

July 10, 2025 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

Bicycles in the Rockies HIGH POINT ELEV. 12,163

[left to right] John Ameel, Ben Finch, Bruce Miller, and John Walters at High Point, Trail Ridge Road, 12,183 ft.

by John Walters

In the early 1960s, I became interested in racing bicycles and tried to buy one in Manhattan. They could not be found. I talked to the owner of Cowan's Motorcycle Shop located in downtown Manhattan, and he ordered four of them. I bought a Raleigh Grand Prix (\$100 in 1960!) and raced friends out to Keats and back, as fast as we could go, even in the summer heat! We talked about riding around the mountains of Colorado and decided to do so in August of 1961. I was still 19. John Ameel, Ben Finch, and I rode the Union Pacific train (with our bicycles as luggage for free!) out to Denver, Colo., and rode our bicycles to Boulder (US 36) to join Bruce Miller for a ride through the mountains.

We rode 67 miles to Estes Park at dusk, then after dark and in the rain on US 36. We stayed the night in a cabin of a friend. The next day we rode up Trial Ridge Road in 5½ hours that day; 16 miles of 6% grade! It

was painful to the lungs, but young ladies in convertibles waved and cheered us on. We were lean, tall, and muscular young men. At the top, which was 12,381 feet in elevation, we saw one of the most beautiful and reddest of sunsets I had ever seen. The road was nearly level for two miles at that elevation. It was no harder to ride fast up there than at the low elevations of Kansas. Perhaps this is due to less wind resistance in the thin air?

We rode down the 12 miles of the west end of the road in 35 minutes! We slept on the side of a small road outside Grand Lake. Unfortunately, the police wouldn't let us sleep in the jail, since it was for "paying customers only." We canoed around Grand Lake for a while and ate lunch in Granby. I had two hamburgers and a bowl of chili. We rode 53 miles to Kremmling along US 34 and US 40. The canyon of the Colorado River was beautiful. That day, we had heard

See BICYCLE, page 5

EVENTS & OPPORTUNITIES

No Bingo, July 14

Bingo is canceled for Monday, July 14. Join the next session on Monday, July 21.

Fiesta to Remember

Friday, July 11, 11 a.m. to 10 p.m.

Join Meadowlark Memory Program for the 7th annual Fiesta to Remember on Friday, July 11, at Rockin' K's. The festivities take place at Rockin' K's, located at 1880 Kimball Ave., between 11 a.m. to 10 p.m. on Friday, July 11. Delicious food and drink will be available all day, including a lunch taco buffet, from 11 a.m. to 1:30 p.m. It features beef, chicken, and pork carnitas tacos, as well as Spanish rice, refried beans, chips, pico de gallo, and all the toppings you want for your tacos. Rockin K's will feature an all-day special taco menu and "Fiesta-Rita" drink. The regular menu also will be available to purchase your Rockin K's favorites. Live music by Cade Cochran begins at 6:30 p.m.

Meadowlark Memory Program will provide transportation for lunch and dinner. The bus will depart the Meadowlark main entrance at 10:50 a.m. for lunch and 5:30 p.m. for dinner. Please sign up in the Blue Book at the Hospitality Desk if you wish to ride the bus.

Catholic Mass, rescheduled

Friday, July 11, at 3 p.m.

Catholic Mass was rescheduled due to the July Fourth holiday. Mass will be offered at 3 p.m. Friday, July 11, in the Community Room.

Music with Michael Crawford

Friday, July 11, at 7 p.m.

Meadowlark welcomes Michael Crawford to the Event Center at 7 p.m. Friday, July 11. Michael has played tuba since 1997 and studied with Phillip Black at Wichita State University and Seth Fletcher at University of Nebraska, Kearney. He is an award-winning soloist with the Kearney Area Symphony, co-winning their Concerto Aria Contest in 2012. Most recently he served as the principal tuba for the Millennial Symphonic Orchestra in Kansas City. He also plays in the local Manhattan Symphony Orchestra. All are encouraged to attend as he will play pieces including: Kick-Ass Sonata - Brian Sadler; Tomes

of Hardened Steel - Benjamin McMillian; Tomes of the Wanderer - Benjamin McMillian, and Fnugg by Øystein Baadsvik.

Worship Services

Sunday, July 13, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, July 13, in the Community Room/Chapel. This week, Melanie will explore the book of Philemon.

MAC Season Tickets Sales

Monday, July 14, at 10 a.m.

