



MEADOWLARK

Messenger

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Manhattan, Kansas

Messenger Editor: Sarah Duggan

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



Wheat: The Staff of Life

by Carroll Hackbart

In 1820, much of what is now Nebraska, Kansas, Colorado, Oklahoma, and the Dakotas was labeled the "Great American Desert." Today, those same plains are known as part of the Breadbasket of America and are among the greatest wheat-producing regions in the world.

Where did wheat originate?

Wheat is one of the oldest cultivated crops in human history. It originated thousands of years ago in the Fertile Crescent, an area that includes parts of modern-day Iraq, Syria, Turkey, and Iran. Early forms of wheat such as einkorn and emmer were among the first plants domesticated by mankind.

Over centuries, wheat spread across Europe, Asia, and eventually North America. When settlers moved

westward across the Great Plains during the 19th century, wheat became one of the defining crops of the region.

The Plains proved ideal for growing wheat. The wide-open land, fertile soil, and moderate rainfall allowed farming communities to flourish. Entire towns and local economies grew around wheat farming, milling, railroads, and grain elevators.

Several types of wheat became important in the United States:

~ Hard Red Winter Wheat, widely grown in Kansas and Oklahoma, became the foundation for bread flour.

~ Hard Red Spring Wheat, common in the northern Plains, produced high-protein flour for bread and bagels.

See WHEAT, page 2

WHEAT, from page 1

- ~ Durum wheat became essential for pasta.
- ~ Soft wheat was used for cakes, cookies, crackers, and pastries.

Wheat became valuable because it stored well, transported easily, and could be transformed into countless foods.

Harvest Time

Before mechanization, harvesting wheat required exhausting manual labor. Farmers cut the grain using sickles or scythes fitted with cradles. The stalks were tied into sheaves or bundles and stacked into shocks to dry before threshing.

For generations, entire families worked long days in the fields during harvest season.

Later, horse-drawn mechanical reapers increased productivity dramatically. A man using a cradle might harvest only a few acres a day, but a mechanical reaper could cut many times that amount.

The grain binder was another major improvement. It not only cut the grain but also tied the bundles automatically using twine. Even then, workers still stacked the bundles into shocks by hand.

Threshing Wheat

Threshing was the process of separating the grain kernels from the straw and chaff. Before machines, threshing was done by hand using flails or by trampling grain with animals on a threshing floor.

Winnowing is the process used after thrashing to separate the grain kernels from the chaff of seed husks using wind (winnowing). Winnowing separates lighter chaff, dirt, and debris from heavier, desirable grain or seeds using wind or an air current.

One of the earliest methods was simply rubbing grain heads in the hands to loosen the kernels and then blowing away the chaff.

Threshing Machines and Threshing Runs

As farming expanded across the Great Plains, threshing machines became common. Early horse-powered machines used treadmills or horse sweeps. Horses walked either on inclined belts or in circles around a central post to power the machinery.

A threshing crew required many workers:

- ~ A driver to manage the horses
- ~ A feeder to carefully feed grain into the machine
- ~ Pitchers to move bundles to the feeder
- ~ Sackers to fill and sew grain sacks
- ~ Straw stackers to handle the straw piles

Threshing season became a community effort. Neighborhood threshing runs, or what Google calls “threshing rings,” were labor cooperatives where neighbors worked together from farm to farm. A larger farmer or custom thresher usually provided the threshing machine. He was compensated based on bushels threshed. The farmers’ wives helped each other prepare the noon threshing dinner.

Steam-powered threshing machines later increased production even further. Large crews worked around steam engines, grain separators, bundle wagons, grain wagons, and portable grain elevators. It was truly team agriculture.

A threshing machine separates grain kernels from stalks (straw) and chaff by feeding crop bundles through a fast-rotating, spiked cylinder and a stationary concave plate. The beating action separates the kernels from the stalks, after which shaking racks, screens, and fan-forced air remove the chaff, separating the clean grain from the straw.

Eventually steam engines gave way to gasoline tractors, and later to pull-type and self-propelled combines that could cut, thresh, and clean grain in one operation.

Today, a single farmer operating a modern combine can accomplish in a day what once required an entire community.

