



CENTER FOR VETERINARY HEALTH SCIENCES  
**Friday Bit for Alumni and Friends**

**SITUATION: FALL CONFERENCE WRAP »**

One of my friends sometimes calls for a SITREP. So here is yours from the alumni office. Coffee is good. Life at the CVHS alumni headquarters moves fast, so, what's on my mind? Everything.

I'm guessing you have a thing or 10 (loving that number) on your mind as well.

Here's a tip on how to un-task for the holidays. Lose the laptop. Your desk. Unnecessary gadgets. Your boss.

Give yourself a high, ahem, 10 if you accomplished any of these award winning goals: Just said, no. Didn't text in the no-text-room. Slept without your phone, or just slept. Didn't eat at your desk.

Do take advice from the dog: Take a no-guilt nap. Find the zone.

**SITUATION: YOU'RE BORED WITH THE SAME OL' »**

Please help keep it real for our alumni programs at CVHS. Make checks payable to OSU Foundation and send via your alumni office at 308 McElroy Hall, Stillwater, OK 74078. The alumni contribution benefits you, just you. Weary of the status quo? Want to be the vet school whose alumni can make a TRUE difference? Want to engage with current veterinary students (maybe for dinner) and speak about what matters in veterinary science? How about alumni sponsored watch parties for CVHS? I'd love to discuss these fertile opportunities with you. Talk to me 405-744-5630 or find me at the CVHS booth today at the Expo Hall. I take credit cards and make that tax perk materialize in your mailbox lickety-split.



Fridays are fab, aren't they? Follow me on twitter #scot1 @okstatevetmed



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**Healthy Animals – Healthy People**



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