



# The Pulse



The Network for Resident's Spouses

[www.geocities.com/nrsmizzou](http://www.geocities.com/nrsmizzou)

April 2008

Welcome to April! After a long winter, Spring and the warmer weather are finally here! I'm sure many of you are ready to get outside and enjoy Spring - I know I am. As I tell my cold-hating Texan husband, you can only truly appreciate the Spring after a real Winter. :)

April also means that Match Day has arrived. I'm sure we can all remember the relief that came with FINALLY knowing where we'd be spending the next few years. What a roller coaster the Match can be!

Welcome Packets have gone out to many incoming residents congratulating them on their match and hopefully providing them and their spouses with lots of helpful information to make the transition to Columbia enjoyable and as smooth as possible. Thanks to Stephanie Wolf for heading up that project and also to everyone who helped make it possible.

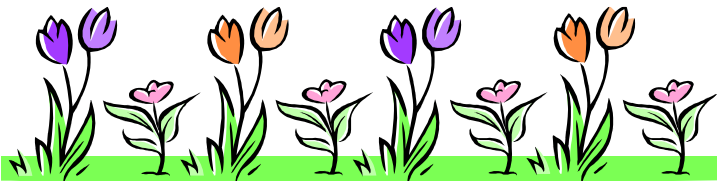
Please mark your calendars



now for Saturday, July 12th! We will be having the NRS Welcome Luncheon on that day at 11:30 am. This is a fun event and a great way to welcome the new spouses into NRS.

I look forward to seeing everyone out and about this month at the different activities!

*Megan Anz*  
President



## FOOD 'N FRIENDS

**Date:** Thursday, April 10th

**Time:** 7:00 PM

**Place:** Chevy's  
1010 I-70 Dr SW



Please RSVP to Carissa by Wednesday, 4/9 at [Carissa.havens@gmail.com](mailto:Carissa.havens@gmail.com)

## Book Group

For April - We will meet at Kaldi's Coffeehouse on **Tuesday, April 15th at 7pm**. We will discuss Bridget Jones' Diary, by Helen Fielding. Follow Bridget through the course of a year as she obsesses over cigarettes, alcohol units, excess "poundage", and the never-ending search for the perfect man. There's a little bit of her in all of us.

For May - The Other Boleyn Girl, by Phillipa Gregory. Follow the story of Anne Boleyn and her sister Mary, both lovers of Henry VIII, as they navigate political intrigue and personal rivalries in Henry's court.



MUSIC CLASS IS AN INFORMAL AND FREE MUSIC TIME FOR CHILDREN FROM INFANT TO PRESCHOOL AGE. WE MEET AT COLUMBIA UNITED CHURCH OF CHRIST LOCATED AT 3201 I-70 DRIVE NW. IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT SARAH AT 673-7960.

# ACTIVITY CORNER

## Scrapbooking:

Tuesday, April 8th at 7:30 pm at Carissa Haven's House



## Activity:

Let's go outlet shopping at the Lake! Join us on Saturday, April 12th for a little shopping at The Osage Beach Premium Outlets at the Lake--we can hit the winter clearance racks and



stock up for next year, check out the awesome deals on the new spring/summer stuff, and maybe even hit Marshall's while we're down there. There's Gap, J.Crew, Banana Republic, Brooks Brothers, Nine West, Gymboree, Carter's, Osh Kosh, Strasburg,

Hartstrings, Children's Place, and MORE!!! Depending on how many, we can probably just carpool in one car. Plan to leave around 9:30 and return when the notion strikes us! RSVP to Jessica Hughes at [jlhughes65202@yahoo.com](mailto:jlhughes65202@yahoo.com).

## Free Movie:

Let's meet at the Forum 8 movie theater for one of the FREE Spring matinees on Saturday, April 26th at 10 am. They are showing the Veggie Tales movie "The Pirates who Don't Do Anything" and they open the ticket booth at 9:30 am. (go to [www.GQTI.com](http://www.GQTI.com) for more info) Bring the kids!!



Please email Jessica Hughes at [jlhughes65202@yahoo.com](mailto:jlhughes65202@yahoo.com) with your activity ideas--we're looking for new things to do!

# PLAYGROUP

- April 3rd: **Rock Quarry Park**  
(located at 2002 Grindstone)
- April 10th: **Twin Lakes Playground**  
(located at 2500 Chapel Hill)
- April 17th: **Stephen's Lake Park**  
(located on the Northwest corner of Broadway and old 63)
- April 24th: **Lion Stephens Park**  
(located on the Northeast corner of Walnut and Williams)

Playgroup meets every Thursday morning 10:00. Be sure to check your email for location changes on rainy days, as all of this month we will try to meet at an outside park! Email Jill with questions or playgroup ideas ([jillvosburg@hotmail.com](mailto:jillvosburg@hotmail.com))!

## Reminder...

The deadline for the May Newsletter is Sunday, April 20th. Please email to [kaufolds@yahoo.com](mailto:kaufolds@yahoo.com). Thank you!
















A special thank you to Carissa Havens for a fun night cake decorating! I've taken a few classes before, but never really learned anything. After Carissa's class, I walked away feeling like I could really do it! And I did! She sent us each home with our own cake that WE decorated and the leftover icing I used to decorate cookies with the next day with my kids. It was so much fun! Thanks Carissa!

From: *Emily Ellingson*

## 2008 Board Members

President:	Megan Anz	447-3752
Secretary/Treasurer:	Lisa Hill	474-0752
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Newsletter Publisher:	Samantha Khazzam	446-8181
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Food 'n Friends:	Carissa Havens	356-3343
Activity Coordinator:	Jessica Hughes	814-0442
Playgroup:	Jill Vosburg	234-8536
Service:	Elisha Rosenberg	214-0744
Summer Picnic Coordinators:	Nicole LaHolt	864-1639
	Alena Ellerbroek	424-5628
Membership Drive Coordinator:	April Eagan	913/708-1609

# APRIL 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	 Playgroup - 10 AM Rock Quarry Park	4	5
6	7	8	9	 Playgroup - 10 AM Twin Lakes Playground  FOOD & FRIENDS 7 PM  CHEVY'S	11	12
			 Carissa Havens Carissa.havens@gmail.com	 Jessica Hughes jhughes65202@yahoo.com	 Shop the <b>OUTLETS</b> @ the Lake 9:30am	
13	14	15	16	17	18	19
	 <b>MUSIC CLASS</b> 9:30 AM	 Book Group 7 PM Kaldi's		 Playgroup - 10 AM Stephen's Lake Park		
20	21	22	23	24	25	26
 <b>DEADLINE</b> for April Newsletter kaufolds@yahoo.com		 <b>MUSIC CLASS</b> 9:30 AM		 Playgroup - 10 AM Lion-Stephen's Park		 10:00AM <b>FREE MOVIE</b>
27	28	29	30			
		 Scrapbooking 7:30 PM Carissa's House				