

## Voter Registration

*submitted by Kay Shanks*

It's that time again and we have a State Election coming up. If you have moved your residence to or within Meadowlark since the last election, law requires you to reregister to update your voter registration, by filling it out with your new address. If you do not update your address, your ballot may be returned to the Clerk's office. Ballots cannot be forwarded. If you are unsure, you can get a Voter Application at the front desk or from Kay Shanks, 539-2066.

If you would like to register to vote, you will need to complete a new voter registration application and you may be required to provide proof of citizenship. It can be a little more difficult but Kay would be glad to help you get the required forms and answer questions you may have.

The deadline to register is July 17 for the Primary. Election Day will be on Tuesday, Aug. 7. The deadline for to register for the General is Oct. 16. The General Election is on Tuesday, Nov. 6. If you are not sure about your voter registration, please feel free to call the Riley County Clerk's Office at (785) 537-6300 and ask for Anita Cook. She has access to search the State of Kansas to see if you have registered or not.

Would you like a ballot mailed to you? We have forms up front or you can call the Riley County Clerk's office and Anita will see one gets sent to you. Again, this process can be difficult, but Kay is very knowledgeable and would be glad to help you get you the forms as well as answer any question you may have. If she is unable to answer your question, she will call the clerk's office and get you the information you need.

Once you are registered, visit <https://myvoteinfo.voteks.org/VoterView/RegistrantSearch.do> to learn more about the candidates by viewing a sample ballot.

## Catch of the Day!



[above] Alberto Chabrier with his 27-inch catfish he caught in Bayer Pond during the Meadowlark Fishing Tournament Monday, July 2.

[left] Don Rasmussen caught two large turtles from Bayer Pond within five minutes of each other. The largest one weighed 24 pounds!

### **Newspaper & Bible**

Newspaper and Bible will not meet during the month of July. The group will resume the first Tuesday in August.

### **Fishing Tournament Party**

*Friday, July 6, at 2 p.m.*

A post-tournament gathering and awards ceremony will be at 2 p.m. Friday, July 6, in the KSU Classroom. If you have questions, please contact Monte Spiller at (785) 323-3801.

### **Patriotic Sing-Along**

*Friday, July 6, at 7 p.m.*

Join Jane Boys in the Community Room on at 7 p.m. Friday, July 6, for a campus-wide sing along. Even though the 4<sup>th</sup> of July has past, Jane wants to take time to celebrate our country and its independence in song. Voices of all ranges are invited for a laid back night of melody.

### **Vespers Services**

*Sunday, July 8, at 7 p.m.*

The Vespers service will be led by Reverend John Wright from White City United Methodist Church. Vespers service will begin at 7 p.m. Sunday, July 8, in the Community Room. All are welcome.

### **ARTful Making**

*Monday, July 9, at 11 a.m.*

Join the Meadowlark Memory Program and the Marianna Kistler Beach Museum of Art for ARTful Making class from 11 a.m. to 12:30 p.m. Monday, July 9, in the KSU Classroom. Together, we will develop new skills or revisit old ones while engaging in various art making activities. Please sign up in the Blue Book.

### **Coffee Corner Feature Dessert**

*Tuesday, July 10, at 3 p.m.*

The Feature Dessert for Coffee Corner Tuesday, July 10, is a Cream Puff. Come enjoy this delicious dessert!

### **Building & Grounds Committee**

*Wednesday, July 11, at 9 a.m.*

The Building and Grounds Committee will meet at 9 a.m. Wednesday, July 11, in the Flint Hills Room. All committee members are encouraged to attend.

### **Shopping Trip**

*Wednesday, July 11, at 10 a.m.*

Take advantage of the weekly complimentary transportation to local shopping centers! Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, July 11, departing from the Village Entrance. Please register in the Blue Book to participate.

### **Associated Audiologists at Meadowlark**

*Tuesday, July 11, at 1:30 p.m.*

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists, is now seeing patients at Meadowlark Hills by appointment. During these appointments, Dr. Schotte can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology.

Dr. Schotte will see patients in the West Conference Room from 1:30 to 4:30 p.m. Wednesday, July 11. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

### **Resident Focus Group**

*Thursday, July 12, at 10 a.m.*

The July Resident Focus Group will spotlight Health Services Director, Annie Peace. The group will meet at 10 a.m. Thursday, July 12, in the KSU Classroom.

