



# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

March 13, 2014

## StrengthsFinder

### *Harness your individual strengths at workshop*

by Kristen Brunkow, KSU Student

Do what you do best everyday by using your strengths!

My name is Kristen Brunkow, a senior at Kansas State University. I'm interested in providing an assessment and workshop opportunity to Meadowlark Hills community members to discover and share what you do best everyday through your strengths!

Gallup's Clifton "StrengthsFinder" is an online assessment that provides your top five strengths out of a total of 34 talent themes. Strengths are your unique combination of talents, knowledge and skills. For example, my top five strengths are discipline, harmony, individualization, responsibility, and significance. Some other strength theme examples include: learner, strategic, focus, communication, and competition.

In the past two years, K-State has become a "Strengths" based campus where all incoming students take the assessment and receive their top five strengths. As a student leader in this initiative, I have worked to help students develop and apply their strengths.

As a Gerontology student, I would like to provide Meadowlark Hills residents the opportunity to take the assessment and participate in a two-hour workshop to harness your strengths! We will make a talent map, like the one below, explore individual strengths, partner with others based on strengths and develop an understanding of positive psychology. This will help you create extra self awareness and situational awareness. You will learn tips to engage your best talents every day.

This is open to eight participants and access codes are free for participants. Register before Friday, March 21, by signing up in the Blue Book, located at the Hospitality Desk to receive access codes and attend the workshop scheduled from 2 to 4 p.m. Saturday, April 5, in the KSU Classroom. Participants will need to take the online assessment via computer before the workshop on April 5. I will be available at specific times to assist in the online assessment. For more information contact Kristen Brunkow at (405) 625-5896, or email her at [kbrunkow@ksu.edu](mailto:kbrunkow@ksu.edu).

	Executing								Influencing							Relationship Building							Strategic Thinking											
	Achiever	Arranger	Belief	Consistency	Deliberative	Discipline	Focus	Responsibility	Restorative	Activator	Command	Communication	Competition	Maximizer	Self-Assurance	Significance	Woo	Adaptability	Developer	Connectedness	Empathy	Harmony	Includer	Individualization	Positivity	Relator	Analytical	Context	Futuristic	Ideation	Input	Intellection	Learner	Strategic
Kristen Brunkow						1		5													4	2		3										
Participant 1	1					2							3			5																	4	
Participant 2	1																	4					2		3								5	



*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 Center on Aging Lecture

The KSU Center on Aging is hosting a lecture entitled, "Biosecurity Research Institute & NBAF: Updates and Research Areas" by Stephen Higgs, Director of Biosecurity Research Institute, at 4 p.m. Thursday, March 13, in the Community Room.

### Saint Patrick's Day Party

The Collins House Life Enhancement Team is hosting a Saint Patrick's Day Party. You're invited to attend the Irish celebration of food, music and fun at 3 p.m. Wednesday, March 19, in the Community Room.

Performing at 3:30 p.m. is Larry Weigel, a one-man band.

Join the entire campus in this festive celebration! And don't forget to wear green! There will be a prize awarded to the most festively dressed resident!

### Medication Management

Attend the interactive, digital class hosted by KU Med to discuss and review easy tips to avoid medication mistakes and interactions at noon, Wednesday, March 19, in the KSU Classroom. No sign up is necessary and there is no cost associated with the class.

### Bird Watching with Chuck Otte

Would you like to learn more about native birds of Kansas and techniques in bird watching? Come to the bird watching lecture by Chuck Otte from KSU Research and Extension Office at 7 p.m. Friday, March 21, in the Community Room.

### Meadowlark Hills Talent Show

Whooooee! Check out this line up for the Talent Show at 7 p.m. Friday, March 14, in the Community Room.

