



Happy Birthday, Kansas!

Next week, we are thrilled to celebrate a truly special occasion—Kansas Day! On Jan. 29, our beloved Sunflower State will mark its 164th birthday, commemorating its admission to the Union in 1861. As proud Kansans, this is a time to reflect on our state's rich history, resilient spirit, and the natural beauty that makes Kansas our cherished home.

The Story of Kansas

From its early days as a battleground for the nation's conscience during the "Bleeding Kansas" era to its role as a key agricultural and cultural hub, Kansas's story is one of perseverance, innovation, and community. Our state's motto, *Ad astra per aspera* ("To the stars through difficulties"), embodies this enduring spirit and reminds us of the boundless potential we hold as Kansans.

Celebrating Our Heritage

To honor this special day, we encourage everyone to embrace the unique traditions and symbols that make

Kansas extraordinary. Whether it's savoring sunflower-themed treats, listening to local music, or reading up on our rich history, there are countless ways to celebrate our state's legacy. Here are a few fun facts about Kansas to inspire your Kansas Day festivities:

- ~ The official state flower is the sunflower, a symbol of beauty and resilience.
- ~ Kansas is known as the Wheat State, producing some of the highest quality wheat in the world.
- ~ The first woman mayor in the United States, Susanna Salter, was elected in Argonia, Kan. in 1887.

Our state song, "Home on the Range," perfectly captures the heart of Kansas's breathtaking landscapes.

Here's to Kansas—a state of endless skies, golden fields, and a spirit that soars to the stars. Happy 164th birthday, Kansas!

by John Walters

In January of 1970, in Bartlesville, Okla., I was happy and content with the way my life was going. I was married to the love of my life, we had four young children, I had graduated with my PhD and had a very good job supporting the family. I knew I belonged with my family and would never go backpacking. But... Karen told me that "You are like a caged animal. You need to get out there." I decided to go on my first backpacking

trip. I called Bruce Miller. He advised hiking the Escalante canyon via Hurricane wash and Coyote gulch. At work, I talked to others, and several said they would like to go! We made plans to go in March (no canyon hiking in the summer!).

As the time approached, one by one, they all backed out! I decided to go anyway. In March, I collected my gear and drove through Oklahoma, Kansas, Colorado to Utah. I arrived in Escalante on a Sunday afternoon and made inquiries. The gas station attendant recommended Calf Creek campground east of town a few miles, and I camped there for the night.

I got up early on Monday and drove on Hole In The Rock road and found the Hurricane wash trail head. From high ground I could see Hurricane wash, straight for 5 miles, Coyote gulch, winding 15 miles across 5 miles of what the crow could fly, and the Escalante canyon off in the distance, twisting and winding perpendicularly to the gulch. I started walking in my Marwa klettershuhe (not the best hiking boots, but they fitted well). In the gulch, the canyon scenery was spectacular, the climate gradually going from early spring to full summer as the "oven" walls got higher, the hiking was nearly level, no waterfalls. I got to the Escalante canyon about mid-afternoon (20 miles already!).

I had no one to talk to, so I walked and looked and enjoyed myself. I walked down stream for about 3 miles and turned around to avoid seeing the backwater of Lake Powell and walked back to the



Stevens Arch

In the Beginning

mouth of Coyote gulch and camped out on a high sandbar, well above the river.

I was tired after 26 miles of walking, so I just unrolled my sleeping bag and went to sleep, eating nothing during that day of hiking! I had a good view of Stevens Arch. During the night, a cold front went through, and it was cloudy the next day, perhaps 40°F. I put on my cold gear (a wind-breaker parka over a hooded sweatshirt) and started hiking back to

the car.

After a few miles, my boots started coming apart. The steel spine was coming through the inner sole! The hiking required a great many stream crossings, and it was too much for rock climbing shoes. I had to take off my boots and socks and hike barefoot. That wasn't too bad, because much of the hiking was on sand, like on a beach. The rocks I had to walk on were smoother than any sidewalk I had ever walked on. But it was cold, and my feet were a little numb. I crossed one sand bar and failed to notice the Mexican sand burrs.

