

Mail Service in Kansas

submitted by Polly Ferrell

The month to celebrate Kansas is here again. On Jan. 29, we will be 159 years strong, but telling our story in 1861 wasn't always easy. Mail service was limited, even though in 1775 the Second Continental Congress established the US Postal System, with Benjamin Franklin as the first postmaster. Thanks Ben.

The telegraph, invented by Samuel Morse in circa 1830 was used to get messages through in a hurry.

The famous Pony Express was in operation, too, but only for 18 months, April 1860 to October 1861, just when Kansas was entering statehood. It could deliver a letter faster than ever before in history.

But back to the USPS. ending a postcard was one to the first popular ways for greeting friends by mail. The first commercially produced card was created in 1861. Right on target for a new Kansas. Oh, the myriad of information people could write on one small card and what wonderful pictures were on the reverse side. You may want to visit with one of our resident deltiologists (a postcard collector) to learn more.

And then there are Meadowlarks, our official state bird. Next week we will tie those two - mail and birds - together. It's all part of Kansas Sunshine on a Stem (of sunflower).



At January's Town Meeting, Meadowlark resident, Steve Hall, presented wooden plaques that he made. They will hang in the West Conference Room on the wall dedicated to Meadowlark Veterans. There are plans to rename the meeting space and it will be selected by the Veteran's Group.



Congrats to our January Leader of the Pack, Brook Marcotte! Brook is Meadowlark's Events Coordinator. You can find Brook around the Community Center planning, decorating, and setting up for events, meeting with staff, residents, and community members to organize gatherings. She was nominated for her amazing example of top-notch work ethic, service, and wonderful personality. "Brook just gets it; no matter the it." Thanks for all you do, Brook!

The Sweet Sight of Progress

As of yesterday, Jan. 15, a long black tarp was installed in the main hallway so that the construction crew can work on finishing the new walls for the restaurant expansion. This tarp will come down Friday, Jan. 31, just in time for Winter Ball!

Phase One is expected to conclude at the end of February. To keep the forward momentum, the crew will expand the temporary construction wall in the Pub to the Manhattan Room doors and the hallway door. The Pub will be moved for the remainder of Phase One to the hallway nook across from Pizazz Salon, effective Monday, Jan. 20.

Lastly, the electrician for the project will be making some noise core drilling from the second floor down into Prairie Star Restaurant at 9 a.m. Wednesday, Jan. 22. This should last about an hour.

Courtyard Walking Challenge

by Jeff Heidbreder, Fitness Services Leader

Keep going on, or start, the Courtyard walking Challenge to reach distances to Wamego, Abilene, and Lindsborg based on miles walked.

With the colder months here, there is an indoor option to meet your walking goals. A route to walk is on the 2nd or 3rd floor, from the west tower elevator along the complete hallway to the northeast end (if going towards Miller). One time down and back equals three laps in the Courtyard. If you walk five times down and back, that will be a full mile in distance. Use the binder in the Game Room to log your laps around the Courtyard or miles walked.

Vespers Service

Sunday, Jan. 19 at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, Jan. 12, in the Community Room. This week's service will be led by Rev. John Wright from First Methodist Church. All are welcome.

Martin Luther King Jr. Documentary

Monday, Jan. 20, at 1 & 4 p.m.

In honor of Martin Luther King Jr. Day on Monday, Jan. 20, a special showing of the Academy Award-nominated documentary, "King: A Filmed Record...Montgomery to Memphis." The documentary is in two parts. Part One will be shown at 1 p.m. and Part Two at 4 p.m. in the Grosh Cinema.

Beginning with the 1955 bus boycott in Montgomery, the production follows King through major steps in his struggle to promote racial equality. Including footage of King's stirring speeches, the documentary is a fitting tribute to his legacy, and features clips narrated by numerous celebrities such as Harry Belafonte, Paul Newman, and James Earl Jones.

Change & Loss Support Group

Monday, Jan. 20, at 2 p.m.

Join Bridget Larkin, LMSW, Kathleen Spearman, LMSW, and Chaplain Patty Brown-Barnett as they lead the Change and Loss Support Group at 2 p.m. Monday, Jan. 20, in the Flint Hills Room. This opportunity is open to all who wish to work through life changes and loss in a supportive environment.

