

Quote of the Month

*Is it so small a thing
To have enjoy'd the sun,
To have lived light in the spring,
To have loved, to have thought, to have done...*

Matthew Arnold (1822-1888)
English poet and critic

HRA Work/Life Events/Programs/Activities

The Walking Challenge is Back: Put Together & Register A Team By April 13th

The IUPUI HRA Work/Life Walking Challenge is back. All that participants have to do is register their team by 5:00 p.m. April 13th (see attached form), record their steps from Wednesday, April 14th, 6:00 a.m. until Tuesday, May 5th, 5:59 a.m.; in other words, a full three weeks. Then, by May 12th, send the form, which I have included with this e-mail, so we can see how many of you decided to add walking to your personal health regimen and can determine the challenge winners. The form is designed for a department team so if you want to make it more fun, pull a department team together and get a little fun and friendly competition going. If you are the only one in your department who wants to take the challenge, then you can be a team of one. We are VERY flexible!!!

Doing the step count will, of course, require a pedometer. I consider a leash a necessity as dropping the pedometer usually ruins it, so get one of those, too. You can purchase a pedometer and leash at many retail and discount stores.

I wish I could tell you there are lavish prizes but, as usual, I have a budget of zero, so your prizes will be:

- ☐ A healthier you
- ☐ Pride in making a commitment and sticking to it for three weeks (a new habit)
- ☐ A chance to enjoy the outdoors and the beautiful spring weather (hopefully)
- ☐ The fun you'll have challenging others in your department
- ☐ A certificate that you can proudly frame and put on your wall

If you wish to receive the "Stepping Up to Better Health" booklet, the "Ramp It Up Record Sheet" (for those who aren't currently doing 10,000 steps but want to build up to that) or the "10,000 Steps Log Sheet" (for those who are generally at the 10,000 step level), let me know at mstimmin@iupui.edu.

IUPUI Walking Challenge Kick-Off - Free Pedometer & Other Goodies

Rather than a speaker, this year for the kick-off, we will do a walk – quite a concept kicking off a walking challenge with a walk. ☺ We'll meet at the southwest corner of University Boulevard and Michigan Street at Noon on Wednesday, April 15th.

The first 96 IUPUI staff, students and faculty who pre-register using attached form; indicate, on the form, that they plan to attend the kick-off; and actually attend the kick-off will receive a pedometer, a rubber exercise band, a 14-day NIFS pass, a nutrition guide, a choice of a CICS flashlight key chain or ID lanyard (first-come, first-served) and more. We have had 90+ kick-off registrants in the past, so I recommend you register as soon as possible.

Those who want to encourage you to live a healthier and/or environmentally friendlier lifestyle and have made items available for participants who attend the kick-off event include Central Indiana Commuter Services (CICS - <http://www.327ride.net> – encourages car/van pooling, walking, bicycling and riding mass transit use and sponsors Emergency Ride Home program for CICS members), FitCity Indianapolis (<http://www.fitcity.info>), INShape Indiana (http://www.hra.iupui.edu/hra/worklife/wl_inshape.asp and, for INShape blog - <http://www.wereinshape.com/profile/JoshuaGonzales>), National Institute for Fitness & Sport (NIFS - <http://www.nifs.org>), Marion County Purdue Extension Service (<http://www.ces.purdue.edu/Marion>) and IUPUI School of PE & Tourism (<http://www.iupui.edu/~indyhper>).

Flexible Work Arrangements Panel May 12 – Hold the Date

Summer is a great time to try flexible work arrangements in your department, so to help you get started, HRA Work/Life is sponsoring a panel on May 12, 11:30-1:30 at University Library Lilly Auditorium (lower level). Mark this on your calendar and plan to attend. The panel will include FWA users, those who supervise FWA users, a Payroll representative and an HR staff member who can answer your policy related questions. Each will speak for 5-8 minutes, and then the floor will be open for questions. You might want to start by reviewing the material at <http://www.hra.iupui.edu/hra/WorkLife/FWA/Main.asp>. You can use or not use any of the material and tailor it to your needs. For telecommuting, the Work-at-Home Safety checklist is required.

Focus on Financial Management Series Coming in May – Block the Dates

The popular HRA Work/Life Financial Fitness series (now called Focus on Financial Management) will be held May 26; June 2, 9, 23, 30 and July 21. Block these dates and plan your vacation around them so that you can attend and learn about how to manage through tough times by gaining knowledge on how to reduce debt, read/repair your credit report, do a budget, save and more. Location TBD.

