



March Madness

Basketball and a Blizzard in Liberal, Kansas

by Nancy Kopp

After a week's visit with my brother and his wife in New Mexico, we were heading back to Kansas. Our plan was to go as far as Liberal, spend the night and on to Manhattan, our home, the next day. We noted snow on the sides of the roads east of Albuquerque but soon ran into a dry area. Clear sailing!

This was before cellphones and a GPS in your car, so I kept an open map on my lap. About 4 in the afternoon, I looked at the map and said to my husband, "Looks like we're about an hour out of Liberal." I looked up and noticed big, white flakes floating from the sky.

Ken switched on the windshield wipers, and we journeyed on. By the time we reached the south edge of Liberal, the snow was coming down furiously, piling up on the road.

"We'd better find a hotel before they fill up," Ken said as he drove through the southwest Kansas town.

Most of the hotels were local, not franchise kinds like Holiday Inn and Ramada, which were the big names at the time. Ken drove, and I kept watching, eliminating this one and that one—too old, too small,

too rundown. I felt like Goldilocks! Finally, a larger place came into view. The sign out front said it had a restaurant and a bar as well as rooms. We passed by, and I quickly told Ken to turn around and go back.

He pulled into the parking lot and rushed into the snowstorm to the office, letting a whoosh of cold air into the car. It was March, and it was not unusual for snow to hit Kansas. I sat in the car thinking we'd be able to head home by morning.

Soon, Ken slipped and slid his way to the car. "Got the last room," he told me, "They've got a nice restaurant and a bar. We're all set for tonight."

It happened that March Madness NCAA basketball games would be televised that weekend. We'd be warm and dry and have some entertainment, too. Manhattan was only about five hours away, so we could be home the next day to watch more games, rooting for all the Big 12 teams.

As we ate dinner, we heard from locals that the storm would be continuing all night and into Saturday. We watched games that evening, slept well, and headed to the restaurant for breakfast the next

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EVENTS & OPPORTUNITIES

Lenten Lecture Series

During the season of Lent, Melanie invites you to the Lenten Lectures at 1:30 p.m. on Wednesdays through April 9 in the Event Center. Whether you have a long-standing faith or no faith, this series will inspire and challenge us to think about the hills and valleys of life and how we can journey through them together.

Each session will be followed by a question-and-answer opportunity as well as table discussion groups.

March 19: Annie Peace, Health Services Director, Caring for Others in the Valley.

March 26: Kendra Kuhlman, Executive Director of the Manhattan Arts Center, Creativity in the Valley.

April 2: Richard Linton, President of Kansas

State University, Leading People in the Valley.

April 9: Ned Seaton, Editor-in-Chief of the Manhattan Mercury, Sharing News in the Valley.

Shopping at Hobby Lobby & Dollar Tree Saturday, March 15, at 10:30 a.m.

The next scheduled trip is Saturday, March 15, 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, April 19. Please sign up in the Blue Book to participate.

Worship Services

Sunday, March 16, at 10 a.m. and 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, March 16, in the Community Room/Chapel. This week, Melanie will explore the book of John.

Prairie Star Writing Group

Tuesday, March 18, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, March 18, in the Patriot Room.

The March 18 session is titled, "My Top 10 is..." It seems everywhere we look we see a Top 10 list for something. Top 10 tools you need in your kitchen. Top 10 Movies of All Time. Top 10 _____ (Fill in the blank!) In your many long and productive years of life, you likely have a Top 10 list of something you would be willing to share. Each of you is so unique. It will be a real treat to hear your lists!

Stories About Artificial Intelligence

Tuesday, March 18, at 2 p.m.

Come listen to *Stories About Artificial Intelligence* at 2 p.m., on Tuesday, March 18, in the Bison Room presented by Wesley Fryer. Wesley is the son of Meadowlark resident Tom Fryer.

