

Outdoor Encounters



submitted by Nathan Bolls

I often hear someone say “What can I do?” when the topic swings around to the climate crisis we are facing. Some who utter these words are deadly serious in their intent. Others, not yet fully onboard to battle what we are facing, probably will fall back to the rationalization often used come election time: “What good will one little vote do?” and “Why bother?” We must remember that each of the tens of millions of votes counted in the last election began with a single lone effort—and democracy was better for it.

We do hear of large scale projects such as wind turbines, solar panels, electric vehicles, and ethanol-laced gasolines—anything to reduce the use of fossil fuels. I’ve heard that some growers are willingly reducing the amount of surface or subsurface waters they use for crop production—some to zero use of such waters. Their crop yields will be less, and crop

insurance companies are scrambling to gather data from which they can offer fair crop insurance premiums. But, by-and-large, our society prefers large scale solutions, changes done by someone else from which we can benefit—without too much bother or sweat on our part.

But something is missing from the societal **master equation of action** that includes the examples given above. Put quite simply, the large majority of us living in countries with high standards of living, in countries providing relatively plush and comfortable living conditions, have not yet really taken up the challenge of becoming personally involved in actions that could ameliorate the effects of climate change. Many people feel, incorrectly, that because of their geographic location, they are immune from any negative effects.

However, I know that some seriously ponder “What can I do?” The answer is **plenty**, but the actions I’ll

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EVENTS & OPPORTUNITIES

Beer & Hymns

Friday, June 2, at 7 p.m.

There is a grand tradition within the Christian church of bringing together hymn-singing and pub culture. In the nineteenth century, William Booth's Salvation Army put Christian words to popular music sung in pubs and taverns. Come enjoy a soda or alcoholic beverage... or even water... and join together in song for fellowship, song and merriment at Prairie Star's Pub.

Worship Service

Sunday, June 4, at 10:30 a.m.

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, June 4, in the Community Room/Chapel. All are welcome to attend.

Town Meeting

Monday, June 5, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, June 5, 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.

"Why?" Book Discussion Group

Monday, June 5, at 3:30

People of faith have struggled with the question "why do bad things happen to good people" for centuries. Join Rev. Melanie Nord as we examine and discuss this topic using the bestseller by Pastor Adam Hamilton. The "Why?" Book Discussion Group will meet Mondays in June from 3:30 to 4:30 p.m. starting Monday, June 5, in the Flint Hills Room. You do not have to read the book to participate. All are welcome!

Prairie Star Writers Group

Tuesday, June 6, 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, June 6, in the Patriot Room.

The June 6 session is titled "Jokes & Jokers." Some people can just laugh and the world laughs with them. Others tell jokes that land like a mud

clod. Humor is a magical skill ... especially when it makes us giggle hours later. Come share your favorite funny story or storyteller! Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Lollipops & Lemonade

Tuesday, June 6, at 2:30 p.m.

You're invited to attend Lollipops and Lemonade event from 2:30 to 4 p.m. Tuesday, June 6, in the Courtyard! Meadowlark Ambassadors will host the event, providing the refreshments and some light entertainment! All are welcome to attend.

Piano Music

Tuesday, June 6, at 3 p.m.

You're invited to enjoy piano music from the 1930s, '40s, and beyond. Join us from 3 to 3:30 p.m. Tuesday, June 6, in the Flint Hills Room.

Celebration of Life: Faith Roach

Tuesday, June 6, at 4 p.m.

Please join family and friends for a celebration of Faith Roach's life from 4 to 7 p.m. Tuesday, June 6, at the Flint Hills Discovery Center on the patio. We'll move indoors if the weather is not beautiful.

In accordance with her spirit, there will be food and drink. Come and share stories and tall tales!

Meadowlark Men's Social Supper

Wednesday, June 7, at 5:30 p.m.

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m. Wednesday, June 7, in the Manhattan Room. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

Memorial Service for Jo Anne Call

Thursday, June 8, at 11 a.m.

A memorial service for Jo Anne Call will begin at 11 a.m. Thursday, June 8, at First Presbyterian Church. A lunch and reception will follow the service and burial will be at Kansas Veterans' Cemetery at Fort Riley around 1:30 p.m.

Memorial contributions can be made to Meadowlark Foundation's Good Samaritan Fund,

EVENTS & OPPORTUNITIES

Manhattan Kiwanis Fund at Greater Manhattan Community Foundation, or the Call Family Memorial at First Presbyterian Church.

