



Outdoor Encounters

by Nathan Bolls

This article represents the third of a four-part series in which I discuss the lengthy report from the Food and Agriculture Organization (FAO) within the United Nations on the effects of Climate Change. The question for today is, **what do we know about the future of storms?**

Again, the Climate Change panel of experts formulated the following scenarios of how much Climate Change will affect the cycle of storms across our Earth.

1. There may be a few more storms each year (typhoons, cyclones, tornadoes), but we will easily be able to adapt our cities and buildings to manage these.

2. The number of major storms will significantly increase, causing more floods, mudslides, and property damage, but most countries will be able to manage these impacts over time.

3. The number of major storms will more than double, the storm season will lengthen, and the severity of storms will increase. Millions of people will lose their homes each year, and casualties will

greatly increase.

4. Major storms, some of unprecedented intensity, will come at all times of the year, in new areas, affecting virtually everyone on the planet. The world population will be in a constant state of alert. Reconstruction and migration will be constant.

Again, the chances of drawing the short straw one out of two times, or even one out of three times are just not good odds. I quote from the report.

“The most optimistic answer is number 3 with number 4 just as likely. A warmer planet means more evaporation of water, and more water in the air means more energy and higher intensity and more frequent storms, especially from the sea. The increased intensity and frequency of hurricanes, typhoons, cyclones, and tornadoes will mean that what was once a storm that happens every 100 years will happen every 15 years, or even more frequently. We also will see storms with an intensity never before witnessed by humans.

Storms have two main impacts: rain and wind. It used to be that these impacts primarily hit only coastal areas and that areas farther inland were safe.

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EVENTS & OPPORTUNITIES

Mat Yoga, canceled

Mat Yoga class is canceled for Tuesday, March 7. Class will resume Thursday, March 9.

SAVE Farm & Valor Honey

Meadowlark hosted Gary LaGrange Friday, Feb. 3, and he shared about his work to support veterans through his endeavors, including Valor Honey and the SAVE Farm. 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. If you are interested in supporting the veterans and their work with Gary, visit www.valorhoney.org and click *Donate*.

Wayne Goins and Friends

Friday, March 3, at 7 p.m.

Meadowlark welcomes Wayne Goins and Friends to the Event Center at 7 p.m. Friday, March 3! Dr Wayne Goins, University distinguished Professor of Jazz Studies, Guitar, at Kansas State University, will be entertaining at Meadowlark as part of the Bell Foundation Concert Series. The performance will feature Susan Hancock, vocalist from Lawrence, and they will be joined by Michael Brown (bass), Caleb Brown (percussion), and Alan Bell (keyboard). It's an event you don't want to miss. All are welcome!

Baptismal Renewal Service

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

Join Rev. Melanie Nord at 10 :30 a.m. Sunday, March 5, in the Community Room/Chapel for a special opportunity to renew your baptism.

In a variety of Christian backgrounds, a baptismal renewal service can be a powerful way to recommit your life to Christ. The renewal will be an optional part of the service, so if you'd like to worship but abstain from the renewal liturgy that will be ok! We'll continue our Lenten worship focus on the Gospel of John examining John the Baptist.

Town Meeting

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

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, March 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 at the Hospitality Desk after the meeting concludes.

Prairie Star Writers Group

Tuesday, March 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, March 7, in the Patriot Room.

The March 7 session is titled "Mom, I Don't Feel So Good." We'll write and share about the medicine of our youth. What happened when you or someone you loved became seriously ill? Your tales are unique history! Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Meadowlark Page Turners Book Club

Wednesday, March 8, at 11:30 a.m.

Meadowlark Special Programs is working with Resident Services Leader, Monte Spiller, to facilitate a book club. We are encouraging all to participate in this bi-monthly gathering to socialize, engage, and discuss a popular book that became a movie. We will be reading *Where the Crawdads Sing* by Delia Owens.

