

Empowered LIVE!

An Evening to Celebrate Living Well with Parkinson's Disease



Lou Eisenbrandt, author, Veteran, & Parkinson's disease advocate

by Michelle Haub, Special Programs Leader

Wellness ... it can be all about perspective, attitude, and functional living. On Friday, Aug. 25, the community can spend the evening with people living with Parkinson's, whether diagnosed, care partners, and/or friends at Holiday Inn at the Campus. The evening showcases people with Parkinson's, VIPds (Very Important People with Parkinson's disease), giving those who wish to display their artistic sides a great venue. Some talents include painting, needlework, model trains, carpentry, and gardening. Often when one is diagnosed with a degenerative disease, the thought is "This is as good as I will ever be," but this is not always the reality for people with Pd and Meadowlark Parkinson's Program works hard to empower people to celebrate life and stay engaged. People attending this event will also be able to visit a few companies that provide treatments or specialized therapies for Pd.

A celebration wouldn't be complete without great food and entertainment. Guests may purchase a meal ticket for \$20, which will include sweet and savory foods. Purchase your ticket by contacting Michelle or

Katie at (785) 323-3899. You do not have to eat to attend the event. You may visit the artists and vendors, and listen to the speaker without a ticket. Lou Eisenbrandt will speak about her experience of living with Pd and being an advocate for others. She was a nurse in Vietnam and was later diagnosed with Pd secondary to her exposure to Agent Orange. She will share her journey and help people with Pd and family members understand the benefits of staying active and engaged. Lou is also a published author of two books, one about her Vietnam experience and the other about living with Pd. These books will be available for purchase at Empowered LIVE!

Empowered LIVE! is sponsored by Vanderbilt's and is a wonderful way to kick off the weekend and we look forward to seeing you there. It is advised that you purchase your tickets prior to Aug. 25, but tickets may still be available that evening. Join us Friday, Aug. 25, from 5 to 6:30 p.m. for conversation, visiting with the VIPd artists, and the vendors. Lou presents from 6:30 to 7:30 p.m. If you would like to have transportation to and from Meadowlark, please sign up in the Blue Book at the Hospitality desk.

EVENTS & OPPORTUNITIES

Coloring Contest

Meadowlark is having a coloring contest! Staff, residents, and their children and grandchildren are invited to enter the contest. One entry is allowed per contestant. Prizes will be awarded to the top three winners in each kid's category, and the top entry for the staff and resident category.

The winner's artwork will be displayed on Meadowlark's Facebook page, in the Meadowlark Messenger, and Meadowlark's Employee Newsletter during the month of September.

Deadline to enter is Aug. 31, 2023. Submit completed sheets to the Hospitality Desk, or the Engagement Office, across from the Lounge. Limit one entry per contestant.

Blank coloring sheets can be picked up in the Engagement Office or at the Hospitality desk. Packets are also available via the links below.

Kid's Contest categories include: 3 to 5 years; 6 to 8 years; and 9 to 10 years. Prizes will be awarded for first, second, and third place in each category for the Kid's Contest. Cash prizes will be \$30 for first, \$20 for second, and \$10 for third. The top entry for the Staff Category and the Resident Category will win a \$30 Cash Prize. Contact Jana Armfield with questions at jarmfield@meadowlark.org.

Memorial Reception for Bill Anders

Friday, Aug. 11, at 3 p.m.

You're invited to attend a come-and-go memorial reception to celebrate the life of Bill Anders at 3 p.m. Friday, Aug. 11, in the Bison Room. Refreshments will be provided. A memorial service will precede the reception at 1 p.m. Friday, Aug. 11, at First United Methodist Church.

Soul + Rock & Roll with Chappie

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

You're invited to enjoy musical entertainment with Chappie at 7 p.m. Friday, Aug. 11, in the Event Center! He will play soul and rock-and-roll music. All are invited to attend!

Worship Service

Sunday, Aug. 13, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Aug. 13, in the Community Room/

Chapel. This week's sermon is titled, "3 John." All are welcome to attend.