June Ladies Luncheon

Thursday, June 8, at 11:30 a.m.

You won't want to miss this one! All Meadowlark ladies are invited to the June Ladies Luncheon at 11:30 a.m. Thursday, June 8, in the Event Center. Sign up in the Blue Book at the Hospitality Desk if you plan to attend.

June's luncheon theme is Relish Spring with Friends, Food, and Poetry. Bring your own friends, meet friends there, or come around 11 a.m. to pick your place and meet new friends! The menu will include a spring salad, croissant, and a cherry tort with ice cream. Nathan Bolls will read selected published poems written by his late wife, Imogene Bolls.

Fiesta to Remember

Friday, June 9

You're invited to Fiesta to Remember Friday, June 9, at Rockin K's, located at 1880 Kimball Ave., from 11 a.m. to 10 p.m. to enjoy delightful food and drink. Fiesta to Remember will feature a taco buffet from 11 a.m. to 1:30 p.m. and a fajita buffet from 4:30 to 9 p.m. Petty Cash will provide live music in the evening.

Back by popular demand, a VIP experience featuring a private room, bartender, and buffet will be offered from 6 to 8 p.m. A limited number of VIP tickets are available for \$50 each. The VIP experience will include private dining space on the second floor of the Foundation building with access to the balcony to enjoy live music from Petty Cash. In addition to buffet-meal access, each VIP ticket holder will receive two drinks served by their own bartender, and a VIP-exclusive appetizer and dessert. These can be purchased by contacting Michelle Haub at (785) 323-3899 or via e-mail at mhaub@meadowlark.org.

Everyone can purchase favorites from the Rockin' K's menu and the signature "Fiesta-Rita" drink all day long. To-go orders will be available for residents not able to attend in-person. To receive a to-go order delivered to Meadowlark, complete the order form on the back page of this Messenger and submit it to the Hospitality Desk

by Wednesday, June 7.

Meadowlark Memory Program is honored to have the consistent support from Central National Bank as our presenting sponsor for Fiesta to Remember. Additionally, 2023 marks the third year that Rockin K's has generously offered to host and donate 10% of the day's proceeds to Meadowlark Memory Program.

As a community outreach program, Meadowlark Memory Program serves individuals affected by mild cognitive impairment, dementia, and/or Alzheimer's disease in the Flint Hills region. In recent years, the use of technology has allowed the program to serve individuals in other areas of Kansas and other states as well.

A dementia or related diagnosis is devastating and often leaves the individual and family members feeling isolated. Meadowlark Memory Program strives to help people cope with their diagnoses and form connections so they do not have to face the journey alone. All program services are free of charge, including consultations, education events, classes, and support groups. To learn more about the program or to purchase VIP tickets, please contact Michelle Haub at (785) 323-3899.

Konzanetta String Quartet

Friday, June 9, at 7 p.m.

Meadowlark welcomes the Konzanetta Quartet for the first time at 7 p.m. Friday, June 9, in the Event Center! The group is a string quartet for the K-State String Division. They have been playing together for two years, performing at multiple venues such as Tea in the Tulips in Wamego and the K-State Gardens. Members include Emily Keeley, violin, studying Speech Pathology; Bridget O'Neill, violin, studying Music Education; Blake Modean, viola, studying Music; and Cole King, cello, studying pre-med Biology and Public Health. All are welcome to attend!

Symphony in the Flint Hills

Saturday, June 10, depart at 3 p.m.

Meadowlark is headed to the prairie for Symphony in the Flint Hills! The Signature Event is an annual gathering on the prairie celebrating

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mention will not kick off bells and whistles, will not get one in line to receive the *Person of the Year Award* in any category. The actions in question are boring and repetitive—but extremely valuable and worthwhile. Anything you can think of that will reduce the usage of freshwater, fossil fuels, and energy in general is worthwhile. I will mention several possible actions in which to engage, but must also admit that, aside from serious recycling, I pretty much stand as one hurling stones from the front porch of my glass house.

How about washing clothes in cold water; and shaving with same. These work for me. How about saving all leftover clear water from table and kitchen to use for watering plants? I know someone who does this, and it works well. Mow and water your lawn less often. Plant trees, but more important is nurturing existing large mature trees. Such large mature ones already possess a huge ready-to-go chemical factory for both removing carbon dioxide from the air and making many useful chemicals in the process.