The group will meet in the Patriot Room from 11:30 a.m. to 12 p.m. every other Wednesday. Whether you have completed the book or not, please join us for discussion and food that is featured in the book. For questions contact Michelle, Bridget, or Monte. If you need assistance obtaining a book, please contact Monte.

Ladies Luncheon

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

Vicky Auman, Janet Walters, Carol Dodderidge, and Janice Parsons invite all Meadowlark and Passport ladies to attend the March Ladies Luncheon at 11:30 a.m. Thursday, March 9, in the Event Center.

Join us for *The Four Pillars of the New Retirement* presented by D.C. Hackerott, CFP with Edward Jones. This program will be an exploration of the

EVENTS & OPPORTUNITIES

many ways retirement is changing and ways to take action today to help ensure you can live retirement on your own terms.

The luncheon will feature a burger, fries, fruit cup, and cupcake. Cost is \$10 per person.

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

Heartstrings Band

Friday, March 10, at 7 p.m.

Meadowlark welcomes back the Heartstrings Band at 7 p.m. Friday, March 10, in the Event Center! Joe and Kathy Hopeck are a husband-wife duo who have been performing in the Topeka, Kansas City, Manhattan, and Wichita areas for more than 10 years. They play a variety of songs from the 50s, 60s, and 70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet and many other artists. They provide a wonderful listening experience, and if you love to dance, Heartstrings is for you.

UFM Education in March

Decade of the 1940s

Wednesday, March 15, at 6:30 p.m.

UFM Lifetime Learning presents *The Decade of the 1940s: America at War and Winning the Peace* taught by Dr. Robert Smith, Director of the Fort Riley Museums Complex. This three-session course will begin at Wednesday, March 15, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet March 22 and March 29.

The first session will focus on America's plans to prepare for war and examine such topics as the expansion of the U.S. Military, the Lend-Lease Program, and the nation's gearing for wartime economy.

History of the History Keepers

Thursday, March 16, at 6:30 p.m.

UFM Lifetime Learning presents *History of the History Keepers* from 6:30 to 8 p.m. Thursday, March 16, in the Community Room.

In the world of museums, we often forget that those who preserve our heritage are at the same time, making their own history. The Riley County Historical Society and Museum have more than a

century's worth of their own unique history which started with their incorporation in 1914. Learn about the last 108 years of the society's legacy, their involvement in the community, their contributions, their mission, and their path forward as Katharine Hensler, the new museum director, takes you on a trip through the past.

Enrollment is now open for *Decade of the 1940s* and *History of the History Keepers* 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.

Pig Out for Parkinson's

Thursday, April 20, from 11 a.m. to 10 p.m.