Guided Meditation

Tuesday, Jan. 21, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Jan. 21, in the Grosh Cinema. Meditation helps elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. No prior experience or understanding of meditation is necessary.

Parkinson's Program Webinar

Tuesday, Jan. 21, at 12 p.m.

Meadowlark Parkinson's Program will host a webinar video session from the Parkinson's Foundation at noon on Tuesday, Jan. 21, in the Flint Hills Room. The webinar will be "Optimal Exercise Strategies for Stability, Stamina, and Strength," providing education and discussions on Parkinson's disease impact and specific exercises on those areas. No RSVP is required.

Visually Impaired Persons Book Club

Tuesday, Jan. 21, at 1 p.m.

The Visually Impaired Persons (VIP) will meet for their monthly book club group at 1 p.m. Tuesday, Jan. 21, in the West Conference Room. This opportunity is open to all who would like to participate in an engaging conversation. Participants of the VIP Group, book club or support group, do not have to have an official diagnosis of a visual impairment.

The book for January is *When All is Said* by Anne

Griffin. An audio book is available with the code: DB 94178. February's book discussion will be on *Good Riddance* by Elinor Lipman, code: DB 93881. For assistance with registering or ordering Kansas Library Talking Books, please contact Maggie Witte at 1-800-362-0699, ext. 1.

Visually Impaired Persons Support Group

Tuesday, Jan. 21, at 2 p.m.

The Visually Impaired Persons (VIP) Support Group will meet at 2 p.m. Tuesday, Jan. 21, in the West Conference Room. This month we will start the new year with an informal share group meeting. Participants of the VIP Group, book club or support group, do not have to have an official diagnosis of a visual impairment. All who are interested or would like to receive more information, resources, and social support are welcome!

The VIP Support Group will meet on the third Tuesday of every month. Each meeting will have a different topic, activity, or speaker. Some meetings may also be an informal share discussion. For questions about the group, please contact Michele Riter, at (785) 323-3832.

Coffee Corner

Tuesday, Jan. 21, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, Jan. 21, in the Community Room. Verna Belle's featured dessert will be Apple Cake. All are invited to attend!

ARTful Memories

Wednesday, Jan. 22, at 10 a.m.

The Marianna Kistler Beach Museum of Art will host ARTful Memories, led by Kim Richards, Education Assistant. Kim will provide three art pieces to view, explore, and reflect on as a group.

Memory Activities Class and Memory Café will join together for ARTful Memories Class, from 10 to 11 a.m. Wednesday, Jan. 22, in the KSU Classroom. This class is sponsored by Meadowlark Memory Program. No sign up is necessary. All are welcome to attend and please come and go as you are able.

Diabetic Support Group

Wednesday, Jan. 22, at 1:30 p.m.

The Diabetic Support Group will be held at 1:30 p.m. Wednesday, Jan. 22, in the KSU Classroom. For questions, contact Lisa Schwarz at (785) 323-3830.

Parkinson's Partner Luncheon

Friday Jan. 24, at 12 p.m.

Join Meadowlark Parkinson's Program for their monthly luncheon from noon to 1 p.m. Friday, Jan. 24, in the Manhattan Room. Please RSVP before Monday, Jan. 20, by signing up in the Blue Book at the Hospitality Desk or by calling (785) 323-3899.

Exercise class and care partner support group will follow directly after lunch.

Performance by Emily Stillwell

Friday, Jan. 24, at 7 p.m.

Meadowlark welcomes back Emily Stillwell for a performance at 7 p.m. Friday, Jan. 24, in the Community Room. Emily is a jazz, folk singer-songwriter from Atlanta. Her repertoire ranges from classical piano to jazz standards and downhome blues greats of the 20's and 30's. You will be in for a treat - all are welcome!

Fellowship Hour

Saturday, Jan. 25, at 10:30 a.m.

Come join volunteers, Jerry and Naketa Lawrence for Fellowship Hour from 10:30 to 11:30 a.m. Saturday, Jan. 25, in the KSU Classroom. This will be a time of fellowship, singing, and the reading of the Psalms. Refreshments will be served. All are welcome.

Gab & Games with 4-H Club

Saturday, Jan. 25, at 3:30 p.m.