### **Speedy Pd Art Class**

*Thursday, July 12, at 10:30 a.m.*

Join us to make the art for the age-group awards for the Speedy Pd Race. People with Parkinson's and any who have been affected by Pd are encouraged to make the awards that give the Speedy Pd the most unique Age Group Awards in the region. Kathrine Schlageck, Beach Museum Education Director, provides the materials, education and inspiration. No previous art experience is needed. Workshops will be in the South Conference Room at Meadowlark Hills on Thursdays from 10:30 a.m. to 12 p.m. on the following dates: July 12, 19, 26.

### **Meadowlark Ladies Luncheon**

*Tuesday, July 12, at 12 p.m.*

All Meadowlark Hills women are invited to join hosts, Verna Turnquist and Marcia Smies, for our monthly luncheon. We will be having a chicken salad as our main course and the cost is \$9 per

person. Pat Hook will be sharing with us some postcards from her vast collection, and the theme will be our summer holidays. Also, please feel free to bring any of your own postcards to share. We will have fun looking at the postcards and reminiscing about the subject matter, the circumstances in which we received the cards, etc. Be sure to include some comical ones that you might have!

### **McCain Auditorium ticket sales**

**Thursday, July 12, at 3 p.m.**

On Thursday, July 12, representatives from McCain auditorium will be in the Flint Hills Room to assist residents with signing up for The McCain concert series tickets. They will be available from 3 to 4 p.m. and they ask that you bring your credit card or credit card number as checks are not accepted for season ticket purchases.

### **Birthday Party for Jean Hulbert**

**Friday, July 13, at 2:30 p.m.**

Jean Hulbert will celebrate her 94th birthday and pending relocation to North Carolina Friday, July 13, in the Community Room at Meadowlark Hills from 2:30 to 5 p.m. All are welcome. Cards will be appreciated. No gifts please.

### **Music with Jean Kennedy**

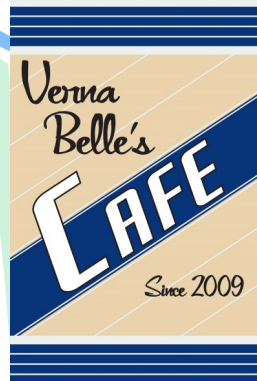
**Friday, July 13, at 7 p.m.**

Jean Kennedy is back by popular demand! Get ready for a delightful performance at 7 p.m. Friday, July 13, in the Community Room. Jean is a jazz and classical guitarist, vocalist and songwriter who come from a rich family tradition of performing music.

### **Trip to Hobby Lobby & Dollar Tree**

**Saturday, July 14, depart at 10:30 a.m.**

Saturday, July 14, transportation will be provided to Dollar Tree & Hobby Lobby for shopping trips. The bus will depart from the Village Entrance at 10:30 a.m. and will return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk.



## **LUNCH & BREAKFAST SPECIALS**

Monday to Friday, 7 a.m. to 4 p.m.

Saturday & Sunday, 7 to 11 a.m.

(785) 323-3818

### **Sunday, July 8**

**Breakfast:** Omelets with Fruit

### **Monday, July 9**

**Breakfast:** Biscuits & Gravy

**Lunch:** Turkey Avocado Wrap with Choice of Side turkey, Swiss cheese, avocado wrapped in a flavored tortilla with lettuce and tomato ~ **\$3.99 / \$5.99**

### **Tuesday, July 10**

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Chicken Bacon Ranch Pizza

*flatbread pizza topped with ranch dressing, seasoned chicken, bacon and mozzarella cheese ~ **\$3.99 / \$5.99***

### **Wednesday, July 11**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Reuben Sandwich with Choice of Side corned beef, sauerkraut, Swiss cheese and 1000 Island dressing on toasted rye bread ~ **\$3.99 / \$5.99**

### **Thursday, July 12**

**Breakfast:** Biscuits & Gravy

**Lunch:** Napa Valley Chicken Salad Sandwich with Side shredded chicken, grapes, celery and pecans in a creamy dressing on wheatberry bread ~ **&3.99 / \$5.99**

### **Friday, July 13**

**Breakfast:** Waffle or Pancake

**Lunch:** French Onion Burger with Choice of Side grilled hamburger topped with sautéed onions and Swiss cheese on a butter toasted bun ~ **\$3.99 / \$5.99**

### **Saturday, July 14**

**Breakfast:** Omelets with Fruit

## **IL Resident Council Minutes, June 4, 2018**

**Members present:** Pat Vogt, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Marilyn Ray, Steve Owens, Charlotte Kelley, Carol Balding, Bea Rasmussen, Janice Parsons, Elaine Manges, Sharon Smith, Pam Oehme and Jo Lyle.