Reduce your domestic daily water usage by **one quart**. Okay, you say, but that would be a teensy drop-in-the-bucket up against the magnitude of the world-wide shortage of potable water, against the volume of water fought over in the international water wars that are heating up. Yeah, even in our own country; ever lived along either the Colorado or Rio Grande Rivers? We'll come back to that quart of water.

How about reducing your weekly car mileage by one-fourth? Or keeping the house temperature two degrees warmer in summer and two degrees cooler in winter. How about using more raw foods and less canned or packaged items in the kitchen? Don't have time for that! Compute a weekly time budget, paying special attention to how much time is spent staring at either the TV or I-Phone screens. You'll probably save money also.

Become a dedicated recycler. Many everyday items can be recycled. Check it out. Although this would be difficult, work to reduce the amount of plastic you take into your home, and then have to dispose of. The world, including our oceans, is awash in plastics. And they are proving to be harmful to the health of both aquatic and terrestrial organisms.

Now, about that quart of water. If each of us

reduced our domestic water usage by a mere **one quart** per day, the result would add up. Let's put Manhattan's population, conservatively, at 50,000. Although the exact volume of water saved would be very difficult to predict, we would see city usage fall by something like 12,500 gallons per day! For the whole population of Kansas, that would be some 728,000 gallons per day not used. To give these figures some scale, the average flow of the Kansas River at Manhattan this time of year equals 6,325 cubic feet per second, or 40,700 gallons per second. And the average daily water use per capita for Manhattan is 118 gallons, which translates to a daily use of 5.9 million gallons for the 50,000 residents.

Working together, we can make a difference. What if we reduced our daily water use by a gallon a day, our average gasoline usage to a gallon less each week? What if half of us used cold water for laundry and half of us recycled, lived a bit warmer in summer and cooler in winter? We can make a difference! Anything that reduces the use of freshwater, fossil fuels, natural resources and energy in general is of great value! We are, too!

LOST



“Eevie”

**200\$ REWARD FOR SAFE
RETURN TO OWNER**

Last seen at Meadowlark Hills, between
Kimball and Tuttle Creek Blvd.

Contact Candace at 785-341-9085

Art Engagement *from the Beach Museum of Art*

Form, color, and line are the most predominate art elements used by a blown glass artist. Some artists will use texture too. These elements guide the artist in the creative process and guide the viewer through the process of looking. A glass blower often has a design plan in mind when beginning an artwork. However, they may not choose a title for the object until they see it completed. Looking at the final form, how do the lines move the eye and how do the color projects may influence a title? The glass artwork shown here is part of a series and all the pieces have the same name and similar characteristics. As you look at this piece consider the form, color, and line, what title would you give this artwork? Look at what the artist titled it; do you agree with the choice?



Lino Tagliapietra (Italy, born 1934), *Dinosaur*, 2004, Blown glass
KSU, Marianna Kistler Beach Museum of Art, Ross & Marianna Beach Foundation purchase, 2004.5

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art, music, and the ecology of the Flint Hills. The 2023 Event will take place at Wade Pasture in Wabaunsee County, near Eskridge, Kan., on Saturday, June 10, and will feature a sunset concert by the 80-piece Kansas City Symphony. The day and evening also will be full of inspired talks, stargazing, music, storytelling, and dancing.

The cost of the trip is \$135, which includes the ticket to the event, reserved seating in the chair-sitting area, and transportation from Meadowlark.

The event takes place in a remote pasture with rocks, uneven surfaces, and unpaved dirt pathways. Walking is required. Wear comfortable, closed-toed walking shoes. Upon arrival in the parking lot, allow time to access the main event site. In some designated areas, golf cart rides are

available; however, the wait time may be long. Access from the ticket gate to the main event site is by a walking trail, wagon rides, or ADA bus. Walking is required at the main event site.

If you would like to attend with Meadowlark, there is a sign-up sheet in the Blue Book at the Hospitality Desk. The bus will depart at 3 p.m. from the Village Entrance. There is a no-refund policy for the ticket purchased if the event takes place. In the event of weather postponement on June 10, the Signature Event will take place on the rain date of June 11. If weather cancels the weekend events completely, GA ticket-holders will be eligible for a refund. If you are interested, please sign up or contact Monte Spiller at 323-3801.