1. Dave Zerfas – Musical performance
2. Patty Brown-Barnett – Storytelling
3. David Kahler – Art display
4. Lydia Bowyer (*Annie Peace's daughter*)  
Violin performance
5. Ebonie Christion & daughter –Musical performance
6. Ken Gowdy – Poetry recital
7. Madeline McMillen – Ukulele performance
8. Shawn Morris – Musical performance
9. Max Bowyer (*Annie Peace's son*)-Tae Kwando
10. Kinzie Jo Zimmerman – Musical performance

First place winner will receive \$100 gift card and their name on a plaque, runner-up will win \$25 Meadowlark Hills gift certificate and all the entries will be eligible to win the prize drawing that will be announced the night of the performance! Performers need to have any equipment, music or items for display to Amanda Rall by noon, Friday, March 14.

## LETTER TO THE MESSENGER

### With Special Thanks

*submitted by Warren Walter*

Thanks a million! I didn't realize how many friends I have in the world, let alone in the state of Kansas! I appreciate all the thoughts and prayers.

### To Lonnie and Office Employees

*submitted by Betty and Shorty Kahler*

It gave us great joy that you recognized Shorty's retirement from piano tuning of 55 years. Steve Shields gave him the great compliment, "Of all the pianos I have played, not one had the perfect sound you left in Meadowlark Hills' pianos."

## THE DOCTOR IS IN!

### When Uncle Arthur Itus comes to Visit

*submitted by Dr. Floersch*

Osteoarthritis (OA) is the most common form of arthritis in adults. The hands, knees, and hips are the most common joints to be affected. A prior injury can lead to osteoarthritis in the joint later in life. OA is an inflammation of the joint that causes deterioration of the protective, cushioning material in the knee called cartilage. So far, we have not found the exact cause and there is no known cure. There are a few things you can do to help with the pain of OA. Rest the joint and apply ice to help with swelling and pain. Topical creams such as Biofreeze, Icy Hot and Bengay may help with pain. Acetaminophen (Tylenol) will help with mild to moderate pain in most cases. Anti-inflammatories (Aleve and Motrin) help with moderate to severe pain and inflammation. There are prescription strength anti-inflammatories for which you can consult your doctor. Supplements such as glucosamine and chondroitin have not been shown to provide consistent relief in controlled studies. If a patient wants to try these, I will typically have patients take them for four to eight weeks and only continue them if they experience definite improvement. Cortisone injections in the joint may be an option if the pain worsens despite the measures above. If all of these measures have not provided enough relief, it may be time to seek the opinion of an Orthopedic Surgeon regarding joint replacement. As always, I recommend consulting your primary care physician to see what options above might be right for you.

Remember to submit questions to the Physician's office that you would like to see answered in an upcoming Messenger!

## ANNOUNCEMENTS

### Brain Booster

Have you ever wanted to learn how to make a Facebook profile or surf the web faster? If so, Brain Booster can help. This program has Kansas State student volunteers offering assistance to boost our community's skill with technology. We will also be playing memory enhancing games such as cards, Wii bowling, dominoes and Scrabble. This is going to be a mutually beneficial opportunity for everyone to learn and laugh from. Brain Booster, previously known as Brain Gym, is back in the Game Room on Fridays from 1:30 to 3:30 p.m.

### Verna Belles Specials

Verna Belle's has updated their specials for the month of March to offer more Lent-friendly options. The updated list of specials can be found on page 5 of this edition of the Messenger.

On a separate note, starting Monday, March 17, Verna Belles will be offering all pottery and jewelry at 30-percent off the marked price. Stop on by and pick up a great deal, while supplies last!

### Reservations in Prairie Star

Servers in Prairie Star will now use the following procedures to take reservations at meal times:

- Reservations may be made for the Prairie Star Restaurant any time between 10 a.m. and 8 p.m. by calling the restaurant at 323-3820.
- Reservations are encouraged to be made at least one hour in advance.
- The restaurant will accept a maximum of five reservations for any one time slot, depending on party size.
- Tables that are reserved will not be seated to other patrons within 45 minutes of the reservation.
- A reservation will only be held a maximum of 15 minutes after the scheduled reservation time. If the party has not arrived within the allotted time, the table will be released.
- In the case of the restaurant being full the Manhattan Room will be utilized, if it is not holding an event and as restaurant staffing allows.
- Any parties over 10 people are encouraged to book their reservation through the Hospitality Desk and utilize any of our rooms able to host a party including the Manhattan Room, Living Room, Classroom and Community Room.

