

Outdoor Encounters



submitted by Nathan Bolls

We can hear them vocalizing (some would say yelping) many evenings on the Meadowlark campus. We sometimes see their tracks here-or-there in mud or soft soil, or a tuft of either fur or feathers that makes us wonder if it's a leftover from some coyote meal. We sometimes see them out in a field or pasture or racing across the highway in front of us. They work very hard at keeping their distance from humans. In spite of the mystique surrounding them, and the fact that they occur everywhere, coyotes (*Canis latrans*) present no direct danger to us.

Wildlife biologists claim that coyotes can be found in **every county** in each of the lower 48 states. They also occur deep into Mexico, across southern and

western Canada, much of Alaska and the Maritime Provinces. Biologists also claim that coyotes can be found in every big city in the Lower 48. They have learned to live in close proximity humans. They are survivors!

Part of the coyotes' evolutionary success comes from the fact that they, like the opossum, will eat almost anything, if necessary. But, from the world-wide perspective, so do humans! The coyote diet changes with the food choices in their environment. In contrast is the lovable koala of eastern Australia, which eat only eucalyptus tree leaves, not a good long-term survival plan.

Highly adaptable, coyotes can change not only their diets to fit whatever foods are available, but also their

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2024 Presidential Preference Primary

This year, 2024 has three elections! The Presidential Preference Primary is on March 19, the Primary Election on Aug. 6, and the General Election on Nov. 5. The country has not had a Presidential Preference Primary since 1992.

If a Meadowlark resident is not sure if he or she is registered or if he or she has registered with the correct address, visit <https://www.rileycountyks.gov/134/Review-Your-Voter-Information>. This link also allows individuals to review their ballot style before voting.

If a voter has moved, even if it's just to a new apartment or room number, his or her voter registration must be updated.

Many meadowlark residents receive a ballot by mail. The United States Postal Service should not forward a ballot if the address is incorrect, so it is very important to update information as soon as possible. The team at the Riley County Clerk's Office is available to help with questions by calling (785) 537-6300.

Important upcoming dates for being prepared to vote in the 2024 Presidential Preference Primary are listed below:

- ~ Tuesday, Feb. 20: Last day to register to vote in the Presidential Preference Primary and deadline to request advance ballots by mail
- ~ Wednesday, Feb. 28: Advance Ballots mailed
- ~ Wednesday, Feb. 28: Advance Voting begins at Riley County Clerk's building, 2nd floor (8 a.m. to 5 p.m., Monday through Friday)
- ~ Monday, March 18: Advance Voting closes at 12 p.m.
- ~ Thursday, March 19: Presidential Preference Primary at your polling location (7 a.m. to 7 p.m.) & LAST DAY to receive Advance Ballots

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has painting and clay classes, as well as workshops in poetry writing, clay, glass fusion, metalworks, and printmaking. February classes includes Acrylic Painting, Watercolor Painting, Block Printmaking Workshop, Poetry Workshop, Fused Glass Workshop, and a Valentine's Day Couples Clay Workshop.

You're invited to view the brand-new gallery

exhibit, "Beyond the Fabric and the Thread," a quilting exhibit at the MAC. The exhibit will run through Friday, Feb. 9. MAC galleries are free and open to the public.

Tickets are available for the following theater performances at the MAC:

~ "An Evening of Culture," March 1-3 & 8-10, a family-friendly comedy of a local theater community production of Romeo & Juliet gone hilariously wrong!

~ "South Pacific," April 19-21, 26-28, & May 3-5, the Roger & Hammerstein classic musical about love and conquering prejudices.

More information is available at www.manhattanarts.org or call (785) 537-4420 on weekday afternoons.

Lenten & Easter Spiritual Offerings

Pastor Melanie Nord will offer several spiritual opportunities during the 2024 Lenten season.

Watch future Messengers for more information

~ Ash Wednesday Worship at 7 p.m.

Wednesday, Feb. 14

~ Lenten Study, "Give Up Something Bad for Lent," at 6 p.m. each Monday starting Feb. 19 through March 19

~ Palm Sunday Worship at 10:30 a.m. Sunday, March 24

~ Maundy Thursday Communion Service at 7 p.m. Thursday, March 28

~ Good Friday Worship at 7 p.m. Friday, March 29

~ Easter Sunday Worship at 10:30 a.m. Sunday, March 31

Vinyl Night with Domingo

Friday, Feb. 2, at 6:45 p.m.

