

The BETTER Newsletter!

Bringing everyone together, One newsletter at a time!

JANUARY

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"Oh, Who'm I Kidding With These Resolutions!"

1. Eat Healthier. Check.
2. Exercise more. Check.
3. Quit smoking. Check.
4. Manage money better. Check.
5. Spend more time with family and friends. Check.
6. Tackle all those little tasks that I've put off forever. Check. Check. And Check.

Oh, who'm I kidding? I'm probably not going to do any of that stuff. We go through this every year. I'm just not committed to it. Sure, I got stuff I need to change. Who doesn't? But I'm happy and I'm comfortable. I'll change when I'm ready. Leave me alone already.

Who actually follows through with those resolutions? Exactly!! So why put that kind of pressure on people? After I get backed into a corner, I'll make a couple of promises that I've already got sabotaged in the back of my mind. I recognize the need for the change. I do. I'm aware of the potential for consequences. I am. But it's crazy to make resolutions that I know I'll break before half-time.

I'm not alone. The human condition is to seek a place where we're warm, safe and dry. And when we find that place, we sit down and eat. What more does a human being need?

The American Psychological Institute states that, "Human behavior is an unstoppable force snowballing downhill until it meets the immovable object that acts as a catalyst for change - usually the bottom." That's a terrible statement about us. It kinda makes us sound like we don't have good sense, doesn't it? Or maybe, we're just incredibly lazy. Surely, we aren't that bad. Or are we?

Oh, who'm I kidding. We ARE that bad. Why else would we even be having this discussion? Maybe, we really DON'T have good sense. I'd like to be more optimistic. As long as we have that Jared guy from Subway and that Biggest Loser show, we all know that we can change. There's hope, right?

Hey, How many psychiatrists does it take to change a light bulb? Just one, but the light bulb has to really want to change.

So, why don't we want to change? Experts say that our choices are self-perpetuating - like the snowball. When we make bad choices, we feel bad and we're likely to make more bad choices that keep the snowball rolling. The flip-side is that when we make good choices, we feel good about ourselves. When we feel good about ourselves, we continue to make better choices. Happy, grateful, humble people consistently make better choices than people who are not. This proves true in every test.

Theories are a plenty on why we are this way as well as who's to blame. Of course, none of it definitively explains why we can't eat just one. Or why we go back to the ATM. Or why some people continue in unhealthy relationships. Or why we inhale.

Maybe we need a "Life For Dummies" book. Maybe we could start an email chain. Oh wait. I already get too many of those. Maybe they could make a pill that would stop time and give us a moment to think before we leap. Imagine:

"Here, eat this. I hear it might kill ya, but my goodness it's tasty."

"No thanks."

"Aw, c'mon. It'll be fun. We won't get caught."

"No thanks."

"A winning streak is only one card away."

"No thanks."

"Honey, I promise it'll never happen again."

"No thanks."

"It's perfectly safe."

"NO THANKS."



...continued on Page 5

ATTENTION RESIDENTS!

www.communitypressusa.com

THANKS!

As usual, there are some folks that we need to thank:

- Salvation Army
- Bearden Healthcare Associates
- Rik's Music & Sound
- Hart Graphics for always exceeding the customer's expectations
- Tax Help / Jackson Hewitt
- South's Finest Chocolate
- Cricket Communications

Attention Residents!

This page is customized for our individual property subscribers. Apartment communities can put anything they want on this page including notices about property rules, announcements of community activities and information property managers needs to pass on to their residents.

PLEASE drive kindly in our community!



- 1 Obey the Speed Limit
- 2 Respect your neighbors! Turn down car stereos



ATTENTION

PROPERTY MANAGERS!

We'll pay for your referrals! Refer sister properties or other managers that you know. When they try our newsletters, you'll get some cash!

WORKSHOPS

The workshops are coming soon! We are currently putting together the 1st of what we hope will be monthly workshops to provide information to you. These workshops will last 60-90 minutes each, usually the 2nd Friday of each month. You don't have to join anything or buy anything. All you have to do is pay for your own lunch (don't forget to tip the server).

The purpose of the workshops is simply to share information in a format that helps us both. I get the opportunity to meet everyone face-to-face and you get the opportunity to pick up some info that may be helpful.

Tentatively, the first is scheduled for January 12th or 19th and the topic will be safety and security. So far, we've lined up a speaker from KPD to discuss Neighborhood Watch and crime prevention. We're also hoping to bring a rep from State Farm to discuss liability and other legal matters.

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CONTESTS

...that we're still working out the details for a broader contest program. More info to come.

