



## Labor of Love: Outdoor Encounters

Nathan Bolls, Ph.D., Professor Emeritus of Biology at Wittenberg University in Ohio, and current Meadowlark resident wrote a collection of articles over a period of years titled, *Outdoor Encounters*, to

remind others who live on our campus that our beautiful natural area and trail system stand ready to offer accessibility to the outdoors.

Bolls has spent a lifetime of wading in streams, hiking through thigh-high grasses, and watching the intricacies of life. Soon, his series of essay that reflect the beauty of Mother Earth and the attention she demands will be available for purchase. Watch for the Monday, Nov. 2, Monday Messenger for purchase opportunities.

In anticipation of this local release of “Outdoor

Encounters,” please enjoy this previously published article perfect for fall.

### Leaf Show by Nathan Bolls

We soon will lose our summer umbrella of living shingles; the marvelous evolutionary development we call the green plant leaf. In additions to the leaf’s essential process of photosynthesis, they offer shade to plants, animals, and soils in thousands of different ways.

The leaves of flowering plants, though essential to animal life as we know it, are extremely ephemeral. In face, we have learned to mentally downplay the annual loss of this greatest form of natural Earth cover. Our sense of loss is diluted by the anticipation of the beautiful colors that many types of leaves develop as fall comes on. We know full well that leaf color is related to leaf death and drop.

Several factors influence fall leaf color: increasing night length, lowering air temperatures, distribution

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A portable Traeger pellet grill is the centerpiece of a display of **Cash & More Raffle** ticket prizes at Cox Bros. BBQ on McCall Road.

## HOGTOBERFEST

FOOD, FRIENDS AND FUNDRAISING 10.29.20  
FOR MEADOWLARK'S GOOD SAMARITAN FUND

Here’s a reminder from Happy HOG, our HOGtoberfest mascot: If you’d like a delicious barbecue meal delivered to your door on Thursday, Oct. 29, please complete the order form included with this Monday’s Mini Messenger and return to the Hospitality Desk by 12 p.m. next Monday, Oct. 26. Lost your form? Extras are available.

The meal cost will be added to your monthly statement. Thank you to those who have already returned a form!

Happy appreciates, too, the many who have purchased event face masks and/or raffle tickets. Join the fun! Buy either today for just \$5 each.



## LOVE, continued from page 1

of leaf pigments, and, of course, genetics. Genetics determine why leaves or fruits of certain species turn certain colors. But the astronomically-based trend of steadily longer nights during fall is the unvarying factor in the equation. Color intensity is enhanced by ample rainfall and by steadily falling air temperatures, but is impeded by suddenly freezing temperatures.

The green pigment, chlorophyll, during the growing season, constantly is being produced and broken down within leaves, but chlorophyll production slows down and eventually stops as nights lengthen and temperatures drop. And other existing pigments are unmasked.

These carotenoid pigments, present along with chlorophyll during the growing season, produce the yellow, gold, orange, and brown pigments we see in leaves, and in corn, buttercups, carrots, daffodils, rutabagas, and bananas.

The anthocyanin pigments, most produced in plants as days shorten and nights lengthen, give their colors to some leaves, and to cranberries, red apples, plums, blueberries, concord grapes, cherries, and strawberries. Genetics play the big role of determining the combination of carotenoid and anthocyanin pigments present in both ripe fruits and in the changing colors of leaves.

Many marvelous processes serve to prepare plants and animals for the cold, but the most obvious and beautiful is that process by which trees and shrubs shed their leaves—their most vulnerable parts.

We tend to have tunnel vision when it comes to fall color displays. New England becomes crowded, but I have seen beautiful displays of color by maples and other trees in Ohio and Indiana. I recall the beautiful red maple of fall in my Ohio neighbor's yard. That maple, however, could not compete with the beautiful star-shaped, brilliant red fall leaves of the two sweetgum trees in that same yard.