Manhattan Arts Center's (MAC), Executive Director, Kendra Kuhlman, will be on campus to help residents with Season Ticket purchases for the upcoming 2025 - 2026 season on Monday, July 14, from 10 a.m. to 1 p.m., in the Flint Hills Room.

It's the season to laugh, sing, sleuth, and be inspired—season tickets at the Manhattan Arts Center are on sale now! Join us for five spectacular shows, including: Legally Blonde The Musical, Annie, Baskerville: A Sherlock Holmes Mystery, Radium Girls, and Urinetown The Musical.

With a season ticket, you'll save your seat at every performance, skip the ticketing rush, and support the arts all year long. Tickets are available now through Sept. 12.

If you can't make this visit, you can purchase season tickets by calling (785) 537-4420 or go online to www.manhattanarts.org/season-tickets.

Andy Bell & Friends

Monday, July 14, at 7 p.m.

The Bell Family Foundation is pleased to welcome back to the Meadowlark Event Center, on Monday, July 14, at 7 p.m., Andy Bell & Friends. The Friends include outstanding vocalist Samantha Georgiana, as well as Alan Bell on keyboard, Caleb Brown on percussion, Andrew Bell on guitar, Russell Clark on bass, and, of course, Andy Bell on saxophone. This is a show you don't want to miss, so come out for some great Monday night music.

Prairie Star Writing Group

Tuesday, July 15, 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, July 15, in the Patriot Room.

EVENTS & OPPORTUNITIES

The July 15 session is titled, "Turning Points in My Life." In life we have turning points that can send us in a completely new direction. Sometimes, those are positive. Others ... disastrous. What do you recall as a key turning point or points in your life which seemed to change everything? Join us as you imagine and write what would've happened to you if you had gone the other direction.

"Lessons for Life from Juggling"

Tuesday, July 15, at 3 p.m.

All are welcome for a special Coffee Corner at 3 p.m. Tuesday, July 15, in the Event Center. We will be joined by Bill Richter. Bill has been juggling as a hobby for more than 75 years. During Coffee Corner, he will be providing seven lessons on how to juggle, each with one or more corresponding lessons for life. Bill and his wife, Linda, are retired K-State faculty and are Meadowlark Passport members. All are encouraged to attend.

Volunteer & Tech Helper

Tuesday, July 15, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, July 15, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

Thinking About Traveling in 2026?

Tuesday, July 15, at 5:30 p.m. & 6:30 p.m.

The Manhattan Area Chamber of Commerce is hosting an info session about two exciting trips planned for next year — a spring getaway to **Savannah, Charleston & Jekyll Island**, and a river cruise in December through **Switzerland and the Christmas markets of the Rhine**. If you're curious, learn more Tuesday, July 15, at the Chamber offices (501 Poyntz Ave.). This information meeting will be a no-pressure event, just travel inspiration! We will be talking about Savannah at 5:30 p.m. and the Christmas markets at 6:30 p.m. Hope to see you there!

If you are interested in keeping up with what the Chamber is working on, you're welcome to join our weekly email list. Contact Sharla at *sharla@manhattan.org*, and she will get you added.

Courtyard Vesper Service

Tuesday, July 15, at 6:30 p.m.

Join us for summer Vesper Services led by Rev. Melanie Nord each Tuesday from 6:30 to 7 p.m. in the Courtyard. A traditional Vesper service revolves around time for devotion and quieting the heart and mind before bed or rest. Vespers will be moved indoors in the case of inclement or extreme weather.

FUMC Communion

Wednesday, July 16, at 9 a.m.

Join Pastor Donna from the First United Methodist Church at 9 a.m., Wednesday, July 16, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

Speedy PD Art Making

Wednesday, July 16, at 1:30 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used in August for the 17th annual Speedy PD Race for Parkinson's Disease. These pieces of art are given as the age group awards for the 5K and 10K winners.

Speedy PD race helps raise awareness about Parkinson's and is the primary fundraiser for Meadowlark Parkinson's Program. The Beach Museum of Art provides us with the supplies needed and also can assist with some inspiration. No prior art experience is necessary.

Technology Help Drop In

Thursday, July 17, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Game Room. Registration is not required to attend.

Veteran's Group

Thursday, July 17, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, June 19, in the Manhattan Room. This group meets every third Thursday.

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EVENTS, from page 3

Lettuce Ketchup with Parkinson's Lunch Thursday, July 17, at 11:30 a.m.