JOIN US ON
MARCH 28TH
5:30 P.M.
EVENT CENTER

FOR A READERS THEATRE OF
THE TEMPEST
BY COLUMBIAN THEATRE ACTORS

1ST COURSE
ROMAINE SALAD
WITH ROMAN DRESSING

CHOICE OF ENTREE
RACK OF LAMB
OR
BROWN SUGAR GLAZED SALMON

SIDES
GOLDEN GRUYERE POTATOES
BROILED TOMATO FLORENTINE

DESSERT
TIRAMISU

\$32

SIGN UP AT THE HOST STAND

SHAKESPEARE

EVENTS & OPPORTUNITIES

Volunteer & Tech Helper

Tuesday, March 18, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, March 18, in the Kansas Room (formerly known as the Game Room). Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the third Tuesday of every month!

Lettuce Ketchup with Parkinson's Lunch

Thursday, March 20, at 11:30 a.m.

People with Parkinson's (PwPD) and their care partners are invited the third Thursday of every month for a meal and fellowship in the KSU Classroom. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partners. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

Card Making with Michelle Lehmer

Thursday, March 20, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, March 20, at 2:30 p.m. in the Flint Hills Room.

The Music of Eric Brown

Friday, March 21, at 7 p.m.

Meadowlark welcomes Eric Brown Friday, March 21, at 7 p.m. in the Event Center! Eric was born and raised in Arlington, Texas. He spent 23 years at True Church of God in Christ (now True Church Powerhouse Ministries), where he grew up singing and playing piano and drums. Eric is a talented producer and arranger. His recent work includes producing for "The Voice" finalist Justin Aaron. He is also preparing to release his own music later this year. In addition to his production work, Eric will be performing both well-known songs and original music, adding his unique sound to make it his own. All are welcome.

Memory Matters Symposium

Monday, March 24, at 5 p.m.

If you have the privilege of living long enough, you learn that one thing you can always count on is change. Changes that occur as we age may include retirement, wrinkles, growing families, and more. But what changes happen to our brains as we age? How do we handle change if we become one of the more than 11 million people caring for a loved one with Alzheimer's disease or dementia?

If you would like to learn more about the answers to these questions and explore ways to positively impact the outcome of these changes, join us from 5 to 8 p.m. Monday, March 24, in the Meadowlark Event Center for the annual Memory Matters Symposium. The event continues to be free and open to the public and will feature a free brain-healthy snack. A major change to the event this year is that **registration is required**. Please call (785) 537-4610 or sign up in the Blue Book at the Meadowlark Hospitality Desk by Wednesday, March 19, to guarantee your seat and snack.

The goal of this outreach event, provided by the Meadowlark Memory Program, is to provide outreach and education about dementia and Alzheimer's disease to those in the Flint Hills region. This year's event will highlight how the brain changes with age and dementia and the mindset shifts one can use to positively influence interactions with those living with cognitive change. Join us in encouraging engagement and understanding as we strive to help de-stigmatize cognitive changes and decline. We are honored to recognize Robert Reeves, Meadowlark resident, who is underwriting this event in honor of his wife, Sue.

Heather Bailey, Ph.D., will lead off the evening, addressing our first question, with her presentation, *Brain Aging 101: How Aging & Dementia Reshape Our Minds*. Following Dr. Bailey's presentation there will be a brief exercise break and opportunity to visit with members of the Meadowlark Memory Leadership Team. We will then learn from Karen Stobbe about *Being in the Moment: An Interactive Session of Practical Tips*.

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morning. It was still snowing, and the waitress told us all roads leading out of town were closed. They were all two-lane roads, so it looked like we'd be staying another night.

We headed to the office to extend our stay. We could see the snow still coming down with cars in the parking lot totally covered, no snowplow in sight.

After watching more March Madness games all day, we headed down the hall to the restaurant. A man told us that the snow was to stop soon, but all roads leading out of town were closed. He sighed and said, "Looks like we might not get out of here until Monday." One more night in the motel.

