

National Academy of Sciences Induction

K-State faculty member and Meadowlark Passport member received distinguished honor for scientific contributions



Photo derived from the Manhattan Mercury website.

by Michele Riter, Community Relations Assistant
Meadowlark would like to recognize one of our Passport members, Barbara Valent, for her recent induction into the National Academy of Sciences. Barbara is a plant pathology researcher at K-State. She describes the induction “like the scientific equivalent of winning an Oscar.”

The National Academy of Sciences is a private, non-profit society of distinguished scholars. Members are a group of scholars that are selected to provide advice to national leaders on scientific and technological issues. Scientists are elected for outstanding contributions to research in their fields. The Academy was founded in 1863, by Abraham Lincoln and currently has 2,400 members.

Graduating from University of Colorado, Boulder

with a Bachelor of Science in Chemistry, Barbara then completed a Ph.D. program in Biochemistry. Barbara’s current research focuses on processes to control diseases on rice, wheat, and cereal crops and observation of certain fungi affecting crop growth.. The research will help to improve crops’ resistance in certain areas. Barbara states that her passion for mycology and work with fungal pathogens will also allow her to contribute to global food security issues.

As the first K-State faculty member to be inducted into the National Academy of Sciences, this accomplishment is now encouragement for young researchers. Barbara hopes choosing research on “important problems, things that matter in the real world” is something that can have a great impact on people’s lives.

recipe COOKING WITH LISA: NO CHURN SORBET

INGREDIENTS

8 oz. of Raspberry/Pineapple/
Peach/ or Melon
3–4 Tbsp of Sugar Syrup
or Agave (substitute with
Orange Juice for less
Splash of Lemon Juice

DIRECTIONS

To make the sugar syrup, combine the sugar with water
in a saucepan & heat until the sugar dissolves.
Simmer and stir for 15–20 mins. Let cool.
Cut up fruit into 1/2 inch cubes
Lay out fruit pieces on parchment paper lined tray
Freeze fruit. After completely frozen, use a small
food processor or blender to pulse the fruit.

Slowly add sugar syrup and continue to pulse until it is a smooth texture.

Mix in lemon juice. Spoon into a bowl and enjoy or freeze and save for later!

On Winning

submitted by Helen Roser

He was 84 years old, tall, slim, tanned skin, full head of hair and a soft voice. He was a New York trainer of New York horses. It was said that he didn't train many horses, but when he got a good one, he knew what to do with it.

He was being interviewed in front of the empty Belmont Park stadium in West Point, New York. Because of the virus, the Triple Crown races had been shuffled. The usually decisive Belmont was being run first, followed by the Kentucky Derby in September and the Preakness in October.

The favorite of the Belmont was a New York horse, trained by the New York trainer. In his calm voice, he said: "I don't train a lot of horses, but I have thought it would be nice to have a horse that would win a big one before I died or something."

And did his horse ever win! He came tearing through the pack and zoomed across the finish line.

It was said that a crowd of New York fans had said if their horse won the Belmont today, they were all going to take a school bus and follow it to the Kentucky Derby.

There was a bit of history made at Belmont. The horse that placed (coming in third) was the first horse trained by a female trainer. That horse loved her and kissed her on her cheek (some horses bite their trainers.)

Prairie Star Restaurant

WEEKLY Ice Cream Treats

Prairie Star Restaurant is now offering a weekly ice cream treat! You can substitute it for your dessert at lunch or dinner when you order a special or order it at anytime for just \$2! This week it is a Butterfinger Ice Cream Bar.

Seasons

Word Search answer from 6/22.

S	R	E	P	M	A	E	L	E	E	W	S	T	M
M	A	E	G	H	T	S	U	F	N	W	F	N	L
S	I	R	N	W	W	E	S	S	I	I	M	V	S
N	N	I	I	I	L	A	E	S	H	S	N	L	S
O	T	S	M	N	A	S	L	S	S	R	E	L	E
W	L	H	M	T	S	O	C	P	N	E	E	A	V
M	I	T	I	E	P	N	I	R	U	W	I	F	A
A	F	H	W	R	R	A	C	I	S	O	M	A	E
N	S	S	S	I	E	L	I	N	I	L	E	I	L
S	E	E	W	A	C	I	P	G	S	F	S	T	I
A	E	T	A	L	O	C	O	H	C	T	O	H	O
N	S	F	C	A	M	M	I	R	E	M	M	U	S
R	F	L	I	P	F	L	O	P	S	E	H	S	G
E	K	A	R	O	S	A	G	A	L	O	L	M	N

