



# Outdoor Encounters

**by Nathan Bolls**

It's time again for that half-hearted exercise we call New Year's resolutions. We all know that promises often made during party time don't quite carry the weight of wedding vows. Thus begins another year of wish-washy actions and reactions that stem from the ragged task of having to form enough rationalisms to deal with those pesky mostly unfulfilled promises.

Yes, during a moment of cerebral relapse, when I actually was caring about my own preservation, I sorta promised myself that I would exercise on a more routine schedule and that I would forego coffee and any food containing a measurable amount of sugar. And to round out the selection of healthful practices, I made the additional restricting vows to be in bed each evening by 11:00 and to take a brief nap after lunch each day.

I told myself that willpower could overcome the

facts that I loved both coffee and tea, that I was a pastry freak, and that I have never been a "napper." However, I was well aware of the "exercise high," that great feeling that can occur when involved in sustained exercise. Thus, I vowed to persevere, and I'll report my results only after having gathered sufficient rationalisms to live with the truthful outcomes of those self promises.

But not only me and you, but also our whole world seems to be in crisis. Humans still go to bed hungry, even in the richest countries on Earth. War, or the threat thereof, haunts several regions. Millions of people are refugees, driven, for one or more of several reasons, from their native homes. Computer chips and microcircuits have made our infrastructure very fragile. An electro-magnetic wave from such as a celestial gamma ray burst or a nuclear explosion in the wrong place, could take out vast swaths of our

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## EVENTS & OPPORTUNITIES

### **Charlie Sargent Quartet**

*Friday, Jan. 3, at 7 p.m.*

Meadowlark is excited to kick off the new year with the Charlie Sargent Quartet at 7 p.m. on Friday, Jan. 3, in the Event Center. The group is as talented as they come, so you don't want to miss this performance!

### **Worship Service**

*Sunday, Jan. 5, at 10:30 a.m.*

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Jan. 5, in the Community Room/Chapel. This week, Pastor Melanie will explore the book of Habbakkuk.

### **Town Meeting**

*Monday, Jan. 6 at 9:30 a.m.*

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Jan. 6, in the Event Center. Hear updates from Meadowlark leaders about upcoming events and campus news.

### **Prairie Star Writing Group**

*Tuesday, Jan. 7, at 1 p.m.*

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, Jan. 7, in the Patriot Room.

The Jan. 7 session is titled, "The Best Party EVER! Or the worst..." Over the span of decades, some of our holiday celebrations are so memorable that ever since we measure all parties by that one event. If you had the chance, which party of your entire life would you want to relive? Or avoid?

### **Ladies Luncheon**

*Thursday, Jan. 9, at 11:30 a.m.*

All Meadowlark residents and Passport members are invited to attend the Ladies Luncheon at 11:30 a.m. Thursday, Jan. 9. Nancy Kopp will be speaking about her road to being a published author.

Please sign up in the Blue Book at the Hospitality Desk by 10 a.m. Wednesday, Jan. 8. Come and visit with old friends and make new ones!

### **Blood Pressure Check**

*Thursday, Jan. 9, at 1 p.m.*

Meadowlark Home Care hosts a monthly Blood

Pressure Clinic. The next scheduled clinic is Thursday, Jan. 9, at 1 p.m. in the Kansas Room. No sign-up required.

### **PD Education Group**

*Thursday, Jan. 9, at 2 p.m.*

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, Jan. 9, in the Community Room.

This month's program is titled, "Optimizing Nutrition & Hydration in Parkinson's Care: Managing Food, Liquids, & Medications" presented by Lisa Schwarz, registered dietitian at Meadowlark. Proper nutrition can greatly impact quality of life for those with PD and their care partners.

Join us as Lisa helps us start the new year with a greater understanding about nutrition and hydration. No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

### **Ruth Bader Ginsburg Program**

*Friday, Jan. 10, at 7 p.m.*

How did Ruth Bader Ginsburg become a Supreme Court Justice? Join Pamela Howe as she presents a program on Ruth Bader Ginsburg at 7 p.m. Friday, Jan. 10, in the Event Center!

