the official movember website explains that the men who participate, affectionately known as "mo bros," start movember first as clean-shaven. In addition we must dramatically change our health care system. Individuals working within the university, but not employed by the university, e.g.

This is what lupus and scleroderma can do to your cuticles. And guess what?? My cuticles don’t look like that anymore. I had nothing to show them. I can’t get over this ganoderma.

Some of the weight I know I gained from poor eating habits and some I believe I gained from being on birth control (Depo shot).