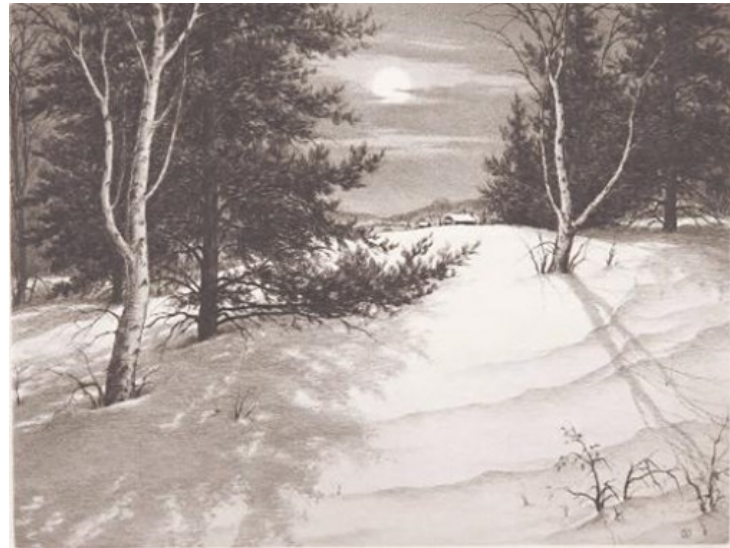
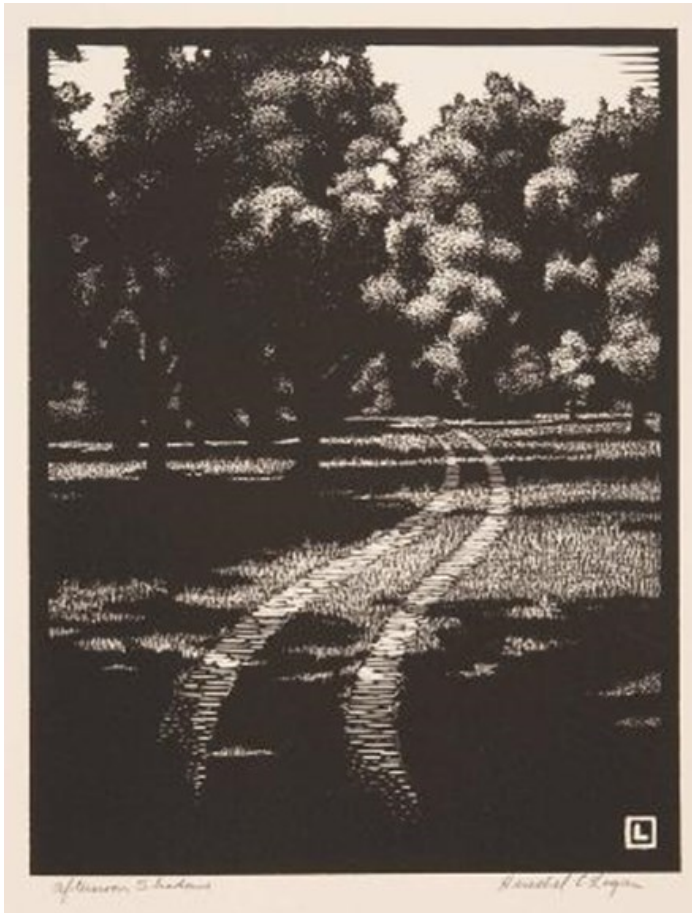
Mark your calendar for the 13th annual Pig Out for Parkinson's! Pig Out is set for Thursday, April 20, at Rockin K's restaurant. The event, presented by CenterPointe Physicians, features food specials, music from DJ Dan, and appearances by K-State celebrities, including former K-State Football Coach Bill Snyder. There also will be opportunities to learn about Meadowlark Parkinson's Program resources and treatment for Parkinson's disease (Pd) from team members and vendors.

Pig Out for Parkinson's happens every April in conjunction with Parkinson's Disease Awareness Month. The goal of the event is to educate the community about Pd and opportunities offered by Meadowlark Parkinson's Program. All the activities offered by the program are free of charge thanks to the generosity of program participants, local businesses, and community members. Attending Pig Out for Parkinson's is one opportunity to show support, as 10 percent of Rockin K's sales for the day benefit Meadowlark Parkinson's Program. In addition to eating in person, residents are welcome to place to-go orders by completing forms that will be available with a future edition of the Messenger or at the Hospitality desk.

Please contact Michelle Haub at mhaub@meadowlark.org or (785) 323-3899 to learn more.

Art Engagement *from the* Beach Museum of Art

Value ... is the art element that explores the light and darkness of a color. The use of value is how an artist creates highlights, shading, depth, and three dimensions. In the two prints shown here, the artists have used value to create light and shadow. As you compare the two compositions, what do you notice is the same or different? Did each artist use value to create the light and shadows in the same way? If no, how did their approaches differ?



