

Ancient Ways: Outdoor Encounters



Communication old,
Speech a recent invention.
Have we made progress?
- NJB

by Nathan Bolls

I was taken by the observation concerning wilderness made by Wallace Stegner, a noted western author:

“We need wilderness preserved — as much as is still left and as many kinds — because it was **the challenge against which our character as a people was formed.** The reminder and the assurance that it is still there is good for our spiritual health, even if we never once in 10 years set foot in it.”

That “challenge against” bit put me immediately back in the hunter/gatherer stage (H/G) of human development. I had intellectually assumed the H/G stage of human history had lasted many years, but was not ready for the actual facts: like from at least

2.5 million years ago up to the advent of agriculture some 10-12,000 years ago. That’s a very long time for our ancestors to have lived such a tough, rough, and dangerous lifestyle.

Archeologists argue that, to obtain much of their meat, pre-H/G peoples scavenged what was left by predators after a kill. Stone tools for weapons and for cutting food materials date from at least 2 million years ago, perhaps earlier. Stone points for arrows and lances greatly improved chances on the hunt.

Anthropologists say that those early humans often lived in groups made up of an extended family, or families, up to perhaps a hundred individuals. The H/G lifestyle tends to deplete an area of meat resources. This leads to the necessity of requiring many square miles over which a group

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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.

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.

NEW! Pop Culture Faith Lessons

Join Spiritual Life Leader, Melanie Nord, this fall to examine successes from popular culture and how we can apply them to our faith and religious communities. From Lego to Southwest Airlines and Walgreens, these corporations have developed company cultures and methods for growth and success. In the age of religious decline, maybe we can find insight from the secular world on how to carry the message of our faith to the next generations.

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!

Worship Services

Sunday, Sept. 7, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Sept. 7, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from Southwest Airlines, company culture.

Starting Sunday, Sept. 7, all are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

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!

Town Meeting

Monday, Sept. 8, at 9:30 a.m.

All Meadowlark residents are invited to attend September's Town Meeting at 9:30 a.m. Monday, Sept. 8, in the Event Center. Town Meeting is a great opportunity to hear Meadowlark updates from leadership team members, ask questions, and learn what to expect for activities and entertainment throughout the month!

Page Turners Book Club

Wednesday, Sept. 10, at 11:30 a.m.

Join the Page Turners Book Club at 11:30 a.m. Wednesday, Sept. 10, in the Patriot Room for our final discussion of *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows. During this discussion, we will be comparing and contrasting the book and the movie. The movie will be shown on Tuesday, Sept. 9, at 1, 4, and 7 p.m. in Grosh Cinema at Meadowlark. You do not need to attend each group session to participate. Please, come when you are able! If you have questions, please contact Katie in Special Programs at ksigman@meadowlark.org or (785) 323-3899.

UFM Class: Growth & Evolution of the American Military Power

Wednesday, Sept. 10, at 6 p.m.

UFM is offering a three-part class titled "The Growth and Evolution of the American Military Power." Join the last two sessions in the Community Room on Wednesdays, Sept. 10 and 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,

EVENTS & OPPORTUNITIES

Director of the Fort Riley Museum Complex.

Enrollment is 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.

Ladies Luncheon

Thursday, Sept. 11, at 11:30 a.m.

The September Ladies Luncheon begins at 11:30 a.m. Thursday, Sept. 11, in the Event Center. Meadowlark and Passport ladies are welcome and encouraged to attend. Please sign up in the Blue Book at the Hospitality Desk to join us.

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.

Knitting & Crocheting Group

Thursday, Sept. 11, 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, Sept. 11 for a fun, social, creative opportunity. All skill levels are welcome!

KSU Football Watch Party!

Friday, Sept. 12, at 6 p.m.

Join us on Friday, Sept. 12, in the Kansas Room, and Prairie Star Restaurant Bar, at 8 p.m., as our K-State Wildcats take on the Arizona Wildcats under the Friday night lights! Light refreshments will be served. Go Cats!

Prairie Star Writing Group

Tuesday, Sept. 16, 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. 16, in the Patriot Room.

