**IS Daily D.O.S.E. – July 19th, 2011**

**East Lansing Weather**
93° | 72° F
Partly Cloudy

**Stay Cool!**
- Drink more fluids, regardless of your activity level. Don’t wait until you’re thirsty to drink.
- Don’t drink liquids that contain large amounts of sugar—these will cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

**IS Daily Events**

**Outlook Basics**
9:00 – 12:00
IS Training Room 115

**OPTIM Server Project Planning**
9:30 – 10:30
IS Conference Room 130

**IS Team Leaders Meeting**
1:30 – 2:30
IS Conference Room 130

**Digital Sign Policy Meeting**
3:00 – 4:00
IS Conference Room 130

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**Spartan Hockey**
Spartan Hockey is getting ready to see some changes this season. First, the Spartans are welcoming Tom Anastos as their new head coach. This season the Spartan’s will also be hosting 19 home games and will be offering new ticket purchasing options. There are multiple season ticket options, season Saturday tickets, Pick 6 packages, and single game ticket options. Check out [msuspartans.com](http://msuspartans.com) for pricing information and the 2011 – 2012 hockey schedule.

This season’s first home game is scheduled for October 3 against Western Ontario. Season tickets go on sale September 15th and single games tickets will be available on October 1st.

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**2011 – 2012 Spartan Hockey**

Key Principles for Encouraging Effective Participation
- Allow enough time
- Methods must allow people to express their views freely without feeling ‘put on the spot.’
- Methods of involvement must be accessible to all taking part and in particular must respond to any communication needs.
- A wide range of people should have the opportunity to participate.
- Be aware of sensitivities.