

Raised Royal

By Monte Spiller, Resident Services Leader

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch to KC Royals take on the Minnesota Twins at 7:15 p.m. Thursday, Sept. 7. Transportation on a chartered 56-passenger bus departs from the visitor parking area by Prairie Star Patio at 1 p.m. Please arrive to board the bus at 12:30 p.m.

Upon arrival to the stadium, the group will enjoy a tailgate supper catered by Prairie Star Restaurant. The menu will include an assortment of sandwiches, chips and dip, salads, fruit, water and soda. Attendees should bring lawn chairs and may bring tailgating games, cash for concessions inside the stadium, snacks for the ride home and a cooler with adult beverages. Plates and silverware will be provided. Departure from the stadium to return home will be contingent on when the game ends, but the group is expected to return around midnight.

Registration for the trip is open. Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. Please include our phone number, indicate whether you are a resident or staff member and you method of payment. The cost for the trip is \$35 per person, which includes one admission ticket, transportation and a tailgate supper. Cost of the event can be paid via cash, check, credit card or charged to your monthly statement. Employees may have the cost deducted from their paycheck. There is a limited amount of tickets available and registration will be on a first-come, first served basis. Cancellations need to be made by Thursday, Aug. 31, for full reimbursement.

Please contact Jayme Minton with questions. Let's play ball!



Great American Eclipse

Update on total solar eclipse excursion

By Becky Fitzgerald, Development Director

On August 21, 2017, millions of people across the United States will see nature's most wondrous spectacle — a total eclipse of the Sun. It is a scene of unimaginable beauty; the Moon completely blocks the Sun, daytime becomes a deep twilight, and the Sun's corona shimmers in the darkened sky. This is truly a great American eclipse because totality will sweep the nation from the Pacific to the Atlantic. Nearly everyone in the U.S. can reach this total solar eclipse within one day's drive.

Manhattan residents don't need to travel as far to reach "totality". The path of the total eclipse crosses the northeastern edge of Kansas, and 56 are departing from Meadowlark on that Monday to view the eclipse in Marysville. If you are one of the 56, here's some information to help you plan for the big day.

~ We'll be viewing the eclipse from Lakeview Sports Complex, and the seating there is what you would expect at a small town's outdoor ballpark: aluminum bleachers. Hundreds, if not thousands, are expected to be in Marysville to see the eclipse, so we plan to arrive early in order to ensure we have seats on those bleachers and in plenty of time to see the early phases of the eclipse, which are estimated to begin at 11:37 a.m. in Marysville. Total blackout will happen about 1:03 p.m. and last for approximately 1 minute, 11 seconds.

~ Bring a cushion, pillow, stadium seat, etc., to make your

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Daily dessert listing

The daily dessert listing for Prairie Star Restaurant can now be found on the internal television station, channel 1960.

Reminder: Urgent Responder Clinics

Meadowlark Home Health manages the maintenance of the urgent responders utilized by many Meadowlark residents. These are the responders that are worn around your neck or wrist.

Previously urgent responders were tested every three months in the client's home by a Home Health staff member. The in-home testing has been discontinued, but responders can be tested and cared for at the Urgent Responder Clinics each week. These clinics are available in the conjunction with the current Blood Pressure Clinic. If you utilize an urgent responder, please bring it to be tested at least every three months to one of the responder clinics held in the Game Room between 1 and 1:30 p.m. every Monday and Thursday. Batteries will also be replaced during clinic times.

At each testing, you will receive a reminder card with the due date for your next urgent responder testing. Please contact Home Health at 537-9497 if you have questions.

August Focus Group

Thursday, Aug. 10, at 10 a.m.

The Focus Group will meet at 10 a.m. Aug. 10 in the KSU Classroom and will spotlight Home Health Office Manager, Angela Gerena. All are welcome and no sign up is required.

Music with The J-Pegs

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

It's been a while since this husband and wife duo has performed at Meadowlark, so welcome back Jonathon and Peg Mcbee, better known as "The J-Pegs." This couple has a great variety of musical genres that they play, which includes: classic rock from the fifties all the way to modern songs that you may hear on the radio today, vintage country music to today's modern country, folk music and blues. So come out to the Community Room at 7 p.m. Friday, Aug. 11, for a good time!

Vespers Services

Sunday, Aug. 13, at 7 p.m.

The Vespers services will be led by Rev. Michael Ide from Peace Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Aug. 13, in the Community Room. All are welcome to attend.

