

Jan. 19, 2023 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

# Sip, Sip, Hooray!

K-State First Lady talks reds and whites at wine-pairing luncheon







[above left] Ella Umphrey tastes Sauvignon Blanc while Barbara Hackbart reviews five scoring categories used when judging wine. [above center] Sally Linton, Kansas State University's First Lady and a certified wine judge, spoke to a captive audience of about 60 women last week at Prairie Star's event venue. [above right] Entree: Seared salmon over mixed greens with artichoke hearts, goat cheese, and Cabernet vinaigrette; Wine pairing: Josh Cellars Pinot Noir.

#### by Becky Fitzgerald, Development Director

Prairie Star restaurant's tag line of "Dine, Drink & Gather" was put into action yet again recently as 60-plus women sipped and savored at January's Ladies Luncheon. The guest of honor and luncheon speaker was K-State First Lady Sally Linton, a certified wine judge, who spent 90 minutes pouring out her considerable knowledge of wine and wine tasting.

If the enthusiastic praise of Linton's presentation, the three-course meal, and the selected whites and red were any indication, attendees certainly left the event venue with glass-half-full mentalities.

Linton was at Meadowlark at the invitation of Ladies Luncheon hostesses Olivia Collins and Beth Pannbacker. Collins, who retired in 2010 from the Staley School of Leadership at Kansas State

University, had continued to maintain and cultivate relationships at K-State, and it was she who suggested to Pannbacker last fall that perhaps they could entice Linton to speak at Meadowlark.

Sadly, Collins died on Dec. 13 and wasn't able to see her idea to fruition, but Pannbacker was quick to credit Collins when she addressed the group, noting Collins's ability to make meaningful connections and shine a spotlight on education and mentoring others.

"I wanted to bring a bit of Olivia's spirit to the program," Pannbacker said. "She had set everything up, and I just had to follow up on the plans. She liked to eat, drink, and be merry, so that's what I encouraged us all to do that afternoon."

One remaining task was planning the menu and

## EVENTS & OPPORTUNITIES

### **Construction work in Prairie Star**

Starting Monday, Jan. 23, crews will begin ceiling work to prepare for the installation of glass dividers between the landing seating area in the restaurant and the Event Center. Meal service will still be available. This prep work is expected to be completed by Friday, Jan. 27. The dividers will not be installed until the spring.

## Magician Jack Reid

Friday, Jan. 20, at 7 p.m.

Meadowlark is excited to host the Manhattan Magician, Jack Reid! From mind reading and crafty card tricks to friendly pickpocketing, this is a fun experience you won't want to miss.

The 25-year-old local began doing magic professionally about six years ago, deciding to pursue his passion for magic rather than take a college route. You are in for a treat, so come to the show at 7 p.m. Friday, Jan. 20, in the Event Center.

## Shopping at Hobby Lobby & Dollar Tree Saturday, Jan. 21, at 10:30 a.m.

The next scheduled trip is Saturday, Jan. 21, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, Feb. 18. Please sign up in the Blue Book to participate in these opportunities.

## **Ed Skidmore 90th Birthday Party**

Saturday, Jan. 21, at 2 p.m.

You're invited to Ed Skidmore's 90th birthday celebration! Join the Skidmore family between 2 and 4 p.m. Saturday, Jan. 21, in the Community Room. To RSVP, please e-mail alanskidmore247@gmail.com.

### **Sermon Series continues**

Sunday, Jan. 22, at 10:30 a.m.

Join Rev. Melanie Nord as she continues a special sermon series titled, "Who is This Man?" at 10:30 a.m. Sunday, Jan. 22, in the Community Room/ Chapel. During this week's sermon, Melanie will guide worship attendees through a close look at

Jesus' message on healthcare.

## Hablé Español, Session #6

Monday, Jan. 23, at 4 p.m.

Nos vemos a las (4) Cuatro en la tarde, el Lunes, 23 de Enero.

El tema es Colores. Escribe su introduction en Español, que son sus colores favoritos y si quiera puede desbribir un (outfit) conjunto favorito.