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One newsletter at a time!*





~~~ ON VIDEO: JANUARY 2, 2007 ~~~

**THE COVENANT** (PG-13) Horror / Suspense  
Starring: Steven Strait, Sebastian Stan, Laura Ramsey, Taylor Kitsch, Toby Hemingway

**SNAKES ON A PLANE** (R) Action / Horror  
Starring: Samuel L. Jackson, Julianna Margulies, Rachel Blanchard, David Koechner, Adam Behr

**Salsa Dance Workout** Fitness  
**Yoga Journals: Yoga For Your Pregnancy** Fitness

~~~ ON VIDEO: JANUARY 9, 2007 ~~~

CRANK (R) Action
Starring: Jason Statham, Amy Smart, Dwight Yoakam

THE ILLUSIONIST (PG-13) Drama
Starring: Edward Norton, Paul Giamatti, Jessica Biel, Rufus Sewell, Brian Caspe, Tom Fisher

THE NIGHT LISTENER (R) Drama / Suspense
Starring: Robin Williams, Toni Collette, Rory Culkin, Sandra Oh, Meg Gibson, Joe Morton

Alchemy In Light: Making Art Glass Documentary
Chet Baker: Live at Ronnie Scott's Music
Chicken Soup For The Soul Special Interest
How To Draw Comics: From Script To Print
Starring: Write Now! Magazine Editor Danny Fingerroth and Draw! Magazine Editor Mike Hanley

~~~ ON VIDEO: JANUARY 16, 2007 ~~~

**EMPLOYEE OF THE MONTH** (PG-13) Comedy  
Starring: Dane Cook, Jessica Simpson, Dax Shepard, Efen Ramirez, Harland Williams, Andy Dick

**GRIDIRON GANG** (PG-13) Drama  
Starring: Dwayne 'The Rock' Johnson, Xzibit

**B.B. King: Standing Room Only** Music  
**Wild Kingdom Definitive Collection** Documentary

~~~ ON VIDEO: JANUARY 23, 2007 ~~~

THE GUARDIAN (PG-13) Action / Drama
Starring: Ashton Kutcher, Kevin Costner, Dule Hill, Neal McDonough, Sela Ward, Melissa Sagemiller, Clancy Brown, John Heard

RELATIVE STRANGERS (PG-13) Comedy
Starring: Kathy Bates, Danny DeVito, Neve Campbell, Ron Livingston, Christine Baranski, Michael McKean, Ed Begley Jr., Star Jones

SAW III (R) Horror / Suspense
Starring: Tobin Bell, Shawnee Smith, Angus Macfadyen, Bahar Soomekh, Dina Meyer

THIS FILM IS NOT YET RATED (NR) Documentary
Starring: John Waters, Kevin Smith, Matt Stone, Kimberly Peirce, Atom Egoyan, Maria Bello