But beauty is in the eye of the beholder. I recall 2-3 boyhood falls in northeast Pottawatomie County that were relatively spectacular. My late wife, Imogene, and I knew that retiring to Taos in the



mountains of northern New Mexico meant that we would leave behind almost all of the reds of fall we loved so much. But we looked forward to fall when huge groves of golden aspen would sheath whole mountainsides. And we were delighted with the rare aspen that stood tall and full of bright red leaves within that sea of gold. Genetic works in mysterious ways. And during certain fall mountain hikes we would stumble upon huge mats of red from a certain low-growing shrub.

But we had not predicted the joy of Fremont's cottonwood, a tree of the SW, growing along watercourses and on other moist sites. Its leaves turn a golden color much deeper than do those of our common eastern cottonwood. What a thrill, in fall, to stand on a high mountain ridge and see a thick golden strand bending with a stream for many miles both upstream and down.

I'm reminded of a saying an acquaintance once attributed to one of his Texas friends: "We dance with who we bring." We choose over-and-over the beauty that we know. But as Imogene and I experienced, there is still unexpected beauty to discover!

## Virtual Programming (via Zoom)

### Friday, Oct. 23

1 p.m.	Parkinson's Exercise Class <b>URL:</b> <a href="https://us02web.zoom.us/j/87980256567">us02web.zoom.us/j/87980256567</a> <b>Meeting ID:</b> 879 8025 6567
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### Monday, Oct. 26

1:30 p.m.	Parkinson's Voice Class <b>URL:</b> <a href="https://us02web.zoom.us/j/82844488642">us02web.zoom.us/j/82844488642</a> <b>Meeting ID:</b> 828 4448 8642
2 p.m.	Change & Loss Support Group Email Kathleen at <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for the log-in information.

## Spam & Scam Alerts

Scammers have evolved—they are now spoofing numbers you may know and/or caller ID names.

Remember, **do not give your personal or banking information to anyone over the phone or by email.**

Instead, you can contact the company or your bank directly to ask if they need information from you.

If you receive a phone call, email, or text message that you suspect could be a scam, be cautious! There has been increased activity of spam messages and scam callers. Fake phone numbers could even be using a local area code or company, bank, or individual's name. They may claim that you owe money, your "account" with them will close, or "YOU WON!" Hang up the call, do not respond to the email, and do not click any website links listed.

If you have questions or concerns, please contact Monte Spiller at (785) 323-3801.



## Voter Information: City of Manhattan Economic Recovery & Relief Sales Tax

Compiled by the Advance MHK Committee

Message sponsored by Sandra Emley, IL Resident

The City of Manhattan is voting on the City of Manhattan Economic Recovery and Relief Sales Tax. This crucial 0.5% sales tax that will generate revenue from ALL retailers in the city limits — including those in Pottawatomie County — beginning in 2023. The expiring (2012-2022) Riley County-only sales tax has generated about \$30 million for Manhattan. This city-wide replacement tax (2023-2033) will generate about \$65 million for Manhattan, more than doubling our resources to fuel our own recovery, under local control. (The sales tax rate will not increase in Riley County.) Visitor

spending accounts for 25% of our sales tax revenues. This means people who live elsewhere will help grow Manhattan — helping to keep our property taxes lower.

The City Commission voted to put this replacement tax on the ballot this year (instead of 2022, when the current tax expires) so City staff will have time to prepare for long-term infrastructure and maintenance projects, increasing efficiency and keeping costs down. The tax revenues will:

- ~ Provide property tax relief – Infrastructure expansion and maintenance will be completed while holding down property tax increases.
- ~ Reduce city debt — Debt will be paid down faster, keeping property taxes and rents down.
- ~ Support local recovery and growth — Dedicated funds will be spent on job creation, workforce recruitment and retention, workforce housing initiatives, and efforts to expand local businesses.

Please vote yes for MHK's success! If you want more information, visit [advancemhk.com](http://advancemhk.com).

