



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Sept. 18, 2014

## Kansas to South America on a Bicycle *Adventures of Anthropology student - Jordan Thomas*

*The K-State Anthropology student who lived at Meadowlark Hills, Jordan Thomas, has embarked on a new journey. Jordan and his companions set out from Atchison, Kansas to South America on a bicycle earlier this summer. The following are portions from his third online blog entry as they continue their journey:*

*by Jordan Thomas*

*July 18, 2014*

We crossed the border into Mexico with an almost superstitious exhilaration. It was a feeling that reminded me of my childhood, when I would turn off the lights in our basement and flee upstairs with my heart pounding. I knew then that there was nothing in the dark to be frightened of, but horror movies had created this fear. Crossing the border I knew that there was nothing to really be afraid of, but the people of South Texas had painted such vivid pictures of various monstrosities that I could not help but feel exhilarated.

Bicycling through South Texas was like nothing I have ever experienced. The blazing desert dreamscape combined with a complicated social situation, created a feeling like I had stumbled into some topsy-turvy story. We would try to wake early and bike as far as possible before the heat became unbearable, spending the

afternoons searching small towns for advice about safe border crossing and spending evenings searching for campsites that wouldn't attract the border patrol. The search for our first campsite was a bit discouraging. South Texas is full of unused land, but the ranchers there feel the need to surround every inch of it with enormous fences and reserve the right to shoot you if you cross the fence. We decided to just risk the border patrol and pitch our tents in the grass off of a side road.

We were beginning to unpack our gear when a truck pulled up next to us. A large woman eyed us curiously before asking if we're lost. I found this question to be pretty comical as I followed her gaze to our loaded bikes. I suppose that we are quite lost, in a sense, but it is intentional.

**See Kansas to South America on a Bicycle, page 5**



**above:** Anthropology students, Jordan Thomas and Vasili Markou, camp on a ranch in South Texas.



*Thank you for your continued support of the MLH Foundation and its mission.*

*The Meadowlark Hills Messenger is proudly sponsored by **The Trust Company**.*

## UPCOMING EVENTS

### KSU Football Games

Transportation will depart at 5:20 p.m. Thursday, Sept. 18, from the Assisted Living entrance for the K-State game against Auburn University. The game will start at 6:30 p.m.

Transportation will depart at 9:50 a.m. Saturday, Sept. 27, from the Assisted Living entrance for the K-State game against University of Texas at El Paso. The game will start at 11 a.m.

Sign up in the Blue Book at the Hospitality Desk for transportation to these games. The cost is \$3 per person.

### R&R Band Performance

Come enjoy a jazz performance by the R&R band at 7 p.m. on Friday, Sept. 26, at 7 p.m. in the Community Room. The band is made up of three KSU students, Robert Rodriguez on drums, Nolan Groff on bass, David Struss on trombone and Daniel Dissmore on trumpet.

### Card Making with Michelle

Join Michelle Lehmer at 2 p.m. Tuesday, Sept. 23, in the Living Room to create greeting cards for all occasions!

### Day on the Flying W Ranch in the Flint Hills

Come and enjoy the beautiful fall colors of the prairie while riding through the Flint Hills on a horse-drawn wagon. During the ride you will learn the folklore and history of the area and its inhabitants. Then enjoy a chuck wagon lunch featuring brisket, Dutch oven potatoes, homemade bread, a vegetable and dessert. The bus for this OSHER special event will be by the Village entrance and will depart at 8:30 a.m. Friday, Sept. 19, and return around 4 p.m. The fee for the trip is \$55, which includes coach transportation, a ranch tour and the lunch. Registration is required so please call UFM at (785) 539-8763, if you would like to go.

### KSU Football Tailgating Parties

Mark your calendars for the next Kansas State University football games. Tailgate parties will be hosted in the Game Room and Kansas Room Pub at 6 p.m. Thursday, Sept. 18, and at 11 a.m. Saturday, Sept. 27. We encourage you to hang around and watch the game! Refreshments will be served.



