

Grow Green Match Day

Submitted by Becky Fitzgerald

The 5th Annual Grow Green Match Day on Friday, April 21, is a wonderful opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match that can be used for their most crucial needs. What a great way to do "more good" for our friends and neighbors!

Our Foundation is joining 51 other local organizations in urging our donors to participate. For our Foundation, Grow Green Match Day is an opportunity to increase our endowment so that we can continue to develop our services and meet the future needs of our campus and community.

Here's how the event works:

Although gifts of any amount are welcome and encouraged, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$100 gift will receive a \$50 match, and a \$1,000 gift will receive a \$500 local match!

If participation in last April's event is any indication, our endowed fund will experience a healthy growth spurt. Last year, Meadowlark Foundation received 47 gifts totaling a little more than \$10,600. With a match of \$5,290.50 and an hourly prize of \$100 won for us by resident Carol Hoerman, our Grow Green grand total was \$16,011.50. The Foundation's Board of Directors voted last year to put the matching gift toward the Good Samaritan Fund.

Gifts may be made by cash, check between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online on April 21 between 12 a.m. and 11:59 p.m. at growgreenmanhattan.com. Because there are prize incentives for donations made at event headquarters, Meadowlark is providing transportation at 10 a.m. and at 2 p.m. that day for those who are willing and able to donate in person. Please register in the Blue Book if you'd like a free

ride to the event. Refreshments are available at event headquarters for donors.

Donors who attend the event may enter for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!)

If you cannot visit event headquarters in

person, either on your own or as part of the Meadowlark group, please leave your donation at the Hospitality Desk. Your gift will be submitted for you. The concierges will accept donations beginning April 19 through 1 p.m. on April 21. Checks should be made payable to Greater Manhattan Community Foundation and dated 4/21/17 no matter which day they are submitted. Donations are tax-deductible, and gift receipts will be mailed to donors from GMCF.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!



UPCOMING EVENTS & ANNOUNCEMENTS

Ladies Luncheon

Today, April 13, at 12:30 p.m.

The program this month will feature *Art of Lucille (Lucy) Mulrone*y. Watercolor pictures will be for sale by Lucy Mulrone.

Lunch will consist of the following: Strawberry Feta Salad with Grilled Chicken, Whole Wheat Muffin and Lemon Meringue Pie.

The luncheon will be held in the Manhattan Room today, April 13, at 12:30 p.m.

Meadowlark Hills Lecture Series

Today, April 13, from 4 to 5 p.m.

Dr Brian Pinkall, music professor, will speak today, April 13, at 4 p.m. in the Community Room on Brazilian Culture on the World's Stage. Dr. Pinkall was part of the Rio Olympic opening ceremony performance team. He is a professional singer, faculty member of the Academy of Television Arts and Science and was named Distinguished Kansan of the Year in 2014.

Good Friday Communion

Friday, April 14, at 4 p.m.

The First Presbyterian Church Service, led by the Rev. Cam McConnell, will be held on Friday, April 14, at 4 p.m. in the Living Room. Everyone is welcome to come and receive communion.

Spring Dance

Friday, April 14, at 7 p.m.

Come and be part of the *Spring Dance: Dancing across the Generations*. The K-State Anthropology students invite you to dance to music that spans across the generations.

They will also have information booths where they will share Smartphone Apps and music that they love! The dance is on Friday, April 14 at 7 p.m. in the Community Room.

New Hours and Menu for Verne Belle's Café

Verna Belle's Café will now be open from 7 to 11 a.m. on the weekends. Along with the regular breakfast specials, freshly prepared, ready-to-go, sandwiches will be available for lunch. Stop in and say good morning!



Lunch Specials April 17 – April 21

Hours: Monday—Friday, 7 a.m. to 4 p.m.

NEW: Saturday—Sunday, 7 a.m. to 11 a.m.

