

# Bayer Pond: Then & Now



**by Jo Fey & Noel Stanton, Meadowlark Outdoors  
Committee Members**

Our campus gem, Bayer Pond, began life in 2000 as an EPA-mandated stormwater retention pond on the northwest corner of campus. Intriguingly, this no-frills utility was embedded in a parcel of land that also contained lovely but inaccessible wooded areas, native grasses, and wildflowers.

In just two years, 2013-14, a dedicated team of residents, staff, and administrators transformed this jewel-in-the-rough into a beautiful natural area for residents to enjoy walking, birdwatching, fishing, or just relaxing in peaceful surroundings. The team was

led by the late Don Rasmussen, a former resident, whose love of nature, engineering expertise, and organizational skills were uniquely suited to this role. The work was sponsored by Meadowlark CEO Lonnie Baker and included present residents Nathan Bolls and Sue Hunt and Environmental Services Leader Mike Davis. Several residents also made significant financial contributions.

The team tackled many jobs simultaneously. All Meadowlark residents were polled to find out what aspects of the natural area would most enrich their lives. Paved paths suitable for walkers, wheelchairs and golf carts were laid out and bid for construction,

**See POND, page 5**

## EVENTS & OPPORTUNITIES

### **Cinema closed, Sept. 3 through Sept. 5**

Grosh Cinema will be getting all new equipment and a new screen! These wonderful upgrades will mean no movies will be shown Wednesday, Sept. 3, through Friday Sept. 5.

### **Trash pickup for Labor Day week**

Note for Duplex Residents: Trash will be picked up on Tuesday, Sept. 2, instead of the usual Monday, Sept. 1, due to the Labor Day holiday.

### **2nd Floor IL signage replacement**

Our signage updates are moving up! Current second floor wayfinding, room, and apartment number signs will be removed over the next week or so. This will allow time for the maintenance team to patch and paint the walls. New signs will be installed Wednesday, Sept. 17. Apartment signage will still feature resident names. Please contact Sarah at (785) 323-3878 with questions.

### **Meadowlark Travelers trip**

A Meadowlark Travelers getaway to Kansas City in December has received a tremendous response! Planning has continued for this "Crown Center Christmas" getaway, which is expected to feature four shows — one at the Kauffman Center for the Performing Arts — and a two-night stay at Westin Crown Center hotel. Dates are Dec. 17-19. Watch an upcoming Messenger for details and pricing, which will be based on a minimum of 25 paid travelers. Registration forms soon will be available at the Hospitality Desk. Questions? Contact Monte Spiller or Becky Fitzgerald.

### **KSU Football Watch Party!**

**Saturday, Aug. 30, at 6 p.m.**

Join us on Saturday, Aug. 30, in the Kansas Room, and Prairie Star Restaurant Bar, at 6 p.m., as our K-State Wildcats have their home-opener against North Dakota. Light refreshments will be served.

### **Farewell & Graduation Reception**

**Sunday, Aug. 31, at 9 a.m.**

Join in the Community Room from 9 a.m. to 12 p.m. on Sunday, Aug. 31, as we share pastries and wish Ethan Xin well before/after the morning worship services.

### **Worship Services**

**Sunday, Aug. 31, at 10 & 11 a.m.**

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Aug. 31, in the Community Room/Chapel. This week, Melanie will explore the book of Revelation.

### **Prairie Star Writing Group**

**Tuesday, Sept. 2, 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, Sept. 2, in the Patriot Room.

The Sept. 2 session is titled, "In Case of Fire, Save This!" If we had just five minutes to grab and go, what would you take with you? What stories live inside that personal treasure? Let us know your secret!

### **Social Circles**

**Tuesday, Sept. 2, at 2 p.m.**

All residents are invited to attend Social Circles each Tuesday at 2 p.m. in Prairie Star Restaurant. This is an informal opportunity to gather with others who call Meadowlark home and get to know one another. Join us!

### **Volunteer & Tech Helper**

**Tuesday, Sept. 2, at 4 p.m.**

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Sept. 2, 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!