My feet felt a little funny and looked at them. I saw dozens of burrs coating the soles of my feet! I picked them off and was more careful after that. I got back to the car, put on my driving shoes and drove back into the town of Escalante. I hiked 40 miles in two days. It was supposed to be a 4-day hike, but I had no one to talk to and just kept walking!

I called Karen and told her I was back in civilization. I found a motel. I cleaned up as best I could, emptying out all my pockets of sand, etc. I went into the bathroom to shower, and I deposited a ¼ inch layer of sand! I cleaned it ALL up and got myself all cleaned up and put on clean clothes. I walked up the street to White's Cafe, the only cafe in town. I ate a rib steak that was 4 inches longer than the 12-inch oval platter! plus baked potato and broccoli. I was HUNGRY! I did not know it yet, but I had lost 5 pounds on that hike. It took me 6

months to put it back on! I got a good night's sleep and started back for Oklahoma, stopping at Junction, Utah, for breakfast. As I drove into Colorado, I could see the San Juan mountains 100 miles to the south, very clearly, no haze at all. I got back home the next day and was glad to be there.

In 1971, now in Greenville, S.C., we made plans to hike "the Buckskin" (again on advice of Bruce Miller), considered to be the premier slot-canyon hike in the world. Several others wanted to go. We made plans to go in October (again, no summer canyon hiking!). As the time to go neared, one by one they ALL backed out. Again, I decided to go alone. I drove the first day to Eastern Oklahoma on I 40 and slept at a rest stop (14 hours to drive 1000 miles, 10 hours to sleep). The next day, I drove to Meteor Crater, Ariz., and slept in a rest stop (another 1000 miles in 14 hours). After 10 hours sleep, I started driving to Flagstaff, to the San Francisco mountains by day break.

I drove through Page and crossed the Paria river and drove to the start of the hike. I was greeted with a sign "No Hiking Without a BLM Permit"! So ... I drove back to the highway and further West to Kanab, Utah, and entered the BLM office. I was told they did not allow hiking alone in the Buckskin, but because he knew I would hike anyway, without a permit, he would give me one IF I would call him that night, to prove I was yet alive! I DID NOT tell him that if he had said no, I would not have gone!

He pointed out on the map where I should climb out of the gulch. I drove back to the start of the hike and it was already noon! I got my hiking boots on (real hiking boots this time) and shouldered my pack (3 liters of water and a map). As I started descending the moderate sandy slope I observed a FRESH cougar footprint the size of the palm of my hand in a very dry sand dune. The track was sharp, not a sand grain fallen into the print. I knew that cougar was watching me, although I could not see it.

I arrived at the narrow dry stream in about a half mile and started walking downstream. I soon entered the gulch, 200 feet high, 10 or 20 feet wide. The sound of my footsteps on hard, dry mud echoed loudly. I heard a rattlesnake rattle, but it was so injured that it could not coil up and thus could not strike (after falling from the rim 200 feet above?).

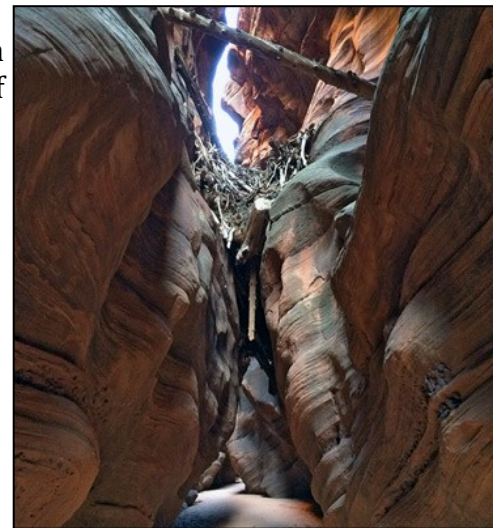
As I got farther into the very narrow canyon, often I could not see the sky for a quarter mile of

walking! I found an eagle feather (a gift from the "sky gods" assuring me that the sky was still up there?). The gulch has been following the cracks in the sandstone for eons and now has eroded the narrow canyon known as Buckskin gulch or "the Buckskin" which is 12 miles in length. At times, the walls are so close together that you can touch both sides with your elbows and you cannot see the sky!