After graduation from law school, Ruth couldn't get a job with any law firms because she was a woman. She got a job as a law clerk, and she said it changed her focus and course of her legal work. She said it was a blessing in disguise as it helped her find her passion. She was a woman, wife, mother, good friend, and always an advocate for those being treated unfairly. All are welcome to attend this informative event!

### **Kitchenware Donation Drive**

*Tuesday, Jan. 28, at 10:30 a.m.*

Please consider donating your gently used or new kitchen items/tools to support Meadowlark Market, persons in need who receive starter kits from Kitchen Restore, a local outreach program, as well as the Cats Cupboard, (which benefits K-State students, faculty, and staff). Proceeds from Meadowlark Market benefit our Good Samaritan Fund, which assists persons living in a

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power grids, information transfer systems, and national defense weapons. Thus, many of our miniaturized and clever ways of doing business are perpetually on the edge of crisis. Even though this may sound politically incorrect, in some ways our national economy is too much tied to the affairs of other countries. I deeply resent it when my retirement portfolio takes a hit because of a rumor of war or financial crisis in some distant land.

Many, perhaps most, wildlife species are in crisis, are experiencing rapid decreases in numbers. Primary causes seem to be natural viral and fungal diseases, habitat loss, and (especially) pesticides. We used to speak of the dangers of DDT, but the really serious new kid on the block is a group of nicotine-containing pesticides called the neonicotinoids. These pesticides are wreaking havoc on honey bees, solitary bees, wasps, and butterflies and moths, those animals that make up the bulk of pollinators of our food crops.

Many domestic colonies of honey bees exist. But the solitary pollinators, which typically do more than 50 percent of all pollinations, are especially vulnerable to neonicotinoids, and they have no such backup ace-in-the-hole way of restocking lost numbers. Growers have noticed some decreases in crop yields, and they blame this on a shortage of pollinators.

In this Age of Plastics, we see that discarded plastic is fouling not only our municipal waste dumps and natural waters but also the digestive systems of many aquatic species — even whales — putting many species into nutritional crisis. Studies of fishes, frogs, and alligators strongly suggest that breakdown chemicals from plastics are upsetting the normal sexual development in at least these aquatic forms. Some scientists argue that chemicals from plastic breakdown are playing a role in the steady decline in human sperm counts seen over the past 50-60 years. Crises everywhere; the need for serious resolutions never greater!

And, Earth's climate is changing rapidly. This rapid change rate, in so far as scientists can tell, is primarily because of the accumulated insults upon our earth from anti-ecological habits that humans have long used to raise their standards of living. We here may think we are immune to effects of

climate change, but we see full well that storms in our hemisphere are occurring more frequently and are becoming more intense. In fact, the recent hurricanes Helene and Milton should have served as wake-up calls for all. The vast damage to houses, businesses, schools, churches, and infrastructure has the insurance companies reeling. Property owners wonder if they will even be able to afford coverage. And this may be just the tip of that iceberg.

Pertinent here is a quote by the sage, Dennis Gabor: "Till now, man has been up against nature; from now on he will be up against his own nature." We haven't earned good grades in **choosing against** pleasure or convenience. Or perhaps this quote from Erich Fromm toots your flute: "Man is the only animal for whom his own existence is a problem which **he** has to solve."

We are at the point where we should be feeling at least a tinge of motivation to do whatever we can as individuals to help dampen the effect of climate change. Our individual efforts, even if part of a success story in the long run, will not be heralded by a parade or article in the local newspaper. Maybe we'll have to do with knowing that our efforts showed that we, at least for a time, had control of our better side of human nature.

Perhaps it is time to rethink the idea of New Year's resolutions but that would be a two-step process. First, we must come to realize emotionally that the Earth is not OUR Earth, that it was not formed solely for our use and destruction. That we are but one among millions of life forms searching for sustenance of life from the Earth's crust. We must realize emotionally that the Earth can get along just fine without us, but we cannot survive without the Earth.

Secondly, instead of surging mindlessly ahead in our mad race to develop more and more clever contrivances of convenience, perhaps we should just stop and stare at the sunset for a bit. Just maybe we can come to the realization that we should have, by now, developed a good case of humility in the face of our failure as tenants. No resolution was ever weakened from being hooded with humility.