## **Diabetic Wellness Group**

Wednesday, Jan. 25, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Jan. 25, in the Flint Hills Room. All who are interested are invited to attend.

#### **ARTFul Making**

Wednesday, Jan. 25, at 2:30 p.m.

Remember the Sweetheart candies with the cute messages on them like "Be Mine," "Call Me," and "My Love?" Let's make our own paper versions! Join Kim Richards from the Beach Museum of Art to create some sweet notes at 2:30 p.m. Wednesday, Jan. 25, in the KSU Classroom. You could make a card to give to someone or use as a decoration. All supplies will be provided.

## An Evening with Gary LaGrange

Friday, Feb. 3, at 7 p.m.

Meadowlark will host Gary LaGrange as he speaks on a variety of topics at 7 p.m. Friday, Feb. 3, in the Event Center. Gary is a retired U.S. Army Colonel who served three tours of duty in combat in Vietnam. He commander Fort Riley and retired just after the first war in Iraq. Gary's local endeavors include Golden Prairie Honey Farms and the SAVE Farm.

The concept for the SAVE Farm began nearly a decade ago, when Gary and his daughter saw results from training beekeeping and providing therapy to soldiers at nearby Ft. Riley. A nonprofit was formed by a diverse group of veterans, farm and ranch experts, and educators.

With the help of organizations like The Nature Conservancy, and the Conservation Fund, the SAVE Farm is now a reality. It provides therapy as needed and hands-on teaching to veterans and transitioning servicemembers through

## EVENTS & OPPORTUNITIES

experienced professionals. They learn how to successfully and sustainably manage cropland, livestock animals, orchards, horticulture, and beekeeping.

Sing-A-Long, Drink-A-Long Wednesday, Feb. 8, at 3 p.m.

Let's celebrate Valentine's Day with an exciting edition of the weekly Sing-A-long Social

from 3 to 4 p.m. Wednesday, Feb. 8, in the Event Center! A special repertoire of valentine songs will be included, along with the talented stylings of Jim Reed on the guitar and Vera Williams on the piano. There will be a festive mocktail and cocktail available, for \$2 and \$3 each, Meadowlark Ambassadors will be available as special bartenders and servers. Cookies will be provided, as well. All are welcome to attend!

#### WINE, from page 1

selecting wines, which Pannbacker described as a collaboration between Prairie Star team members, Linton's assistant, and Chad Lohman, owner of Nespor's Wine & Spirits. The result? Butternut Squash Soup paired with The Ned Sauvignon Blanc, a seared salmon salad served with Josh Cellars Pinot Noir, and a Reisling (Heinz Eifel Auslese) paired with Dark Chocolate Cheesecake for dessert.

Prior to the soup's arrival, Linton, who is married to K-State president Richard Linton, shared a bit of her background. After earning a degree from Indiana University in marketing and management, with minors in psychology and sociology, she headed to Purdue University to begin her career. During her tenure at Purdue, she continued her education, earning a Master of Business Administration and a Master of Science focused on agribusiness.

A career that began in the management of U.S. Department of Agriculture grants shifted to leading acid balances the fat. the marketing and public relation efforts for the Indiana wine industry. Linton led the rebranding of their sides so the cork stays moist. Corks can shrink Indiana wine, encouraging consumers to "Taste the when left dry, which breaks the seal of the bottle Experience," bringing the wine to the people. Linton also is a certified wine judge and has judged at international competitions throughout the U.S.

It's her years as a judge that prompted last week's bottle to share with friends for Happy Hour, lively wine and dine experience. Linton offered instructions for using our senses of sight, taste, and smell to evaluate the vino, pointing to a tongue map and aroma wheel available at each place setting. She asked the audience what flavors they detected - "Go ahead. Put your nose into the glass," she said. - and described Sauvignon Blanc as a

food-friendly wine because of its high acidity and fresh, fruity notes.