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

Pat welcomed all meeting attendees.

### **Updates**

General Update: Lonnie shared that he will be having one of two surgeries on Tuesday, June 5, and then six to eight weeks after the second surgery will be performed. He expressed if anything came up while he is out, to let Sarah Duggan know as he will be in contact with her.

The Outdoor Opportunities Committee will take a look at a couple of bridge options for the trails systems, with the hope to possibly get started on that project this month. Looking towards July, the plan is to move forward with contacting architects for the new kitchen in the restaurant and the atrium as well as some finalizing plans for the courtyard.

Addressing the nurse shortages in Manhattan, there has been another meeting scheduled with MATC to look at opportunities for collaboration. Meadowlark's greatest need is at the LPN level of nursing. Meadowlark is also considering scholarship options.

Support Services Update: Jayme expressed how excited she was that Brooke Marcotte was back at work and thanked everyone in attendance for their patience with the restaurant and café since has been out for the past seven weeks. Café team member Hope Laubhan will be moving back to Wichita in July, so look to see some new faces in Verna Belle's Café.

**Approval of May Minutes:** Motion to approve minutes was moved and passed with corrections.

### **New Business**

Pat announced it was time to assemble a new Employee Gift Appreciation Committee. Pam

Oehme, Janice Parsons, Sharon Smith, Nyle Larson and Charlotte Kelley all volunteered to be part of this year's committee.

Bea Rasmussen asked about the standing water in the courtyard and possibly issues with mosquitoes. Lonnie expressed there are preliminary plans for construction for the courtyard but until then, appropriate actions would be taken to be proactive against the repellent of the mosquitoes.

The question was asked if the fireplace that was in the Village Entrance would be returned. It was explained that in this next budget year, plans are in place to update the main lobby area. The remodel will include input from staff, residents and professional designers. At this time no decision have been made on when or if at all, the fireplace will be part of the final design.

**Old Business:** None.

### **Additional Discussion Topics**

In efforts to control speeding on campus, two new traffic signs will be installed. The signs will let drivers know if they are speeding by flashing a "slow down" sign, or a "thank you" sign for complying with the posted speed limit.

**Meeting adjourned**

## **Town Meeting Notes, July 2**

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on July 2.*

**Welcome** Monte welcomed the meeting attendees. New independent living residents Dennis and Linda Graham introduced themselves.

**Campus Update** The new fiscal year began July 1, and the team at Meadowlark is looking ahead to new projects around campus. Parking has been added in front Prairie Star Patio. An additional parking lot will be added behind the maintenance shop. The kitchen renovation and courtyard project will both start in this new fiscal year. The addition of a bridge on the south trail has been completed and the bridge at the west entrance of the north trail is in progress. Additionally, the team remains focused on finding and keeping

great staff. Currently, our most challenging position to fill is nursing.

**Voter Registration** Kay Shanks reminded meeting attendees that if they have moved to Meadowlark or within the Meadowlark Hills campus since they last voted, then re-registration is required to vote in the upcoming elections. This is also a good opportunity to request a permanent advanced ballot if interested. See page 1 of this Messenger for more voting registration information.

**Speedy Pd Race for Parkinson's Disease** The Speedy Pd Race for Parkinson's Disease is set for Saturday, Aug. 25, at Tuttle Creek State Park. Registration for the race is open. Please see Michelle Haub with questions.

**Upcoming Events** Monte reviewed the events coming up in the month of May. Please see the weekly Meadowlark Messenger for details.

## Deserved Appreciation

*submitted by Ron Williams*

I Confess, in my time as a pastor, I have kind of "watered down" the sermons I gave in Sr. Citizens care facilities. This was necessary, because there are those who are residents whose minds are working slow or, at times, that happens to all of us.

If have come to realize how difficult being a full-time chaplain to a community like Meadowlark Hills is. You have to have an interesting, rather simple, service for those mentioned above, and Chaplain Brown/Barnett does that well. But, we also have residents who experience and extensive education and who are sharp and challenging as they ever were.