Speedy Pd Training Walks

Tuesday, Aug. 15, & Thursday, Aug. 17, at 9:30 a.m.

Everyone is invited to participate in the twice-weekly training walks as we prepare for the Half-Mile or 5k courses at this year's Speedy Pd Race for Parkinson's Disease. Training walks will meet Tuesdays and Thursdays at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors.

Hable Espanol

Monday, Aug. 14, at 4 p.m.

Hable Espanol Group will meet Lunes el catorce de Agosot (Monday, Aug. 14) as las cuatro en las tardes (at 4 p.m.).

El grupo quiere leer el Libro de Juan Rulfo, su titulo "Pedro P'aramo." Vamos a leer el libro en la clase.

Assignment for the August meeting is to read the introduction. Look forward to seeing you in August.

Mindful Memories

Monday, Aug. 14, at 10:30 a.m.

Meadowlark Memory Program provides a monthly opportunity at Manhattan Senior Center to those affected by dementia. Mindful Memories is a session for individuals experiencing memory and cognitive challenges to reminisce, share stories, and participate in a variety of activities to encourage engagement and socialization.

This monthly session occurs at the same time as the Dementia Caregivers Support Group to allow both the individual with dementia and the caregiver to experience support in safe environments. The next session will meet at 10:30 a.m. Monday, Aug. 14, at Manhattan Senior Center.

Prairie Star Writers Group

Tuesday, Aug. 15, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, Aug. 15, in the Patriot Room.

The Aug. 15 session is titled "Yep! This is the Life for Me!" What would be the perfect home, job, and

EVENTS & OPPORTUNITIES

life? When you were young and you had the energy to look ahead, what did you envision your future would hold? Join us to share your memories and daydreams. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

FUMC Communion

Wednesday, Aug. 16, at 9 a.m.

Join pastoral leaders from First United Methodist Church at 9 a.m. Wednesday, Aug. 16, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Artist Discussion with the Beach

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

Join Kim Richards from Beach Museum of Art for the monthly Artist Discussion at 4 p.m. Wednesday, Aug. 16, in the Bison Room. This month the conversation is titled, "Peggy Bacon: An Artist with Wit." Bacon was a painter, illustrator, writer, and printmaker. Her cleverness was present in her book illustrations, caricatures, and magazine contributions.

Technology Drop In

Thursday, Aug. 17, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of a one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Game Room. Registration is not required to attend.

Card Making with Michelle Lehmer

Thursday, Aug. 17, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Aug. 17, at 2:30 p.m. in the Flint Hills Room.

Pastor Melanie's Bible Bonkers

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

Whether you're a fan of the Bible, good ol' fashioned trivia competitions, or looking for a Friday night activity - join Pastor Melanie for "Bible Bonkers" at 7 p.m. Friday, Aug. 18, in the Event Center. Each table will form a Bible Trivia

Team and compete for the title of "Bible Bonkers Champions." Worried about your Bible smarts? Fear not - there will be some pop culture questions intermixed. You won't want to miss this fun evening!

Shopping at Hobby Lobby & Dollar Tree

Saturday, Aug. 19, at 10:30 a.m.

The next scheduled trip is Saturday, Aug. 19, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Sept. 16. Please sign up in the Blue Book to participate in these opportunities.

You & Lou: Let's Talk Veterans & Parkinson's Disease

Thursday, Aug. 24, at 6 p.m.

Meadowlark Parkinson's Program's Empowered LIVE! speaker, Lou Eisenbrandt, will be available for an informal opportunity to talk with guests about navigating life as a Veteran and a person with Parkinson's. Join her and hosts, Jan and David Vanderbilt, in the Bison Room on Thursday, Aug. 24, at 6 p.m. for light appetizers and conversation. No reservations required.

Vinyl Night

Friday, Aug. 25, at 6:45 p.m.

