



Hey there, Honey! A five-week-old pig is held for inspection at her farm east of Manhattan. Darrell Parks of Parks Pasture Pork loaned us Honey HOG for the event.



Photo by Will Gold

Pucker up, Cindy! Cindy Sloan of Rockhill Real Estate Group (right) won the HOG & Kisses Contest, raising \$6,580.50 for the Good Samaritan Fund, more than any previous candidate. Lisa Hufstedler of E&K Companies, Inc., an event sponsor, holds Honey HOG on Oct. 26.

Something to Squeal About

HOGtoberfest boosts Good Samaritan Fund

By Becky Fitzgerald

The numbers are in! Well, most of them anyway. The fourth annual HOGtoberfest, a FOOD, FRIENDS and FUNdraising event to benefit the Good Samaritan Fund, prompted more than \$27,000 in revenue. (A few gift-in-kind and expense amounts have not yet been reported.) This 4th annual hog wild happening was held at Cox Bros. BBQ, an event sponsor.

Much of the boost in earnings came from contributions from this year's HOG & Kisses Contest, a HOGtoberfest activity. Five representatives from Manhattan real estate agencies solicited votes in the form of dollars. The HOG kissing candidate raising the most money kissed a baby hog.

Collectively, the candidates raised \$16,530.07! Joining winner Cindy Sloan were Keith Eyestone of Alliance Realty, Travis Hecht of Coldwell Banker Realty Group One, Jodi Thierer of Legacy Realty of

see HOGtoberfest, page 5



Riffel wins raffle! Brent Riffel, the grandson of former Lyle House resident LaMoyné Riffel, won 50% of the 50/50 Raffle proceeds. His prize is 2,952.50, and he promptly donated \$952.50 back to Meadowlark Foundation. Thank you, Brent!

Halloween Spirit!



Bill Stamey, IL resident, gets into the Halloween spirit at the Kansas Room & Pub Tuesday, Oct. 31. Thank you to all who attended and enjoyed the Prairie Star Haunted House meal!

Thanksgiving Dinner in Prairie Star

Prairie Star Restaurant is now taking reservations for Thanksgiving dinner. There will be two seating times available, 11 a.m. and 1 p.m. Please sign up at the host stand in Prairie Star Restaurant for your preferred time. The menu will be released in a future edition of the Messenger.

KSU Watch Parties

Saturday, Nov. 4, at 11 a.m. & Nov. 11 at 2:30 p.m.

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Nov. 4 ~ KSU vs. Texas Tech, kick-off time is 11 a.m. & refreshments will be served
- Nov. 11 ~ KSU vs. West Virginia, kick-off time is 2:30 p.m. & refreshments will be served

Vespers Services

Sunday, Nov. 5, at 7 p.m.

The Vespers services will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church.

Vespers service will begin at 7 p.m. Sunday, Nov. 5, in the Community Room. All are welcome.

Barbershop Quartet

Friday, Nov. 3, at 7 p.m.

In the words of the group, "You're invited to hear the four old guys in the Apple Core-Tet (pronounced Apple Core [pause] Tet), 'barbershop' quartet harmonize unaccompanied four-part music. For what it's worth, not only are we old (our combined age is 288 years), but we've been singing 'barbershop' for a combined total of 106 years and we've married to our respective wives for a combined total of 195 years!"

Meadowlark is in for a fun and entertaining time with the Barbershop Quartet at 7 p.m. Friday, Nov. 3, in the Community Room.

Holiday Bereavement Support

Monday, Nov. 6, at 2 p.m.

The holidays, although joyous, can be difficult for those who have experienced loss; a loss of a loved one or a loss of personal health. Holiday bereavement support sessions are an opportunity to share feelings and receive support from Meadowlark's licensed social worker, chaplain and other individuals who have experienced loss.

There will be two sessions in the KSU Classroom. Please join us for one or both. The first session will meet at 2 p.m. Monday, Nov. 6, and the second session will meet at 11 a.m. Tuesday, Nov. 14.