### Review of Campaigning Policy

With the upcoming elections, the IL Resident Council wanted to remind the community of the campaigning policy that has been adopted by the Board of Trustees.

#### Policy Statement

The purpose of this policy is to formally and clearly communicate for all residents and staff of Meadowlark Hills regarding the appearance of all political candidates and their signage.

#### Objective(s)

The objective is to prevent misunderstanding concerning political activity on the Meadowlark Hills campus.

#### Key Points

- A Meadowlark Hills resident may invite a candidate to campaign in a reserved area.
- Campaigning in the public areas (dining room, game room, café, etc.) is not permitted. Door-to-door campaigning is not allowed.
- A room may be reserved for the appropriate fee if refreshments are provided from sources other than the Meadowlark Hills kitchen. If the Meadowlark Hills kitchen provides the refreshments, the fee is waived.
- A candidate is allowed to make a formal presentation and have a Question & Answer session ONLY if sponsored by a resident.
- One week prior to the candidate's presentation, posters will be allowed in public areas to announce the time and date of said candidate's appearance.
- Political information, brochures, etc. may only be left at the Hospitality Desk in the main lobby. Yard signage is not allowed. Signs may only be placed in resident windows.
- Announcements of candidate's appearance must clearly state that Meadowlark Hills is not the sponsor of the event.

### New Equipment in the Grosh Cinema

New equipment has been added to the Grosh Cinema, and we are pleased to announce a new function available, closed captioning. If you would like to watch a movie with subtitles, inform the server starting the movie. Most movies have the compatibility, however some do not.

# IL RESIDENT COUNCIL MINUTES

Feb. 3, 2014

**Members present:** Jean Beatty, Bob Kruh, Charles Deyoe, Don Rasmussen, Ivan Tompkins, Sharon Smith, Warren Walter, Pat Vogt, Sandy Emley, Jo Call, Loren Alexander, Ed Lindly, Ruth Wells and Betty Grubb

**Staff present:** Lonnie Baker and Amanda Rall

**Introductions:** Amanda Rall introduced the two students in attendance from the Anthropology class.

## **Updates:**

**1. IL Update:** Lonnie Baker reported on the progress of converting our emergency responders and door alarms to the new devices. The pervious system has been exchanged with Stanley Healthcare, a division of Stanley Black and Decker. Every exterior door in the facility had to be updated. There is a sequence of events that have to take place to maintain a secure door system. The Information Technology Team as well as the administrative team has really stepped up to complete this process. Lonnie reported that the first round of the policy and procedure project is almost complete. The nursing policies and procedures are projected to be complete by the end of February, which will conclude the first round of policy and procedure writing and updating.

**2. Board of Trustees Committees Update:** Sandy Emley reported the Personnel Committee will not meet again until summer. The Board of Trustees meeting took place on Thursday, Jan. 23.

## **Approval of January Minutes:**

January minutes were approved by a unanimous vote, following one amendment.

## **Old Business**

**1. Council representative nominations-** Jean Beatty issued the Council with the draft of the guidelines representatives will have to follow when taking or requesting nominations to sit on the Council. The Council discussed the document and a few edits were suggested. Jean Beatty will update the draft of the Neighborhood Representative Nomination Procedure and will bring it back to the Council for approval.

**2. Committee Procedure** – A committee has been formed

to discuss this topic. Don Rasmussen and Jean Beatty will represent the Council during the procedure writing process. The committee plans to meet before the next Resident Council Meeting and will report back to the Council.

