

Honoring the Fallen



Polly Ferrell participated in the wreath laying ceremony at Memorial Stadium in honor of her uncle.

submitted by Polly Ferrell, IL resident

In 2017, as part of the 100th anniversary of the United States' entry into WWI, Kansas State University formally dedicated World War I Memorial Stadium. The ceremony included the unveiling of new signage proclaiming the stadium's status as a WWI memorial and also recognized the surviving relatives of the 48 Fallen K-Staters.

KSU's precision military drill team, Company G-7 of the National Society of the Pershing Rifles, are continuing the centennial recognition by conducting tributes at World War I Memorial Stadium on the death date anniversary of each of the 48 Fallen students.

"This is K-State's history," said Cadet Maximilian J. Curtis, National Society of Pershing Rifles National Commander and KSU student. "It is important for us to remember those who have come before, to ensure their memory and their sacrifice is not forgotten. When classes are in session we will perform a 24-hour silent guard; during semester breaks a wreath will be laid

See Honor, page 5



Join Meadowlark for The Walk to End Alzheimer's in Manhattan

Submitted by Erin Hildreth, Health Services

Meadowlark is thrilled that the Alzheimer's Association's Walk to End Alzheimer's will be held in Manhattan this year at the Manhattan City Park Saturday, Sept. 22! Meadowlark has a participant team that all residents, employees and family members are invited to join. There will be a Blue Book sign-up sheet for residents, employees and children interested in participating in the walk.

Registration for the walk can also be completed online or by picking up a paper form from the Hospitality Desk. If using a paper form, please return it to the Hospitality Desk when complete. To sign up online, follow the instructions listed below:

- ⇒ Visit www.alzwalkmanhattan.org and click *Register*
- ⇒ Answer if you have ever participated in a walk before and then choose the option *Join a Team*
- ⇒ Type in *Meadowlark* under the Team Name or *Sarah Duggan* under the Team Captain and then click *Search for Team*. The Meadowlark team should pop up and you will press *Join*
- ⇒ Go through the registration process – you will give some basic information and create an account.
- ⇒ You're registration is complete!

See Walk, page 5

Newspaper & Bible

Newspaper and Bible will not meet during the month of July. The group will resume the first Tuesday in August.

Vote for new Library furniture

Today, June 28, at 10 a.m.

You're invited to vote on table finish and upholstery options for the new furniture in the Library. The display boards featuring the available options will be posted in the Library from 10 a.m. today, June 28, to 10 a.m. Friday, June 29. Please cast your vote for your favorite option.

Heart Strings performance

Friday, June 29, at 7 p.m.

Joe and Kathy Hopeck is a husband/wife duo who have been performing in Topeka, KC, Manhattan and Wichita areas for over ten years. They play a variety of songs from the 50s, 60s, and 70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet and many other artists. Joe and Kathy provide a wonderful listening experience, and if you love to dance, Heart Strings is for you! Come out to the Community Room at 7 p.m. Friday, June 29, and they promise a good time!

Meadowlark Fishing Tournament

Friday, June 29, at 2 p.m.

The second annual Meadowlark Fishing Tournament is open to all residents, staff and family members and will take place at Bayer Pond on Meadowlark's campus. Not only will you have a good time fishing, you also have the chance to compete for some great prizes!

Residents Terry Livingston and Don Rasmussen will lead the kick-off meeting for the tournament at 2 p.m. tomorrow, June 29, in the KSU Classroom. The tournament will run from 3 p.m. Friday, June 29, through noon Friday, July 6. A post-tournament gathering and awards ceremony will be at 2 p.m. Friday, July 6, in the KSU Classroom. If you have questions, please contact Monte Spiller at (785) 323-3801.

Ivan & Dorothy Thompkins Party

Saturday, June 30, at 2 p.m.

You're invited to celebrate with Ivan and Dorothy Tompkins at 2 p.m. Saturday, June 30,

in the Community Room. They will be celebrating Ivan' 90th birthday and their 65th wedding anniversary. Refreshments will be served. The couple requests no gifts.

United Methodist Communion

Sunday, July 1, at 4 p.m.

At 4 p.m. Sunday, July 3, and the first Sunday of each month following, there will be a service of Holy Communion in the United Methodist tradition in the Flint Hills Room.

In the United Methodist tradition open communion is celebrated, which means that the sacrament is open to all Christians who wish to partake. Pastor Ronald Williams will be the celebrant and music will be led by Vera Williams. Please note that the bread, while delicious, is also gluten free.