Then another ancient crack is followed, and the 200 feet tall walls are 20 feet apart and the sky is visible again. It changes direction and width every ¼ mile or so. In one of the very narrow sections, I observed a driftwood log jammed across the gulch, more than 20 feet above the gulch floor. Sometime in the not so ancient past, the water was raging through there at that depth. You DO NOT hike in there without a permit from those that know the weather for the day!

Buckskin Gulch Log Jam

I walked for several hours in the two types of very narrow/wider sections, enjoying the fantastic scenery and eventually lost track of the number of sharp angle turns. I needed to find the right place to exit, so



I observed every possibility carefully.

In a fairly narrow section only 6-feet wide, I came to a "puddle" of thin coral pink mud a hundred yards long. I could not go around, so I had to wade in, very carefully. I could not see the bottom for depth or for rocks to stumble on, so I slid my feet along carefully. It was 3 feet deep, and no rocks! Then another puddle, another, finally 6 of them, all 3-feet deep and a hundred yards long with no tripping hazards.

This was starting to be not fun. I had no one to talk to and joke about it. As I exited the sixth puddle, I paused and said a prayer – "Please God, show me the way out, and I'll never backpack alone

See **BEGINNING**, page 5

EVENTS & OPPORTUNITIES

Plumbing Repair, next week

The Library and Flint Hills Room will be closed for a major plumbing repair Monday, Jan. 27, through Wednesday, Jan. 29. Additionally, residents in the West Tower are asked to not use water between **1 and 5 p.m. Tuesday, Jan. 28**, so the drain line repair can be completed. Thank you for your understanding.

Two Worship Services Starting in Feb.

Rev. Melanie Nord, Spiritual Life Leader, will begin presenting two services on Sundays starting in February. Worship times will be 10 a.m. and 11 a.m. in the Community Room/Chapel. The service will be the same for each time slot.

Ice Cream Social

Friday, Jan. 24, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is set for 3 p.m. Friday, Jan. 24, in the Kansas Room. Enjoy a scoop (or two!) and fellowship with friends. This opportunity is offered every fourth Friday.

MAMTA Recital

Friday, Jan. 24, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m. Friday, Jan. 24, in the Community Room. This musical event will showcase performances by members featuring a variety of piano solos and duets. Joining them are talented university piano students from Kansas State University's KMTA (Kansas Music Teachers Association) student chapter.

Worship Service

Sunday, Jan. 26, at 10:30 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10:30 a.m. Sunday, Jan. 26, in the Community Room/Chapel. This week, Melanie will explore the book of Haggai.

Shepherd's Crossing Celebration

Sunday, Jan. 26, at 2 p.m.

Come celebrate the legacy of Jim Reed and C. Clyde Jones for their vision and dedication to Shepherd's Crossing. We will gather for cake and light refreshments on Sunday, Jan. 26, from 2 to

3:30 p.m. in the Event Center. Remarks will be at 2:30 p.m. Residents are invited to attend and do not need to RSVP.

Kitchenware Donation Drive

Tuesday, Jan. 28, at 10:30 a.m.

Please consider donating your gently used or new kitchen items/tools to support Meadowlark Market, persons in need who receive starter kits from Kitchen Restore, a local outreach program, as well as the Cats' Cupboard, which benefits K-State students, faculty, and staff. Proceeds from Meadowlark Market benefit our Good Samaritan Fund, which assists persons living in a Meadowlark healthcare household who have exhausted their financial resources.

This donation drive will be held from 10:30 a.m. until 12:30 p.m. in the **Kansas Room** on Tuesday, Jan. 28. Items such as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs are all items that will be accepted. Please note that because of insufficient storage, donations only will be accepted on the day of the event.

