



## UAH'S CUTEST PET OF 2020 IS.....RORY



Owner: Elizabeth Johnson, Housing & Residence Life

Age: 8 months Breed: Toy Poodle

Bio: Hello friends! My name is Rory. My mom named me after her favorite show Gilmore Girls! My mom thinks I am super sassy but I think I am just a little playful. I can also do a lot of tricks!! And, I love making new friends... Will you be my friend?!

Thank you to all participants and voters in this year's contest. Please visit our [Facebook Page](#) to see all of the weekly winners.

## TIPS FOR EATING HEALTHY DURING THE HOLIDAYS

Tis the season for family, holiday celebrations, and tons of food. Temptations will be everywhere. How do you stick to healthy eating when everyone else seems to be splurging on holiday goodies? Whether you are hosting a small family dinner, or a guest at a holiday party, these [tips](#) will help you keep your holiday eating on track.



## WHAT'S YOUR FINANCIAL I.Q.??



Are you a financial guru? If so, this challenge is for YOU! TIAA is sponsoring "The Financial IQ Challenge" from November 6th through November 30th. You could be one of three winners to win a \$250 Amazon gift card! [Click here](#) for more information.

## DAYLIGHT SAVINGS

To remember which way to set their clocks, folks often use the expression, "Spring forward, fall back." **DST ends on Sunday, November 1, 2020, at 2:00 A.M.** At this time, we "fall back" in the fall by setting clocks back one hour.



**CHARGER FIT WISHES  
YOU A SAFE AND  
HAPPY  
THANKSGIVING!!**



### COLLEGE FACE OFF MOVESPRING CHALLENGE WINNERS

Congratulations to our winners:

1st Place: Notre Dame Baby

2nd Place: Clemson Tigers

3rd Place: Alabama Crimson Tide

\*1st Place team will receive a ChargerFit t-shirt\*

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