Memory Care Partner Support Group

Wednesday, Aug. 16, at 10 a.m.

Memory Care Partners Support Group will meet from 10 to 11 a.m. Wednesday, Aug. 16, in the Tranquility Room. This group provides opportunity for discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

Shopping Trip

Wednesday, Aug. 16, at 10 a.m.

Take advantage of the complimentary transportation to local shopping centers. Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Aug. 16, departing from the Village Entrance. Please register in the Blue Book to participate.

Lutheran Video Worship Series

Wednesday, Aug. 16, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Aug. 16, in the Living Room. All are welcome to attend.

Ragtime in Abilene, Kan.

Wednesday, Aug. 16, at 12 p.m.

Meadowlark will travel to the Great Plains Theater Wednesday, Aug. 16, in Abilene to enjoy the featured show, *Ragtime*. As the 20th century dawns, the separate worlds of New York City begin to blur together to tell their stories. Ragtime shines a light of the disparate lives of Harlem musicians, upper middle-class families and immigrants, all while weaving their tales together in brilliant musical style.

The cost of the trip is \$45 per person, which includes transportation and one show ticket. The group will depart from the Village Entrance at noon and the show will begin at 2 p.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

Eat, Drink ...and Be Musical!

Wednesday, Aug. 16, at 7 p.m.

Do you like to eat and drink? Of course you do! Well, Manhattan Summer Chorus has the concert for you. Come and enjoy *Food, Glorious Food!* (from *Oliver*) and help us decide *What Shall We Do With a Drunken Sailor?* We'll have a more serious side, singing *O Sacrum Convivium* (Tallis), with its Latin text on the Blessed Sacrament and *O Esca Viatorum* (Bach), which roughly translates as "food for the wayfaring stranger." We'll toast to *The Night They Invented Champagne* (a Lerner and Lowe favorite from *Gigi*) while *In Taberna* (from *Carmina Burana* by Carl Orff) and enjoy the idea of bringing in the *Good Ale* (Rutter). We hope there won't be any *Ill Wind* (arr. P. Gritton), but *If Music Be the Food of Love*, you'll have plenty to digest! Join us for the concert at 7 p.m. Wednesday, Aug. 16, in the Community Room. We look forward to singing for you!

Card Making

Thursday, Aug. 17, at 1:30 p.m.

Join Michelle Lehmer for a card making session to create cards for all occasions. The group will meet at 1:30 p.m. Thursday, Aug. 17, in the Living Room.

Low Vision Support Group

Thursday, Aug. 17, at 2 p.m.

Dr. Annie Mosier will join the Low Vision Support Group to speak about filters, low vision tools and ways to cope with eye disease. Please join Dr. Mosier at 2 p.m. Thursday, Aug. 17, in the KSU Classroom. All who are interested are welcome to attend.

Watermelon Feed

Thursday, Aug. 17, at 3:30 p.m.

Join the Meadowlark Ambassadors as they host a Watermelon Feed at 3:30 p.m. Thursday, Aug. 17, on the Prairie Star Patio.

Farewell Party for Mary Harness

Friday, Aug. 18, from 2 to 4 p.m.

Mary Harness will be moving to Kansas City in late August, and while we are sad to see her go we are also happy for her as she pursues a new chapter in her life. Please join us in wishing Mary goodbye

and good luck from 2 to 4 p.m. Friday, Aug. 18, in the gathering area outside her office. Refreshments will be served.

Music with Craig Plotner

Friday, Aug. 18, at 7 p.m.

Craig Plotner is joining us from Lucas, Kan. at 7 p.m. Friday, Aug. 18, in the Community Room. Craig has been singing and playing guitar for groups throughout the United States for many years. Growing up in southern California and Arizona, Craig has found Kansas to contain everything he wants. He has been sharing his music throughout many Kansas communities for the past eight years. Come and enjoy his extensive song list, including some Craig Plotner originals. All are welcome for this fun night of musical entertainment!

Speedy PD Race for Parkinson's Disease

Saturday, Aug. 26, at 8 a.m.

Individuals of all ages and abilities are invited to participate in the ninth annual Speedy PD Race for Parkinson's Disease presented by UMB at 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park!

To register for the race, please visit www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. You may turn in your registration and payment to the lock box at the Hospitality Desk, UMB on Humboldt or at Body First Wellness Center.

July Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of July were given in memory of the following persons to benefit the Good Samaritan Fund, Meadowlark Memory Program and Meadowlark Parkinson's Program.