Within Chaplain Brown/Barnett's half-hour Sunday services, I have seen some of the most intellectually challenging worship services I have ever attended.

I have seen Chaplain Patty sit down and having a full conversation with a resident would could not speak, or to have a memorable conversation with a resident whose memory retention will not be more than a few minutes or an hour. But for us of very limited memories, she lifts our mood and attitude longer than our memory records.

## Outdoor Encounters

*submitted by Nathan Bolls*

It is common knowledge that many bird species migrate with the seasons, but perhaps less well known is that some species are moving in ways we don't readily notice. Today I speak of doves—with notes taken from four different ornithological reference works and from MLH residents who maintain bird feeders.

The Eurasian rock dove—our pigeon—already has done its thing. This bird was introduced to the eastern USA in 1606 and is now common all across the USA, Mexico, and southern Canada, including the Maritime Provinces.

In this column, a year or so ago, Duane Miksch alerted us to the presence of the Eurasian collared dove on the MLH campus. This bird, native to Eurasia, was introduced to the Bahamas several decades ago, spread to Florida, and now is rapidly expanding its range across the USA. It is found in cities in every Kansas county, especially in western KS, but it also likes open country with trees and shrubs, usually near cultivated areas. This large pale dove has a sharply defined black collar on the back of its neck and a long, **broad** tail with large white corners. A loud three-note cooing call is given throughout the day.

Anyone who grew up in the USA, Mexico, or southern Canada is familiar with the native mourning (turtle) dove. Slightly smaller than the collared dove, this bird is described as being sleek, grey-brown, with a long, **pointed** tail. In flight, shorter outer tail feathers broadly tipped in white are visible. The long low cooing calls are given most often during dawn and dusk.

The white-winged dove, native to Mexico and the American SW, has, in just the past few years, extended its range into SW Kansas. And a wandering bird or two may show up at a feeder anywhere in the state. Although closely related to the mourning dove, they easily can be told apart. The white-winged flies with a **broad** tail in which the ends of the tail feathers are white-tipped. This species also has conspicuous white patches on the underwings which also show as a white leading edge of the resting, folded wing.

Each of the changes in dove distribution mentioned above probably was, in one way or another, kicked off by human activities. But what we really need is a human-inspired movement that will result in a world-wide and socially conscious distribution of the **White Dove of Peace**.

**PRAIRIE★STAR**  
**RESTAURANT**

**Restaurant Hours**  
**Monday to Saturday, 10:30 a.m.to 8 p.m.**  
**Sunday, 10:30 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	July 8 ~ Lunch \$12	Dinner \$11
	Grilled Lemon Herb Chicken Breast Wild Rice Vegetable du Jour	White Chili Cornbread Vegetable du Jour
MONDAY	July 9 ~ Lunch \$10	Dinner \$12
	Spinach & Bacon Quiche Rice Pilaf Choice of Vegetable	Roasted Rosemary Pork loin <i>with Natural Sauce</i> Mashed Potatoes Vegetable du Jour
TUESDAY	July 10 ~ Lunch \$8	Dinner \$12
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Braised Chicken <i>with Sun Dried Tomato Sauce</i> Risotto Vegetable du Jour
WED.	July 11 ~ Lunch \$10	Dinner \$13
	Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	July 12 ~ Lunch \$7	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Roast Turkey <i>with Sausage Sage Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	July 13 ~ Lunch \$10	Dinner \$14
	Chicken Salad Melt Choice of Vegetable	Shrimp Scampi Rice Pilaf Vegetable du Jour
SAT.	July 14 ~ Lunch \$10	Dinner \$13
	BBQ Ribs Coleslaw Baked Beans	Braised Beef Brisket <i>with Bordelaise Sauce</i> Potato Pan Cake Vegetable du Jour

**DRINK SPECIAL** | Frenchy  
1 oz. Citrus Vodka, 3 oz. Pineapple Juice &  
1 oz. Cranberry Juice  
\$3.75

## Grosh Cinema Movies

Sunday, July 8, to Saturday, July 14, 2018

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

### **Sunday, July 8 — Miracle (2004)**

Miracle tells the true story of Herb Brooks (Kurt Russell), the player-turned-coach who led the 1980 U.S. Olympic hockey team to victory over the seemingly invincible Russian squad.