RESTAURANT **SPECIALS**

<p>Sunday, June 4</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, June 5</p>	<p>\$11 Lunch Ham Salad Sandwich <i>served on a Croissant</i> Fruit Salad</p>	<p>\$13 Dinner Carnitas Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, June 6</p>	<p>\$11 Lunch BBQ Chicken Flatbread Pizza Italian Salad</p>	<p>\$15 Dinner Chicken Marsala Angel Hair Pasta Caesar Side Salad</p>
<p>Wednesday, June 7</p>	<p>\$11 Lunch Supreme Stromboli Zucchini Fries</p>	<p>\$16 Dinner Grilled Pesto Shrimp Couscous Squash Medley</p>
<p>Thursday, June 8</p>	<p>\$11 Lunch Chicken Parmesan Sandwich French Fries</p>	<p>\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, June 9</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner BBQ Brisket Loaded Mashed Potatoes Fresh Green Beans</p>
<p>Saturday, June 10</p>	<p>\$11 Lunch Meatball Sub Pub Chips</p>	<p>\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar June 4 to June 10

Sunday • June 4 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • June 5 *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 *or 1960*
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 3:30 p.m. ~ "Why" Book Discussion Group, FHR
 5:30 p.m. ~ Tuttle Creek Dinner, BR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 6
 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. ~ Kimball Luncheon, BR
 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
 2:30 p.m. ~ Lollipops & Lemonade, CY
 3:00 p.m. ~ Piano Music, FHR

Wednesday • June 7
 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. ~ Sing-a-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ Meadowlark Men's Supper, MR

Thursday • June 8
 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
 12:00 p.m. ~ Speedy Pd Art Class, PR
 12:05 p.m. ~ Mat Yoga, CR

Thursday • June 8
 1:00 p.m. ~ Pd Care Partners Support Group, FHR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • June 9
 9:30 a.m. ~ Outdoor Committee, FHR
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:00 a.m. ~ Dementia Friendly MHK, KSU CL/PR
 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. ~ Konzanetta String Quartet, EC

Saturday • June 10
 9:30 p.m. ~ Band Bust Exercise Class, 1960
 3:00 p.m. ~ Depart for Symphony in the FH, VE

Room Abbreviations

1960, TV Channel 1960	GR, Game Room
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

What has
 thousands of
 ears but can't
 hear at all?

A cornfield.





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: June 4

AMERICAN GRAFFITI (1973) PG, 1 hr. 52 min. *Heartfelt, Drama, Classic*

Cast: Richard Dreyfuss, Ron Howard, & Paul Le Mat

On the night before two of them leave for college, four high school pals cruise around town finding love and mischief in this coming-of-age classic.

MUSICAL MONDAY: June 5

PITCH PERFECT (2012) PG-13, 1 hr. 52 min. *Musical, Comedy, Feel-Good*

Cast: Anna Kendrick, Rebel Wilson, & Skylar Astin

It's a musical showdown when Beca joins The Bellas a cappella group and revamps their stodgy style to take on a men's choir in a university competition.

TRUE TUESDAY: June 6

CALL ME KATE (2022) TV-14, 1 hr. 26 min. *Understated, Heartfelt, Intimate*

Cast: Katharine Hepburn

Through newly uncovered audio and video footage, the inner life of intensely private screen legend Katharine Hepburn emerges in this documentary.

WESTERN WEDNESDAY: June 7

A COWGIRL'S SONG (2022) PG, 1 hr. 32 min. *Feel-Good*

Cast: Cheryl Ladd, Savannah Lee May, & Darci Lynne Farmer

After her father is wrongly arrested, an aspiring teen singer teams up with her grandmother, a country music legend, to raise the money for bail.

THEATER THURSDAY: June 8

GOOD WILL HUNTING (1997) R for , 2 hr. 6 min. *Emotional, Sentimental, & Heartfelt*

Cast: Matt Damon, Robin Williams, & Ben Affleck

When professors at MIT discovers that an aimless young janitor working at the university is also a mathematical genius, a therapist helps the young man confront the demons that are holding him back.

FUNNY FRIDAY: June 9

THE BUCKET LIST (2007) PG-13, 1 hr. 37 min. *Comedy, Tearjerker, Inspiring*

Cast: Jack Nicholson, Morgan Freeman, & Sean Hayes

When corporate mogul Edward Cole and mechanic Carter Chambers wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest.

SWEET SATURDAY: June 10

SPANGLISH (2004) PG-13, 2 hr. 11 min. *Heartfelt, Bittersweet, Romantic*

Cast: Adam Sandler, Tea Leoni, & Paz Vega

A successful chef in a dysfunctional marriage forms a connection with his family's new housekeeper, a devoted mom from Mexico who doesn't speak English.