

Outdoor Encounters



Rachel Carson, scientist & author

by Nathan Bolls

A recent article in *Nature's Voice*, the newsletter of the National Resources Defense Council (NRDC), reminded me of the scientist and author, Rachel Carson, and her courageous landmark 1962 book entitled *Silent Spring*.

In *Silent Spring*, Carson laid out her thesis that DDT, a then widely-used pesticide, was causing numerous serious effects in both humans and wild creatures. I recall one effect she claimed for DDT: that it caused a dangerous thinning of egg shells, which was the cause of much death of incubating bird chicks in the nest. Further, she describes how the DDT molecule has a long half-life and would be around in our soils and waters for decades, where it could be picked up by living organisms and would continue to be a threat. It took a few years, but DDT was eventually banned. Carson's egg shell claim was correct.

Many people laughed at Carson's book. Industry dismissed her argument with disdain. Book clubs read, discussed, and voted on who believed her and who thought she had wandered into la-la land. We were, by that time, passionately launched along the path to becoming a society eagerly and unthinkingly in search of convenience and ease of life. And industry was more than willing to meet our desires, while fine-tuning its own sense of greed.

My thoughts had turned to *Silent Spring* and DDT because the *Nature's Voice* article mentioned above discusses in depth the dangers of a group of widely-used pesticides called neonicotinoids, or "neonics." They contain nicotine, which affects the nervous system. And I saw parallels between DDT and neonics.

Some three years ago, in this "Outdoor Encounters" column, I dealt with the dangers of neonics to

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EVENTS & OPPORTUNITIES

KSU Research Participation Opportunity

The Memory and Aging Psychology Lab at K-State is in search of volunteers for new student-led research aimed at improving learning and memory for everyday experiences. The lab conducts a wide range of experiments, so you may participate once or as many times as you'd like. Free parking is provided, and you will be compensated for your time. For more information visit ksu.edu/memory. If you'd like to begin the eligibility screening process, please call (785) 532-6819 or email memoryresearch@ksu.edu.

UFM Class: Military Campaigns

Thursday, Aug. 3, at 6:30 p.m.

UFM Lifetime Learning presents *Three Significant American Military Campaigns* taught by Robert Smith, Ph.D., Director of the Fort Riley Museums Complex. The second class will meet Thursday, Aug. 3, from 6:30 to 8 p.m. in the Community Room. The final session will meet Aug. 10.

This class examines three significant campaigns fought by the United States Army. 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.

Worship Service

Sunday, Aug. 6, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Aug. 6, in the Community Room/Chapel. This week's sermon is titled, "2 John." All are welcome to attend.

Town Meeting

Monday, Aug. 7, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Aug. 7, 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.

Speedy Pd Training Walks

Tuesday, Aug. 1, & Thursday, Aug. 3, at 9:30 a.m.

Everyone is invited to participate in the twice-weekly training walks as we prepare for the Half-
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Mile or 5k courses at this year's Speedy Pd Race for Parkinson's Disease. This week, Meadowlark Parkinson's Program began a collaboration with Girls on the Run (GOTR). Participants will have a unique opportunity to embrace their differences and find strength in their connectedness during the weekly training walks and crossing the finish line at Speedy Pd on Aug. 26.

Training walks will meet Tuesdays and Thursdays at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors.

Exploring the Old Testament

Tuesday, Aug. 1, at 3:30 p.m.

Pastor Melanie Nord's final session for "The Writings: Exploring the Stories of the Old Testament" will meet at 3:30 p.m. Tuesday, Aug. 8, in the Flint Hills Room.

WTC Service Expert Hour

Tuesday, Aug. 8, at 10 a.m.

Join WTC for a Service Expert Hour Tuesday, Aug. 8, from 10 to 11 a.m. in the Game Room. During this timeframe, a WTC representative will be on site at Meadowlark to provide personalized assistance and support.

WTC experts are here to provide answers and help you understand all the features and functionalities available to you. Discover helpful tips and tricks to optimize your WTC service experience. Team members also are available to troubleshoot and resolve issues.

Page Turners Book Club

Wednesday, Aug. 9, at 11:30 a.m.

