
	Chili Dog Sweet Potato Fries Choice of Vegetable	Prime Rib Au Jus Anna Potato Vegetable du Jour

DRINK SPECIAL | Bourbon Smash
 2 oz. Bourbon & 2 oz. Simple Syrup garnished with a lemon slice
 \$3.75

Grosh Cinema Movies

Sunday, March 18 to 24, 2018

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

Sunday, March 18—Coco (2017)

Colorful tale of adventure that follows Miguel Rivera, a 12-year-old Mexican boy who unlocks a long-hidden family mystery after he ends up in the Land of the Dead.

Co-Starring: Anthony Gonzalez, Gael García Bernal & Benjamin Bratt

Rated PG; 1 hr. 45 min.

Monday, March 19—Miracles from Heaven (2016)

Based on real-life events, this intriguing drama recounts the story of young Annabel Beam, who suffers from an incurable digestive disorder when a string of miracles leads to her complete recovery, Annabel's family and doctors are mystified.

Co-Starring: Jennifer Garner, Kylie Rogers & Martin Henderson

Rated PG; 1 hr. 49 min.

Tuesday, March 20—Apollo 13 (1995)

Technical troubles scuttle the Apollo 13 lunar mission in 1971, director Ron Howard's chronicle of this true-life story, which turns a failed journey into a thrilling saga of heroism.

Co-Starring: Tom Hanks, Bill Paxton & Kevin Bacon

Rated PG; 2 hrs. 20 min.

Wednesday, March 21—Day of the Wolves (1971)

A mysterious gang of seven bearded men enter a small town and seal it off from any outside contact. The town's only hope rests with the former Sheriff, Pete Anderson.

Co-Starring: Richard Egan, Marta Hyer & Jan Murray

Rated G; 1 hr. 35 min.

Thursday, March 22—Gridiron Gang (2006)

A probation officer at a detention camp for juvenile delinquents hopes to mold teen inmates into a successful football team -- but his superiors have their doubts.

Co-Starring: Dwayne Johnson, Xzibit & L. Scott Caldwell

Rated PG-13; 2 hrs. 5 min.

Friday, March 23 – Outsourced (2006)

When his department is outsourced to India, Todd Anderson heads to Mumbai to train his successor and amusing culture clashes ensue as Anderson tries to explain American business.

Co-Starring: Josh Hamilton, Matt Smith & Rudolf Rodrigues

Rated PG-13; 1 hr. 47 min.

Saturday, March 24—The Shack (2017)

Though Mack Phillips is filled with doubts and still grieving after a family tragedy, he answers when God calls him to a deserted shack in the Oregon wilderness.

Co-Starring: Sam Worthington, Octavia Spencer & Tim McGraw

Rated PG-13; 2 hrs. 12 min.

Weekly Opportunities Calendar March 18- March 24

Sunday • March 18

Breakfast at Verna Belle's—Omelets with Fruit
 9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Rev. Ackerman & the Church Choir from College Avenue Methodist, CR

Monday • March 19

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 3:30 p.m. ~ MLH Singers Practice, CR
 5:30 p.m. ~ 5th Floor Supper, LR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • March 20

Trash pick-up day
Breakfast at Verna Belle's—Breakfast Sandwich w/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 Dolours Book Discussion, LR
 1:30 p.m. ~ All-Campus Spring Party, CR
 2:00 p.m. ~ LifeStory Writing Group, LR
 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
 4:00 p.m. ~ Newspaper & Bible, LR
 5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • March 21

Breakfast at Verna Belle's—Breakfast Burrito with Fruit
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Worship Service, LR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Café, WCR
 10:00 a.m. ~ Memory Care Partners Support Grp, SCR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Pitch, GR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Call Hall Ice Cream, KR
 4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • March 22

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. ~ Meadowlark Bible Study, LR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • March 23

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
 12:00 p.m. ~ Parkinson's Partners Luncheon, 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
 2:30 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Argyle Socks, CR

Saturday • March 24

Breakfast at Verna Belle's—Omelets with fruit
 9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BFH, Bank of Flint Hills	BP, Billiards Parlor
CH, Collins House	CON, Conference Room
CR, Community Room	CSC, Combative Sports Center
FHR, Flint Hills Room (<i>formerly Living Room</i>)	
GC, Grosh Cinema	GR, Game Room
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
PSP, Prairie Star Patio	
SCR, South Conference Room (<i>formerly Tranquility Rm.</i>)	
VE, Village Entrance	WL, Wroten Library

*Meadowlark News Channel can be viewed on Channel 1960

Menu change, Sat. March 17

Prairie Star Restaurant will be serving corned beef, cabbage, green beans and boiled potatoes for lunch and dinner Saturday, March 17, in honor of St. Patrick's Day. The cost of the festive meal will be \$12. Green beers will be served for \$1 each.

The St. Patrick's Day meal will be served in place of the previously printed menu. Please contact Brook Marcotte with questions.