Milling Wheat into Flour

After threshing, wheat still has to be milled into flour. In ancient times, grain was crushed between stones. Later, hand-cranked mills became common among pioneer families.

As towns developed, larger mills appeared along rivers and rail lines. Some were powered by water, steam, or even wind.

Wamego, Kan. has a historic Dutch-style windmill in their city park. The windmill had originally stood on a nearby farm before being moved into town. It still worked, serving as a reminder of an earlier time when communities depended on local milling.

Milling changed dramatically with the introduction of roller mills, which produced whiter flour for white bread by removing the bran and germ. White bread became affordable for ordinary families, and large commercial bakeries expanded. Brown or whole wheat bread is more nutritious than white bread because it contains the bran and germ.

Bread Making

For pioneers and homesteaders, bread was more than a side dish. It provided much of the nourishment needed for hard physical labor. Families baked many kinds of bread, soda and baking powder biscuits, johnny cakes, sourdough bread, and yeast bread.

Before commercial yeast became common, sourdough starters were essential. Families carefully maintained these living cultures and carried them from place to place. Later, fresh cake yeast became available in grocery stores.

Bread making was work, but it was also tradition, comfort, and survival.

The Meaning of Bread

Today, a loaf of bread can be purchased in minutes for only a few dollars. For earlier generations, however, bread represented months of labor spread across an entire season. It required planting, tending, harvesting, threshing, winnowing, milling, mixing and baking.

When all that labor is considered together, bread becomes more than food. It becomes a symbol of survival, family, cooperation, and faith. That is why bread was called the "staff of life." So much of life itself revolved around producing it.

Wheat flour eventually became one of the most versatile ingredients in the world. It could be transformed into breads, biscuits, cakes, pastries, noodles, pancakes, gravies, coatings, crackers, and countless other foods.

Yet behind every loaf of bread was once a field of wheat, a season of labor, and often an entire family working together.



GAME DAY

Menu available all day on KSU football game days.

Beef Nachos

Fried tortilla chips topped with creamy queso, seasoned ground beef, red onions, tomatoes & shredded lettuce, \$9

Bacon Cheeseburger Sliders

Two 3-oz. burgers with bacon & cheddar cheese on mini buns served with a side of fries, \$11.50

Mac & Cheese Bites

Eight fried mac & cheese bites filled with smoked gouda, macaroni, & bacon in a crunchy coating. Served with ranch dipping sauce, \$9

Boneless Wings

Six boneless wings tossed in your choice of buffalo or BBQ sauce with celery sticks, \$7

Chili Cheese Fries

French fries topped with housemade chili, shredded velveeta cheese, and diced green onions, \$7

Willie's Ranch Water

Jose Cuervo tequila, soda water, lime juice, and a splash of blue curacao, \$5

Grape Ice Cream Float

Two scoops of vanilla ice cream and grape soda served in a pint glass topped with whipped cream, \$5



JIM HASLER IS TURNING 90!

JOIN US FOR CAKE
AND ICE CREAM ON
SEPTEMBER 19TH
FROM 2-4 PM IN
THE MEADOWLARK
COMMUNITY ROOM.



EVENTS & OPPORTUNITIES

Special Labor Day Hours

The Hospitality Desk will be open 10 a.m. to 2 p.m. on Labor Day, Monday, Sept. 7. Prairie Star Restaurant will operate normal hours.

Purple Power Play

Friday, Sept. 4, at 5 p.m.

Join the Wildcats to kick off KSU fall sports at Purple Power Play, a pep rally with food trucks, vendors, and special appearances from KSU players, coaches, Pride of Wildcat Land, and more! The pep rally takes place in Blue Earth Plaza on Friday, Sept. 4, at 5 p.m. We will provide transportation from the Main Entrance, with free shuttles starting at 5 p.m. Sign up in the Blue Book at the Hospitality desk.

KSU Football Watch Party!

Saturday, Sept. 5, at 6 p.m.

All are invited on Saturday, Sept. 5, to the Kansas Room and Prairie Star to watch our K-State Wildcats take on Nicholls State for the season opener on ESPN+! Light refreshments will be served during the game. The time of the game is 6 p.m. Go Cats!