[above] Ronau William Woiceske, *Moon Shadows*, ca. 1930, Aquatint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the family of E. Hubert Deines, 1969.113

[left] Herschel C. Logan, *Afternoon Shadows*, 1938 Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2002.118

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This will change because as storms get bigger, they will move farther inland and impact more people. Storms combined with rising sea levels will impact coastal areas even worse with surges and flooding that will reach farther inland and to higher elevations. At present, nearly 40% of the world's population lives within 65-70 miles of a coast. This means that hundreds of millions of people will likely need to move in the next 50 years, leading to mass migration."

We also need to plug in some thoughts about everyday cost-of-living issues. We're already seeing the impact of volatility in both food supply and prices. I'll deal more with that next month. I've been waiting for the insurance premium shoe to

fall, and just last week, in a store I had entered while shopping, I heard part of an NPR interview coming out over the store's sound system. The topic was home insurance costs in Florida. A home owner was saying that his home insurance policy used to cost some \$2,500 per year. Then, he said, it suddenly was \$5,000, then \$7,500, and that last week his new premium statement came—at an annual cost now of \$10,000! He said he couldn't afford that policy, and went on to say that he would have to just live in his uninsured home! He also intimated that he knew other home-owners in the same boat. What if insurance companies go bankrupt from too many claims and not enough premium income?

EASTER BUFFET

April 9th 11:00-1:30

Meadowlark Event Center \$27⁰⁰_{+TAX}

HOT

Carved Prime Rib
Omelet Bar
Sole in Dill Sauce
Shrimp Etouffee
Beef Stroganoff
Chicken Drumsticks
Chicken Rigatoni with Prosciutto
Scalloped Potatoes
Buttered Noodles
Wild Rice
Buttered Carrots
Green Beans
Assorted Bread Display

COLD

Poached Salmon
Salad Waterfall
Fruit Display
Raspberry Marinated Asparagus
Jell-o Molds
Deviled Eggs
Seafood Salad
Chicken Salad
Cucumbers, Red Onions and Peppers
Cheese & Meat Tray
Ambrosia
Pasta Salad
Waldorf Salad

DESSERT

Chocolate Cheesecake	German Chocolate Cake
Carrot Cake	Strawberry Pie
Mixed Berry Cobbler	Coconut Cream Pies
Tiramisu	Cherry Pie
Lemon Meringue Pie	Brownie Pie
Coca-Cola Cake	Apple Cheddar Pie

RESERVE YOUR SPOT AT PRAIRIE STAR



PRAIRIE STAR
Dine • Drink • Gather

Work That Brain!

Skill Level: Easy

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

Skill Level: Medium

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

RESTAURANT **SPECIALS**

Sunday, March 5	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	Dinner \$12 Philly Cheesesteak Sandwich French Fries
Monday, March 6	\$10 Lunch Bacon, Spinach, & Swiss Quiche Rice Pilaf Fresh Fruit	\$13 Dinner Chicken & Noodles Mashed Potatoes Garden Side Salad
Tuesday, March 7	\$11 Lunch Caesar Steak Wrap Garlic-Parmesan Fries	\$13 Dinner Spaghetti & Meatballs Green Beans Garlic Toast
Wednesday, March 8	\$9 Lunch Chicken Fajita Quesadilla Corn Salad	\$13 Dinner Chicken Piccata Wild Rice Acorn Squash
Thursday, March 9	\$10 Lunch Pesto Chicken Melt Garden Vegetable Soup	\$18 Dinner Lump Crab Cakes <i>with Remoulade Sauce</i> Roasted Fingerling Potatoes Fresh Green Beans
Friday, March 10	\$10 Lunch Soup & Salad Bar	\$16 Dinner Parmesan-Crusted Salmon Wild Rice Asparagus
Saturday, March 11	\$9 Lunch Fried Pork Cutlet Sandwich Roasted Red Potatoes	\$18 Dinner 6 oz. Ribeye Baked Potato Asparagus

BREAKFAST MENU

Breakfast service, featuring specials and a regular menus ,available in Prairie Star Restaurant from 7 to 11 a.m.