Meadowlark bartender and emcee, Domingo, will host Vinyl Night: Valentine's Day Edition at 6:45 p.m. Friday, Feb. 2, in the Event Center! The night will feature love songs, ballads, and more. The bar will be open for cocktails and mocktails as we take a trip down a memory lane of love with some great vinyl records.

Worship Service

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

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Feb. 4, in the Community Room/Chapel. This week, Pastor Melanie will continue

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her sermon series on the trinity. By examining the Holy Spirit, Christ, and God separately we can learn more about the ancient controversy of the three-in-one God and how each aspect of the trinity enriches our life. All are welcome to attend.

Town Meeting

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

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Feb. 5, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and news for our campus.

Hot Topics in January

Monday, Feb. 5, at 6 p.m.

Join Rev. Melanie Nord in the KSU Classroom at 6 p.m. Monday, Feb. 5, for the last session of Hot Topics. We may not solve any problems but, together, we'll look at what scripture, reason, tradition, and experience tells us about these difficult subjects.

Prairie Star Writers

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

The Feb. 6 session is titled, "Behind the Wheel for the First Time? Watch Out, Everyone!" Oh the freedom, the speed, the chance to roll down that window and let your long hair fly in the wind. What is your story of learning to drive or distinctly NOT learning to drive?

Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Meadowlark Men's Social Supper

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

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Feb. 7, at Prairie Star Restaurant. 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.

Ladies Luncheon

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

Why is Styrofoam so commonly used? What is it made of? Why have 65 countries banned it? Why

doesn't it break down in landfills?

Did you know that chemicals leach into the food and drinks, causing health issues? Even at our age?

Jacob Larson, Pollution Prevention Specialist from the Pollution Prevention Institute at Kansas State University will speak at the monthly Ladies Luncheon about Styrofoam at 11:30 a.m. Thursday, Feb. 8, in the Event Center

The menu will include a cobb salad with your choice of dressing, a croissant, and cherry crisp ala mode for \$13. All ladies of the Meadowlark family are always invited to attend the Ladies Luncheon on the second Thursday of each month. If you would like to attend, please sign up in the Blue Book at the Hospitality Desk.

Blood Pressure Check

Thursday, Feb. 8, at 1 p.m.

Meadowlark Home Care will host a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, Feb. 8, at 1 p.m. No sign up required.

NEW! 10-Point Pitch Group

Thursday, Feb. 8, at 2 p.m.

An additional 10-Point Pitch Group has been added to the weekly opportunities calendar! The group will meet at 2 p.m. each Thursday in Verna Belle's Lounge. No registration required.

Knitting & Crocheting Group

Thursday, Feb. 8, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, Feb. 8, for a fun, social, creative opportunity. All skill levels are welcome!

MHK Area Music Teachers Recital

Friday, Feb. 9, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m. Friday, Feb. 9, in the Community Room. MAMTA be performing their annual members recital at Meadowlark!

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activity patterns. They tend to be most active at dawn or dusk in the East, and they hunt either during the day or night in the West, depending on human interference and prey activity. Where persecuted, they tend to sleep in dens or heavy vegetation, but they may sleep in open areas where not disturbed. The maternal den may be under a rock ledge or hollow tree, but usually in a burrow, either newly dug or an existing den modified and enlarged.

The coyote, not a large animal, relies on its cleverness and adaptability. No wonder that in the theology of certain Native American societies, the coyote is considered to be the trickster. Not exactly the 800-lb gorilla that sleeps wherever it wishes, the coyote body size is between 28-31 inches long with a body weight of 20-50 pounds. Males are slightly larger than females. Coyotes are smaller in the desert SW and Mexico, larger in the north, and largest in the Northeast, where they are thought to have hybridized with the grey wolf (*Canis lupus*). Coyotes are found in a great variety of habitats, except deep within large tracts of unbroken forest. They primarily are open country animals, and are one of the fastest, reaching speeds of 40 MPH.

Just as crows seem to have a language wrapped up in the loud “caws” that they frequently produce, it is reasonable to assume that coyotes have their long-distance language contained within their group sings or howls. What they are saying remains a mystery, but perhaps the howls do announce location, or have a territorial or spacing function. I say long-distance language because coyotes, as do many other animals, also produce several local low-level sounds within the family group that we do not normally hear. Researchers say the coyote makes at least 11 different local vocalizations, and that they are associated with alarm, threats, submission, greeting, and contact maintenance.