For information call (785) 587-4122 or e-mail rwilliams@greatplainsumc.org. All who are interested are invited to attend.

Vespers Services

Sunday, July 1, at 7 p.m.

The Vespers service will be led by Reverend John Right from White City United Methodist Church. Vespers service will begin at 7 p.m. Sunday, July 1, in the Community Room. All are welcome.

Fire extinguishers & pest control

Monday, July 2

On Monday, July 2, the company who services the fire extinguishers at Meadowlark Hills will be visiting duplexes and cottages with pest control. The technician will need to enter all duplexes to check fire extinguishers. If you have questions or need to make special arrangements, please call Mike Davis at (785) 323-3851.

Town Meeting

Monday, July 2, at 9:30 a.m.

You're invited to hear the Meadowlark news at the July Town Meeting Monday, July 2, at 9:30 a.m. in the Community Room. All are invited to attend!

Meditation 101

Tuesday, July 3, at 10:30 a.m.

You're invited to Meditation 101 from 10:30 to 11 a.m. Tuesday, July 3, in Grosh Cinema. No prior experience or understanding of meditation is necessary. Please sign up in the Blue Book as seating is limited.

Coffee Corner Feature Dessert

Tuesday, July 3, at 3 p.m.

The Feature Dessert for Coffee Corner Tuesday, June 26, is Tiramisu. Come enjoy this delicious dessert!

4th of July Celebration

Wednesday, July 4, at 8:30 p.m.

You're invited to celebrate Independence Day at Meadowlark Hills Wednesday, July 4. Join us in the West Parking Lot and on Lyle House Patio for cold drinks while you enjoy some hot music from our special guest Doug "Chappie" Chapman starting at 8:30 p.m.

Doug will be performing various music, including Motown hits from the 60's and more. Following the performance, stick around for the firework display beginning at sundown in the West parking lot. Residents, staff and family members are encouraged to come out. We look forward to seeing you there!

Patriotic Sing-Along

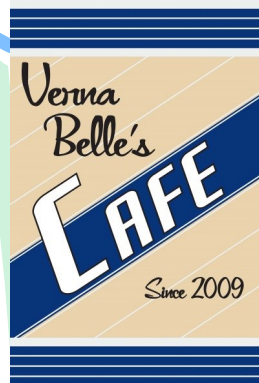
Friday, July 6, at 7 p.m.

Join Jane Boys in the Community Room on at 7 p.m. Friday, July 6, for a campus-wide sing along. Even though the 4th of July will have past, Jane wants to take time to celebrate our country and its independence in song. Voices of all ranges are invited for a laid back night of melody.

Meadowlark Ladies Luncheon

Tuesday, July 12, at 12 p.m.

All Meadowlark Hills women are invited to join hosts, Verna Turnquist and Marcia Smies, for our monthly luncheon. We will be having a chicken salad as our main course and the cost is \$9 per person. Pat Hook will be sharing with us some postcards from her vast collection, and the theme will be our summer holidays. Also, please feel free to bring any of your own postcards to share. We will have fun looking at the postcards and reminiscing about the subject matter, the circumstances in which we received the cards, etc. Be sure to include some comical ones that you might have!



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.

Saturday & Sunday, 7 to 11 a.m.

(785) 323-3818

Sunday, July 1

Breakfast: Omelets with Fruit

Monday, July 2

Breakfast: Biscuits & Gravy

Lunch: Avocado BLT with Choice of Side

avocado, bacon, lettuce and tomato on butter toasted wheatberry bread ~ \$3.99 / \$5.99

Tuesday, July 3

Breakfast: Breakfast Sandwich & Fruit

Lunch: Everything Bagel Sandwich with Side

ham, turkey, and swiss cheese on an everything bagel with a Dijon mustard glaze ~ \$3.99/ \$5.99

Wednesday, July 4

Breakfast: Breakfast Burrito & Fruit

Lunch: BBQ Pork Sandwich with Choice of Side

shredded pork covered in BBQ sauce on a toasted bun ~ \$3.99 / \$5.99

Thursday, July 5

Breakfast: Biscuits & Gravy

Lunch: Triple Meat Pizza

sausage, pepperoni and bacon on a grilled flatbread with marinara sauce and mozzarella cheese ~ \$3.99 / \$5.99