HOW YOUR *mask* SHOULD FIT



- ① **Place any straps around your ears, or tie behind your head's crown and the nape of the neck to secure mask to face.**
- ② **Cover your entire nose and mouth. Carefully pull and stretch the mask to adjust it around these areas.**
- ③ **Be sure to tuck the mask beneath your chin if possible, as this prevents shifting.**

**GOOD
HOUSEKEEPING**

New Programming: Channel 1960

*Cooking with Lisa and Comedy Club are back!
Don't miss new episodes this week!*

Church Service, re-scheduled

The re-scheduled episode of Sunday Church Service with Chaplain Patty Brown-Barnett will premiere today, June 29, at 7 p.m. Re-runs of this episode are listed on page four of this Messenger.

Update from Lonnie Baker

Don't miss an important update from Lonnie Baker, CEO, at 4 p.m. Tuesday, June 30, on Channel 1960.

Our Planet: Deserts & Grasslands

Experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope.

In this episode, cameras follow desert elephants seeking sustenance, bison roaming North American grasslands, and caterpillars living the good life underground.

Friday Night Program: Oslo Philharmonic

Tune in to Channel 1960 for a classical performance of Beethoven Symphony No. 9, at 7 p.m. Friday, July 3. The performance will be by the Oslo Philharmonic and conducted by Klaus Mäkelä. The performance took place in Jan. 2019.

The Celts, Episode One: In the Beginning

In the debut episode of the BBC series, The Celts, the program looks at how the Celts were the first European people north of the Alps to rise from anonymity. Learn who the Celts were, where they came from, and what made their culture so distinctive. This is a six-part series which will run on Channel 1960 at 10:05 a.m. each Saturday starting July 4.

Aerial Firework Show

Get up close and personal with fireworks to celebrate the July 4th holiday! An Aerial Firework Show will air at 7 p.m. Saturday, July 4, on Channel 1960. You will see these magnificent colors and sparkles from drone footage!



Meadowlark Entertainment

Monday, June 29

7:00 p.m.	Sunday Church Service with Chaplain Patty Brown-Barnett, <i>Rescheduled from 6/28</i>
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Tuesday, June 30

9:00 a.m.	Sunday Church Service <i>Re-run episode from 6/29</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)
4:00 p.m.	Update from Lonnie Baker, CEO
4:30 p.m.	Cooking with Lisa: <i>No Churn Sorbet</i>
7:00 p.m.	Our Planet: <i>Deserts to Grasslands</i>

Wednesday, July 1

9:00 a.m.	Comedy Club: <i>Wake Up Funny</i>
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service <i>Re-run episode from 6/29</i>
12:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/30</i>
12:30 p.m.	Cooking with Lisa: <i>No Churn Sorbet</i> <i>Re-run episode from 6/30</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: <i>Afternoon Funny</i>
5:00 p.m.	Sunday Church Service <i>Re-run episode from 6/29</i>

Thursday, July 2

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 6/30</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class

Thursday, July 2

2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 6/30</i>
3:30 p.m.	Cooking with Lisa: <i>No Churn Sorbet</i> , <i>Re-run episode from 6/30</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Red, White & Blue Cocktail</i>

Friday, July 3

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 7/3</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 7/3</i>
7:00 p.m.	Friday Night Program: <i>Oslo Philharmonic,</i> <i>Beethoven Symphony No. 9</i>

Saturday, July 4

9:00 a.m.	Comedy Club: <i>Wake Up Funny</i> <i>Re-run from 7/1</i>
9:15 a.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/3</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	The Celts, Episode One: <i>In the Beginning</i>
2:00 p.m.	Band Bust Exercise Class
3:00 p.m.	Comedy Club: <i>Afternoon Funny</i> <i>Re-run episode from 7/1</i>
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 7/3</i>
4:30 p.m.	Happy Hour with J-Mix <i>Re-run episode from 7/2</i>
7:00 p.m.	Aerial Firework Show