What is the role of feminism at Cornell? We invite everyone in the Cornell community to join us for dinner and a thought-provoking conversation in an informal setting.

**Feminism**

What is Romance?

Sara Schleim

What you may think that romance is all about love, but it is also about magic, fantasy, and adventure. In this week’s Rose Cafe, join GRF Sara for a discussion of her research on how romance reveals hidden meanings in art and in our lives.

**Biohacking**

A crazy-sounding name for something not crazy at all—the desire to be the absolute best version of ourselves. The main thing that separates a biohacker from the rest of the self-improvement world is a systems-thinking approach to our own biology. Here are a few examples of small biohacks to increase performance:

- Apple cider vinegar and honey in tea prior to bed to induce sleep
- Weighted blanket to alleviate anxiety
- Mindful breathing to increase focus

If any of this interests you, or simply the overarching idea of systematic life-style changes, join SA Andrew (aps324) at 6:00 pm in the Rose Dining Room for lively conversation!

**Feminism**

Food for Thought

What is the role of feminism at Cornell? We invite everyone in the Cornell community to join us for dinner and a thought-provoking conversation in an informal setting.

**Sculpt with Clay!**

Learn to sculpt with clay at this hands-on workshop. No prior experience necessary. We will first explore some of the Johnson Museum’s clay pieces before getting our hands dirty. This will be both a fun and informative event. Contact GRF Magdala (mlj76) for more information.

**Flora's Friday Film**

Arrival

Come watch this spellbinding science fiction film starring Amy Adams! Contact GRF Sara (ss342) with questions.

**Earth Day Hike**

w/ House Fellow Todd Bittner

Sign-up Required

Celebrate the arrival of spring and Earth Day with a guided hike through Cornell Botanic Garden’s Ringwood Ponds Natural Area. Join Natural Areas Director and Flora Rose House Fellow, Todd Bittner, to learn about and experience this remarkable preserve, known for amazing spring wildflowers, complex glacial topography, and abundant amphibians. Please wear sturdy hiking shoes or boots and dress appropriately for the weather. The hike is moderately strenuous. We will meet at Baker Flagpole and take cabs to the location of the hike. Contact GRFs Sara (ss342) and Seema (ss3625) with questions.