**3. Reservations in Prairie Star Restaurant** – Lonnie reported that reservations in Prairie Star will still be available under a few new guidelines. First, reservations can only be taken for a total of five tables within the restaurant. Second, other patrons can still be seated at a reserved table up to one hour prior to the reservations time (for instance, if a table is reserved at 12:30 p.m., servers will continue to seat people at that table until 11:31 a.m.). Lastly, the Manhattan Room is going to be made available on Sundays and an extra server will be staffed during that time. A Council Member suggested their be a time limit set to open tables if the party is late, for instance, 15 minutes past a reservation time, the reservation will be canceled. Lonnie is going to take this suggestion to the Food and Beverage Leader.

**4. ESPN-U** - Lonnie reported that we have ESPN-U access in the Community Room, Game Room and Grosh Cinema.

**5. New menu in Prairie Star-** Despite the set back in selecting a food vendor, we will move forward by gauging residents preferences. The new menu is hoped to be completed within the next four weeks.

## **New Business:**

**1. Public Prayer** – Jean Beatty asked the representatives their thoughts on conducting prayer during public, non-religious events. The Council suggested that there is little concern in their neighborhoods or floors on this topic. The topic was tabled for further conversation.

## **Questions and Concerns**

**1. Catering charge** – A Council members suggested the restaurant charge extra for outside catering events. Prairie Star is more than competitive on cost and quality and this could be additional revenue.

## **Identification of Action Items**

*See Table 1*

Table 1	Brief Description:	Action to be Taken:	By:	Status:
1.	Council Representative Nominations	Update draft to be accepted by Council.	Jean Beatty	In Progress
2.	Committee Structure and Organization	Committee to meet to discuss how to proceed	Committee	In Progress
3.	Restaurant Reservations	Discuss having a time limit on holding reservations	Lonnie Baker	In Progress
4.	Catering	Discuss additional charge for outside catering	Lonnie Baker	In Progress

## ASK ANNIE!

### What is “Bracketology”?

*submitted by Ashley Green*

Hello sports fans! I have hijacked the Ask Annie column for the week as she is preparing to head off on a family vacation. Perfect timing for me because March is one of my favorite months, not only because days are growing longer and the weather is getting warmer, but because of March Madness!

With March Madness comes “Bracketology” and numerous different bracket challenges. This year we thought we would kick start the tournament with our own bracket challenge here on campus. If you are unfamiliar with March Madness and Bracketology, here’s how it works:

This weekend on “Selection Sunday” 60 teams will be selected to compete in the 2014 NCAA Men’s Basketball tournament. Eight more teams will be selected as “Bubble Teams” and will play one of the other bubble teams for a chance to fill one of the remaining four spots on the tournament bracket. A single-elimination tournament of 64 teams (the 60 selected and 4 winning bubble teams) will then begin on Thursday and will conclude with the

championship game on Monday, April 7. As the tournament grew in popularity it become a fun tradition to try and predict the winner of all each game in the tournament, thus creating the bracket challenges and bracketology.

People use many different strategies to predict winners and fill out their bracket. Many die hard sports fans will do hours of research to try and determine who they truly feel is the better team in the given circumstance. Others have a little more fun with the bracket by choosing winning teams by picking the teams with their favorite colors, from their favorite places, or my favorite, the team with the most ferocious mascot. For example, if a wildcat and a bird were to cross paths, the wildcat would obviously win that match, so in this scenario one would choose K-State over KU.

To participate in Meadowlark Hills Bracket Challenge you can swing by the Hospitality Desk on Monday, March 17, after 10 a.m. to pick up a bracket. Then drop it off before 7 p.m. Wednesday, March 19, to enter. The winner receives a \$20 Meadowlark Hills gift certificate will be announced in the Messenger on Thursday, April 10.