People with Parkinson's (PwPD) and their care partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partners.

Shopping at Hobby Lobby & Dollar Tree Saturday, July 19, at 10:30 a.m.

Sign up in the Blue Book to participate in the Saturday shopping on July 17. Transportation will go to Hobby Lobby and Dollar Tree East. The bus

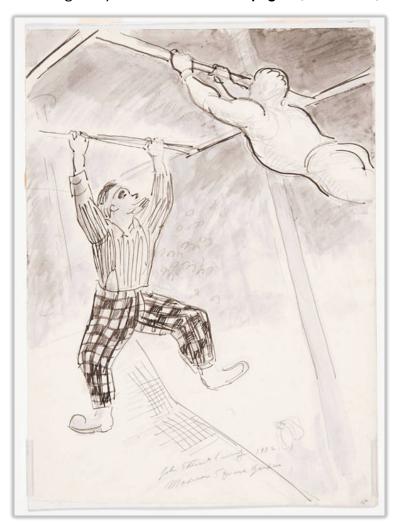
leaves from the Village Entrance at 10:30 a.m., and returns at 11:45 a.m.

Complaint-Free Meadowlark Check-In Wednesday, July 23, at 1 p.m.

Join Melanie Nord, Spiritual Life Leader, at 1 p.m. Wednesday, July 23, in the Community Room as we continue checking in and learning about our campus-wide complaint-free efforts. All are welcome. If you are reading the book (which is optional), we'll discuss chapters three through five. You won't want to miss this lesson on relationships. Whether it is a doctor, partner, child, or even a Meadowlark team member, our life if full of connections and relationships! This discussion will foster deeper and more meaningful connections with all with whom we interact.

Art Engagement from the Beach Museum of Art

What is going on? Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas? See page 5 for artist information.



BICYCLE, from page 1

that the Soviet Union had begun building the Berlin entrance. We found the mine and very nice epidote Wall.

We slept on the high school lawn and stayed there two nights as one of us was ill. We rode on down to Dillon on Colorado 9, a very nice road with 3-foot-wide paved shoulders. We did have to tolerate sheep truck drivers who delighted in blasting their truck horns from only 3 feet away! We slept in a roadside camping area at US 6 (now I-70) and Colorado 91. We rode on Colorado 91 the next day to Leadville, crossing Fremont pass in an inch of snow at 11,320 feet. We visited the Climax Molybdenum Mine, the only one in the world at that time. It was raining as we descended and entered Leadville. That was the end of the mountain passes. Our next 125 miles would follow the Arkansas River. The pastor of the Congregational Church in Leadville offered us the church basement to sleep in for the night, and we accepted because of the rain. The rain stopped, so we changed plans and continued the ride out of town to go down to Buena Vista on US 24.

As we got to the "Buena Vista 33 miles" sign, we saw a squall line approaching from behind us a few miles to the North. Bruce and I decided to race the distance! We slip-streamed with each other in fiveminute shifts. First, he would ride in the lead, with me placing my front tire just 6 inches from his rear axle. Then we would switch positions. It was hard to lead, but easy to follow! We arrived in Buena Vista in 1 hour 20 minutes and an average of 25 mph. We camped under the A&W Root Beer canopy that night; Ben knew the owners.

We rode down to Salida on US 24 and 285, then along Colorado 291. I wanted to explore the Calumet Iron Mine that was located 10 miles up a gravel road and at a 2,400 feet elevation gain. Road racing bicycles are NOT good on gravel, so we looked for more conventional means for this part of muscular effort kept us warm (on the inside, the trip. We stopped at the Ford dealership to see if we could rent a truck. The owner offered us a wellused Ford pickup for \$8 for the day.

I was amazed that he would let four scruffy guys drive away in his pickup. He said: "The four bicycles are worth more than the truck!" We drove to the Calumet mine to look for the midnight blue

sapphires said to be a quarter mile from the crystals, but no sapphires. We drove back to Salida and prepared to ride East toward Cañon City on US 50. The dealership owner asked where we were going to sleep that night. We said, "Somewhere along the road."

He said, "I have a house with an unfinished basement. You can sleep there."

We rode four miles East and found the house, where we were treated to a free supper of hamburgers, tomato soup, salad, and ice cream! We played Monopoly® with his children, and we got an excellent night's sleep in three full-sized beds!