The Sept. 16 session is titled, "First Days I Will Never Forget." All of us have a lifetime of firsts. Some are wonderful, such as first pets or first

loves. Others are terrifying. A first broken bone or first car accident. However, our writing group would like you to let us know about first days you will never forget. Pat wants to know about your first day of school. Kate suggests a first day of teaching, or your first day when you realized you were an adult. So many choices! What is delightful is knowing all of us have good tales to tell. Might as well get started!

Volunteer & Tech Helper

Tuesday, Sept. 16, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Sept. 16, 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!

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.

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Technology Help Drop In

Thursday, Sept. 18, 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 Kansas Room. Registration is not required to attend.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Sept. 20, at 10:30 a.m.

Sign up in the Blue Book to join the next scheduled shopping trip. Transportation will go to Hobby Lobby and Dollar Tree East on Saturday, Sept. 20. The bus will depart from the Village Entrance at 10:30 a.m. and return by 11:45 a.m.

Medicare Open Enrollment

Oct. 15 to Dec. 7, 2025

It's that time of year again. Time to review your Medicare insurance coverage and make changes to that coverage, if needed.

This year it is more important than ever to review the coverage you have. Several insurance companies are dropping their Medicare Advantage programs. This is due to the cuts made to the deductibles, co-pays, and cost shares. If you are on a Medicare Advantage Plan, you will receive a notice if the company will be dropping coverage. **Please pay close attention to any mailings from the insurance companies in the next few weeks.**

Any dropped Medicare Advantage coverage will automatically roll into the regular/original Medicare Program. However, anyone who loses coverage will still need to obtain Medicare Part D coverage. There may also be a need to sign up for a Medicare Supplemental Plan.

The Meadowlark Finance Team is here to help you navigate the maze of Medicare insurance. We are blessed to have a trained SHICK volunteer (Senior Health Insurance Counselor) working with the Finance team. James Beck, Meadowlark resident, has stepped in to work individually with residents utilizing Medicare.

Beck's availability is listed in the Blue Book at the Hospitality Desk. Please sign up for a time and date that works for you. The Finance team also will be available to assist you with the Medicare Open Enrollment process.

Making sure you have the insurance coverage you need is one of the Finance team's goals. Let us know how we can assist you during the upcoming Open Enrollment period.

Dear Meadowlark Hills & residents,

I want to sincerely thank each and every one of you for the incredible send-off and graduation party! Your kindness, thoughtfulness, generosity, and support have truly touched my heart, and I am so grateful for the way you all have embraced me these past four years.

Serving as the Sunday Service pianist and accompanist for the Singers Choir has been one of the greatest experiences of my life. I've truly been blessed to have been able to share my music with you week after week, but even more meaningful has been the chance to share in the warmth, friendship, and faith of this amazing community, along with the joy of music.

Meadowlark has been more than just a place to serve; it has been a second home, where I've grown not only as a musician but as a person. From every Youth Piano Passion Group concert we've hosted, to the laughter we shared at rehearsals, to the meaningful hymns and sermons on Sunday mornings, to the many conversations, every memory and connection is one that I will carry with me for the rest of my life. Thank you for allowing me to be a part of your lives and for encouraging me as I embark on this next chapter at UCLA.

Though I will deeply miss playing for you all each week, Meadowlark will always hold a special place in my heart. Thank you for being the absolute best community in Manhattan that I have had the privilege to be a part of. I will forever cherish the love and support you all have given me!

*With much gratitude,
Ethan Xin*

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must roam just to supply the necessary game, resulting in a nomadic lifestyle and temporary shelters. Shelters were caves, rocky overhangs, or simple huts covered with leaves, grasses, reeds, mud, or hides. In any event, the shelters, most likely, were not very good at keeping out the cold, strong winds, or driving rains. Their shelters were cold for many centuries! The most recent estimates for the controlling of fire for cooking, light, and home heating is 200,000-230,000 years ago, although some experts put that date hundreds of thousands of years earlier.