Members from the Strong Satellites 4-H Club will be coming to Meadowlark from 3:30 to 4:30 p.m. Saturday, Jan. 25, in the KSU Classroom to visit and play games.

Scrabble, pitch, and boggle are just a few games that will be played. The 4-H members are interested in learning different card games such as Pitch, Hand & Foot, and Pinochle. If you would like to play along, help teach these games, or just enjoy the company, please sign up in the Blue Book at the Hospitality Desk.

The group will come once a month, either the third or fourth Saturday. Their next visit will be Saturday, Feb. 22. For questions, please contact Jana Armfield, Volunteer Engagement Specialist, at (785) 323-3890.

Mindful Connections

Tuesday, Jan. 28, at 5:15 p.m.

Meadowlark Memory Program is hosting their quarterly education series, Mindful Connections, from 5:15 to 6:45 p.m. Tuesday, Jan. 28, in Verna Belle's Café. This session will be "Keep Movement in Mind" led by Certified Personal Trainers, Sara Hillard and Lane Henricks. Both Sara and Lane have spent time training and leading classes and Meadowlark and in the Manhattan community.

Regular physical activity is crucial to a healthy and balanced lifestyle. A well-rounded fitness routine is not only beneficial to our bodies, but also to our minds. Join us for a presentation and interactive session on various aspects to keep movement in mind: tips for falls prevention, strength building, engaging exercises, and how it benefits our brain's health.

Trip to Red Lobster

Wednesday, Jan. 29, at 10:45 a.m.

After a great response to our first trip in September, we have decided to make another trip to enjoy delicious food and great company. There will be a trip to Red Lobster in Topeka for lunch Wednesday, Jan. 29. Transportation will depart from the Village Entrance at 10:45 a.m.

Cost for transportation is \$6 per person. Cost for lunch is the responsibility of each individual. Please sign up in the Blue Book at the Hospitality Desk if you would like to attend.

Winterball! Roaring Twenties Celebration

Friday, Jan. 31, at 6 p.m.

Meadowlark's 2020 Winter Ball is almost here! Join us for a celebration of the new decade in theme of the Roaring 20s at 6 p.m. to 8:30 p.m. Friday, Jan. 31. This dazzling event will take place in the Community Room, Game Room, and Prairie Star Restaurant with heavy appetizers, mingling, and great entertainment. All residents, staff, friends and family are invited - guys and dolls!

Feel free to dress your best, ritzy or swanky, in 1920s attire. In the restaurant, there will be live music by the jazzy duo, Wayne Goins and Rick Smith. Performances by Trio of Lars Quinke on piano, Matthew Meals on bass, and Brandon Colins on the drums in the Community Room.

No RSVP is required. For questions about the event, please contact Sara Snell at (785) 323-3862 or Brook Marcotte at (785) 323-3821.

Three Years of Hairdos

Relax a while. Pamper yourself. Get a new 'do. Feel your best. That's just some of the fun that goes on at Pizazz Hair & Body Boutique! Shannon and Kathy are celebrating three years of service in their salon in Meadowlark's Community Center on Thursday, Jan. 16. Next week, pop in the salon to visit and grab a special treat with Shannon and Kathy.



Osher Class Registration

The registration for the 2020 Spring Osher Lifelong Learning Program is open.

Transportation will be provided to courses at the Riley Country Seniors Service Center. Please sign up in the Blue Book at the Hospitality Desk if you are registered for any courses that take place at the Seniors Center and need transportation. The bus will depart at 1:30 p.m. from the Village Entrance.

Meadowlark is a sponsor for the Manhattan Osher program, so residents and Passport members can enroll in courses that are held at Meadowlark at no cost. Other classes and events will require payment. Prior registration for classes is necessary and can be completed by mailing the catalog form, calling (785) 864-8356, or online. More details of spring course listings and special events can be found in the Spring Osher catalog or online at www.osher.ku.edu.

If you register for an Osher special event that requires an out of town coach, please contact Monte Spiller at (785)323-3801, to arrange Meadowlark transportation.

On a Spiritual View

submitted by Helen Roser

Thirteen years ago, when I moved to Meadowlark, I chose apartment 210 in Independent Living because it had a balcony outside my big window from which I could look out on trees and grass. So I was not happy when new construction changed my view to a solid wall on the lower half of my window, with a view of treetops above.