Friday, July 6

Breakfast: Waffle or Pancake

Lunch: Mini Fried Chicken Sandwich with Side

crispy chicken breast topped with pickles and roasted garlic aioli on a toasted bun ~ \$3.99 / \$5.99

Saturday, July 7

Breakfast: Omelets with Fruit

July Birthdays



Healthcare

7/2 Patricia Notestine
 7/4 Jo Horton
 7/6 Hugh Emrich
 7/8 Geraldine Burton
 7/8 Susan Koelliker
 7/11 Delbert Straub
 7/18 Dorothy Slimmer
 7/19 Fred Taub
 7/24 Nanette Kaup
 7/27 Jan Kruh
7/28 Viola Young
 7/28 Naomi Berber

Assisted Living

7/22 Terry Livingston
 7/23 Ruth Joehnk

Independent Living

7/1 Karen Trail
 7/5 Charlotte Kelly
7/12 Nyle Larson
7/13 Mary Lou Farmer
 7/19 June Benedict
 7/21 Joan Strickler
 7/25 Carla Cranmer
 7/26 Enell Foerster
 7/28 Orris Kelly

Employees

7/1 Taylor LeMay
 7/2 Michael Davis
 7/2 William Flenniken
 7/2 Peris Ngunjiri
 7/3 Rebecca Carroll
 7/3 Aaron Hoff
 7/4 Julie Underwood
 7/5 Renee Bostick
 7/6 Leeann James
 7/6 Trisha Reichert
 7/7 Shaniqual Cooper
 7/7 Dave Zervas
 7/8 Hayley Meier
 7/8 Makayla Norwood
 7/8 Savannah Workman

7/9 Stephanie Argueta
 7/9 Mya Brown
 7/9 Meghan Heinen
 7/11 Margaret Frost
 7/11 Cayla Janosik
 7/12 Rachel Dillard
 7/12 Roni Eastman
 7/12 Craig Garrett
 7/12 Anya Ginzburg
 7/12 Brenda Lacey
 7/12 Dena Van Horn
 7/13 Matthew Beach
 7/13 Yuhsi Chen
 7/13 Katelyn Coker
 7/14 Jake Brazzle
 7/14 John Haug
 7/15 Debra Taylor
 7/16 Kyra Dettmer
 7/16 Cameron Pinyan
 7/16 Rachel Sahrbeck
 7/16 Mikaela Salvatierra
 7/17 Tiffany Mathis
 7/18 Lakiva Chisolm
 7/19 Audrey Swisher
 7/20 Jennifer Merriman
 7/20 Nathisha Saul
 7/22 Kayla Daniels
 7/22 Dominique Taylor
 7/23 Ashley Doerfler
 7/23 Kendra Jefferson
 7/25 Jeffery McCormick
 7/26 Robyn Harris
 7/26 Erin Ridder
 7/26 Abby Sikes
 7/27 Kyrstie Ehm
 7/28 Linda Wilson
 7/29 Joel Clarke
 7/31 Hunter Heindel
 7/31 Kyla King
 7/31 Michele Riter

**Bold denotes
 milestone birthday of
 80, 90, 100 or 100+**

Happy Anniversary!



Bill and Rae Stamey were married June 25, 1945 in Louisiana. The couple met on a double date and were married three months later. They celebrated their 73rd Wedding Anniversary with family last weekend at Meadowlark Hills.



Dinner Buffet

Prairie Star Restaurant
 \$12 per person

Cold

Watermelon, Potato Salad
 & Coleslaw

Hot

Hot Dogs with all the fixins'
 Fried Chicken
 BBQ Ribs
 Baked Beans
 Corn on the Cobb
 Biscuits & Honey Butter

Dessert

Almond Sheet Cake
 Assorted Cookies

On When Life Turns a Page

submitted by Helen Roser

It sounded like a strange assignment from my doctor: "Before you return for your next visit, I want you to do something you've wanted to do but have never done. Something that produces no product. Something that benefits only you."

Good grief. That sounds so selfish. I couldn't remember anything I had wanted to do. But things work out if you let them, I learned.

A big throw-away paper landed in my yard. I scanned its many pages. My attention was caught by a tiny ad that said only: "Santa Anita track bus" and gave a phone number. Santa Anita? The race track! I had always wanted to see a horse race!

