

Pig Out for Parkinson's Aims to Increase Awareness

By Michelle Haub

April is *National Parkinson's Awareness* month. The number of Americans with PD is estimated to be one million; however, this number is likely higher as many people are not accurately diagnosed. There are blood tests and brain images that are used to rule out other disease processes and even a newer DaT Scan that improves the likelihood of an objective diagnosis but assessment by a skilled specialist is still imperative. Although diagnosing PD is a complicated task, almost 60,000 Americans are diagnosed every year. As our population lives longer, the rate of diagnosis will likely continue to grow as the risk increases with age. Men have a greater prevalence of PD than women; however, this statistic is not always reflected in our community. The cause of PD is still unknown, but evidence suggests there are genetic and environmental components involved. The hallmarks of the disease are *rigidity* (stiff muscles), *bradykinesia* (slow movements), *resting tremor* (although not present in the majority of individuals) and *postural instability*. A few other common features present in PD include: *depression*, *quiet voice*, *constipation*, *vision changes* and *sleep disturbances*. Although PD is a progressive neurological degenerative disease, it typically progresses slowly and people often live with the disease for many years. Multiple System Atrophy (MSA), Lewy Body Dementia and Progressive Supranuclear Palsy (PSP) are other diseases that are in the Parkinson's family and are often referred to as 'Parkinson's Plus' or 'Parkinsonism'. These diseases present with similar features but often progress more rapidly. Whether one has the symptoms of typical or atypical Parkinson's, it is beneficial to work closely with a Motor Movement Specialist or Neurologist to optimize quality of care.

Optimal medication management is imperative for individuals with PD and can help decrease the symptoms of the disease. With the right medications, therapy and exercise, individuals often regain some control and confidence in their daily living skills and

improve their quality of life. Interventions earlier in the disease process can prove to be most effective, however progress and changes can occur at all stages of the disease.

The Meadowlark Parkinson's Program's goal is to help individuals affected by PD live well. The Program offers biweekly exercise classes & yoga classes, weekly voice classes, Rock Steady Boxing classes, bimonthly care-partner support groups, a monthly education group, a monthly Young Onset meeting, consultations, a lending library of resources (at Meadowlark Hills & the Manhattan Public Library) and equipment as well as other outreach, educational and scholarship opportunities. All services are provided FREE of charge to anyone in the Flint Hills.

Thursday, April 27 is the **7th Annual Pig Out for Parkinson's** at **Cox Bros BBQ** on McCall Rd. The primary purpose of this event is to raise awareness for PD. Cox Bros donates 10% of the sales from this day to the Program. K-State Football Coach, Bill Snyder, will be present at lunch for autographs and pictures. The evening is filled with activity including: a hog roast buffet, beer garden, performance by country singer Bryton Stoll and a Rock Steady Boxing demonstration.

Be sure to register for the K-State Alum & Green Bay Packer Jordy Nelson's Pro Bowl Jersey which includes a beautiful hand-crafted display! Tickets are \$1 for one and \$5 for six tickets and can be purchased at Meadowlark Hills' front desk & Verna Belle's (until noon on Thursday, April 27), www.meadowlark.org and at Cox Bros BBQ. The winner will be drawn at 8:50 p.m. on the 27 and need not be present to win.

I look forward to seeing you at *Pig Out for Parkinson's* at Cox Bros BBQ on Thursday, April 27 to celebrate National Parkinson's Awareness Month!



UPCOMING EVENTS & ANNOUNCEMENTS

Low Vision Support Group

Today, April 20, at 2 p.m.

Interested in learning how to better cope with low vision? Wanting to find equipment that can make everyday activities easier? Attend Low Vision Support Group today, April 20, at 2 p.m. in the KSU Classroom. Mandy Smith, Orientation and Mobility Specialist, will be showing equipment and teaching how to put it to use.

For more information, contact Hether Birchmeier at 323-3890.

May Day Basket Orders

Remember your delight when a May Day basket showed up on your front porch ? Here is your chance to bring back that time honored tradition to your loved ones, co-workers, friends and neighbors.

Members of the Little Apple Pilot Club will hand deliver a beautiful flower in a vase with a card to the person/persons of your choice May 1. The cost is \$20 per vase or 3 for \$45. Orders will be taken from March 20 to April 28. Orders will be capped at 125 due to time constraints for delivery. Please contact June Schnittker at juneschnittker@gmail.com 785-313-7010 or Marjorie Devlin at marjdevlin@gmail.com 785-556-3078 to place your orders.