So I was not happy as my body reacted to my distress. Then I remembered what I learned early in my life. That is that challenges to my positive state of mind are opportunities for me to learn and grow. So I calmed down and waited for what I had a chance to learn.

The answer arrived in my favorite of all words: gratitude.

As my mind centered on that beautiful word, there came a rush of all that I had to be grateful for.

My view was gone, but what about the many others whose views were gone from bombs in their war torn country? How long had it raged? How long will it continue? They are not thinking of views. They are thinking of survival. And what about the fires raging in my beloved California? How many have fled the fire, unable to save their homes? All their treasures gone. They are thankful to be alive.

So many of my fellow humans dealing with challenges, and here I am, whining like a spoiled baby, because I'll be looking at a building wall and tree tops instead of the whole tree.

Poor me? No! Fortunate me! Blessed me! I'd given my Christmas tree and ornaments away. But I had one little string of silver tinsel rope and four big red satin bows. So, with trusty duct tape, I hitched the rope in loops with a red bow on top. It looks pretty nice, taped to the black plastic that temporarily covers my balcony rail.

Thank goodness for duct tape. My decorations haven't blown away.

Those pretty loops and bows speak to me: "Gratitude, Helen. Gratitude. So much. So blessed. Gratitude."

When I think of what others are dealing with, I feel over-whelmed. Gratitude!



LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.
(785) 323-3818

Sunday, Jan. 19

Breakfast: Omelets with Fruit

Monday, Jan. 20

Breakfast: Biscuits & Gravy

Lunch: Maple Bacon Chicken Sandwich & Side
breaded chicken topped with maple syrup, bacon, & Swiss cheese on a buttery croissant ~\$4.50/\$6.50

Tuesday, Jan. 21

Breakfast: Breakfast Sandwich with Fruit

Lunch: Lasagna & Garlic Toast
layered pasta with marinara sauce, ground beef, & mozzarella cheese served with a piece of garlic toast ~\$4.50/\$6.50

Wednesday, Jan. 22

Breakfast: Breakfast Burrito & Fruit

Lunch: Bierocks & Side
ground beef, onions, & cabbage stuffed inside a flaky biscuit ~\$4.50/\$6.50

Thursday, Jan. 23

Breakfast: Biscuits & Gravy

Lunch: White Chicken Chili & Cornbread Muffin
shredded chicken, great northern beans, and onions in a creamy stew served with a sweet cornbread muffin ~\$4.50/\$6.50

Friday, Jan. 24

Brunch: Waffle or Pancake

Lunch: Steak Fajita Quesadilla & Side
marinated steak strips with cheddar cheese, sautéed peppers, & onions in a crispy flour tortilla ~\$4.50/\$6.50

Saturday, Jan. 25

Breakfast: A la carte

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	Jan. 19 ~ Lunch \$12	Dinner \$11
	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable du Jour	Black Eye Peas & Ham Cornbread Vegetable du Jour
MONDAY	Jan. 20 ~ Lunch \$10	Dinner \$12
	Rigatoni & Meat Sauce Garlic Toast Choice of Vegetable	Chicken Normandy Rice Pilaf Vegetable du Jour
TUESDAY	Jan. 21 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Beef Fromage <i>with Sautéed Beets, Mushrooms, Caramelized Onions & Three Cheese Sauce</i> Garlic Toast & Vegetable du Jour
WED.	Jan. 22 ~ Lunch \$10	Dinner \$14
	Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable	Shrimp Étouffée Rice Vegetable du Jour
THURS.	Jan. 23 ~ Lunch \$8	Dinner \$13
	Baked Potato Bar <i>(does not include drink, starter, or dessert)</i>	Braised Beef Brisket <i>with Wild Mushroom Sauce</i> Roasted Red Potatoes Vegetable du Jour
FRIDAY	Jan. 24 ~ Lunch \$10	Dinner \$12
	Baked Sole <i>with Dill Sauce</i> Roasted Red Potatoes Choice of Vegetable	Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Jan. 25 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Coleslaw	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | **Apple Cider Old Fashion**
 4 oz. Apple Cider, 2 oz. Whiskey with bitters
\$3.75

Grosh Cinema Movies

Sunday, Jan. 19, to Saturday, Jan. 25, 2019

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

Sunday, Jan. 19 — The Secret Life of Pets 2 (2019)

Continuing the story of Max and his pet friends, following their secret lives after their owners leave them for work or school each day.