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|---|---------------|
| Monday, April 17 – Ham and Swiss with Tomato Soup <i>(Ham and Swiss on toasted Italian or wheatberry bread)</i> | \$3.75/\$5.50 |
| Tuesday, April 18– Triple Meat Pizza <i>(Bacon, pepperoni and sausage on flatbread with marinara sauce and mozzarella cheese)</i> | \$3.75/\$5.50 |
| Wednesday, April 19– Philly Cheese Steak with Fruit Salad <i>(Roasted beef, sautéed peppers and onions, and Swiss cheese on toasted Italian bread)</i> | \$3.75/\$5.50 |
| Thursday, April 20 – Soup and Salad Day <i>(Tomato Feta Bisque, loaded baked potato soup, or broccoli cheese soup in a sourdough bread bowl with side salad.)</i> | \$3.75/\$5.50 |
| Friday, April 21 – French Onion Burger with Broccoli Salad <i>(Grilled hamburger topped with sautéed onions and Swiss cheese)</i> | \$5.50 |

ASK SARAH

It's a Girl!

The wait is finally over for the Duggan family! Baby girl made her debut at 5:16 p.m. Friday, April 7. Eilish Wynnette weighed 7 pounds, 10 ounces and measured 20 inches long. Eilish (pronounced ay-lish) is home and big sister Murphy is head over heels in love with our new addition. Every day is an adventure learning how to be a family of four, but Edward and I are delighted with the new challenge. I miss you all very much and look forward to introducing you to Eilish.

Side note: Eilish, traditionally spelled Eilis, is a name of Irish origin that my husband and I heard on a movie about a year ago and instantly fell in love with it. Since Edward's family is of Irish decent (his grandmother moved to New York City from Ireland - by way of England - when she was 16-years-old) we felt the name was a perfect fit. Wynnette comes from my paternal grandmother who passed away two years ago. I miss her every day and wish that I will someday be as kind and thoughtful a woman as she was.



Grief Support Group

Monday, April 17, at 1:30 p.m.

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will meet on Monday, April 17, from 1:30 to 2:30 p.m. and continue on Monday afternoons through Monday, June 12. Please contact Bridget at 323-3837 or bridget.larkin@meadowlark.org for more information and to RSVP.

Parkinson's Voice Class

Monday, April 17, at 2:15 p.m.

Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend. The next class will be in the KSU Classroom at 2:15 p.m. Monday, April 17.

UPCOMING EVENTS & ANNOUNCE-

Card Making with Michelle

Wednesday, April 19, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. Wednesday, April 19, in the Living Room for card making. The group will be making cards for all occasions.

Meadowlark Welcomes Alex Wakim

Friday, April 21, at 7 p.m.

Join us on Friday, April 21, at 7 p.m. in the Community Room, for a fun night of jazz with Alex Wakim. Alex is a junior at K-State studying music composition. He loves performing jazz piano with K-State groups as well as independent groups throughout the region. Performing jazz is a unique and highly personalized form of self-expression, and he cherishes the opportunities to share this music with others.

Olympiad 2017: Week 1 to Week 2

The Meadowlark Wellness Olympiad is off to a great start! Congratulations to I-B-Pro-Fun (Kristin Smith, Michel Knight, Jennifer Reed) for Winning Best Team Name for this year's challenge!

All participants should be recording their daily physical activity and healthy food choices on the tracking sheets. Reminder: Week 1 Tracking sheets will be due by 5 p.m. on Tuesday, April 18; they can be dropped off at the Hospitality Desk or the Caul Fitness Center. Week 2 challenges are as follows: **Flexibility Tests** will be held on Tuesday, April 18 from 3:30 to 5 p.m. in the KSU Classroom **Jumpline Challenge** will be held on Thursday, April 20 from 2:30 to 4 p.m. in the West Conference Room. Teams need to sign up for 5 minute time slots! If you haven't done so already, be sure to sign your team up in the Blue Book!