## Lunch Specials

<b>Sunday, Sept. 21 – Chicken and Rice Casserole</b>	<b>\$5.50</b>
<b>Monday, Sept. 22 – Sloppy Joes with Soup or Chips</b>	<b>\$5.50</b>
<b>Tuesday, Sept. 23 – Triple Meat Flatbread Pizza</b>	<b>\$3.75/\$5.50</b>
<b>Wednesday, Sept. 24 – Open Face Roast Beef Sandwich with Mashed Potatoes and Gravy</b>	<b>\$3.75/\$5.50</b>
<b>Thursday, Sept. 25 – Creamy Spinach Ravioli with Garlic Bread</b>	<b>\$5.50</b>
<b>Friday, Sept. 26 – Turkey Club Panini with Soup or Chips</b>	<b>\$3.75/\$5.50</b>
<b>Saturday, Sept. 27 – Chicken Salad Sandwich with Soup or Chips</b>	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### **Making the Most of the Senior Years Workshop Starts September 23**

Life is filled with many important transitions, and one of the most important transitions is the opportunity to enjoy the senior years. This workshop will take the participant through four important stages of the transition: (1) reflecting and appreciating how you have arrived at this point in life, (2) identifying important values, interests and opportunities offered by the present, (3) forming a plan of action that includes maintaining well-being and support to move forward, and (4) supporting and celebrating the action plan. The workshop will provide several opportunities to experience and share activities that promote the "golden years."

The workshop includes four sessions on Tuesdays from Sept. 23 to Oct. 14 meeting at 3 to 4:15 p.m. at UFM Community Learning Center. The cost to attend the workshop is \$9, and you can register by calling 539-8763. The class will be held in the Solar Addition and is handicap accessible. The workshop leaders are retired KSU faculty, Fred Newton and Art Rathbun.

Fred Newton served as Director of Counseling and Professor of Education for 34 years at KSU. Since his retirement in 2012, he describes himself as a gardener, photographer, traveler, sport psychologist, consultant, writer and part-time instructor.

Art was employed at KSU for more than 20 years as coordinator of the Biofeedback/Stress Management laboratory. He is also an ordained minister, counselor and horse breeder. Art has taught a course on Stress Management/Performance enhancement with both online and workshop formats for the past 20 years.

### **Vespers Services**

The Vespers service, led by Worship Leader, Sara Erickson, with Peace Lutheran Church, will begin at 7 p.m. Sunday, Sept. 21, in the Community Room.

### **Brownbag Lunch Lecture Series**

Bring a lunch and listen to a televised class presentation on Senior Care Options by Stephanie Zacharias at noon Wednesday, Sept. 24, in the KSU Classroom. No registration necessary.

### **IL Bingo Canceled**

IL Bingo is canceled on Thursday, Sept. 18.

### **Transportation Pick-Up Location Change**

Due to the concrete work, Meadowlark Hills transportation is unable to use the Village Entrance. Until further notice, all scheduled pick-ups from the Village Entrance will now be from the Assisted Living (Miller) Entrance.

### **Teatime to Tailgates**

Join us at 7 p.m. Friday, Sept. 19, in the Community Room for a presentation by Jane Marshall on her book "Teatime To Tailgates: 150 Years at the K-State Table." Jane's book combines history, recipes, and food memories connected with K-State.

### **Skydiving Event**

*submitted by Heath Rath*

Last year, the K-State Gerontology club decided to help a few older adults check an item off of their "Bucket List." That item was skydiving! As a result, we hosted a hugely successful intergenerational skydive event! We had such a great time that we have decided to do it again. The club will be having their second intergenerational skydive on Friday, Sept. 26. This date coincides with the K-State Skydive Club's 50<sup>th</sup> Anniversary Celebration. The jump will take place at the Abilene Airfield. If you are interested contact Heath Rath (785) 532-2776 or via email at [hrath@ksu.edu](mailto:hrath@ksu.edu).

### **Items Available**

Robin Higham has some items he would like to give away. He has available: garden tools, wood working tools and two garden carts. Items are free. Robin can be contacted at 539-3668.

### **Veterans Group**

The Veterans Group would like to invite any veterans who do not currently attend meetings to join the group. Meetings are held on the third Friday of every month at 10 a.m. in the Grosh Cinema. The next meeting will be at 10 a.m. Friday, Sept. 19.

### **Dental Hygiene Clinic**

The Dental Hygiene Clinic held on Mondays will be suspended until late September. The next Dental Hygiene Clinic will resume Monday, Sept. 22, by appointment only.

## UPCOMING EVENTS & ANNOUNCEMENTS CONT.

### Minneapolis, MN Trip

All aboard! The Meadowlark Hills Travelers will begin their trip to Minneapolis, MN on Friday, Sept. 19. The bus will be near the Miller entrance and will depart at 7:30 a.m., and the travelers will return Wednesday, Sept. 24.