Co-Starring: Patton Oswalt, Kevin Hart, & Harrison Ford

Rated: PG; 1 hr. 26 min. ~Animated Comedy

Monday, Jan. 20 — King: A Filmed Record..Montgomery to Memphis

**Special Showing* Part One at 1 p.m.; Part Two at 4 p.m.*

Originally screened in theaters for only a single night in 1970, this landmark documentary chronicles the life and work of Dr. Martin Luther King Jr. from the beginnings of the Civil Rights movement to his assassination in Memphis in 1968.

Featuring: Martin Luther King Jr, Ruby Dee, Joanne Woodward, Paul Newman, & James Earl Jones

Part One 1 hr. 21 min.; Part Two 1 hr. 41 min. ~Documentary

Tuesday, Jan. 21 — Grumpy Old Men (1993)

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.

Co-Starring: Jack Lemmon, Walter Matthau, & Ann-Margret

Rated PG-13; 1 hr. 43 min. ~Comedy

Wednesday, Jan. 22 — I Confess (1953)

A priest, who comes under suspicion for murder, cannot clear his name without breaking the seal of the confessional.

Co-Starring: Montgomery Clift, Anne Baxter, & Karl Malden

Rated Approved; 1 hr. 35 min. ~Classic Thriller

Thursday, Jan. 23 — Coach Carter (2005)

Controversy surrounds high school basketball coach Ken Carter after he benches his entire team for breaking their academic contract with him.

Co-Starring: Samuel L. Jackson, Rick Gonzalez, & Robert Ri'chard

Rated PG-13; 2 hr. 16 min. ~Drama

Friday, Jan. 24 — Aeronauts (2019)

Balloon pilot Amelia Wren and scientist James Glaisher find themselves in an epic fight for survival while attempting to make discoveries in a gas balloon in the 1860s.

Co-Starring: Felicity Jones, Eddie Redmayne, & Himesh Patel

Rated PG-13; 1 hr. 40 min. ~Drama/Biography

Saturday, Jan. 25 — You're Not You (2014)

A drama centered on a classical pianist who has been diagnosed with ALS and the brash college student who becomes her caregiver.

Co-Starring: Hilary Swank, Emmy Rossum, & Josh Duhamel

Rated R for some sexual content and language; 1 hr. 42 min. ~Drama

Weekly Opportunities Calendar *Jan. 19 to Jan. 25*

Sunday • Jan. 19

Manhattan Room—open seating at lunch & dinner

- 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

Monday • Jan. 20

Manhattan Room—open seating at lunch only

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
- 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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:30 p.m. ~ Contemporary God Talk, KSU CL
- 2:00 p.m. ~ Change & Loss Support Group, FHR
- 3:45 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, CR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 21 *Trash & recycling pick-up*

Manhattan Room— open seating at lunch only

- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Guided Meditation, GC
- 11:15 a.m. ~ Chair Yoga, CR
- 11:30 a.m. ~ 4th Floor Luncheon, MR
- 12:00 p.m. ~ Parkinson's Program Webinar, FHR
- 1:00 p.m. ~ VIP Book Club, WCR
- 2:00 p.m. ~ VIP Support Group, WCR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 5:30 p.m. ~ 2nd Floor Supper, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • Jan. 22

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ ARTful Memories, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL

- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Ice Cream Social, VB
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • Jan. 23

Manhattan Room—open seating at lunch & dinner

- 8:30 a.m. ~ Messenger Team, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR

Friday • Jan. 24

Manhattan Room—open seating at dinner only

- 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. ~ Parkinson's Partner Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partner Support Grp, FHR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Performance by Emily Stillwell, CR

Saturday • Jan. 25

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 10:30 a.m. ~ Fellowship Hour, KSU CL
- 3:30 p.m. ~ Gab & Games with 4-H Club, KSU CL

Room Abbreviations

WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	MCR, Miller Craft Room
GC, Grosh Cinema	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

*Meadowlark News and Announcements
can be viewed on Channel 1960*