The Supervisors'/Managers' Corner

Student Employee Appreciation

April 13-17 is student employee appreciation week. For recognition ideas, visit [http://uc.iupui.edu/uploadedFiles/Career and Employment Services/Appreciation.pdf](http://uc.iupui.edu/uploadedFiles/Career_and_Employment_Services/Appreciation.pdf) . Students, like everyone else, appreciate recognition for the work that they do.

Breastfeeding Mothers & The Workplace

Allowing for workplace breastfeeding is the law, IU supports that, and I hope that you will do your part, too. Given IUPUI's status as a health science campus, this would fall in the category of "walking the talk," because the health benefits for both baby (transfers mother's antibodies to child, provides better nutrition than formula, provides positive psychological benefits, etc.) and mother (less likely to develop breast and ovarian cancers and decreased risk of osteoporosis are well documented in the research. For the policy and other IUPUI information, see <http://www.hra.iupui.edu/hra/policies/tipslactating.asp> , <http://www.indiana.edu/~uhrs/policies/uwide/lactating.html> and http://www.hra.iupui.edu/HRA/WorkLife/wl_other.asp . For general information, check out <http://www.ers.dol.govt.nz/publications/breastfeeding/four-simple-things.html> <http://www.hmhb.org/ronacohen.html>. Take care to be sensitive to this need. Better yet, set up a dedicated lactation room in your building (I can help – mstimmin@iupui.edu .)

Work/Life Partner Activities & Other Information of Interest

Work/Life programming is about wellness, career/personal enrichment, dependent care, education on things that affect your personal life (finances, home maintenance, legal issues, etc.), information for families/singles, ideas for better balancing your work and life and more. In a nutshell, it's about providing information that you, as a whole person need/want. Since HRA's Work/Life office cannot meet all these needs, we are happy to let you know of work/life-related opportunities that other organizations on and off campus are offering, along with other general information.

Personal/Home/Family/Financial Life

Sesame Street Live 50% Off Discount

Sesame Street Live is coming to the Murat Theatre (502 N. New Jersey). For 50% off 4/3/09, 7:00 p.m. tickets, visit <http://www.livenation.com/venue/murat-centre-tickets> ; scroll down and in list, click on "Get Info" next to listing for Friday 04/03/09, 7:00 p.m. When Elmo Grow Up 04.03 Eve. At next screen, click on Find Tickets (in red box); under "Select a Promotion," select When Elmo Grows Up – Save Discount; enter the word Save (case sensitive) Promo Code in that box; then choose your tickets from Choose Tickets by Section or Choose Tickets by Map. If you are not happy with your seat choices in the discounted sections, you can go back up to Promo Selected and click on "Clear Your Promotion" (red box), but be aware that you will pay full price if you do that.

Learn to Can Food

People are getting back into gardening to save money and enjoy the great taste of home grown produce. For those who grow an overabundance, canning might be the answer. If you'd like to learn how, Purdue Extension Boone and Johnson counties can help. FMI - <http://www.ces.purdue.edu/CES/Marion/cfs/2009HomeFoodCanning101.pdf> (page 2).

Nominate an Exemplary Dad

If you know a biological father, legal stepfather or adoptive father who is a positive role model, nominate him for the "Heart of a Father" award. Visit <http://www.fatherresource.org> and scroll down.

Fannie Mae & Freddie Mac Refinance or Modify?

If you have a mortgage loan guaranteed or owned by Freddie Mac or Fannie Mae and are interested in possibly refinancing or modifying your mortgage, visit <http://www.makinghomeaffordable.gov/eligibility.html> .

Beware of Foreclosure Rescue Scams

The U.S. Treasury Department wants you to know about foreclosure scams. Check out <http://www.makinghomeaffordable.gov/beware.html> .

Use Up Your TSB Account (or Lose It)

April 15th, is the deadline to turn in receipts for any qualified health or dependent care expenses that you incurred by February 28th and for which you want reimbursement from your 2008 TSB account. FMI, visit <http://www.indiana.edu/~uhrs/benefits/tsb.html> .