The next day, we rode to Cañon City, bought sardines and crackers at a Safeway® which we ate as we sat on the front step. It was only 4 p.m., so we decided to ride to Colorado Springs, which was only another 50 miles to the northeast along US 50 and Colorado 115. We always carried a liter of water each and were sure we could refill along the way, but ... there was no water anywhere! There was ONLY one house in 30 miles along Colorado 115, and the faucets were turned off. We finally got to Colorado Springs as it was getting dark. We slept on a lawn of a friend of Ben's and the next day, we were planning on riding all the way back to Boulder, which was 99 miles on US-85, that is now I-25). We started out mid-morning, but there was a STIFF north wind. We labored all the way out past the Air Force Academy, and we were not going to make it. Bruce said we should ride back to the "Springs" and take the 64-mile round trip by train. We did so. It seemed as if we did not have to pedal, the wind at our backs was so strong!

We arrived in Boulder, got off the train, collected our bicycles and rode four miles as fast as we could for Bruce's house. It was dark, raining HARD, and it was COLD! The rain felt like ice. Only our hard anyway)! The next morning was Sept. 3, 1961, and there was six inches of snow on the ground! We rode 30 miles back down to Denver a couple of days later after the snow had melted for a grand total of 512 bicycle miles. We then caught a Union Pacific train back home.

with graphite on paper, KSU, Marianna Kistler Beach Museum of Art, bequest of Kathleen G. Curry, Artist information from page 4: John Steuart Curry (United States, 1897 - 1946), Trapeze Acrobats, 1932, Ink

RESTAURANT **SPECIALS**

Sunday, July 13	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$16 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, July 14	\$11 Lunch Cheeseburger Sliders French Fries	\$15 Dinner Chicken Fajitas Refried Beans Mexican Rice
Tuesday, July 15	\$10 Lunch Bacon-Cheddar-Egg Salad served on a Croissant Breakfast Potatoes	\$15 Dinner Beef Stroganoff Garlic Breadsticks Roasted Broccoli
Wednesday, July 16	\$11 Lunch Buffalo Chicken Wrap Sweet Potato Fries	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Thursday, July 17	\$9 Lunch Reuben Bratwurst Potato Salad	\$14 Dinner Garlic-Rosemary Chicken Smashed Potato Broccoli
Friday, July 18	\$11 Lunch Pizza Bar	\$17 Dinner Pecan-Crusted Trout with Dijon Sauce Wild Rice Asparagus
Saturday, July 19	\$11 Lunch BBQ Chicken Sandwich Broccoli Salad	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar July 13 to July 19

Put your trash at the curb! 8:45 a.m. ~ Transport to College Ave UMC, VE 10:00 a.m. ~ Transport to College Ave UMC, VE 10:00 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE

11:00 a.m. ~ Worship Service, CR

Monday ● July 14

Trash & Recycle pick-up

9:30 a.m. ~ Seated Strength, CR/1960

9:30 a.m. ~ Memory Care Partners Group, STM

10:00 a.m. ~ MAC Season Ticket Sales, FHR

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

11:30 a.m. ~ Meadowlark Valley Luncheon, BR

1:00 p.m. ~ Parkinson's Exercise Class, CR/1960

1:30 p.m. ~ God Talk, KSU CL 2:00 p.m. ~ Tai Chi, EC/1960

4:15 p.m. ~ Hable Espanol, FHR

7:00 p.m. ~ Andy Bell & Friends, EC

Tuesday ● July 15

10:00 a.m. ~ Memory Activities Class, EC

10:15 a.m. ~ Mat Yoga, KSU CL

10:30 a.m. ~ Steady Yourself, CR/1960

11:15 a.m. ~ Chair Yoga, CR/1960

1:00 p.m. ~ Prairie Star Writers Group, PR

2:00 p.m. ~ 10-Point Pitch Group, GR

2:00 p.m. ~ Social Circles, PS

2:00 p.m. ~ Water Media Painting, KSU CL

3:00 p.m. ~ Coffee Corner with Program, EC

3:30 p.m. ~ Rhythm, Poetry, & Story, CR

5:30 p.m. ~ 2nd Floor Supper, BR

6:30 p.m. ~ Summer Vespers, CY

Wednesday • July 16

9:00 a.m. ~ FUMC Communion, BR

9:30 a.m. ~ Seated Strength, CR/1960

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Memory Care Partners Group, FHR