## MURDER MYSTERY DINNER THEATER PARTY!

THURSDAY, OCT. 29  
AT 5:30 P.M.  
EVENT CENTER

**STARTER** ~ Pumpkin Soup in Acorn Squash  
with Crème Fraîche

**SALAD** ~ Red Pepper Jack-o-Lantern  
& Mixed Greens

**ENTRÉE** ~ Herb-Crusted Rack of Lamb, Spa-  
ghetti Squash with Tomato, & Smashed Garlic  
Yukon Gold Potatoes

**DESSERT** ~ Chocolate Mousse Cake

Space is limited.

Please contact Prairie Star Restaurant  
at 323-3820 to make a reservation.

# Work That Brain!

## ACROSS

1. Blackboard tool
6. Delight
10. Quash
14. Hawaiian veranda
15. Magma
16. Portent
17. \_\_\_-garde
18. Leave out
19. Disabled
20. Luscious
22. What we kiss with
23. An unskilled actor
24. Bobbins
26. Footstool
30. Anagram of "Diary"
32. Labor group
33. Motorboat
37. Celebrity
38. Ups and \_\_\_\_
39. Impish
40. Hotelkeepers
42. Hold responsible
43. Frothy

1	2	3	4	5		6	7	8	9		10	11	12	13
14							15				16			
17							18				19			
20						21					22			
				23				24	25					
26	27	28	29				30	31						
32						33					34	35	36	
37						38					39			
40				41					42					
			43					44						
	45	46						47						
48						49	50	51			52	53	54	55
56						57					58			
59						60					61			
62						63					64			

## DOWN

- |  |                        |                            |
|--|------------------------|----------------------------|
| 1. Attired                             | 21. Make lace          | 42. Elongated yellow fruit |
| 2. Possess                             | 25. Mistake            | 44. 7 in Roman numerals    |
| 3. Rectal                              | 26. Backside           | 45. Rock                   |
| 4. Alley                               | 27. "Do ___ others..." | 46. Hindu social division  |
| 5. Cookhouse                           | 28. Decree             | 47. Whips                  |
| 6. Dusk                                | 29. Ancestor           | 48. Break                  |
| 7. Young sheep                         | 30. Anagram of "Wordy" | 50. Dry                    |
| 8. Wicked                              | 31. Barley beards      | 51. Extend credit          |
| 9. Diners                              | 33. Verse              | 52. Legal wrong            |
| 10. A sport involving a ball and a net | 34. By mouth           | 53. Notion                 |
| 11. Electronic letters                 | 35. Crest              | 54. Calf's meat            |
| 12. Temporary workers                  | 36. Not we             | 55. To be, in old Rome     |
| 13. 1 1 1 1                            | 38. Dispersion         |                            |
|  | 41. Toss               |                            |

**Movement...** is an art principle that allows the artist to guide your eye through the artwork. An artist may use lines, edges and shapes, in varying sizes and styles to create this effect, repeating the same lines and shapes can also be employed. The use of dark to light values of color can promote motion through an image.

As you view this print from the Beach Museum of Art's permanent collection what elements do you observe the artist using to create movement?

You may want to add color to this print while you think about the motion in the piece.



**E. Hubert Deines**  
*Autumn Tone Poem*, 1940  
 Wood engraving on paper  
 KSU, Marianna Kistler  
 Beach Museum of Art  
 gift of the family of  
 E. Hubert Deines,  
 1969.37

**MASKED MYSTERY Solutions from 10/15**

Who am I?  
 Find out Monday!



