

# Outdoor Encounters



[pictured above] Key identification characteristics for shrub honeysuckles are the shape and arrangement of blossoms; quartets of red (usually) berries; leaf stems come off of a branch opposite of each other; and hollow in the middle of pith of trunk and branches—but this, obviously, cannot be seen without cutting into a trunk or branch.

**by Jo Fey & Nathan Bolls**

For the past four months, this column has considered a problem of serious international scope: climate change. But other undesirable changes are afoot, e.g., the problem of unnatural, invasive, “exotic” species. This problem, though not as immediately dangerous to human welfare as is climate change, always is with us. In one sense, the problem is worldwide because the ancestral home of an invasive species into, say, eastern Kansas may come from about anywhere in the world. The extent of invasiveness depends upon the capability of the new species to survive in its new home. Some have adapted only too well, threatening to take over native landscapes. We want to highlight a particular invasive type of honeysuckle plant that is posing a serious threat to the ancestral botanical biodiversity of Meadowlark’s natural area.

One of the features of Meadowlark Hills (MLH) that draws many residents is the natural outdoor space. From Donner’s Way to Bayer Pond, residents can enjoy walking, fishing, birding, and viewing

wildflowers native to northeastern Kansas. Walking the perimeter of MLH in the fall, one can’t help but notice the tall, green-leaved bushes covered with brilliant red berries that line the pathways. Passport member and Outdoor Committee member, Dr. Valerie Wright, a retired Konza Prairie environmental educator and naturalist, alerted the committee members to the fact that these beautiful plants are Amur or bush honeysuckle (*Lonicera maackii*), which has been identified as one of the primary invasive species in Kansas. Introduced into the USA from Europe and Asia in the 1800’s as décor for both home and lawn, this deceptively lovely bush adapted extremely well to this country. Its particular danger comes from producing long arching branches that grow out and over, thus blocking sunlight from other species that might be trying to develop underneath. In this way, the bush honeysuckles—unnatural, invasive “exotics”—disrupt the growth and distribution of many native species.

In response to this and several other issues

**See OUTDOOR, page 3**

## EVENTS & OPPORTUNITIES

### **Manhattan Catholic Schools Flag Project**

*submitted by Tom Fryer*

The Manhattan Catholic Schools PTO provides the Flag Project service for the Manhattan area. For an annual \$40 donation, they provide a 3' x 5' U.S. flag, pole, and bracket for display at your home during the following five holidays: Memorial Day, Flag Day, Independence Day, Labor Day, and Veterans Day.

If you are interested in participating in the Flag Project, please contact [mcsflagproject@gmail.com](mailto:mcsflagproject@gmail.com) or call (785) 565-5050 to learn more.

### **Worship Service**

*Sunday, May 7, at 10:30 a.m.*

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, May 7, in the Community Room/Chapel. We will continue our new sermon series titled "Call Stories" during which we are exploring the ways in which God inspires us to follow our hearts and dreams.

### **Little Apple Barbershop Chorus Concert**

*Saturday, May 6, at 3 p.m.*

You're invited to attend Little Apple Chorus' Spring Show, "A Funny Thing Happened on the Way to the Forum Hall!" The program is scheduled for Saturday, May 6, at 3 p.m. in Forum Hall at the KSU Student Union. The doors will open at 2:30 p.m. Meadowlark has complimentary tickets still available! Please visit the Hospitality Desk to claim a concert ticket.

### **Hable Espanol**

*Monday, May 8, at 4 p.m.*

The Hable Espanol group will meet at 4 p.m. Monday, May 8, in the Flint Hills Room.

### **Hymn Sing-a-Long**

*Wednesday, May 10, at 3 p.m.*

You're invited to attend the Hymn Sing-A-Long led by Vera Williams at 3 p.m. Wednesday, May 10, in the Event Center. All are welcome!

### **Meadowlark Ladies Luncheon**

*Thursday, May 11, at 11:30 a.m.*

Meadowlark ladies, including residents and Passport members, are invited to attend the monthly Meadowlark Ladies Luncheon at 11:30

a.m. Thursday, May 11, in the Event Center.

There are no hostesses for the May luncheon, so come and enjoy a social hour and a special lunch. The meal will include an Italian beef sandwich, pasta salad, and a scoop of homemade ice cream for \$13+tax. Please sign up in the Blue Book if you plan to attend.

### **Meadowlark Singers concert**

*Friday, May 12, at 7 p.m.*

*submitted by Sue Hunt*

The Meadowlark Singers are expanding, not around the waist, but with many new voices. We are getting ready to perform on Friday, May 12. We are working on a variety of songs from country to religious and almost always end up together. Plan on coming to hear us at 7 p.m. Friday, May 12, in the Community Room.