### **Meadowlark Men's Social Supper**

**Wednesday, Sept. 3, at 5:30 p.m.**

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, Sept. 3. 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 opportunity will not feature a program.

## EVENTS & OPPORTUNITIES

### **UFM Class: Growth & Evolution of the American Military Power**

***Wednesday, Sept. 3, at 6 p.m.***

UFM is offering a three-part class titled “The Growth and Evolution of the American Military Power.” Join the session in the Community Room on Wednesdays, Sept. 3 through Sept. 17, from 6:30 to 8 p.m.

Throughout American history, the United States military has played a significant role in the development of the country. This class will examine a series of military actions from the Revolution to the Korean War, charting those conflicts, lessons learned, and those lessons forgotten.

The class will be led by Robert “Bob” Smith, Director of the Fort Riley Museum Complex.

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.

### **Celebration of Life: Stephanie Upson**

***Thursday, Sept. 4***

Longtime Meadowlark resident Stephanie C. Upson passed away peacefully at Lyle House on June 30, 2025. Memorial services will be held at 10 a.m. Thursday Sept. 4, 2025, at First Presbyterian Church, 801 Leavenworth, Manhattan. Inurnment will follow at the Sunrise Cemetery.

The family encourages friends, staff, and caregivers from the Meadowlark community to join them for Stephanie’s services. They also warmly invite everyone to a reception in the Event Center between 1:30 and 3 p.m. Thursday, Sept. 4. Drop in anytime to share fellowship, refreshments, and memories. Please come and help us celebrate Stephanie!

### **Parkinson’s Education Group**

***Thursday, Sept. 4, at 2 p.m.***

You’re invited to the September meeting for the Parkinson’s Education Group from 2 to 3:30 p.m. in Meadowlark’s Community Room. This month’s program is presented by Dr. Kelly Lyons, Director of Research and Education, and is titled, “KU

Parkinson’s Disease Symposium Review, Treatment Update and Q & A.”

Dr. Lyons will present the highlights.

Topics from the symposium include: treating non-motor symptoms of PD, current medication to treat PD symptoms, infusion and surgical therapies, and tips for hospitalizations. Join us as we learn current information on how to live well with Parkinson’s disease!

Questions? Contact Michelle or Katie at (785) 323-3899.

### **Dinner with The League**

***Thursday, Sept. 4, at 6 p.m.***

Join in the Event Center for Dinner with The League of Women Voters. Leadership team members Sara Fisher and Barbara Anderson will facilitate this important listening session focused on future action. All in attendance will have the opportunity to tell us which efforts we should prioritize in the coming months and how we can more effectively serve this region and our members.

Enjoy your choice of a Cuban slider sandwich or southwest salad, plus a beverage, for \$15.

Please register for the meal in the Blue Book at the Hospitality Desk by Monday, Sept. 1.

### **KSU Football Watch Party!**

***Saturday, Sept. 6, at 6 p.m.***

Join us on Saturday, Sept. 6, in the Kansas Room, and Prairie Star Restaurant Bar, at 6 p.m., as our K-State Wildcats take on the Army Black Knights. Light refreshments will be served. Go Cats!

### **Andy Bell & the All Stars**

***Sunday, Sept. 7, at 6 p.m.***

Andy Bell & the All Stars is a collaboration of some of the best talent in Kansas! The group features a drummer from Lawrence, Richard “Felix” Smalley; keyboardist Rod Manges; world-class guitarist, Wayne Goins; and incomparable vocalist, Betti O.

All are welcome to attend this fun concert at 6 p.m. Sunday, Sept. 7, in the Event Center. Enjoy an hour of hits by artists such as Tina Turner, Gloria Gainer, Donna Summers, and more!

See EVENTS, page 4



# An Afternoon on the Curb

by Carole Fager

In the late 1940s, my family lived on a military base in Yokohama, Japan. The military retail store, the Post Exchange (PX), had just received its monthly supply of magazines and clothing from the States. That day, while our parents went briefly into the PX, my younger brother and I waited outside on the curb. My parents would be right back. However, for whatever reason, my little brother eventually got upset. I tried unsuccessfully to comfort him, and then I, too, began crying.