Cardio Camp Workout with Kimberly Spreen Fitness

~~~ ON VIDEO: JANUARY 30, 2007 ~~~

**FARCE OF THE PENGUINS** (R) Comedy  
Starring: Bob Saget, Samuel L. Jackson, Lewis Black, Mo'nique, Christina Applegate, Tracy Morgan, Dane Cook, Gilbert Gottfried  
Director: Bob Saget

**FLYBOYS** (PG-13) Action / War  
Starring: James Franco, Martin Henderson, Jean Reno, Jennifer Decker, Tcheky Karyo

**OPEN SEASON** (PG) Family Comedy  
Starring: (The voices of) Ashton Kutcher, Martin Lawrence, Gary Sinise, Debra Messing

**UNKNOWN** (R) Suspense / Drama  
Starring: Jim Caviezel, Jeremy Sisto, Peter Stormare, Greg Kinnear, Bridget Moynahan, Kevin Chapman,

**Ballroom Dancing with Teresa Mason** Documentary  
**Criss Angel: Mindfreak Giftset** Documentary



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### GRANDMA RAN DRUGS FOR BINGO HABIT

SIERRA VISTA, ARIZONA -- A grandmother found with a trunk full of marijuana was convicted of drug running in what prosecutors said was an attempt to earn cash for a bingo habit.

State troopers found 10 bundles of pot totaling 214 pounds hidden in Leticia Villareal Garcia's car trunk last year when they stopped her.

Villareal, 61, told jurors that her only regular income was a \$275 monthly welfare check, but she frequently played bingo and occasionally won thousands of dollars. Prosecutor Doyle Johnstun said the game was Villareal's undoing.

"People who play bingo almost every night of the week end up losing in the long run," Johnstun told jurors. "The underlying issue is that she's got a bingo problem, which explains why an otherwise nice person might get sucked into something like this."

Jurors rejected Villareal's argument.

### ROBBER CALLS POLICE

IONIA, MICHIGAN - When two service station attendants refused to hand over the cash to an intoxicated robber, the man threatened to call the police. They still refused, so the robber followed through with his threat and called the police. He was quickly arrested.

### PAGING STUPID CRIMINALS

WASHINGTON D.C. - A convict broke out of a local jail. A few days later, he accompanied his girlfriend to her trial for robbery. At lunch, he went out for a sandwich. However, the trial was about to resume and he had not returned. So, she did the logical thing: she paged him. Police officers recognized his name and arrested him as he returned to the courthouse. . . in a car he had stolen at lunch.

### THE OL' FINGER-GUN TRICK BACKFIRES

MODESTO, CALIFORNIA - Steven Richard King was arrested for trying to hold up a Bank of America branch. He appeared to have a gun in his pocket that he waved at people in the bank. Unfortunately, King failed to keep his hand in his pocket.

### CHARITY FOR DUMMIES

SIDMOUTH, ENGLAND. The East Devon District Council in England said two mannequins used to collect charity donations may have to cease their work. A resident complained that the mannequins, nick-named Sid and Alma, act illegally by collecting donations without the proper collector's license required by law. A spokesman for the council said an investigation is underway.

### MIS-QUOTED

LOS ANGELES, CALIFORNIA - Police had good luck with a robbery suspect who just couldn't control himself during a lineup. When detectives asked each man in the lineup to repeat the words, "Give me all your money or I'll shoot," the suspect then suddenly shouted, "That's not what I said!"

### MIS-QUOTED II

Suspects identifying themselves in a lineup may seem like good news. However, in many states this actually complicates things because there is no law specifically covering this. Perhaps lawmakers underestimated the stupidity of criminals.

### GIFT IDEAS

MONTAUK, N.Y. - A gift given to a woman from her sister might be a valuable piece of petrified whale vomit, experts say. Dorothy Ferreira said the four-pound item, might be worth as much as \$18,000.

"I called my sister and asked her, 'What the heck did you send me?'" Ferreira said. "She said: 'I don't know, I found it on the beach 50 years ago.'"

Walter Galcik, an expert on such matters, examined the unattractive lump and concluded it might very well be ambergris, a valuable perfume ingredient created in the intestines of sperm whales and vomited into the ocean.

"He told me, 'Don't let this out of your sight,'" Ferreira said. However, selling the item could be difficult. Endangered species legislation complicates the trading in ambergris. An Australian couple who found \$300,000 worth of the substance on a beach has faced multiple challenges trying to sell it.

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9274 Kingston Pike (At Cedar Bluff) ..... 691-9887  
