**Table Talk Monday**

“Stress less, Achieve more?”

The World Health Organization (WHO) has called stress the “health epidemic of the 21st century.” The American Medical Association has stated that 85 percent or more of physical illness is stress related. Join GRF Seema for dinner and discussion about stress in everyday life, how it affects our mental well-being and how to deal with it.

Please contact GRF Seema (ss3625) for more information.

**SIGN-UP REQUIRED**

**16 Oct. 6-7pm . Dining Room**

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**House Dinner**

**ThrivingRED Dinner**

**SALADS**
- Kale, farro, grilled pears – candied pumpkin seed, blue cheese, apple cider Heritage greens, oven roasted tomatoes, cucumbers – sherry vingegar, extra virgin olive oil

**ENTREES**
- Red’s best catch of the day – charred pepper aioli, whole roasted chicken – herbs, sherry wine, demi quinoa, mushroom, eggplant – artichoke tapenade, olive tapenade

**STARCH**
- Roasted fingerling potatoes – rosemary

**VEGETABLES**
- Wok-seared mustard greens – lemon, garlic grilled green beans and red onion – aoli

**ROSE CAFÉ**

“How to Look & Feel Your Best”

18 Oct. 7-8pm. G42 Prof Blalock Apt

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Nicholas Carbonaro is a noted carbon expert, advising science and government, to name a few. With a degree in Theater, he has an eye for art and the influence of the arts. The graduate thespian (Harvard College, 2013) is a British historian and actor who has lived in over 20 countries. He will present a talk on how art, politics, and science intertwine and what the implications are for our future and society.

Please contact GRF Seema or SA Andrew (asp324) for details.

**SIGN-UP REQUIRED**

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**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.

**19 Oct. 6-8:30pm . Common Room**

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**Let’s Get Creative!**

Weekend Sketching Event

Interested in sketching the architectural buildings or the beautiful fall colors around? Join GRFs Seema & Sam (leaving from the House Office) for a late morning sketching event of the Arts Quad buildings. Meet outside of the House Office at 10:30am and we will walk to the Arts Quad together. For further info, please contact GRF Seema (ss3625)/GRF Sam (sc236)

**SIGN-UP REQUIRED**

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**Into the Streets**

**COMING SOON**

We are excited to announce a wonderful opportunity for the Rose House community. Once again we are putting together a Rose House team for this year’s Into the Streets.

The mission of Into the Streets is to promote a lifetime commitment to service among members of the Cornell community. ITS mobilizes students to affect social change starting by starting right here in our own Ithaca community. Rose Scholars please note that your participation in this event will count towards TWO events for the semester. You will only need to write ONE blog. Contact GRF Magdala (mlj76) for more information.

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**Flora's Friday Film**

He was her inspiration. He made her live extraordinary.

**20 Oct. 8:30-10:30pm. Dining Room**

**SIGN Up Now**

“SIGN-UP REQUIRED” events have a designated link and QR code. Please fill in the required information. 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. Sign up at the following link

https://goo.gl/forms/v2YAMjA2QjHaoe3f2 or use the QR Code.

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**FEEDBACK**

Please provide feedback on what you think we should include, modify, or remove from What's Happening? Feedback is welcome—please contact Rose House’s SA team at SAandflora@gmail.com.

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www.facebook.com/rosehouse.cornell
@FloraRoseHouse

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Please contact GRF Seema (ss3625) for more information.

**SIGN-UP REQUIRED**

**16 Oct. 6-7pm . Dining Room**

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**Flora Rose House**

Mini-Seminar Series

*Constructing An Online Professional Persona*

Join GRF Sam (sc236) for a quick tutorial on the construction and maintenance of an academic or professional online persona. Learn the ins-and-outs of writing an online bio, navigating the Twitter-sphere, and establishing connections to peers and potential employers across different social media platforms. **SIGN-UP REQUIRED**

**19 Oct. 8:30pm-9:30pm. Seminar Room**

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**21 Oct. 10:40am-12:30pm. House Office**

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**28 Oct. Meet 9:30am-2pm. House Office**

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