## Updated March Daily Specials

March 14 – Grilled Cheese Sandwich with Tomato Soup	\$3.75/\$5.50
March 17 – Triple Meat Flatbread Pizza	\$3.75/\$5.50
March 19 – Chili with Sweet Cornbread Muffin	\$3.75/\$5.50
March 21 – Hummus Veggie Wrap with Soup OR Chips	\$3.75/\$5.50
March 24 – Meatball Sub Sandwich with Soup OR Chips	\$3.75/\$5.50
March 26 – Chicken Parmesan Casserole with Green Beans	\$5.50
March 28 – Cheese Quesadilla	\$3.00
Chicken Quesadilla	\$4.00
Steak Quesadilla	\$5.00
March 31 – French Dip & Au Jus with Kettle Chips	\$3.75/\$5.50

# PRAIRIE★STAR

## RESTAURANT

# March 16 - 22

Includes beverage, starter and dessert.

SUNDAY	March 16 ~ Lunch \$11	Dinner \$10
	Baked Chicken Green Chili Mashed Potatoes Vegetable of the Day	Italian Sausage & Sweet Peppers over Fettuccini Garlic Toast Vegetable of the Day
MONDAY	March 17 ~ Lunch \$10	Dinner \$11
	Tamale Pie Choice of Vegetable	Corned Beef and Cabbage Boiled New Potatoes and Carrots
TUESDAY	March 18 ~ Lunch \$6	Dinner \$11
	Taco Tuesday (does not include drink, starter or dessert)	Stuffed Chicken Breast with Crab Cakes Rice Pilaf Vegetable of the Day
WED.	March 19 ~ Lunch \$10	Dinner \$11
	Steamed Brats on Bun Potato Salad Choice of Vegetable	Pork Piccata Soft Polenta Vegetable of the Day
THURSDAY	March 20 ~ Lunch \$7	Dinner \$11
	Salad Bar (does not include drink, starter or dessert)	Braised Chicken with Lemon Thyme Sauce Garlic Mashed Red Potatoes Vegetable of the Day
FRIDAY	March 21 ~ Lunch \$10	Dinner \$12
	Catfish Poor Boy Steak Fries Coleslaw	Seafood Newburg Steamed Rice Vegetable of the Day
SATURDAY	March 22 ~ Lunch \$10	Dinner \$15
	Meatloaf Sandwich Steak Fries Choice of Vegetable	Catch of the Day Baked Potato Vegetable of the Day

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

## Grosh Cinema Movies

Monday, March 17 - Sunday, March 23

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

### **Monday, March 17 – The Wiz (1978) *\*Resident Request***

Motown's Oscar-nominated take on L. Frank Baum's ageless tale stars Diana Ross as Harlem school-teacher Dorothy, who exits a family gathering to search for her lost pooch, Toto, gets caught in a blizzard and is transported to the magical land of Oz.

**Co-starring: Diana Ross & Michael Jackson**

**Rated G;** 2 hrs. 15 min.

### **Tuesday, March 18 - Date Night (2010)**

Who knew simple dinner reservations under a different name could turn one New Jersey couple's date night so terribly upside-down? Claire and Phil Foster leave their kids with the sitter and head out for a night on the town -- as the Tripplehornes.

**Co-starring: Steve Carell & Tina Fey**

**Rated PG-13;** 1 hr. 42 min.

### **Wednesday, March 19 – The Big Stampede (1932)**

Deputy John Steele sets out to find the cattle rustler who killed a New Mexico lawman. Teaming with bandit Sonora Joe, Steele pursues wealthy landowner Sam Crew, who's hired rustler Arizona Bailey to do his dirty work. With a wagon train driving 5,000 head of cattle into Crew's territory, the trap is set.

**Starring: John Wayne**

**Rated NR;** 53 min.

### **Thursday, March 20 – Return to Oz (1985) *\*Resident Request***

Dorothy hasn't been the same since she came back from Oz, so a worried Aunt Em sends her niece to a clinic for shock therapy. But as she tries to escape the treatment, Dorothy has a blackout and returns to the mystical land, only to find it in ruins.

**Starring: Fairuza Balk**

**Rated PG;** 1 hr. 49 min.

### **Friday, March 21– Blue Jasmine (2013)**

The high life leads to high anxiety for a fashionable New York City homemaker in crisis who finds herself forced to live a more modest lifestyle in San Francisco.