### Civil War Battles in Kansas, Missouri and Arkansas

This OSHER course examines the battles fought west of the Mississippi with emphasis on engagements involving Kansas units. The second class is from 3 to 5 p.m. on Monday, Sept. 22, at the Manhattan Arts Center. Sign up in the Blue Book at the Hospitality Desk for transportation at no charge. Transportation will leave from the Assisted Living entrance at 2:30 p.m. Prior registration for this course is required. Please call the UFM office at (785) 539-8763 to register.

### Service of Remembrance

You are invited to attend the Service of Remembrance to celebrate the lives of those we've lost in the last month. The service will begin at 3 p.m. Friday, Sept. 26, in the Living Room. All are welcome to attend.

### New Art Wall

The Art Committee members would like to invite residents to display their art on the New Art Wall near the Game Room. If you have a piece or several that you would like to loan to be put on display, please contact Marcia Smies at (785) 307-0315.

### Building Construction

Starting on Monday, Sept. 22, a contractor will be on campus to run a gas line for the kitchen air handlers. There shouldn't be a great deal of noise, but this job will require some drilling into the building. The workers will be on the west side of the tower and loading dock area so the apartments over the dock will be affected the most. This project is expected to be completed by Friday, Sept. 26. Please pardon the noise.

### Buttonwood Art Space Reception

For six years, Buttonwood Art Space in Kansas City, Mo., has supported the Flint Hills area of Kansas and its unique place in our greater regional ecosystem through an annual art benefit. The 2014 exhibit will benefit **Friends of Konza Prairie**, which supports the Konza Prairie.

Meadowlark Hills opted to be a sponsor for an artist reception and opening gala planned for Friday, Oct. 3, at Buttonwood Art Space. All sponsors, and consequently, Meadowlark Hills residents, staff and Passport members, are invited to a special VIP opening reception from 4 to 6 p.m. that day. In addition to having a first look at the Visions of the Flint Hills exhibit, attendees also will enjoy a variety of hors d'oeuvres and libations, hear live music and meet the artists.

A Meadowlark Hills bus has been reserved to transport residents and Passport members to the event; departure from the Village entrance is set for 1:30 p.m. Please register by 5 p.m. Wednesday, Sept. 24, in the *Blue Book*. Open seats will be offered to Friends of Konza Prairie members. There is no cost for this event; the reception and transportation are complementary. If you have questions, please see Darcy Reinbold-Olson, and additional information can be found on the Buttonwood Art Space website, ([www.buttonwoodartspace.com](http://www.buttonwoodartspace.com)).

DRINK SPECIAL



**Sept. 22 — 27**  
**Chambord Raspberry**  
**Liqueur**

Stop by the pub this week  
where any drink made with the  
special is only

**\$3.75**



## ASK ANNIE

### **Q: Annie the question came up in Town Meeting about sugar-free and no-sugar-added desserts. What is the difference, why does it matter and how is one to know?**

*submitted by Annie Peace*

A great question for me to research. I am learning a lot through this process. In summary, I have learned that it is far more complex than I imagined. I thought it was as simple as the descriptor and that one had no sugar and therefore was sugar free and the other must follow a standard recipe and add no additional sugar to qualify to be no sugar added. Not only did I learn I was wrong, I learned that to be labeled as either they must meet FDA or USDA standards for labeling.

In order to be considered “sugar free,” an item must contain less than .5 grams of sugar per serving. Not per item rather, per serving size. This includes naturally occurring forms of sugar and any ingredient that contains sugar. Technically, the food product does not have to be

completely free of sugar, as long as it meets the per-serving requirement.

For labeling an item “no sugar added,” the guidelines require that the product is made with no sugar or sugar-containing ingredients, however they may contain natural occurring sugar. For example some ice creams are labeled “no sugar added” because they have not been sweetened with sugar, however, they are not sugar free because they contain lactose; a natural milk sugar.

Further a food that is labeled “sugar free” or “no sugar added” does not mean that the food is low calorie, low fat or carbohydrate free. Thank you for another great question, and please keep them coming.



### **Kansas to South America on a Bicycle, from page 1**

This woman told us to follow her down the road, where she unlocked a gate and allowed us to camp on her ranch. After warning us to be careful for rattlesnakes, wild hogs, and not to get scared if the neighbors start shooting things, she left us to enjoy a pleasant evening sitting around our fire watching the moon rise over the cacti.

The next day we woke much later than planned, forcing us to bike through the heat of the day. After about 40 miles the heat was nearly unbearable, but there was absolutely no shade in sight. I parked my bike at an isolated intersection and sat on the gravel, which felt more like coals against my legs. I draped my shemaugh over my head for a little reprieve, and drank a few drops of water which was running frighteningly low and probably nearing boiling temperatures. A man stopped long enough to tell me that I'm crazy.

