

## Festival of Lights

*Celebrate the 2016 season at the Blue Earth Plaza!*

**Friday, Dec. 23, at 5:30 p.m.**

Downtown's Blue Earth Plaza has become a brilliant wonderland boasting the tallest tree in Kansas. Thousands of lights sparkle with color on Kansas' tallest tree towering above the Blue Earth Plaza next door to the Flint Hills Discovery Center. At nightfall, a musical concert is

presented as the Plaza bursts into a synchronized light show with traditional holiday songs!

A bus ride down to the Festival of Lights is scheduled for Friday, Dec. 23, to witness the lights



towering the 60 feet tree. After visiting downtown's Blue Earth Plaza district, the bus will travel down to Poyntz Avenue towards 14th street to enjoy more light displays.

Attendees will have the opportunity to walk around the Blue Earth Plaza depending on the weather.

Transportation will depart from the Village Entrance at 5:30 p.m. and will cost \$3 per person. Please sign up in the Blue Book located at the Hospitality Desk to attend this event and for transportation.

## The Lightfoot Family Band

*A Bluegrass and Swedish Folk performance*

**Friday, Jan. 6, at 7 p.m.**

Join us at 7 p.m. Friday, Jan. 6, in the Community Room as Meadowlark welcomes the Lightfoot Family Band for a folk and bluegrass performance!

Their performance consists of a mix of bluegrass and gospel along with some Celtic and Swedish folk songs.

The Lightfoot Family band consists of Tove Thunell and Joshua Lightfoot, a newlywed couple with a strong passion for folk and bluegrass music.

Tove Thunell grew up in the Swedish seaport town of Gothenburg. Tove began her interest in American Folk music at the young age of thirteen. Inspired by musicians such as Woody Guthrie and the Carter Family — she took up banjo playing when she was still a teenager. This interest in folk culture later allowed Tove to attain a degree in Ethnology, the study of culture and folklore.

Joshua Lightfoot was born in Oklahoma and grew up

around music as a natural part of family gatherings. He was taught to play guitar by his father and later became a multi-instrumental player learning the banjo, mandolin and fiddle. The banjo he uses today once belonged to his grandfather.

Joshua met Tove in 2013 at the Woody Guthrie Folk Festival in Okemah, Oklahoma. They began sharing songs one night which fired off a relationship and career together. The musically talented couple were engaged in August 2015 and are now married.

Traveling continents has grown to be the norm for the couple. In Sweden they play street music along with prestigious venues and in the states they focus on assisted living centers and retirement communities because of the large interest residents have for folk music.

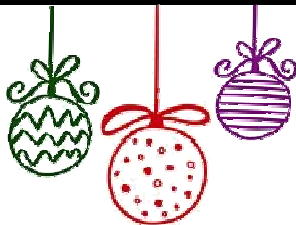
Don't miss out on a wonderful evening event!

# UPCOMING EVENTS & ANNOUNCEMENTS

## Christmas and New Years Closings

Holiday schedules are as follows:

- **Environmental Services:**
  - On-call for emergencies Monday, Dec. 26
  - On-call for emergencies Monday, Jan. 2
- **Finance Services:**
  - Closing at noon Friday, Dec. 23, and closed Monday, Dec. 26
  - Closing at noon Friday, Dec. 30, and closed Monday, Jan. 2
- **Exercise Classes:**
  - All exercise classes canceled Monday, Dec. 26
  - All exercise classes canceled Monday, Jan. 2
  - Caul Fitness Center remains open
- **Pizazz Salon:**
  - Closed Monday, Dec. 26
  - Closed Monday, Jan. 2
- **Physician Office:**
  - Closed Monday, Dec. 26
  - Closed Monday, Jan. 2
- **Hospitality Desk/Resident Services:**
  - Closed Sunday, Dec. 25, and Sunday, Jan. 1
  - Closed after 5 p.m. Monday, Dec. 26, and Monday, Jan. 2

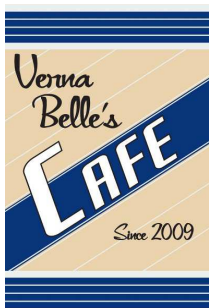


## Food and Beverage

- **Verna Belle's Café:**
  - Will resume regular weekend hours from 9 a.m. to 1 p.m. Saturday, Dec. 24, and Saturday, Dec. 31
  - Closed Sunday, Dec. 25, and Sunday, Jan. 1
  - Closing at 3 p.m. Monday Dec. 26, and Monday, Jan. 2
- **Prairie Star Restaurant:** Closing at 2 p.m. Sunday, Dec. 25, and boxed dinners available
- **Kansas Room Pub & Lounge:** Closing at 5:30 p.m. Saturday, Dec. 24