Legacy House Offers Support to Those Impacted by Violence

Homicide, domestic violence, child abuse, sexual assault, stalking, robbery and burglary are crimes that deeply affect the survivors who must confront the anguish of a sudden, often devastating end to a loved one's life or the personal scars left by these other violent acts. Legacy House offers free individual and family counseling, support groups and children's services. Additional services include emergency protective orders, emergency cell phone distribution, application assistance for the Indiana Victims of Violent Crime Compensation Fund, safety planning, community outreach and education. FMI call 554-5272 or visit www.legacy-house.org .

In an effort to raise awareness about its services, Legacy House will host ROCC-A-Thon on Monument Circle April 30, 10:30 a.m. to 2 p.m. The event features local residents rocking in dozens of wooden rocking chairs on the Circle, music, food and educational booths to create community awareness about the issue of violence, its victims and services offered through Legacy House.

Free and Fun/Interesting

Indy Arts Market, Saturdays, 9-2:00, Indianapolis City Market; FMI, visit <http://www.indycm.com>

Digital Youth Art Exhibit, April 3-30, library hours, Central Library; FMI, call 275-4022 or visit <http://www.imcpl.org/about/locations/central.html>

Journey through Africa: Dance Like the Egyptians, April 5, 2:00, Central Library; FMI, call 275-4022 or visit <http://www.imcpl.org/about/locations/central.html>

Poetry Reading, April 6, 12:15, Indianapolis Artsgarden; FMI, visit <http://www.indyarts.org> or call 631-3301

Dana Roeser, author, April 6, 7:30 p.m., Butler's Clowes Hall; FMI, visit <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=182&-Token.Action=>

Race, Space, Crime and the African American Entrepreneur –Bessie House-Soremekum, April 8, 4:30, University Library Lilly Auditorium; FMI, visit www.iupui.edu/administration/acad_affairs and click on "Cutting Edge Lecture Series in right menu.

Child Auditions for Chitty Chitty Bang Bang, April 8, 4:00, Butler's Clowes Hall; For audition form and information, visit <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=179&-Token.Action=>

Do You Have Military Ancestors in Your Family? , April 9, 12-1:00, Indiana State Library; FMI call 232-3675 or visit <http://www.library.in.gov> .

Ask a Lawyer, April 14, 3-7:00, Central Library; FMI, call 275-4022 or visit <http://www.imcpl.org/about/locations/central.html>

Darden Purcell, jazz vocalist, April 16, 12:15, Indianapolis Artsgarden; FMI, visit <http://www.indyarts.org> or call 631-3301

Say It! Sing It! Open Mic for Teens, April 18, 2-4:00, Central Library; FMI visit <http://www.imcpl.org/about/locations/central.html> or call 275-4022.

Charles Simic, U.S. Poet Laureate 2008, April 21, 7:30; FMI, visit <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=180&-Token.Action=>

Claude Bourbon (acoustic/folk/blues), April 23, 12:15, Indianapolis Artsgarden; FMI, visit <http://www.indyarts.org> or call 631-3301

Free Tree Arbor Day, April 24, 8-4:00 Monument Circle; FMI, call 223-5183.

Earth Day Festival, April 25, 11:00, American Legion Mall; FMI, visit <http://www.earthdayindiana.org> or call 767-3672

Singing Stories with Yurtfolk (especially for children), April 25, 2:00; FMI, visit http://www.imcpl.org/events/detail/?action=&event_id=1805&schedule_id=13860 or call 275-4100

Butler Choral and Symphony Orchestra Festival, April 26, 3:00, Butler's Clowes Hall; FMI, visit <http://www.cloweshall.org/calendar/event.lasso?-KeyValue=74&-Token.Action=> .

500 Festival Kick-Off, May 1, 11:30-1:00, Monument Circle; FMI, visit <http://www.500festival.com> .

Health, Wellness & Safety

IUPUI Smoking Policy, Resources & Comment Info

The tobacco-free IUPUI policy went into effect a couple of years back, but with new employees and students arriving all the time, it's important to get the word out on an ongoing basis. The Student Life Web site has a section where you can see the policy, learn which streets are city streets where smokers can go (see FAQs), find a link to send comments about the policy, etc. The site is at <http://www.iupui.edu/~nosmoke> . A list of up-to-date cessation resources can be found at http://www.hra.iupui.edu/HRA/WorkLife/wl_nicotine.asp#resources .

