

BIRTHDAYS

Meadowlark Hills

8/2	Skyler Connor
8/3	Fred Daniels
8/3	Bailey Schaefer
8/4	Bailey Herron
8/5	Ashley Baugh
8/6	Marvin Thompson
8/6	Katie Klein
8/8	Sheila Frihart
8/8	Penny Garber
8/8	Angela Gerena
8/8	Stacy Hunget
8/9	Sarah Duggan
8/9	Kirstin Howell
8/9	Sandra Bergman
8/10	Samuel Kirk
8/10	Monika Smith
8/10	Beeje Springer
8/11	Jennifer Reed
8/11	Ginger Ruhnke
8/12	Annie Peace
8/14	Alana Johnston
8/15	Jessica Nichols
8/16	Alexandra Holm-McDowell
8/17	Samantha Griege
8/18	Tim Wunder
8/18	Diane Mies
8/19	Hailie Loomis
8/19	Lizandra Guevara
8/20	Maggie Thompson
8/21	Michel Knight
8/22	Molly Sanderson
8/22	Alex Ondracek
8/23	Carol Neal
8/24	Debra Dinger
8/25	LaShawn Bishop
8/30	Samantha Tech
8/31	Mariah Cangemi

THE WHISTLER

August
Edition

MEADOWLARK HILLS

MARKET

MEADOWLARK HILLS RUMMAGE SALE

Look out! Our storage units are busting at the seams and the Meadowlark Hills Market is right around the corner! All year round, we have been accumulating gently-used items that will be featured in the rummage sale. We have treasures of all types, from practical furniture to electronics to one-of-a-kind knick knacks! Boy, are we excited to get started! The Meadowlark Hills Market will be underway on Friday, Aug. 16, and Saturday, Aug. 17. The Meadowlark Hills Market will be open to all residents, employees and Passport members exclusively, on Friday, Aug. 16, from 3 to 6 p.m. The doors will close at 6 p.m. until the next morning when the Market will be open to the general public from 8 a.m. to noon Saturday, Aug. 17.

The Meadowlark Hills Market committee is most excited that proceeds will be used to bring life enhancement to the households and around campus. The money will be used by life enhancement leaders and staff the best way fit for their areas. It will be fun to see the money made from this sale will go right back into making Meadowlark Hills an even better place to live!

VOLUNTEER OPPORTUNITY

Would you like to help with the Meadowlark Hills Market? Volunteers are needed to help sort, organize, price and work the cashier during the sale. You may also donate items to the bake sale. These items can be dropped off Friday, Aug. 16 before noon to Pam Reding in the Community Relations office right next to the KSU Classroom. Please make sure that your baked goods are pre-packaged and can be easily transported in a vehicle. E-mail Pam Reding at pam.reding@meadowlark.org, if you are interested.

ANNIVERSARIES:

Sarah Allison	8/3	1 year
Deidra Miller	8/6	1 year
Allison Frihart	8/8	1 year
Samantha Griege	8/10	1 year
Ulrike Fry	8/20	1 year
Allison Tuxhorn	8/21	1 year
Daveda Johnston	8/22	1 year
Adriana Lomartire-Lynch	8/22	1 year
Abilene Katt	8/24	1 year
Christina Strange	8/29	1 year
Daniel Martin	8/29	1 year
Kirstin Howell	8/30	1 year
Breonna Lindberg	8/3	2 years
Cara Brunswig	8/5	2 years
Ann Crusch	8/5	2 years
Teri Awbrey	8/12	2 years
Jody Koch	8/17	2 years
Caitlin Hogan	8/19	2 years
Tamera Garibay	8/24	2 years
Ashley Baker	8/29	2 years
Alexandria Ryland	8/30	2 years
Miguel Perez	8/31	2 years
Randall Hinkson	8/19	3 years
Emily Hays	8/26	3 years
Ashley Green	8/27	3 years
Kim Marks	8/30	3 years
Jon Thompson	8/5	4 years
Rachel Yohe	8/5	4 years
Kathy Wunder	8/24	4 years
Amanda Rall	8/1	5 years
Christine Norris	8/6	5 years
Alana Johnston	8/18	5 years
Katie Wilcox	8/15	6 years
Bethany Skocny	8/21	6 years
Beverly Shriver	8/31	8 years
Fred Dukes	8/26	10 years
Jane Houghton	8/9	13 years
Carrie Escamilla	8/16	17 years
Delores Worthington	8/6	22 years

JEANS DAY

For the month of August, Jeans Day will benefit Parkinson's Program of Manhattan at Meadowlark Hills.

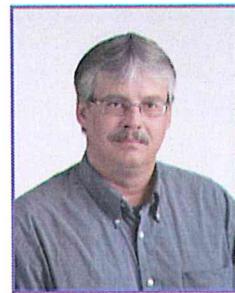
How do you donate? Bring your dollar bill (minimum donation required), or whatever you are willing to donate to the Human Resource office (across from Verna Belle's Café). Christina Strange, Human Resource Generalist will give you a sticker to wear on your clothing that day. This will indicate that you donated and that is why you're sporting jeans.



What days are Jeans Days?