## Clinics, classes and events

- **Parkinson's Luncheon:** Canceled Friday, Dec. 23
- **Parkinson's Exercise:** Canceled Friday, Dec. 23
- **Vespers:** Canceled Sunday, Dec. 25, and Sunday, Jan. 1
- **Miller Place and Wroten Worship Services:** Canceled Sunday, Dec. 25
- **Steady Yourself:** Canceled Tuesday, Dec. 27
- **News Paper and Bible:** Canceled Tuesday, Dec. 27
- **Community Bingo:** Canceled Monday, Dec. 26, and Monday, Jan. 2
- **Diabetic Support Group:** Canceled Wednesday, Dec. 28
- **MLH Singers Practice:** Canceled Monday, Dec. 26
- **Town Meeting:** rescheduled for Monday, Jan. 9
- **IL Resident Council:** rescheduled for Monday, Jan. 9



## Lunch Specials Dec. 25 – Dec. 31

Hours: Monday—Friday, 8 a.m. to 5 p.m.  
Saturday—Sunday, 9 a.m. to 1 pm.

**Sunday, Dec. 25** – Closed for Christmas – *Merry Christmas!*

**Monday, Dec. 26** – BLT with Cottage Cheese & Fruit \$3.75/\$5.50  
(Bacon, Lettuce & Tomato on butter toasted bread)

**Tuesday, Dec. 27** – Chili Cheese Dog with Cheesy Potatoes \$3.75/\$5.50  
(Hot Dog on a bun covered in Chili & shredded Cheddar cheese)

**Wednesday, Dec. 28** – Monte Cristo with Soup or Chips \$3.75/\$5.50  
(Ham, Turkey & Swiss cheese topped with raspberry jam on French Toast)

**Thursday, Dec. 29** – Chicken Alfredo Pizza \$3.75/\$5.50  
(Shredded Chicken, tomatoes & green onions on a flat bread pizza with alfredo sauce & Mozzarella cheese)

**Friday, Dec. 30** – Grilled Ham & Cheese Tomato Soup \$3.75/\$5.50  
(Sliced Ham with American, Swiss & Cheddar cheese on toasted Italian bread)

**Saturday, Dec. 31** – Napa Valley Chicken Salad Sandwich with Side \$3.75/\$5.50  
(Chicken salad with shredded chicken, celery, grapes & pecans)

## UPCOMING EVENTS & ANNOUNCEMENTS

### Tommy Lee Christmas Performance

*Friday, Dec. 23, at 7 p.m.*

Saxophonist Tommy Lee has been playing in the Manhattan area since 1949 and is a familiar face to many! Tommy will be entertaining Meadowlark Hills with a variety of music including Christmas classics at 7 p.m. Friday, Dec. 23, in the Community Room.

### A Quiet Christmas Eve

*Saturday, Dec. 24, at 7 p.m.*

Join Jane Boys at 7 p.m. Saturday, Dec. 24, in the Community Room for a special Christmas Eve musical performance titled "A Quiet Christmas Eve."

### Christmas Day Service

*Sunday, Dec. 25, at 10 a.m.*

A Christmas Service will be held at 10 a.m. Sunday, Dec. 25, in the Community Room. All are welcome to attend.

### Supper's canceled

The Eastside Supper is canceled Monday, Dec. 26, and the Third Floor Supper is canceled Tuesday, Dec. 27.

### AdvoCare Texas Bowl

*Wednesday, Dec. 28, at 7:15 p.m.*

Mark your calendars for the AdvoCare Texas Bowl game featuring the K-State Wildcats versus the Texas A&M Aggies kicking off at 8 p.m. Wednesday, Dec. 28, in the Community Room. The watch party will begin at 7:15 p.m. Come out and cheer on the cats while enjoying complimentary refreshments!

### New Years Eve Movie Night

*Friday, Dec. 30, at 6 p.m.*

The resident program for Friday, Dec. 30, will be a movie night showing of *New Years Eve* at 6 p.m. in the Community Room.

*New Years Eve* is a 2011 romantic comedy film directed by Garry Marshall and stars Halle Berry, Jessica Biel, Jon Bon Jovi, Abigail Breslin, Robert De Niro, Josh Duhamel and many more.

In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve — including one expectant couple, hoping their baby will be the first born in the Big Apple after midnight.