For more information, please contact Bridget Larkin, Social Services Leader, at (785) 323-3837 or via e-mail at bridget.larkin@meadowlark.org.

Flint Hills Children's Choir

Monday, Nov. 6, at 6 p.m.

You're invited to listen to the Flint Hills Children's Choir at 6 p.m. Monday, Nov. 6, in the Community Room as they perform Christmas songs. All are welcome to attend!

Community Bingo

Monday, Nov. 6, at 7 p.m.

Community Bingo will meet in the KSU Classroom at 7 p.m. Monday, Nov. 6. All are welcome to come and play!

Richard Pitts with the Wonder Workshop

Tuesday, Nov. 7, at 2 p.m.

The founder of the Wonder Workshop, Richard Pitts, will be visiting Meadowlark at 2 p.m. Tuesday, Nov. 7, in the Community Room. Richard will be presenting information about museum and what a children's museum is and isn't. He will share a little about the history of the Wonder Workshop, what programs and exhibits they currently offer and what they do at their Outback Camp site on Tuttle Creek Lake.

The workshop has many volunteer opportunities at the museum and Richard will provide information to those who may have

interest. He will also talk about how the museum has survived over the years since 1995, when so many other businesses have come and gone. He will be taking any questions residents may have during the hour and afterwards, as he will stick around for Coffee Corner immediately following his presentation.

Shopping Trip

Wednesday, Nov. 8, 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, Nov. 8, departing from the Village Entrance. Please register in the Blue Book to participate.

Associated Audiologists at Meadowlark

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

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists, is now seeing patients at Meadowlark Hills by appointment.

Dr. Schotte will visit Meadowlark the second Wednesday of every other month. During these appointments, Dr. Schotte can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology.

She will see patients in the West Conference Room from 1:30 to 4:30 p.m. Wednesday, Nov. 8.

To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Artist Discussion with the Beach

Wednesday, Nov. 8, at 6:30 p.m.

Join Kim Richards from the Beach Museum of Art for a discussion on artist Hardie Gramatky. The group will meet in the KSU Classroom at 6:30 p.m. Wednesday, Nov. 8. All who are interested are invited to join.

Resident Focus Group

Thursday, Nov. 9, at 10 a.m.

The Focus Group scheduled for November will once again spotlight a staff member. The staff attendee will be Jenna Pickett, Medical Coder at Meadowlark. The Focus Group will be at 10 a.m. Thursday, Nov. 9, in the KSU Classroom.

Meadowlark Ladies Luncheon

Thursday, Nov. 9, at 12:30 p.m.

Submitted by Lori Archer

Please join the group and sponsors, Lori Archer and Arlene Lundberg, for lunch at Colbert Hills at 12:30 p.m. Thursday, Nov. 9. Most of you probably haven't ventured out to this lovely spot nestled in the Flint Hills. The restaurant is in the native stone clubhouse, which is a beautiful building that overlooks the #1-ranked golf course in Kansas. If there is time before lunch and the weather is fair, you can step out on the patio to take in the beautiful vistas.

Lunch is your choice of a half sandwich and soup or salad. The sandwich choices are grilled ham and cheese or chicken salad. The soup is cream of broccoli and the salad will be a house salad. Please sign up in the Blue Book by Monday, Nov. 6, so the chef and Monte will know how many people are attending. Please indicate your sandwich choice on the sign-up sheet. The price for the outing is \$17, which includes lunch, dessert and transportation. Beverage choices are coffee, tea and soda and will cost an extra \$2.

We will be transported to the location by Meadowlark buses and they will leave Meadowlark at noon.

For more events, see page 5

October Gifts to Meadowlark Foundation

Gifts to the Meadowlark Foundation during the month of October were given in memory/honor of the following persons to benefit the Good Samaritan Fund.

Memory of
Bill Durkee
Hilda Zerfas

Honor of
Keith Eyestone
Travis Hecht
Cindy Sloan
Jodi Thierer
Jerry Weis

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

From the Readers

Outdoor Encounters

Submitted by Nathan Bolls

Again, as ambient temperatures eased downward, we began to feel the anticipation, the anxiety, the hope for a bright show of fall leaf colors. Perhaps, as I remarked before, a good “leaf show” might serve as a consolation prize to help soften our dread of the winter that follows not far behind. Whatever the outcome, we could do worse than making frequent checks on what is happening in those trees all around us on our beautiful campus and Natural Area.