Harold Hall
Craig Kohls
Mary Roberts
Roger Shanks

If you have questions or suggestions regarding Meadowlark Foundation, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.

Town Meeting Notes, Aug. 7

Notes from Aug. 7 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. There weren't any new residents in attendance to introduce.

Campus Update Lonnie reported that the fire alarm that occurred the morning of Saturday, Aug. 5, has been determined to be a result of a lightning strike to a fan motor. Meadowlark is appreciative of the fast response by the Manhattan Fire Department and the staff members who assisted.

Support Services Update Jayme reminded everyone that Verna Belle's will be closed after Aug. 11 due to the renovation. Please see page six of the Aug. 10 edition of the Messenger for extended Prairie Star Restaurant hours and menu details. Grocery shopping will still be available. Please see Brook Marcotte for more information. The Community Center carpet is set to arrive Aug. 25. The installation dates have not been scheduled yet.

Renovation Update Becky shared that a renovation shower (similar to a bridal or baby shower) will be scheduled for Verna Belle's Café. This will be an opportunity for people to contribute to the renovation through purchasing items such as chairs, tables, plates, bowls and flatware. Please watch the Meadowlark Messenger for more details.

Speedy PD Race for Parkinson's Disease The ninth annual Speedy PD is scheduled for Saturday, Aug. 26, at Tuttle Creek State Park. The proceeds from the race support the Meadowlark Parkinson's Program. There are volunteer opportunities for those who would like to participate, but not compete in the race. Everyone is invited to the Pasta Party on the evening of Friday, Aug. 25. The keynote speaker at the Pasta Party will be Lauren Paglisotti from the Michael J. Fox Foundation for Parkinson's Research. To learn more about the race events, visit www.runspeedypd.org or contact Michelle at (785) 323-3899.

Upcoming Events Monte reviewed the events coming up in the month of August. Please see the weekly Meadowlark Messenger for details.

Eclipse, from page 1

time on the bleachers more comfortable. Persons who do not wish to sit in the bleachers are welcome to bring a lawn chair, which will be stowed in the luggage compartment of our motor coach.

~ Boxed lunches will be distributed after we arrive. Eat at your leisure at your seat, or at picnic tables nearby. Lunches consist of sandwich, chips, cookie, condiments, soda and water.

~ Restrooms at the sports complex are expected to be near our seats.

~ We will receive our eclipse-viewing eyewear at the sports complex. Sunglasses are NOT adequate protection when looking directly at the sun during the partial phases.

~ Please meet the motor coach at 9 a.m. in preparation for a 9:15 departure. Our return time to Manhattan will be about 2:30 p.m., depending on traffic.

~ Escorts for this excursion are Sarah Duggan, Community Relations Director, and Becky Fitzgerald, Development Director.

There are eight available seats for the Eclipse Excursion. If you would like to attend the trip, please contact Becky and Sarah at 323-3878.

Kick in the Head

by Sarah Duggan

Monday this week felt like a Monday, except this week I was particularly achy and foggy. At first I attributed this to our packed weekend full with activities and traveling to see family, coupled with the fact that Murphy slept in my bed half the night because there was a green ghost in her room.

I'm not going to say I don't believe in ghosts. Because the truth is, I kind of do. So when she insisted there was a green ghost in her room and she couldn't sleep I caved and had her climb into bed with me. The next several hours were punctuated by me waking up to her foot resting on my face. Over and over again.

About halfway through my Monday I realized *exactly* why my head hurt and I was just a bit foggy—I had been kicked in the head all night making Monday not only a proverbial *kick in the head*, but an actual kick in the head.

We got rid of the ghost. Turns out Edward is not only a stellar husband and father, but he can also add "ghostbuster" to his resume. Life is always changing.

IL Resident Council Minutes, July 3, 2017

Members present: Pat Vogt, Jean Beatty, Bob Crawford, Betty Love, Verlyn Richards, Marilyn Ray, Polly Ferrell, Jo Lindly, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith.

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

Updates

General Update: Lonnie explained we received some great news regarding Medicaid. The state of Kansas restored our rates after a long fought battle. On the flip side, the Senate is working on current legislation to cut significant dollars from the Medicaid budget. There is hope this will not occur and Senator Jerry Moran has spoken up and expressed he is not in favor of the bill.