Join us for this early New Years Eve celebration while you enjoy complimentary champagne with a romantic comedy film!

### Jokes of the Week

How do sheep say Merry Christmas in Mexico?  
Fleece Navidad!

How does Santa take pictures?  
With his North Pole-roid.

What do snowmen wear on their heads?  
Ice caps.

What did the Gingerbread man put on his bed?  
A cookie sheet.

What do the elves sing to Santa Claus on his birthday?  
Freeze a jolly good fellow...

### Memory Activities Class Artful Memories

*Wednesday, Dec. 28, at 10 a.m.*

This Wednesday, Dec. 28, Memory Café and Memory Activities Class (MAC) are joining together for an Artful Memories Class.

During this monthly session, the Memory Program is collaborating with the Marianna Kistler Beach Museum of Art. Education Assistant, Kim Richards, will conduct a session of Artful Memories from 10 to 11 a.m. in the KSU Classroom. This will be a facilitated discussion of three different art images with joint participation by those experiencing memory changes and care partners. All are welcome to attend.

### KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 7 p.m. Friday, Dec. 30, against University of Texas on channel 245 (ESPNews)
- 8 p.m. Tuesday, Jan. 3, against the University of Kansas on channel 33 (ESPN2)
- 7 p.m. Saturday, Jan. 7, against the University of Oklahoma on channel 245 (ESPNews)
- 8:15 p.m. Tuesday, Jan. 10, against Texas Tech on channel 245 (ESPNews)
- 3:30 p.m. Saturday, Jan. 14, against Baylor University on channel 244 (ESPNU)

## UPCOMING EVENTS & ANNOUNCEMENTS

### Gift Wrapping

*Until Friday, Dec. 23*

Gift wrapping is available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. Gift services will be available until Friday, Dec. 23. Times designated to have gifts wrapped are from 5:30 to 8 p.m. Monday through Friday and 10 a.m. to 7 p.m. Saturday and Sunday. The Hospitality Staff is excited to wrap your gifts!

### Second Session of Grief Support Group

*Tuesday, Dec. 27, from 2 to 3 p.m.*

The next second session of Grief Support Group is at 2 p.m. Tuesday, Dec. 27, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

### Video & Discussion

*Wednesday, Dec. 28, at 4 p.m.*

You are invited to watch a televised worship bible study over Trial Session 1 at 4 p.m. Wednesday, Dec. 28, in the Living Room.

### Sign up for Resident Committees

Attention residents! Every year during the month of January, residents have the opportunity to sign up (or remove themselves from committees). Committee rosters are now available in the Blue Book at the Hospitality Desk. In January, residents will be contacted to confirm their membership.

### January Focus Group

*Thursday, Jan. 12, at 10 a.m.*

The Focus Group scheduled for January will once again spotlight a staff member. Each month the Focus Group hour will be used to get to know a different staff member from our service area leadership teams.

Attendees will have the opportunity to learn more about the employee, but on a personal and professional level. Every day staff are doing great things at Meadowlark and this time will be used to hear more and ask questions.

The staff attendee for the January Focus Group will be Robyn Harris, Human Resources Leader. Come meet Robyn at 10 a.m. Thursday, Jan. 12, in the KSU Classroom.

DRINK SPECIAL



**Dec. 26 to Dec. 31**  
**White Christmas**

4 oz. Eggnog  
1/2 oz. White Chocolate Liqueur  
1 oz. Southern Comfort

**\$3.75**

## LETTER TO THE MESSENGER

### On Being a Friend to Man

*Submitted by Helen Roser*

As Christmas approached in my first year in Manhattan, I mentioned to a native Manhattanite that I hoped someone would invite me to share Christmas with them.

The native gasped in shock. She told me: "Why, you can't expect to be invited to anyone's home on Christmas! Christmas is for families!"

So I have observed Christmas spirit as I had with my friends in California. Our concept of "family" was (is) of the family of man. It was a time for those of us blessed with homes, health, and mobility to reach out to ones who may have been forgotten.

My friends with college age kids who would inherit great wealth, required their kids to find students who were preparing for courageous work, and invite them to their Christmas table. Several successful show business couples took their kids and visited hospitals to sit by the bedside of lonely ones for warm friendly Christmas visits. Our Christmas trees stood in their splendor in front of our big windows, with the drapes pulled back, for all to see and enjoy.

In my 26 years here, no family has broken their tradition to invite me. But for ones I befriended, I would have been alone.