The April 19 Seminar will discuss the importance of incorporating fruits and vegetables into your diet, so be sure to join us in the KSU Classroom on Wednesday at 2 p.m. There might be a chance attending will land your name into a weekly raffle! The group walks will be Wednesday, April 19, at 1 p.m. and Thursday, April 20, at 4 p.m., meeting at the Village Entrance.

If you have any questions, contact Jeff Heidbreder at (785)341-2995 or stop by the Caul Fitness Center.

Easter Services at Meadowlark Hills

On Easter Sunday, April 16, you are invited to take part in worship service as well as a time of fellowship and refreshments following the 10:00 a.m. service.

Easter Sunday (April 16)

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|------------|---|------------------------|
| 9:00 a.m. | Chaplain Patty Brown-Barnett preaches Assisted by Chaplain Intern Natalie Springer-Barnes | Miller Friendship Room |
| 10:00 a.m. | Chaplain Patty Brown-Barnett preaches Assisted by Chaplain Intern Natalie Springer-Barnes <i>Followed by fellowship time & refreshments</i> | Community Room |
| 2:00 p.m. | Chaplain Patty Brown-Barnett preaches Assisted by Chaplain Intern Natalie Springer-Barnes | Wroten House Library |
| 7:00 p.m. | Vespers with Pastor John Parsley | Community Room |

EASTER BRUNCH

Sunday, April 16

\$18 per person/\$10 for children

SEATING TIMES:

11 a.m., 11:45 a.m., 12:15 p.m.

1 p.m., 1:45 p.m., 2:15 p.m.

BREAD OPTIONS

Pecan Sticky Buns, Sweet Potato Bread, Lemon Tea Bread, White Rolls, Blueberry Muffins, Strawberry Muffins, Poppy Seed Muffins, Bran Muffins, Banana Muffins, Key Lime Muffins

OMELETTE BAR

Eggs, Ham, Bacon, Swiss Cheese, Cheddar Cheese, Black Olives, Salsa, Red & Green Peppers, Mushrooms, Green Onions

CARVING STATION

Prime Rib Au Jus & Horseradish, Baked Ham

HOT OPTIONS

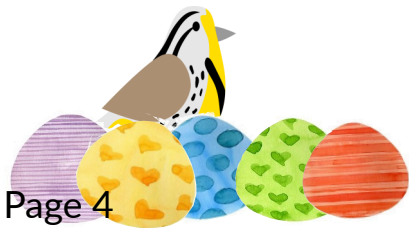
Baked Cod with Sun Dried Tomato Sauce, Almond Crusted Pork Loin with Cherry Balsamic Sauce, Seafood Jambalaya, Braised Boneless Chicken Thighs a la Orange, Fog City Macaroni, Mashed Potatoes with Sour Cream & Chives, Anna Potatoes, Fresh Green Beans, Spinach Soufflé, Biscuits & Gravy

COLD OPTIONS

Green Salad Waterfall, Fresh Fruit in a Watermelon Basket, Deviled Eggs, Tabbouleh, Ambrosia Salad, Poached Salmon, Easter Jello Molds, Caprese Salad, Raspberry Marinated Asparagus, Roasted Vegetable Salad, Pasta Salad with Rigatoni & Roasted Yellow Pepper Ranch, Seafood Salad, Chicken Salad with Grapes & Walnuts, Pistachio Salad, Broccoli & Cheese Salad, Mixed Grain Salad

DESSERTS

Plum Cobbler, Chocolate Banana Bread Pudding, Lemon Meringue Pie, Chocolate Cream Pie, Coconut Cream Pie, Boston Cream Pie, Limon Chiffon Pie, Strawberry Pie, Blueberry Pie, Pecan Pie, Sweet Potato Tart, Apple Tart, Cherry & Apple Turnovers, Cream Puffs, Tiramisu, Black Forest Cake, Carrot Cake Cheesecake, Pineapple Upside Down Cake



UPCOMING EVENTS & ANNOUNCEMENTS

Free Cancer Screening

Saturday, April 22, at 9 a.m.