### **Outdoor Committee: Golf Cart Rides**

*Saturday, May 13*

*submitted by Sue Hunt*

Are you ready for a little excitement? Do you miss rollercoaster rides? Sign up in the Blue Book for a golf cart ride around the many pathways. The rides are scheduled from 9 to 11 a.m. every half hour. The cart holds five passengers at a time. Trips are on Saturday, May 13, and depart from the Village Entrance.

### **Mother's Day Lunch at Prairie Star**

*Sunday, May 14, from 11 a.m. to 2 p.m.*

Prairie Star Restaurant will host a special Mother's Day Lunch from 11 a.m. to 2 p.m. Sunday, May 14. Please reserve your seat by visiting the host stand in the restaurant or by calling (785) 323-3820.

The menu will feature the following individually priced items:

~ Salads/Soups: Blueberry Spinach Salad (\$4); Clam Chowder (\$4); and Watermelon Cucumber Salad (\$4)

~ Entrees: Lemon Pepper Chicken with Rice Pilaf and a Veggie Skewer (\$15); Cinnamon-Apple Pork Chop with Red-Skin Mashed Potatoes, and Bacon-Wrapped Asparagus (\$17); Blackened Shrimp with Tuscan Alfredo Sauce over Linguine (\$17)

~ Dessert: Strawberry Cream Pie (\$4) and Chocolate Raspberry Cake (\$5)

## **May 16 trip to Kansas City area gardens**

**Tuesday, May 16, depart at 7:30 a.m.**

The Friends of the Kansas State University Gardens have planned a public bus trip Tuesday, May 16, to tour four gardens in the Kansas City area, the first daytrip since before the pandemic.

A 54-passenger charter bus will depart at 7:30 a.m. from the east Manhattan Town Center parking lot near JC Penny. The first tour is the Monet Garden, recalling images of the French impressionist artist, followed by the sprawling Overland Park Botanical Gardens.

The bus will take guests to Strang Hall, an upscale food court in Old Overland Park. The cost of lunch is not included in the trip price.

The afternoon stops begin at Loose Park's Laura Conyers Smith Rose Garden with its 3,000 plants and 150 roses varieties. The final stop is a visit of the five-acre Family Tree Nursery.

Tour guides include the Johnson County master gardeners and members of the Kansas City Rose Society. The bus returns to Manhattan at 6:30 p.m.

Tour cost is \$50 per person and includes round-trip bus transportation, garden admission and guided tours. Registration and payment are done online with the KSU Foundation at <https://my.kstategateway.com/s/listing/a0M4V000011IVdl>

Guests should establish a username and password unless they have done so earlier. Search for the May event calendar and click on the May 16 garden bus trip for a safe credit card link.

Registration questions can be directed Ashley Miller at (785) 775-2152. Garden tour questions can be directed to Friends Board member Tim Lindemuth at [timlind@ksu.edu](mailto:timlind@ksu.edu).

## **Lunch at Cracker Barrel**

**Wednesday, May 17, depart at 10:45 a.m.**

You're invited to have lunch a Cracker Barrel in Junction City on Wednesday, May 17! The cost for transportation is \$7 per person and each person will be responsible for his or her own lunch bill. The bus will depart from the Village Entrance at 10:45 a.m. Please sign up in the Blue Book if you plan to attend.

## **OUTDOOR, from page 1**

concerning the health of MLH's natural spaces, interested residents reactivated the Meadowlark Outdoors Committee in June of 2022. The committee sought expert advice concerning managing the natural spaces by inviting District Forester Thad Rhodes to visit and walk Donner's Way. Thad complimented the riparian (streamside) system as a singular example of a natural community in an urban area; however, he went on to add: "... without active management (of the honeysuckle), these areas can become degraded and begin to decline from both a functional and ecological perspective." This disruption, over time, can seriously upset both the distribution of native species in an area and the "balance of nature" that a particular combination of native species (both plant and animal) has achieved over time with each other and with their own particular patch of Earth's crust.

The disruption both of native species and of natural balance are occurring throughout our MLH natural area. Numerous small redbud trees and other native plants are losing out to the larger, more aggressive honeysuckle bushes. Further, this trend of altering the tree and bush makeup of our woods has effects on all, or certainly most, of the other plant and animal forms we've come to associate with Kansas forests. For example, the numerous berries produced by the honeysuckles, eaten by some bird and rodents, are far less nutritious than berries from other plants, e.g., hackberry and cedar trees, service berry bushes, and sunflowers.