Linton offered tips for storing and chilling wine, explained why certain wines pair well with certain foods, called slightly sparkling Vinho Verde from Portugal one of her favorite "front porch wines," and mentioned briefly the world of fine wine collectors who spend as much on one bottle as some do for cars or homes.

Linton emphasized, however, that many pleasing wines can be purchased for about \$15 a bottle. Pannbacker echoed that, saying the wine served at the luncheon ranged in price from about \$12 to \$18 a bottle.

Linton shared the following ways to enjoy wine:

- ~ Drink what you like. If you don't like the taste of the wine, pairing it with food won't generally change that.
- ~ Pair wines with higher acidity levels, such as white varieties or Pinot Noir, with buttery/fatty foods such as salmon, fettuccine alfredo, etc. The
- ~ Wines sealed with corks are best stored on and allows air to enter. Excessive exposure to air can cause the wine's taste to spoil.
- ~ When serving wine with a meal or opening a remember the chill rule of 1, 2, 3. Chill reds for one hour, whites for 2 hours, and sparkling wines, such as champagne, for three hours or longer. It's a common misconception that red wine should be served at room temperature. Rather, it's best served cool (60 to 68 degrees).

Cheers!

Congrats, Jayme! Winners of 2023's 15 Under 40 were recognized at a special reception in their honor Thursday, Jan. 12, at

Thursday, Jan. 12, at the Manhattan Conference Center. Among the inaugural list of honorees is

Jayme Minton, Support Services Director at Meadowlark.

"We are incredibly honored to recognize such a distinguished group of our inaugural 15 Under 40 Class," said Jason Smith, president and CEO of the Manhattan Area Chamber of Commerce, in a press release. "Our membership has been committed to engaging young professionals for the past several years, and we feel very strongly that one way to engage is to recognize achievement."

Winners were nominated from Riley, Pottawatomie, and Geary counties. Nominees were then asked to complete an application that outlined their achievements in their profession, as well as work in the community. From the nearly 100 nominees and more than 50 applicants, an appointed committee selected the final 15. To be eligible for nomination, individuals had to meet the following criteria: be over the age of 18 and under the age of 40 as of Nov. 30, 2022; be employed in the greater Manhattan region; and exhibit qualities as an up-and-coming star in their profession, leadership, and community service.

Jayme joined the Meadowlark team in June 2010. Prior to accepting her current position as Support Services Director in May 2015, Jayme served as the Human Resources Recruitment Coordinator, Bramlage Household Coordinator, and Human Resources Leader. In 2008, Jayme graduated from Kansas State University with a bachelor's degree in sociology and a minor in anthropology. During her time at K-State, Jayme was a member of the rowing team.

Among other community involvement endeavors, Jayme serves as a co-chair of the Manhattan Chamber's Classroom to Career program. She also participates as a committee member for the annual Mercy Community Foundation fundraising gala and coaches youth sports. Jayme is originally from the

Lawrence, Kan. Area. She now lives in Wildcat Country with her husband, Cole, and son, Rowan.

Meadowlark is blessed to have Jayme as an organizational leader. Join us in congratulating her on this great honor!

## Meadowlark contracts Spiritual Consultant

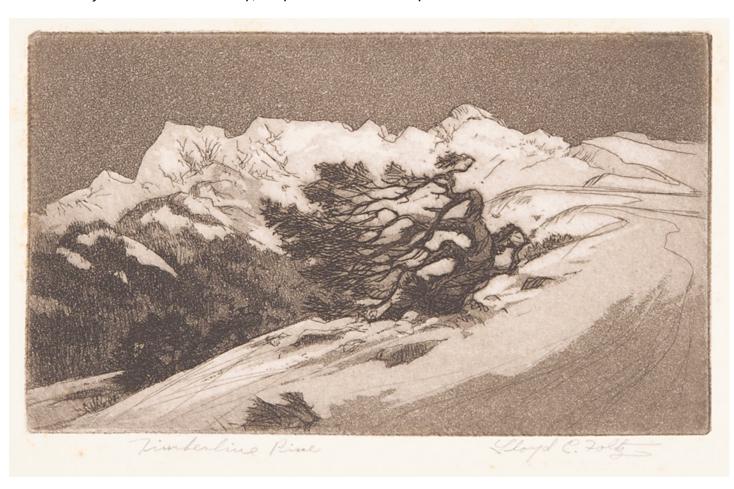
This fall, the decision was made to dissolve the Chaplaincy position. Meadowlark was blessed to have Chaplain Patty Brown-Barnett serve in this role so faithfully and skillfully for over eight years as the first paid staff person in a Christian-support role. In the months since, we have been asking ourselves what spiritual support means and what shape it takes in our individual and communal lives here on Meadowlark's campus.