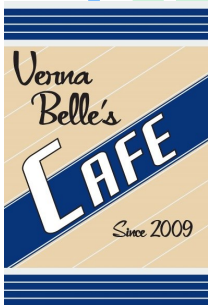
Military Blunders Class moves to Thursday

The Oscher class on Military Blunders, originally scheduled for Wednesday, April 19, has been moved to tonight, April 20, at 6:30 p.m. in the Community Room.

Meadowlark Welcomes Alex Wakim

Friday, April 21, at 7 p.m.

Join us on Friday, April 21, at 7 p.m. in the Community Room, for a fun night of jazz with Alex Wakim. Alex is a junior at K-State studying music composition. He loves performing jazz piano with K-State groups as well as independent groups throughout the region. Performing jazz is a unique and highly personalized form of self-expression, and he cherishes the opportunities to share this music with others.



Lunch Specials
April 24 – April 28
Hours: Monday–Friday, 7 a.m. to 4 p.m.
NEW: Saturday–Sunday, 7 a.m. to 11 a.m.

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| Monday, April 24 – Turkey Club with Cottage Cheese (Turkey, bacon, and Swiss cheese on toasted bread with garlic aioli spread) | \$3.75/\$5.50 |
| Tuesday, April 25– Patty Melt with Fruit Salad (Bacon, pepperoni and sausage on flatbread with marinara sauce and mozzarella cheese) | \$5.50 |
| Wednesday, April 26– Chicken Bacon Ranch Quesadilla with Side (Roasted beef, sautéed peppers and onions, and Swiss cheese on toasted Italian bread) | \$3.75/\$5.50 |
| Thursday, April 27 – Grilled Cheese and Tomato Bisque (America, Swiss and cheddar cheese on butter toasted Italian or wheatberry bread). | \$3.75/\$5.50 |
| Friday, April 28 – Bratwurst with Baked Beans (Grilled bratwurst on a bun served with baked beans) | \$5.50 |

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Wellness Olympiad 2017 : Week 2 and Week 3

The Olympiad has been a lot of fun so far with teams showing their competitive spirit in an attempt to earn points! Continue tracking your physical activity on the Week 2 tracking sheets. These will be due to the Hospitality Desk or Caul Fitness Center by 5 p.m. on Tuesday, April 25.

Week 3 challenges are as follows: **Nutrition Quiz** will be available all day on Monday, April 24, at the Hospitality Desk. You can stop by at any time to pick one up. Each participant will be able to complete a quiz. One point is awarded for each correct answer and if you get a 100% your name will be entered to win a \$15 Meadowlark Certificate! **Scavenger Hunt** will be held on Tuesday, April 25 from 2 to 4 p.m. We will be meeting at the Village Entrance! Come ready to explore and solve riddles to find all your hidden eggs!

The April 26 Seminar will discuss the importance of flexibility to go along with the Flexibility Tests we did last week! So be sure to join us in the KSU Classroom on Wednesday, at 2 p.m. The group walks will be Wednesday, April 26 at 1 p.m. and Thursday, April 27 at 4 p.m. meeting at the Village Entrance.

Thank you to all the teams for the wonderful and creative works of art in the Incomplete Figure Challenge! (1st Place: Team MVP, 2nd Place: The Biggest Soothers and 3rd Place: I-B-Pro-Fun.)

If you have any questions, contact Jeff Heidbreder at (785) 341-2995 or stop by the Caul Fitness Center.

Grief Support Group

Monday, April 24, at 1:30 p.m.

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will meet on Monday, April 24, from 1:30 to 2:30 p.m. and continue on Monday afternoons through Monday, June 12. Please contact Bridget at 323-3837 or bridget.larkin@meadowlark.org for more information and to RSVP.

Classes Canceled

Tuesday, April 25

Steady Yourself at 10:30 a.m. and Chair Yoga at 11:15 a.m. are canceled on Tuesday, April 25.

Diabetic Support Group Meeting

Wednesday, April 26, at 1:30 p.m.

The Diabetic Support Group Meeting will be held in the West Conference Room on Wednesday, April 26, at 1:30 p.m.

Bridget Larkin, LMSW, Social Services Leader, will be the guest speaker and the topic will be Emotional Well Being and Mindfulness.

Missionary to Speak at Bible Study

Thursday, April 27, at 10 a.m.