I called the number. It was a miracle! Of all huge Los Angeles, the track bus stopped one block from where I lived! I made a reservation. But guilt set in when I thought of spending money only on me. But if, instead of buying pills... My calculations showed I could pay for my venture with pill money, having enough for one \$2 bet.

So, instead of buying pills, I went to my first horse race. All the seats on the track bus were occupied except the one for me. My seatmate was happy to have someone interested in what he had to say. I listened intently. He told me he would teach me a system of betting. "It won't make you rich, but you will have enough you can afford to return to the track."

At the track, I carefully applied his system, studying my Racing Form, watching the odds on the tote board, then placing my \$2 bet. I won. I played all the races and came home with twice as much money as my pill money. I could afford to return to the track!

And return I did, for three years. From Santa Anita to Hollywood Park down to Del Mar by train. All paid for by my winnings. Best of all was the horses, each with their personality, some were characters I've written about.

My life was ready to turn a page from being hellbent on trying to exist in approved obedience. It was time for me to learn the joy of living. And all the little miracles were there waiting, if I would just let it happen. And, centermost in the grand scheme, were those wonderful horses. They drew crowds that included old-timers and people like me, whose life was turning a page. (Now a 96 year old.)

Honor, from page 1

at the World War I Memorial Stadium sign nearest the Wildcat statue."

This past weekend the tribute honored Marine Corp. Howard B. Wood, uncle of Polly Ferrell, Meadowlark Hills resident. Wood was killed in action June 23, 1918 and is buried "where he fell" nearby in the Aisne-Marne American Cemetery, Belleau, France.

The wreath laying ceremony in honor of Corp. Wood was held at 12-noon, Saturday, June 23, at Memorial Stadium. The short military ceremony, patterned after those held at Arlington National Cemetery, was punctual and precise. Cadet Curtis made the presentation, Polly Ferrell was honored to place the wreath for her uncle and Taps was played. Jed Dunham, consultant and researcher-writer with K-State's Office of Military and Veterans Affairs, shared about Corp. Wood's contribution to the WW I mission for which Wood was awarded the Silver Medal. Ten members of the Wood family attended the tribute.

Another permanent visual honor to these 48 Fallen is the historic WW I Memorial Wall in General Richard B. Myers Hall, located on the K-State campus, which may be viewed at anytime the hall is open. Included are individual photos of the KSU 48 Fallen.

Walk, from page 1

If you would like to receive the Meadowlark team shirt, you will need to sign up to participate in the walk on or before Tuesday, Aug. 14. You may still sign up for the walk after the t-shirt order is due, but there is a possibility that you will not receive a team shirt. All resident and employee participants who sign-up before the t-shirt deadline will receive their shirt free of charge. We ask that family members or other outside participants make a minimum donation of \$20 for a t-shirt that will be donated back to the Alzheimer's Association.

Meadowlark is also holding a t-shirt design contest for Meadowlark team shirts that participants in the walk will wear. Submissions can be turned in to Erin Hildreth until 11 p.m. on Sunday, July 22. The winner will be announced on Friday, July 27. T-shirt contest packets can be picked up at the Hospitality Desk.

If you have questions, please contact Erin Hildreth at (785) 323-3800 or via email at ehildreth@meadowlark.org.

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	July 1 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes & Gravy Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	July 2 ~ Lunch \$10	Dinner \$11
	Philly Steak Sandwich French Fries Coleslaw	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	July 3 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Piccata Wild Rice Vegetable du Jour
WED.	July 4 ~ Lunch \$10	Dinner \$12
	Steamed Brats French Fries Choice of Vegetable	4th of July Buffet <i>See page 4 for menu.</i>
THURS.	July 5 ~ Lunch \$8	Dinner \$13
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stroganoff Noodles Vegetable du Jour
FRIDAY	July 6 ~ Lunch \$10	Dinner \$13
	Steamed Trout with Tartar Sauce Roasted Red Potatoes Choice of Vegetable	Stuffed Pork Tenderloin with Cajun Cornbread Dressing Andouille Sausage Gravy Red Beans and Rice
SAT.	July 7 ~ Lunch \$10	Dinner \$15
	Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Americano
 1 1/2 oz. Campari, 1 1/2 oz. Sweet Vermouth,
 4 oz. Club Soda & Orange Garnish
 \$3.75

Grosh Cinema Movies

Sunday, July 1 – Saturday 7, 2018

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

Sunday, July 1 – Atlantis: The Lost Empire (2001)

- A young adventurer named Milo Thatch joins an intrepid group of explorers to find the mysterious lost continent of Atlantis.
- **Co-Starring:** Michael J. Fox, Jim Varney & Corey Burton
- **Rated PG;** 1 hr. 35 min.

