

Outdoor Encounters



by Nathan Bolls

I am continuing to discuss (this month and both March and April) the recent lengthy report on climate change from the Food and Agriculture Organization (FAO) within the United Nations. The 50-60 international experts in climate change who did this study formulated four questions that were listed in last month's Outdoor Encounters article. The panel then posed, for each question, four scenarios (degrees of change) of effects of climate change.

The report then discussed, for each question, both the possibilities of climate change developing to each of the four scenarios (levels of change) and the major causes that would bring climate change to this-or-that level of change.

Today's topic is the second question posed in the lengthy FAO report: **What Do We Know About the Future of Sea Levels?** The report also listed four possible scenarios concerning the extent of effects of climate change on sea levels. The four scenarios are:

1. Very few people will need to move from living near the sea.

2. Only people living on small islands and in low lying areas will need to move due to rising sea levels.

3. Millions of people in big coastal cities will have regular flooding.

4. Tens of millions of people living in coastal cities will need to move inland because rising sea levels will completely flood where they live.

The report's conclusions state that unless the world takes immediate and drastic action, the most realistic answer to this question is number 4. I quote from the report:

"An optimistic estimate (note that they said *optimistic*) of a total rise of 2.7 degrees C (4.86 degrees F) in air temperature in the next 50 years will have devastating effects. However, the impacts will not be evenly felt. In China, alone, over 64 million people will need to move. Worldwide, many times this number will be hit with regular flooding. Cropland will be ruined by salty and brackish water, which affects the food supply worldwide. Even for

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EVENTS & OPPORTUNITIES

Sprinkler Replacement

Crews will be replacing dry pendant sprinkler heads over balconies beginning Monday, Feb. 6. This work will only be in the East tower apartments. To complete this work, a hole will need to be cut in the ceiling inside the patio doors of each apartment.

This project will take about two weeks to complete. Any resident who wants to be home while we work needs to coordinate a time with Mike Davis by calling (785) 323-3851. Following the sprinkler replacement, a contactor will be brought in as soon as possible to start patching ceilings.

An Evening with Gary LaGrange

Friday, Feb. 3, at 7 p.m.

Meadowlark will host Gary LaGrange as he speaks on a variety of topics at 7 p.m. Friday, Feb. 3, in the Event Center. Gary is a retired U.S. Army Colonel who served three tours of duty in combat in Vietnam. A former garrison commander at Fort Riley, he retired just after the first war in Iraq. Gary's local endeavors include Golden Prairie Honey Farms and the SAVE Farm.

Celebration of Life: Carolyn Pulford

Saturday, Feb. 4, at 2 p.m.

Services for Carolyn Pulford will be at 1 p.m. Saturday, Feb. 4, at First Presbyterian Church in Manhattan, Kan. There will be a reception following the service to honor and celebrate her. All are invited to attend the reception at 2 p.m. Saturday, Feb. 4, in the Event Center.

Sunday Worship Service

Sunday, Feb. 5, at 10:30 a.m.

Join Monte Spiller, Resident Services Leader, for Sunday Worship at 10:30 a.m. Sunday, Feb. 5, in the Community Room/Chapel. During this week's message, Monte will speak about "The Love of God."

Town Meeting

Monday, Feb. 6, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Feb. 6, in the Event Center. Hear updates from Lonnie Baker, CEO, and other Meadowlark leaders about the upcoming

events and news for our campus.

If you are unable to attend Town Meeting, printed agendas will be available for pick up at the Hospitality Desk after the meeting concludes.

Prairie Star Writers Group

Tuesday, Feb. 7, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, Feb. 7, in the Patriot Room.

The Feb. 7 session is titled, "One Normal Day, Hour By Hour." We usually write about big events and momentous thoughts, but how about one day in the life? Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Sing-A-Long, Drink-A-Long

Wednesday, Feb. 8, at 3 p.m.

Let's celebrate Valentine's Day with an exciting edition of the weekly Sing-A-long Social from 3 to 4 p.m. Wednesday, Feb. 8, in the Event Center! A special repertoire of valentine songs will be included, along with the talented stylings of Jim Reed on the guitar and Vera Williams on the piano. There will be a festive mocktail and cocktail available, for \$2 and \$3 each. Meadowlark Ambassadors will be available as special bartenders and servers. Cookies will be provided, as well. All are welcome to attend!

