

Shop 'til You Drop!

by Becky Fitzgerald, Development Director Meadowlark Market, a store offering furniture and fabulous finds, will again be open later this month at 1217 Meadowlark Circle. The June hours and dates are 10 a.m. to 3 p.m. Friday and Saturday, June 28 and 29, and noon to 4 p.m. on Sunday, June 30. All are welcome to shop and spend! New items for June, so far, include three coordinating storage/display pieces, a leather rocker/recliner, an oak glider with nifty red cushions, a vintage rooster cookie jar, and two 14-karat gold and opal rings. Watch for more photos in upcoming Messengers!

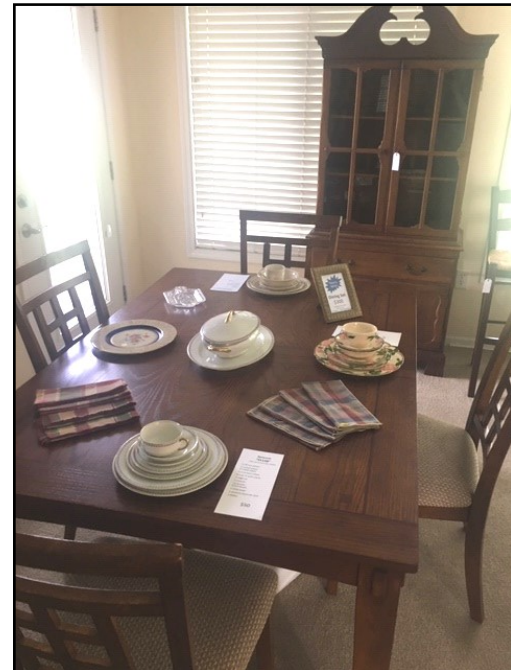
Becky Fitzgerald, Development Director, announces two operational changes. First, Riley County sales tax of 8.95% is now being calculated into the marked price visible on each item. For example, a buyer will pay \$75 for a table marked at \$75, rather than \$81.71. Our Finance team will later send the sales tax amount to the state of Kansas, and Meadowlark Foundation receives \$68.29 from the purchase of that table. Also, Jean Beatty, a Meadowlark resident and our volunteer "Market Manager" has agreed to serve as a contact for potential donations. If you have furniture or other items you'd like us to consider for Meadowlark

Market, please contact Jean at (785) 537-6808.

Meadowlark Market is operated primarily by volunteers during business hours.

Volunteers also assist with cleaning, arranging and pricing Market inventory as well as packing small donated items, such as collectibles and dishes, for transport to either the Market or off-site storage. New volunteers are welcome! If you'd like to volunteer for one or more Market tasks, please contact Jana Armfield, volunteer coordinator, or Becky Fitzgerald.

Market proceeds benefit the Good Samaritan Fund and other projects as needed. Meadowlark Foundation appreciates the warm welcome the Market has received. Your patronage and donations are greatly appreciated!



Outdoor Encounters

submitted by Nathan Bolls

These days a great fury is filling the air waves between plants and many of the animals of our world. Ease yourself across the prairie and within its tree- and shrub-filled gullies and patches. Stroll the woods; watch the trees, shrubs, and flowers around your home; or the plants in your gardens. Even with watching closely, you'll sense very little of the fury, very few of the trillions of small, quiet acts of which I speak.

Nevertheless, one of the most important events in all of Nature now is in full swing. I am referring to plant reproduction, in two parts. First is pollination,

the transfer of "male" pollen grains to a functional spot on top of the "female" part of a flower, i.e., to where the pollen grain can begin to form a pollen tube through which it can travel downward to unite, secondly, in fertilization with an egg in the ovule at the base of each of the many flowers on each of the approximately 370,000 known species of flowering plants. Within this number are almost all of the "plants" we notice, and, certainly, the ones upon which we depend for sustenance as we know it.

Space limitation keeps me from detailing the very

See Outdoor, Page 3



[above] Residents and friends enjoying the beautiful weather last Friday at Meadowlark's Summerfest

Vespers Service

Sunday, June 16, at 7 p.m.

The Vespers service will be led by Rev. Glenn Fogo from First United Methodist Church at 7 p.m. Sunday, June 16, in the Community Room. All are welcome.