Worship Services

Sunday, Sept. 6, at 10 & 11 a.m.

Join Rev. Melanie Nord, at 10 a.m. or 11 a.m. on Sunday, Sept. 6, in the Community Room/Chapel for the next session, "Intro to Pastoral Care & Counseling." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Pest Control

Tuesday, Sept. 8

Pest Control will visit on Tuesday, Sept. 8, this month because Labor Day falls on the first Monday. They will be treating outside cottages and the Monarch.

Social Circles

Tuesday, Sept. 8, 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.

Volunteer & Tech Helper

Tuesday, Sept. 8, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Sept. 8, in the Flint Hills Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits every month!

Meadowlark Travelers Meeting

Tuesday, Sept. 8, at 4:15 p.m.

If you've registered to cruise the Mississippi River with the Meadowlark Travelers, please join Becky Fitzgerald and Doug Fiser at 4:15 p.m. Tuesday, Sept. 8, in the Event Center following Coffee Corner. We'll complete various forms, review the itinerary, and answer your questions.

If you have not paid the entire trip fee, the balance is now due. The balance for double occupancy is \$839; the balance for a single traveler is \$1,030. Please submit a check or credit card at the Hospitality Desk. Residents may add the balance to their September monthly statement. Questions? Contact Becky at (785) 323-3843.

Vesper Devotion Series

Tuesday, Sept. 8, at 6:30 p.m.

Join us each Tuesday at 6:30 p.m. in the Community Room for evening Vesper Services led by Rev. Melanie Nord. This week's message is titled, "My Friend: Fear." All are welcome.

Memory Café

Wednesday, Sept. 9, at 10 a.m.

Memory Café meets every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing, and social engagement.

Page Turners Book Club

Wednesday, Sept. 9, at 11:30 a.m.

Join the Page Turners Book group for our final discussion of Remarkably Bright Creatures by Shelby Van Pelt. The novel, published in 2022, explores the unique friendship between Marcellus, a giant Pacific octopus, and Tova, a widow who cleans at the aquarium where Marcellus lives. The 2026 film, starring Sally Field, will be shown at Grosh Cinema on Tuesday, Sept. 8, at 1, 4, and 7 pm. You do not have to attend every session to participate, come whether you read the book or watched the movie! If you have questions or would like more information, please contact Katie Sigman at (785) 323-3899.

Meadowlark U: Exploring Artificial Intelligence

Wednesday, Sept. 9, at 1 p.m.

Head back to the classroom with Meadowlark University! Join Spiritual Life Leader Rev. Melanie Nord for a special learning series featuring community experts and thought-provoking topics each Wednesday

EVENTS & OPPORTUNITIES

in September from 1 to 2 p.m. in the Event Center.

On Wednesday, Sept. 9, at 1 p.m., Meadowlark U will explore one of today's fastest-changing technologies: Artificial Intelligence. Melanie Derby, professor of engineering and co-chair of the Artificial Intelligence Task Force at Kansas State University, will help us better understand AI, how it is already being used, and what its continued growth could mean for our future.

Bring your curiosity and join your fellow Meadowlark U "students" for an afternoon of learning and conversation!

Ladies Luncheon

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

The next Ladies Luncheon will be on Thursday, Sept. 10, at 11:30 a.m. in the Event Center. Our speaker will be Chris Nelson, Financial Services Director at Meadowlark. Passport members and men are welcome and encouraged to attend.

A light lunch of a ham & potato quiche, hard roll, fruit salad, and funnel cake is planned at a cost of \$12 per person. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you want to attend the discussion but can't make it to lunch, come anyway and take a seat in the chairs arranged in the back of the Event Center.

Caring Conversations for People with PD

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

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. Caring Conversations is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, Aug. 13, in the Flint Hills Room.

PD Care Partners Social

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

This is an informal opportunity for PD Care Partners to join one another for lunch at Prairie Star Restaurant while your loved one with PD is participating in Caring Conversations Lunch Group. The cost of food and drinks are the responsibility of each care partner. Meet other care partners on the third Thursday of each month starting at 11:30 to 1 p.m.