A special visitor will be speaking at the Meadowlark Bible Study on Thursday, April 27, at 10 a.m. Paul Barkey and Virginia Koon will be here with Titus Dumitru Field Director for Friends of the Gypsy Roma, . This will be his first visit the U.S. and he will be speaking on the situation of the Roma people there and the exciting news of what is happening in Romania and further into Eastern European countries. Everyone is welcome to come and meet Titus in the Living Room.

Glenda & Mike's Magic Show

Friday, April 28, at 7 p.m.

On Friday, April 28, at 7 p.m. in the Community Room, Meadowlark welcomes back Glenda and Mike Mann! They are a husband and wife team with a unique profession. Combining illusions, ventriloquism and comedy to entertain and inform.

The Mann's have appeared throughout the United States at state fairs, community festivals, school assemblies, libraries, churches and business meetings. Glenda is the magician. She is a member of the International Brotherhood of Magicians, and has studied under some of the greatest magicians including Harry Blackstone Jr. She presents polished magical routines that quickly gain the attention of adults as well as children. Mike, the ventriloquist, humorously converses with different puppets. He not only performs comedy routines, but ad-libs throughout the program. His human ventriloquist routine turns anyone into a puppet. The Mann's programs are for all ages. Come and enjoy this unique and original entertainment!



Memory Matters Symposium earns high marks

By Becky Fitzgerald

A spotlight shined brightly on the Meadowlark Memory Program earlier this month when the program hosted its first Memory Matters Symposium. During a three-hour period on April 5 at Manhattan's Bluemont Hotel, an estimated 175 people, including one couple who traveled from as far as southcentral Kansas, received a wealth of information from two dementia education professionals, had the opportunity to visit with local and regional organizations or businesses that cater to persons affected by the disease and enjoyed a variety of healthy "brain food" catered by Hy-Vee.

Ninety-five percent of those who completed a survey following the event circled "strongly agree" or "agree" in response to seven questions about various aspects of the symposium. Compare this to the .6% who circled "disagree" or "strongly disagree" on questions related only to signage and food.

Dr. Jeffery Burns, from KU's Alzheimer's Research Center, and Natalie Douglas, Ph.D., an assistant professor in speech-language pathology at Central Michigan University, were both engaging during their remarks, using photos, drawings and charts/graphs to illustrate their topics. Several questions from the audience followed both presentations. Burns focused on the causes of Alzheimer's and the latest research and treatment, while Douglas shared positive ways to modify environments to make communication and daily living more person-centered for those with moderate to advanced dementia.

During breaks in programming, attendees were encouraged to sample appetizers and visit

representatives from local and area organizations and businesses. These vendors included the Alzheimer's Association, Barry's Drug, Body First, K-State's Center on Aging, KU Alzheimer's Research Center, Maximum Performance, and Meadowlark, including the Memory Program.

Michelle Haub, our Memory Program Leader, along with the nine-member Memory Leadership Team, noted the positive response the symposium prompted in terms of attendance and feedback regarding the information shared.

"I feel the best way for people to learn is to understand what is happening in the brain, which is exactly what Dr. Burns provided, and then Dr. Douglas taught something practical so you can walk out with new things to incorporate in your daily life," Haub said. "I so greatly appreciate the positive tones that both speakers provided for the audience. Alzheimer's and dementias are very challenging diseases, but it is important for people to know that there is hope for the future in both research and practical, everyday living."

The 2017 Memory Matters Symposium was funded with a grant from the Greater Manhattan Community Foundation, a private donation and the Kansas Speech-Language-Hearing Association. After such a well-received event, the program's Leadership Team would like to offer the symposium annually. The symposium generated, to date, about \$2,200 in donations for the Memory Program, and gifts for the program are gratefully accepted at any time. If you have questions or would like to support the work of the Meadowlark Memory Program, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.

LETTER TO THE MESSENGER

On a Tomboy Gets Dressed for Company

Submitted by Helen Roser

Being a tomboy, I was busy climbing trees in my coveralls when my mother called me to come home. Company was coming. Time to clean up.

My mother said she was going to be a nervous wreck from trying to make a lady out of me. I was a skinny kid with straight red hair and big feet.

My good dresses had a sash from a side seam that tied in a big bow in back. If I hardly moved at all, it came undone and hung down. I also had to wear a big bow clamped in my hair which, without provocation, skidded down my hair and hung off my ear.