If you'd like to make a monetary donation to Kitchen Restore, checks can be made out to GMCF. Please write FFC/Kitchen Restore in the memo, and mail to P.O. Box 1127, Manhattan, KS 66505. To donate online, you can visit www.nourishtogether.org and click the *Donation* button.

Page Turners Book Club

Wednesday, Jan. 29, at 11:30 a.m.

The Page Turners Book Club will continue our discussion of *The Storied Life of A.J. Fikry* by Gabrielle Zevin on Wednesday, Jan. 29, at 11:30 a.m., in the Patriot Room at Meadowlark.

Set in a bookstore, this funny, tender, moving novel reminds us why we love to read. The story is full of characters who either love books or grow to love them. Complete with a bit of mystery and plenty of second chances, this story is the perfect way to start the year. We have copies of the book available from the Manhattan Public Library. If you would like to borrow a copy or if you have questions, please contact Katie Sigman with Meadowlark Special Programs at

EVENTS & OPPORTUNITIES

ksigman@meadowlark.org or (785) 323-3899. We encourage any and all to join this gathering to socialize, engage, and discuss. Participants do not have to attend each week to participate; come when you are able, whether you have finished the book, are just beginning, or are interested in learning more!

Kansas Day Happy Hour & Charcuterie

Wednesday, Jan. 29, at 2:30 p.m.

Happy birthday, Kansas! You're invited to celebrate Kansas' 164th birthday from 2:30 to 4 p.m. on Wednesday, Jan. 29, in the Event Center. Complimentary and locally-sourced smoked sausage, cheeses, jams, and house-made flatbread will be served. The bar also will feature Kansas wines, whiskey, and beer on tap for purchase. A virtual tour of gallery highlights from the Kansas Museum of History in Topeka will be shown. No sign-up is required, and feel free to come and go as you wish.

The Dancin' Stew

Friday, Jan. 31, at 7 p.m.

Meadowlark welcomes *The Dancin' Stew* at 7 p.m. Friday, Jan. 31, in the Event Center. The story began with the ladies performing together in "Beehive: The '60s Musical." They had such a blast singing in harmony that they thought, "Why not keep this party going?" And that, my friends, is how *The Dancin' Stew* came to be!

Starting with the groovy sounds of '60s divas, they couldn't stop there. Now, they are all about mixing up the oldies with today's hits to keep the party alive wherever they go! This is a show you don't want to miss!

UFM Class: Celebrating Black History

Tuesday, Feb. 4, at 6:30 p.m.

Following the end of legal Reconstruction (1865-1877) in the United States, the racial climate of the Deep South inspired many African-American families to look for a new home in other states, including Kansas. These pioneers, known as Exodusters, traveled to Kansas in May of 1879, and settled in cities such as Leavenworth, Lawrence, Tonganoxie, Ottawa, and Manhattan. Join us in the Community Room on Tuesday, Feb. 4, at 6:30 p.m. to learn how this migration helped

form the historic Yuma Street district here in Manhattan and influenced settlement throughout the county.

UFM Class: The Universe

Tuesday-Thursday, Feb. 11, 12, 13, at 7 p.m.

Join us from 7 p.m. to 8 p.m. in the Community Room on Feb. 11, 12, and 13 to learn about our universe! This class will review what's happening in the night sky regarding positions of the moon, planets, stars, and their motions. We will then explore the nature of these objects and others unseen to the naked eye. In the end, we will marvel at the magnitudes and diversity of the furniture of our universe and gain a sense of how we belong.

