DOSE Principle of the Week:

RHS Strategic Plan Imperative &
Bolder By Design Strategic Imperative

RHS - Enhance the Student Experience by promoting learning and
development through interaction

RHS in Action: Engagement Centers

Located in each of the five neighborhoods on campus, these spaces provide students with resources to help them with coursework, learn about events, and more! Learn more here!

An Update from Over-Seas!

IS's own student employee, Amber Brown, is currently on a study abroad trip and we received an update from her earlier this week!

Thus far in her journey, she has traveled to London, Dublin-Ireland, Cardiff-Wales, and Edinburgh/Glasgow-Scotland! She is having a great time and keeping busy! Keep an eye out in future issues for more pictures from her trip!

Be Spartan Green: Fun Fact

2,000,000 tons of plastic water bottles end up in landfills each year! Make an effort to drink tap water from a re-usable mug or cup and always recycle!

Fruit and Veggies Month-Tip of the Day!

Spotlight: Onions

Love them or hate them, onions are full of nutrition and flavor! One cup of diced onions has 26 grams of calcium! They are also high in potassium and low in sodium! With a many different kinds, onions are very versatile. Slice up some red onions for a crispy salad or sauté diced Vidalia onions to top off a steak or grilled chicken!

Although they are full of nutrients, onions are known to make even the toughest person cry when chopping them up!

Try this trick from MSU Extension to eliminate the tears:

Refrigerate the onion for 30 minutes prior to digging in and set up your cutting board by the stove so you can turn on the vent while chopping!

IS Daily Events

REHS Technology Meeting
9:00 – 10:00 AM
IS Conference Room 130

SEAL Team / iTeam Meeting
10:00 – 11:30 AM
IS Conference Room 130

Annual IS Picnic
11:00 AM – 2:00 PM
Dell Secureworks PCI Risk Analysis
3:00 – 5:00 PM
IS Conference Room 130

Amber in Scotland!