# The Miracle of the Potatoes & Fishes

## *an Outdoor Encounters story*

*by John Walters*

It was January of 1985. I had been scoutmaster in Oklahoma of the church boy scout troop for several years. The scouts loved, no DEMANDED monthly camping no matter what the time of year or weather. They wanted a high adventure camp that summer, and they wanted it to be in the Boundary Waters Canoe area in Northern



Minnesota. I knew that would be a little expensive for some of the families and I did not want to say to them, "You are poor, so we'll help you out." So, I told the scouts we would do it if they raised the funds to pay for the expenses for every one of the scouts. They went to work! They set up four fundraising projects. The spaghetti dinner did well, but the sales of chocolate almond bars was by far the most successful. The best sales person was the sister of one of the scouts. Each day she would take a box of bars to school and put it in her locker. After school on the bus, she would present the box of bars, and every day she sold all the bars to hungry students at \$2 per bar. Soon, we had the \$1000+ needed to pay for the trip! We got the reservation in August for four days and nights on the lakes!

We drove two days from Oklahoma to Northern Minnesota. We had 10 scouts, 14 to 16 years of age, and three adults, seven canoes, all our personal camping gear, and a 100-pound food pack. We started out paddling. I was in my mid 40s, my assistant scoutmaster was in his 30s, and a father of one of the scouts was in his 40s. One of the scouts was mentally and physically limited and my canoeing partner. Although he could not contribute much to paddling, I was strong enough to keep up with the other canoes.

We had been warned that the wild raspberry and

blueberry crops had failed, and the bears were very hungry. We had beautiful sunny weather and light breezes. It was beautiful camping on the lake shores. Many of us had brought our fishing gear, but the lakes were warm and the fish were deep and NOT biting. No one had any fishing success, but we had

plenty of food. The second day, we had a .25 mile portage, and I was elected to carry the heavy food pack. My legs were strong enough, but the straps cut into my shoulder muscles!

We camped on another island. We found two tall snags 20 feet apart, and my assistant scout master shinned up each and strung a rope 20 feet above the ground. The food pack was 10 feet from each tree and more that 15 feet above the ground and 100 feet from camp. We were sure it was safe from bears. That night I heard a bear climb one of the trees, then a loud SNAP, then a VERY loud CRASH! I shined my flashlight that direction, but could see nothing.

The next morning, I surveyed for evidence. I saw the scratch marks on one of the two dead trees, a 2-foot by 1-inch branch on the ground, and the food pack on the ground. The bear had climbed the tree, tried to get out on the tiny branch which then broke, fell away from the tree, but was close enough to the food pack to grab it on the way down. The bear only drank our 2 quarts of cooking oil, so we were okay.

We ate breakfast and canoed to another island and found another nice camp. We were very careful with our food pack again. That night another bear walked past my tent close enough to smell it (an unforgettable smell!), but I heard no other bear activity. In the morning, we discovered that a bear

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



*Emphasis* is a principle of design that can be achieved using a focal point. An artist might use contrast in color, line, value, texture, size, shape, or placement to establish a focus. The important item might be isolated within the composition. Placement of the targeted object is a common technique. The artist may place something of importance in the bottom or top third of the piece, or just off center. The artist may use complimentary colors to emphasize an area. What does your eye see when you first glance at this print? As you spend more time looking, where does your eye go next? What do you think is the main focal point of the composition? What techniques did the artist use to draw your attention there first?

**Hiroaki (Japan)**  
**Title Unknown, mid 20th century**  
**Color woodblock print on paper**  
**KSU, Marianna Kistler Beach Museum of Art, gift of an anonymous donor**  
**2001.136**

### **MIRACLE, from page 4**

had eaten ALL the food except for three potatoes and one onion, all tennis-ball size! The bear even ate all the salt!