Parkinson's Voice Class

Monday, June 17, at 1:45 p.m.

Do people ask you to repeat yourself more often? It is challenging to be understood on the telephone? Come join Meadowlark Parkinson's Program's fun and interactive group in voice and speech exercises to improve your communication with family and friends.

Summer 2019 classes will be held from 1:45 to 2:30 p.m. following Parkinson's Exercise Class on Mondays in the Community Room. Join our next Voice Class on Monday, June 17.

Exercises are geared toward individuals with

Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend. Classes are led by Michelle Haub, MS, CCC-SLP.

Change & Loss Support Group

Monday, June 17, at 2 p.m.

The next session for Change and Loss Support Group will begin at 2 p.m. Monday, June 17, in the Flint Hills Room. The group meets the first, third and fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, June 18, at 10:30 a.m.

All are invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, June 18, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

Coffee Corner

Tuesday, June 18, at 3 p.m.

All Meadowlark residents are invited to a social hour at 3 p.m. Tuesday, June 18, in the Community Room. Verne Belle's featured dessert is a S'mores Cupcake.

Trip to Wichita Art Museum

Wednesday, June 19, depart at 8 a.m.

Meadowlark will travel to the Wichita Art Museum Wednesday, June 19, to experience the exhibit, *Georgia O'Keeffe: Art, Image and Style*.

Our group trip will depart from the Village Entrance at 8 a.m. Wednesday, June 19, expecting to arrive at the museum by 10:15 a.m. Cost for the trip is \$45, which includes transportation and museum admissions. Lunch will be available for purchase at Muse Café located at the museum.

Please sign up in the Blue Book at the Hospitality Desk; space is limited. For questions, contact Monte Spiller at (785) 323-3801.

Parkinson's Webinar

Thursday, June 20, at 11 a.m.

Join Meadowlark Parkinson's Program to view a webinar by The Michael J. Fox Foundation at 11

a.m. Thursday, June 20, in the West Conference Room. The webinar will be discussing the connection between Parkinson's and the immune system—its role in disease and how to develop measure and identify drug targets.

Coffee Connections

Friday, June 21, at 10 a.m.

Enjoy a nice cup of coffee with great company! Miller Place is hosting Coffee Connections from 10 to 11 a.m. each Friday morning in the Miller Friendship Room. Join volunteers and residents in a discussion a fun "topic of the day." All are welcome to attend!

Veteran's Group

Friday, June 21, at 10 a.m.

The Veteran's Group will meet at 10 a.m. Friday, June 21, in the Grosh Cinema. A documentary about tanks will be shown. All Veterans interested in joining are invited to attend.

For questions about the Veteran's Group or to be added to the current contact list of Meadowlark Veterans, please contact Sara Snell at (785) 323-3862 or Monte Spiller at (785) 323-3801.

Music by The J-Pegs

Friday, June 21, at 7 p.m.

It's been awhile since this husband and wife duo has performed at Meadowlark, so join us in welcoming back Jonathon and Peg Mcbee, better known as The J-Pegs, at 7 p.m. Friday, June 21, in the Community Room.

This couple has a great variety of musical genres that they play, which includes classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage country to today's country hits, folk, and blues.

Fellowship Hour

Saturday, June 22, at 10:30 a.m.

Come join our newest volunteers, Jerry and Naketa Lawrence, for a Fellowship Hour from 10:30 to 11:30 a.m. on the fourth Saturday of every month in the KSU Classroom.

This will be a time of fellowship, singing, and the reading of the Psalms. You will have an opportunity to share your favorite Psalms with everyone in attendance. Jerry and Naketa are relocating to Kansas and love to give back by serving others. The first Fellowship Hour will meet Saturday, June 22, at 10:30 a.m. in the KSU Classroom. Refreshments will be served.

Outdoor, continued from Page 1

complex processes of cell division that produces the "male" pollen grains and the fertile eggs. But union of egg and pollen grain stimulates the formation of a tiny embryo. Within the ovule, mostly from the ovule walls, various combinations of layers differentiate to form protective layers around both the embryo and the endosperm that also has developed as "embryo food." The embryo, endosperm, and their protective layers form a seed. But the different combinations of layers, and how they may develop in a particular species, give us different reproductive products. Some we call seeds, some nuts, berries, melons, beans, or fruits.