Daily Specials

Monday
Biscuits & Gravy
\$2.50 / \$4.50

Tuesday
Breakfast Pizza, \$5.50

Wednesday
French Toast, \$4

Thursday
Biscuits & Gravy
\$2.50 / \$4.50

Friday
Pancake Stack, \$4

Friday
Monte Cristo with
Hashbrowns, \$8

Breakfast Burrito, \$7
flour tortilla stuffed with scrambled eggs and your choice of add-ins

Omelet, \$6
three-egg omelet made with your choice of add-ins

Egg Scramble, \$6
three eggs scrambled with your choice of add-ins

Breakfast Sandwich*, \$5
egg your way with bacon, sausage or ham served with cheese on
toasted white, wheat, or English muffin

Classic Breakfast*, \$6.50
two eggs served your way with bacon or sausage, and two slices of
toast

Belgian Breakfast*, \$8.50
two Belgian waffles, two eggs your way with bacon or sausage

All menu items listed above served with hashbrowns or fresh fruit.

GROCERY STORE

The following items are available for purchase at the Hospitality Desk. Charges for these items can be added to resident accounts and billed through resident meal plans. **Orange juice, bread, milk, and eggs** are available for purchase through Prairie Star Restaurant. The Hospitality team members can assist residents with on-line grocery orders through Hy-Vee, which will be delivered directly to the cottage or apartment. A minimum spend of \$24.95 is required for Hy-Vee grocery delivery, and residents will need to use their personal credit card.

- ◇ Acetaminophen
- ◇ Anti-Diarrheal
- ◇ Asprin
- ◇ Cheerios
- ◇ Chips Ahoy
- ◇ Cough Drops
- ◇ Folgers Coffee
- ◇ Ibuprofen
- ◇ Puffs Facial Tissue

- ◇ Listerine
- ◇ Meadowlark Honey
- ◇ Napkins
- ◇ Oreos
- ◇ Paper Towels
- ◇ Raisin Bran
- ◇ Toilet Paper
- ◇ Toothpaste
- ◇ Tums

Weekly Opportunities Calendar *March 5 to March 10*

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

Monday • March 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
5:30 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Community Bingo, CR

Tuesday • March 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
1:00 p.m. ~ Fit 2 Fight Pd, **MSC**
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers, PR
3:00 p.m. ~ Ambassador Meeting, BR
4:00 p.m. ~ Meadowlark Singers, CR

Wednesday • March 8
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Meadowlark Page Turners, PS
11:30 a.m. ~ Sit & Be Fit, CR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, EC
5:30 p.m. ~ Eastside Supper, MR

Thursday • March 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 • March 9
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Pd Care Partner Support Group, FHR

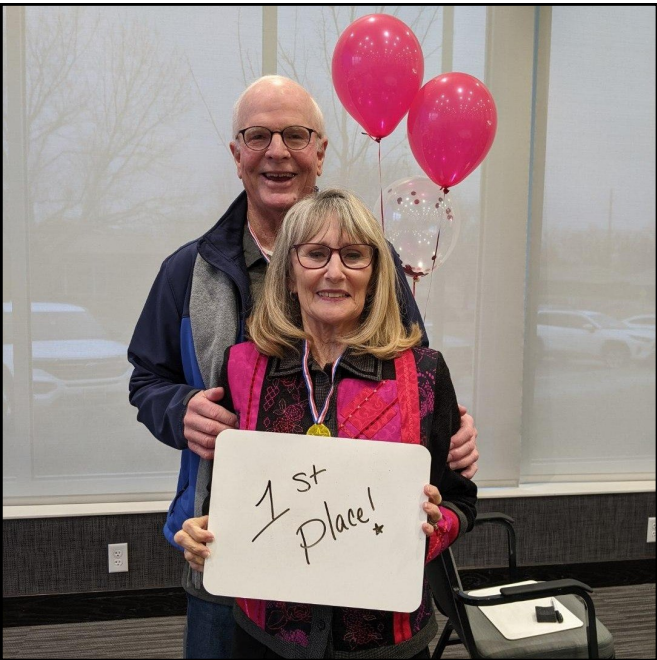
Friday • March 10
9:00 p.m. ~ Dementia Friendly Manhattan, KSU CL
9:30 a.m. ~ Outdoor Committee, FHR
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 pm. ~ Rock Steady Boxing, **BF**
7:00 p.m. ~ Heartstrings Band, EC

