

# Run, Speedy, Run! On the Safe House

by Helen Roser

It was the end of a beautiful summer holiday. Families had fun playing in the big field that surrounded the safe house. Trucks and vans came and went. The safe house was busy that day. But no one noticed. Not even the truck with the cannon.

A few words about safe houses: Banks don't keep much money overnight. It is called for by a company that has a safe house to keep banks' money overnight. Then it is called for early the next morning and delivered.

Safe houses usually were out in the boondocks. This one was built out in the middle of a big open field. Then, as little track houses were being built, the safe houses' open field was surrounded with houses in which lived lots of kids. So the big field around the safe house became a neat place for the kids and Dads to play ball.

The police station was busy with frustrated bank robbers. They had been coming and going all day, bringing in deliveries, trying to get through the locks in the safe house. Finally they brought in a cannon in the back of the truck. Some were sure someone would notice and call the cops. But they were busy playing ball.

Now they were in the police station, trying to cut themselves a deal for when the attempted heist of the safe house was found out and, as known as expert bank robbers, they would be hauled in. "I told them that bringing in that cannon was a dumb idea. But none of us could get any where with those safe house locks."

The cannon was brought in on an open truck. They were getting too anxious to

See HOUSE, page 6



The 13th annual Speedy Pd Race for Parkinson's Disease was Saturday, Aug. 28, at Tuttle Creek State Park! Hundreds of participants competed in the 10K, 5K, and Memorial Run/Walk opportunities. Read the Messenger next week for a full event re-cap!

Murphy and Eilish Duggan post Memorial Half-Mile Run/Walk.

## LEADER OF THE PACK



Congratulations to Meadowlark's Leader of the Pack for September 2021: Kylie Hynek, CMA in Bramlage! Kylie is an extremely knowledgeable CMA (Certified Medication Aide) and is a very hard worker. She is a strong leader on second shift for Bramlage House, and trains all of our new aides. Meadowlark is happy to have Kylie as a part of our caregiving team!

## EVENTS & OPPORTUNITIES

### **Prairie Star Restaurant updates**

*submitted by Jayme Minton, Support Services Director*

The new Featured Entrée menu, printed on page 9, will be available from Thursday, Aug. 26, through Wednesday, Sept. 22.

The new entrée menu was created considering recent feedback from residents and the evolving supply chain challenges. The team at Meadowlark will always strive to provide all listed options every night, but we were purposeful in increasing our variety to prepare for the possibility that Meadowlark is unable to obtain specific products.

In addition to the Featured Entrées, Prairie Star Restaurant will offer limited specials throughout the month when possible. The specials may not have advance notice, but information will be shared in the restaurant when a special option is available.

### **Courtyard Bar Hours & Drink Specials**

*Thursday, Sept. 2, & Friday, Sept. 3*

The Courtyard Bar will feature a Frozen Mango Chili Margarita on Sept. 2 and 3 starting at 4 p.m. Frozen drink specials are available for \$5 each.

The Courtyard bar will open only if the heat index is below 95 degrees. However, the frozen drink special will be offered at Prairie Star Pub if the Courtyard Bar is unable to open because of the heat.

### **Kansas State Football**

*Saturday, Sept. 4, at 11 a.m.*

On Saturday, Sept. 4, K-State travels to Arlington, Texas to take on Stanford University in the All-State Kick-Off Classic. Join us in the Game Room and Prairie Star Pub to cheer on the Cats! The game starts at 11 a.m. with light refreshments served during the game. All are welcome.

### **Exercise Classes Cancelled**

*Monday, Sept. 6*

All in-person exercise classes are cancelled for Labor Day on Monday, Sept. 6. See page 11 for exercise class opportunities on Channel 1960.

### **Britt's Sunflower Field Visit**

*Wednesday, Sept. 8, at 9 a.m.*

On Wednesday, Sept 8, at 9 a.m. we are visiting Britt's Sunflower Field here in Manhattan. The 30-acre Sunflower Field attracts people from all over the

area. They have props and paths cut into the field to allow you access into the heart of the sunflowers for your selfies and fun photos!