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\* Loans with no W-2 available 12/29/06 to 1/26/07. W-2 required after 1/26/07. Loans up to \$1,900 provided by Santa Barbara Bank & Trust, a division of Pacific Capital N.A. or HSBC Bank, USA, N.A. Subject to credit approval, terms & conditions. Estimated federal tax refund required to qualify. Bank & Jackson Hewitt fees deducted from loan proceeds. Most offices are independently owned and operated. Available at participating locations.

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Then, you have to think about what would happen if we all suddenly and completely changed. It seems the very survival of our society hinges on our collective bad behavior. What would happen if we just stopped? One huge New Year's resolution that we all stuck to, en masse? It would be disastrous.

Imagine if everyone with a membership showed up at the gym. We'd be fighting over the treadmill like the last Tickle Me Elmo.

Imagine millions of volunteers all showing up to pitch in for a cause.

Imagine if all smokers suddenly quit. There are a phazillion convenience stores and grocery stores in the area. Each has a cigarette inventory of over \$5,000. Plus all the gum and patches in all the pharmacies. Fast food has been in the top five of all growing industries for the past 35 years. Two-thirds of all new restaurants fail in the first year. Not fast food. With a success rate over 80%, they're counting on us. These entire chunks of the economy, suddenly bankrupt. You may think this would be a good thing. But no, it would be disastrous.

A cardiologist is calling me to "Come on down," but still, I eat the fries. We ALL eat the fries!! We ARE that bad. Worse, we're all that bad in our own unique way. We would need thousands of books for dummies. Oh wait. We already have that.

Besides, who would be qualified to write such a book? A 10-year study of professionals discovered doctors who smoke, accountants

that play the lottery, nutritionists that are overweight and employment professionals are unhappy with their jobs. In virtually every field, a disturbing percentage admit to decisions that compromise professional integrity. We have entire TV programs dedicated to bad decisions of people we generally think would be smarter.

They say that a smart man learns from his mistakes, but a wise man learns from the mistakes of others. Is there anyone among us who is really wise enough to write such a book? (Heavy sigh) No. It seems we don't

Sadly, most of the stuff that people make resolutions to change is deeply rooted in the belief that "THAT" will NEVER happen to them. Snowballs NEVER roll downhill to an inevitable, horrific "Splat" at the bottom, right? Therein lies the real problem that leads to failure.

Oh, who'm I kidding? There's no book that helps us get past all THAT. And, some silly resolutions made under duress aren't going to help, either. There's no pill that idiot-proofs us. No Dr. Phil episode that makes us choose to choose better. We're stuck doing that on our own. And until we choose that and make the kind of decisions that lead to other good decisions, resolutions are pointless. We'll fail. Then we'll feel bad, and that will lead to more cookies, I mean, bad decisions, and the cycle perpetuates itself. Heavy sigh, one more time.

So let me try this again.

1. Get off the snowball. Check.

### ABOUT THE TIMES SQUARE NEW YEAR'S EVE BALL

The Ball has been lowered every year since 1907, with the exceptions of 1942 and 1943, when its use was suspended due to the wartime "dimout" of lights in New York City.

The Ball is a geodesic sphere, six feet in diameter and weighs just over a 1/2 ton. It is covered with 504 Waterford Crystal triangles, varying in size. All 696 lights and 90 rotating pyramid mirrors are computer controlled, producing a state-of-the-art light show of eye-dazzling color patterns and a kaleidoscope effect. For the 2006 New Year's Eve celebration, 72 of the crystal triangles feature the new "Hope for Fellowship" design, consisting of a series of cuts suggesting the linking of arms signifying togetherness and community.



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through January 7

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Saturday - Sunday • 10:00 am - 10:00 pm

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This year, Knoxville's Holidays on Ice is bigger and better! Drink hot chocolate and taste festive concessions, and enjoy lots of winter fun. Open to all ages, take part in open skating, private parties, specialty programs, learn to skate nights, unique activities and more! For more info, visit [www.knoxvillesholidaysonice.com](http://www.knoxvillesholidaysonice.com)

### **CALHOUN'S NEW YEAR'S DAY 5K RUN/WALK**

Monday, January 1 • 9:30 am

@ Calhoun's on Neyland Drive

For more info call Eddie Raymond (865) 670-1533 or (865) 922-1896.