You're invited to Vinyl Night at 6:45 p.m. Friday, Aug. 25, in the Event Center! Your host will be Meadowlark bartender, Domingo! He will take requests or you can bring a record to share. Feel free to get up and dance or sit back as the record spins! The bar will be open for cocktails and mocktails as we take a trip down memory lane with some great vinyl records.

Speedy Pd Race for Parkinson's Disease

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

The 15th Annual Speedy Pd Race for Parkinson's disease, presented by Community First National Bank, begins at 8 a.m. Saturday, Aug. 26, at Tuttle Creek State Park.

One does not need to be a fast walker/runner to

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participate in this event! Part of the beauty of Speedy Pd is the encouragement one feels while participating. We have the best volunteers to cheer for you. This is the third year for the Half-Mile event to be a memorial walk/run, which pays tribute to those who have passed away. Family and friends of those who have lost a loved one with Parkinson's will be able to have a sign posted alongside the road where this walk occurs. Please contact Michelle or Katie for more information about these memorial signs.

Like the Half-Mile walk/run, the 5K and 10K courses are flat and on paved roads. Participants will enjoy a festive atmosphere, support along the way, and an awesome post-race celebration with massages by Body First, and nurturing food/beverages from Smoothie King, The DoughBro, ET Sweets, chocolate milk, Pepsi products, Budweiser beer, and much more!

To help continue these services and add new opportunities and resources, one may make a generous donation to Meadowlark Foundation and note Parkinson's Program in the memo line. Register for the Speedy Pd Half-Mile, 5K, or 10K by going to 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 box at the Hospitality Desk or to Body First Wellness Center. The Half-Mile

Memorial Walk/Run starts at 8 a.m., and the 5K/10K races will start shortly after. Each registered participant receives a Speedy Pd t-shirt (guaranteed until 8/11/23), a finisher's medal, and wonderful post-race food, drink, and massages provided by our sponsors. If you have any questions about the event, please contact Michelle at (785) 323-3899 or e-mail mhaub@meadowlark.org.

College Avenue UMC Fellowship

Monday, Aug. 28, at 12 p.m.

College Avenue United Methodist Church friends will join for fellowship lunch and communion with Rev. John Collins on the last Monday of each month beginning Monday, Aug. 28, at 12 p.m. in the Manhattan Room. All are welcome.

Walk to End Alzheimer's

Saturday, Sept. 30, at 9 a.m.

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association advance research toward methods of prevention,

treatment, and ultimately, a cure.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Sept. 30, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at 10 a.m. and the Walk will begin around 10:15 a.m. The Walk route is one mile long.



Reader Submissions



[left] Members of the Meadowlark Outdoors Committee welcomed Charley Wallace from Wallace Fish Farm located in Allen, Kan., on Saturday, Aug. 4. Charley released 25 largemouth bass and 25 channel catfish into Bayer Pond on Meadowlark's campus.

The fish were ordered by resident and committee member, Noel Stanton, as a result of his research on the ways top predator fish, such as bass, can help return small ponds to a balanced ecosystem. The campus pond presently has an over-population of golden shiner minnows and grass carp resulting in, among other things, increased algae growth.

It is hoped that largemouth bass will feed on the minnows and infant grass carp thus helping to restore balance to the fish population of the pond. The expected benefits will include less algae, clearer water, and the increased recreation aspect of catch-and-release fishing for residents and staff.



[above] Members of Lafayette Masonic Lodge in downtown Manhattan came to honor Brother Jim Sharp for his 70 years of dedicated service to Kansas Masonry on Sunday, July 30! Seven visitors presented him with a lapel pin and certificate celebrating the anniversary, including

the lodge Worshipful Master and District Deputy Grand Master. Many members stayed for lunch with Jim at Prairie Star Restaurant to share stories and enjoy each other's fellowship, a great demonstration of Freemasonry's Brotherhood of Man.

Recycling at Meadowlark

Reduce, reuse, recycle! Three recycling dumpsters are stationed around campus—one commingled and one cardboard only are located by the loading dock (across from the Physician's Office) and one is located in the Miller Place's northeast parking lot. All dumpsters are picked up by Howie's Trash Service on Tuesdays.