But there was one good thing. I got to wear my dressup shoes. They were black patent leather sandals with straps that fastened with silver buckles. They were gorgeous and I wanted to look at them all the time.

I didn't have to curtsy when company came, like my girlfriends did. My mother settled for me sitting like a lady. She whispered: "Sit still and keep quiet." So I did, so nothing would come untied or fall off. But I so wanted to stick my feet out so I could look at my beautiful shoes.

A neat thing about being an adult was wearing beautiful expensive shoes, for as long as aging limbs allowed.

Meadow News

Submitted by Alice Roper

From my window looking north, this is what I see.

Melted marshmallow clouds drift across the blue skies. The distant hills are turning from brown to green.

Trees that have been skeletons are beginning to leaf out, each on their schedule. Cedar trees show their true ragged branches. Not at all like the ones on Christmas cards.

Birds fly by in threes. Is this some kind of mating? Sometimes they dip down for a drink of water from the pond.

I see a small dog walking its owner. People stroll by in twos and threes. Sometimes there is someone alone on the fishing platform. What is he checking?

Everyone is very helpful. The food is excellent. When you need recovery time, Bramlage is the place to be!

UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Hills Got Talent!

Thursday, May 4, at 7 p.m.

It's that time of year again to show your friends and neighbors just how talented you really are at the Meadowlark Hills Talent Show!

Come out for this annual event, hosted by Monte Spiller and a "special" guest. Talented amateurs and skilled performers will gather to compete for the title of Meadowlark Hills' Most Talented. If you have talent, don't be afraid to share it with us! We ask that acts last no longer than five minutes.

You can sign-up to perform in the Blue Book at the Hospitality Desk, or just come see the best talent Meadowlark Hills has to offer. Residents, staff, family members and students are encouraged to sign up by April 29!

The top three winners will receive a prize. The show will begin at 7 p.m. Thursday, May 4, in the Community Room.

Symphony in the Flint Hills

Saturday, June 10th

We have had several people asking about the Symphony in the Flint Hills, so we are getting the word out about it now! We will be taking a group to the 12th anniversary of Symphony in the Flint Hills on Saturday, June 10.

We will travel to the Deer Horn Ranch in Geary County, where they will continue their tradition of stories, art, music and magic under the prairie sky. They also will commemorate the 150th Anniversary of the Chisholm Trail, with special guest, western song artist Michael Martin Murphey.

The package price offered by Meadowlark Hills, including a ticket, reserved seat and transportation, will be \$114. You can register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport members, board members and their friends and families are welcome. Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

Riddle of the Week

What do you have when you have three, you have three of them, and when you have two, you have two of them, but when you have one, you have none?

Answer: choices

PRAIRIE★STAR
RESTAURANT

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

April 23 - April 29

Includes beverage, starter and dessert.

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

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| SUNDAY | April 23 ~ \$12 | Dinner \$10 |
| | Pot Roast with Carrots, Onions and Celery Mashed Potatoes Vegetable of the Day | Ham and Beans Cornbread Vegetable of the Day |
| MONDAY | April 24 ~ Lunch \$10 | Dinner \$12 |
| | B.B.Q. Boneless Chicken Thighs Roasted Red Potatoes Vegetable of the Day | Roasted Pork Loin with Natural Sauce Scalloped Potatoes Vegetable of the Day |
| TUESDAY | April 25 ~ Lunch \$8 | Dinner \$12 |
| | Fajita Bar (does not include drink, starter or dessert) | Chicken Tetrazzini Garlic Toast Vegetable of the Day |
| WED. | April 26 ~ Lunch \$10 | Dinner \$11 |
| | Philly Steak Sandwich Sweet Potato Fries Cole Slaw | Shepherd's Pie Vegetable of the Day |
| THURS. | April 27 ~ Lunch \$7 | Dinner \$14 |
| | Hamburger and Hot Dog Bar (does not include drink, starter or dessert) | Shrimp Scampi Baked Potato Vegetable of the Day |
| FRIDAY | April 28 ~ Lunch \$10 | Dinner \$11 |
| | B.L.A.T. French Fries Choice of Vegetables | Polish Sausage German Potato Salad Vegetable of the Day |
| SAT. | April 29 ~ Lunch \$10 | Dinner \$14 |
| | Chicken Salad Melt Choice of Vegetables | Baked Orange Roughy Stuffed with Shrimp and Crab Lemon Couscous Vegetable of the Day |

*You may substitute an extra vegetable for the starch

Grosh Cinema Movies

Sunday, April 23 - Saturday, April 29

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

2 and 6 p.m., Sunday

Sunday, April 23 – The BFG (2016)

A little orphan meets up with a kind giant who's supposed to eat her but instead protects her from some truly horrible giants who terrorize them both.