We are also watching changes in the Medicare structure. There is still a lot of uncertainty of what will happen, but we expect to see restructuring of the Medicare payment procedure. This will mostly affect Meadowlark concerning stays at Bramlage House. PPS is currently the payment system we are under, but the government is asking for feedback regarding completely changing the system in October 2018. Regardless of any changes, Meadowlark will continue to be proactive with looking at options on how we deliver care.

Jayme Minton informed the council that Brook (Niehues) Marcotte will be taking on a new role as Dining Services Leader. Brook will still have a presence in Verna Belle's Café in addition to some new duties.

Floor Updates: Betty Love reported on behalf of the First Floor. There are six apartments consisting of four single individuals, one couple and one resident whose spouse resides in a household on campus. First floor is filled with lots of wonderful artwork with a large amount of it being Native American inspired. They welcome and encourage all to stop by and enjoy the art.

Being a small floor, they see each other often and tend to help and assist one another on a regular basis.

Sharon Smith reported on behalf of Kimball Road neighborhood. The neighborhood has a total of three buildings on the West side and two duplexes on the East side. Located on the West side of the road are six apartments, including a guest suite. The second building has five apartments and the third building has two apartments. On the East side of the road, each duplex has two bedrooms. Total, they have 17 units with 22 residents. They meet for their monthly luncheons on the first Tuesday of every month.

Approval of June Minutes: Motion to approve minutes was moved and passed.

New Business: Pat Vogt introduced and welcomed Verlyn Richards as the new Second Floor Representative for the West tower.

With Marilyn Ray's term concluding, third Floor is currently in a nomination and election process.

Concerning the Employee Gift Committee, Pat Murray has agreed to chair the committee, along with Janice Parsons, Orris Kelly, John Trail and Nyle Larson as committee members.

Old Business: None.

Additional Topics: Polly Ferrell presented some thoughts concerning communication options that were compiled from conversations involving individuals residing in the towers and outside duplexes. There were several ideas brought to light with some requiring more research and planning to consider action. The idea of having a cancellation notice posted on different boards was welcomed and acted upon. There are now highly visible cancellation notices located in the Game Room and in the West hallway leading towards the Physician's Office.

Meeting adjourned

PRAIRIE STAR RESTAURANT

Extended Hours
Monday to Friday, 7 a.m. to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

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|----------------|---|--|
| SUNDAY | Aug. 13 ~ Lunch \$12 | Dinner \$11 |
| | Baked Ham with Brown Sugar Honey Glaze Au Gratin Potatoes Vegetable du Jour | Spaghetti & Meatballs Garlic Toast Vegetable du Jour |
| MONDAY | Aug. 14 ~ Lunch \$7 | Dinner \$12 |
| | Bacon & Vegetable Quiche Rice Pilaf Choice of Vegetable <i>No starter or dessert included.</i> | Grilled Lemon Thyme Chicken Breast Roasted Yukon Gold Potatoes Vegetable du Jour |
| TUESDAY | Aug. 15 ~ Lunch \$8 | Dinner \$12 |
| | Fajita Bar <i>(does not include drink, starter, or dessert)</i> | Roasted Pork Loin with Natural Sauce Scalloped Potatoes Vegetable du Jour |
| WED. | Aug. 16 ~ Lunch \$7 | Dinner \$11 |
| | Chicken ala King Noodles Choice of Vegetable <i>No starter or dessert included.</i> | Meatloaf Mashed Potatoes & Gravy Vegetable du Jour |
| THURS. | Aug. 17 ~ Lunch \$7 | Dinner \$14 |
| | Pizza Bar <i>(does not include drink, starter, or dessert)</i> | Parmesan Crusted Tilapia Corn Fritters Vegetable du Jour |
| FRIDAY | Aug. 18 ~ Lunch \$7 | Dinner \$12 |
| | Fish & Chips with Tartar Sauce Coleslaw French Fries <i>No starter or dessert included.</i> | Pot Roast With Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour |
| SAT. | Aug. 19 ~ Lunch \$10 | Dinner \$15 |
| | Chicken Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable | Steak Night Baked Potato Vegetable du Jour |

DRINK SPECIAL | Whiskey & Coke
 1 1/2 oz. Crown Royal Whiskey & 4 oz. Coke
 \$3.75

Grosh Cinema Movies

Sunday, August 13 to Saturday, August 19

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

2 and 6 p.m., Sunday

Sunday, Aug. 13 – Sing (2016)

An optimistic koala tries to save his theater with a singing contest featuring a timid elephant, a teenage gorilla, an overworked sow and more.

Co-Starring: Matthew McConaughey, Reese Witherspoon & Seth MacFarlane

Rated PG; 1 hr. 47 min.

