

From: University Communication
Sent: Wednesday, December 11, 2019 9:53 AM
To: Employee Distribution List; isu-community-L@listserv.indstate.edu
Subject: ISU Today: Wellness workshop - Take a break and breathe



Wednesday, December 11, 2019

TODAY'S ANNOUNCEMENTS

[Wellness workshop: Take a break and breathe](#)

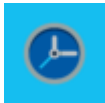
Take a break and learn seated breathing and relaxing techniques with Melissa Grinslade on Dec. 17 from 2:30-3:30 p.m. in HMSU, Dede III.

[READ MORE](#) →

[Retirement notes and reception for Kenny Smith](#)

Please stop by Hulman Memorial Student Union Operations Office to leave a note for Kenny Smith through Friday, Dec. 20. Smith will retire after 25 years of service at ISU.

[READ MORE](#) →



[Winter recess 2019](#)

Winter recess is normally scheduled to begin the weekday before the federally recognized Christmas holiday. For 2019, the University is including Dec. 23 as part of the recess. The winter recess period will be Dec. 23-Jan. 1.

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UPCOMING EVENTS

Wed
 Dec 11

[Final Examinations](#)
 All Day

Wed Dec 11	<u>Generations Holiday Party</u> 11:00AM
Wed Dec 11	<u>Faculty and Staff reception: "Celebrating the Season of Giving"</u> 3:00PM
Thu Dec 12	<u>Final Examinations</u> All Day
Fri Dec 13	<u>Final Examinations</u> All Day

VIEW
CALENDAR →



NEWSROOM

[Winter recess is Dec. 23-Jan. 1](#)

President Deborah Curtis has extended winter recess by a day to begin Monday, Dec. 23 and end Tuesday, Jan. 1. Offices will reopen for business on Thursday, Jan. 2.

[Couple establishes new scholarship for Chicago students with \\$350,000 gift](#)

Jim, '82, and Sue Pajakowski have donated \$350,000 to establish the Michael Grant Pajakowski Bridge the Gap Scholarship endowment in memory of their late son. Their commitment will provide \$20,000 each year to support students from Chicago.

[Art grant inspires young artists](#)

Community School of the Arts has partnered with the Swope Art Museum to provide "Youth Artist Experience," an art education after-school program at Ryves Youth Center. The artwork will be on exhibit from 4-5 p.m. Dec. 4 at the center.

[Couple creates endowment for school counseling program scholarships](#)

Sue and Norman Abazoris have made a \$300,000 gift to Indiana State University to create the Susan Dauberman Abazoris Scholarship to support students

pursuing a Master's Degree in School Counseling.

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