Ladies Luncheon

Thursday, Feb. 9, at 11:30 a.m.

Harriette Janke, Janice Goudy, and Barbara Rees invite all Meadowlark and Passport ladies to attend the February Ladies Luncheon at 11:30 a.m. Thursday, Feb. 9, in the Event Center.

Harriette Janke will demonstrate tips and techniques she has used in her many years of quilt-making. Harriette is a well-known quilter. She has judged quilts at county fairs, shown her quilts at many different quilt guilds, and attended workshops with presentations by nationally known quilters. She will show old-time quilts and modern ones, and will demonstrate that quilts can be used for more than the traditional bedspread.

The luncheon will feature a chicken and mushroom crepe, fruit salad, and ice cream. Cost is \$10 per person.

EVENTS & OPPORTUNITIES

Please sign up in the Blue Book at the Hospitality Desk, if you plan to attend, by Monday, Feb. 6.

Wareham Presentation

Thursday, Feb. 9, at 2 p.m.

If you haven't heard, a major endeavor is underway to transform the historic Wareham Opera House into "Wareham Hall," a state-of-the-art performance, concert, and event venue. A nonprofit organization recently purchased the building and is leading the charge for this renovation.

Join us at 2 p.m. Thursday, Feb. 9, in the Event Center to learn about the history of the Wareham Opera House. Attendees will have the opportunity to share personal stories about The Wareham, and learn more about the future plans for the building and the programming.

UFM Lifetime Learning: Lunch & Learn

Friday, Feb. 10, at 11:30 a.m.

The next UFM Lunch and Learn begins at 11:30 a.m. Friday, Feb. 10, in the Event Center and is titled "Behind the Book." Debut novelist Carmen Schober will discuss the creative writing process, identifying a target audience, and the path to publication. This class is ideal for those who are interested in learning more about writing and storytelling techniques, or who are simply curious about what goes on behind the scenes in the publishing world.

Carmen Schober graduated with a master's in English Literature and Creative Writing from K-State in 2015. Her first novel, "After She Falls," debuted as the number one Amazon bestseller in the mixed marital arts category in Nov. 2021. Her second book, "Pretty Little Pieces," was released in Nov. 2022. The class fee for passport members is \$12 each.

For all Lunch and Learn classes, please bring your own lunch, or arrive early and purchase from the menu at Meadowlark's Prairie Star restaurant.

Classes are now open for enrollment. For learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register. Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. Passport members may attend at a 20% discount.

Music Concert with MAMTA

Friday, Feb. 10, at 7 p.m.

You're invited to enjoy a musical concert by the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m. Friday, Feb. 10, in the Event Center. MAMTA is a group of professional music educators from Manhattan, Kan., and the surrounding area that strives to advance the value of music study and music-making for our diverse community, while supporting the professionalism of music teachers and the promotion of a high standard of music among its members. All are invited to attend this musical event!

UFM Class: My Little Valentine

Tuesday, Feb. 14, at 6:30 p.m.

My Little Valentine is the true story of lost and found love between a mother and daughter. In 1924, a rural Kansas teenage girl found herself in the "family way" and unmarried. She was sent to The Willows Maternity Sanitarium, a home for unwed mothers, and delivered a beautiful, healthy baby girl on Valentine's Day. She was devastated that she had to give up her baby to be raised by strangers and had to promise to never look for her baby.

Despite this promise and very closely guarded secret, she never forgot and always prayed her baby girl was happy. Adopted and raised by a wonderful Kansas farm family, the daughter always wondered "who" and "why" about her birth mother. After 66 years, they are reunited, and this is their story.

KelLee Parr, the author of *My Little Valentine*, will lead this presentation from 6:30 to 8 p.m. Tuesday, Feb. 14, in the Community Room. *My Little Valentine* is KelLee's first book that tells the story of KelLee's search for his biological grandmother and the reunion of his mother and grandmother.

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. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.

Carolyn H. Pulford



Full obituary printed at the family's request.