About that time, a very large, black car approached us and slowed down. From the driver's window came a voice asking us, "Hey, kids, what's wrong?"

Between my tears, I tried to explain. The back door of the huge car opened and out stepped the five-star General of the Army, Douglas MacArthur, the Supreme Commander of the Allied Powers in the Southwest Pacific. He quickly told the driver to get some milkshakes, and he sat down right there on the curb with us.

We were happily drinking strawberry milkshakes when my parents returned. My father, a Major at the time, nearly had a heart attack! However, that was just the way the military community took care of its own.

## EVENTS, from page 3

### Blood Pressure Check

Thursday, Sept. 11, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Kansas Room. The next scheduled clinic is Thursday, Sept. 11, at 1 p.m. No sign-up required.

### UFM Class: Intro to Feldenkrais

Tuesday, Sept. 16, at 6 p.m.

UFM is offering a three-part class titled "Introduction to Feldenkrais." Join the session in the Community Room on Tuesdays, Sept. 16 through Sept. 30, from 1 to 2 p.m.

The Feldenkrais Method of somatic exercise uses gentle movement and directed attention to help people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

To prepare, please note you will be on the floor for most of the class. Have folded quilts or folded moving blanket to lie on. If you choose to bring a yoga mat, please use it as a base layer and cover it with a quilt or moving blanket. Also bring towels and/or a stack of padded gardening kneelers to provide support for your head and other parts of your body. Small, firm pillows can also be used to support wrists, knees, or shoulders.

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.



## September Birthdays



### Independent Living

9/1 Carolyn Alexander  
9/3 Kent Smith  
9/4 Mickey Reay-Matthes  
9/9 Art Chaput  
**9/11 Ken Kopp**  
9/19 Kathy Wright  
9/20 Carter Lloyd  
9/22 Irma Sjo  
9/22 Jim Hasler

9/22 Jan Janasek  
9/22 Nikki Strobe  
9/24 Yvonne Crawford  
9/26 John Walters

### Assisted Living

9/5 Margaret Young  
9/20 Fred Borck  
9/23 Kathy Towse  
9/25 Gale Simons

### Skilled Nursing

9/1 Victor Olson Jr.  
9/5 Don Rickley  
9/9 Mary Schlesener  
9/14 Elaine Street  
9/23 Edwin Herde  
9/25 Robert Weber  
9/27 Roberta Gwinner

**Bold denotes milestone birthdays!**

## POND, from page 1

as was the new gazebo on the northwest side. Picnic tables, rest benches, and an animal feeder were ordered and installed. Fishing docks with safe railings were designed and built. Because most pond inflow is runoff from streets and parking lots, water quality was tested and found acceptable. Fisheries biologist Ely Sprenkel was consulted about what fish species and numbers were a good match for the pond, and what water plants provided the best fish cover. Land and water vegetation was chosen and planted, and fish were stocked.

Here is one detailed example of what the team accomplished: It was not easy to find a fish farm willing to deal with orders of modest size, but a congenial continuing relationship was eventually forged with Wallace Fish Farm in Allen, Kan. Stocking of food minnows, bluegill sunfish, and channel catfish of assorted sizes was scheduled for November 2013 and assorted largemouth bass for November 2014. However, before the fish could go in, aquatic plants had to be set out under conditions of lowered water level.

Careful and advised thought was given to choice of aquatic plants. For example, water lilies were rejected because they would soon spread over the whole pond. In October 2013, hundreds of aquatic plants of several varieties, including water willow were set out by an Eagle Scout and his family and members of the Meadowlark team, and the first fish went in on schedule. Bluegills and catfish are still present, but long-term bass survival was less successful, probably because the silted pond was not deep enough, and because this species is less tolerant to silt; a second infusion of bass was necessary in 2019.

Even natural areas need care. The Outdoors Committee has dealt with two foreign invasions recently, one on land and one in the water. Non-native bush honeysuckle threatened to take over the trees and shrubs on the north side of the pond before it was cut back; this unwelcome visitor will need constant discouragement.