On Sunday morning, after cleaning off the car, we were able to get through the main streets in town, so off we went to the Lutheran church. The pastor explained to the small congregation that the organist could not get into town, so he'd preach and play the hymns. The organ sat in the back of the church, so the pastor seemed like a one-man band, filling both positions. When it was time for a hymn, he zoomed back to the organ, pastoral robes flying. Back and forth he went.

After the service, we were invited to two couple's homes for dinner, but we declined as we still had

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At the conclusion of the event, Dr. Matthew Floersch, Meadowlark Memory Program Medical Advisor, members of the Meadowlark Memory Leadership Team, and the presenters will be available for questions.

If you are unable to attend in person, you may join us via Zoom. Contact Michelle or Katie for the link.

The Meadowlark Memory Program is designed to help those dealing with memory and cognitive changes, as well as their care partners. This program is open to anyone in the Flint Hills Region who is affected by memory and/or cognitive changes. All classes and groups are FREE of charge. Please contact Michelle Haub or Katie Sigman to learn more: mhaub@meadowlark.org, ksigman@meadowlark.org, or call (785) 323-3899.

games to watch that afternoon. I've never forgotten the kindness of those people, however.

Later in the day, we were told we could head for home Monday morning. After spending three nights at the motel, we were eager to be on our way. We checked out the next morning, thanking our host profusely for a fine March Madness blizzard experience.

Cleaning the car of snow once again, we loaded our luggage and headed to Highway 54. Once there, we had a surprise. The two-lane road was solid ice! Ken drove slowly and cautiously, both of us hoping we'd reach dry pavement soon. No such luck! We traversed this ice pond all the way to I-70, which was plowed and dry.

We breathed a sigh of relief as we drove to Manhattan in the beautiful Flint Hills. It had snowed there, too, but not nearly as much as in Liberal.

We have talked often of the days we spent in Liberal in a blizzard. How fortunate we had been to find a hotel with everything we needed, an entertaining church service, and the warmth of the people we met. Even March Madness basketball offered a unique experience that year. Nothing like being safe and dry, well fed, and entertained in a Kansas blizzard.

UFM: Great American Statesmen

Wednesdays, March 26 to April 9, at 6:30 p.m.

American history is replete with several legislators who guided this nation through troubled times. Join in the Community Room for this three-part class on Wednesdays, March 26 through April 9, from 6:30 to 8 p.m.

The first session focuses on the lives and careers of Benjamin Franklin and John Jay who negotiated the treaty of peace that ended the American Revolution.

During the second class, we'll examine the life of Henry Clay, a western state legislator, who, as a "war hawk" campaigned for a second war with Great Britain and then authored the Missouri Compromise that postponed conflict between the North and the South for 30 years.

Our final session will examine the life of Theodore Roosevelt, who won the Noble Peace Prize for ending the Russo/Japanese War, Woodrow Wilson who championed the League of

Nations at the conclusion of World War I, and George Marshall, a military leader, who as a civilian rebuilt war-torn Europe with the innovative Marshall Plan.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

ARTful Making

Wednesday, March 26, at 1:30 p.m.

Did you know that participating in creative activities increases your brain's level of dopamine and creates new neural pathways? If you would like to feel better and flex your brain power at the same time, check out ARTful Making!