The desert scrubland stretched into the distance in all directions, like some blazing prehistoric

wasteland of dark green and gold. As I was cooked, my mind wondered into the minds of all of the humans stumbling the other direction through this same harsh territory. I felt my own physical condition and attempted to imagine traversing this land on foot, without water, while avoiding border patrols and an overly armed population that would shoot me like I'm an animal. My heart went out to the immigrants in a way that was much deeper than legal and political rhetoric.

I was reassured by the fleeting traces of human kindness that I did come across. I had earlier seen a statue of the Virgin Mary standing regally by the side of the road, apparently a random decoration. Hidden behind the virgin was a stash of bottled water and a wad of cash to keep a poor immigrant alive just a little longer on their journey.

*Look for more excerpts from Jordan's blog in future Messengers. If you'd like to visit his webpage, go to [jordanthomas123.blogspot.com](http://jordanthomas123.blogspot.com).*

# PRAIRIE★STAR

## RESTAURANT

**Sept. 21– Sept. 27**  
Includes beverage, starter and dessert.

SUNDAY	Sept. 21 ~ Lunch \$12	Dinner \$11
	Short Ribs of Beef Green Chili Mashed Potatoes Vegetable of the Day	Smoked Gouda Mac & Cheese with Grilled Chicken Breasts Vegetable of the Day
MONDAY	Sept. 22 ~ Lunch \$10	Dinner \$11
	Roasted Vegetable Fettuccine Marinara with Garlic Toast Choice of Vegetable	Sautéed Raspberry Chicken Wild Rice Vegetable of the Day
TUESDAY	Sept. 23 ~ Lunch \$6	Dinner \$11
	Taco Bar (does not include drink, starter or dessert)	Beef Stroganoff Oven Buttered Noodles Vegetable of the Day
WED.	Sept. 24 ~ Lunch \$10	Dinner \$12
	Meatloaf Sandwich Steak Fries Choice of Vegetable	Sauteed Pork Tenderloin with Sherry Pan Gravy Roasted Red Potatoes Vegetable of the Day
THURSDAY	Sept. 25 ~ Lunch \$8	Dinner \$11
	Pizza Bar (does not include drink, starter or dessert)	Turkey Loaf Scalloped Potatoes Vegetable of the Day
FRIDAY	Sept. 26 ~ Lunch \$10	Dinner \$14
	Catfish Poor Boys Cole Slaw French Fries	Veal Shortribs with Carrots, Onions, Celery Carrot Rissoto Vegetable of the Day
SATURDAY	Sept. 27 ~ Lunch \$10	Dinner \$13
	Philly Steak Sandwich Potato Salad Choice of Vegetable	Shrimp & Crab Cakes Roasted Red Bell Pepper Cream Sauce & Rice Pilaf Vegetable of the Day

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

## Grosh Cinema Movies

Monday, September 22 - Sunday, September 28

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

### **Monday, September 22 – Coal Miner's Daughter (1980)**

Biography of Loretta Lynn, a country and western singer that came from poverty to fame.

**Co-Starring: Sissy Spacek, Tommy Lee Jones & Levon Helm**

**Rated PG; 2 hrs. 4 min.**

### **Tuesday, September 23 – Wallace and Gromit, Curse of the Wererabbit (2005)**

Wallace and his loyal dog, Gromit, set out to discover the mystery behind the garden sabotage that plagues their village and threatens the annual giant vegetable growing contest.

**Co-Starring: Peter Sallis, Helena Bonham Carter & Ralph Fiennes**

**Rated G; 1 hr. 25 min.**

### **Wednesday, September 24 – The Assassination of Jesse James by the Coward Robert Ford (2007)**

Robert Ford, who's idolized Jesse James since childhood, tries hard to join the reforming gang of the Missouri outlaw, but gradually becomes resentful of the bandit leader.

**Co-Starring: Brad Pitt, Casey Affleck & Sam Shepard**

**Rated R; 2 hrs. 40 min.**

### **Thursday, September 25 – Gladiator (2000)**

When a Roman general is betrayed and his family murdered by an emperor's corrupt son, he comes to Rome as a gladiator to seek revenge.

**Co-Starring: Russell Crowe, Joaquin Phoenix & Connie Nielsen**

**Rated R; 1 hr. 95 min.**

### **Friday, September 26 – Last Vegas (2013)**

Three sixty-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.