The Outdoors Committee has taken on numerous other projects such as reviving the pond, planting wildflowers along the trails, furthering outdoor education, and making it possible for more residents to access and enjoy the natural spaces of Meadowlark. However, honeysuckle eradication has moved to the top of the list. As recommended by Thad Rhodes and Bob Atchison, a retired Kansas Forester who also consulted with the committee, prioritization of targeting and removing the large areas of seed-bearing honeysuckle bushes is critical to the survival of Meadowlark's urban forest. As we begin to do just that, we hope that the MLH community will understand that the inevitable bare spots in the woods will be temporary. We plan to nurture the existing trees toward greater health and to plant more native trees that add to the long-term strength and beauty of our own natural community.



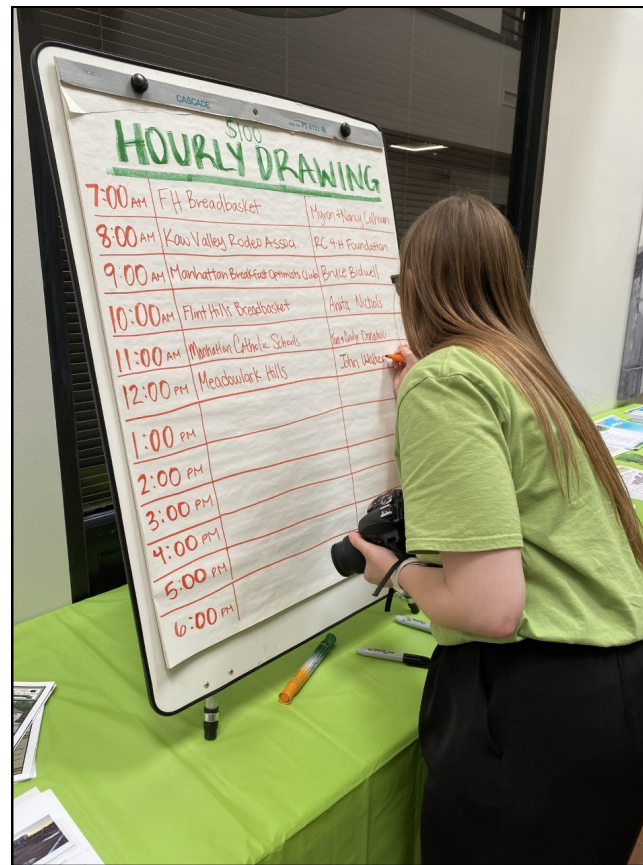
# Grow Green Match Day

by **Becky Fitzgerald, Development Director**

According to the Greater Manhattan Community Foundation website, Grow Green Match Day was a huge success, providing more than \$1 million to 95 local charitable organizations. The leaderboard on the Grow Green webpage shows Meadowlark among the top organizations in terms of donations received, but the Community Foundation has not yet released official totals to the participating organizations. According to Kendra Kuhlman, Director of Program Services, each gift is in the process of being reviewed to ensure that contributions are credited to the organizations the donors indicated on their giving forms.

Details of the event, including the amount contributed to Meadowlark to benefit our Nursing Scholarship Program, will be announced in an upcoming Messenger. Thank you to those who generously boosted this fund.

**[right]** MaKenna Eilert, Director of Marketing at GMCF, adds Meadowlark resident John Walters to a list of winners on Grow Green Match Day, April 21. Persons who submitted donations at Grow Green headquarters in downtown Manhattan were eligible for an hourly prize. Because John's name was drawn, Meadowlark Foundation received an additional \$100 on Match Day!



## May Birthdays



Unfortunately, May **employee** birthdays were printed incorrectly last week. The correct list is below.

### Employees

5/1 Brandi Bojorquez	5/10 Beth Ernst	5/21 Giana Santana
5/1 Paige Harman	5/10 Olivia Grund	5/22 Andy Carano
5/2 Alyssa Maya	5/11 Teresa Adams	5/22 Aric Sapp
5/2 Braden McCune-Streit	5/12 Bonnie Gilligan	5/23 Emma McKinsey
5/3 Vanessa Leach	5/12 Katrina Leisner	5/23 Brad Olson
5/5 Robert Minnich	5/13 Kerene George-Roberts	5/24 Brianna Binkley
5/5 Addison Moeller	5/14 Tanner Boggs	5/25 Jeff Heidbreder
5/5 Katrina Timms	5/14 Sadie Selenke	5/26 Amy Bise
5/6 Andria Anderson	5/15 LaTisha Garvin	5/26 Melody Rowland
5/7 Nick Haverkamp	5/15 Megan Gordon	5/26 Jean Squires Lake
5/7 Sophia Hillard	5/15 Nicholas Ridder	5/29 Hailey Lohmeyer
5/7 Madison Plattner	5/15 Alley Ross	5/29 Peter Ridder
5/8 TaDeja Stewart	5/18 Hannah Jones	5/31 Katie Jones
5/8 Melissa Zeak	5/19 Ashlyn Holmes	5/31 Koby McCubbin
5/9 Emma Wildman	5/19 Caitlynn Lundberg	5/31 Mary Sharpnack
	5/21 Marsha Miller	