This year as a special benefit for racers and non-racers alike, the Kansas Masonic Foundation and the KU Cancer Center will be providing a variety of cancer screenings completely free of charge in Downtown Manhattan at the Allen Lee Annex of the First United Methodist Church at 612 Poyntz. Manhattan's own Masons from Layfayette Lodge #16 are hosting this event. Screenings will be available from 9 to Noon on Saturday, April 22. Two dermatologists will be onsite to perform skin cancer screenings, both visually and with a dermascan machine. A urologist will be on site to perform prostate exams and to draw blood for PSA tests. Information on breast cancer will also be available.

The following link contains more information about the event:

<http://downtownmanhattanks.com/events/race-to-save-2nd-base/>

Pig Out for Parkinson's

Thursday, April 27, 11:00 a.m.

The Pig Out is an annual fundraising and awareness event that benefits the Meadowlark Parkinson's Program.



This year, the Pig Out is scheduled for Thursday, April 27, at Cox Bros. BBQ. Supporters have the opportunity to purchase tickets for a chance to win an autographed Jordy Nelson Pro Bowl Jersey! Tickets for the jersey can be purchased at the Hospitality Desk, Verna Belle's Café or online at www.meadowlark.org/pig-out-for-parkinsons. Cost for tickets is \$1 for one ticket and \$5 for six tickets. The winning ticket will be drawn at 8:50 p.m. Thursday, April 27, during the Pig Out. You do not need to be present to win.

Your support of Pig Out for Parkinson's, through eating at Cox Bros. or purchasing raffle tickets, helps the Parkinson's Program continue to provide free services to those in the Flint Hills area affected by Parkinson's disease.

Meadowlark Hills Got Talent!

Thursday, May 4, at 7 p.m.

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show!

Come out for this annual event, hosted by Monte Spiller and a "special" guest. Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. If you have talent, don't be afraid to share it with us! We ask that acts last no longer than five minutes.

You can sign-up to perform in the Blue Book at the Hospitality Desk, or just come see the best talent Meadowlark Hills has to offer. Residents, staff, family members and students are encouraged to sign up by April 29!

The top three winners will receive a prize. The show will begin at 7 p.m. Thursday, May 4, in the Community Room.

Elevators Modernized

The two west elevators that serve the five story tower will be modernized starting on April 24. The process will take two weeks for each elevator. The total process will take four weeks to complete. Work will start on the freight west elevator and once it is complete, work will start on the passenger elevator. At no time will both elevators be down.

Mystery Trip: Clue #3

**In summertime, we have no doubt the locals will treat you fair.
You can cruise around while letting the breeze blow your hair.
The sights are festive – there's an international flair.
An abundance of visual arts will prompt us to stop and stare.**

There's still time to register for this six-day getaway! Please complete a form, located in the Blue Book, and submit a deposit of \$200 per person. Forms can be emailed or mailed to Passport members. Please contact Monte Spiller, 323-3801, or Becky Fitzgerald, 323-3843.

PRAIRIE★STAR RESTAURANT

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

April 16 - April 22

Includes beverage, starter and dessert.

The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820

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| SUNDAY | April 16 ~ \$18 | Dinner \$12 |
| | Easter Brunch | Chicken Fried Steak Mashed Potatoes Gravy Vegetable of the Day |
| MONDAY | April 17 ~ Lunch \$10 | Dinner \$14 |
| | Turkey Reuben French Fries Choice of Vegetable | Shrimp & Grits Vegetable of the Day |
| TUESDAY | April 18 ~ Lunch \$7 | Dinner \$13 |
| | Taco Bar (does not include drink, starter or dessert) | Beef Stroganoff Buttered Noodles Vegetable of the Day |
| WED. | April 19 ~ Lunch \$11 | Dinner \$13 |
| | Beef Pot Pie with Biscuit Topping Choice of Vegetable | Smoked Ham Mango Chutney Glaze Swiss & Green Onion Scalloped Potatoes Vegetable of the Day |
| THURS. | April 20 ~ Lunch \$8 | Dinner \$14 |
| | Breakfast Bar (does not include drink, starter or dessert) | Pecan Crusted Trout With Orange Sauce Roasted Red Potatoes Vegetable of the Day |
| FRIDAY | April 21 ~ Lunch \$11 | Dinner \$12 |
| | Ham and Pea Fettucine Alfredo Choice of Vegetable | B.B.Q. Chicken Corn Pudding Vegetable of the Day |
| SAT. | April 22 ~ Lunch \$11 | Dinner \$14 |
| | Breaded Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable | Crab Cakes with Ré-moulade Sauce Baked Sweet Potato Vegetable of the Day |