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

**Human Rights**

Y	O	L	G	I	R	O	L	H	C	E	E	P	S
C	I	E	M	E	R	F	A	Y	A	R	O	S	I
H	E	H	A	O	S	E	S	H	J	E	T	L	N
I	E	I	R	O	P	Q	R	A	Y	E	E	S	F
L	I	I	R	I	X	U	E	E	T	B	P	F	O
D	T	E	I	S	R	A	V	C	R	E	L	E	R
R	T	R	A	V	E	L	I	I	E	S	I	I	M
E	N	H	G	B	F	I	N	T	P	T	B	L	A
N	T	P	E	A	U	T	U	S	O	H	E	E	T
P	R	I	V	A	C	V	I	U	R	G	R	B	I
Y	T	I	N	G	I	D	Q	J	P	I	T	E	O
S	I	G	R	O	T	E	F	I	L	R	V	Y	N
A	O	E	X	P	L	O	I	T	A	T	I	O	N
N	O	I	G	I	L	E	R	I	C	I	D	M	R

# Grosh Cinema Movies

Sunday, Oct. 25 – Saturday, Oct. 31

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

## **Sunday, Oct. 25—Greater (2016)**

Told he lacked the skills to play on his school's football team, University of Arkansas student Brandon Burlsworth made the team as a walk-on, eventually becoming a captain and star offensive lineman for the illustrious Arkansas Razorbacks.

**Co-Starring:** Neal McDonough, Leslie Easterbrook, & Christopher Severio; **Rated PG;** 2 hr. 10 min.

## **Monday, Oct. 26—Big Daddy (1999)**

Dumped by his girlfriend because he refuses to accept responsibility, overgrown adolescent Sonny Koufax adopts a 5-year-old boy to prove that he's a grownup -- and to win back his ex -- in this engaging comedy **Co-Starring:** Adam Sandler, Joey Lauren Adams, & Jon Stewart

**Rated PG-13;** 1 hr. 33 min.

## **Tuesday, Oct. 27—The Theory of Everything (2014)**

With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife, Jane, to continue his life's work as he faces various challenges.

**Co-Starring:** Eddie Redmayne, Felicity Jones, & Charlie Cox; **Rated PG-13;** 2 hr. 3 min.

## **Wednesday, Oct. 28—Frankenstein (1931)**

An obsessed scientist Dr. Henry Frankenstein, attempts to create life by assembling a creature from body parts of the deceased. but errs by giving him a criminal brain.

**Co-Starring:** Colin Clive, Mae Clarke, & John Boles; **NR;** 1 hr. 10 min.

## **Thursday, Oct. 29—Back to the Future 2 (1989)**

Time-travelers Marty and Doc head to 2015 to nip some McFly family woes in the bud, but things go awry thanks to bully Biff Tannen and a pesky sports almanac.

**Co-Starring:** Michael J. Fox, Christopher Lloyd, & Lea Thompson; **Rated PG;** 1 hr. 48 min.

## **Friday, Oct. 30—Halloweentown (1998)**

Young Marnie's learning to deal with the magical powers she's inherited from her grandmother who happens to be a witch. A secret portal to an enchanted place where ghosts live apart from the human world is discovered.

**Co-Starring:** Kimberly Brown, Phillip Van Dyke, & Debbie Reynolds; **Rated PG;** 1 hr. 24 min.

## **Saturday, Oct. 31—Dracula (1931)**

Revisit Transylvania for the eerie mood created by spectacular cinematography and Lugosi's oft-copied take on the infamous Dracula. Dwight Frye as Renfield also helps define the grotesque and sniveling sidekick role.

**Co-Starring:** Bela Lugosi, Helen Chandler, & David Manners; **NR;** 1 hr. 15 min.

*Seating in the Cinema will be spread and masks are required for the duration of the movie.*

*If two people from the same household attend the movie, staff can move two chairs together. Otherwise, chairs should not be moved. No prior sign up is required.*

# PRAIRIE STAR

## RESTAURANT

### Restaurant Hours

Breakfast is available from 7 to 10 a.m.  
 Monday to Saturday, 10:30 a.m. to 7 p.m.  
 Sunday, 10:30 a.m. to 7 p.m.

### CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.

Lunch specials without a starter or dessert can be requested and will cost \$7 each.

Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.

Alcohol also will be available for delivery if purchased by the bottle.