During this period of discernment, we have been working with Rev. Melanie Lea Nord who has led an Advent Study, Christmas Eve Worship, and January Sunday Services. Melanie has been in the Manhattan community for nearly 15 years, and served as a clergy person for almost 11 at the First United Methodist Church. Melanie's prior experience was in the field of chaplaincy and spiritual support in retirement communities, hospitals, and even a Chicago shelter for the homeless. Melanie also has extensive experience offering spiritual support and services for those of who identify as Christian, of no faith, or of non-Christian faith backgrounds. She also has a certification in Forest Therapy, which could utilize our newly expanded trails. We feel Melanie is the right person to help us take on a season of research and exploration in what excellency in a "spiritual support your way" model might look like for our thriving, one-of-a-kind community.

Now through May 2023, Melanie will serve as a temporary spiritual consultant to our community, helping to research needs, learn from staff and residents, fulfill temporary spiritual support and service voids, and build bridges between our great community and the faith leaders of our town. In the coming months, you will have the option to participate in her research in a variety of ways. Stay tuned, and we thank you in advance for joining us in this exciting new era of "spirituality your way." Melanie can be reached via e-mail at melanielea@gmail.com.

## Art Engagement from the Beach Museum of Art

**Movement** is a design principle that allows an artist to lead the viewer's eye through the work, adding vitality and feeling to a composition. The art elements of line, color, shape, form, and space may be used to achieve movement. Take a moment to view the artwork shown here. Are the **lines** straight, vertical, or horizontal, creating stability, or do they sweep and zigzag invoking energy? How do the lines direct your eye from one point to another? Are the **shapes** angular or curved? How does the artist use the transition from light and dark **shades** to move the eye? How does the **space** interact with the object of interest? Finally, do you find this scene peaceful or animated?



Lloyd Chester Foltz (United States, 1897 - 1990), *Timberline Pine*, ca. 1935, Etching on paper KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 2002.445

Notes		

## RESTAURANT **SPECIALS**

Sunday, Jan. 22	<b>Lunch \$14</b> Honey-Glazed Ham Au Gratin Potatoes Brussel Sprouts	<b>Dinner</b> <b>\$10</b> Philly Cheesesteak Sandwich French Fries
Monday, Jan. 23	<b>\$10 Lunch</b> Bacon, Spinach, & Swiss Quiche Rice Pilaf Fresh Fall Fruit	\$13  Dinner  Chicken & Noodles  Mashed Potatoes  Garden Side Salad
Tuesday, Jan. 24	<b>\$11 Lunch</b> Open-Faced Turkey Sandwich Green Beans Cranberry Sauce	\$13  Dinner  Spaghetti & Meatballs  Garlic Toast  Green Beans
Wednesday, Jan. 25	<b>\$9</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad	\$13  Dinner  Chicken Piccata  Wild Rice  Acorn Squash
Thursday, Jan. 26	<b>\$10 Lunch</b> Pesto Chicken Melt Garden Vegetable Soup	\$13  Dinner  Chicken Fried Steak  Mashed Potatoes & Gravy  Corn
Friday, Jan. 27	<b>\$10</b> <b>Lunch</b> Pizza Bar	\$16  Dinner  London Broil  Loaded Mashed Potatoes  Honey Carrots
Saturday, Jan. 28	<b>\$9 Lunch</b> Fried Pork Cutlet Sandwich Roasted Red Potatoes	\$18  Dinner  6 oz. Ribeye  Baked Potato  Asparagus