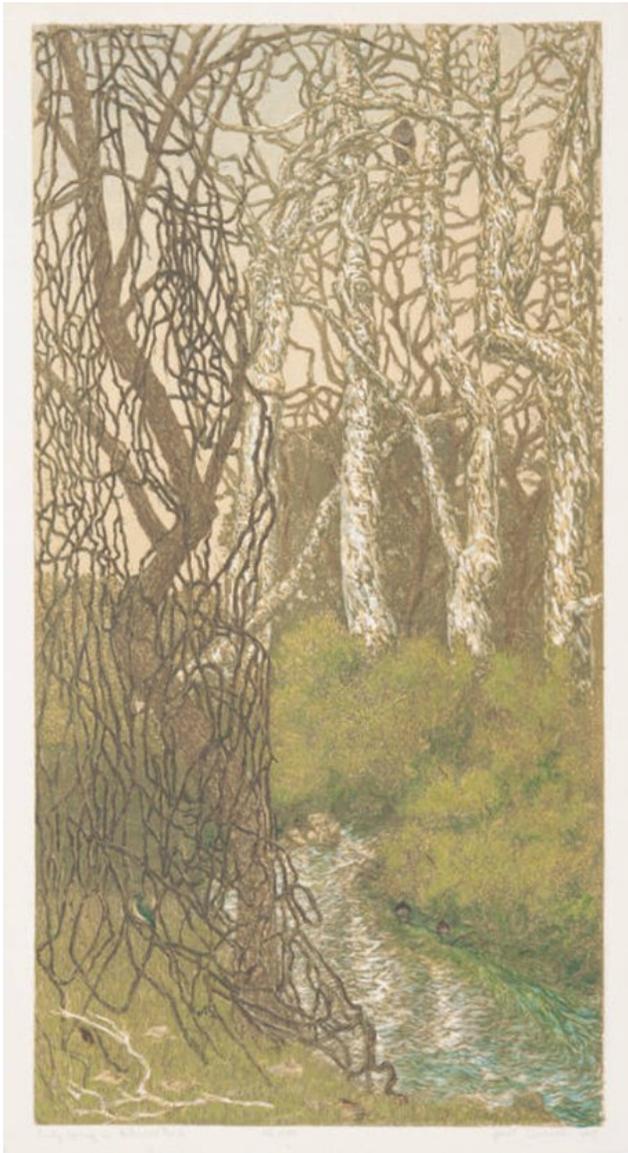
Meadowlark Special Programs partners with K-State's Marianna Kistler Beach Museum of Art for this experience-filled informal class. The fourth

Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities in Meadowlark's KSU Classroom from 1:30 to 2:30 p.m. Participants can explore the new art making techniques each month or work with the watercolor materials that are always available. All materials are provided for you; simply come and engage in art and conversation. This month's ARTful Making is scheduled for Wednesday, March 26, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

Ice Cream Social

Friday, March 28, 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, March 28, in the Kansas Room. Enjoy a scoop (or two!) and fellowship with friends. This opportunity is offered every fourth Friday.



MARIANNA KISTLER
BEACH
MUSEUM OF ART

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 an interesting and harmonious composition. The distribution of the visual weight of color, texture, value /contrast, and line creates unity. There are three kinds of balance: symmetrical, radial, and asymmetrical. Visualize a vertical line through center of this print. As you look at each side, how do you observe the artist using color, line, and texture to balance the image? Now visualize a horizontal line through the center of the composition. Do you observe balance between these two halves? That kind of balance is used, if any.

Elizabeth Janet Turner (United States, 1914 - 1988)

Early Spring in Bidwell Park, 1970

Color woodcut on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett, 2008.44

RESTAURANT **SPECIALS**

<p>Sunday, March 16</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli</p>
<p>Monday, March 17</p>	<p>\$11 Lunch Chicken Enchiladas Mexican Rice</p>	<p>\$20 Dinner Corned Beef & Cabbage Boiled Potatoes Irish Apple Cake</p>
<p>Tuesday, March 18</p>	<p>\$11 Lunch Fish Tacos Cilantro Lime Rice</p>	<p>\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad</p>
<p>Wednesday, March 19</p>	<p>\$11 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p>Thursday, March 20</p>	<p>\$11 Lunch Pizza Bar</p>	<p>\$16 Dinner Pork Tenderloin Mac & Cheese Brussel Sprouts</p>
<p>Friday, March 21</p>	<p>\$11 Lunch Potato Bar</p>	<p>\$15 Dinner Fish & Chips Coleslaw</p>
<p>Saturday, March 22</p>	<p>\$11 Lunch Hot Turkey Melt Pea Salad</p>	<p>\$11 Dinner Boneless Wings Tater Tots Carrots & Celery Sticks</p>