There are also recycling containers located behind the west tower elevators on the first floor of the main building. These are emptied into the large dumpster on a daily basis by maintenance staff.

Residents living in the duplexes and cottages have the options of utilizing curbside recycling for a monthly fee, which is picked up the first and third Mondays—the same day as trash pick-up.

No sorting is necessary in commingled dumpsters. However, glass can not be recycled in commingled dumpsters or containers. Glass can be taken to Howie's Recycling Center at 625 S. 10th Street.

All boxes should be broken down and flattened before being recycled. Cans and food boxes should be emptied and washed out if needed. Recycled items must be loose in container, not placed in bags.

Acceptable commingled materials: newspaper (no rain bags), catalogs, telephone books, junk mail, manila folders, advertising inserts, office paper magazines, brochures, corrugated cardboard, chipboard (cereal, shoe, cracker boxes etc.), paperback books, cardboard egg cartons & pizza boxes (no food), shredded paper (in paper bags), #1 & #2 plastic containers, and aluminum and tin cans,

Items that cannot be recycled include the following— styrofoam, glass, plastic bags, gift wrap, blueprints, hanging file folders, paper cups, paper plates, tissue paper, paper towels, photos, pet food bags, fertilizer bags, charcoal bags, kitty litter bags, batteries, ceramics, light bulbs. When in doubt, throw it out!

EMPLOYEE OF THE MONTH



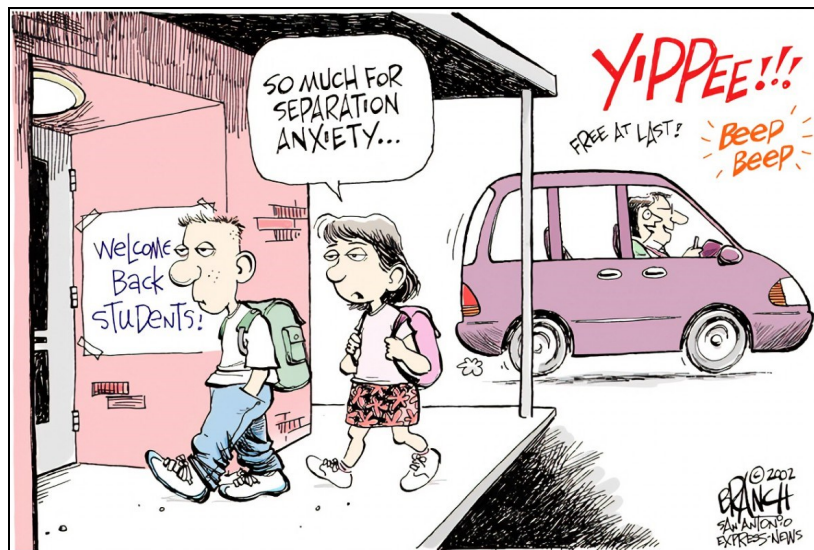
Congratulations to August's Employee of the Month, Chelsey Wood, a CNA on the Shared Team! Chelsey is wonderful—she has caring heart and goes above and beyond to help out any house she works in at Meadowlark.

She truly is one of a kind! We are so happy to have Chelsey as a part of the Meadowlark team!



Meadowlark Foundation is pleased to announce that Meritrust Credit Union, a longtime supporter of Meadowlark's outreach programming, now has joined our efforts to recognize the valuable contributions of our team members. Beginning this month, Meritrust is sponsoring our Employee of the Month recognition, previously known as Leader of the Pack. Monthly winners of this recognition receive a reserved parking space and will be highlighted on Meadowlark's Facebook and Instagram page.

Meritrust Credit Union in Manhattan, located at 104 McCall RD, is a full-service financial institution, offering products and tools to meet your every need: checking and savings accounts, competitive auto and home loans, high-interest deposit products, holiday and vacation savings clubs, and 24/7 access to your money through its online banking and mobile app. The friendly team at Meritrust is ready and willing to assist you. To learn more, visit www.meritrustcu.org or call (785) 320-7222. You can also use the QR code attached to use as a direct link to their website.



