Recognizing Your Team Members

Recognize your fellow team members for delivering outstanding Spartan experiences on MyRHS at my.rhs.msu.edu. Once you log on with your MSU netID and password, go to the far right side of your screen and click “Submit Recognition” under the gray “Celebrate State: Celebration Team” box. Enter your co-worker’s name in the “Recipient” field, followed by your recognition in the “Full Description” field. Click “Save” and your recognition will be published for all to see! This gives your team member the chance to win $100 and a fabulous party!

Your Chance to Exercise!

Ever wondered if a new type of exercise was for you? Your chance to try is tomorrow at the RHS Health and Wellness Fair at the MSU Union from 10am - 3pm! Come try Zumba, Yoga, Golf and Tennis Demonstrations, Laughter Yoga, Active Stretching - perfect for doing in your office, and much more! So wear or bring your workout clothes and give them a try.

And while you’re at the MSU Union trying out a new kind of exercise, be sure to check out all the other cool things the Health Fair has to offer! Look on MY.RHS for the full Health Fair schedule!

MSU SPORTS

Men’s Tennis vs. Marquette
@ Milwaukee, Wisconsin
6 p.m.

Swimming & Diving
NCAA Diving Zones
All Day

A 60-watt light bulb can be run for over a day on the amount of energy saved by recycling 1 pound of steel. In one year in the United States, the recycling of steel saves enough energy to heat and light 18,000,000 homes!