Monday, July 2 – Christian Mingle (2014) **Resident Request*

- A marketing executive tries to find Mr. Right on a Christian dating website. When impressing her dream guy ends in disaster, Gwyneth gets in touch with her spiritual side.
- **Co-Starring:** Lacey Chabert, Jonathan Patrick Moore & Saidah Arrika Ekulona
- **Rated PG;** 1 hr. 43 min.

Tuesday, July 3 – I, Tonya (2017)

- Competitive ice skater Tonya Harding rises amongst the ranks at the U.S. Figure Skating Championships, but her future in the activity is thrown into doubt when her ex-husband intervenes.
- **Co-Starring:** Margot Robbie, Sebastian Stan & Allison Janney
- **Rated R** for language, violence and some sexual content; 2 hrs.

Wednesday, July 4 – I Love You Man (2009)

- Friendless Peter Klaven goes on a series of man-dates to find a Best Man for his wedding. But, when his insta-bond with his new B.F.F. puts a strain on his relationship with his fiancée, can the trio learn to live happily ever after?
- **Co-Starring:** Paul Rudd, Jason Segel & Rashida Jones
- **Rated R** for language; 1 hr. 45 min.

Thursday, July 5 – La La Land (2016)

- While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.
- **Co-Starring:** Ryan Gosling, Emma Stone & Rosemarie DeWitt
- **Rated PG-13;** 2 hrs. 8 min.

Friday, July 6 – The Truman Show (1998)

- The place he lives is in fact a big studio with hidden cameras everywhere, and all his friends and people around him, are actors who play their roles in the most popular TV-series in the world and he is the main star.
- **Co-Starring:** Jim Carrey, Ed Harris & Laura Linney
- **Rated PG;** 1 hr. 43 min.

Saturday, July 7 – Seven Pounds (2008)

- A man with a fateful secret embarks on an extraordinary journey of redemption by forever changing the lives of seven strangers.
- **Co-Starring:** Will Smith, Rosario Dawson & Woody Harrelson
- **Rated PG-13;** 2 hrs. 3 min.

Weekly Opportunities Calendar *July 1 to July 7*

Sunday • July 1

9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 4:00 p.m. ~ United Methodist Communion, FHR
 7:00 p.m. ~ Vespers with Rev. John Wright, CR

Monday • July 2

7:30 a.m. ~ 1st Pres. Men's Bible Study
 8:30 a.m. ~ IL Resident Council, KSU CL
 9:30 a.m. ~ Town Meeting, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Weights 101, CR
 1:00 p.m. ~ Parkinson's Exercise, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Outdoor Opportunities Committee, WCR
 1:45 p.m. ~ Parkinson's Voice & Conversation, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • July 3

Trash pick-up day

10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Meditation 101, GC
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
 12:00 p.m. ~ Kimball Luncheon, MR
 2:00 p.m. ~ LifeStory Writing Group, FHR
 2:00 p.m. ~ Library Committee Meeting, SCR
 3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
 3:30 p.m. ~ Ambassador Committee Meeting, WCR
 7:00 p.m. ~ Dominoes, GR

Wednesday • July 4

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 1:00 p.m. ~ Pitch, GR
 5:00 p.m. ~ Fourth of July Buffet, PS
 8:30 p.m. ~ Fourth of July Celebration, Lyle Patio

Thursday • July 5

8:30 a.m. ~ Messenger Team, WCR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:30 a.m. ~ Steady Yourself, CR
 1:00 p.m. ~ Parkinson's Education Group: Annual Freedom Picnic, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • July 6

9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Art Committee Meeting, FHR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:30 p.m. ~ Mending Angel, GR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Meadowlark Fishing Tournament Awards & Post-Tournament Party, KSU CL
 2:30 p.m. ~ Rock Steady Boxing, CSC
 3:30 p.m. ~ Catholic Mass, CR
 7:00 p.m. ~ Patriotic Sing-Along, CR

Saturday • July 7

9:30 a.m. ~ Painting for Fun, SCR

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
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
SCR, South Conference Room	VE, Village Entrance
VB, Verna Belle's Cafe	

*Meadowlark News Channel can be viewed on Channel 1960