Today’s Weather
65° | 52° F
Showers

Keep your umbrella handy

MSU Moves
Goal
To encourage participants to maintain or measurably increase the amount of physical activity they engage in on a daily/weekly basis.

Who’s Eligible?
MSU faculty, staff, graduate student employees, retirees, and their spouses. (Students will be eligible in November.)

Benefits
A Fitness Tracking System. The ability to create personal and team fitness challenges. Tools to assess your personal health and lifestyle, your Cardiac Risk Assessment, and your Eating and Emotional Profiles.

To Join
Follow the instructions at, https://ntweb11.ais.msu.edu/uphys_msumoves/Join_Faculty.aspx

Ancestor Appreciation Day
This day gives us the chance to reflect on our ancestors, learn more about them and the ways in which they influenced our lives. Knowledge of one’s family history can give a sense of purpose and provide stability and comfort in our own lives; but the chance to learn our ancestral history slips away with each passing generation. Take advantage of today to remember your ancestors, you may be surprised by some of the things you discover and will gain a better understanding of who you are.

Staff Development

Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work." -- Vince Lombardi

Spartan Sports
Men’s Golf – Inverness Intercollegiate @ Toledo, Ohio

Men’s Soccer vs. Illinois-Chicago @ Home 4:00 pm

The Spartan Football team improved their record last weekend to 3-1 with an impressive 45-7 win over Central. They are traveling this weekend to Columbus to take on the Buckeyes of Ohio State.

IS Daily Events
Energy Modeling Session
9:00 – 12:00
IS Training Room 115

Communication Plan Meeting
10:00 – 12:00
IS Resource Room 131

Spartan Cash Internal Audit
1:00 – 2:00
IS Conference Room 130

Weekly SIG Meeting
3:30 – 4:00
IS Conference Room 130