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	

Not-So-Newlywed Winners

Last week, resident and staff couples competed for the first-place prize in the Not-So-Newlywed Game. Congratulations to John and Patsy Henderson on their big win! Thank you to all participating couples and event hosts.





CHANNEL 1960

Entertainment Guide

Monday, March 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, March 7

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

Wednesday, March 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, March 9

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

Friday, March 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, March 11

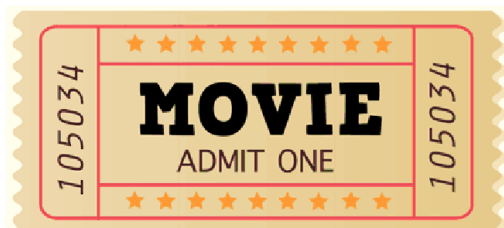
9:30 a.m.	Band Bust Exercise Class
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Solution from 2/26 (Easy).

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

Solution from 2/26 (Medium).

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



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: March 5

LEAP YEAR (2010) PG, 1 hr. 40 min. *Charming, Romantic, Comedy*

Cast: Amy Adams, Matthew Goode, & Adam Scott

A chance encounter with a dashing Irish innkeeper upends an American woman's carefully planned trip to Dublin to propose to her boyfriend on February 29.

MUSICAL MONDAY: March 6

LA LA LAND (2016) PG-13, 2 hr. 7 min. *Romantic, Intimate, Musical*

Cast: Ryan Gosling, Emma Stone, & John Legend

Career aspirations run up against bittersweet romance in modern-day Los Angeles, as two artists face a heartbreaking dilemma.

TRUE TUESDAY: March 7

RESIDENT REQUEST

SALVATORE: SHOEMAKER OF DREAMS (2020) PG, 1 hr. 49 min. *Documentary*

Cast: Salvatore Ferragamo, Michael Stulbarg, & Manolo Blahnik

The life of Italian shoemaker Salvatore Ferragamo, who created shoes for Hollywood stars during the silent film era and for iconic films for the period.

WILD WEDNESDAY: March 8

WILD HOGS (2007) PG-13, 1 hr. 40 min. *Comedy, Action*

Cast: Tim Allen, John Travolta, & Martin Lawrence

Restless and ready for adventure, four suburban bikers leave the safety of their subdivision and head out on the open road. Complications ensue when they cross paths with an intimidating band of New Mexico bikers known as the Del Fuegos.

THEATER THURSDAY: March 9

RESIDENT REQUEST

SECONDHAND LIONS (2003) PG, 1 hr. 47 min. *Drama, Emotional*

Cast: Michael Caine, Robert Duvall, & Haley Joel Osment

In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts.

FUNNY FRIDAY: March 10

THE STING (1973) PG, 2 hr. 9 min. *Witty, Suspenseful, Classic*

Cast: Paul Newman, Robert Redford, & Robert Shaw

In this Oscar winner, a rookie grifter and veteran con man plan to fleece a homicidal racketeer through a phony racetrack scam in 1930s Chicago.

SWEET SATURDAY: March 11

RESIDENT REQUEST

HOW TO MAKE AN AMERICAN QUILT (1995) PG-13, 1 hr. 57 min. *Romantic, Drama, Heartfelt*

Cast: Winona Ryder, Anne Bancroft, & Ellen Burstyn

Finn Dodd, a graduate student having second thoughts about her fiancé and marriage, spends the summer with her grandmother, her great-aunt, and their quilting circle, whose life stories captivate the conflicted young woman.