BEGINNING, from page 3

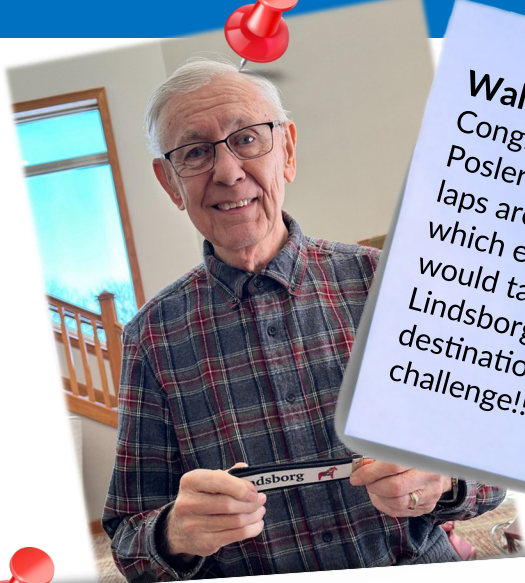
again". I opened my eyes and 50 feet ahead I saw little 3-inch by ¾-inch steps cut into the sandstone wall, every 2 feet in elevation, up to ledge 20 feet above the gulch floor! I thought "that can't be the exit the BLM ranger was talking about, but I can manage that!" The steps were cut into a wall section that was a 15 degree overhang, leading to a ledge that had a 35-degree slope. I carefully climbed the "steps", reached over the top of the "ledge" and pulled myself over. I walked about 50 feet upstream along the gulch and came to an easy slope up and out!

I found lots of pink/white agate chips that were leftovers from arrowhead making. The ancient inhabitants had used this route to climb down for water from the last "puddle" and climbed back out! I climbed higher and looked at my map. That route WAS the recommended one!

I hiked back to my car along the road I had driven on. I drank all my water and finished the last hour or so without water. When I got back to the car, I drank some warm tomato juice. I had never drunk anything before that that tasted so good! I had walked 15 miles in 6 hours! I drove into Kanab, got a motel room and called the BLM ranger. I got a good nights rest and drove back to Greenville in two days.

Back at work an acquaintance said "Why didn't you ask me?" He was Jim Dix. We became fast friends and hiked together for nearly two decades.

Community Bulletin



Walkin' to Lindsborg!
 Congratulations to Gerry Posler for completing 1,083 laps around the Courtyard, which equals the distance it would take to walk to Lindsborg, which is the final destination of the challenge!!

MEADOWLARK Employee of the Month



Braden McCune-Streit,
 Collins House CNA

Sponsored by **Meritrust**
 CREDIT UNION

NEW in 2025: Event Expanded to Upper Floor & More Seating!

SAVE THE DATE

COMMUNITY FIRST NATIONAL BANK PRESENTS

Art Mingle
 HIDDEN GEMS 2025

Friday, March 7, 2025

SNW Gallery & Union Hall

328 Poyntz Avenue • Manhattan, Kansas

EATS & DRINKS, AUCTION ITEMS, RAFFLE, & LIVE MUSIC

SNW GALLERY TO DONATE A PORTION OF GALLERY SALES @ ART MINGLE 2025

Tickets on sale Jan. 31. Event proceeds benefit Meadowlark Memory Program.

The Dash Poem
 by Linda Ellis

I read of a man who stood to speak at the funeral of a friend.
 He referred to the dates on the tombstone
 from the beginning to the end.
 He noted first came the date of the birth
 and spoke the following date with tears.
 But he said what mattered most of all
 was the dash between the years.
 For that dash represents all the time
 that they spent life on Earth.
 And now only those who loved them
 know what that little line is worth.
 For it matters not how much we own,
 the cars, the house, the cash.
 What matters is how we live and love,
 and how we spend our dash.
 So, think about this long and hard.
 Are there things you'd like to change?
 For you never know how much time is left
 that can still be rearranged.
 If we could just slow down enough
 to consider what's true and real,
 and always try to understand
 the way other people feel.
 Be less quick to anger
 and show appreciation more,
 and love the people in our lives
 like we've never loved before.
 If we treat each other with respect
 and more often wear a smile,
 remembering that this special dash
 might only last a little while.
 So, when your eulogy is being read
 with your life's actions to rehash,
 would you be proud of the things they say
 about how you spent your dash?

Meadowlark nurse Kenia Mills takes a selfie with the Meadowlark sign at Tuttle Creek Blvd. during the epic snowstorm this month!