Carolyn H. Pulford, 84, of Manhattan, Kan., passed away Thursday, Jan. 19, 2023, at Ascension Via Christi Hospital in Manhattan.

Carolyn was born in Junction City, Kan., on April 23, 1938, the daughter of the late Alton Huber and Lucille Huber Carr. She was married to Bob Pulford on June 12, 1960, in Junction City, Kan.

Carolyn is survived by her beloved husband of 62 years, Bob, their son:

David (Heidi), and daughter: Diane (Joe Keeney) as well as adored grandchildren Zoe Pulford and Jillian and Addison Keeney.

Carolyn graduated from Junction City High School in 1956. After high school, she attended Kansas State University where she majored in Elementary Education graduating Cum Laude in 1960. She was a member of Pi Beta Phi sorority and continued her involvement with the Pi Phi's for many years as a House Corporation Officer. After graduation she moved to Kansas City to begin her teaching career and her life with Bob. They spent eight years in Kansas City, where David was born in 1966. In 1968, the family moved to Tulsa, Okla. Bob working for Williams Brothers Pipeline Company and Carolyn a homemaker. In 1969 Diane was born. After seven years in Oklahoma, the Pulfords moved to Manhattan.

Once in Manhattan, Carolyn's interests included: PEO, Pi Beta Phi, Pumpkin Patch, Meals on Wheels, First Presbyterian Church, and other worthwhile causes. In addition to her community involvement, she enjoyed personal connections with Cottonwood Racquet Club, Sea & Ski, Meadowlark Gift Committee, and family vacations at the Y Camp in Colorado.

One of her favorite occupations was her work at Trinity Presbyterian Preschool. She worked there for many years and helped mold the lives of countless boys and girls. Carolyn orchestrated many canoe trips with friends, and thus was the birth of "Camp Mom." Carolyn enjoyed weekend tailgates at K-State football games and entertaining all the guests of Steel & Pipe Supply. She was committed to attending every cross country, track, and gymnastics meet, along with supporting Bob's tennis habit. Bob and Carolyn had many wonderful trips to Europe, Mexico, and within the United States.

After 43 years in Manhattan and a lasting legacy of kindness, positivity, and a bright smile, Carolyn left us with peace, dignity, and grace. Everyone that Carolyn came into contact with is better off for knowing her.

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economically wealthy countries, the cost of adapting to rising sea levels for coastal cities will be staggering. This will divert huge amounts of resources from other priorities, including investing in measures to reduce global warming."