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, April 16 - Saturday, April 22

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

Sunday, April 16 – Prince of Egypt (1998)

From the 10 plagues of Egypt to the parting of the Red Sea, it's an animated spectacle over 3,000 years in the making.

Co-Starring: Val Kilmer, Ralph Fiennes & Michelle Pfeiffer

Rated PG; 1 hr. 38 min.

Monday, April 17 – Young Mr. Lincoln (1939)

The life of a man has many moments of greatness. It's not just the ones that make history that count.

Co-Starring: Henry Fonda, Alice Brady & Marjorie Weaver

Rated PG; 1 hr. 39 min.

Tuesday, April 18 – Meet The Parents (2000)

Greg Focker wants to marry his girlfriend, but before he pops the questions, he must win over her father.

Co-Starring: Robert De Niro, Ben Stiller & Teri Polo

Rated PG-13; 1 hr. 47 min.

Wednesday, April 19 – Trouble With The Curve (2012)

Slowed by age and failing eyesight, crack baseball scout Gus Lobel takes his grown daughter along as he checks out the final prospect of his career.

Co-Starring: Clint Eastwood, Amy Adams & Justin Timberlake

Rated PG-13; 1 hr. 51 min.

Thursday, April 20 – Whale Rider (2002)

A Maori tribe must contend with the distinctly nontraditional concept of having a female leader when the intended heir to the throne dies.

Co-Starring: Keisha Castle-Hughes, Rawiri Paratene & Vicky Haughton

Rated PG-13; 1 hr. 41 min.

Friday, April 21 – Deja Vu (2006)

ATF agent Doug Carlin finds himself dogged by increasingly powerful feelings of déjà vu as he investigates a bombing on a New Orleans ferry.

Co-Starring: Denzel Washington, Paula Patton & Val Kilmer

Rated PG-13; 2 hrs. 7 min.

Saturday, April 22 – Spies Like Us (1985)

It's up to two CIA spies who have never left their offices in Washington, D.C., to save the world from nuclear disaster.

Co-Starring: Chevy Chase, Dan Aykroyd & Steve Forrest

Rated PG; 1 hr. 42 min.

This Week's Opportunities April 16 - April 22

SUNDAY • APRIL 16

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 11:00 a.m. ~ Easter Brunch Begins, Sign-ups in PS
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers, CR

MONDAY • APRIL 17

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. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:30 p.m. ~ Grief Support Group, CON
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 18

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Wellness Olympiad Flexibility Challenge, KSU CL
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • APRIL 19

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 Group, TR
- 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. ~ Wellness Olympiad Group Walk, VE
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Card Making with Michelle, LR
- 2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Osher Class: Military Blunders, CR

THURSDAY • APRIL 20

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 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 Clinic, GR
- 2:00 p.m. ~ Low Vision Support Group, KSU CL
- 2:30 p.m. ~ Wellness Olympiad Jumpline Challenge, CON
- 4:00 p.m. ~ Wellness Olympiad Group Walk, VE
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • APRIL 21

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Alex Wakim, CR

SATURDAY • APRIL 22

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

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 |



April 16 to April 22

Green Plantini

(Earth Day)

2 oz. Vodka

1 1/2 Sour Apple Pucker

2 oz. Cranberry Juice

\$3.75

*Meadowlark News Channel can be viewed on Channel 1960