Weekly Opportunities Calendar *March 16 to March 22*

Sunday • March 16 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, VE
 10:00 a.m. ~ Transport to College Ave UMC, VE
 10:00 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 11:00 a.m. ~ Worship Service, CR

Monday • March 17 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Support Group, **St. Thomas More Catholic Church**
 10:00 a.m. ~ Tuttle Creek Ladies Group, BR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 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
 2:00 p.m. ~ Tai Chi, EC/**1960**
 2:00 p.m. ~ Change and Loss Support Group, FHR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • March 18

9:45 a.m. ~ Memory Activities Class, EC
 10:15 a.m. ~ Mat Yoga, FHR
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, KR
 2:00 p.m. ~ Stories of AI, BR
 2:00 p.m. ~ Social Circles, PS
 3:00 p.m. ~ WTC Expert Hour, EC
 5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • March 19

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. ~ West Monarch Luncheon, BR
 1:30 p.m. ~ Lenten Lecture Series, EC
 2:00 p.m. ~ Tai Chi, CR/**1960**

Wednesday • March 19 continued

3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, FHR
 4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday • March 20

9:00 a.m. ~ Messenger Team, KSU CL
 9:00 a.m. ~ Library Tech Help, KR
 10:00 a.m. ~ Wamego Memory Care Partner Support Group, **WUMC**
 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. ~ Lettuce Ketchup, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**
 1:00 p.m. ~ Card Making with Michelle, FHR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • March 21

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 Music of Eric Brown, EC

Saturday • March 22

9:00 a.m. ~ Tai Chi, **1960 only**
 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



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: March 16

HORIZON: AN AMERICAN SAGA, CH. 1 (2024) *R for violence & some nudity*, 3 hr. 1 min.

Drama, Western, Gritty

Cast: Kevin Costner, Sienna Miller, & Sam Worthington

Chapter 1 chronicles a multi-faceted, 15-year span of pre- and post-Civil War expansion and settlement of the American West.

MONDAY: March 17

THE SECRET OF ROAN IRISH (1994) PG, 1 hr. 43 min. *Fantasy, Adventure*

Cast: Jeni Courtney, Eileen Colgan, & Mick Lally

Young Fiona lives with her grandparents in a small fishing village, where she takes an active role to unravel the mysterious secrets.

TUESDAY: March 18

RESIDENT REQUEST

HOOSIERS (1986) PG, 1 hr. 54 min. *Drama, Sports*

Cast: Gene Hackman, Barbara Hershey, & Dennis Hopper

A coach with a checkered past and a local drunk train a small-town high school basketball team to become a top contender for the state championship in 1950s Indiana.

WEDNESDAY: March 19

ANNIE (2014) PG, 1 hr. 59 min. *Feel-Good, Heartfelt, Family*

Cast: Quvenzhané Wallis, Jamie Foxx, & Cameron Diaz

In this adaptation of the Broadway musical, a spunky kid comes under the wing of a political player, and they change each other's lives.

THURSDAY: March 20

THE TRUMAN SHOW (1998) PG, 1 hr. 43 min. *Drama, Comedy*

Cast: Jim Carrey, Laura Linney, & Noah Emmerich

Jim Carrey shines as an insurance agent who doesn't realize that his entire life is actually a popular 24-hours-a-day TV show.

FRIDAY: March 21

TANK (1984) PG, 1 hr. 53 min. *Rousing, Heartfelt, Comedy*

Cast: James Garner, Shirley Jones, & C. Thomas Howell

After relocating his family to a small Georgia town, a military man butts heads with the local sheriff and decides to wage a little war of his own.

SATURDAY: March 22

RESIDENT REQUEST

I NEVER SANG FOR MY FATHER (1970) PG, 1 hr. 32 min. *Drama*

Cast: Melvyn Douglas, Gene Hackman, & Dorothy Stickney

A man living in the towering shadow of his aging father finds it difficult to start a new chapter in his life by marrying his girlfriend and moving to California.