### **KNOXVILLE WRITERS' GUILD JANUARY MEETING**

#### **FEATURING SILAS HOUSE**

Thursday, January 4 • 7:00 pm

Laurel Theater • 16th Street @ Laurel Avenue

Award-winning novelist, Silas House, writer-in-residence at Lincoln Memorial University, and contributing editor for *No Depression* magazine, will talk about how his music journalism and his fiction inform one another. Partnered with freelance writer Jason Howard, House is half of the musical duo The Doolittles. House will be introduced by long-time friend and KWG program chair Marianne Worthington. Carpe Librum Bookstore will have House's books for sale.

The public is invited to attend, and a \$1 donation is requested. The building is handicapped accessible and free parking is available. For more info about House's presentation and the Guild, visit [www.knoxvillewritersguild.org](http://www.knoxvillewritersguild.org). For more info, call 865-386-0805 or email [pamstrickland@mac.com](mailto:pamstrickland@mac.com)

### **13TH ANNUAL ESKIMO ESCAPADES**

Saturday, January 13 • 9:00 am - 5:00 pm

Volunteer Landing & Ned McWherter Park

For more info, contact Joe Thompson at (865) 426-2209.

### **KNOXVILLE PREMIER BRIDAL SHOW**

Sunday, January 14 • 12:00 noon - 5:00 pm

Knoxville Convention Center-Exhibit Hall A

Tickets \$10.00 in advance or \$12.00 at the door available on line at [www.knoxvillepremierbride.com](http://www.knoxvillepremierbride.com) For more info, call Fred Jacobs at 865-531-3941 or email: [fred@premier-bride.com](mailto:fred@premier-bride.com)

### **STARS ON STAGE: BILL COSBY**

Sunday, January 14 • 3:00 pm & 7:00 pm

The Tennessee Theatre

This annual fundraiser for the historic Tennessee Theatre, presents American humorist Bill Cosby. Tickets \$35-\$62.50, plus applicable service fees. \$125 includes tax-deductible donation. \$250 includes VIP reception and tax-deductible donation.

### **FLIPFEST INVITATIONAL, 2007**

Friday, January 19 • 7:30 am - 11:00 am

Saturday, January 20 • 7:30 am - 11:00 am

Sunday, January 21 • 7:30 am - 8:00 am

Knoxville Convention Center

Featuring gymnastics, power tumbling and trampoline competition as well as special awards, and prizes. For more info, visit [www.flipfest.com/invitational](http://www.flipfest.com/invitational). Tickets \$10.00 per day / \$15.00 for the weekend. For more info, call Steve Butcher at 865-692-9244 or email: [sbutcher@premierathletics.com](mailto:sbutcher@premierathletics.com) or online at [www.flipfest.com](http://www.flipfest.com)

### **2007 NATIONAL SHOWDOWN OF CHAMPIONS CLOGGING COMPETITION**

Friday, January 26 • 7:00 am

Saturday, January 27 • 7:00 am

Knoxville Civic Auditorium

[www.ccaclog.com/showdown.htm](http://www.ccaclog.com/showdown.htm)

### **RODNEY CARRINGTON**

Saturday, January 27 • 7:00 pm

The Tennessee Theatre

Texas native Rodney Carrington has been delivering belly laughs to audiences for over 15 years with his bawdy brand of stand up, country rhythms and unpretentious lyrics. Starting on syndicated morning radio shows, Rodney starred in his own ABC sitcom for two seasons. Tickets are \$41.25.

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# more Stuff To Do

## AMERICAN CANCER SOCIETY SEEKS VOLUNTEERS TO VERIFY COMMUNITY RESOURCE INFORMATION

The American Cancer Society currently needs volunteers to verify information on our Community Resources Database. This database helps the American Cancer Society serve the needs of patients who have been diagnosed with cancer. Volunteers must have great communication and organizational skills, and can work flexible hours based on their availability. If you are interested, or want to learn more, call Kathleen Steele at 584-1668.

## LOOK GOOD...FEEL BETTER

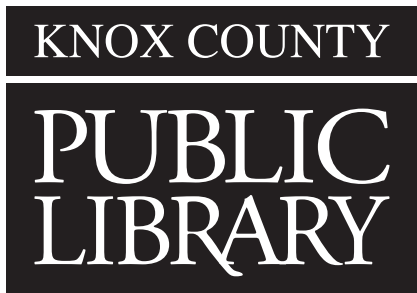
1st Wednesday of each month • 10:00 am  
Baptist Hospital downtown campus

This program helps women cope with appearance-related side effects of cancer treatment by teaching beauty tips that can enhance appearance and boost self-image and confidence. Facilitated by volunteer licensed cosmetologists. Offered by the American Cancer Society, the Cosmetic, Toiletry, and Fragrance Association Foundation and the National Cosmetology Association, no product endorsements are given, and participants are never asked to buy anything. Attendance is FREE, but registration is required. To register, call Diane Slatten at 632-5981. For more info, contact the American Cancer Society at 1-800-ACS-2345 or visit [www.cancer.org](http://www.cancer.org).

Volunteers are also trained to help patients deal with the physical side effects of cancer treatment (such as increased susceptibility to infection) and promote good hygiene.

Other sessions in the Knoxville area:

- 1st Monday of each month • 10:00 am  
St. Mary's and St. Mary's North.