As the bass population dwindled after the 2019 stocking, absence of this apex predator allowed the population of golden shiners to explode. Published research has shown that such an ecological imbalance can ultimately lead to severe algae blooms. Two dozen big largemouth bass

introduced in 2023 efficiently disposed of the shiners.

Every pond becomes a meadow eventually. Insufficient depth resulting from silt washed in from K-State land west of our campus has always been a problem. The pond depth was originally nine feet, but by 2013, the silt was already three feet deep on the south side. At that time, the task force considered draining and dredging the pond before introducing new plants and fish, but the operation was deemed too costly and disruptive.

Measures taken by Meadowlark and K-State reduced the silting somewhat, but its effects are now obvious. Because of the decreased depth water willow plants have spread outward beyond the ends of the docks. Although the thick plant growth provides excellent fish cover, it makes fishing difficult for both people and herons; the Great Blue and Green herons that were frequent visitors are now seldom seen.

Just as our pond nears the end of its life, an opportunity for renewal has opened. Construction of the new Aster independent living building requires increased stormwater retention capacity. The pond will be drained today and then dredged back down to its original nine feet, deep enough to support a healthy bass population.

Once dredging is complete, a planned revitalization will emphasize accessibility for the Meadowlark community as well as natural beauty. The landscape architect currently envisions a pathway to completely encircle the pond, with a boardwalk across the western edge. Kansas-themed landscaping will use native plants and provide irrigation to assist in adequate maintenance. Gazebos will be relocated closer to the water's edge and two new docks will be built. Rock will be added to the edges of the pond to help control excessive plant growth, and a holding basin will intercept incoming silt from the west.

It will be exciting to watch the rebirth of our Meadowlark Pond over the next few years, but with this rebirth will come birthing pains. A drained Bayer Pond won't be a pleasant place until it is refilled. The 2013-14 work on aquatic plants and fish stocking must be repeated. Our dying pond will ultimately be replaced with a renewed, revitalized, and lovely natural area for all residents to enjoy.

# RESTAURANT **SPECIALS**

<b>Sunday, Aug. 31</b>	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$14</b> Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli
<b>Monday, Sept. 1</b>	<b>\$11</b> Lunch Baked Fish Tacos Cilantro Lime Rice	<b>\$17</b> Dinner BBQ Ribs Ranch-Style Corn on the Cob Baked Bean Cornbread Casserole
<b>Tuesday, Sept. 2</b>	<b>\$11</b> Lunch BBQ Rib Sandwich Coleslaw	<b>\$15</b> Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
<b>Wednesday, Sept. 3</b>	<b>\$11</b> Lunch Meatloaf Sandwich Pub Chips	<b>\$15</b> Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
<b>Thursday, Sept. 4</b>	<b>\$12</b> Lunch Steak Sandwich Steak Fries	<b>\$15</b> Dinner Hawaiian Pork Chop Coconut Rice Hawaiian Baked Beans
<b>Friday, Sept. 5</b>	<b>\$11</b> Lunch Potato Bar	<b>\$26</b> Dinner Oyster Rockefeller Garlic-Parmesan Pasta Grilled Asparagus
<b>Saturday, Sept. 6</b>	<b>\$11</b> Lunch Turkey Avocado Sandwich Pea Salad	<b>\$11</b> Dinner Boneless Wings Tator Tots Carrots & Celery Sticks

# Weekly Opportunities Calendar Aug. 31 to Sept. 6

## Sunday • Aug. 31

8:45 a.m. ~ Transport to College Ave UMC, VE  
9:00 a.m. ~ Farewell Graduation & Reception, CR  
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 • Sept. 1 *Put your trash at the curb!* **Happy Labor Day!**

9:30 a.m. ~ Seated Strength, **1960 only**  
10:30 a.m. ~ Weights 101, **1960 only**  
11:30 a.m. ~ Sit & Be Fit, **1960 only**  
1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**  
1:30 p.m. ~ God Talk, KSU CL  
2:00 p.m. ~ Tai Chi, EC/**1960**