I suppose it all comes down to the inner wish of each of us. Whether to seek exclusivity or to reach out to our fellow humans. I have always liked the little poem that begins: "Let me live in a house by the side of the road and be a friend to man."

I am grateful to have been born with awareness of our human family of man.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Boxed Dinners on Christmas

Prairie Star Restaurant will be closed in the evening on Christmas, but boxed dinners will be available. The boxed dinners will include:

- Choice of a turkey or ham sandwich
- Choice of white or wheat bread
- Chips
- Banana
- Choice of cherry pie, apple pie, no sugar added cherry pie or no sugar added apple pie

The cost for the boxed dinner is \$7, and they can be picked up starting at 4 p.m. in the Prairie Star Host Station Sunday, Dec. 25. Sign up in the Blue Book no later than 5 p.m. today, Dec. 22, if you would like a boxed dinner.

### Memory Café

*Wednesday, Jan. 4, at 10 a.m.*

Memory Café will meet in the Kansas Room & Pub at 10 a.m. Wednesday, Jan. 4. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

## ASK SARAH

### Happy Holidays

*Submitted by Sarah Duggan*

Season's Greetings from the Big Apple! The Duggans are celebrating Christmas in Brooklyn, NY with my husband's family. The highlight of our trip so far has been Murphy's visit with Santa Claus at Macy's in Manhattan, NY. This was Murphy and my first trip to Macy's in Herald Square, and I was in awe at the size of the store - nine floors full of shopping opportunities. Santa was a delight, but nearly overshadowed by the Santaland maze through reindeer, elves and even an elaborate train display.

I look forward to many things on our trips east, but the most anticipated is our time with family. I feel blessed to have the opportunity to spend the holiday with our loved ones that we don't see every day. I hope your holiday season is filled with fun, love and blessings.

Have a Merry Christmas - thanks for stopping by!



### Memory Activities Class

*Wednesday, Jan. 4, at 10 a.m.*

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. This group will meet from 10 to 11 a.m. Wednesday, Jan. 4, in the KSU Classroom.

### Painting for Fun

*Saturday, Dec. 31, at 9:30 a.m.*

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Dec. 31, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure. Hope to see you all there!

### Vespers Services

*Sunday, Jan. 8, at 7 p.m.*

The Vespers service will resume at 7 p.m. Sunday, Jan. 8, in the Community Room. The service will be led by Rev. Cam McConnell from First Presbyterian Church. All are welcome.

### Winter Ball 2017

*Friday, Jan. 27, from 6 to 9 p.m.*

The Meadowlark 2017 Winter Ball is set for Friday, Jan. 27, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room and Prairie Star Restaurant. The Community Center will be transformed into the elegant ballroom to host Winter Ball. All residents and staff are invited.

The selected theme this year is "Winter Wonderland." Elegant and sparkly decorations will set the stage for this formal event. Feel free to dress the part in your best formal attire! Formal attire is suggested but not required.

Enjoy music provided by, not one, but two live bands beginning at 6 p.m. in the Community Room and simultaneously in Prairie Star Restaurant.

Feel free to mingle between both bands throughout the night and enjoy heavy appetizers catered by Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.

# PRAIRIE STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.  
Sunday, 10:30 a.m. to 7 p.m.

## Dec. 25 - Dec. 31

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

<b>SUNDAY</b>	December 25 ~ Lunch \$15	Dinner \$7
	Christmas Lunch Special <i>Children — \$8</i>	Closed for Christmas
<b>MONDAY</b>	December 26 ~ Lunch \$10	Dinner \$12
	Parmesan Chicken Sandwich French Fries Choice of Vegetable	Baked Ham with Honey Glaze Au Gratin Potatoes Vegetable of the Day
<b>TUESDAY</b>	December 27 ~ Lunch \$7	Dinner \$13
	Taco Bar (does not include drink, starter or dessert)	Cajun Grilled Chicken Breast Red Beans & Rice Vegetable of the Day
<b>WED.</b>	December 28 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Coleslaw Sweet Potato Fries	Grilled Shrimp Pesto Spaghetti Marinara Vegetable of the Day
<b>THURS.</b>	December 29 ~ Lunch \$7	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Fried Catfish with Tartar Sauce Oven Roasted Red Potatoes Vegetable of the Day
<b>FRIDAY</b>	December 30 ~ Lunch \$11	Dinner \$13
	Beef Stroganoff Noodles Choice of Vegetable	Sautéed Pork Tenderloin with Sherry Gravy Wild Rice Vegetable of the Day
<b>SAT.</b>	December 31 ~ Lunch \$10	Dinner \$16
	Chicken & Rice Casserole Choice of Vegetable	Prime Rib Angus Loaded Mashed Potatoes Vegetable of the Day

\*You may substitute an extra vegetable for the starch on any special for no additional charge.