Several factors influence fall leaf color: increasing night length, steadily decreasing ambient temperatures, and leaf pigments. Color intensity is enhanced by ample rainfall and by steadily falling, but not suddenly freezing, temperatures. The maples, now fading, were beautiful just a few days ago. Perhaps other types will step up and add to the diorama.

Genetics determine why certain plant species or fruits turn certain colors, but the unbending trend of steadily longer nights during fall is the big steady factor in the equation. I used to see genetics in action every time I drove south in the fall from OH to SC. The leaf color of any given species of tree or shrub would be essentially the same whether I saw it at an elevation of less than 1,000 feet or at 3,000 feet or more when driving through the Appalachian Mountains.

The green pigment, chlorophyll, is constantly being produced and broken down during the growing season. But other pigments, already present, become unmasked as chlorophyll production slows down and eventually stops as night length increases and temperatures drop. These are the carotenoid pigments, and they give the yellow, gold, orange, and brown colors we see in some leaves and in corn, carrots, daffodils, rutabagas, buttercups, and bananas.

The anthocyanin pigments, most produced in leaves as days shorten and nights lengthen, give their colors to some leaves and to cranberries, red apples, plums, concord grapes, blueberries, cherries, and strawberries. The sumacs are beautiful right now.

Genetics plays the big role in determining the combination of carotenoid and/or anthocyanin

pigments in ripe fruits and in whatever “leaf show” any given species of plant may present. As plants begin to face cold weather, the most obvious of their many preparatory steps is the releasing of leaf stems from limbs and trunks. Along with the shedding of these vulnerable plant parts comes our beautiful Palette of Fall—and grateful eyes!

On the Tomboy Serves Fried Rooster

Submitted by Helen Roser

My new husband wasn't picky. He had piloted a B-25H in the South Pacific and was just glad to be home, alive. As an ex-tomboy, I knew zilch about cooking. As an office girl, I ate all my meals out.

But what was the big deal about frying chicken? You put pieces of chicken in a pan of grease and fried it up until it was brown, right? The meat counter at the grocery store was new territory for me. I told the man behind the counter, with confidence as I spoke: “I want a cut-up chicken. I want the biggest one you've got.” He looked unsure but looked at me as I stodd looking firm, and he shrugged and said “okay.” Then he handed me a big package.

I got the pan of grease going good and I put the chicken in. It sputtered and popped. I let it carry on popping grease around until the chicken was nice and brown. I piled it on a platter and proudly served it to my husband with a salad I knew how to make.

He chewed on the chicken awhile until he stopped and said: “I guess I am just out of practice eating.” I hadn't eaten any, being wrapped up in being happy he was still alive.

Later, my friend, on seeing the platter of uneaten chicken, asked me: “Where did you buy it?” I told her. The next day she told me: “He sold you a rooster!” So? Isn't a rooster a chicken?

As it turned out, to cook, you need to do what a cookbook says.

Word got a round and there was a lot of laughing. But my husband was back after flying 38 combat missions. He deserved a nice big fried chicken. And I still say: A rooster is a chicken, too.



LEADER OF THE PACK

Congratulations to Meadowlark's November Leader of the Pack, Tom Barcellina, Hospitality Team member! Tom is always the first to offer a hand in any task. He treats residents like family and brightens the Village Entrance daily with his smile. Tom demonstrates Meadowlark's commitment to culture change each day. He is positive and goes out of this way to assist others. Meadowlark is pleased to have Tom on the team!

Events, from page 3

LEAP! Informational Session

Thursday, Nov. 9, at 6:30 p.m.

You're invited to a free informational session about the Foundations of LEAP! (Lifestyle Enrichment for Alzheimer's Prevention) class at 6:30 p.m. Thursday, Nov. 9, in the Community Room.