10:00 a.m. ~ Memory Café, KSU CL

10:30 a.m. ~ Weights 101, CR/1960

11:30 a.m. ~ Sit & Be Fit, CR/1960

11:30 a.m. ~ West Monarch Luncheon, BR

11:30 a.m. ~ Page Turners Book Club, PR

1:30 p.m. ~ Speedy PD ARTFul Making, KSU CL

2:00 p.m. ~ Tai Chi, EC/1960

3:00 p.m. ~ Rock Steady Boxing, CR

3:00 p.m. ~ Sing-A-Long, FHR

Thursday • July 17

9:00 a.m. ~ Messenger Team, KSU CL

10:00 a.m. ~ Veteran's Group, MR

10:00 a.m. ~ Wamego Mem. Care Partner Grp, WPL

10:30 a.m.. ~ Steady Yourself, CR/1960

11:15 a.m. ~ Chair Yoga, CR/1960

11:30 a.m. ~ Lettuce Ketchup with PD, KSU CL

1:00 p.m. ~ Parkinson's Exercise Class, CR/1960

2:00 p.m. ~ Water Media Painting, KSU CL

5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • July 18

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

3:00 p.m. ~ Catholic Rosary, CR

Saturday ● July 19

9:00 a.m. ~ Tai Chi, 1960 only

9:30 a.m. ~ Band Bust Exercise Class. 1960 only

10:00 a.m. ~ Depart for Shopping Trip, VE

Room Abbreviations

1960, TV Channel 1960

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC. Event Center

FHR, Flint Hills Room

GC, Grosh Cinema KR, Kansas Room

KSU CL, KSU Classroom

MM, 120 Scenic Drive

MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant

STM. St. Thomas More Church

VBL, Verna Belle's Lounge

VE, Village Entrance

WPL, Wamego Public Library

MEADOWLARK

Gifts benefiting Bramlage House, Good Samaritan Fund, Helping Hands Fund, Meadowlark Cancer Program, Meadowlark Parkinson's Program, and the Nature & Nurture Park were received by Meadowlark Foundation during the month of June.

Memory of

Doris Brannan Jerald "Jerry" Connery

Les Harms John Schlender



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: July 13

AMY (1981) G, 1 hr. 40 min. Drama

Cast: Jenny Agutter, Barry Newman, & Kathleen Nolan

A young woman takes a job as a teacher in a backwoods school for the deaf.

MONDAY: July 14

SPENCER (2021) R for some language, 1 hr. 57 min. Drama, Biography

Cast: Kristen Stewart, Timothy Spall, & Sally Hawkins

Diana Spencer, struggling with mental-health problems during her Christmas holidays with the Royal Family at their Sandringham estate in Norfolk, England, decides to end her decade-long marriage to Prince Charles.

TUESDAY: July 15

MR. HOLLAND'S OPUS (1995) PG, 2 hr. 24 min. Drama, Music

Cast: Richard Dreyfuss, Glenne Headly, & Jay Thomas

A musician finds his passion when he takes a "day job" as a music teacher.

WEDNESDAY: July 16

THE LAUNDROMAT (2019) R *for language, sexual content, & disturbing images*, 1 hr. 36 min.

Comedy, Crime

Cast: Gary Oldman, Antonio Banderas, & Meryl Streep

A widow investigates an insurance fraud, chasing leads to a pair of Panama City law partners exploiting the world's financial system.

THURSDAY: July 17

TOP GUN (1986) PG, 1 hr. 49 min. *Action, Drama*

Cast: Tom Cruise, Tim Robbins, Kelly McGillis

The Top Gun Naval Fighter Weapons School is where the best of the best train to refine their elite flying skills. When hotshot fighter pilot Maverick is sent to the school, his reckless attitude and cocky demeanor put him at odds with the other pilots, especially the cool and collected Iceman.

FRIDAY: July 18
PINK PANTHER (1963) PG, 1 hr. 55 min. Comedy, Caper

RESIDENT REQUEST

Cast: David Niven, Peter Sellers, & Roert Wagner

The bumbling Inspector Clouseau travels to Rome to catch a notorious jewel thief known as "The Phantom" before he conducts his most daring heist yet: a princess' priceless diamond with one slight imperfection, known as "The Pink Panther."

SATURDAY: July 19

MIGHTY JOE YOUNG (1998) PG, 1 hr. 57 min. Actions, Adventure, Nature

Cast: Bill Paxton, Charlize Theron, & Rade Serbedzija

Taken to Hollywood to hide, a mighty gorilla is chased by a hunter.