TODAY’S WEATHER
HIGH: 57°F
LOW: 44°F
MOSTLY CLOUDY

WEEKLY LINEUP TOPIC

**Effective Communication**

*Everything sends a message. Each piece of our behavior tells a story.* [This article](#) explores the habits of persuasive business leaders and can help you use send the right kind of message in the workplace.

IS DAILY EVENTS

**Ultra Time Training**
8am-11am
IS Training Room 115

**IS Team Leaders Meeting**
8:15am-9:15am
CS Conference Room

**Aux Active Report Template**
9:30am-10:30am
CS Conference Room

**Change Management Group**
10am-11am
IS Conference Room 100C

**Telecom and Help Desk Meeting**
10am-11am
IS Resource Room 131

**IS Booklet Meeting**
11:30am-12pm
IS Conference Room 100C

RECIPES FOR HEALTH

This month’s recipe for health features yard long beans. They taste similar to green beans yet become bland when cooked with water and are best when sautéed, stir-fried, or deep fried.

Try out this recipe for Thai braised yard long bean, which will be served for lunch tomorrow at Brody Square, The Gallery, and the Riverwalk Market. There will also be a cooking demonstration at Brody Square at 12:10pm

IS HALLOWEEN COSTUME CONTEST

Friday the 30th be prepared in your best Halloween costume! To enter the contest get your photo taken at the IS front desk and vote for your favorites! There will be prizes for the winner!