Blood Pressure Check

Thursday, Sept. 10, 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. 10, at 1 p.m. No sign-up required.

Card Making Class with Michelle Lehmer

Thursday, Sept. 10, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Sept. 10, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

\$50 for \$50K Party Kicks Off Raffle Fun

Thursday, Sept. 10, from 4:30 to 6:30 p.m.

Come celebrate Meadowlark Foundation's new \$50,000 Raffle at the \$50 for \$50K Party on Thursday, Sept. 10! Stop by the Meadowlark Courtyard anytime from 4:30 to 6:30 p.m. for complimentary tailgate-style food and beverages, live music from Pat Billington, and a chance to meet K-State baseball and women's basketball players. Wear your purple and enjoy the fun! Alcoholic beverages, including a signature purple cocktail, will be available for purchase.

While you're there, purchase a \$50 raffle ticket for your chance to win \$50,000 to benefit the Meadowlark Cancer Program and Meadowlark Memory Program. Both programs provide free education, resources, engagement, and connection for adults throughout the region.

Buy your ticket by Sept. 30 and you'll also be entered to win the \$1,000 Early Bird Prize and remain eligible for the \$50,000 grand prize! Tickets are available at the Hospitality Desk, from Becky Fitzgerald or Sarah Gido, at Meadowlark Market sales, online at meadowlark.org, and at the Sept. 10 party. Methods of payment include cash, check, or credit card.

Come for the party, take a chance at winning big, and help two Meadowlark Community Programs!

His Nostalgic Advocate

Friday, Sept. 11, at 7 p.m.

Meadowlark welcomes Michael Eichten, His Nostalgic Advocate, on Friday, Sept. 11, at 7 p.m. in the Event Center. Formerly known as The Nostalgic Advocate, Michael recently changed the name of his musical ministry to reflect the faith that inspires his work.

Through a combination of music and storytelling, Michael seeks to encourage those facing challenges, offer friendship to those who may feel alone, and share a message of faith and transformation. Join us for an uplifting evening of music, stories, and fellowship.

Andy Bell & Friends

Sunday, Sept. 13, at 2 p.m.

Andy Bell & Friends is a collaboration of some of the best talents in Kansas! All are welcome to attend this fun concert at 2 p.m., on Sunday, Sept. 13, in the Event Center.

RESTAURANT **SPECIALS**

Sunday, Sept. 6	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$15 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, Sept. 7	\$13 Lunch Labor Day Buffet <i>(Hamburgers, hot dogs, corn on the cob, potato salad, watermelon, & cookies)</i>	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Tuesday, Sept. 8	\$10 Lunch Roast Beef & Cheddar Sandwich Pub Chips	\$16 Dinner BBQ Brisket Twice-Baked Potatoes Coleslaw
Wednesday, Sept. 9	\$11 Lunch Pesto Chicken Sandwich Sweet Potato Fries	\$15 Dinner Chicken Fajitas Refried Beans Mexican Rice
Thursday, Sept. 10	\$10 Lunch Chicken Nachos <i>(Shredded chicken, black beans, tortilla chips, queso, pico de gallo, guacamole, & sour cream)</i>	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn
Friday, Sept. 11	\$11 Lunch Pizza Bar	\$17 Dinner Courtyard Seafood Boil <i>with Old Bay Shrimp, Mussels, Sausage, Corn, Red Potatoes, & Carrots</i> Mixed Berry or Key Lime Pie
Saturday, Sept. 12	KSU Game Day Menu <i>See page 3.</i>	KSU Game Day Menu <i>See page 3.</i>

Weekly Opportunities Calendar *Sept. 6 to Sept. 12*

Sunday • Sept. 6

8:45 a.m. ~ Transport to College Ave UMC, ME
 9:30 a.m. ~ Sunday Morning Fellowship, ME
 10:00 a.m. ~ Transport to College Ave UMC, ME
 10:00 a.m. ~ Worship Service, CR/**1960**
 10:30 a.m. ~ Transportation to FUMC, ME
 11:00 a.m. ~ Worship Service, CR/**1960**