IUPUI ToxAway Day April 17th

ToxAway Day offers members of the IUPUI community a quick, convenient way to get rid of residential waste such as pesticides, paint, motor oil, computer components, small TVs and MUCH MORE while protecting the air we breathe and the water we drink. Visit <http://www.cfs.iupui.edu/recycle/toxaway.php> for a list of what they'll accept. Then put all your "stuff" in boxes and bring it, between 7:00 a.m. and 1:00 p.m., to the parking lot west of the Union Building (620 Union Drive) on the far west side of campus.

If that date doesn't work for you, there is also an opportunity to recycle *electronic* refuse May 2 at the Indiana State Fairgrounds parking lot at the corner of 38th and Coliseum Avenue. FMI, visit <http://indiana.poweron.com> . Click on "Acceptable Materials" on flyer to see what they'll accept.

The Benefits of Exercise are Many

Better sleep, stronger bones, less stress, more strength/tone/flexibility, weight loss, improved lung and heart health, lower blood pressure and the confidence that you're doing something good for your own well being are just some of the potential benefits of

exercise. Just start walking a little each day. If you need help getting motivated, sign up for the Walking Challenge described above.

IUPUI Environmental Sustainability Committees Need Members

IUPUI is working to operate in a more sustainable way. Thus, a group, with a variety of subcommittees, was formed a few years ago. They are open to new members, so if you have a passion for healthier environments, you might want to consider this. For committee information, visit

http://cees.iupui.edu/Education/Campus_Sustainability/Committees.html . For general information, visit http://cees.iupui.edu/Education/Campus_Sustainability .

Emerging Green Builders

If you are a student or young professional with a passion for green building, attend the Emerging Green Builders Chapter events. FMI, visit <http://www.usgbc-in.org/branches/eqb.php> .

Anxiety Screening offered by CAPS

Ever been concerned about your feelings of anxiety and wanted to know more? Then consider attending the Anxiety Screening event sponsored by Counseling and Psychological Services on Thursday, April 9, 10 a.m.-4 p.m., Campus Center 148 .

Helpful link: [Freedom From Fear](#) .

Lite 'N Up

NIFS' (our neighbor on the south edge of campus) Lite 'N Up series will be held April 7th to May 26th; Tuesdays, 6-7:30 p.m. It is designed to provide tools that support a healthy lifestyle and includes presentations by registered dietitians and certified health and fitness instructors on a wide variety of topics related to nutrition, fitness and wellness. Cost is \$165 for NIFS members and \$195 for nonmembers. Call 274-3432 x 239 for more information or to register.

Outrun the Sun Race Against Melanoma

Melanoma, a type of skin cancer, is on the rise more than any other cancer. Outrun the Sun Race Against Melanoma will be held Saturday, June 6, 7:00 p.m. at Fort Benjamin Harrison State Park to raise funds for research. You may bring your family and walk, jog or run. To register or volunteer, visit www.outrunthesun.org .

Staff Council Blood Drive: Give So That Others May Live

The Staff Council's Blood Drive is April 29th. Later in the month, check the Staff Council Web site, <http://www.iupui.edu/~scouncil/news> , for details or call 274-2215.

Miscellaneous

IUPUI Suggestion Box

Got a suggestion for any aspect at IUPUI? Visit <http://www.formdesk.com/iupui/concern> . You can choose to be anonymous. Even though this suggestion box is a service of staff council, you do not need to restrict yourself to direct staff council issues; there are no restrictions on topics, as long as they are IUPUI related.

Prevent Child Abuse Event

Prevent Child Abuse Indiana works to build awareness and serve as a resource for families, individuals and communities. They encourage you to report child abuse or neglect at 1-800-800-5556. To learn more, visit <http://www.pcain.org> .

They are partnering with the Heartland Actors Repertory Theatre (HART) to present *In A Dark Dark House* about two brothers coming to grips with the legacy of abuse. Remaining performances are April 3 and 4, 8:00 p.m. at the Indy Fringe Theatre, 719 E. St. Clair St. (corner of College and St. Clair). Tickets are \$20 and can be obtained by calling the box office at 796-2222 or by going to www.heartlandactors.com. The play contains adult content and adult language, and is not recommended for children. Prevent Child Abuse will lead a discussion after the play.

A Brave New World Symposium: Navigating 21st Century Challenges

This event, to be held Tuesday, April 14, 6:30-9:00 at Campus Center 450 B/C, is designed to spark a community conversation about what individuals can do to confront the challenges of the 21st century. This reminds me of anthropologist Margaret Mead's famous quote, "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it's the only thing that ever has," so don't fret about the future; come gain some thought-provoking ideas for what you can do. Staff, as well as student and faculty are encouraged to attend. Free for students, \$5 for all others. Visit <http://www.abnw.org> and be sure to order a ticket, whether you're a student or not.

