

Lookin' pretty, Pizazz! **Pizazz Salon gets a makeover** *by Sarah Duggan*



The Pizazz Salon renovation was completed as the month of July came to an end. The finished project features new paint, flooring, an additional styling station, two tilt sinks designed to accommodate older clients, two custom-built cabinets and new décor.

Shannon and Kathy, stylists in Pizazz Salon at Meadowlark, accept appointments Monday and Wednesday through Friday each week from 9 a.m. to 5 p.m. To make an appointment, please call (785) 537-6189 or stop by the Salon during business hours.

Let's run, walk & eat BBQ

Ninth annual Speedy PD Race for Parkinson's Disease, 8/26

by Michelle Haub, Parkinson's Program Leader

Individuals of all ages and abilities are invited to participate in the ninth annual Speedy PD Race for Parkinson's Disease (complete with BBQ at the finish line!) 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.

Participants, families and friends

are also invited to participate in the Past Party from 4:30 to 6:30 p.m. Friday, Aug. 25, at the Holiday Inn Campus. The cost for the meal is \$12 per person and \$6 for children ages 10 and under. The key note speaker will begin at 6:30 p.m. This year the program is pleased to welcome Lauren Paglisotti, Community Engagement Officer with the Michael J. Fox Foundation for Parkinson's Research.

For more information, please call (785) 323-3899. Tickets for the Pasta Party can be purchased online at www.runspeedypd.org.

Café Project update

Verna Belle's Café renovation began this week with the removal of furniture and equipment from the current space. Starting Monday, Aug. 21, the courtyard will be closed and will remain unavailable through the duration of the café project.

The breezeway between Independent Living and Assisted Living will see increased traffic during this time as construction materials and vehicles will use this path to enter the courtyard. Please be aware of your surroundings when utilizing the breezeway during this time.

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!

Vespers Services

Sunday, Aug. 20, 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. 20, in the Community Room. All are welcome to attend.

Total Eclipse, excursion update

Monday, Aug. 21, depart at 9:15 a.m.

We are days away from the Aug. 21 Solar Eclipse! If you are one of the 66 people traveling from Meadowlark to Marysville to view the eclipse, please meet at the Village Entrance Monday at 9 a.m. in preparation for a 9:15 a.m. departure. If you need to cancel your reservations, please let Sarah Duggan know as there is currently a waiting list. Sarah can be reached at (785) 323-3878.

For those not viewing the eclipse outside, live video streams from locations across the country will be available at www.nasa.gov/eclipselive.

Carbon Monoxide detector testing

Tuesday, Aug. 22, & Wednesday, Aug. 23, at 9 a.m.

Testing for the newly installed carbon monoxide detectors will occur Tuesday, Aug. 22, and Wednesday, Aug. 23, starting at 9 a.m. both days. This will affect first and second floor apartments, Miller Place, Tinklin Pointe and all of the healthcare households. Each detector will be put into a momentary alarm. Maintenance will need to access each apartment where detectors were recently installed to complete the testing. A Meadowlark maintenance team member will escort the alarm company representative. Please contact Mike Davis at 323-3851 with questions.

Memory Activities Class: Artful Memories

Wednesday, Aug. 23, at 10 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marinana Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, Aug. 23, in the KSU Classroom.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

Lutheran Video Worship Series

Wednesday, Aug. 23, 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.

The Lovehandles

Friday, Aug. 23, at 7 p.m.

Meadowlark is pleased to welcome the *Lovehandles* to the Community Room at 7 p.m. Friday, Aug. 25. The *Lovehandles* are a harmony-based acoustic group made up of Joan Nelson, Sally Schafer and Mary Louise Stahl. Their musical choices include bluegrass, country, folk and anything else that strikes their fancy. Don't miss this family-friendly production that most will definitely enjoy!

Zipline Party

Friday, Sept. 1, at 9 a.m.

Would you like to end the summer with a bang? Join the KSU Center on Aging for an intergenerational Zipline Party at 9 a.m. Sept. 1. The zipline is local and safe for all ages.

The group plans to complete four ziplines, which will take approximately an hour and a half. Normally the cost of this package is \$45, but thanks to a donation by Joyce Jenkins, friend of the Center, the first four Meadowlark residents to sign up will only pay \$20 each. The deadline to sign up is Friday, Aug. 18. Call Sally Hodges of Pam Evans at 532-5945 or send an e-mail to sjhodges@ksu.edu to sign up. For info, visit www.wildwoodoutdooradventurepark.com.