Monday • Sept. 7

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**

Tuesday • Sept. 8

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. ~ 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
 4:00 p.m. ~ Volunteer & Tech Help, FHR
 4:15 p.m. ~ Meadowlark Travelers Meeting, EC
 6:30 p.m. ~ Vespers, CR

Wednesday • Sept. 9

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME
 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**
 11:15 a.m. ~ Memory Connections Cafe, FHR
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 11:30 a.m. ~ Page Turners Book Club, PR
 11:30 a.m. ~ Lutheran Luncheon, BR
 11:30 a.m. ~ North Monarch Luncheon, MR
 1:00 p.m. ~ Meadowlark U, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along, FHR
 4:00 p.m. ~ Volunteer & Tech Help, **In-home only**
 5:30 p.m. ~ 3rd Floor Supper, BR

Thursday • Sept. 10

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. ~ Blood Pressure Check, KR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ PD Care Partner Support Group, FHR
 3:00 p.m. ~ Fanny & Furby, KR
 2:30 p.m. ~ Knitting & Crocheting, KR
 2:30 p.m. ~ Card Making w/ Michelle, FHR
 4:00 p.m. ~ \$50 for \$50K Party, CY/EC
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Eastside Supper, BR

Friday • Sept. 11

7:30 a.m. ~ Rock Steady Boxing, **PF**
 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**
 5:00 p.m. ~ Seafood Boil, PS/CY
 7:00 p.m. ~ His Nostalgic Advocate, PS/CY

Saturday • Sept. 12

9:00 a.m. ~ Tai Chi, 1960 only
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960, TV Channel 1960	MR, Manhattan Room
BR, Bison Room	PF, Peakform Wellness Center
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	WPL, Wamego Public Library
KR, Kansas Room	
KSU CL, KSU Classroom	
ME, Main Entrance	
MM, 120 N. Scenic Drive	



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. 6

SAFE HAVEN (2013) PG-13, 1 hr. 55 min. *Drama, Feel-Good Romance, Thriller*

Cast: Julianne Hough, Josh Duhamel, & Cobie Smulders

A young woman with a mysterious past lands in Southport, N.C., where her bond with a widower forces her to confront the dark secret that haunts her.

MONDAY: Sept. 7

THE 5TH WAVE (2016) PG-13, 1 hr. 52 min. *Action, Survival, Dystopian Sci-Fi*

Cast: Chloe Grace Moretz, Matthew Zuk, & Gabriela Lopez

Four waves of increasingly deadly alien attacks have left most of Earth in ruin. Cassie is on the run, desperately trying to save her younger brother.

PAGE TURNER REQUEST

TUESDAY: Sept. 8

REMARKABLY BRIGHT CREATURES (2026) PG-13, 1 hr. 51 min. *Drama, Comedy*

Cast: Sally Field, Lewis Pullman, & Cole Meaney

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

WEDNESDAY: Sept. 9

GONE GIRL (2014) R for bloody violence, strong sexual content/nudity, and language,

2 hr. 29 min. *Thriller, Mystery, Psychological Drama*

Cast: Ben Affleck, Rosamund Pike, & Neil Patrick Harris

The husband of a missing woman becomes the main suspect in her disappearance.

THURSDAY: Sept. 10

FREQUENCY (2000) PG-13, 1 hr. 58 min. *Suspense Mystery, Time Travel, Thriller*

Cast: Dennis Quaid, Jim Caviezel, & Shawn Doyle

An accidental cross-time radio link connects father and son across 30 years. The son tries to save his father's life, but then must fix the consequences.

FRIDAY: Sept. 11

WORLD TRADE CENTER (2006) PG-13, 2 hr. 9 min. *DocuDrama, Tragedy*

Cast: Nicolas Cage, Michael Pena, & Maria Bello

Two Port Authority police officers become trapped under the rubble of the World Trade Center.

SATURDAY: Sept. 12

PHANTOM OF THE OPERA (2004) PG-13, 2 hr. 23 min. *Period Drama, Tragic Romance*

Cast: Gerard Butler, Emmy Rossum, & Patrick Wilson

A young soprano becomes the obsession of a disfigured and murderous musical genius who lives beneath the Paris Opéra House.