This is an opportunity to learn about about LEAP!, a program customized specifically for Meadowlark by the University of Kansas Alzheimer's Disease Center.

Topics covered in the Foundations of LEAP! Include: physical activity and exercise, social and cognitive engagement, nutrition, sleep and stress management. Class will meet weekly from 6 to 7:30 p.m. in the KSU Classroom. The next six-week course will begin Jan. 22. If you have questions, please contact Michelle Haub, Memory Program Leader, at 323-3899.

Woodwinds Anonymous Performance

Friday, Nov. 10, at 7 p.m.

Woodwinds Anonymous will perform at 7 p.m. Friday, Nov. 10, in the Community Room. Woodwinds Anonymous was organized in 1975, originally as a woodwind trio. All are invited to attend and enjoy some wonderful music!

Deck the Halls!

Friday, Nov. 23, at 9:30 a.m.

Join us as we deck the halls at Meadowlark for the holiday season starting at 9:30 a.m. Friday, Nov. 23. You're invited to help as long as you'd like! Please sign up in the Blue Book if you are interested in helping decorate for Christmas, including assembling and dressing trees in all areas of the Meadowlark campus. 'Tis the season!



[left] Bud Cox (left), Becky Fitzgerald (top middle) and Bobby Cox (right) pose with the 2017 HOG & Kisses candidates.

HOGtoberfest, from page 1

Kansas and Jerry Weis of Realty Executives Weis Real Estate Company.

Meadowlark Foundation appreciates, too, the many who purchased barbecue meals on Oct. 26. Cox Bros. BBQ donates 10 percent of the day's proceeds to the fund, and the restaurant's gift of \$770 was slightly higher than last year's.

Passport member Sylvia Campbell is the winner of the 10-day *Where's Happy?* game played via Facebook. Resident and Board of Directors member Sandra Emley received a prize for selling the most 50/50 Raffle tickets.

She and several other sellers, including staff and board members, found buyers for 1181 tickets, generating \$5905 in raffle revenue. Half of this "pot" benefits the Good Samaritan Fund.

Hip, hip, hooray to our returning event sponsors: Cox Bros. BBQ, McCullough Development, radio station B104.7, Flint Hills Beverage, GoPowercat.com and NZone Sportswear. Here's a thankful welcome to new sponsors: E&K, a premier Specialty contractor on the NBAF project, and radio station Sunny 102.5.

A videos of the 50/50 Raffle prize drawing may be viewed on the Meadowlark Facebook page along with photos of the event. Please view and LIKE our page, so you'll continue to receive information, photos and video about your favorite retirement community.

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.

SUNDAY	Nov. 5 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour	Chicken Milanese Wild Rice Vegetable du Jour
MONDAY	Nov. 6 ~ Lunch \$7	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw Baked Beans <i>No starter or dessert included.</i>	Beef Fromage Garlic Toast Vegetable du Jour
TUESDAY	Nov. 7 ~ Lunch \$7	Dinner \$14
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Coconut Shrimp Twice Baked Potato Vegetable du Jour
WED.	Nov. 8 ~ Lunch \$7	Dinner \$11
	Chicken Orange with Chinese Noodles Stir Fry Vegetables Choice of Vegetable <i>No starter or dessert included.</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Nov. 9 ~ Lunch \$7	Dinner \$13
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Roast Pork Tenderloin with Cranberry Port Wine Sauce Wild Rice Vegetable du Jour
FRIDAY	Nov. 10 ~ Lunch \$7	Dinner \$12
	Fish & Chips with Tartar Sauce Coleslaw <i>No starter or dessert included.</i>	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Nov. 11 ~ Lunch \$10	Dinner \$15
	Spaghetti Alfredo with Bacon & Peas Garlic Toast Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | **Vodka Tonic**
 1.5 oz. Ketel One Vodka & 4 oz. Tonic Water
\$3.75

Grosh Cinema Movies

Sunday, November 5, to Saturday, November 11

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

2 and 6 p.m., Sunday

Sunday, Nov. 5 – Paddington (2014)

He's a bear without a home. They're a family without a bear. It seems like a perfect match, till an evil schemer enters.

