



Fourth of July Memory

by Mike Kearns

As a kid I spent a lot of my early days with my Dad's parents, who had a very small dairy farm in Wisconsin. Now this would be in the 1950s, so it was a different America. Gramps had a small dairy herd and milked by hand in a dirt-floor barn. They had no running water, so it was windmill for water and outhouse for nature's demands.

The nearest town was Pardeeville about four miles away and not big at all but very patriotic. Boys from Pardeeville had fought in every war from the Civil War on. It had a very active VFW, which in those days had old boys from WWI and not so old from WWII in it. Our family had been in all of them so the 4th was (and still is) a big deal.

Pardeeville pulled out all the stops for the 4th. Big (for Pardeeville) parade down Main Street to the park, which jetted out into a beautiful lake. At the park, there was a food wagon run by the VFW and a food tent run by the ladies auxiliary. Food wagon was hamburgers and hot dogs, and the tent was more civilized fare such as chicken and salads. Then at dusk

the fireworks. Great stuff.

Two 4th celebrations stand out in my memory. As to the first, the VFW was in charge of fireworks and for whatever reason one 4th at 6 a.m. they set off what must have been the largest aerial bomb in history because even 4 miles out, it sounded like right overhead and rattled the windows.

The second 4th stands out for what I learned at the VFW food wagon. My grandma had given me a couple bucks to occupy myself with, and I decided to buy a burger. Well, the cook happened to be Roy Hayes, a WWI vet and friend of my grandparents. I marched up to the order window and told Roy (Mr. Hayes to me at the time) what I wanted. He then proceeded to start putting the finishing touches on one of the burgers he had cooking. Now, even at my young age, from experience around vets, I surmised that Roy, Mr. Hayes, had been "pulling at the jug." I became convinced when I saw him using a fly swatter and mashing flies into patties. I lost my appetite for burgers and found my grandparents in the food tent. Lesson learned? Never get food from a besotted cook.

An Ancient Tree

by John Walters

One of the prominent features of the Carson Pass area where we served as docents for many years were the many Sierra Junipers. They are stocky trees with 30-to-40-foot tapering trunks, several feet wide at the base. They are very slow growing and are one of the oldest species of trees in the world. From the Carson Pass Information Station where we served, you could see several of the trees across the road. They are quite distinctive.

Dendrochronological evidence from another tree of the species indicated that it was older than 3,000 years, and that tree had a hollow trunk!

In August 2019 we decided to look for a reportedly very ancient Sierra Juniper (*Juniperus grandis*). A forest ranger in the area had told us about it and gave directions to find it. It has a 10-foot-wide trunk and is 70 feet tall, twice as tall and twice as wide as the ones we could see at the pass. It is estimated to be 6,000 years old, but they will not core it to measure

the age as that might cause a fatal injury. If the age is correct, it would be the oldest known tree in the world! They also do not tell the public where it is, also to protect the tree. We followed his directions and found the tree! Older than Rome, the Eternal City. Older than the Egyptian pyramids!

We did not know this would be our last visit to the area. We had chosen to move to Meadowlark Hills and had been told that would be in about three years. But by next summer, we were already Meadowlark residents, and COVID-19 was afoot in the land!



In the picture above, Janet Walters stands a little over 5 feet tall in front of the ancient tree.

Forever

*by Polly Schoning,
ML Passport Member*

Words were said
Regretted
And never mentioned
again
The hurt in his eyes
lingers
As only sad brown
eyes can show
Words were shouted
in a time of anger
Never to be taken
back
Never to be forgotten
Even though years
ago
If only I had said
I forgive you, instead
of
I hate you
But I didn't
His hurt; my guilt
remain
Forever

EVENTS & OPPORTUNITIES

Transportation to Arts in the Park & Manhattan Municipal Band

Sign-up sheets for transportation to the Arts in the Park and the Manhattan Municipal Band performances are now available in the Blue Book.