The cost of admission is \$5 per person. There is a farm store to visit, and for your convenience, a porta-potty and sunflower clippers available at the field. Sunflowers can be purchased at the cost of \$1 per head. Cost for transportation is \$3 per person, and there is a sign-up sheet in the Blue Book.

### **Business After Hours Event**

*Wednesday, Sept. 8, at 5:30 p.m.*

Meadowlark will host the Manhattan Area Chamber of Commerce's monthly Business After Hours event from 5:30 to 7 p.m. Wednesday, Sept. 8. The majority of the event will take place in the Courtyard, however, guests will enter through the exterior Prairie Star Restaurant entrance and cross the Game Room to the Courtyard.

There will be many guests at Meadowlark during this timeframe. This opportunity is for Manhattan-area business leaders to learn more about each other and Meadowlark. If you have questions, please contact Sarah Duggan at (785) 323-3878 or via e-mail at [sguge@meadowlark.org](mailto:sguge@meadowlark.org).

### **9/11 Day of Remembrance**

*Friday, Sept. 10, at 6:30 p.m.*

Transportation will be provided to the 9/11 Remembrance Ceremony on Friday, September 10 at City Park. It will feature special guest speaker, LT COL Robert J. Darling, USMC (Ret.).

The bus will depart from the Village Entrance at 6:30 pm. The cost of transportation is \$3 per person. A sign-up sheet is in the Blue Book.

### **Kansas State Football**

*Saturday, Sept. 11, at 6 p.m.*

On Saturday, Sept. 11, K-State takes on Southern Illinois in the home-opener of the season! Join us in the Game Room and Prairie Star Pub to cheer on the Cats! The game starts at 6 p.m. with light refreshments served during the game. All are welcome.

### **Transportation to KSU Football Game**

*Saturday, Sept. 11, at 4 p.m.*

Transportation will be provided for the K-State home football game on Saturday, Sept. 11. The bus will leave at 4 p.m. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

# Lifetime Learning

Meadowlark and UFM have partnered to offer Lifetime Learning courses for Fall 2021. Classes are now open for enrollment. For the learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register. If the office is not open, leave a message and staff will call you back. Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. **Passport members may attend with a 20-percent discount.**

*Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning, therefore, Osher classes are not available for a discount to Meadowlark affiliates.*

## **Lunch & Learn: The Woman's Reason—A History of Suffrage in Riley, County, Kansas**

with Allana Parker, Riley County Historical Museum

Tuesday, Sept. 21, at 11:30 a.m. / **Fee: \$10 (PPM cost \$8)**

*In this program, learn about visits to Riley County by national suffrage leaders such as Susan B. Anthony and Elizabeth Cady Stanton and how local leaders, including Matie Toothaker Kimball, helped organize for the right to vote. For Lunch & Learn classes, bring your own lunch or arrive early and purchase from the menu at Meadowlark's Prairie Star Restaurant.*

## **Lunch & Learn: Riley County Characters**

with Cheryl Collins, Riley County Historical Museum

Tuesday, Sept. 28, at 11:30 a.m. / **Fee: \$10 (PPM cost \$8)**

*Attend and learn about some of the more interesting, eccentric, and engaging residents of Riley County through the years. For Lunch & Learn classes, bring your own lunch or arrive early and purchase from the menu at Meadowlark's Prairie Star Restaurant.*

## **Women at War**

with Dr. Robert Smith, Director for Fort Riley Museums Complex

Wednesday, Oct. 20 and 27, & Nov. 3, 6:30 to 8 p.m. / **Fee: \$30 (PPM cost \$24)**

*The two world wars of the twentieth century were global affairs enlisting vast numbers of men and women into the ranks of the military. While a significant number of the histories of the First and Second World Wars concentrate on the activities and achievements of the male soldiers, the vital services performed by military women cannot be overlooked or underestimated. This class attempts to recognize the service of thousands of women who donned the uniform of their country and served.*