**Co-Starring: Robert De Niro, Michael Douglas & Morgan Freeman**

**Rated PG-13; 1 hr. 45 min.**

### **Saturday, September 27 – Secretariat (2010)**

Penny Chenery Tweedy and colleagues guide her long-shot but precocious stallion to set, in 1973, the unbeaten record for winning the Triple Crown.

**Co-Starring: Diane Lane, John Malkovich & Margo Martindale**

**Rated PG; 2 hrs. 3 min.**

### **Sunday, September 28 – Home Run (2013)**

A pro ball player with a substance abuse problem is forced into rehab in his hometown, finding new hope when he gets honest about his checkered past, and takes on coaching duties for a misfit Little League team.

**Co-Starring: Scott Elrod, Dorian Brown & Charles Henry Wyson**

**Rated PG-13; 1 hr. 53 min.**

# This Week's Opportunities Sept 21 – Sept 27

## SUNDAY • SEPTEMBER 21

*Breakfast at Verna Belle's—Omelets with Fruit*

10:00 a.m. ~ Church Service, CR  
2:00 p.m. ~ Movie, GC  
6:00 p.m. ~ Movie, GC  
7:00 p.m. ~ Vespers, Sara Erickson, CR

## MONDAY • SEPTEMBER 22

*Trash Pick-Up Day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

Dental Hygiene Clinic, Miller Spa— *By Appointment Only*

9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:00 p.m. ~ Beginner Tai Chi, CR  
12:00 p.m. ~ 1st Presbyterian Men's Luncheon, MR  
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  
2:15 p.m. ~ Parkinson's Voice, LR  
2:30 p.m. ~ Depart to Manhattan Arts Center (Civil War Battles in Kansas, Missouri, and Arkansas), ALE  
3:00 p.m. ~ MLH Singers Practice, CR  
7:00 p.m. ~ Woodwinds Anonymous Practice, CR  
7:00 p.m. ~ Community Bingo, CR  
7:00 p.m. ~ Game Time, GR

## TUESDAY • SEPTEMBER 23

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
11:30 a.m. ~ Serendipity Luncheon, MR  
1:00 p.m. ~ Tai Chi, CR  
2:00 p.m. ~ Card Making with Michelle, LR  
3:00 p.m. ~ Coffee Corner, CR  
3:30 p.m. ~ Ambassador Committee Meeting, CON  
4:00 p.m. ~ Newspaper & Bible, LR  
7:00 p.m. ~ Dominoes, GR

## • ROOM ABBREVIATIONS •

ALE, Assisted Living Entrance

BP, Billiards Parlor

CR, Community Room

CON, Conference Room

FC, Fitness Center

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CR, KSU Classroom

LB, Library

LR, Living Room

MR, Manhattan Room

MCR, Miller Craft Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WS, Woodshop

## WEDNESDAY • SEPTEMBER 24

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, MR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Church Service, LR  
10:00 a.m. ~ Memory Support Group, CON  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:00 p.m. ~ Brownbag Series, Senior Care Options, CON  
12:00 p.m. ~ Beginner Tai Chi, CR  
1 to 2 p.m. ~ Fitness Center Office Hour, FC  
1:15 p.m. ~ Dr. Tran Foot Clinic, CR, *By Appointment Only*  
1:30 p.m. ~ Pitch, GR  
3:00 p.m. ~ Unitarian Universalist Fellowship, MR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
5:30 p.m. ~ 1st Floor Supper, MR  
5:30 p.m. ~ KSU Gerontology Class, CR

## THURSDAY • SEPTEMBER 25

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

9:00 a.m. ~ Messenger Ladies, CON  
10:00 a.m. ~ Meadowlark Bible Study, LR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
3:00 p.m. ~ Kevin & Kari's Reception, CR  
3:30 p.m. ~ Dementia Support Group, KSU CR  
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR  
7:00 p.m. ~ IL Bingo, CR

## FRIDAY • SEPTEMBER 26

*Breakfast at Verna Belle's—Waffle or Pancake*

9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
1:00 p.m. ~ Hand and Foot Card Games, GR  
1:15 p.m. ~ Parkinson's' Exercise Class, CR  
1:15 p.m. ~ Parkinson's Caregivers Support Group, LR  
1:30 p.m. ~ Brain Booster, GR  
3:00 p.m. ~ Service of Remembrance, LR  
7:00 p.m. ~ R&R Band Performance, CR

## SATURDAY • SEPTEMBER 27

*Breakfast at Verna Belle's—Omelets with Fruit*

1:00 p.m. ~ Movie, GC  
4:00 p.m. ~ Movie, GC  
7:00 p.m. ~ Movie, GC