Art Engagement *from the Beach Museum of Art*

Balance is a principle of design that refers to how the elements of art are used to create a stable and harmonious composition. If an artwork is pleasant to look at, it is usually a well-balanced composition. This does not mean the image needs to be presented with exact symmetry. An artist can use different objects, adjust their scale, color, and placement to distribute visual weight. As you look at the photomechanical reproduction of a mixed media artwork shown here, do you find it balanced or awkward? If you perceive balance, how did the artist use color, placement, and size of the objects to create visual order? If you do not observe balance, what would you change to achieve it?



Ann Louise Carter, (United States, born 1952)
Searching for Big Heads, 2002
Kansas Artists' Postcard Series XXV
Association of Community Arts Councils of Kansas
Photomechanical reproduction on paper
KSU, Marianna Kistler Beach Museum of Art, CM23n.2023

RESTAURANT **SPECIALS**

| | | |
|--------------------------------------|---|---|
| <p>Sunday, Jan. 26</p> | <p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p> | <p>\$16 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli</p> |
| <p>Monday, Jan. 27</p> | <p>\$11 Lunch Cheeseburger Sliders French Fries</p> | <p>\$15 Dinner Chicken Fajitas Refried Beans Mexican Rice</p> |
| <p>Tuesday, Jan. 28</p> | <p>\$10 Lunch Bacon-Cheddar-Egg Salad <i>served on a Croissant</i> Breakfast Potatoes</p> | <p>\$15 Dinner Beef Stroganoff Garlic Breadsticks Roasted Broccoli</p> |
| <p>Wednesday, Jan. 29</p> | <p>\$11 Lunch Jambalaya Fried Okra Cornbread</p> | <p>\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans</p> |
| <p>Thursday, Jan. 30</p> | <p>\$11 Lunch Italian Beef Sandwich Pasta Salad</p> | <p>\$14 Dinner Garlic Rosemary Chicken Smashed Potato Broccoli</p> |
| <p>Friday, Jan. 31</p> | <p>\$11 Lunch Pizza Bar</p> | <p>\$17 Dinner Pecan-Crusted Chicken <i>with Dijon Sauce</i> Garlic-Mashed Red Potatoes Asparagus</p> |
| <p>Saturday, Feb. 1</p> | <p>\$11 Lunch BBQ Chicken Sandwich Broccoli Salad</p> | <p>\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn</p> |

Weekly Opportunities Calendar *Jan. 26 to Feb. 1*

Sunday • Jan. 26 *Put your trash at the curb!*
 10:30 a.m. ~ Transportation to FUMC, VE
 10:30 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Shepherd's Crossing Event, EC

Monday • Jan. 27 *Trash pick-up*
 9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Support Group,
St. Thomas More
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:00 a.m. ~ Rock Steady Boxing, **BF**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:30 p.m. ~ God Talk, KSU CL
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change and Loss Support Group, FHR
 2:00 p.m. ~ Tai Chi, EC
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 28
 10:00 a.m. ~ ARTful Memories, BR
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 10:30 a.m. ~ Kitchenware Donation Drive, KR
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
 2:00 p.m. ~ 10-Point Pitch Group, KR
 2:00 p.m. ~ Social Circles, PS
 3:00 p.m. ~ Coffee Corner, EC
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Jan. 29
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partner Supp. Grp, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 11:30 a.m. ~ Page Turners Book Club, PR
 2:00 p.m. ~ Tai Chi, EC
 2:30 p.m. ~ Kansas Day Happy Hour, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, FHR

Thursday • Jan. 30
 9:00 a.m. ~ Messenger Team, KSU CL
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR

Thursday • Jan. 30, continued
 11:30 a.m. ~ PD Care Partner Social, PS
 1:00 p.m. ~ PD Care Partners Support Group, FHR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 4:00 p.m. ~ Meadowlark Singers Practice, CR

Friday • Jan. 31
 7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 2:30 p.m. ~ Fanny & Furby, KR
 7:00 p.m. ~ The Dancin' Stew, EC

