

Today is the 33rd Great American Smokeout. This day was inaugurated in 1976 to inspire and encourage smokers to quit for one day. Now 44.2% of the 45.3 million Americans who smoke have attempted to quit for at least one day in the past year. Today is a great opportunity to encourage tobacco users to commit to making a long term plan to quit for good.

In Minnesota, QuitPlan is available as a great smoking cessation resource. Here at Augsburg, we are fortunate to have QuitPlan available at Smiley's Clinic. This service is available by calling Smiley's at 612-333-0770 and setting up an appointment to meet with the smoking cessation professional counseling staff.

When you stop smoking, your body benefits quickly:

- *After 20 minutes your blood pressure and pulse lower;
- *After 12 hours, the carbon monoxide level in your blood drops to normal;
- *After 24 hours, your risk of heart attack is lower;
- *After 3 days, your sense of taste and smell return;
- *After 2 weeks, your lung function starts to improve.

For more information or to get started with your plan to be tobacco-free call QuitPlan at Smiley's Clinic at 612-330-0770 or check out the website: www.quitplan.com If you have other questions, feel free to call the CCHP office at 612-330-1707.

Will today be your quit day?

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It's Coming: The QSU Drag Show and Amateur Contest

SUBMITTED BY **TERESAM BARNHILL, STUDENT**

The night you've all been waiting for is just around the corner - Thursday, December 4 at 7 p.m. in the East Commons QSU will be hosting its annual Drag Show and Amateur Contest. But we can't host the show without amateur performers. If you are interested in performing in the Drag Show, stop by our table this week and sign up!

Find our table: Wednesday through Friday from 3 p.m. to 5:30 p.m. each day in Christensen Center

The top amateur performers win prizes along with love and adoration from the audience. So make sure you sign up to perform!

Can't make it to the table but want to sign up? Email qsu@augsborg.edu to do so!

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Bookstore Sale

SUBMITTED BY **TRACY NANNENGA, ASSISTANT MANAGER, BOOKSTORE**

Stock up Now! Buy 1 Champion Item and get 1 at (at equal or lesser value) 50% off. Sale ends next Wednesday. Hurry in before it's too late.

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Artist Roundtable Discussion Friday

SUBMITTED BY **KERRY MORGAN, COORDINATOR OF GALLERIES AND EXHIBITS, ART**

Interested in learning more about the exhibitions currently on view in the Gage Family Art Gallery and the Christensen Center Art Gallery? Two of the artists, Nick Conbere and Erik Waterkotte, will be discussing their work with Joanne Price, studio manager of Highpoint Center for Printmaking. Come with your own questions as well this Friday, 5:30 p.m. in the Marshall Room, Christensen Center.

Artist receptions follow at 6:30 p.m. in all three galleries, including the Student Art Gallery where senior art major Kari Fisher is displaying her photographs in "Flying While Landed."

All are welcome! Spend 10 minutes or two hours or anything in between!

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Hiring Auggie Guides in Admissions

SUBMITTED BY **KIRSTEN BAR, STUDENT**

Undergraduate Admissions is currently hiring AUGGIE GUIDES to begin Spring Semester 2009. Auggie Guides give campus tours to prospective and transfer students, as well as assist with Admissions events. To apply, please stop by the Admissions office to pick up an application. Please complete your application as soon as possible, as interviews start December 8.

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A QSU Thanksgiving

SUBMITTED BY **TERESAM BARNHILL, STUDENT**

Monday, November 24 at 9 p.m. QSU will be hosting its own Thanksgiving party - we'll be watching A Charlie Brown Thanksgiving while munching on our own Thanksgiving treats.

Please stop by Science 123 at 9pm for a holiday tradition!

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Tickets for Pot of Gold

SUBMITTED BY **MOLLY BUDKE, STUDENT**

Tickets are now on sale for Pot of Gold, directed by Russ Dugger.

Available performance dates are:

Friday, November 21 and Saturday November 22 at 7 p.m. and Sunday November 23 at 2 p.m.

Tickets are now on sale for