## Tuesday • Sept. 2 *Trash & Recycle pick-up*

10:00 a.m. ~ Memory Activities Class, EC  
10:00 a.m. ~ Mat Yoga, KSU CL  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, CR/**1960**  
12:00 p.m. ~ Kimball Luncheon, BR  
1:00 p.m. ~ Prairie Star Writing Group, PR  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Social Circles, PS  
3:00 p.m. ~ Coffee Corner, EC  
3:30 p.m. ~ Ambassadors Meeting, BR  
4:00 p.m. ~ Tech Help, FHR

## Wednesday • Sept. 3

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**  
11:00 a.m. ~ North Monarch, MR  
11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
2:00 p.m. ~ Tai Chi, **1960 only**  
3:00 p.m. ~ Rock Steady Boxing, KSU CL  
3:00 p.m. ~ Sing-A-Long, FHR  
5:30 p.m. ~ Meadowlark Men's Supper, MR  
6:30 p.m. ~ UFM: Growth & Evolution of the American Military Power, CR

## Thursday • Sept. 4

9:00 a.m. ~ Messenger Team, KSU CL  
10:00 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. ~ Parkinson's Exercise Class, CR/**1960**  
1:30 p.m. ~ Celebration of Life: Stephanie Upson, EC  
2:00 p.m. ~ Parkinson's Education Group, CR  
4:15 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Meadowlark Circle Donner, MR  
6:00 p.m. ~ Dinner with the League, EC

## Friday • Sept. 5

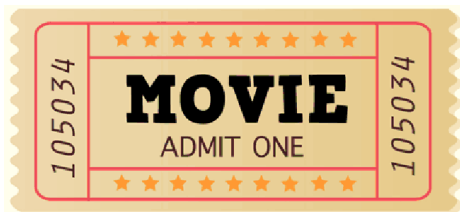
7:30 a.m. ~ Rock Steady Boxing, **BF**  
9:30 a.m. ~ Seated Strength, CR/**1960**  
10:30 a.m. ~ Weights 101, CR/**1960**  
11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
2:30 p.m. ~ Fanny & Furby, KR  
3:00 p.m. ~ Catholic Mass, CR

## Saturday • Sept. 6

9:00 a.m. ~ Tai Chi, **1960 only**  
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
6:00 p.m. ~ KSU Watch Party, PS, KR, EC

## 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>STM</b> , St. Thomas More Church
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	<b>WPL</b> , Wamego Public Library



## 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: Aug. 31

***A TALE OF TWO CRITTERS*** (1977) G, 48 min. *Action Adventure, Nature, Buddy*

Cast: Mayf Nutter

A young racoon and a bear cub become separated from their families and team up for an exciting cross country trek filled with adventure, laughter, and love.

### MONDAY: Sept. 1

**GOD TALK REQUEST**

***THE MOST RELUCTANT CONVERT*** (2021) PG, 1 hr. 13 min. *History, Drama*

Cast: Max McLean, Nicholas Ralph, & Eddie Ray Martin

Spanning C.S. Lewis' bitter childhood, WWI, and his life changing friendships at Oxford, this movie depicts the events that shaped Lewis' early life and journey from hard-boiled atheism to prolific Christianity.

### TUESDAY: Sept. 2

***SALLY*** (2025) TV-14, 1 hr. 44 min. *Documentary, Biography*

Uncover first American woman astronaut Sally Ride's secret romance and hidden sacrifices.

### WEDNESDAY: Sept. 3

*Cinema closed. No movie showing due to equipment upgrades.*

### THURSDAY: Sept. 4

*Cinema closed. No movie showing due to equipment upgrades.*

### FRIDAY: Sept. 5

*Cinema closed. No movie showing due to equipment upgrades.*

### SATURDAY: Sept. 6

***KEEPING THE FAITH*** (2000) PG-13, 2 hr. 8 min. *Romantic Comedy, Drama*

Cast: Ben Stiller, Edward Norton, & Jenna Elfman

Two friends, a priest and a rabbi, fall in love with the same woman they knew in their youth, but the religious position of both men denies them romance.

**Have a movie request?** Send it in! Share your must-see movie titles with the team at the Hospitality Desk, then keep an eye out for the showing date!