Co-Starring: Mark Rylance, Ruby Barnhill & Penelope Wilton

Rated PG; 1 hr. 57 min.

Monday, April 24 – In Like Flint (1967)

Suave Derek Flint comes to the rescue when a group of female tycoons concoct a way to brainwash women and replace the president with a clone.

Co-Starring: James Coburn, Lee J. Cobb & Jean Hale

Not Rated; 1 hr. 54 min.

Tuesday, April 25 – Meet The Fockers (2004)

In this sequel to Meet the Parents, newly engaged Greg and Pam join Pam's straitlaced family on an RV trip down to Miami to meet Greg's eccentric parents.

Co-Starring: Robert De Niro, Ben Stiller & Dustin Hoffman

Rated PG-13; 1 hr. 55 min.

Wednesday, April 26 – Always (1989)

A firefighting pilot who dies and becomes a guardian angel to new pilot Ted Baker has trouble dealing with Ted's feelings for the girl he left behind.

Co-Starring: Richard Dreyfuss, Holly Hunter & Brad Johnson

Rated PG; 2 hrs. 2 min.

Thursday, April 27 – The Man with One Red Shoe (1985)

Two factions of the CIA trail Richard, a classical violinist who's picked out of a crowd and accused of being a spy because he wears one red shoe.

Co-Starring: Tom Hanks, Dabney Coleman & Lori Singer

Rated PG; 1 hr. 32 min.

Friday, April 28 – Something's Gotta Give (2003)

Still sexy at 60, Harry Sanborn wines and dines women half his age. But a getaway with his girlfriend goes awry when her mother drops in unannounced.

Co-Starring: Jack Nicholson, Diane Keaton & Keanu Reeves

Rated PG-13; 2 hrs. 8 min.

Saturday, April 29 – License To Drive (1988)

After failing his driver's exam, a teen steals his grandfather's prized, baby-blue Cadillac and goes on the wildest ride of his life.

Co-Starring: Corey Haim, Corey Feldman & Carol Kane

Rated PG-13; 1 hr. 29 min.

This Week's Opportunities April 23 - April 29

SUNDAY • APRIL 23

Breakfast at Verna Belle's—Omelets 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, Rev John Parsley and Message in Song from the First Baptist Church, CR

MONDAY • APRIL 24

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:00 a.m. ~ Wellness Olympiad Nutrition Quiz Available, HD
9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
1:30 p.m. ~ Grief Support Group, CON
2:15 p.m. ~ Parkinson's Voice Class, KSU CL
3:00 p.m. ~ MLH Singers Practice, CR
5:30 p.m. ~ Eastside Supper, MR
7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 25

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

11:30 a.m. ~ AAUW Serendipity Luncheon, CON
12:00 p.m. ~ Seven Dolors Book Discussion, LR
2:00 p.m. ~ Wellness Olympiad Scavenger Hunt, VE
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 3rd Floor Supper, CR

WEDNESDAY • APRIL 26

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

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
10:00 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. ~ Wellness Olympiad Group Walk, VE
1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
1:30 p.m. ~ Diabetic Support Group, CON
2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Rock Steady Boxing, KSU CL
3:00 p.m. ~ Unitarian Universalist Fellowship, MR
4:00 p.m. ~ Lutheran Video Worship Service, LR
5:30 p.m. ~ 1st Floor Supper, MR
6:30 p.m. ~ Osher Class: Military Blunders, CR

THURSDAY • APRIL 27

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, LR
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Pig Out for Parkinson's, Cox Bros. BBQ
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ Gerontology Class, CR
4:00 p.m. ~ Wellness Olympiad Group Walk, VE
4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

FRIDAY • APRIL 28

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
12:00 p.m. ~ Parkinson's Partners Luncheon, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
7:00 p.m. ~ Resident Program: KSU Voice Students, CR

SATURDAY • APRIL 29

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Rock Steady Boxing, CSC
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 |
| HD, Hospitality Desk | |



April 23 to April 29

Red Appletini
2 oz. Crown Royal
2 oz. Sour Apple
2 oz. Cranberry Juice
\$3.75

*Meadowlark News Channel can be viewed on Channel 1960