Special Programs continues to work with Resident Services Leader Monte Spiller to facilitate the Page Turners Book Club. We encourage any and all to participate in this gathering to socialize, engage, and discuss a popular book that became a movie. The group is now reading "The Life of Pi" by Yann Martel and will meet at 11:30 a.m. Wednesday, Aug. 9, in the Patriot Room. We will be discussing differences between the book and the movie. The movie of "The Life of Pi" will show in Grosh Cinema on Tuesday, Aug. 8, at 1, 4, and 7 p.m.

Participants do not have to attend each week to participate; come when you are able whether you

EVENTS & OPPORTUNITIES

have finished the book, are just beginning, or only saw the movie! Come enjoy the discussion and a themed snack!

The next book the group will be reading is "Tuesdays with Morrie" by Mitch Albom. Contact Katie if you have any questions at ksigman@meadowlark.org or (785) 323-3899. Discussions of this book will begin on Aug. 23.

Meadowlark Ladies Luncheon

Thursday, Aug. 10, at 11:30 a.m.

In the dog days of summer, we yearn for the cooler days of fall. Don't forget the Ladies Luncheon at 11:30 a.m. Thursday, Aug. 10. The menu will include chicken salad, fruit, and a cookie for \$10.50 per person. Please register to attend in the Blue Book at the Hospitality Desk.

Dinner with the League

Thursday, Aug. 10 at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Aug. 10, in Prairie Star Restaurant's Event Center. The guest speaker will be Renee Gassman, the current Treasurer and previous Secretary for Common Table. She will speak about Common Table, including how it started, where it is now, and where it is going.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include an avocado BLT sandwich, fruit salad, pub chips, and a beverage. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Aug. 7, to attend dinner.

Memorial Reception for Bill Anders

Friday, Aug. 11, at 3 p.m.

You're invited to attend a come-and-go memorial reception to celebrate the life of Bill Anders at 3 p.m. Friday, Aug. 11, in the Bison Room. Refreshments will be provided. A memorial service will precede the reception at 1 p.m. Friday, Aug. 11, at First United Methodist Church.

Soul + Rock & Roll with Chappie

Friday, Aug. 11, at 7 p.m.

You're invited to enjoy musical entertainment with Chappie at 7 p.m. Friday, Aug. 11, in the Event Center! He will play soul and rock-and-roll music. All are invited to attend!

Hable Espanol

Monday, Aug. 14, at 4 p.m.

Hable Espanol Group will meet Lunes el catorce de Agosot (Monday, Aug. 14) as las cuatro en las tardes (at 4 p.m.).

El grupo quiere leer el Libro de Juan Rulfo, su titulo "Pedro P'aramo." Vamos a leer el libro en la clase.

Assignment for the August meeting is to read the introduction. Look forward to seeing you in August.

Speedy Pd Race for Parkinson's Disease

Saturday, Aug. 26, at 8 a.m.

The 15th Annual Speedy Pd Race for Parkinson's disease, presented by Community First National Bank, begins at 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park.

One does not need to be a fast walker/runner to participate in this event! Part of the beauty of Speedy Pd is the encouragement one feels while participating. We have the best volunteers to cheer for you. This is the third year for the Half-Mile event to be a memorial walk/run, which pays tribute to those who have passed away. Family and friends of those who have lost a loved one with Parkinson's will be able to have a sign posted alongside the road where this walk occurs. Please contact Michelle or Katie for more information about these memorial signs.

Like the Half-Mile walk/run, the 5K and 10K courses are flat and on paved roads. Participants will enjoy a festive atmosphere, support along the way, and an awesome post-race celebration with massages by Body First, and nurturing food/beverages from Smoothie King, The DoughBro, ET Sweets, chocolate milk, Pepsi products, Budweiser beer, and much more!

To help continue these services and add new opportunities and resources, one may make a generous donation to Meadowlark Foundation and note Parkinson's Program in the memo line. Register for the Speedy Pd Half-Mile, 5K, or 10K by going to www.runspeedypd.org, or stop by the Hospitality Desk to pick up a paper registration form. You may turn in your registration and payment to the box at the Hospitality Desk or to

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Body First Wellness Center. The Half-Mile Memorial Walk/Run starts at 8 a.m., and the 5K/10K races will start shortly after. Each registered participant receives a Speedy Pd t-shirt (guaranteed until 8/11/23), a finisher's medal, and wonderful post-race food, drink, and massages provided by our sponsors. If you have any questions about the event, please contact Michelle at (785) 323-3899 or e-mail mhaub@meadowlark.org.