We notice flowers on roses, azaleas, blue flax, and irises; blossoms on magnolia and tulip trees, and on flowering dogwoods. We notice sunflowers, and perhaps such as prairie coneflowers, prairie primrose, and prairie purple mallow among the dozens of species of wildflowers that bloom across our Tallgrass. Ask Sue Hunt about these beautiful parts of Nature all around us. Gardeners see flowers on numerous plants, including potato, squash, morning glory, bindweed, and late-season broccoli.

The flowers are there, but have you ever noticed them on cottonwood, ash, locust, oak, or elm trees? How about on any of the 40-plus species of grasses found across our tallgrass prairie? Our lawn grasses rarely are given a chance to mature to the flowering stage! How about on the yew plants around your house; the red cedars that are threatening to take over the Tallgrass; or the white and ponderosa pines and the blue spruce trees we set out for decoration?

The motive force that puts a pollen grain in the appropriate spot on the female part of a flower is quite variable. Most pollinations are brought about by wind or insects, but for many species of flowers, we know that water, birds, bats, other mammals, and gravity may act as the force behind pollen distribution. But what we think of as typical is so. In the USA alone, 3,000 bee species, 750 butterfly species, and 1,000s of species of wasps, flies, and beetles pollinate approximately 75 percent of our flowering plants. A Silent Fury!

Concrete Work

Concrete repair will be taking place at the Community Center main entrance. Parking spots in front of the Prairie Star Patio will be blocked off for a week. Parking is available along Meadowlark Road at unmarked curbs.

On Fellow Strangers

submitted by Helen Roser

I had the good fortune to work with artists from Mexico in their first visit to the United States. They were the guests of the mayor of Los Angeles. Many didn't speak English, but with gestures and "language of the heart," we got along.

They had an interesting concept of time and how it is used. Don't mention "appointment" to them or suggest they "be on time." You would get a firm response "I am a man, not a machine!"

If they showed up within four hours, they were "on time." If they came a few days later, they had kept the appointment, they were "a little late."

Some of the Mexican artists in Los Angeles were heavily into superstitions. An amused artist told me why the young men got so excited when I came around. Their superstition was that they would have good luck if they saw a woman who had red hair and blue eyes. I had both...

I had noticed they seemed excited and whispered to each other when I came around. All but one stood near me, who was shy.

So, now that I understood their excitement, I lingered longer at their booth. Once I stepped beyond the counter to look at an exhibit on the wall, where the shy one stood. As I leaned to get a closer look at the wall displays I grasped the shy one's shoulder. There was a gasp from the others. I came out front and left saying adios. Friendly parting.

The artist who had told me about them had been watching. She laughed as she told me "Oh, Elaina! Now they are going to put their hands all over him as they can get some of the good luck you gave him when you touched him!"

It was like being with creatures from another planet. Where mortals are men, not machines, time is the gift of life. Good luck is yours if you see a woman with red hair and blue eyes.

After 59 years, I still have blue eyes, and

memories of those dear artists from our neighbor, Mexico.

Sir John

submitted by Dotty Blacker

In 1976, my husband, an orthopedic surgeon, was accepted for a 6-month fellowship with Sir John Charnley of Wigan, England. Sir John was the originator of joint replacement. It started with hip replacement and has advanced to other joints, and dental implanting.

I, of course, tagged along not having the slightest idea that I would make a big contribution. We had a small flat in the compound from October to March, which was a former Cromwell estate, very cold and drafty. Heat was via a small coal fireplace downstairs. Pipes fed "hot" water to the "kitchen" and bathroom. A small camper style refrigerator was provided but no matter, the upper kitchen cabinet was cold enough. A brick-filled register in the living area sometimes helped.

There were three fellows at the time, all interested to be published with Sir John. Two Americans and Tony Ferrari from Montevideo, Uruguay. The arrangements were that the fellows would be given a topic, compose and research and turn into Sir John who would make corrections for a rewrite. They could use the secretary typewriters when free or the secretaries could type for them. The problem was that if the fellow couldn't type, they had an almost impossible job of persuading a low-producing English secretary to help. So, I typed a few times each for the Americans, but Tony was a challenge.