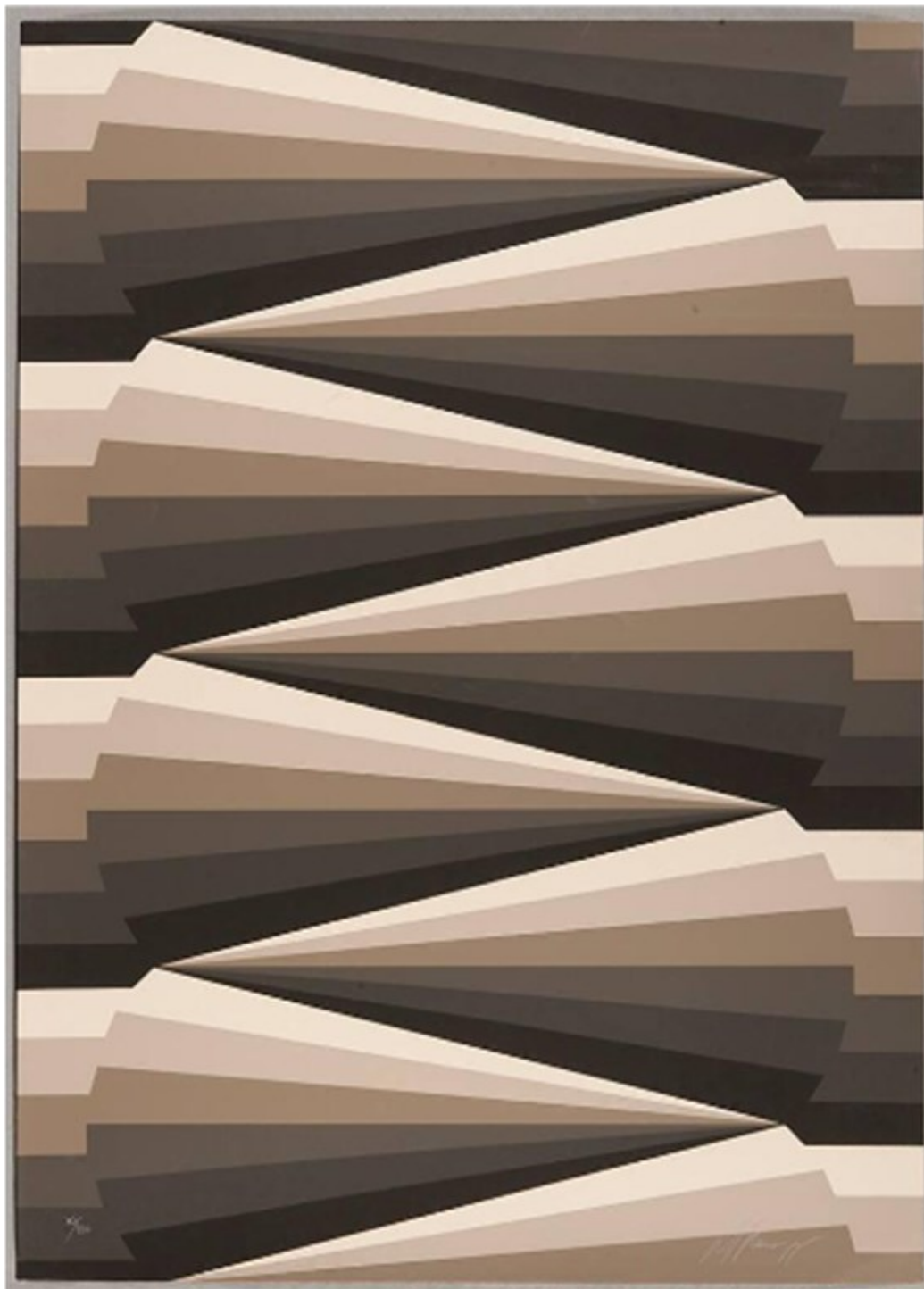
It is worth noting that some countries, essentially guiltless as polluters, such as Bangladesh, are beginning to demand that guilty nations pay reparations for the damages that climate change is causing, and will cause, to their countries.

The examples of developing damage are endless. In the USA, our southern and southeastern coasts are especially vulnerable to rising sea levels. I've read that New York City is actively engaged in costly efforts to reduce damage from coastal flooding. New Orleans, although not directly on the ocean, is, because of its low altitude, a sitting duck. Our destruction of coastal saltwater marsh areas around the world has increased the vulnerability of many ocean front areas to rising sea levels. Farmers on the Nile River Delta, one of the three areas in the world most vulnerable to effects of climate change, are seeing their fields invaded by the Mediterranean Sea and made too salty for growing crops. And this sea water encroachment will continue. In California's Sacramento River Delta, more than one million people live in residential developments behind levees that keep waters at bay. The same thing, essentially, can be said for coastal Florida.

Seems that our world is poised to teach us, and we are about to learn—the hard way—that there ain't no free lunch.

Art Engagement *from the Beach Museum of Art*

Repetition ... is the recurrence of an art element, symbol, or design to create a variety of effects such as movement, emphasis, or pattern. The artwork shown here repeats an object. As you look closer, the object consists of several repeated elements of art (color, texture, value, form, shape, line, and space). Which elements do you notice? As you spend more time looking, do you find your eyes drawn to the large, repeated object or the multiple repeated elements? In general, repetition might be considered monotonous. In a composition, repetition can create order and interest. As you take a final look at this piece, do you see boredom or fascination?