# Grosh Cinema Movies

Sunday, Dec. 25 - Saturday, Dec. 31

Show Times: 1, 4 and 7 p.m., Monday – Saturday  
2 and 6 p.m., Sunday

## **Sunday, Dec. 25 – Ernest Saves Christmas (1988)**

When Santa Claus decides to retire and pass on his magic bag of Christmas surprises to a new St. Nick, a perky teen runaway and hapless taxi driver, Ernest P. Worrell.

**Co-Starring: Jim Varney, Douglas Seale & Oliver Clark**

**Rated PG; 1 hr. 31 min.**

## **Monday, Dec. 26 – Lassie Come Home (1943)**

After falling on hard times, the parents of Joe Carraclough are left with no choice but to put his adored dog, Lassie, up for sale.

**Co-Starring: Roddy McDowall, Donald Crisp & Dame May Whitty**

**Rated G; 1 hr. 29 min.**

## **Tuesday, Dec. 27 – Intolerable Cruelty (2003)**

Attorney Miles goes toe-to-toe with his wealthy client's ex-wife, expert gold-digger Marylin, in this battle-of-the-sexes comedy.

**Co-Starring: George Clooney, Catherine Zeta-Jones & Geoffrey Rush**

**Rated PG-13; 1 hr. 40 min.**

## **Wednesday, Dec. 28 – The Longest Week (2014)**

When Conrad, a 40-year-old would-be writer, loses his allowance and posh hotel home, a friend takes him in just as Conrad swoops in on his girlfriend.

**Co-Starring: Jason Bateman, Billy Crudup & Olivia Wilde**

**Rated PG-13; 1 hr. 26 min.**

## **Thursday, Dec. 29 – The Legend of Tarzan (2016)**

Fully readapted to London society after his long sojourn in the jungle, Lord Greystoke returns to Africa as a trade emissary.

**Co-Starring: Alexander Skarsgard, Samuel L. Jackson & Margot Robbie**

**Rated PG-13; 1 hr. 50 min.**

## **Friday, Dec. 30 – Little Boy (2015)**

When his devoted dad is called away to war, a friendless young outcast turns to God to get his father back home in one piece.

**Co-Starring: Jakob Salvati, Emily Watson & Cary-Hirooyuki Tagawa**

**Rated PG-13; 1 hr. 46 min.**

## **Saturday, Dec. 31 – Unbranded (2015)**

Four men take a herd of mustangs on a journey from Mexico to Canada to inspire adoptions for wild horses and burros in government captivity.

**Co-Starring: Ben Masters, Jonny Fitzsimons & Thomas Glover**

**Rated PG-13; 1 hr. 45 min.**

# This Week's Opportunities December 25 - December 31

## SUNDAY • DECEMBER 25

*Breakfast at Verna Belle's—Omelets with Fruit*

- 10:00 a.m. ~ Christmas Day Worship Service, CR
- 11:00 a.m. ~ First Seating for Christmas Lunch, PS
- 1:30 p.m. ~ Second Seating for Christmas Lunch, PS



## MONDAY • DECEMBER 26

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Ladies Pool Table Time, BP

## TUESDAY • DECEMBER 27

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

- 11:15 a.m. ~ Chair Yoga, CR
- 3:00 p.m. ~ Coffee Corner, CR

## WEDNESDAY • DECEMBER 28

*Breakfast at Verna Belle's—Breakfast Burrito with Fruit*

- 9:00 a.m. ~ New Perspectives, KR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class — ArtFull Memories, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Collins Worship Service, CH

- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Video & Discussion, LR
- 5:30 p.m. ~ 1st Floor Supper, MR

## THURSDAY • DECEMBER 29

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR

## FRIDAY • DECEMBER 30

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 1:00 p.m. ~ Hand and Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:15 p.m. ~ Parkinson's Care Partners Support Group, LR
- 6:00 p.m. ~ Resident Program: New Years Eve Movie Night, CR

## SATURDAY • DECEMBER 31

*Breakfast at Verna Belle's—Omelets with Fruit*

- 9:00 a.m. ~ Fit 2 Fight PD, CR
- 9:30 a.m. ~ Painting for Fun, KSU CL

## ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center

\*Meadowlark News Channel can be viewed on channel 1960