## **Roots Run Deep on the Santa Fe Trail**

with Marcia Fox, Charter Member of the Santa Fe Trail Association

Wednesday, Nov. 10, 17, & 24, 6:30 to 8 p.m. / **Fee: \$30 (PPM cost \$24)**

*This year, 2021, is the 200th anniversary of the Santa Fe Trail. These sessions will take you along the Trail, learning the history, the people, and their connections not only as it applies to the United States and Mexico, but also the impact the Trail made on world trade in the 1800s.*

## **Winter Birdwatching**

with Ted Cable, Professor Emeritus of Park Management & Conservation, KSU

Nov. 30, Dec. 1, & Dec. 2, 9 to 11 a.m. / **Fee: \$30 (PPM cost \$24)**

*Participants will be introduced to birds that spend their winters in the Manhattan area. Winter birds include many types of waterfowl, raptors, finches, and sparrows. This course will include both classroom sessions and field trips to observe birds at local birding locations. Bird walks will be leisurely with frequent stopping to look or listen to the birds. Bringing binoculars to class is highly recommended, but not necessary for participation.*

# Work That Brain!

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## Astronomy

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- MOON
- PLUTO
- COMET
- ERIS
- MERCURY
- METEOR
- ASTEROID
- LEO
- SATURN
- MARS
- WHITE DWARF
- SUPERGIANT
- SUPERNOVA
- NEPTUNE
- BLACK DWARF
- SUN
- EXOPLANET
- NEBULA
- ORION
- EARTH

## Art Engagement *from the Beach Museum of Art*

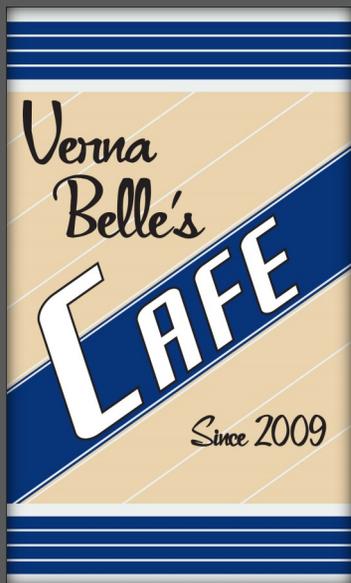
**Compare/Contrast ...** The two artworks shown are from two artists who lived in Kansas for many years. John Frederick Helm, Jr. and Norma Bassett Hall were both printmakers and often used scenes from the Kansas landscape in their compositions. As you spend time closely looking at these two artworks that appear to be very similar what do you notice that is the same? There are several differences, too. For example, one is a watercolor painting, and the other is a screen print. What else do you observe is different?



**John Frederick Helm, Jr.,** *Stone Bridge*, 1930-1935, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 2005.423



**Norma Bassett Hall,** *Creek Bridge*, mid-20<sup>th</sup> Century, Screen print on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett, 2001.152



**Updated Café Hours:**  
Through Sept. 12, Verna Belle's Café is open Monday through Friday from 7 a.m. until 10 a.m. and closed on Saturday and Sunday.

## Breakfast Specials

**Monday, Sept. 6**

**Breakfast: Biscuits & Gravy, \$2.50 / \$4.50**

**Tuesday, Sept. 7**

**Breakfast: Classic Eggs Benedict with Fruit \$4.50 / \$6.50**

**Wednesday, Sept. 8**

**Breakfast: Classic Potato Hash with an Egg & Toast, \$4.50 / \$6.50**

**Thursday, Sept. 9**

**Breakfast: Biscuits & Gravy, \$2.50 / \$4.50**

**Friday, Sept. 10**

**Breakfast: Strawberry Crepes with Greek Yogurt & Granola, \$4.50 / \$6.50**

### HOUSE, from page 1

be careful. But the crowds were busy playing ball.

In the safe house, they aimed the cannon at the safe door, and fired. It made a hole, but not big enough for anyone to squeeze through. They fired the cannon again. This time the hole in the safe door was big enough to get through. But there was still a problem: Everything inside the safe was blown to smithereens.

The safe house was patched up and continued to do business. Families in the little houses continued to enjoy living where there was such a nice place for their kids and Dads to play ball.