## Art Engagement *from the Beach Museum of Art*

**Compare and Contrast ...** Take a moment to observe what is the same or different in the artworks shown here. You may want to consider how each artist arranged the subjects within the composition. How did he treat space, value, and balance? What details about both pieces did you notice during this activity that might have been overlooked before this exercise?



Phil Epp (United States, born 1946)  
*Barn and Moon*, 1995  
Charcoal and white chalk on color paper  
KSU, Marianna Kistler Beach Museum  
of Art, gift of the artist, 1996.6



Roy Clinton Langford (United States, 1903 - 1990)  
*White Barn (Preliminary Study)*, 1932  
Oil on hardboard  
KSU, Marianna Kistler Beach Museum of Art,  
The Roy C. Langford Collection,  
gift of the Langford family, 2008.339

## LEADER OF THE PACK

Meadowlark's Leader of the Pack for May is Alyssa Chavez, a nurse in Lyle House at Meadowlark! Alyssa is compassionate and caring with residents and families. She always has a positive attitude and is willing to help wherever is needed and does so with a smile. The residents and staff love Alyssa! She is a fantastic nurse with a genuine heart. Meadowlark is happy to have Alyssa as a part of the team. Congrats, Alyssa!



# RESTAURANT **SPECIALS**

<p><b>Sunday, May 7</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>Dinner</b> <b>\$15</b> Beef Tips Mashed Potatoes &amp; Gravy Broccoli</p>
<p><b>Monday, May 8</b></p>	<p><b>\$12</b> <b>Lunch</b> Orange Chicken White Rice Stir Fry Vegetables</p>	<p><b>\$17</b> <b>Dinner</b> Coconut Shrimp Coconut Rice Grilled Pineapple</p>
<p><b>Tuesday, May 9</b></p>	<p><b>\$10</b> <b>Lunch</b> Chicken Salad Melt <i>on an English Muffin</i> Fruit Salad</p>	<p><b>\$17</b> <b>Dinner</b> BBQ Ribs Cheesy Potatoes Baked Beans</p>
<p><b>Wednesday, May 10</b></p>	<p><b>\$12</b> <b>Lunch</b> Grilled Salmon Sandwich Sweet Potato Fries</p>	<p><b>\$14</b> <b>Dinner</b> Fried Pork Cutlet Mashed Potatoes &amp; Gravy Green Beans</p>
<p><b>Thursday, May 11</b></p>	<p><b>\$11</b> <b>Lunch</b> Italian Beef Sandwich Pasta Salad</p>	<p><b>\$16</b> <b>Dinner</b> Meatloaf Roasted Garlic Red Skin Potatoes Buttered Carrots</p>
<p><b>Friday, May 12</b></p>	<p><b>\$11</b> <b>Lunch</b> Pasta Bar</p>	<p><b>\$15</b> <b>Dinner</b> Brown Sugar Ham Mashed Sweet Potatoes Brussel Sprouts</p>
<p><b>Saturday, May 13</b></p>	<p><b>\$11</b> <b>Lunch</b> Cuban Sandwich Pub Chips</p>	<p><b>\$15</b> <b>Dinner</b> Fried Chicken Mashed Potatoes &amp; Gravy Corn</p>



# Weekly Opportunities Calendar May 7 to May 13

**Sunday • May 7** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • May 8** *Trash pick-up*  
 9:30 a.m. ~ Mindful Memories, **MSC**  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 10:30 a.m. ~ Weights 101, CR *or 1960*  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
 11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 4:00 p.m. ~ Hablé Espanol, FHR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • May 9**  
 7:00 a.m. ~ Rock Steady Boxing, **BF**  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR *or 1960*  
 11:15 a.m. ~ Chair Yoga, CR *or 1960*  
 12:00 p.m. ~ 4th Floor Luncheon, BR  
 12:05 p.m. ~ Mat Yoga, CR  
 1:00 p.m. ~ Fit 2 Fight Pd, **MSC**  
 2:00 p.m. ~ 10-Point Pitch, GR  
 3:00 p.m. ~ Coffee Corner, EC  
 4:00 p.m. ~ Meadowlark Singers Practice, CR

