BEING WELL »

Are you a **Feast Master**? See, just when you thought some chill was in sight, Thanksgiving appears. Family dynamics, homekeeping, mass food prep - *it's* a form of 'um, torture. So, whatever your feast-beast plans, here are some tips from the annals of the alumni office on how to practice **slow living** this holiday.

Gobble this.

- Prep table topics - politics is a violation of, say, ethics.
- Promote equality - at **CVHS** we treat all species for wellness. Embrace that as your own (sibling) culture.
- Compassion? Check.
- Convos getting tense? Don't be baited, defer to the dog. Gotta go. Bye-eeeeee.
- Evoke Stephen Hawking - human extinction talk kinda redirects the consciousness.
- Remember love. It's a form of courage.
- Debate-in-progress? No worries, the turkey will eventually take out enemy family.
- Hail Mary? Open the bubbly. Effervescence is magical.

Feast well, hide the knives and remember, **Orange** and **Black** are weapons grade colors.

THE SEARCH CONTINUES »

Oklahoma State University is searching for the next Dean of the Center for Veterinary Health Sciences. A position description is finalized and Board of Regents approved. The search and screening committee is being chaired by **Dr. Thomas Coon, Vice President for Agriculture Programs**. More information about the search process, including a position description for the Dean's position can be found [here](#). Please share this information with classmates and colleagues in the veterinary profession and plan to attend a **listening session** near you. If you are unable to attend in person, please join online via Adobe Connect **web conferencing services**. The web conference can be found on the day of each event [here](#) Web conference participants are able to interact with questions and responses via the online chat function.

**November 21: District 4, Ardmore, 7:00 p.m.** - OSU Institute for Agricultural Biosciences (3210 Sam Noble Parkway, Ardmore, OK 73401)

**November 22: District 3, Elk City, 7:00 p.m.** - Hampton Inn (102 Regional Drive, Elk City, OK 73644)

AAEP CONFERENCE - CVHS ALUMNI RECEPTION »

Thanks to alumni and friends, CVHS is represented at the **62nd Annual AAEP Conference in Orlando**. Meet us at the alumni reception on **Monday evening December 5, from 6-9:30 p.m.** in the **Rosen Centre Hotel, Suite #2056, 9840 International Drive**. Alumni enjoy complimentary beverages, food, door prizes and college updates. Text/call 405-612-5359 or email me if you need assistance.

THE HEART OF THE MATTER »

As the holiday season draws near, I'd like to extend my heartfelt thanks to the **alumni and friends** whose generosity supports CVHS. I know that you have many philanthropic choices so I appreciate so much that you have continued to invest in veterinary education. Thanks to your loyalty we are able to continue to provide excellence to the world. At CVHS, we are committed to our people (that's you) and the clients we serve. We also remain committed to preparing outstanding veterinary students who strengthen and advance the
profession. **These commitments are best served with your continued support.** So again, thank you for all you do to support your alumni office and the initiatives identified by the strong leadership of **OSU CVHS.**

It’s **Friday,** hey. **Orange** drop.

(The **Friday Bit** will suspend publication for Nov. 25.)

**GIVE** and **BE** change.

Fancy a chat? **sworrel@okstate.edu** #scot1