The H/G peoples gathered fruits, nuts, berries, tubers, and leaves of a variety of plants, with plant types depending upon H/G geographic location. Also depending upon geographic location, they hunted (for meat, hides, and bones) the then versions of bison, deer, elk, caribou, mammoth and mastodon, wild horses, goats, sheep, and antelope, and some larger birds. They seemingly preferred the larger, meatier animals for feeding the group, but also took rabbits, raccoons, and beavers.

Large predators must have presented a daily danger. The sabre-toothed tiger roamed Europe and North America from 2.6 million to about 10,000 years ago. The dire wolf (a larger wolf-like mammal) roamed North and South America from about 250,000 to 10,000 years ago. During those H/G times, people also had to be on the lookout for various other large predators: various cats and dogs (e.g., the hyenas and wild dogs of Africa), crocodiles and alligators and their close relatives, and both poisonous snakes and those that can kill by constriction and swallow prey whole. Jellyfish, some are dangerous, have been around over **700 million years**, and the mosquito for at least **125 million years**!

Our early ancestors did, of necessity, live in a confrontational state with nature. Did that human mindset become hard-wired? If so, it is way past the time when we should have stepped back from that view of nature. Our technological ability has removed most areas of conflict or danger. We have developed amazing tools for predicting the approach of violent weather. Yet, we still persist, even today, in that H/G state of mind of attempting to control various aspects of “out there,” even when

it really is not necessary to do so for our health and safety. All we would have to do is learn what is dangerous and how to react intelligently to avoid or to deal with some potentially unfavorable situation — **and to stop placing blame on the wild world.**

We go to great mechanical, technological, and chemical lengths to avoid those dreaded conditions that might, Heaven forbid!, cause us to work up a bit of a sweat — or cause us to have some degree of material loss. Let’s get real. Building a home, business, or infrastructure on a flood plain, fault zone, or surrounded by forest or prairie is asking for trouble.

Although having done very little to correct the situation, we are all aware that our chemical and technological prowess is a major player in bringing our Earth to where it is beginning to rebel against our incessant drive for ease, convenience, safety, and material things.

Another aspect of those ancient ways needs to be considered. Our ancient ancestors must surely have had moments of respite from the challenges of their lives, precious moments when they felt relatively relaxed and safe, moments when they truly enjoyed their existence. Did these memories also become hard-wired? Are such moments and feelings the basis for the effects of “forest bathing” that people enjoy today, quiet moments spent along a gently lapping surf, standing in and sensing the space and peace of the prairie, or the sense of envelopment one gets when standing within a stand of towering trees? Such moments not only improve our vital signs but also focus and quiet our minds away from the rat race of modern life.

In a nutshell: Jacques Cousteau once remarked, “For most of our human history, man has had to fight nature to survive. But in the 20th Century, he is beginning to realize that, in order to survive, he must protect it.” Writer Emily Hunter made this observation: “Climate change alone is probably the greatest challenge we humans have ever faced throughout our entire existence. The challenge is so great because the battle is not with external enemies but a war within ourselves.” With our human nature!

RESTAURANT **SPECIALS**

Sunday, Sept. 7	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs <i>over Egg noodles</i> Buttered Carrots
Monday, Sept. 8	\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Macaroni Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Sept. 9	\$12 Lunch Steak Gyro Garlic Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, Sept. 10	\$10 Lunch Everything Bagel Sandwich <i>(Ham, Turkey & Swiss Cheese)</i> Macaroni Salad	\$16 Dinner French-Onion Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes
Thursday, Sept. 11	\$11 Lunch Chicken & Vegetable Curry White Rice	\$16 Dinner Pot Roast <i>with Carrots, Onions, and Celery</i> Mashed Potatoes and Gravy Green Beans
Friday, Sept. 12	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Risotto Asparagus
Saturday, Sept. 13	\$12 Lunch Lobster Hoagie Cucumber Salad	\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar Sept. 7 to Sept. 13

Sunday • Sept. 7 *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
6:00 p.m. ~ Andy Bell & the All Stars, EC

Monday • Sept. 8 *Trash 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 Partners Group, **STM**
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**
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
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Tai Chi, EC/**1960**
4:15 p.m. ~ Habel Espanol, FHR
5:30 p.m. ~ Tuttle Creek Dinner, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 9