A female chooses a mate one or two years after she is born, and the pair often stay together for years or for life. Breeding occurs Jan-March, and gestation time averages 63 days. The female has one litter per year, with two to 12 pups, but

usually four to six. For the first weeks, the male brings food to her, and in time, to the young. The pups begin eating regurgitated meat at about three weeks and are weaned at about six weeks into a hard and dangerous life. Although few live that long, the longest-lived known coyote in the wild was 14.5 years.

The coyote has long been a problem for cattle ranchers and sheep herders. They do take a significant number of sheep and calves, but they are not known to kill just for fun, as do humans. Much effort, and many dollars, by both herders and the Federal Government have been aimed at controlling (or eliminating) the coyote threat to livestock. But coyote populations remain a testament to the adaptive ability of the species. A basic biological fact on the open range is the relationship between predators and available prey. A basic human idea is to eliminate all predators from a range used for raising animals for profit. But how much profit? How much do we want to pay for the after effects of upsetting natural relationships?

We are on the front end of learning the great prices to be paid for upsetting the natural cycles—and we ain’t seen nothin’ yet up against what is to come. If we learn nothing else from our current ecological struggles, it must be the realization that the crust of our Earth does not exist only for us, that other species do not have to just get out of the way of whatever we may choose to do with the land. We must learn to co-exist alongside other creatures. Each living thing is an individual that has that rare gift of life, and each, as we insist for ourselves, deserves to be treated with honor and respect.

Francois Leydet, in his book, *The Coyote: Defiant Songdog of the West*, relates how one day, after several years, “a coyote, old, tired, somewhat arthritic, somewhat shrunken, lies down in the shade of a juniper or in a clump of sumac or dogwood, taking a long look across the valley of his life, then resting his head on his forepaws and letting death come, meeting it with acceptance, with dignity, without fear and without regrets.”

Art Engagement *from the* Beach Museum of Art

Compare & Contrast ... Let us take a moment to do some slow looking by engaging in a compare and contrast activity. As you take a moment to observe what is the same or different in the paintings shown here, you may want to consider the point of view each artist used to approach the subject matter. How did they use color, line, shape, form, value, and texture? Did you find it easier to name similarities or differences?



[above, left] Lisa Grossman, *Spring Prairie-Two Ponds*, 2022, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, 2022 Friends of the Beach Museum Art purchase, 2022.31 [above, right] Richard Estes, *Acadia Park 1*, 2006, Oil on board, Crystal Bridges Museum of American Art, Bentonville, Arkansas, 2007.19

Sweetheart Soirée

**FEB
14**

2:00 - 4:00 PM

PRAIRIE STAR RESTAURANT & EVENT CENTER

Dessert buffet, refreshments, and live music from Wayne Goins!

HOSTED BY
WAREHAM
SINCE HALL 1880

RSVP REQUIRED

Sign up at the Prairie Star host stand to reserve your seats.

RESTAURANT **SPECIALS**

Sunday, Feb. 4	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak Sandwich French Fries
Monday, Feb. 5	\$11 Lunch Bacon, Spinach, & Swiss Quiche Fruit Salad	\$16 Dinner BBQ Ribs Baked Beans Coleslaw
Tuesday, Feb. 6	\$9 Lunch Chicken Wontons White Rice	\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans
Wednesday, Feb. 7	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$14 Dinner Chicken Piccata Wild Rice Italian Salad
Thursday, Feb. 8	\$11 Lunch Pesto Chicken Melt Pasta Salad	\$17 Dinner Parmesan-Crusted Salmon Baked Sweet Potatoes Asparagus
Friday, Feb. 9	\$11 Lunch Soup & Salad Bar	\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots
Saturday, Feb. 10	\$11 Lunch Fried Pork Cutlet Sandwich Roasted Red Potatoes	\$19 Dinner 6 oz. Ribeye Baked Potato Asparagus

Thank you for exploring the New Year New Options menu in January. As a result, the team is excited to announce that the Chicken Naan Wrap will be added to Prairie Star's regular menu!