- 2nd Tuesday of each month • 10:00 am  
Thompson Cancer Survival Center
- 3rd Monday of each month • 10:00 am  
Knoxville Comprehensive Breast Center  
and Baptist Hospital West
- 4th Monday of each month • 10:00 am  
UT Cancer Institute  
and Parkwest Medical Center.



**Lawson McGhee Main Library**  
500 West Church Avenue  
(865) 215-8750  
[www.knoxcounty.org/library](http://www.knoxcounty.org/library)

## THE ART OF THE SHORT STORY: DISCOVERING SHORT STORIES

@ Lawson McGhee Library  
Thursday, January 11 • 6:00 pm  
Thursday, January 18 • 6:00 pm  
Friday, January 26 • 6:00 pm

Brian Griffin, KCPL's Writer-in-Residence, will lead a workshop and discussion series to explore the origins of literary creativity as well as the process of writing. Designed for both beginning and experienced writers, teachers of writing and avid readers, the series will help people of all ages discover their own story. This workshop focuses on the origin of literary work, and the nature of the creative imagination. For more info, call 215-8729.

## CARVED IN BONE

@ Fountain City Branch  
Thursday, January 25 • 10:30 am

Dr. Bill Bass, the forensic anthropologist who founded the legendary Body Farm, will be speaking about his first fictional work with Jon Jefferson, a journalist and filmmaker.

## COMPUTER WORKSHOPS

Presents the information and skills required for other workshops: computer terminology, the Windows environment, mouse/keyboard familiarity, working with files and folders. Additional workshops include Web Basics and Word Processing Basics.

# Take An Art Class!



Located at  
The Candy Factory  
1060 World's Fair Park Drive  
(865) 523-1401  
Cathy Maples - Director

## HOURS:

Monday-Friday\* • 9:30 am - 8:00 pm  
Saturday • 9:30 am - 12:30 pm

\* Staff meetings on Fridays, call to confirm.  
Closed on UT home game dates due to parking.

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*Knoxville Arts and Fine Crafts Center is a specialty program of the City of Knoxville Parks and Recreation Department under the direction of the mayor and recreation director.*



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near Norris, Tennessee  
1 mile east of I-75 N. Exit 122  
2716 Andersonville Highway 61  
(865) 494-9854

[www.AppalachianArts.net](http://www.AppalachianArts.net)

Monday-Saturday 10:00 am - 6:00 pm  
Sundays: 1:00 - 6:00 pm

## KNOX COUNTY SCHOOL SCHEDULE

[www.kcs.k12tn.net](http://www.kcs.k12tn.net)

## JANUARY

Monday, January 8

First Day for Teachers After Holidays  
Student Holiday, Staff Development Day\*

Tuesday, January 9

First Day for Students After Holidays

Monday, January 15

Martin Luther King, Jr. Day (Holiday)

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# SPORTS



Enjoy great Lady Vol Basketball with your friends, family or co-workers with Lady Vol group tickets. Groups of 25 or more just \$5 per person. Good seats still available. Reserve your group tickets by calling 865-974-1059.

Monday, January 1 • 11:00 am  
Outback Bowl vs. Penn State @ Tampa, Florida

|           |       |         |                                          |
|-----------|-------|---------|------------------------------------------|
| Wednesday | 01/03 | 7:00 pm | Women's Basketball vs. Alabama           |
| Sunday    | 01/07 | TBA     | Men's Basketball vs. Mississippi State   |
| Thursday  | 01/18 | 7:00 pm | Women's Basketball vs. Mississippi State |
| Saturday  | 01/20 | 1:00 pm | Women's Swimming vs. Georgia             |
|           |       | 6:00 pm | Men's Basketball vs. South Carolina      |
| Monday    | 01/22 | TBA     | Men's Swimming vs. Georgia               |
|           |       | 7:00 pm | Women's Basketball Duke Big Monday       |
| Friday    | 01/26 | 5:00 pm | Men's Tennis vs. Memphis                 |
|           |       | TBA     | Men's Hockey vs. MTSU                    |
| Saturday  | 01/27 | TBA     | Men's Hockey vs. MTSU                    |
| Tuesday   | 01/30 | 3:00 pm | Men's Tennis vs. Louisville              |
| Wednesday | 01/31 | 7:30 pm | Men's Basketball vs. Georgia             |

**UT Athletic Ticket Office: 800-332-VOLS (8657) or 865-656-1200**  
<http://utsports.collegesports.com>

**KNOXVILLE ICE BEARS info and tickets!**  
**525-PUCK • www.knoxvilleicebears.com**

|           |                 |     |                         |                      |
|-----------|-----------------|-----|-------------------------|----------------------|
| Friday    | 01/05 @ 7:30 pm | at  | Columbus Cottonmouths * |                      |
| Saturday  | 01/06 @ 7:30 pm | at  | Richmond Renegades *    |                      |
| Sunday    | 01/07 @ 7:30 pm | at  | Fayetteville FireAntz * |                      |
| Friday    | 01/12 @ 7:10 pm | at  | Pee Dee Cyclones *      |                      |