Art Engagement *from the* Beach Museum of Art

Regular rhythm in art is created by repeating the same objects in a simple, evenly spaced manner. This visual rhythm will move your eye through the composition. However, the artist wants to balance the repetition with items of interest to avoid boredom. How many areas of repetition do you observe in this print? Where does the artist break up the rhythm with non-repetitive items? Do you notice a change in visual movement once your eye locates the items of interest?



Bernard Joseph Steffen (United States, 1907 - 1980), *Bucks County*, ca. 1935, Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, gift of John, Susan, and Johnny Watt, in memory of Sarah Katherine Watt, 2022.2

Work That Brain!

Level: Easy

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Solution from 8/3.

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| 1 | 5 | 7 | 6 | 4 | 2 | 9 | 3 | 8 |
| 2 | 6 | 9 | 3 | 1 | 8 | 4 | 5 | 7 |
| 3 | 4 | 6 | 7 | 2 | 9 | 8 | 1 | 5 |
| 7 | 2 | 5 | 1 | 8 | 6 | 3 | 4 | 9 |
| 8 | 9 | 1 | 5 | 3 | 4 | 7 | 2 | 6 |

RESTAURANT **SPECIALS**

| | | |
|--------------------------------------|---|---|
| <p>Sunday, Aug. 13</p> | <p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p> | <p>Dinner \$14 Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots</p> |
| <p>Monday, Aug. 14</p> | <p>\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad</p> | <p>\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas</p> |
| <p>Tuesday, Aug. 15</p> | <p>\$11 Lunch Shrimp Po' Boy French Fries</p> | <p>\$13 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Green Beans</p> |
| <p>Wednesday, Aug. 16</p> | <p>\$10 Lunch Everything Bagel Sandwich <i>with Ham, Turkey, & Swiss Cheese</i> Potato Salad</p> | <p>\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans</p> |
| <p>Thursday, Aug. 17</p> | <p>\$11 Lunch Southwest Chicken Salad <i>Mixed Greens, Chicken, Black Beans, Corn, Tomatoes, Red Onions, Cheddar Cheese, Tortilla Strips, & Southwest Dressing</i></p> | <p>\$16 Dinner Turkey Mashed Potatoes & Gravy Dressing Green Beans</p> |
| <p>Friday, Aug. 18</p> | <p>\$11 Lunch Mac & Cheese Bar</p> | <p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p> |
| <p>Saturday, Aug. 19</p> | <p>\$13 Lunch Fish & Chips Coleslaw</p> | <p>\$15 Dinner Honey-Glazed Ham Mashed Sweet Potatoes Brussel Sprouts</p> |

Weekly Opportunities Calendar Aug. 13 to Aug. 19

Sunday • Aug. 13 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Aug. 14 *Trash pick-up*
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:30 a.m. ~ Mindful Memories, MSC
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 11:30 a.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 4:00 p.m. ~ Hable Espanol, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 15
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Fit 2 Fight Pd, MSC
 2:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Watermelon Feed, CY
 5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • Aug. 16
 9:00 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 12:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Sing-a-Long, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR
 4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday • Aug. 17
 9:00 a.m. ~ Messenger Team, KSU CL
 9:00 a.m. ~ Technology Help Drop-In, GR
 9:30 a.m. ~ Speedy Pd Training Walk, GR
 10:30 a.m. ~ Steady Yourself, CR *or 1960*
 11:15 a.m. ~ Chair Yoga, CR *or 1960*
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • Aug. 17
 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Aug. 18
 7:00 a.m. ~ Rock Steady Boxing, BF
 9:30 a.m. ~ Seated Strength, CR *or 1960*
 10:30 a.m. ~ Weights 101, CR *or 1960*
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Pastor Melanie's Bible Bonkers, EC

Saturday • Aug. 19
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
 10:30 a.m. ~ Saturday Shopping Trip, VE