We had 10 hungry scouts and three hungry adults. I and my assistant scoutmaster went out in separate canoes to try fishing one more time. I cast out my silver spoon with my EagleClaw spin/fly rod and remembered that in the confusion of the morning I had not said my morning prayer. I laid my fishing gear across the bow of my canoe and said: "Please God, in the name of Jesus Christ, the scouts need food." I picked up my gear and my lure had settled into the weeds on the bottom of the lake. I reeled it back in with some difficulty and found a 24-inch walleye pike! (My double hand span is 18.5 inches.) At the same time my assistant scoutmaster caught a 24-inch small mouth bass! I

took the two VERY nice fish into camp, and our third adult said he would take care of it. The two of us continued fishing and caught no more. We went back into camp and found that the two large fish had been filleted and there was about only one pound of fish and the meager veggies. I announced that the three adults would let the 10 scouts eat the breakfast. There was food left! I said that the other two adults would eat, and there was food left! I ate all I wanted. Somehow, 13 hungry canoeists were fed all they wanted by three small potatoes, one onion, and a pound of fish!

We broke camp and canoed back to the canoe base. The scouts were able to out-canoe me. They were FULL of energy! (Canoeing for the soda pop machines?) We drove back to Oklahoma in two days and relayed our adventures, including the "Miracle of Potatoes and Fishes."

# RESTAURANT **SPECIALS**

<p><b>Sunday, Jan. 5</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$12</b> <b>Dinner</b> Philly Cheesesteak French Fries</p>
<p><b>Monday, Jan. 6</b></p>	<p><b>\$11</b> <b>Lunch</b> Chicken Pot Pie Zucchini Fries</p>	<p><b>\$16</b> <b>Dinner</b> Turkey Mashed Potatoes &amp; Gravy Asparagus</p>
<p><b>Tuesday, Jan. 7</b></p>	<p><b>\$11</b> <b>Lunch</b> Catfish Po' Boy Fried Okra</p>	<p><b>\$13</b> <b>Dinner</b> Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, Jan. 8</b></p>	<p><b>\$10</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$13</b> <b>Dinner</b> Beef Enchilada Pasta House Salad</p>
<p><b>Thursday, Jan. 9</b></p>	<p><b>\$11</b> <b>Lunch</b> Tuna Melt Pasta Salad</p>	<p><b>\$15</b> <b>Dinner</b> Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole</p>
<p><b>Friday, Jan. 10</b></p>	<p><b>\$11</b> <b>Lunch</b> Soup &amp; Salad Bar</p>	<p><b>\$17</b> <b>Dinner</b> Mediterranean Salmon Couscous Garlic Crostini</p>
<p><b>Saturday, Jan. 11</b></p>	<p><b>\$11</b> <b>Lunch</b> Fried Pork Cutlet Sandwich Pub Chips</p>	<p><b>\$19</b> <b>Dinner</b> 6-oz Ribeye Baked Potato Asparagus</p>

# Weekly Opportunities Calendar *Jan. 5 to Jan. 11*

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

**Monday • Jan. 6** *Trash & Recycle pick-up*  
 8:30 a.m. ~ IL Resident Council, BR  
 9:30 a.m. ~ Town Meeting, EC  
 9:30 a.m. ~ Seated Strength, CR/**1960**  
 9:30 a.m. ~ Memory Care Partner Support Group, **St. Thomas More**  
 10:00 a.m. ~ Art Committee, BR  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:00 a.m. ~ Rock Steady Boxing, **BF**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 1:30 p.m. ~ God Talk, KSU CL  
 2:00 p.m. ~ Change and Loss Support Group, FHR  
 5:30 p.m. ~ Tuttle Creek Dinner, BR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • Jan. 7**  
 10:00 a.m. ~ Memory Activities Class, EC  
 10:15 a.m. ~ Mat Yoga, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 10:30 a.m. ~ 1st Presbyterian Coffee, FHR  
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**  
 12:00 p.m. ~ Kimball Luncheon, BR  
 1:00 p.m. ~ Prairie Star Writers Group, PR  
 2:00 p.m. ~ 10-Point Pitch Group, KR  
 2:00 p.m. ~ Social Circles, PS  
 3:00 p.m. ~ Coffee Corner, EC

**Wednesday • Jan. 8**  
 9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Mem. Care Partner Supp. Grp, FHR  
 10:00 a.m. ~ Memory Café, KSU CL  
 10:30 a.m. ~ Weights 101, CR/**1960 only**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960 only**  
 11:30 a.m. ~ North Monarch Luncheon, MR  
 11:30 a.m. ~ Lutheran Luncheon, BR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, FHR