Tuesday, Aug. 13
Wednesday, Aug. 21

EMPLOYEE FOCUS



Mike Davis, Environmental Services Leader, quietly goes about his work and most of us are unaware of all that he does. We can take for granted all the things he and the rest of the Environmental Services team keep going for us. We are certainly aware of how responsive they are when something does not work. We also have Mike and his team to thank for the ongoing benefits of trusting the AC and heat to keep us comfortable and the fire system amongst many other systems to keep us safe. Mike and his team also go above and beyond to respond to many requests that could be labeled as out of their area. As the humble man I know him to be, I will not provide a long list of these items as Mike does not do any of these things for the recognition.

Thank you Mike, for your dedication to Meadowlark Hills!

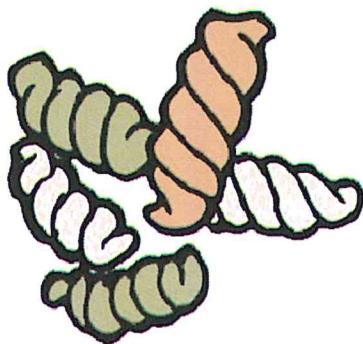
If you would like to nominate a fellow employee to be recognized in the next Whistler, email Amanda Rall at amanda.rall@meadowlark.org, explaining why this person is an exceptional employee.

WELCOME NEW HIRES!

*HIRED IN JULY

Rebecca Kensa	7/1
Lacy Folsom	7/2
Courtney Sager	7/2
Katlyn Fancher	7/8
Pasha Nelson	7/10
Lanette Schmidt	7/10
Jacob Boggs	7/12
Amber Field	7/12
Stacy Hunget	7/12
Skyler Connor	7/15
Amy Hall	7/15
David Brown	7/17
Viola VonPertz	7/19

what do you call
a fake noodle?



an impasta

BANANA BREAD—LOWER CALORIE OPTION

Banana Bread with honey and applesauce instead of sugar & oil.
Delicious & Healthy.

Ingredients

2 cups whole wheat flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup sugar free applesauce
3/4 cup honey
2 eggs, beaten
3 mashed overripe bananas

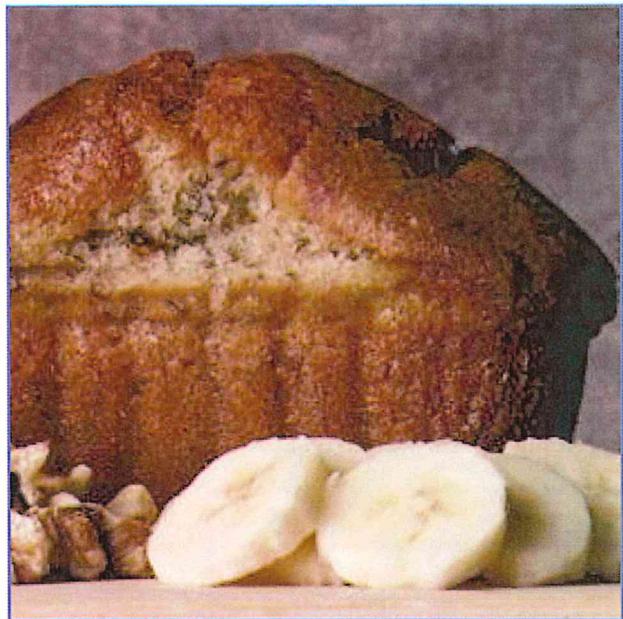
Directions

Preheat oven to 350 degrees F (175 degrees C).

Lightly grease a 9x5 inch loaf pan.

In a large bowl, combine flour, baking soda and salt. In a separate bowl, mix together applesauce and honey. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.

Bake in preheated oven for 60 to 65 minutes, until a toothpick inserted into center of the loaf comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.



PUZZLE PAGE

Return your completed puzzle page to Amanda Rall for you chance to win a gift card at the end of the month!
e-mail amanda.rall@meadowlark.org or stop by to claim your prize!

WORD SEARCH

E H I K I N G N I M M I W S C
G L R C A M P F I R E U C O A
S A I Z P I T S B C U E O S M
P W S F C A A A E J C L O Y P
G N I N E I D N G R E C K T I
D N I M L G I D E R B Y O S N
E C I B S H U C L F R C U L G
B F O I S U R A G E A I T A T
U A I N K E I S R N B S B N E
T P U J A S A T E D I O M K N
R S F T H F R L G M B K A E N
E M I V O L L E Y B A L L T I
N O I T A C A V T S U G V A S
N J Q S U R F B O A R D V A W
I F I W Y I K X Q N W O K E V

BARBECUE	COOKOUT
BICYCLE	COOLER
BLANKET	GAMES
CAMPFIRE	HIKING
CAMPING	INNER TUBE

JOKE OF THE MONTH

**You're riding a horse, full speed.
There is a giraffe beside you
and you being chased by a lion.**

What do you do?

Get off the carousel.

CRYPTOQUIT

QLJPU,

ABE Y-KUHUC

FLIVMHUK

Cryptoquip Clues:

Y equals K

U equals T

L_{equal} I

SUDOKU

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