4th of July Celebration on the 3rd of July! *Friday, July 3, at 7 p.m.*

Celebrate our nation's 250th birthday a day early at Meadowlark during Prairie Rose DJ: Freedom Edition on Friday, July 3! The festivities begin with live music from 7 to 9 p.m. in the Courtyard, where we're excited to welcome back Johnny Cyrene. Enjoy favorite tunes, refreshing drinks, fellowship, and patriotic fun as you gather under the gazebo or relax around the firepit.

The celebration continues with a fireworks show in the west Meadowlark parking lot following the music performance. Fireworks will begin after sunset, approximately 9:20 p.m. Family and friends are encouraged to attend. Lawn chairs are welcome, though limited seating will be provided.

Join us for an evening of music, community, and celebration as we honor America's independence. All are welcome!

Restaurant & desk hours, July 4

Saturday, July 4

Prairie Star Restaurant will be closed for dinner on July 4. There will be a box meal sign-up option that will be delivered at 4 p.m. on the 4th. No delivery fee.

4th of July Specials (July 4th only)

- ~ Lunch: Hot dog and Chips — \$2.50
- ~ Dinner: BBQ Burnt Ends, Corn on the Cobb, Baked Beans, and Apple Pie — \$17.76
- ~ Tap Beer — \$2.50

The Hospitality Desk will close at 2 p.m. Saturday, July 4.

Worship Services

Sunday, July 5, at 10 & 11 a.m.

Ever wondered what seminary is like? A seminary is a specialized educational institution where students study theology, scripture, and pastoral leadership in preparation for ministry. While a seminary degree typically requires years of coursework, Meadowlark residents can enjoy a "crash course" this summer and fall through a special Spiritual Life learning series during

Sunday worship.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10 a.m. or 11 a.m. on Sunday, July 5, in the Community Room/Chapel for the first session, "Church History 1500-Present." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Town Meeting

Monday, July 6, at 9:30 a.m.

All Meadowlark residents are invited to attend July's Town Meeting at 9:30 a.m. Monday, July 6, 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!

Prairie Star Writing Group

Tuesday, July 7, at 1 p.m.

Interested in joining Meadowlark's writing group? Prairie Star Writers, led by Cathy Hedge, meets the first and third Tuesdays of the month. The next gathering is at 1 p.m. Tuesday, July 7, in the Patriot Room.

The July 7 session, "Now That Was a Celebration to Remember!", invites you to reflect on a memorable gathering from your life. Whether it was a Fourth of July celebration, a hometown festival, a church picnic, or a family reunion, what made it special? Come share the stories of the people, traditions, and moments you'll never forget.

Volunteer & Tech Helper

Tuesday, July 7, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, July 7.

Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit on the first Tuesday of every month!

Summer Vesper Devotion Series

Tuesday, July 7, at 6:30 p.m.

Our current sermon series is titled "Let's Go to Seminary!" In July, our "course material" will cover world religions, systematic theology,

See EVENTS, page 4

EVENTS & OPPORTUNITIES

Christology and pneumatology. You won't want to miss these challenging and inspiring subjects! Join us on Tuesdays, 6:30 p.m., in the Community Room as we continue our evening Vesper Services led by Melanie as well as a variety of exciting guest preachers such as Jeff Schober from First Baptist and Melissa Atchison from Manhattan Mennonite alongside the Threshold Choir. How lucky are we to have wonderful guests enhance our evening worship?

Speedy PD Art Making

Wednesday, July 8, at 1:30 p.m.

Join Meadowlark Parkinson's Program and the Beach Museum of Art in creating artwork for the 18th annual Speedy PD Race for Parkinson's Disease. These handmade pieces will be awarded to 5K and 10K age-group winners at the August event.

The group meets for the last time on Wednesday, July 8, from 1:30 to 2:30 p.m. in the KSU Classroom. Feel free to come and go as your schedule allows.