| Saturday  | 01/13 @ 8:30 pm | at  | Huntsville Havoc *      |                      |
| Thursday  | 01/18 @ 7:30 pm | vs. | Huntsville Havoc        | THIRSTY THURSDAY     |
| Friday    | 01/19 @ 7:30 pm | vs. | Jacksonville Barracudas | SCHOOL NIGHT         |
| Saturday  | 01/20 @ 7:10 pm | at  | Pee Dee Cyclones *      |                      |
| Wednesday | 01/24 @ 7:35 pm | at  | Richmond Renegades *    |                      |
| Friday    | 01/26 @ 7:30 pm | vs. | Pee Dee Cyclones        | PRIDE IN AMERICA     |
| Saturday  | 01/27 @ 7:30 pm | vs. | Florida Seals           | MISS ICE BEAR        |
| Tuesday   | 01/30 @ 7:30 pm | vs. | Fayetteville FireAntz   | PACK THE HOUSE NIGHT |

\* Live Audio Play-By-Play available for all away games! Log on to [www.knoxvilleicebears.com/live/cfm](http://www.knoxvilleicebears.com/live/cfm)



## HARLEM GLOBETROTTERS

Friday, January 12 • 7:00 pm  
@ Thompson-Boling Arena

The Globetrotters have been amazing audiences with their basketball magic since 1927. Now, this world-wide phenomenon returns to Knoxville for another spectacular exhibition. Tickets \$15-\$90.

## GET KIDS IN THE GAME

January 19 - 20

@ Women's Basketball Hall of Fame

Help build a better world for children by donating a new or gently used basketball for kids who do not have access to recreational equipment. WIVK live remotes plus prizes. For more info, email Kim Bittinger at [kbittinger@knoxville.org](mailto:kbittinger@knoxville.org)

## RACE AGAINST RACISM 5K RUN & 1 MILE WALK

Saturday, January 20 • 12:30 pm

@ Mechanicsville Commons

For more info, contact Mary Lou Crail at (865) 523-6126.

## KEEPING YOURSELF HEALTHY THIS COLD & FLU SEASON



Everyone has a theory. Some have been passed down through generations, or are based on outdated science. A few seem like common sense. But whatever their origin, many just aren't true.

**Feed a cold, starve a fever** - This old saying was popularized by Mark Twain, but it simply isn't true. Everyone who is sick -- whether they've got a cold, fever, or both -- need nourishment to get better

**Colds and flu are most contagious before symptoms appear.** Also not true. You're most contagious when symptoms are at their worst because that's when you cough and sneeze most. Even if you've just started feeling the symptoms or you're almost over it, you're still contagious.

**Don't kiss if you have a cold.** A peck on the lips probably won't hurt since the lips themselves harbor surprisingly few germs.

To break the cycle of never-ending colds and flu, and keep everyone in your family healthier is as simple as following a few suggestions.

**Get a flu shot** - October is the best time if they're available, but a shot by the end of November will still protect throughout the flu season.

**Wash your hands** often. No need for antibacterial agents - ordinary soap and warm water works fine. And **use paper towels to dry.** Towels harbor germs - especially after getting wet.

**Rub dirt on it.** You can't completely get rid of germs but that's not a good idea anyway. There's growing evidence that exposure to everyday dirt and germs in infancy helps the immune system develop and keeps adult systems "in fighting shape" by giving it something to "practice" on. So constantly wiping all your surfaces with antibacterials may not only be unproductive, but may in fact be counterproductive.

# MODERN

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# Performing Arts

FOR TICKET INFORMATION AND ORDERING OR FOR MORE INFO ABOUT THE EVENTS LISTED, SEE PAGE 5



## **KSO CHAMBER ORCHESTRA PRESENTS: "SYMPHONIES & SERENADES"**

Sunday, January 7 • 2:30 pm  
@ The Bijou Theatre

Let the glow of the Knoxville Symphony Orchestra's strings brighten your mid-winter afternoon with Felix Mendelssohn's sweet and youthful Sinfonia; Verdi's only purely instrumental work, the Symphony for Strings - at once lyrical and dramatic - beautifully adapted from his String Quartet; a lovely serenade by the 19-year-old Samuel Barber (his Opus 1); and the radiant Serenade for Strings, one of Dvorák's sunniest compositions and a guaranteed audience pleaser.

Tickets to the concert begin at \$20.50. Ticket holders are encouraged to attend the pre-concert lunch at Regas Restaurant beginning at noon on the day of the concert. The cost of the lunch is \$25 per person and includes meal, dessert, beverage, tax and gratuity (alcoholic beverages are not included). The restaurant is open to Chamber Classics ticket holders only and reservations must be made in advance.

## **KMA DOCENT PROGRAM RECRUITMENT**

January 8 - February 12 • 9:00 am - 4:00 pm  
Knoxville Museum of Art