Saturday • Feb. 1
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

| | |
|-------------------------------|------------------------------------|
| 1960 , TV Channel 1960 | KSU CL, KSU Classroom |
| BF , Body First | MM , 120 Scenic Drive |
| BR, Bison Room | MR, Manhattan Room |
| CR, Community Room | PR, Patriot Room |
| CY, Courtyard | PS, Prairie Star Restaurant |
| EC, Event Center | MSC , Manhattan Sr. Center |
| FHR, Flint Hills Room | VBL, Verna Belle's Lounge |
| GC, Grosh Cinema | VE, Village Entrance |
| KR, Kansas Room | WPL , Wamego Public Library |



Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Clean Air, Meadowlark Memory Program, Meadowlark Parkinson's Program, and our Nursing Scholarship Program, were received by Meadowlark Foundation during the month of December.

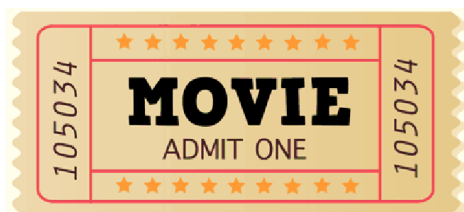
Memory of

| | |
|------------------------|----------------------|
| Bonnie Barrett | Michael Morrison |
| Imogene Lamb Bolls* | Carolyn Pulford* |
| Edward Call, Phd., and | Linda Schwulst |
| Jo Anne Call* | Shirley Stone* |
| Rev. H. Wayne Fink* | Elisabeth Vanderlip* |
| Jim & Shirley Williams | |

Honor of

Edith Chaput

**Remembered as part of the Dollar-a-Day campaign.*



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.

SUNDAY: Jan. 26

CHEETAH (1989) G, 1 hr. 24 min. *Nature, Action, Adventure*

Cast: Keith Coogan, Lucy Deakins, & Timothy Landfield

American teens traverse the African desert to rescue their adopted cheetah.

MONDAY: Jan. 27

MARIA (2024) R *for some language including a sexual reference*, 2 hr. 3 min. *Cerebral, Emotional*

Cast: Angelina Jolie, Pierfrancesco Favino, & Alba Rohrwacher

Showstopping. Mesmerizing. Uncompromising. Oscar winner Angelina Jolie stars as opera legend Maria Callas in the moving drama of the diva's final days.

TUESDAY: Jan. 28

BUY NOW! THE SHOPPING CONSPIRACY (2024) TV-14 1 hr. 24 min. *Provocative, Investigative*

Ex-insiders from the world's biggest brands share the manipulative tricks they use to keep customers consuming, at a devastating cost to our lives.

WEDNESDAY: Jan. 29

THE GREAT & POWERFUL OZ (2013) PG, 2 hr. 14 min. *Action, Adventure, Fantasy*

Cast: James Franco, Mila Kunis, & Rachel Weisz

A small-time circus magician with dubious ethics finds himself drawn into the problems of Oz.

THURSDAY: Jan. 30

RESIDENT REQUEST

ONE LIFE (2023) PG, 1 hr. 49 min. *War, Drama, Biographical*

Cast: Anthony Hopkins, Lea Olin, & Johnny Flynn

Sir Nicholas "Nicky" Winton, a young London broker who, in the months leading up to WWII, rescued more than 600 children from Nazi-occupied Czechoslovakia.

FRIDAY: Jan. 31

RESIDENT REQUEST

UNSUNG HERO (2024) PG, 1 hr. 53 min. *Drama, Family*

Cast: Daisy Betts, Joel David Smallbone, & Kirrilee Berger

A mother's faith stands against all odds and inspires her husband and children to hold onto theirs. Based on a remarkable true story.

SATURDAY: Feb. 1

BECAUSE OF WINN DIXIE (2005) PG, 1 hr. 48 min. *Drama, Comedy*

Cast: AnnaSophia Robb, Jeff Daniels, & Cicely Tyson

A heart-warming tale of a girl whose life is changed by a scruffy, fun-loving pooch named Winn-Dixie.