Weekly Opportunities Calendar *Feb. 4 to Feb. 10*

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

Monday • Feb. 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*
11:00 a.m. ~ Rock Steady Boxing, BF
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
1:00 p.m. ~ Parkinson’s Exercise Class, CR *or 1960*
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
6:00 p.m. ~ Hot Topics, KSU CL
7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 6
9:45 a.m. ~ Target & Great Clips Trip, VE
10:00 a.m. ~ Memory Activities Class, EC
10:15 a.m. ~ Mat Yoga, FHR
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
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Prairie Star Writers Group, PR

Wednesday • Feb. 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*
1:00 p.m. ~ NEW! Bridge Group, GR
3:00 p.m. ~ Sing-Along, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Meadowlark Men’s Supper, MR

Thursday • Feb. 8
9:00 a.m. ~ Messenger Team, KSU CL
10:15 a.m. ~ Mat Yoga, FHR
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
11:30 a.m. ~ Caring Conv. for People w/ Pd, FHR
1:00 p.m. ~ Parkinson’s Exercise Class, CR
1:00 p.m. ~ Blood Pressure Check, GR

Thursday • Feb. 8
2:00 p.m. ~ NEW! 10-Point Pitch Group, VBL
2:30 p.m. ~ Knit & Crochet Group, BR
4:00 p.m. ~ Meadowlark Singers Practice, CR
4:30 p.m. ~ Wamego Memory Care Partner Support Group, [Wamego UMC](#)
5:30 p.m. ~ Eastside Supper, BR

Friday • Feb. 9
7:30 a.m. ~ Rock Steady Boxing, BF
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*
7:00 p.m. ~ MHK Music Teachers Recital, CR

Saturday • Feb. 10
9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

Room Abbreviations

1960, TV Channel 1960	KSU CL, KSU Classroom
BF, Body First	MM, 120 Scenic Drive
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	VBL, Verna Belle’s Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

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MAMTA has been serving the community of Manhattan, Kan., for more than 40 years. Comprised of music teachers of all ages and experiences, they have provided their students with meaningful competitions, recitals, and a variety of educational opportunities. At this year’s recital, some of the teachers’ students will perform, as well! Please enjoy a lovely evening filled with beautiful music.

Super Bowl Watch Party

Sunday, Feb. 11, at 5:30 p.m.
You’re invited to cheer for the AFC Champion Kansas City Chiefs as they take on NFC Champion San Francisco 49ers in Super Bowl 58. Join the Super Bowl Watch Party in the Event Center, Game Room, and Pub on Sunday, Feb. 11. The game will kick off at 5:30 p.m. Prairie Star Restaurant will have a special Super Bowl menu including boneless wings, hamburger sliders, and beef nachos.



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.

SUNDAY: Feb. 4

A WALK TO REMEMBER (2002) PG, 1 hr. 42 min. *Bittersweet, Emotional, Romantic*

Cast: Mandy Moore, Shane West, & Peter Coyote

When bad boy Landon is cast opposite campus bookworm Jamie in a high school play, romance blooms—until tragedy threatens to tear them apart.

MONDAY: Feb. 5

ANNIE (1982) PG, 2 hr. 7 min. *Sentimental, Feel-Good*

Cast: Aileen Quinn, Albert Finney, & Carol Burnett

It's a hard-knock life, but scrappy young Annie is driven by the dream of finding her parents and the promise of tomorrow.

TUESDAY: Feb. 6

THE GREATEST NIGHT IN POP (2024) PG-13, 1 hr. 37 min. *Nostalgic, Inspiring, Music*

On a January night in 1985, music's biggest stars gathered to record "We Are the World." This documentary goes behind the scenes of the historic event.

WEDNESDAY: Feb. 7

LADY DRIVER (2019) PG, 1 hr. 44 min. *Inspiring, Sports, Drama*

Cast: Grace Van Dien, Sean Patrick Flanery, & Christina Moore

When a rebellious teen searches for her unknown roots, it leads her to the sport of dirt track racing and a discovery she didn't expect.

THURSDAY: Feb. 8

THE CIRCLE (2017) PG-13, 1 hr. 49 min. *Psychological, Suspenseful, Sci-Fi*

Cast: Emma Watson, Tom Hanks, & John Boyega

A young woman lands a job at a powerful internet company but soon discovers that its lavish perks and gung-ho culture conceal a troubling agenda.

FRIDAY: Feb. 9

LIFT (2024) PG-13, 1 hr. 46 min. *Irreverent, Suspenseful, Exciting*

Cast: Kevin Hart, Gugu Mbatha-Raw, & Vincent D'Onofrio

A professional thief and his expert crew attempt the ultimate heist: stealing \$500 million in gold from a vault on a plane—\$40,000 feet in the air.

SATURDAY: Feb. 10

LOVE IS IN THE AIR (2023) TV-14, 1 hr. 28 min. *Charming, Heartfelt, Feel-Good*

Cast: Delta Goodren, Joshua Sasse, & Roy Billing

A fiercely independent pilot fighting to keep her family business afloat starts to fall for the man sent by corporate to ground her operation forever.