Trip to Royals Game

Thursday, Sept. 7, depart at 1 p.m.

Registration for the trip to watch the KC Royals is open. Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. The cost for the trip is \$35 per person, which includes one admission ticket, transportation and a tailgate supper. The group will depart from Meadowlark for the game Thursday, Sept. 7, at 1 p.m. and are expected to return to Manhattan around midnight.

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.

From the Readers

On the Tomboy Masters Sewing

by Helen Roser

Our neighborhood gang was all boys, except me. I was a girl. We had started playing Kidnap and I didn't want to be the victim or a crook. I wanted to be a G-man, but it was decided I could be a G-girl. Just as we were going good, I was called home for a lesson. My mother was trying to teach me how to be a lady when I grew up.

My big sister had come over to teach me how to sew. She brought a box of assorted pieces of fabric, a box of different colors of thread and scissors. She threaded a needle and, with little bitty stitches of thread that matched the fabric, she stitched them together. That, she told me, was how to sew. She brought out a doll I never played with and told me to sew a dress for the doll. Then she left to talk to our mother.

Well, right off, I could think of two ways I could finish the sewing faster so I could get back out to be a G-girl. For one thing, if I used thread a different color than the fabric, I could see where I was easier. And second, if I took big stitches, I could get across the fabric faster.

I picked out black velvet from the box. It looked about right for a dress that dragged on the floor in back, like I had seen in my sister's fashion magazine. So I sewed a dress. The back look more like a tail but nothing was falling off because I had hitched it together with white thread. When my mother saw it, she told me I could go out to play.

Response to Charlottesville

by Nathan Bolls

The racial violence that occurred this past Saturday in Charlottesville, VA, reminded us of old challenges—and presented new opportunities. The immediate task for all of us reminded me of my beloved late father-in-law, Don Q. Lamb, of Manhattan, KS. He would call or send a note when someone befriended him or if he heard of some truly humane act by another in this area. His motto was, "How will they know if I don't tell them?"

Many of you have friends who grew up in a different cultural stream, or who live an orientation different from that of the so-called "typical" white Christian American, or who know personally the difficulties imposed by society on those growing up female, or on those who struggle with mental or physical disabilities. All of them have known oppression in this "land of opportunity." During these days these friends must be reminded—with words, warmth, and arms—of the love and respect we have for each of them.

Democracy is a system of individual action. Unfortunately, most of us have forgotten this. Each of us of the overwhelming majority who **do not** stand for the White Supremacist doctrine must make our beliefs known, must not let a vocal and violent minority speak for America.

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	Aug. 20 ~ Lunch \$12	Dinner \$11
	Baked Cornflake Ranch Chicken Scalloped Potatoes Vegetable du Jour	White Lasagna Garlic Toast Vegetable du Jour
MONDAY	Aug. 21 ~ Lunch \$7	Dinner \$13
	Shepherd's Pie Choice of Vegetable <i>No starter or dessert included.</i>	Herb-Crusted Pork Tenderloin with Red Wine Vinaigrette Rice Pilaf Vegetable du Jour
TUESDAY	Aug. 22 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Braised Short Ribs Green Chile Mashed Potatoes Vegetable du Jour
WED.	Aug. 23 ~ Lunch \$7	Dinner \$12
	Meatball Hoagie French Fries Choice of Vegetable <i>No starter or dessert included.</i>	Braised Chicken Thighs in Andouille Gravy Red Beans & Rice Vegetable du Jour
THURS.	Aug. 24 ~ Lunch \$7	Dinner \$14
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	BBQ Shrimp Corn Pudding Roasted Red Potatoes
FRIDAY	Aug. 25 ~ Lunch \$7	Dinner \$12
	Fried Catfish with Tartar Sauce Coleslaw Tater Tots <i>No starter or dessert included.</i>	Roast Turkey with Sausage Sage Dressing Gravy Mashed Potatoes Vegetable du Jour
SAT.	Aug. 26 ~ Lunch \$10	Dinner \$14
	BLAT Sandwich French Fries Choice of Vegetable	Trout Almondine Baked Potato Vegetable du Jour

DRINK SPECIAL | Margarita
2 oz. Jose Cuervo Tequila & 4 oz. Margarita Mix
\$3.75

Grosh Cinema Movies

Sunday, August 20 to Saturday, August 26

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

2 and 6 p.m., Sunday

Sunday, Aug. 20 – Everyone's Hero (2006)

This animated fable follows a young ballplayer as he journeys a thousand miles to help Babe Ruth and the Bronx Bombers win the World Series.

