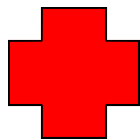


SUN MON TUE WED THU FRI SAT



**National Blood Donor Month**

1 **New Year's Day**

2

3 Women's Basketball vs. Providence at Providence, R.I. 7 p.m.  
Men's Basketball vs. Notre Dame at South Bend, Ind. 7:30 p.m.

4 **Fact:**  
It takes 17 muscles to smile and 43 muscles to frown!

5 Swimming & Diving Holiday Meet  
Wright Natatorium  
TBA

6 Women's Basketball vs. Seaton Hall  
Freedom Hall at 1 p.m.  
Swimming & Diving at Georgia Diving Invite  
TBA

7

8

9 Women's Basketball vs. Georgetown at Washington, D.C.  
TBA

10 Men's Basketball vs. USF at Tampa, Fla. 7 p.m.

11 **Lend a helping hand today.**  
**Help serve or collect food for the needy!**

12 Track Kentucky Invitational at Lexington, Ky.  
TBA

13 **Men's Basketball vs. Providence**  
**Freedom Hall at 12 p.m.**  
Swimming & Diving vs. Cincinnati  
Write Natatorium  
TBA

14

Men's Tennis vs. Northwestern  
Evanston, Ill. 12 p.m.

15

Men's Basketball vs. Marquette  
Freedom Hall at 7 p.m.

**Dr. Martin Luther King Jr. Holiday**

16

Women's Basketball vs. USF  
Tampa, Fla.  
TBA

17 **Fact:**  
Blood type "O" is the most common blood type. Type O- is specifically known as the universal donor. Type AB+ is the universal recipient!

18 **Family Time:**  
Start the new year off by discussing family goals for the new year. What can you do to help out around the house?

19 Swimming & Diving vs. Write State  
Write Natatorium 4:30 p.m.  
Women's Tennis vs. Vanderbilt  
Nashville, Tenn. 5 p.m.  
Track Lexington, Ky. TBA

20

Men's Basketball vs. DePaul  
Chicago, Ill. 12 p.m.  
Men's Tennis vs. Western Michigan  
Bass-Rudd Tennis Center  
5 p.m.

21

Women's Tennis vs. Michigan State  
Bass-Rudd Tennis Center  
1 p.m.  
Women's Basketball vs. Rutgers  
Freedom Hall 7 p.m.

22

Men's Basketball vs. Connecticut  
Freedom Hall 7 p.m.

23

**Family Time:**  
Discuss some ways the environment affects our health. What are some things our city does to help protect the environment?

24

Women's Basketball vs. Pittsburgh  
Freedom Hall 7 p.m.

25 **Don't give up on your new year's resolution!**  
**If you are having trouble with it, make it more attainable by breaking it down into smaller goals!**

26 Women's Tennis vs. Marquette  
Milwaukee, Wis. 3 p.m.  
Track Gladstein Invitational  
Bloomington, Ind.  
TBA

27

Men's Tennis vs. South Alabama  
Bass-Rudd Tennis Center  
5 p.m.  
Men's Basketball vs. Syracuse  
Freedom Hall 7 p.m.

28 **Fact:**

You have to wait 8 weeks (56 days) after donating blood to be eligible to donate blood again.

29

Chinese New Year  
Men's Tennis vs. Tennessee  
Knoxville, Tenn. 3 p.m.  
Women's Basketball vs. Villanova  
Philadelphia, Pa. 7:30 p.m.

31

Men's Basketball vs. Cincinnati  
Cincinnati, Ohio 8 p.m.

**Thyroid Awareness Month**

### Family Fun

Interview an older generation of your family. Ask about their family experiences when they were younger. Another fun idea would be to start a family tree or research the ethnic background of your family & share what you find with others. As a family you could meet with families from other communities or countries to exchange experiences.

### Healthy Snack Mix:

1 cup Pretzels

1 cup Roasted Peanuts

1 cup Raisins/Craisins

1 cup Sunflower seeds

Break into bite-size pieces, mix together and store in an air tight container.

### Ways to Reduce the Chance of Heart Disease:

- Stop smoking or never start
- Keep low blood pressure (120/80)
- Keep cholesterol low (below 200)
- Exercise regularly
- Keep weight in healthy ranges
- Learn ways to help manage stress