Fiesta to Remember

Thursday, July 9, at 11 a.m.

Join us for the 8th Annual Fiesta to Remember on Thursday, July 9, at Rockin K's! This fun-filled fundraiser benefits the Meadowlark Memory Program, which provides free education, support, engagement, and resources for individuals and families affected by mild cognitive impairment, dementia, and Alzheimer's disease throughout the Flint Hills region.

The celebration runs from 11 a.m. to 10 p.m. and features a lunch taco buffet, an all-day taco menu, Fiesta-Ritas, margarita flights, Rockin K's famous Mexican Bread Pudding with Whiskey Sauce, and the regular menu. Evening guests can also enjoy live acoustic classic rock music from Pat Billington beginning at 6:30 p.m. and a meet-and-greet opportunity with three K-State women's basketball players.

Need a ride? Meadowlark transportation will depart the main entrance at 10:50 a.m. for lunch and 5:30 p.m. for dinner. Please sign up in the Blue Book if you plan to ride the bus.

To-go orders are also available for residents

unable to attend in person. Order forms are included in this week's edition of the Messenger and at the Hospitality Desk. The forms should be returned to the Hospitality Desk by noon on Tuesday, July 7.

Come enjoy great food, music, and fellowship while supporting an important community program. We hope to see you there!

Ladies Luncheon

Thursday, July 9, at 11:30 a.m.

The next Ladies Luncheon will be Thursday, July 9, at 11:30 a.m. in the Event Center. The hostess for this month is Carma Linderman, and the speaker is Kerry Priest.

A light lunch of chicken salad-stuffed tomato, veggie sticks, and lemon bars is planned at a cost of \$11 per person.

All Meadowlark ladies, Passport members, and guests are invited to attend. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you require a special menu item apart from the planned menu, please indicate this next to your name on the sign-up sheet.

Caring Conversations for People with PD

Thursday, July 9, at 11:30 a.m.

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, July 9, in the Flint Hills Room.

Blood Pressure Check

Thursday, July 9, 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, July 9, at 1 p.m. No sign up required.

Knitting & Crocheting Group

Thursday, July 9, 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 Kansas Room at 2:30 p.m. Thursday, July 9, for a fun, social, creative opportunity. All skill levels are welcome!

EVENTS & OPPORTUNITIES

UFM: The Fabulous '50s

Thursday, July 9, at 6 p.m.

A three-part series about The Fabulous '50s will take place on Thursdays, July 9, 16, and 23, from 6 to 7:30 p.m. in the Community Room.

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility. The class will consist of three lectures with the first focusing on America assuming the mantle of leading the free world. America witnessed the movement of the middle class to the suburbs, the birth of rock and roll and television, the space race, and a baby boom.

Dr. Robert Smith is the Director of the Fort Riley Museums complex. He has a doctorate in history from K-State and has published numerous articles on military history.

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.

Heart Strings Band

Friday, July 10, at 7 p.m.

Join us Friday, July 10, at 7 p.m. in the Courtyard as Meadowlark welcomes back Heartstrings! Husband-and-wife duo Joe and Kathy Hopeck have entertained audiences throughout Topeka, Kansas City, Manhattan, and Wichita for more than a decade with their engaging performances. Enjoy an evening of favorite hits from the 1950s, '60s, and '70s, featuring music by The Beatles, Elvis Presley, the Eagles, Jimmy Buffett, and more. Whether you prefer to sit back and listen or get up and dance, Heartstrings is sure to provide a fun-filled evening for all.

Wayne Goins & Friends

Saturday, July 11, at 7 p.m.

Join us Saturday, July 11, at 7 p.m. in the Prairie



Star Event Center as

Meadowlark welcomes

Wayne Goins and Friends.

Dr. Wayne Goins, University Distinguished Professor of Jazz Studies and Guitar at Kansas State University, will

be joined by vocalist Susan Hancock of Lawrence, along with Michael Brown on bass, Caleb Brown on percussion, and Alan Bell on keyboard. Don't miss this exceptional evening of live jazz performed by an outstanding group of musicians.

