I am proud of my professional appearance, language, and behavior.

**Recipe for Health Cooking Series**

Brody Square is the place to be for lunch today!

Head on over to the Demonstration Kitchen at 12:10 for a presentation on how to make this month’s Recipe for Health, Braised Bok Choy! It will then be served so you can taste it, too!

The recipe will also be served for lunch at The Gallery and Riverwalk Market today!

**Muelder Summer Carillon Concert**

6:00 at Beaumont Tower

Wesley Arai from Berkley, California will be performing.

Tours of Beaumont Tower will follow concert.

**American Solar Challenge Vehicle Race**

This month, the MSU Solar Car Team participated for the first time in the American Solar Challenge Vehicle Race! This cross-country race started in Rochester, NY and ended in St. Paul, MN. Even though our team did not finish the race, they still came in 12th place out of 16! Read the full story [here](#).

**Hey students!**

Are you moving out of your off-campus apartment in August?

A new program is being offered next month that allows students to donate their items for re-use at two drop-off locations! The Move-Out Made Easy Program is offered by The East Lansing Department of Public Works, MSU Surplus, and MSU’s Community Liaison. Items accepted include furniture, electronics, books, clothes, bikes, and non-perishable food!

Bring your MSU ID to participate! [Visit this link](#) for dates and locations!

**Today’s Weather:**

91° / 75°

Scattered Thunderstorms

**IS Daily Events**

**Weekly Web Team Meeting**

8:30-10:00

IS Conference Room 130

**Team Leader’s Meeting**

10:00-12:00

IS Training Room 115

**Performance Review**

1:00-2:00

IS Resource Room 131

**Yesterday’s Trivia Time question asked what year MSU was founded!**

The answer: 1855!

Congrats to the winner, Angie K. and thanks to all the participants – the most yet! Keep on the lookout for more Trivia Time questions in the DOSE!

Enter this week’s Be Spartan Green Weekly Contest by emailing them three ways to conserve energy when you leave your campus office at the end of the day!

[Click here](#) to be directed to their website for complete rules and details.