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. ~ 4th Floor Luncheon, MR
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, EC

Wednesday • Sept. 10

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 p.m. ~ Lutheran Luncheon, BR
11:30 a.m. ~ Page Turners Book Club, PR
2:00 p.m. ~ Tai Chi, EC/**1960**
3:00 p.m. ~ Rock Steady Boxing, KSU CL

Wednesday • Sept. 10, continued

3:00 p.m. ~ Sing-A-Long, FHR
6:30 p.m. ~ UFM: Growth & Evolution of the American Military Power, CR

Thursday • Sept. 11

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**
11:30 a.m. ~ Ladies Luncheon, EC
11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
11:30 a.m. ~ PD Care Partner Social, PS
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:00 p.m. ~ PD Care Partners Group, FHR
2:00 p.m. ~ Water Media Painting, KSU CL
2:30 p.m. ~ Knitting & Crocheting, KR
5:30 p.m. ~ Eastside Supper, BR

Friday • Sept. 12

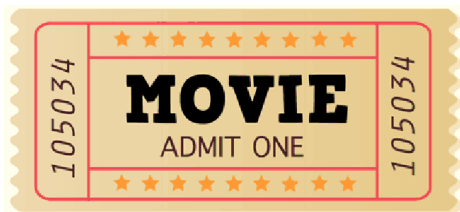
7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
2:30 p.m. ~ Fanny & Furby, KR
8:00 p.m. ~ KSU Watch Party, PS, KR, EC

Saturday • Sept. 13

9:00 a.m. ~ Tai Chi, **1960 only**
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	STM , St. Thomas More Church
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	WPL , 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: Sept. 7

RUDY (1993) PG, 1 hr. 54 min. *Coming of Age, Docudrama, Sports*

Cast: Sean Astin, Jon Favreau, & Ned Beatty

Rudy has always been told that he is too small to play college football, but he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

MONDAY: Sept. 8

RESIDENT REQUEST

WILLIE WONKA & THE CHOCOLATE FACTORY (1971) G, 1 hr. 40 min. *Classical Musical, Family*

Cast: Gene Wilder, Jack Albertson, & Peter Ostrum

A poor but hopeful boy seeks one of the five coveted golden tickets that will send him on a tour of Willy Wonka's mysterious chocolate factory.

TUESDAY: Sept. 9

PAGE TURNER REQUEST

THE GUERNSEY LITERARY & POTATO PEEL PIE SOCIETY (2018) TV-14, 2 hr. 4 min. *Drama*

In the aftermath of World War II, a writer forms an unexpected bond with the residents of Guernsey Island when she decides to write a book about their experiences during the war. Then she learns the secret they are afraid to reveal.

WEDNESDAY: Sept. 10

OFF THE MAP (2003) PG-13, 1 hr. 45 min. *Drama, Coming-of-Age*

Cast: Valentina de Angelis, Joan Allen, & Sam Elliott

An 11-year-old girl watches her father come down with a crippling depression. Over one summer, she learns answers to several mysteries, and comes to terms with love and loss.

THURSDAY: Sept. 11

FORREST GUMP (1994) PG-13, 2 hr. 23 min. *Drama, Comedy*

Cast: Tom Hanks, Robin Wright, & Gary Sinise

The presidencies of Kennedy and Johnson, the events of Vietnam, Watergate, and other history unfold through the perspective of a fictional Alabama man with an IQ of 75.

FRIDAY: Sept. 12

THE OTHER WOMAN (2014) PG-13, 1 hr. 50 min. *Comedy, Romance*

Cast: Cameron Diaz, Leslie Mann, & Kate Upton

Three women team up to plot mutual revenge on their cheating, lying, three-timing man.

SATURDAY: Sept. 13

JUNGLE CRUISE (2021) PG-13, 2 hr. 10 min. *Action Adventure, Comedy*

Cast: Dwayne Johnson, Emily Blunt, & Edgar Ramirez

Dr. Lily Houghton and skipper Frank Wolf team up for a wild ride on the Amazon.