College Avenue UMC Fellowship

Monday, Aug. 28, at 12 p.m.

College Avenue United Methodist Church friends will join for fellowship lunch and communion with Rev. John Collins on the last Monday of each month beginning Monday, Aug. 28, at 12 p.m. in the Manhattan Room. All are welcome.

Walk to End Alzheimer's

Saturday, Sept. 30, at 9 a.m.

The Alzheimer's Association Walk to End

Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association advance research toward methods of prevention, treatment, and ultimately, a cure.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Sept. 30, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at 10 a.m. and the Walk will begin around 10:15 a.m. The Walk route is one mile long.

Reader Submissions



[top left] Carol Hackbart enjoys walking the trails at Meadowlark and enjoys seeing the native prairie grass and wildflowers along the way.

[bottom left] Since Monarch construction is coming to a close, Meadowlark Circle was recently re-paved. Submitted by Karen Matthews.



[top & bottom right] Several Meadowlark residents enjoyed a trip to the newly renovated Calvary Museum on Fort Riley on July 27. Following the private tour, the group dined at Cracker Barrel. Submitted by Susan Brewer.

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pollinators. But the *Nature's Voice* article also includes data showing that neonics pose significant dangers to humans. Unfortunately, neonics are now the most widely used pesticides both in the USA and around the world.

Not generally known is that only 10 or so species of bees in the world are social and make honey. Almost all of the 4,000 or so bee species in North America live solitary lives. True, the neonics pose a great danger to honey bees, but they are having a devastating effect on solitary bees. Also not generally understood is that these solitary bees, and various other solitary insects, are responsible for the majority of the pollinations of the food plants we use.

The *Nature's Voice* article also related a study done last year by Harvard researchers. The study revealed a three-percent drop in global vegetable production and a five-percent global drop in both fruit and nut production. Other recent studies have shown that in some areas our wholesome favorites such as apples, cherries, and blueberries were

“pollinator-limited,” meaning that fewer insects to pollinate the crops led to lower crop yields. This scenario likely will get worse.

A recent study done by researchers at the University of California and other leading institutions found that over 90 percent of participating humans in that study had neonicotinoid pesticides in their bodies. But the real kicker was when that 90-percent plus incidence was matched with an earlier study showing that these neurotoxic neonics can pass from mother to fetus through the placenta during pregnancy. The fetus exposed to neonics is at risk for birth defects of the developing heart and brain and has an increased risk of autism spectrum disorder.

As was once true for DDT, sampling now routinely finds neonics in lakes, rivers and streams across the country, including non-rural, highly populated areas.

Today, no one laughs at Rachel Carson. Rather, she is remembered as a brave, prophetic, and hallowed guardian of Spaceship Earth. And we have work to do.

Art Engagement *from the* Beach Museum of Art



The background an artist uses creates context and contrast for the central subject. In the still life shown here, the purpose of the background might be to highlight the flower arrangement, while adding interest to the composition and not competing with the focal point. Do you find the background a supporting element for the arrangement? If yes, what do you see that supports this idea? If no, how would you change it? Consider color, value, space, texture, shape, and line.

John Frederick Helm, Jr. (United States, 1900 - 1972)
***August Bouquet*, ca. 1965**
Encaustic on board
KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 2004.64

RESTAURANT **SPECIALS**

<p>Sunday, Aug. 6</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 BBQ Meatballs Scalloped Potatoes Roasted Broccoli</p>
<p>Monday, Aug. 7</p>	<p>\$11 Lunch Chicken Enchiladas Mexican Rice</p>	<p>\$14 Dinner Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p>Tuesday, Aug. 8</p>	<p>\$11 Lunch Fish Tacos Cilantro Lime Rice</p>	<p>\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad</p>
<p>Wednesday, Aug. 9</p>	<p>\$11 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p>Thursday, Aug. 10</p>	<p>\$9 Lunch Hot Ham & Cheese Tomato Soup</p>	<p>\$16 Dinner Lemon Linguine <i>with Sauteed Shrimp</i> Garlic Bread</p>
<p>Friday, Aug. 11</p>	<p>\$11 Lunch Potato Bar</p>	<p>\$17 Dinner Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans</p>
<p>Saturday, Aug. 12</p>	<p>\$11 Lunch Avocado Turkey Melt Pea Salad</p>	<p>\$17 Dinner Hawaiian Pork Chop <i>with Grilled Pineapple</i> Coconut Rice Snap Peas</p>