Leve Moross (United States), *Venice*, 20th century, Color screenprint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and Scott Dorman, 2012.170

RESTAURANT **SPECIALS**

<p>Sunday, Feb. 5</p>	<p>Lunch \$13 Open-Faced Turkey Sandwich Broccoli</p>	<p>Dinner \$12 Manicotti Garlic Bread Green Beans</p>
<p>Monday, Feb. 6</p>	<p>\$10 Lunch Chicken & Gravy <i>served over Mashed Potatoes</i> Green Beans</p>	<p>\$14 Dinner Pork Tenderloin <i>stuffed with sundried tomatoes, mozzarella, & basil</i> Scalloped Potatoes Asparagus</p>
<p>Tuesday, Feb. 7</p>	<p>\$10 Lunch Battered Cod French Fries Coleslaw</p>	<p>\$12 Dinner Beef Taco Trio Mexican Rice Refried Beans Margarita Special (\$3)</p>
<p>Wednesday, Feb. 8</p>	<p>\$10 Lunch Monte Cristo Sandwich Fried Potatoes & Onions</p>	<p>\$14 Dinner Creamy Garlic-Herb Chicken Cheese Ravioli Caesar Side Salad</p>
<p>Thursday, Feb. 9</p>	<p>\$11 Lunch Craisin Feta Salad <i>mixed greens, grilled chicken, apples, craisins, red onions, feta cheese, & balsamic vinaigrette</i></p>	<p>\$13 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, Feb. 10</p>	<p>\$10 Lunch Pasta Bar</p>	<p>\$13 Dinner Orange Chicken White Rice Stir Fry Vegetables</p>
<p>Saturday, Feb. 11</p>	<p>\$10 Lunch Chili Cheese Dog French Fries</p>	<p>\$14 Dinner Pecan-Crusted Chicken Roasted Red Potatoes Pear & Feta Salad</p>

Verna Belle's Cafe

MONDAY

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Baked Potato or Sweet Potato, \$7

Your choice of potato topped with any items from the salad bar

TUESDAY

Breakfast: Breakfast Pizza, \$3.50

Lunch: Taco Tuesday, \$5 / \$7

Choose any of the salad bar items to top your ground beef tacos or create a taco salad

WEDNESDAY

Breakfast: French Toast, Bacon or Sausage, & Fruit, \$4.50 / \$6.50

Lunch: Mac & Cheese, \$5 / \$7

Homemade mac & cheese custom-made with any items from the salad bar

THURSDAY

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Chili & Cinnamon Roll, \$5 / \$7

Traditional homemade chili served with a cinnamon roll

FRIDAY

Breakfast: Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

Lunch: Quesadilla, \$5 / \$7

Custom-made quesadillas with any items from the salad bar

SATURDAY

Breakfast: Ala Carte Menu Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI., 7 AM. - 2 PM / SAT., 7 AM. - 11 AM.

Daily Specials

Weekly Opportunities Calendar *Feb. 5 to Feb. 10*

Sunday • Feb. 5 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Feb. 6 *Trash & recycling pick-up*
 8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ God Talk, KSU CL
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 7
 7:00 a.m. ~ Rock Steady Boxing, BF
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Kimball Luncheon, BR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, MSC
 2:00 p.m. ~ Prairie Star Writers, PR
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Ambassador Meeting, BR
 4:00 p.m. ~ Meadowlark Singers, CR

Wednesday • Feb. 8
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partners Support Group, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, Drink-Along, EC
 5:30 p.m. ~ Eastside Supper, MR

Thursday • Feb. 9
 9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 11:30 a.m. ~ Ladies Luncheon, EC
 12:00 p.m. ~ Caring Conversations for People with Pd, FHR
 12:05 p.m. ~ Mat Yoga, CR

Thursday • Feb. 9
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partners Support Group, FHR
 2:00 p.m. ~ Wareham Presentation, EC

Friday • Feb. 10
 9:30 a.m. ~ Outdoor Committee, FHR
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Dementia Friendly Manhattan, KSU CL
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ Lunch & Learn, EC
 7:00 p.m. ~ Music Concert by the Manhattan Area Music Teachers Association, EC

Room Abbreviations

BF, Body First	KSU CL, KSU Classroom
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	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

Solution from 1/26.