Co-Starring: Kurt Russell, Patricia Clarkson & Nathan West

Rated PG; 2 hrs. 15 min.

### **Monday, July 9— Dead Poets Society (1989)**

English teacher John Keating inspires his students to look at poetry with a different perspective of authentic knowledge and feelings.

Co-Starring: Robin Williams, Robert Sean Leonard & Ethan Hawke

Rated PG; 2 hrs. 8 min.

### **Tuesday, July 10 — The Blindside (2009)**

The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.

Co-Starring: Quinton Aaron, Sandra Bullock & Tim McGraw

Rated PG-13; 2 hrs. 9 min.

### **Wednesday, July 11 — Second Chorus (1940)**

Danny and Hank are surprised when Artie Shaw hires competent manager Ellen away from their college band. The two trumpet players scheme to get into Shaw's outfit themselves, each trying to trump the other's plays.

Co-Starring: Fred Astaire, Paulette Goddard & Artie Shaw

Rated NR; 1 hr. 24 min.

### **Thursday, July 12 — "21" (2008)**

"21" is the fact-based story about six MIT students who were trained to become experts in card counting and subsequently took Vegas casinos for millions in winnings.

Co-Starring: Jim Sturgess, Kate Bosworth & Kevin Spacey

Rated PG-13; 2 hrs. 3 min.

### **Friday, July 13 – The Greatest Showman (2017)     \* Resident Request**

Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Co-Starring: Hugh Jackman, Michelle Williams & Zac Efron

Rated PG; 1 hr. 45 min.

### **Saturday, July 14 – The King's Speech (2010)**

The story of King George VI of the United Kingdom of Great Britain and Northern Ireland, his impromptu ascension to the throne and the speech therapist who helped the unsure monarch become worthy of it.

Co-Starring: Colin Firth, Geoffrey Rush & Helena Bonham Carter

Rated R for language; 1 hr. 58 min.

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## Weekly Opportunities Calendar *July 8 to July 14*

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### Sunday • July 8

9:30 a.m. ~ Miller Worship Service, MFR  
10:30 a.m. ~ Worship Service, CR  
2:00 p.m. ~ Wroten Worship Service, WL  
7:00 p.m. ~ Vespers with Rev. John Wright, CR

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### Monday • July 9

8:00 a.m. ~ Meadowlark Travelers depart, VE  
9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
11:00 a.m. ~ ARTful Making, KSU CL  
11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
1:30 p.m. ~ Hearing Aid Doctor, WCR  
1:45 p.m. ~ Parkinson's Voice & Conversation, CR  
7:00 p.m. ~ Community Bingo, CR

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### Tuesday • July 10

*Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!  
5:30 p.m. ~ 4th Floor Supper, CR  
7:00 p.m. ~ Dominoes, GR

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### Wednesday • July 11

9:00 a.m. ~ Building & Grounds Committee, FHR  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Worship Service, FHR  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:00 a.m. ~ Memory Café, WCR  
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. ~ Pitch, GR  
1:30 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Rock Steady Boxing, CSC  
3:00 p.m. ~ Call Hall Ice Cream, KR  
4:00 p.m. ~ Christian Video Worship Service, FHR  
5:30 p.m. ~ 1st Floor Supper, FHR  
6:30 p.m. ~ Osher Class: FDR & Truman, CR

### Thursday • July 12

8:30 a.m. ~ Messenger Team, WCR  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
10:00 a.m. ~ Resident Focus Group, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
10:30 a.m. ~ Speedy PD Art Class, SCR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Meadowlark Ladies Luncheon, MR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
2:00 p.m. ~ Osher Class: The Roman Empire and Its Involvement with Judaism & Christianity, CR  
2:30 p.m. ~ LEAP! Graduates Meeting, KSU CL  
3:00 p.m. ~ McCain Concert Series Ticket Sales, FHR

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### Friday • July 13

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  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Parkinson's Care Partner Group, FHR  
2:30 p.m. ~ Rock Steady Boxing, CSC  
7:00 p.m. ~ Music with Jean Kennedy, CR

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### Saturday • July 14

9:30 a.m. ~ Painting for Fun, SCR  
10:30 a.m. ~ Trip to Hobby Lobby & Dollar Tree, VE

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### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VE, Village Entrance

\*Meadowlark News Channel can be viewed on Channel 1960