I also helped with some of the research like sorting through x-rays to measure specifics like the condition of the glue, deterioration of the bone and muscle, etc. That was my first introduction to the concept that we carry donor cards for body parts, but never body donation. I can't imagine what the medical conditions would be like without the donation of cadavers. Doctors cannot promote this information so that they are perceived correctly as totally interested in the living. Imagine what it would be like if they did not have the experience of working with a cadaver.

I've signed a body donation form to be sent to

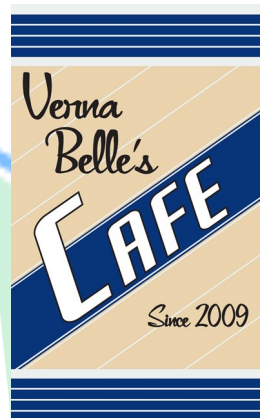
the KSU Medical School in Kansas City. My remains will start a commotion in the lab when they find my pacemaker, followed by another when they find my rotator cuff attached to the bone with molly bolts. The disappointment is that I will not be there to watch. For me, this is a lot more interesting than being put in an expensive wood box and buried in the ground.

Back to Tony, he had pretty good English skills, but fell short with some phrases. He wanted it to sound American, so I could make minor grammar changes such as “after operation” to “following surgery.” When techy, I would have my husband help me correct and retype. One time early in the game, Tony felt he had asked me for enough help. A few days later there was knocking on the door of our flat and Tony, very frustrated, said “I think you will type some more!”

Tony was the first medical person in Uruguay to be published in an American Journal, so happy is a small word to describe his excitement. I did not know any of this until we were all ready to depart. He told me people used to stand in the hall to listen to me type. I always made sure the desk area was left in better condition so there would be no complaints; margins left as found, ribbon changed if needed, supplies replenished, etc.

Sir John had a final reception at his home. Tony started to introduce me to Sir John, who took my hand in his, looked deep in my eyes, grinned while saying “Oh I know who you are.” I was stunned and literally speechless; THE Sir John Charnley was saying that to me! So, he and three fellows got published.

Goodbyes were tough. Tony was so anxious to get home. But when his wife came to meet him in London, he had her come on the train to Wigan to meet me. He choked up while he said “How could I be so lucky, it is like finding two people on a small raft in the middle of the ocean?”



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, June 16

Breakfast: Omelets with Fruit

Monday, June 17

Breakfast: Biscuits & Gravy

Lunch: Ham & Cheese Sliders with Side ham & Swiss cheese on a slider bun topped with Dijon glaze ~ \$4.50/\$6.50

Tuesday, June 18

Breakfast: Breakfast Sandwich with Fruit

Lunch: Pulled Pork Sandwich & Cheesy Potatoes shredded pork & BBQ sauce on a butter-toasted bun served with cheesy hashbrown potatoes ~\$6.50

Wednesday, June 19

Breakfast: Breakfast Burrito & Fruit

Lunch: Crispy Chicken & Potato Bowl with Side mashed potatoes, gravy & corn topped with crispy chicken ~\$6.50

Thursday, June 20

Breakfast: Biscuits & Gravy

Lunch: California Quesadilla & Side grilled chicken, bacon & cheddar cheese inside a crispy flour tortilla served with a side of guacamole ~ \$4.50/\$6.50

Friday, June 21

Breakfast: Waffle or Pancake

Lunch: Cheeseburger with Baked Beans & Side grilled hamburger with American cheese on a butter-toasted bun with all the fixings ~\$6.50

