



ACADEMIC SCHEDULE FOR NOVEMBER 14-18

November 14-Regular university program: Canada Graduate Scholarships-Master's applications are due for NSERC competition

November 18-Continuing Education university program: Last day to withdraw from fall semester courses

GTC PRESENTS THE ROCKY HORROR PICTURE SHOW!

Viewing in Tegler, starts at 7:30 on Nov. 18. \$8 for adults, \$5 for students, and \$3 for GTC members. Bring props and dress up! Don't know what props to bring? Check out this website!
<http://www.rockyhorror.com/participation/proplist.php> .

We ask that you do not bring hot dogs!

QUOTE OF THE WEEK

What would you attempt if you knew you could not fail?

-- Robert Schuller



INSIDE THIS EDITION:

- Operation Wallacea Presentation
- Mission Trip Silent Auction
- Student Health 101
- It's Movember
- Choices Daily Menu



Operation Wallacea

Conservation research through academic partnerships
www.opwall.com



Hear about the opportunities at the
Concordia
presentation on

Tues, November 15th
11:30am
HA 342

Indonesia
Peru

Honduras
Mozambique

Guyana
Egypt

Cuba
South Africa

Madagascar
Mexico

MISSION TRIP SILENT AUCTION

Need a break from studying? Start shopping for Christmas presents at the Mission Trip Silent auction .

NOV 22 & 23 9:30A.M.-3:30P.M. IN TEGLER CENTRE.

We have gift certificates, gift baskets, theatre tickets, art and much more!

Notice a few scraggly upper-lips around campus ?



Concordia's Thunder Hockey players are growing out their moustaches for:

MOVEMBER!

A month-long fundraising and awareness campaign for men's health, especially prostate and testicular cancer.

DURING MOVEMBER, WATCH FOR:

- The "Moustache of the Week" competition,
- Friday, Movember 18TH in Tegler – Correctly identify the “Moustache of the Week” and enter to win a prize!
- Wednesday, Movember 30th in Tegler - The great shave-off!

Visit <http://ca.movember.com/?home>
and click on "Concordia Thunder Hockey" for more moustache information

The Stats

There are 177,800 new cases of cancer and 75,000 cancer deaths expected in Canada in 2011.

The average life expectancy for men is five years less than women (presently 78 years old compared to 83).

In 2011 there will be more cases of prostate cancer diagnosed than breast cancer.

5% more men will develop cancer during their lifetimes in Canada than women.

On average, 11 Canadian men will die of prostate cancer every day.

Testicular Cancer is the most common cancer in young men in Canada between the ages of 15-29.

Get the facts! Get checked out! Get healthy!

STUDENT health101™

WHAT'S IN IT FOR YOU?

.. Classic Roommate Clashes

- ◇ Difficult roommates: How to get along, when to move on, and tips to improve your living situation
- ◇ Are you a good roommate? Take the quiz and find out!

.. Stealing Your Slumber

- ◇ Fact or fiction? A good night's sleep is hard to find ... uncover 7 sleep myths

.. Deskside Fitness Guide

- ◇ Exercise tips from a certified trainer you can put to use in your own room or apartment

.. One Doesn't Have to Be the Loneliest Number

- ◇ How to deal with loneliness on campus ... real students share their stories

.. What's on Your Plate?

- ◇ Nutrition guidelines and how to use them everywhere you eat
- ◇ UCookbook: Spicing Up Your Meals

.. FitnessU: Using the Latest Gym Equipment

Take 10 minutes to browse Student Health 101 and ...

... enter to win a \$1000 prize at <http://sh101.ca/concordia.html>

If you missed it, you can check out the October issue at <http://sh101.ca/concordia.html?id=55b24be2>:

- .. What's the Right Weight for You?
- .. When Casual Sex Turns Serious
- .. On the Money
- .. Time Management: Living Hour-to-Hour



Daily Specials: Week of November 14th, 2011

MONDAY

Lunch: Teriyaki Burger Garnished with Korean Kim Chee & Served with Asian Broccoli Cole Slaw

Supper: Hot, Organic, Medium, Alberta Roast Beef Baguette au Jus served with Sweet Potato Fries

TUESDAY

Lunch: Nice Big Chicken Salad with Bacon, Mushrooms, Oranges, Red Onions, Fresh Green Beans, Sweet Peppers, Fresh Spinach & Baby Lettuces. Low Fat Low Calorie.

Supper: Grilled Monte Cristo Sandwich filled with Turkey, Ham & Swiss Cheese

WEDNESDAY

Lunch: Ukrainian Lunch, Perogies, Garlic Sausage, Sour Cream, Dijon Mustard & Onions

Supper: Organic Alberta Prime Rib au Jus served with Mashed Potatoes & Cream Corn

THURSDAY

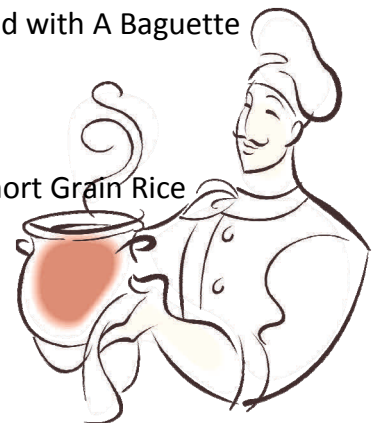
Lunch: Hot Ryebein Sandwich with Corned Beef, Swiss Cheese, Saurkraut & spicy Mustard on Rye Bread

Supper: Baked French Onion Soup with a Crouton & Cheese & served with A Baguette for Dipping

FRIDAY

Lunch: North African Chick Pea & Cashew Stew served on Brown Short Grain Rice

Supper: Breakfast For Supper



Please note that "Choices" will typically offer three specials and a variety of sides in their daily menu. Choices also offer an extensive short order menu. Prices are based on portion size and the number of side orders.