Vintage Wedding Dress Fashion Show

Sunday, July 12, at 2 p.m.

Step back in time and experience bridal fashion through the generations at the Vintage Wedding Dress Fashion Show on Sunday, July 12, from 2 to 4 p.m. at The Iron Clad in Wamego. This special fundraiser for the Wamego Historical Society & Museum will showcase more than two dozen vintage wedding gowns, including dresses from the museum's collection, gowns loaned by community members, and a wedding dress representing every decade since 1903. Guests will also enjoy wedding cake, hors d'oeuvres, drinks, and a special four-generation dress feature, along with displays of antique wedding cake toppers. Tickets are \$20 in advance or \$25 at the door. Join in celebrating local history, timeless style, and the stories behind these beautiful gowns. For tickets or more information, contact the Wamego Historical Society & Museum at (785) 456-2040.

For complimentary transportation, please sign up in the Blue Book.

Grief & Loss Series

Tuesday, July 14, at 1 p.m.

Meadowlark invites residents and guests to take part in a compassionate eight-week Grief & Loss Education Program designed to support anyone grieving the loss of a loved one. Each weekly session offers a meaningful blend of education, community connection, and practical tools to help participants navigate the emotional, physical, and spiritual impacts of grief at their own pace.

This is a closed group, and participants are encouraged to attend the full series to foster trust, continuity, and meaningful connections among group members. To preserve the integrity of the group experience, new participants will not be added after the second session. Individuals who are unable to attend one of the first two sessions will be invited to join the next Grief & Loss Series

See **EVENTS**, page 7

RESTAURANT **SPECIALS**

Sunday, July 5	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Philly Cheesesteak French Fries
Monday, July 6	\$11 Lunch Shrimp Po' Boy Fried Okra	\$14 Dinner Ham <i>with Cherry Glaze</i> Party Potatoes Green Beans
Tuesday, July 7	\$12 Lunch Southwest Salad <i>(mixed greens, grilled chicken, shredded cheese, corn, black beans, tomatoes, red onions, avocado, and salsa ranch served in a fried tortilla)</i>	\$16 Dinner Mongolian Beef & Broccoli White Rice Spring Roll
Wednesday, July 8	\$10 Lunch Chicken Fajita Quesadilla Corn Salad	\$13 Dinner Spaghetti & Meat Sauce Garlic Toast Green Beans
Thursday, July 9	\$11 Lunch Tuscan Turkey Sandwich Watermelon Berry Sandwich	\$14 Dinner Fish Tacos <i>(blackened fish, cabbage slaw , pickled onions, cilantro, & avocado lime sauce)</i>
Friday, July 10	\$11 Lunch Pizza Bar	\$14 Dinner Bruschetta Chicken Wild Rice Asparagus Medley
Saturday, July 11	\$11 Lunch Fried Pork Cutlet Sandwich Fruit Salad	\$25 Dinner 10-oz. Ribeye Baked Potato Jack Daniels Green Beans & Bacon

Weekly Opportunities Calendar *July 5 to July 11*

Sunday • July 5 *Put your trash at the curb!*

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 • July 6 *Trash & Recycle pick-up*

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners Group, **STM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:00 a.m. ~ Rock Steady Boxing, **PF**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:30 p.m. ~ God Talk, KSU CL
1:45 p.m. ~ Parkinson's Voice Class, CR
5:30 p.m. ~ Tuttle Creek Dinner, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • July 7

10:00 a.m. ~ ARTful Memories, BR
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 Writers Group, PR
1:00 p.m. ~ Grief & Loss, FHR
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
3:30 p.m. ~ Ambassadors Meeting, PR
4:00 p.m. ~ Tech Help, **prior registration required**
6:30 p.m. ~ Vespers, CR

