**TABLE TALK**

**SLEEP**

Are you a night owl or an early bird? Do you have a consistent sleep schedule, or does it fluctuate week to week? Do you get enough sleep or wish you could get more rest? Join SA Liz (eba27) to discuss sleep and share tips for getting more rest and feeling ready to thrive each day! Please read the following articles before dinner:

http://www.mosley.com/Continuing_Education_and_Seminar/ConfERENCE-PROCEEDING-Archive/Mass-Presentation-%28pdf%29/

Contact SA Liz (eba27) for more information.

**Rose House Cafe**

**ROSE HOUSE CAFE SERIES**

great cafe, great conversation.

Wednesday, February 26, 7:30 pm
Rose House Apartement
1442 Flora Rose House

Open to the Cornell Community

A Pilot’s Perspective: What You Should Know About Aviation

Mike Cornella
Cornell University

A licensed pilot for 12 years Mike has worked in the aviation industry as a flight instructor, a corporate charter pilot, and airline pilot. Mike is currently a First Officer for Delta’s Endeavor Air flying the Bombardier CRJ 900 for Delta Connection.

**Sign-up Required**

28 Feb. 7-8pm. Prof Blalock Apt G42

**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.

1 Mar. 6-8:00pm. Common Room

**Cornell Women’s Polo Match**

Sign-up Required

Join SA Charlotte (cpl32) and GRF Ty (tdm76) to see the Cornell women’s polo team play the Garrison Forest Polo Club. This is a great chance to support our Cornell athletes and learn about the sport if you’ve never been to a polo match. Meet at the house office at 7:00 PM and we will walk to Baker Flaggpoles to take taxis to the Oxley Equestrian Center. Space is limited, so please sign up ASAP to reserve your spot.

2 Mar. 7:00-9:30pm. House Office

**Flora's Friday Film**

"THE TRUTH ABOUT SLEEP"

“Are you getting enough sleep?”

We are one of the most sleep-deprived countries in the world. In The Truth About Sleep, insomnia expert Michael Mosley finds out what happens if we don’t get enough sleep and looks at surprising solutions to help us get more.”

- BBC Website

Contact SA Liz (eba27) for more information.

2 Mar. 8:30-10:30pm. Dining Room

**Eating & Exercise**

**Nutrition 101 Seminar**

FUELING FOR EXERCISE

Sign-up Required

Meal Swipe Required

Join GRF Sam (soc236) for a seminar with Cornell’s sports dietitian Krista Galie. The topics of the seminar will include nutrition, exercise, and the foods that you should be eating to supplement physical activity and optimize performance. The seminar is a part of the Nutrition 101 Seminar Series hosted by Hans Bethe House. Meet GRF Sam at the Rose House Office at 10:45am. Sign up required and a meal swipe at Bethe Dining.

3 Mar. 10:45am-12pm. House Office

**What's Happening**

**House Dinner**

**SALADS**

Tofu "Mozzarella" and Cherry Tomato Salad, Spicy Cucumber Salad

BREAD - Steamed Buns

ENTREES - Braised beef, braised daikon, pickled carrot, mustard seed, Red’s Best Fish – Octo Vinaigrette, Ginger-Scallion Noodles, tempeh "bacon", grilled mushroom

STARCH - Charred Rice – Nori Powder

VEGETABLES - Green Beans – xo sauce, Bok Choy – lemongrass

DESSERTS - Cereal Milk Treats – Miso Butterscotch

28 Feb. 6:00-7:00pm. Dining Room

**SIGN UP REQUIRED**

"SIGN UP REQUIRED" events have a designated link and QR code.

www.facebook.com/rosehouse.cornell
@FloraRoseHouse

**NEED TO CANCEL?**

If you must cancel your reserved spot, contact the GRF or SA hosting the event so that people on the waitlist may be contacted immediately.

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**26 FEB - 4 MAR**

**Sign up NOW!**

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