Saturday, June 22

Breakfast: A la carte menu options

PRAIRIE STAR RESTAURANT

Restaurant Hours
Monday to Saturday, 10:30 a.m. to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	June 16 ~ Lunch \$12	Dinner \$12
	Roast Pork Loin with Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour	Beef Tips Fettuccine Vegetable du Jour
MONDAY	June 17 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Cornflake Ranch Baked Chicken Swiss & Green Onion Potatoes Vegetable du Jour
TUESDAY	June 18 ~ Lunch \$7	Dinner \$14
	Taco Bar (does not include drink, starter, or dessert)	Shrimp & Chicken Penne with Tomatoes, Mushrooms, Spinach & Basil Garlic Toast Vegetable du Jour
WED.	June 19 ~ Lunch \$10	Dinner \$12
	BBQ Ribs French Fries Coleslaw	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	June 20 ~ Lunch \$7	Dinner \$12
	Pizza Bar (does not include drink, starter, or dessert)	Baked Ham with Pineapple Sauce Hashbrown Casserole Vegetable du Jour
FRIDAY	June 21 ~ Lunch \$10	Dinner \$14
	Stir Fry Chicken Steamed Rice Choice of Vegetable	Grilled Salmon with Dill Sauce Roasted Fingerling Potatoes Vegetable du Jour
SAT.	June 22 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich French Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Clubman Driver
 1 1/2 oz. Irish Whiskey, 1 1/2 oz. Orange Juice & 1/2 oz. Blue Curacao
 \$3.75

Grosh Cinema Movies

Sunday, June 16, to Saturday, June 22, 2019

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

Sunday, June 16—Good Sam (2019)

■ A news reporter looks into who has been anonymously leaving large cash gifts on random doorsteps in New York.

■ **Co-Starring:** Tiya Sircar, Chad Connell, & Marco Grazzani

■ **Rated:** PG; 1 hr. 29 min.

Monday, June 17—An Unfinished Life (2005)

■ Two generations of a damaged family are brought together in this emotional drama. Desperate to provide care for her daughter, down-on-her-luck Jean moves in with her father-in-law from whom she is estranged.

■ **Co-Starring:** Robert Redford, Jennifer Lopez, & Morgan Freeman

■ **Rated PG-13;** 1 hr. 47 min.

Tuesday, June 18 —Junebug (2005)

■ A dealer in “outsider” art travels from Chicago to North Carolina to meet her new in-laws, challenging the equilibrium of this middle class Southern home.

■ **Co-Starring:** Embeth Davidtz, Alessandro Nivola, & David Kuhn

■ **Rated R;** 1 hr. 46 min.

Wednesday, June 19—Bend of the River (1952)

■ When a town boss confiscates homesteader’s supplies after gold is discovered nearby, a tough cowboy risks his life to try and get it to them.

■ **Co-Starring:** James Stewart, Rock Hudson, & William Gulick

■ **Rated NR;** 1 hr. 31 min.

Thursday, June 20— Hoosiers (1986)

■ A coach with checkered past and a local drunk train a small town high school basketball team to become a top contender for the championship.

■ **Co-Starring:** Gene Hackman, Barbara Hershey, & Dennis Hopper

■ **Rated PG;** 1 hr. 54 min.

Friday, June 21—We Bought a Zoo (2011)

■ Set in Southern California, a father moves his young family to the countryside to renovate and re-open a struggling zoo.

■ **Co-Starring:** Matt Damon, Scarlett Johansson, & Thomas Haden Church

■ **Rated PG;** 2 hr. 4 min.

Saturday, June 22—The Secret Scripture (2016)

■ Residing in a psychiatric hospital, a woman receives visits from a young psychologist whose interest in her diary triggers flashbacks of her youth, which was filled with romance, obsession and turmoil.

■ **Co-Starring:** Rooney Mara, Aidan Turner & Eric Bana

■ **Rated PG-13;** 1 hr. 48 min.

Weekly Opportunities Calendar June 16 to June 22

Sunday • June 16

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Rev. Glenn Fogo, CR

Monday • June 17

Manhattan Room—open seating at lunch only

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 2:00 p.m. ~ Change & Loss Support Group, FHR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 18 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Guided Meditation, GC
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • June 19

Manhattan Room—open seating at lunch & dinner

- 8:00 a.m. ~ Depart for Wichita Art Museum, VE
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 10:00 a.m. ~ Memory Care Partner Supp Grp, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 6:30 p.m. ~ Osher Class: World War II

Thursday • June 20

Manhattan Room—no open seating available

- 8:00 a.m. ~ Apple Technology Help Lab, KR
- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Parkinson's Webinar, WCR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Osher Class: Political Climate, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • June 21

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veteran's Group, GC
- 10:00 a.m. ~ Coffee Connections, MCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Music by The J-Pegs, CR

Saturday • June 22

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:00 a.m. ~ Fellowship Hour, KSU CL

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
SCR, South Conference Room	VB, Verna Belle's

*Meadowlark News and Announcements
can be viewed on Channel 1960*