Co-Starring: Hugh Bonneville, Sally Hawkins, Julie Watters & Jim Broadbent

Rated PG; 1 hr. 35 min.

Monday, Nov. 6 – Compulsion (1959)

Based on the 1924 Leopold-Loeb murder trial, this classic courtroom drama tells the story of two wealthy psychopaths who consider themselves above conventional morality.

Co-Starring: Orson Welles, Diane Varsi, Dean Stockwell & Bradford Dillman

Rated TV-14; 1 hr. 43 min.

Tuesday, Nov. 7 – Whatever Works (2009)

While falling for a Southern belle, an aging eccentric finds himself in a series of strange situations involving the girl's parents and his own pals.

Co-Starring: Larry David, Evan Rachel Wood, Patricia Clarkson & Ed Begley Jr.

Rated PG-13; 1 hr. 31 min.

Wednesday, Nov. 8 – Notting Hill (1999)

The life of a simple bookshop owner changes when he meets the most famous film star in the world.

Co-Starring: Hugh Grant, Julia Roberts & Richard McCabe

Rated PG-13; 2 hrs. 4 min.

Thursday, Nov. 9– Nights in Rodanthe (2008)

A doctor who is traveling to see his estranged son sparks with an unhappily married woman at North Carolina Inn.

Co-Starring: Diane Lane, Richard Gere & Christopher Meloni

Rated PG-13; 1 hr. 37 min.

Friday, Nov. 10– Good People (2014)

A struggling couple can't believe their luck when they find a stash of money in the apartment of a neighbor who has recently murdered.

Co-Starring: James Franco, Kate Hudson, Tom Wilkinson, Omar Sy & Sam Spruell

Rated R for Nudity, Violence & Profanity; 1 hr. 30 min.

Saturday, Nov. 11– MILK (2008)

Sean Penn stars in this biopic about Harvey Milk, the openly gay San Francisco politician who was murdered by a disgruntled city supervisor in 1978.

Co-Starring: Sean Penn, Emile Hirsch, Josh Brolin, Diego Luna & James Franco

Rated R for Sex, Violence & Drug Usage ; 2 hrs. 8 min.

Weekly Opportunities Calendar Nov. 5 to 11

Sunday • November 5

Breakfast at Prairie Star—Pastries with 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 Schmidt from St. Luke's Lutheran Church, CR

Monday • November 6

Breakfast at Prairie Star—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Hall Meeting
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, WCR
- 12:00 p.m. ~ Weights 101, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 2:00 p.m. ~ Holiday Bereavement, KSU CL
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 6:00 p.m. ~ Flint Hills Children's Choir, CR
- 7:00 p.m. ~ Community Bingo, KSU CL

Tuesday • November 7

Trash pick-up day

Breakfast at Prairie Star—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:00 p.m. ~ Richard Pitts: Wonder Workshop, CR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, WCR
- 4:00 p.m. ~ Newspaper & Bible, LR

Wednesday • November 8

Breakfast at Prairie Star—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, MR
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Worship Service, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Associated Audiologist, WCR

- 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. ~ Rock Steady Boxing, CR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 6:30 p.m. ~ Artist Discussion: Beach Museum, WCR
- 6:30 p.m. ~ Osher Class: American Action Heroes, CR

Thursday • November 9

Breakfast at Prairie Star—Biscuits & Sausage Gravy

- 8:30 a.m. ~ Messenger Ladies, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:00 a.m. ~ Resident Focus Group, KSU CL
- 12:30 p.m. ~ Meadowlark Ladies Luncheon, MR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, CR
- 4:00 p.m. ~ Great Decisions, LR
- 6:30 p.m. ~ LEAP! Information Session, CR

Friday • November 10

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
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partners Support Grp, LR
- 7:00 p.m. ~ Woodwinds Anonymous, CR

Saturday • November 11

Breakfast at Prairie Star—Pastries with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 2:30 p.m. ~ KSU Watch Party, GR

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