David Robbins Scholarship for IUPUI Families' Dependents

This scholarship, for up to \$500, is in honor of former Vice Chancellor for Fiscal and Budgetary Affairs at IUPUI, David L. Robbins. It has a May 15 application deadline and is available to dependents of IUPUI staff or faculty. Applicants must be an upperclassman with a minimum 3.0 cumulative GPA and full time enrollment. Use the IUPUI Continuing Scholarship application to apply. FMI, the form and a listing of other scholarships for continuing students, visit <http://www.iupui.edu/~scentral/downloads/ContinuingApp09.pdf> . Single parent students might also want to look at the information on the McCracken Assist Scholarship. For additional information, contact the Office of Student Scholarships at 274-5516 or via e-mail at escholar@iupui.edu.

Concert With a Cause

Samaritan's Feet, the agency that outfits the world's needy children with shoes, is holding a concert to honor Ron Hunter, IUPUI's basketball coach and raise funds for Samaritan's Feet and the orchestra's annual fund. The concert will feature music from sports films and is scheduled for Wednesday, April 29, 7:30 p.m. at Hilbert Circle Theatre. To buy tickets, visit <http://www.indianapolissymphony.org/tickets/details.aspx?id=2683>.

Good, Clean, Politically Correct Jokes

Last year after the laughter session, which was part of the HRA Work/Life Stress Reduction series, I decided I could contribute to people's good health by making them laugh. So, I have started doing a joke at the beginning of each workshop I offer. If you have a good, clean, politically correct joke to share, send it my way (mstimmin@iupui.edu).

Changes in PAO and PAU Timekeeping

Due to concerns of IU auditors, changes will be made in how PAO and PAU employees will keep time (by using the electronic TIME system) and how they will be paid (biweekly). This could affect your family budget for August (though you will not lose a penny overall, the timing for your pay will be different). UHRS has bent over backwards to address potential cash flow issues for the affected employees by making the changeover in August, etc. For details, visit <http://www.indiana.edu/~uhrs/flsa/compliance.html>.

Becoming More World/Culture Wise

Selected Holidays of Note (Source: University of Kansas Medical Center Web site)

April 6 – National Tartan Day (Scottish)
April 8 – Beginning of Passover (Jewish)
April 8 – Vesak - Buddha's Birth
April 12 – Easter (Christian)
April 14 – Sinhala and Tamil New Year (Sri Lanka)
April 19 – Easter or Pascha (Orthodox)
April 23 – St. George's Day (English)

Ethnic/Cultural Festivals/Events/Classes

IUPUI

Second Annual Africa Night, April 18, 6-9:00 Room CE450, IUPUI Campus Center

Local

German Language Good Friday Worship Service, April 10, 10:00 a.m., Zion Evangelical United Church of Christ, 416 E. North St. FMI, call 639-5411.

Dance Recital, April 19, 3 p.m., India Community Center, 4420 W. 56th Street; FMI, contact Sudha Goradia, 796-9564.

Frank X. Walker, an award-winning founding member of the Affrilachian Poets, will offer a poetry reading at the Julia Carson Center, 300 E. Fall Creek Parkway on April 23rd at 7:00 p.m.

Buddhist Monks Create Healing Sand Mandala – Cultural performance, May 1, 7:00 p.m. St. Luke's Methodist Church, 100 W. 86th.

For the Highly Curious

I am curious about a wide range of subjects. For those of you who share that trait, here's your chance to learn more about singularity.

Are We Nearing “Singularity”?

The term “singularity” refers to a theoretical future point of unprecedented advancement caused by the development of various technologies including biotechnology, nanotechnology, artificial intelligence (AI), robotics and genetics. Recently Singularity University, an interdisciplinary university whose mission is to assemble, educate and inspire a cadre of leaders who strive to understand and facilitate the development of exponentially advancing technologies and apply, focus and guide these tools to address humanity's grand challenges, was established at NASA Ames Research Center. Intrigued? Visit <http://singularityu.org/overview> and click on the arrow in the center of the screen to see the overview. FMI, visit <http://singularityu.org/about/fag/#singularity> and to hear a presentation by Ray Kurzweil, who wrote a book about singularity visit <http://video.google.com/videoplay?docid=-6140406219828000794>

Singularity (especially artificial intelligence) is intriguing but also raises concerns. To gain a more balanced view, see http://en.wikipedia.org/wiki/Technological_singularity and scroll down to “potential dangers” and, for scholarly papers, visit <http://sss.stanford.edu/reading/technologyacceleration> . Good? Bad? Who Knows? Regardless, it is something to be in the know about.