**Wednesday • May 10**  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 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 *or 1960*  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
 3:00 p.m. ~ Hymn Sing-a-Long, EC  
 3:00 p.m. ~ Rock Steady Boxing, **BF**  
 5:30 p.m. ~ Eastside Supper, MR

**Thursday • May 11**  
 9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR *or 1960*  
 11:15 a.m. ~ Chair Yoga, CR *or 1960*  
 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  
 1:00 p.m. ~ Parkinson's Exercise Class, CR

**Friday • May 12**  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 9:30 a.m. ~ Outdoor Committee, FHR  
 10:00 a.m. ~ Dementia Friendly Manhattan, KSU CL  
 10:30 a.m. ~ Weights 101, CR *or 1960*  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*  
 1:00 p.m. ~ Rock Steady Boxing, **BF**  
 7:00 p.m. ~ Meadowlark Singers Concert, CR

**Saturday • May 13**  
 9:00 a.m. ~ Golf Cart Trail Ride, VE  
 9:30 a.m. ~ Golf Cart Trail Ride, VE  
 9:30 p.m. ~ Band Bust Exercise Class, **1960**  
 10:00 a.m. ~ Golf Cart Trail Ride, VE  
 10:30 a.m. ~ Golf Cart Trail Ride, VE

## Room Abbreviations

<b>1960</b> , TV Channel 1960	GR, Game Room
<b>BF</b> , 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	<b>MSC</b> , Manhattan Sr. Center
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance





## 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: May 7

***STEPMOM*** (1998) PG-13, 2 hr. 5 min. *Emotional, Sentimental, Bittersweet*

Cast: Julia Roberts, Susan Sarandon, & Ed Harris

A photographer tries to earn the love of her fiancé's children but cannot overcome their mother's disdain ... until a diagnosis changes everything.

### MUSICAL MONDAY: May 8

***WHITNEY HOUSTON: I WANNA DANCE WITH SOMEBODY*** (2022) PG-13, 2 hr. 24 min. *Emotional*

Cast: Naomi Ackie, Stanley Tucci, & Ashton Sanders

This complex portrait of the incomparable Whitney Houston follows the singer's stunning ascent from New Jersey choir girl to international superstar.

### TRUE TUESDAY: May 9

***THE BATTERED BASTARDS OF BASEBALL*** (2014) TV-MA, 1 hr. 20 min. *Investigative, Inspiring*

Cast: Todd Field & Kurt Russell

The colorful true story of the Portland Mavericks, a scrappy, independent baseball team of underdogs started by actor Bing Russell in the 1970s.

### CLASSIC MOVIE WEDNESDAY: May 10

***A LEAGUE OF THEIR OWN*** (1992) PG, 2 hr. 7 min. *Classic, Inspiring, Sentimental*

Cast: Tom Hanks, Geena Davis, & Madonna

Recruited to join a women's baseball league in the 1940s, two sisters learn to love the sport with encouragement from a rough-around-the-edges coach.

### THEATER THURSDAY: May 11

***FRIED GREEN TOMATOES*** (1991) NR, 2 hr. 16 min. *Emotional, Heartfelt, Drama*

Cast: Jessica Tandy, Kathy Bates, & Mary Stuart-Masterson

In this adaptation of Fanny Flagg's novel, flashbacks reveal the remarkable and mysterious story of soulmates Idgie and Ruth, whose antics cause an uproar in their rural Southern town during the 1920s.

### FUNNY FRIDAY: May 12

***JERRY MAGUIRE*** (1996) R *for language & sexuality*, 2 hr. 18 min. *Sentimental, Witty, Romantic*

Cast: Tom Cruise, Cuba Gooding Jr., & Renee Zellweger

Exhausted by the cynicism of his job, sports agent Jerry Maguire starts over with just one loyal client, finding love, and a new outlook along the way.

### SWEET SATURDAY: May 13

***THREE MEN & A BABY*** (1987) PG, 1 hr. 43 min. *Comedy*

Cast: Tom Selleck, Steven Guttenberg, & Ted Danson

Three handsome Manhattan bachelors find their dating rituals irreparably damaged when an unexpected new roommate—complete with a crib, pacifier, and a diaper—shows up on their doorstep. This bouncing bundle of joy is anything but joyous ... until she becomes “Daddy’s Girl” to all three.