Wednesday • July 8

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**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:30 p.m. ~ Speedy PD Art Making, KSU CL
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ 3rd Floor Supper, BR

Thursday • July 9

9:00 a.m. ~ Messenger Team, VBL
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11 a.m. to 10 p.m. ~ Fiesta to Remember, **Rockin K's**
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 Partner Group, FHR
1:00 p.m. ~ Blood Pressure Check, KR
2:30 p.m. ~ Knitting & Crocheting, KR
3:00 p.m. ~ Fanny & Furby, KR
5:30 p.m. ~ Eastside Supper, BR
6:00 p.m. ~ UFM Class: The Fabulous '50s, CR

Friday • July 10

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**
7:00 p.m. ~ Heart Strings Band, EC

Saturday • July 11

9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
7:00 p.m. ~ Wayne Goins & Friends, EC

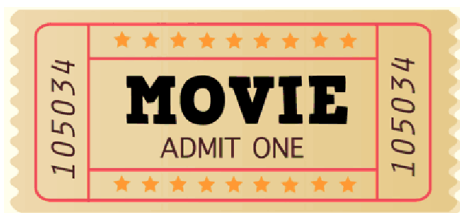
Room Abbreviations

1960 , TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM , 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	WPL , Wamego Public Library

EVENTS, from page 5

when it is offered.

The program will meet on Tuesdays, July 14 through Sept. 1, from 1 to 2 p.m., in the Flint Hills Room. This series is dedicated to healing after the loss of someone close. For questions or to RSVP for the group, please contact Linda Montgomery at (785) 320-7299 or at lmontgomery@meadowlark.org.



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 5

PARENTHOOD (1989) PG-13, 2 hr. 4 min. *Coming-of-Age, Comedy, Drama*

Cast: Steve Martin, Mary Steenburgen, & Dianne Wiest

Four Buckman siblings attempt to raise their children - each in their own different style - and deal with the joys and sorrows the process brings.

MONDAY: July 6

I CAN ONLY IMAGINE (2018) PG, 1 hr. 50 min. *Biography, Drama, Coming-of-Age*

Cast: John Michael Finley, Madeline Carroll, & Dennis Quaid

The inspiring and unknown true story behind MercyMe's beloved, chart topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.

TUESDAY: July 7

AFTER EVERYTHING (2018) TV-MA *for sexual content and language*, 1 hr. 35 min. *Drama, Romance*

Cast: Jeremy Allen White, Maika Monroe, & DeRon Horton

A young couple's relationship develops quickly when one of them is diagnosed with a life-changing illness.

WEDNESDAY: July 8

WHISKY GALORE! (1949) Approved, 1 hr. 22 min. *Crime, Comedy*

Cast: Basil Radford, Joan Greenwood, & Catherine Lacey

Scottish islanders try to plunder 50,000 cases of whisky from a stranded ship.

THURSDAY: July 9

THE COLOR PURPLE (1985) PG-13, 2 hr. 34 min, *Epic, Period Drama*

Cast: Danny Glover, Whoopi Goldberg, & Oprah Winfrey

A tale spanning 40 years in the life of Celie, an African-American woman living in the South who survives incredible abuse and bigotry.

RESIDENT REQUEST

FRIDAY: July 10

THE FAMILY THAT PREYS (2008) PG-13, 1 hr. 49 min. *Drama, Romantic, Sentimental*

Cast: Alfre Woodard, Kathy Bates, & Sanaa Lathan

The close friendship between a wealthy socialite and a diner owner unravels when their adult children begin a secret affair that fractures both families.

SATURDAY: July 11

ROOKIE OF THE YEAR (1993) PG, 1 hr. 43 min. *Family, Fantasy, Comedy, Sport*

Cast: Thomas Ian Nicholas, Gary Busey, & Albert Hall

When an accident miraculously gives a boy an incredibly powerful pitching arm, he becomes a major league pitcher for the Chicago Cubs.