## MONDAY

**Breakfast:** Biscuits & Gravy, \$2.50 / \$4.50 **Lunch:** Baked Potato or Sweet Potato, \$7

Your choice of potato topped with any items from the salad bar

## TUESDAY

Breakfast: French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50

Lunch: Taco Tuesday, \$5 / \$7

Choose any of the salad bar items to top your ground beef tacos or create a taco salad

## WEDNESDAY

Breakfast: Breakfast Burritos with Fruit, \$4.50 / \$6.50

**Lunch:** Mac & Cheese, \$5 / \$7

Homemade mac & cheese custom-made with any items from the salad bar

## THURSDAY

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50 Lunch: Chili & Cinnamon Roll, \$5 / \$7

Traditional homemade chili served with a cinnamon roll

## FRIDAY

Breakfast: Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

Lunch: Quesadilla, \$5 / \$7

Custom-made quesadillas with any items from the salad bar

## SATURDAY

**Breakfast:** Ala Carte Menu Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI, 7 AM. - 2 PM / SAT, 7 AM. - II AM.

## Weekly Opportunities Calendar Jan. 22 to Jan. 27

Sunday ● Jan. 22 Put your trash at the curb! 10:30 a.m. ~ Worship Service, CR

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

## Monday ● Jan. 23

Trash pick-up

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

11:30 a.m. ~ Sit & Be Fit, CR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ God Talk, KSU CL

1:45 p.m. ~ Parkinson's Voice Class, CR

2:00 p.m. ~ Change & Loss Support Group, FHR

4:00 p.m. ~ Hablé Español, FHR 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Jan. 24

7:00 a.m. ~ Rock Steady Boxing, BF

10:00 a.m. ~ Memory Activities Class, KSU CL

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:05 p.m. ~ Mat Yoga, CR

1:00 p.m. ~ Fit 2 Fight Pd, MSC

2:00 p.m. ~ 10-Point Pitch, GR

3:00 p.m. ~ Coffee Corner, EC

5:30 p.m. ~ 3rd Floor Supper, BR

#### Wednesday ● Jan. 25

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Care Partners Support

Group, FHR

10:00 a.m. ~ Memory Café, KSU CL

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

1:30 p.m. ~ Diabetic Wellness Group, FHR

2:30 p.m. ~ ARTFul Making, KSU CL

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Sing-A-Long, CR

5:30 p.m. ~ 1st Floor Supper, MR

### Thursday ● Jan. 26

9:00 a.m. ~ Messenger Team, KSU CL

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Caring Conversations for People

with Pd, FHR

12:05 p.m. ~ Mat Yoga, CR

Thursday ● Jan. 26

1:00 p.m. ~ Parkinson's Care Partners Support

Group, FHR

1:00 p.m. ~ Parkinson's Exercise Class, CR

## Friday • Jan. 27

9:30 a.m. ~ Seated Strength, CR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

1:00 p.m. ~ Rock Steady Boxing, BF

7:00 p.m. ~ Jazz Duo, EC

## **Room Abbreviations**

**BF. Body First** 

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room

GC, Grosh Cinema GR, Game Room KSU CL, KSU Classroom MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant MSC, Manhattan Sr. Center

VBC, Verna Belle's Cafe

VE, Village Entrance

#### Solution from 1/12.

3	2	5	1	8	7	6	9	4
8	7	6	4	3	9	1	2	5
4	9	1	6	5	2	3	7	8
9	1	8	2	7	3	4	5	6
5	6	7	8	4	1	2	3	9
2	4	3	5	9	6	8	1	7
7	3	4	9	2	8	5	6	1
1	8	2	7	6	5	9	4	3
6	5	9	3	1	4	7	8	2



# ertainment Guide

#### Monday, Jan. 23

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

### Tuesday, Jan. 24

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

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	10:30 a.m.	Weights 101 Exercise Class			
Ì	11:30 a.m.	Sit & Be Fit Exercise Class			
	1:00 p.m.	Parkinson's Exercise Class			

#### Saturday, Jan. 28

9:30 a.m. Band Bust Exercise Class



A Saint Valentine's Day Murder Mystery ~ Presented by Levity Players Group

February 16th at 6:00 Prairie Star Event Center \$70 per Ticket

Don Vincenzo Maranzano, an Italian-American "businessman", invites you to his engagement party. He is marrying Francesca DeLorossa, a lady Don who leads another family. This show prompts laughter you can't refuse.