**Thursday • Jan. 9**  
 9:00 a.m. ~ Messenger Team, KSU CL  
 10:15 a.m. ~ Mat Yoga, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR/**1960**

**Thursday • Jan. 9, continued**  
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**  
 11:30 a.m. ~ Ladies Luncheon, EC  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ PD Education Meeting, CR  
 2:30 p.m. ~ Knitting & Crochet, BR  
 5:30 p.m. ~ Eastside Supper, BR

**Friday • Jan. 10**  
 7:30 a.m. ~ Rock Steady Boxing, **BF**  
 9:30 a.m. ~ Seated Strength, CR/**1960**  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 2:30 p.m. ~ Fanny & Furby, KR  
 7:00 p.m. ~ Ruth Bader Ginsburg Program, EC

**Saturday • Jan. 11**  
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

## Room Abbreviations

<b>1960</b> , TV Channel 1960	KSU CL, KSU Classroom
<b>BF</b> , Body First	<b>MM</b> , 120 Scenic Drive
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	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	<b>WPL</b> , Wamego Public Library

## EVENTS, from page 2

Meadowlark healthcare household who have exhausted their financial resources.

This donation drive will be held from 10:30 a.m. until 12:30 p.m. in the Flint Hills Room on Tuesday, Jan. 28. Items such as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs are all items that will be accepted. Please note that because of insufficient storage, donations will only be accepted on the day of the event.

If you'd like to make a monetary donation to Kitchen Restore, checks can be made out to GMCF. Please write FFC/Kitchen Restore in the memo, and mail to P.O. Box 1127, Manhattan, KS 66505. To donate online, you can visit [www.nourishtogether.org](http://www.nourishtogether.org) and click the *Donation* button.



## 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: Jan. 5

***SIXTEEN CANDLES*** (1984) PG, 1 hr. 32 min. *Heartfelt, Romantic*

Cast: Molly Ringwald, Justin Henry, & Anthony Michael Hall

On the day of her sweet sixteen, a quiet teen confronts her feelings of invisibility at home and school while nursing a crush on a classmate.

### MONDAY: Jan. 6

***THE STAR*** (2017) PG, 1 hr. 26 min. *Family, Faith*

Cast: Steven Yeun, Keegan-Michael Key, & Aidy Bryant

A big-dreaming donkey escapes his menial existence and befriends some free-spirited animal pals in this imaginative retelling of the Nativity Story.

### TUESDAY: Jan. 7

***JOY: THE BIRTH OF IVF*** (2024) PG-13, 1 hr. 55 min. *Sentimental, Inspiring, Emotional*

Cast: Thomasin McKenzie, James Norton, & Bill Nighy

Born in 1978, Louise Joy Brown was the world's first IVF baby, but who were the scientists that made her birth possible? This drama tells their story.

### WEDNESDAY: Jan. 8

***WICKED LITTLE LETTERS*** (2023) R for language throughout and sexual material, 1 hr. 40 min.  
*Quirky, Irreverent*

Cast: Olivia Colman, Jessie Buckley, & Anjana Vasan

This riotous comedy about a close-knit English town plagued by anonymous letters is "A deliciously swearsy poison-pen mystery," hails The Observer.

### THURSDAY: Jan. 9

***THE PIANO LESSON*** (2024) PG-13, 2 hr. 7 min. *Emotional, Drama*

Cast: John David Washington, Samuel L. Jackson, & Danielle Deadwyler

A fight over an heirloom piano stirs up ghosts of the past in this Denzel Washington-produced adaptation of August Wilson's Pulitzer Prize-winning play.

### FRIDAY: Jan. 10

***27 DRESSES*** (2008) PG-13, 1 hr. 52 min. *Romantic, Comedy*

Cast: Katherine Heigl, James Marsden, & Malin Akerman

After serving as a bridesmaid 27 times, a young woman wrestles with the idea of standing by her sister's side as her sibling marries the man she's secretly in love with.

### SATURDAY: Jan. 11

***HOLIDAY IN THE WILD*** (2019) TV-PG, 1 hr. 26 min. *Romantic, Family*

Cast: Rob Lowe, Kristin Davis, & Fezile Mpela

When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose and potential romance.