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CHANNEL 1960

Entertainment Guide

Monday, Feb. 6

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class

Tuesday, Feb. 7

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

Wednesday, Feb. 8

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

Thursday, Feb. 9

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

Friday, Feb. 10

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class

Saturday, Feb. 11

9:30 a.m.	Band Bust Exercise Class
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DINNER WITH THE MAFIA

A Saint Valentine's Day Murder Mystery ~ Presented by Levity Players Group

February 16th at 6:00

Prairie Star Event Center

\$70 per Ticket

Don Vincenzo Maranzano, an Italian-American "businessman", invites you to his engagement party. He is marrying Francesca DeLorossa, a lady Don who leads another family. This show prompts laughter you can't refuse.

Advance Reservations Required
Reserve your spot at the Host Stand
or by calling (785) 323-3820

Amuse Bouche

Seared Scallop

with Capers and Herb Butter On Carrot Rissoto

Salad

Blood Orange Salad

Tossed Baby Greens with Gorgonzola, Toasted Pecans, and Blood Orange Vinaigrette

Entree

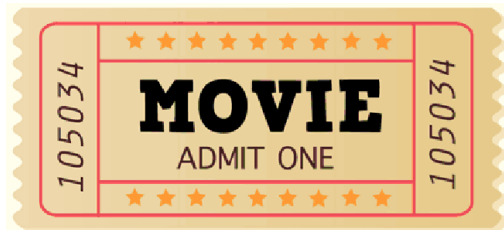
Stuffed Roast Tenderloin

Beef Tenderloin Stuffed with Shrimp and Crab
with Bearnaise sauce

Parmesan Brussel Sprouts

Dessert

Chocolate-Covered Strawberry Cheesecake



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.

SEASONAL SUNDAY: Feb. 5

PASSING (2021) PG-13, 1 hr. 39 min. *Intimate, Drama, Social Issue*

Cast: Tessa Thompson, Ruth Negga, & Andre Holland

In 1920s New York City, a Black woman finds her world upended when her life becomes intertwined with a former childhood friend who's passing as white.

MUSICAL MONDAY: Feb. 6

FOOTLOOSE (1984) PG, 1 hr. 47 min. *Musical, Romantic, Drama*

Cast: Kevin Bacon, Lori Singer, & John Lithgow

A city teenager moves to a small town where rock music and dancing have been banned, and his rebellious spirit shakes up the populace.

TRUE TUESDAY: Feb. 7

THE RAILWAY MAN (2013) R for war violence, 1 hr. 47 min. *Emotional, Military, Based on Real Life*

Cast: Colin Firth, Nicole Kidman, & Jeremy Irvine

Decades after World War II, a still-shattered soldier unexpectedly falls in love and sees a bizarre coincidence bring his past back into focus.

WESTERN WEDNESDAY: Feb. 8

TRUE GRIT (1969) G, 2 hr. 7 min. *Western, Classic, Drama*

Cast: John Wayne, Glen Campbell, & Kim Darby

Teenage tomboy Mattie Ross enlists the help of crusty lawman Rooster Cogburn to track down the hired hand who murdered her father. Joining them is Texas Ranger La Boeuf, who's after the killer for a different crime.

RESIDENT REQUEST

THEATER THURSDAY: Feb. 9

PATTON (1970) PG, 2 hr. 51 min. *Classic, Military, Drama*

Cast: George C. Scott, Karl Malden, & Michael Bates

Gen. George S. Patton earned the nickname "Blood and Guts" for his determination on the battlefield. This epic -scale production follows the commander as he guides his troops across Africa and Europe, illuminating a man whose life was defined by war.

RESIDENT REQUEST

FUNNY FRIDAY: Feb. 10

ALONG CAME POLLY (2004) PG-13, 1 hr. 30 min. *Comedy, Romantic*

Cast: Ben Stiller, Jennifer Aniston, & Philip Seymour Hoffman

After his wife dumps him on their honeymoon, uptight Reuben reconnects with an irreverent childhood friend who teaches him to live life on the edge.

SWEET SATURDAY: Feb. 11

SET IT UP (2018) TV-MA, 1 hr. 45 min. *Romantic, Witty, Intimate*

Cast: Zoey Deutch, Glen Powell, & Lucy Liu

In desperate need of a break from the office, two beleaguered assistants team up to trick their workaholic bosses into falling in love.