**Advance Reservations Required** Reserve your spot at the Host Stand or by calling (785) 323-3820

## Amuse Bouche

Seared Scallop with Capers and Herb Butter On Carrot Rissoto

Blood Orange Salad
Tossed Baby Greens with Gorgonzola, Toasted
Pecans, and Blood Orange Vinaigrette

**Stuffed Roast Tenderloin** Beef Tenderloin Stuffed with Shrimp and Crab

with Bearnaise sauce **Parmesan Brussel Sprouts** 

**Chocolate-Covered Strawberry** Cheesecake



## **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: Jan. 22

SHOWTIMES @ 1 P.M. & 4 P.M.

DOUBLE TEAMED (2002) TV-G, 1 hr. 33 min. Sports, Drama, Biographical

Cast: Poppi Monroe, Annie McElwain, & Teal Redmann

Heidi and Heather are twins who cannot be more different from each other. When the two transfer to a posh high school known for its athletics, sporty Heather and fashion-conscious Heidi land on the school's basketball team. There, the siblings must compete for playing time ... and their teammates' respect.

MOB MONDAY: Jan. 23

**RESIDENT REQUEST** 

THE GODFATHER: PART III (1990) R for violence, language, & sexuality, 2 hr. 50 min. Crime

Cast: Al Pacino, Diane Keaton, & Talia Shire

In the final installment of the Godfather trilogy, gray-haired Michael Corleone struggles with a heavy heart to make the family business legitimate, but he's pulled into more bloodshed after he makes a lucrative business deal with the Vatican.

TRUE TUESDAY: Jan. 24

KANGAROO VALLEY (2022) TV-PG, 1 hr. 16 min. Documentary, Science, Nature

Cast: Sarah Snook

Journey to a secret valley in Australia, where a nervous baby kangaroo named Mala faces hungry dingoes and winter snows in this coming-of-age adventure.

**WESTERN WEDNESDAY:** Jan. 25

A COWGIRL'S SONG (2022) PG, 1 hr. 32 min. Feel-Good, Drama, Family

Cast: Cheryl Ladd, Savannah Lee May, & Darci Lynne Famer

After her father is wrongly arrested, an aspiring teen singer teams up with her grandmother, a country music legend, to raise the money for bail.

**THEATER THURSDAY:** Jan. 26

**RESIDENT REQUEST** 

DIRTY HARRY (1971) R for violence, language, & sexuality, 1 hr. 42 min. Crime, Classic, Action

Cast: Clint Eastwood, Harry Guardino, & Reni Santoni

When a madman dubbed "The Scorpio Killer" terrorizes San Francisco, hard-boiled cop Harry Callahan—famous for his take-no-prisoners approach to law enforcement—is tasked with hunting down the psychopath.

FUNNY FRIDAY: Jan. 27

THE POLKA KING (2018) TV-14, 1 hr. 34 min. Absurd, Quirky, Comedy

Cast: Jack Black, Jenny Slate, & Jason Schwartzman

Determined to make it big in America, Polish-born bandleader Jan Lewan draws his fans into a Ponzi scheme in this comedy based on a true story.

**SWEET SATURDAY:** Jan. 28

STRANGE WORLD (2022) PG, 1 hr. 47 min. Science-Fiction, Family, Action

Cast: Jake Gyllenhaal, Dennis Quaid, & Jaboukie Young-White

Follow along as a legendary family of explorers attempt to navigate an uncharted, treacherous land alongside a motely crew including a mischievous blob, a three-legged dog, and a slew of ravenous creatures.