Room Abbreviations

| | |
|-----------------------|-----------------------------|
| 1960, TV Channel 1960 | GR, Game Room |
| BF, Body First | KSU CL, KSU Classroom |
| BR, Bison Room | MR, Manhattan Room |
| CR, Community Room | PR, Patriot Room |
| CY, Courtyard | PS, Prairie Star Restaurant |
| EC, Event Center | MSC, Manhattan Sr. Center |
| FHR, Flint Hills Room | VBC, Verna Belle's Cafe |
| GC, Grosh Cinema | VE, Village Entrance |

Gifts to Meadowlark Foundation

Gifts benefiting Collins House, Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of July.

Memory of

| | |
|-----------------------|--------------|
| Betty Marie Banks | June Myers |
| Jo Anne Call | Mary Remus |
| Verlee Darlene Fronce | John Roberts |
| Nancy Harts | Jack Vanier |

Honor of

| | |
|--------------|----------------|
| David Butler | John Henderson |
| Judy Closson | David Huebner |
| Don Rickley | |

Speedy Pd Teams

| | |
|--------------|----------------|
| Meadowlark | Team Rasmussen |
| Straub Squad | VIPd |

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.
SUNDAY 2:00 P.M. / 6:00 P.M.

SEASONAL SUNDAY: Aug. 13

NOW AND THEN (1995) PG-13, 1 hr. 42 min. *Feel-Good, Sentimental, Heartfelt*

Cast: Christina Ricci, Rosie O'Donnell, & Thora Birch

Four childhood friends—Teeny, Chrissy, Samantha, and Roberta—recall the magical summer of 1970. During their walk down memory lane, they reconcile experiences with boys, secrets, bullies, and more.

MUSICAL MONDAY: Aug. 14

THE KING AND I (1956) G, 2 hr. 13 min. *Classic, Musical*

Cast: Yul Brynner, Deborah Kerr, & Rita Moreno

This musical masterpiece tells the true story of Englishwoman Anna Leonowens, who comes to Siam as a teacher to the royal court in the 1860s and finds herself at odds with the stubborn monarch.

TRUE TUESDAY: Aug. 15

A TRIP TO INFINITY (2022) TV-PG, 1 hr. 19 min. *Mind-Bending, Cerebral*

In this mind-bending science documentary, experts explore infinity and what it means for the future of the universe.

WESTERN WEDNESDAY: Aug. 16

THE RIDER (2018) R *for language & drug use*, 1 hr. 45 min. *Western, Drama, Emotional*

Cast: Brady Jandreau, Cat Clifford, & Lane Scott

After suffering a near fatal head injury, a young cowboy undertakes a search for a new identity and what it means to be a man in the heartland of America.

THEATER THURSDAY: Aug. 17

EARTHQUAKE (1974) PG, 2 hr. 1 min. *Dark, Suspenseful, Exciting*

Cast: Charlton Heston, Ava Gardner, & George Kennedy

Ordinary citizens scattered throughout Los Angeles must fight for their lives when a colossal earthquake strikes the city.

FUNNY FRIDAY: Aug. 18

OLD DOGS (2009) PG, 1 hr. 30 min. *Comedy, Family*

Cast: John Travolta, Robin Williams, & Kelly Preston

An unlucky-in-love divorcee and a fun-loving bachelor have their lives turned upside down when they're unexpectedly charged with the care of six-year-old twins, all while on verge of the biggest business deal of their lives.

SWEET SATURDAY: Aug. 19

JUMPING SHIP (2001) TV-G, 1 hr. 32 min. *Coming-of-Age, Action-Adventure*

Cast: Joey Lawrence, Matthew Lawrence, & Andrew Lawrence

Michael has big plans to show his country cousin a good time aboard a luxury yacht, only to discover the yacht he's chartered is actually a dilapidated fishing boat. When modern-day pirates give chase, the boys and the captain are forced to jump ship, leaving them stranded on an island. Can they work together to get home?