Salute the designer of the safe house locks.

**HOT DOG!**  
It's Labor Day  
JOIN US IN THE COURTYARD  
September 6th  
11:00-1:00  
HOT DOGS  
& all the fixin's  
PUB CHIPS  
WATERMELON  
COOKIES **\$6**



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Dine In, Delivery, & Carry Out, *Reservations optional*

Lunch & Dinner / Mon. to Sat. 11 a.m. to 8 p.m. & Sun. 11 a.m. to 7 p.m.

Pub open daily at 4 p.m.

## FEATURED **ENTRÉES**

*Available Aug. 26 to Sept. 22.*

*Entrées are served with your choice of soup, salad, or fruit.*

### **Mac & Cheese**

macaroni pasta, cheddar, gruyere, fontina, & Velveeta cheese served with garlic toast, **\$10**

### **Cabbage Rolls**

cabbage stuffed with ground beef, rice, & light tomato sauce served with honey glazed carrots, **\$11**

### **Poblano Pork Bowl**

ground pork, grilled poblano peppers, onions, & cilantro cream served over cilantro lime rice, **\$13**

### **Mahi Mahi**

pan-seared mahi mahi with pineapple butter, coconut rice, & mango salsa served with honey glazed carrots, **\$20**

### **Fajitas**

flank steak, peppers, & onions served with flour tortillas, guacamole, salsa, sour cream, cheese, cilantro lime rice, and pinto beans, **\$15**

### **Chicken Fiesta Bowl**

seasoned chicken breast, lettuce, diced tomatoes, red onions, black olives, black beans, corn, cheddar & pepper jack cheese, green onion, salsa, guacamole, & sour cream served in a fried tortilla bowl, **\$12**

### **Chicken Marsala**

chicken breast sautéed in a creamy marsala wine sauce with mushrooms, garlic, fresh parsley, shaved parmesan, and linguini pasta, **\$14**

### **Beer Brat**

grilled beer brat with caramelized sauerkraut & onions, & German mustard served on a pretzel hoagie with Dr. Pepper-baked beans and pub chips, **\$10**

### **Salisbury Steak**

ground beef, sautéed onions and mushrooms with rich brown gravy served with peas & pearl onions and mashed potatoes & gravy, **\$12**

### **Seafood Cioppino**

salmon, shrimp, minced clam, & scallops in a rich tomato broth served with garlic toast, **\$17**

### **BBQ Brisket Open-Faced Sandwich**

beef brisket, house BBQ sauce on a telara roll served with Dr. Pepper-baked beans and coleslaw **\$13**

### **Chicken Gyro Salad**

marinated chicken, feta cheese, lettuce, cucumber, diced tomato, & taziki sauce served with pita chips, **\$10**

# Weekly Opportunities Calendar Aug. 29 to Sept. 3

## Sunday • Sept. 5

10:30 a.m. ~ Worship Service, EC  
10:30 a.m. ~ Transportation to FUMC, VE

## Monday • Sept. 6 - Labor Day

10:30 a.m. ~ Technology Assistance, GR  
11:00 a.m. ~ Hot Dog Bar, CY  
1:30 p.m. ~ Contemporary God Talk, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • Sept. 7 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Kimball Luncheon, BR  
2:00 p.m. ~ Ambassadors Meeting, FHR  
2:00 p.m. ~ Life-Story Writing Group, PR  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
3:00 p.m. ~ Coffee Corner, EC

## Wednesday • Sept. 8

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partner Group, FHR  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ ARTful Memories, KSU CL  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ Eastside Dinner, MR

## Thursday • Sept. 9

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ PD Care Partner Support Grp, FHR  
2:00 p.m. ~ Stepping On, KSU CL  
2:30 p.m. ~ Blood Pressure Clinic, PR  
3:00 p.m. ~ Get the Scoop, CY  
3:00 p.m. ~ Rock Steady Boxing, BF

## Friday • Sept. 10

9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR

## Friday • Sept. 10

11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Parkinson's Exercise Class, BF  
2:00 p.m. ~ Tom's Gab & Games, FHR  
6:30 p.m. ~ Depart for 9/11 Remembrance, VE

## Saturday • Sept. 11

4:00 p.m. ~ Depart for KSU Football Game, VE  
6:00 p.m. ~ KSU Football Watch Party, GR & Pub

### Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	HD, Hospitality Desk
CR, Community Room	KSU CL, KSU Classroom
CY, Courtyard	MR, Manhattan Room
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	VE, Village Entrance



E-mail Michelle at [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.