Co-Starring: William H. Macy, Rob Reiner & Whoopi Goldberg

Rated G; 1 hr. 27 min.

Monday, Aug. 21 – Rumor Has It (2005)

When Sarah travels to California for her sister's wedding, she hears a rumor that her family was the real-life inspiration for "The Graduate."

Co-Starring: Jennifer Aniston, Kevin Costner & Shirley MacLaine

Rated PG-13; 1 hr. 36 min.

Tuesday, Aug. 22 – Baby Take A Bow (1934)

In her first starring role, curly-topped moppet Shirley Temple plays an ex-con's daughter who sets out to clear her daddy's name in this touching tale.

Co-Starring: Shirley Temple, James Dunn & Claire Trevor

Rated PG; 1 hr. 16 min.

Wednesday, Aug. 23 – Innerspace (1987)

A pilot is miniaturized for a top-secret exploratory journey inside a lab rabbit—but is instead injected into the body of a nebbish store clerk.

Co-Starring: Dennis Quaid, Martin Short & Meg Ryan

Rated PG; 1 hr. 59 min.

Thursday, Aug. 24 – A Sort of Homecoming (2015)

Ace news producer Amy is called back to her Louisiana hometown where memories of what use to be—and what might have been—come flooding back.

Co-Starring: Laura Marano, Parker Mack & Katherine McNamara

Rated PG; 1 hr. 28 min.

Friday, Aug. 25 – The Pick-Up Artist (1987)

Carefree lady-killer Jack Jericho seduces women by the dozen. But the tables abruptly turn when he meets beautiful museum guide Randy Jensen.

Co-Starring: Robert Downey Jr., Molly Ringwald & Dennis Hopper

Rated PG-13; 1 hr. 21 min.

Saturday, Aug. 26 – Coffee Shop (2014)

A small-town coffee shop owner with romantic and financial woes can't get a grip on her problems—until realizing she can't go it alone.

Co-Starring: Laura Vandervoort, Cory M. Grant & Rachel Hendrix

Rated PG; 1 hr. 28 min.

Weekly Opportunities Calendar August 20 to August 26

Sunday • August 20

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 Michael Ide from the Peace Lutheran Church, CR

Monday • August 21

Breakfast at Prairie Star—Biscuits & Sausage Gravy

7:30 a.m. ~ 1st Pres. Men's Bible Study, LR

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

1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:30 p.m. ~ Ladies Pool Table Time, BP

3:00 p.m. ~ MLH Singers Practice, CR

5:30 p.m. ~ 5th Floor Supper, MR

7:00 p.m. ~ Community Bingo, CR

Tuesday • August 22

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. ~ Seven Dolors Book Discussion, LR

3:00 p.m. ~ Coffee Corner, CR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • August 23

Breakfast at Prairie Star—Breakfast Burrito with Fruit

9:00 a.m. ~ Speedy PD Training Walk, VE

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. ~ Diabetic Support Group, KSU CL

1:30 p.m. ~ Collins Worship Service, CH

3:00 p.m. ~ Call Hall Ice Cream, KR

3:00 p.m. ~ Rock Steady Boxing, KSU CL & CSC

4:00 p.m. ~ Lutheran Video Worship Service, LR

5:30 p.m. ~ 1st Floor Supper, LR

Thursday • August 24

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

Friday • August 25

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

1:15 p.m. ~ Parkinson's Exercise Class, CR

1:15 p.m. ~ Parkinson's Care Partner Support Grp, LR

4:30 p.m. ~ Speedy PD Pasta Party, Holiday Inn

7:00 p.m. ~ Music with the Lovehandles, CR

Saturday • August 26

Breakfast at Prairie Star—Pastries with Fruit

8:00 a.m. ~ Speedy PD Race for Parkinson's, Tuttle Creek State Park

9:00 a.m. ~ Rock Steady Boxing, CSC

9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BP, Billiards Parlor

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

HD, Hospitality Desk

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960

SAVE THE DATE

Meadowlark Auction

Saturday, Sept. 23

St. Thomas More Church

More details to come!