**Today’s Weather**

71° | 48° F
Isolated T-Storms

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**IS Daily Events**

- **Web Meeting MC/IS**
  8:30 – 9:30
  IS Conference Room 130

- **RHS IS Website Review Discussion**
  10:00 – 10:30
  IS Resource Room 131

- **IS Team Leaders Meeting**
  11:00 – 12:00
  IS Conference Room 130

- **Tech Skill Gap Workgroup**
  3:00 – 4:30
  IS Conference Room 130

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**Ergonomics Recommendations**

Experts at Cornell are not recommending standing desks; instead they recommend that you sit to do your computer work using a height-adjustable, downward tilting keyboard. Then every 20 minutes stand for 2 minutes and MOVE. The absolute time isn’t critical, but about every 20-30 minutes take a break; simply standing is not sufficient. Build a pattern of creating greater movement variety in the workplace. For example, walk to the printer or water fountain, stand for a meeting, take the stairs, or park a bit further away from the building each day.

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**International Day of Peace**

"Peace Day should be devoted to commemorating and strengthening the ideals of peace both within and among all nations and peoples...This day will serve as a reminder to all peoples that our organization, with all its limitations, is a living instrument in the service of peace and should serve all of us here within the organization as a constantly pealing bell reminding us that our permanent commitment, above all interests or differences of any kind, is to peace."

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**Spartan Sports**

Field Hockey @ Central Michigan
4:00 pm