West Circle construction led to an interesting surprise last Tuesday near Morrill Hall. The foundation of a wall from an unknown building was found buried in the ground. It is thought to have been an old boiler building for Morrill Hall, but there is no record of its existence on historical maps of campus. See the full article from The State News [here](#)!

A new graduate certificate program will be offered in the fall 2012 semester at MSU. This “first-of-its-kind program” will be in forest carbon science, policy, and management and is expected to attract many interested students. For the full story, click [here](#)!

Michigan State University has agreed to open the 2012-2013 college basketball season against Connecticut at Ramstein Air Base in Germany! Once approved by the Department of Defense and ESPN, the game will be set for Friday, November 9, and will be televised live on ESPN! Full story [here](#)!

Long days sitting on your computer at your desk make it important to take some time to give your hands a break! Here are some Hand and wrist exercises that you can do throughout the day!

**Wrist Roll**
Roll your wrist 10 times clockwise and then 10 times counterclockwise every hour!

**Hand Massage**
Using your thumb and fingers, massage the inside and outside of your hands throughout the day!

**Wrist Stretch**
Stretch out your arms with your palms facing out. Grab your fingers with your other hand and pull them back to stretch for 20-30 seconds.

Check out this very interesting online collection of 76 cookbooks compiled from MSU Library’s Cookery Collection of 10,000 cookbooks! The online archive includes influential cookbooks from the 18th to 20th century in America. Check out their website [here](#)!