### Monday, Sept. 6

1 p.m.	Parkinson's Exercise Class
2 p.m.	Change & Loss Support Group

### Tuesday, Sept. 7

2 p.m.	Memory Activities Class
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### Wednesday, Sept. 8

10 a.m.	Memory Care Partner Support Group
1 p.m.	ARTful Memories

### Thursday, Sept. 9

1 p.m.	Parkinson's Exercise Class
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# CHANNEL 1960 Entertainment Guide

## Sunday, Sept. 5

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Reverend Jim Reed
2:00 p.m.	<b>(Re-run)</b> Worship Service with Reverend Jim Reed
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

## Monday, Sept. 6

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Solution from 8/26.

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## Tuesday, Sept. 7

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

## Wednesday, Sept. 8

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<b>(Re-run)</b> Worship Service with Reverend Jim Reed
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Thursday, Sept. 9

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

## Friday, Sept. 10

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Saturday, Sept. 11

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

Did you hear about the claustrophobic astronaut?

He just needed a little space.



## GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.

SUNDAY 2:00 P.M. / 6:00 P.M.

### SEASONAL SUNDAY: Sept. 5

*MONA LISA SMILE* (2003) PG-13, 1 hr. 59 min. *Heartfelt, Sentimental*

Cast: Julia Roberts, Kirsten Dunst, & Julia Stiles

In 1953, an all-female college constitutes the best and the brightest, yet the student population is still measured by how well they marry; until the arrival of a professor who threatens to upend the status quo.

### MUSICAL MONDAY: Sept. 6

*HELLO DOLLY* (1969) G, 2 hr. 26 min. *Romantic, Comedy, Musical*

Cast: Barbara Streisand, Walter Matthau, & Michael Crawford

Dolly Levi uses her matchmaking skills in New York City to orchestrate the love lives of her friends, all the while trying to get the man she likes to fall for her.

### TRUE TUESDAY: Sept. 7

*UNDEFEATED* (2011) PG-13, 1 hr. 53 min. *Heart-felt, Inspiring, Feel-Good*

Cast: Montrail 'Money' Brown, O.C. Brown, & Bill Courtney

An inspirational profile of an inner-city high school football team's valiant effort to reach the school's first-ever playoff game.

### WESTERN WEDNESDAY: Sept. 8

RESIDENT REQUEST

*3 GODFATHERS* (1948) NR, 1 hr. 46 min. *Drama, Western*

Cast: Pedro Armendáriz, Ward Bond, & Guy Kibbee

After holding up a Arizona bank, Bob Hightower and his partners in crime hightail it out of town, only to find themselves risking their freedom and their lives to return a newborn to civilization.

### TEARJERKER THURSDAY: Sept. 9

*UNCORKED* (2020) TV-MA, 1 hr. 44 min. *Understated, Intimate, Emotional*

Cast: Mamoudou Athie, Courtney B. Vance, & Niecy Nash

A young man feels torn between his dream of becoming a master sommelier and his father's expectations that he'll take over the family barbecue business.

### FEATURE FRIDAY: Sept. 10

*BLUE MIRACLE* (2021) TV-PG, 1 hr. 36 min. *Heartfelt, Inspiring, Emotional*

Cast: Jimmy Gonzales, Dennis Quaid, & Anthony Gonzalez

To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

### SWEET SATURDAY: Sept. 11

*WHEN HARRY MET SALLY* (1989) R for adult material, 1 hr. 36 min. *Romantic, Witty*

Cast: Billy Crystal, Meg Ryan, & Carrie Fisher

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship, a relationship that's always teetering on the brink of love.