Volunteer Opportunities/Civic Engagement

Comment: You might wonder why I include a section on volunteerism in this newsletter. I believe that partnering with the community we work and live in is a win/win. The organization you work with gets the value of your services. It potentially allows you, the volunteer, to network and build relationships with other people, explore one of your passions, learn a new skill,

experience a leadership role, get the great feeling that you get for making a contribution and have fun. Is that reason enough to include this section? ☺

The Great Indy Clean Up

Keep Indianapolis Beautiful's Great Indy Cleanup events are weekends April 4th through October 31st. They'll provide the dumpster, bags, gloves and posters; you and your neighbors provide the manpower. FMI and the request form, visit http://www.kibi.org/programs/litter_cleanup/gic/index.htm

Volunteer with the Central Indiana Land Trust

Itchin' to get outside? Why not do good at the same time? The Central Indiana Land Trust needs volunteers to pull invasive/nonnative plants, seed land preserves, mark trails, do bird counts and more. At times they also need photographers, writers, editors, naturalists, grant writers and educators. FMI, visit <http://www.conservingindiana.org/volunteer.html>

Homeless Veterans and Families

Volunteers needed for HVAF's 3rd Annual Walk/Jog-a-Thon on April 26th at 964 N. Pennsylvania St. FMI ,please visit www.hvaf.org or contact Tina Shelley at 951-0688 or tshelley@hvaf.org.

Stutz Artists Open House

Volunteers (18 or older) are needed for the Stutz Artists Open House on April 24 and 25 at the historic Stutz Business Center. Volunteers will be asked to attend a one-hour training session. [FMI](#)

Career/Professional/Personal Enrichment/Recognition

Sexual (and Other) Harassment – Everyone Needs to Be in the Know

To learn about IU's sexual harassment policy, visit <http://www.iupui.edu/~oeo/policy/sexhapol.html> , but you should know that harassment other than sexual harassment is also a concern because legal standards for sexual harassment now apply to all types of unlawful harassment. An online module that will enable you to refresh on what you need to think about can be found at <http://training.newmedialearning.com/psh/iupui/index.htm> . Information about complaint procedures can be found at <http://www.iupui.edu/~oeo/policy/IUPUIinvestigativeOperatingProcedures.pdf> . It would also be advisable to view the policy against workplace harassment and violence at <http://www.indyrad.iupui.edu/RadWeb/LinkClick.aspx?fileticket=5ieh8hIPWqM%3D&tabid=356> . If you see unlawful harassment or it is reported to you, it is important to take action by calling the IUPUI Office of Equal Opportunity. It is important to deal with this

with an attitude of caring. If you wish to offer training on this topic in your unit, etc., visit <http://www.iupui.edu/~oeo/training> .

Student Supervisor Workshops

Student Employment 201 (for those with student supervision experience) on Monday April 20, 9-Noon in UL 1126, will cover orientation, motivation techniques, helping students identify work skills, coaching and how to handle tough situations.

Student Employment 301 (for those with extensive student supervision experience) on Wednesday, May 20, 9-Noon in UL 1130, will cover how to use SkillsBridge to help students make meaningful connections between their academic work, current employment and skills needed to pursue their chosen career.

Register for either workshop at <http://www.hra.iupui.edu/hra/training/workshops.asp> . FMI, contact Judy Carley at jcarley@iupui.edu or 274-7381.

Notes

If someone forwarded this Work/Life e-newsletter to you or you picked it up via the Web or link and want to subscribe, just send a note to mstimmin@iupui.edu.

Note: In order to provide as many good resources as possible to participants, we will often acquire speakers and informational pieces from a variety of sources and will list Web sites of various companies/organizations. We do not necessarily endorse the persons/companies/organizations whose information we use or whose Web sites we list (though we have done some basic research to try to ferret out reputable organizations, of course). The information we provide is not intended to be advice, simply information. Be a wise consumer and do the appropriate research before using the goods/services/information of any of these companies/organizations/sites.

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