SUNDAY	Oct. 25 ~ Lunch \$12	Dinner \$10
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Oct. 26 ~ Lunch \$10	Dinner \$12
	Turkey, Cheddar & Tomato Panini Potato Chips Choice of Vegetable	Grilled Ranch Pork Chops Scalloped Potatoes Vegetable du Jour
TUESDAY	Oct. 27 ~ Lunch \$10	Dinner \$12
	Fish Taco Mexican Rice Beans	Oriental Orange Chicken Rice Vegetable du Jour
WED.	Oct. 28 ~ Lunch \$10	Dinner \$14
	Chicken Salad Croissant Sandwich Pasta Salad Choice of Vegetable	Pot Roast <i>with Carrots, Onions &amp; Celery</i> Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Oct. 29 ~ Lunch \$10	Dinner \$12
	BBQ Brisket Sandwich French Fries Coleslaw	Chicken Cordon Bleu Wild Rice Vegetable du Jour
FRIDAY	Oct. 30 ~ Lunch \$10	Dinner \$14
	Shrimp Po' Boy Pasta Salad Choice of Vegetable	Honey Garlic Shrimp Roasted Red Potatoes Vegetable du Jour
SAT.	Oct. 31 ~ Lunch \$10	Dinner \$14
	Beef Quesadilla Mexican Rice Beans	Almond-Crusted Halibut <i>with Lemon Butter</i> Rice Pilaf Vegetable du Jour

## Weekly Face-to Face Opportunities Calendar Oct. 23 to Oct. 31

### Friday • Oct. 23

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

1:00 p.m. ~ Parkinson's Exercise, PS EC

### Saturday • Oct. 24

11:00 a.m. ~ KSU Football Watch Party, PS EC &

### Sunday • Oct. 25

10:30 a.m. ~ Worship Service, PS EC

### Monday • Oct. 26

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

7:00 p.m. ~ Bingo, PS EC

### Tuesday • Oct. 27

*Trash & recycling pick-up*

9:30 a.m. ~ Sit & Be Fit, PS EC

11:00 a.m. ~ Steady Yourself, PS EC

1:00 p.m. ~ Parkinson's Exercise, PS EC

2:00 p.m. ~ Memory Activities Class, PS EC

### Wednesday • Oct. 28

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

1:00 p.m. ~ ARTFul Memories, PS EC

### Thursday • Oct. 29

9:30 a.m. ~ Sit & Be Fit, PS EC

11:00 a.m. ~ Steady Yourself, PS EC

1:00 p.m. ~ Staff Spotlight: Sarah Duggan, PS EC

5:30 p.m. ~ Murder Mystery Dinner Theater, PS EC

### Friday • Oct. 30

9:30 a.m. ~ Seated Strength, PS EC

11:00 a.m. ~ Weights 101, PS EC

1:00 p.m. ~ Parkinson's Exercise, PS EC

### Saturday • Oct. 31

11:00 a.m. ~ KSU Football Watch Party, PS EC &

*Face-to-Face Opportunities are open to independent living residents in the new Prairie Star Restaurant Event Center (PS EC). When entering the main building for events, residents must be screened. Masks are*



## Meadowlark Entertainment Guide

### Friday, October 23

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 with Lonnie Baker
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</i>
5:30 p.m.	Update with Lonnie Baker <i>Re-run from 12:30, 10/23</i>

### Saturday, Oct. 24

9:15 a.m.	Update with Lonnie Baker <i>Re-run episode from 10/23</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	Update with Lonnie Baker <i>Re-run episode from 10/23</i>

### Sunday, Oct. 25

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service <i>Re-run episode from 10/21</i>
11:00 a.m.	Explained: (!)
12:00 p.m.	Update with Lonnie Baker <i>Re-run episode from 10/23</i>
2:00 p.m.	Worship Service <i>Re-run episode from 10/21</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga—NEW!

### Monday, Oct. 26

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class