**Co-starring: Cate Blanchett & Alec Baldwin**

**Rated PG-13;** 1 hr. 38 min.

### **Saturday & Sunday, March 22 & 23 – Airplane! (1980)**

In this classic, joke-a-second parody of disaster movies, traumatized former combat pilot Ted Striker, an airplane passenger, is forced to land the plane when food poisoning strikes the crew and there's no one else on board who can do the job.

**Co-starring: Robert Hays & Leslie Nielsen**

**Rated PG;** 1 hr. 27 min.



# This Week's Opportunities March 16 - March 22

## SUNDAY • MARCH 16

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

## MONDAY • MARCH 17

*Trash pick-up day.*

Dental Hygiene Clinic, 201– *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  
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  
2:00 p.m. ~ Parkinson's Voice Class, KSU CR  
3:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ 5th Floor Supper, CR  
7:00 p.m. ~ Game Time, GR

## TUESDAY • MARCH 18

7:30 a.m. ~ 1st Pres. Men's Bible Study, MR  
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. ~ Life Story, MR  
3:00 p.m. ~ Coffee Corner, CR  
4:00 p.m. ~ Newspaper & Bible, LR  
5:30 p.m. ~ 2nd Floor Supper, CR  
7:00 p.m. ~ Dominoes, GR

## WEDNESDAY • MARCH 19

8:00 a.m. ~ Centering Prayer, TR  
9:00 a.m. ~ New Perspectives, LR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Wal-Mart/Hyvee Shopping Trip, VE  
10:00 a.m. ~ Church Service, TR  
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. ~ Beginner Tai Chi, CR  
12:00 p.m. ~ Medication Management Brownbag  
ITV Series, KSU CR  
1 to 2 p.m. ~ Fitness Center Office Hour, FC  
1:30 p.m. ~ Pitch, GR  
2:30 p.m. ~ Lutheran Communion, LR  
3:00 p.m. ~ All-Campus St. Patrick's Day Party, CR  
4:00 p.m. ~ Meadowlark Hills Travelers, KSU CR  
3:00 p.m. ~ Call Hall Ice Cream, KR  
7:00 p.m. ~ Orphan Train Osher Class, CR  
7:00 p.m. ~ Game Time, GR

## THURSDAY • MARCH 20

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 CR  
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR  
5:30 p.m. ~ Meadowlark Circle Supper, MR  
7:00 p.m. ~ Bingo, CR  
7:00 p.m. ~ Woodwinds Anonymous Practice, LR  
7:30 p.m. ~ Sons of the American Revolution, CON

## FRIDAY • MARCH 21

*Pizazz Salon Closed*

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Veteran's Group, GC  
10:20 a.m. ~ Weights 101, CR  
11:15 a.m. ~ Sit and Be Fit, CR  
12:30 p.m. ~ Mending Angel, GR  
1:00 p.m. ~ Hand and Foot Card Games, GR  
1:15 p.m. ~ Parkinson's Exercise Group, CR  
1:30 p.m. ~ Brain Booster, GR  
3:30 p.m. ~ Catholic Rosary, CR  
7:00 p.m. ~ Bird Watching with Chuck Otte, CR

## SATURDAY • MARCH 22

10:00 a.m. ~ Water Color Painting Art Class, KSU CR  
1, 4 & 7 p.m. ~ Movie, GC

## • ROOM ABBREVIATIONS •

201, Apartment 201	LB, Library
BP, Billiards Parlor	LR, Living Room
CR, Community Room	MR, Manhattan Room
CON, Conference Room	MCR, Miller Craft Room
FC, Fitness Center	PS, Prairie Star Restaurant
GR, Game Room	TR, Tranquility Room
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room (Pub)	WS, Woodshop
KSU CR, KSU Classroom	

**DRINK SPECIAL**



**March 17 – 22**  
**Irish Gold**

1 oz. Irish Whiskey  
1 oz. Peach Schnapps  
Fill with Ginger Ale  
Splash of orange juice  
**\$3.75**