Weekly Opportunities Calendar Aug. 6 to Aug. 12

Sunday • Aug. 6 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

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

Tuesday • Aug. 8
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ WTC Service Expert Hour, GR
 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, MR
 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
 3:30 p.m. ~ Exploring the Old Testament, FHR

Wednesday • Aug. 9
 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. ~ Page Turners Book Club, PR
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 12:00 p.m. ~ Rock Steady Boxing, **BF**
 3:00 p.m. ~ Sing-a-Long, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Aug. 10
 9:00 a.m. ~ Messenger Team, KSU CL
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 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

Thursday • Aug. 10
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Pd Care Partner Support Group, FHR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 5:30 p.m. ~ Eastside Supper, BR
 6:30 p.m. ~ UFM Class: Three Significant American Military Campaigns, CR

Friday • Aug. 11
 7:00 a.m. ~ Rock Steady Boxing, **BF**
 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*
 3:00 p.m. ~ Memorial Reception for Bill Anders, BR
 7:00 p.m. ~ Soul + Rock & Roll with Chappie, EC

Saturday • Aug. 12
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

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

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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: Aug. 6

THE BREAKFAST CLUB (1985) R *for language & sexuality*, 1 hr. 37 min. *Irreverent, Heartfelt*

Cast: Emilio Estevez, Anthony Michael Hall, & Judd Nelson

The athlete, the brain, the bully, the princess, and the loner break through the social barriers of high school during a Saturday in detention.

MUSICAL MONDAY: Aug. 7

ROGER & HAMMERSTEIN'S CINDERELLA (1997) G, 1 hr. 25 min. *Romance, Comedy, Musical*

Cast: Brandy Norwood, Whitney Houston, & Bernadette Peters

A prince, a pumpkin, a glass slipper ... history's most enduring fairy tale returns with a thoroughly modern twist, featuring an all-star cast including Whitney Houston and Whoopie Goldberg.

TUESDAY: Aug. 8

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THE LIFE OF PI (2012) PG, 2 hr. 7 min. *Drama, Adventure, Exciting*

Cast: Suraj Sharma, Irrfan Khan, & Ayush Tandon

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

WESTERN WEDNESDAY: Aug. 9

DAVY CROCKETT & THE RIVER PIRATES (1956) G, 1 hr. 21 min. *Historical, Action, Adventure*

Cast: Fess Parker, Buddy Ebsen, & Jeff York

It's a rip-roaring adventure for Davy Crockett and his trusty companion George as they head downriver to New Orleans to sell fur pelts. After a boat captain challenges them to a race down the Ohio and Mississippi rivers, the two gather a team to ensure their victory.

THEATER THURSDAY: Aug. 10

BLACK HAWK DOWN (2001) R *for war violence & language*, 2 hr. 24 min. *Drama, Military*

Cast: Josh Hartnett, Ewan McGregor, & Tom Sizemore

In 1993, U.S. soldiers helicopter into Somalia on a routine mission, but an unexpected attack forces troops into a battle they aren't prepared to fight.

FUNNY FRIDAY: Aug. 11

SPLASH (1984) TV-PG, 1 hr. 49 min. *Comedy, Romance, Fantasy*

Cast: Tom Hanks, Daryl Hannah, & Eugene Levy

Allen Bauer is a workaholic who is convinced he can't fall in love ... until he's mysteriously rescued at sea by the mermaid of his dreams.

SWEET SATURDAY: Aug. 12

PETER PAN & WENDY (2023) PG, 1 hr. 46 min. *Family, Action, Fantasy*

Cast: Jude Law, Alexander Molony, & Ever Anderson

Wendy Darling, a young girl afraid to leave her childhood home behind, meets Peter Pan, a boy who refuses to grow up. Alongside her brothers and a tiny fairy, Tinker Bell, she travels with Peter to the magical world of Never Land. There she encounters an evil pirate captain, Captain Hook, and embarks on a thrilling adventure that will change her life forever.