Monday, Aug. 14 – Wild Wild West (1999)

Armed with an ingenious arsenal, two top-notch government agents are tasked with tracking down a diabolical scientist in this futuristic Western.

Co-Starring: Will Smith, Kevin Kline & Kenneth Branagh

Rated PG-13; 1 hr. 45 min.

Tuesday, Aug. 15 – The Theory of Everything (2014)

With his body progressively ravaged by ALS, world-famous physicist Stephen Hawking must rely on his wife to continue his life's work as he faces various challenges.

Co-Starring: Eddie Redmayne, Felicity Jones & Charlie Cox

Rated PG-13; 2 hrs. 3 min.

Wednesday, Aug. 16 – Walking With The Enemy (2013)

When the Nazis invade Hungary, young Elek Cohen dons a Nazi uniform to save his skin and find his family. Instead, he uncovers a terrible truth.

Co-Starring: Jonas Armstrong, Hannah Tointon & Ben Kingsley

Rated PG-13; 1 hr. 53 min.

Thursday, Aug. 17 – Who Gets The Dog? (2016)

When they can't agree on custody of their beloved dog Wesley, a divorcing couple goes to court while battling each other for the pooch's affections.

Co-Starring: Alicia Silverstone, Ryan Kwanten & Randall Batinkoff

Rated PG; 1 hr. 35 min.

Friday, Aug. 18 – National Treasure (2004)

Modern treasure hunters, led by archaeologist Ben Gates, search for a chest of riches rumored to have been stash away by George Washington, Thomas Jefferson and Benjamin Franklin.

Co-Starring: Nicolas Cage, Diane Kruger & Justin Bartha

Rated PG; 2 hrs. 11 min.

Saturday, Aug. 19 – Southside With You (2016)

Tag along as Barack Obama and a young lawyer named Michelle go on their first date across Chicago's South Side in the summer of 1989.

Co-Starring: Tika Sumpter, Parker Sawyers & Vanessa Bell Calloway

Rated PG-13; 1 hr. 24 min.

Weekly Opportunities Calendar August 13 to August 19

Sunday • August 13

Breakfast in Prairie Star ~ Pastries & Fruit
 9:00 a.m. ~ Miller Worship Service, MFR
 10:00 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 7:00 p.m. ~ Vespers with Rev. Michael Ide from the Peace Lutheran Church, CR

Monday • August 14

Breakfast at Prairie Star ~ Biscuits & Sausage Gravy
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ Meadowlark Valley Luncheon, LR
 12:00 p.m. ~ Yoga, CR
 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:15 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Hearing Aid Doctor, CON
 1:30 p.m. ~ Ladies Pool Table Time, BP
 7:00 p.m. ~ Community Bingo, CR

Tuesday • August 15

Trash pick-up day
Breakfast at Prairie Star ~ Breakfast Sandwich & Fruit
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, LR
 2:00 p.m. ~ LifeStory Writing Group, LR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, LR
 5:30 p.m. ~ 2nd Floor Supper, CR

Wednesday • August 16

Breakfast at Prairie Star ~ Breakfast Burrito & Fruit
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Worship Service, LR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Café, CON
 10:00 a.m. ~ Memory Care Partners Support Grp, TR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Pitch, GR—NEW TIME!
 3:00 p.m. ~ Call Hall Ice Cream, KR
 3:00 p.m. ~ Rock Steady Boxing, CR & CSC
 4:00 p.m. ~ Lutheran Video Worship Service, LR
 7:00 p.m. ~ Summer Chorus Concert, CR

Thursday • August 17

Breakfast at Prairie Star ~ Biscuits & Sausage Gravy
 8:30 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 & Responder Clinic, GR
 1:30 p.m. ~ Card Making with Michelle, LR
 2:00 p.m. ~ Low Vision Support Group, KSU CL
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • August 18

Breakfast at Prairie Star ~ Waffle or Pancake
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:30 p.m. ~ Mending Angel, GR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:15 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Mary Harness Farewell, Mary's Office
 3:30 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Music with Craig Plotner, CR

Saturday • August 19

Breakfast in Prairie Star ~ Pastries & Fruit
 9:00 a.m. ~ Rock Steady Boxing, CSC
 9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

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|-------------------------|------------------------------|
| 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

REMINDER

The speedy limit on Meadowlark streets is **15 mph**. Please help us set the pace and support safe and cautious driving throughout our campus.