The program begins with a session focusing on visual thinking strategies led by Karin DeSantis, senior research associate with New York-based Visual Understanding through Education. Professor Tim Hiles with the UT school of art at the will conduct a four-part modern and contemporary art history series. The new focus of the docent program at KMA is about creating a process of mutual discovery about contemporary art between the docent and the visitor.

To register, call Sherry Spires at (865) 525-6101. For more info, call Angela Thomas at (865) 934-2034 or email at; [athomas@kmaonline.org](mailto:athomas@kmaonline.org)

## **ARTS & CULTURE ALLIANCE PRESENTS: NATIONAL JURIED EXHIBITION OF 2006**

through January 8  
@ The Emporium Center

This exhibition features artwork from over 40 artists in Tennessee and surrounding states. It was developed to provide a forum for artists on a national scale to compete and display their work. The selected art features both traditional and non-traditional work.

## **KSO PRESENTS AN EVENING OF CLASSY JAZZ WITH THE DUKE ELLINGTON ORCHESTRA**

Sunday, January 12-13 • 8:00 pm  
@ The Knoxville Civic Auditorium

KSO and Principal Guest Conductor Cornelia Kodkani Laemmli join The Duke Ellington Orchestra for classy jazz featuring the popular tunes of "the jazz king" himself. Tickets begin at \$27.00.

## **KSO FREE CONCERT IN HONOR OF MARTIN LUTHER KING, JR.**

Monday, January 15 • 6:00 pm  
@ Knoxville College Colston Center

KSO Music Director Lucas Richman and the Knoxville Symphony Chamber Orchestra, with the Holiday Celebration Choir and the Knoxville College Ensemble, perform the annual Martin Luther King, Jr. Celebration Concert. It is the culmination of a week-long celebration of Dr. King's life and legacy, sponsored by the Martin Luther King, Jr. Commemoration Commission of Greater Knoxville.

"We are honored to be a part of this important tribute," said Richman. "This performance is a great way to honor Dr. King's life and legacy, and celebrate freedom and liberty." The music for this performance draws from both traditional symphonic works and gospel music.

This concert is supported by the Arts Builds

Communities Grant from the Tennessee Arts Commission, awarded through the Arts and Cultural Alliance of Knoxville. Admission and parking are free.

## **THE PRODUCERS**

January 19 • 8:00 pm  
January 20 • 2:00 pm & 8:00 pm  
January 21 • 2:00 pm & 8:00 pm  
Knoxville Civic Auditorium

Now you can experience the biggest Tony Award® winner in Broadway history! Directed and choreographed by five-time Tony Award® winner Susan Stroman. This show is recommended for mature audiences. Tickets \$18-\$58.

## **FENCES BY AUGUST WILSON**

January 25 - February 11  
Clarence Brown Theatre

Troy Maxson, a fiercely proud garbage collector living in a tenement in 1950's Pittsburgh, was once a talented baseball player barred from the major leagues by the color line. Now, Troy's son must confront his own barriers - the scars of his father's disappointment. A Clarence Brown Professional production of the Pulitzer Prize winning drama.

## **KNOXVILLE SYMPHONY ORCHESTRA: RHYTHMS AND DREAMS**

January 25-26 • 8:00 pm  
The Tennessee Theatre

Bach's intricate Baroque melodies are complemented by the rhythmic vitality of Ginastera's piano concert. Tchaikovsky's "Winter Dreams" isn't about dark, dreary days; it paints a Russian winter with boisterous crowds skating and laughing as sunshine sparkles on snow. Lucas Richman, conductor with Barbara Nissman, piano.

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**531-7686**  
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7741 S. Northshore Drive

**777-0582**  
Turkey Creek Earthfare Shops  
10909 Parkside Drive

**521-6463**  
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**Expires: 2/10/2007**

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Rik's Bass Strings only. Must present coupon. Cannot be used with any other offers or coupons. Expires 1/31/07.



# Live Music

#### RED STICK RAMBLERS AND THE WILDERS

Thursday, January 11 • 8:00 pm  
@ The Bijou Theatre

An energetic mixture of Cajun fiddle tunes, Western swing, traditional jazz of the 1920s and 1930s, honky-tonk and zydeco. Their seemingly instant success as a live act was bolstered by the 2001 release of their self-titled debut album, and their 2003 sophomore release.

Kansas City string band The Wilders put their own frenetic spin on classic country in their faithful and hopped-up covers of Jimmie Rogers, Roy Acuff and the Carter Family. Both groups are frequent visitors to the WDVX Blue Plate Special.

#### JOSH ROUSE

Friday, January 19 • 8:00 pm  
@ Blue Cats

One of the best songwriters to come out of Nashville in the past 10 years. His euphoric guitar skills have a contemplative tone and his somber yet sultry style has been compared to Matthew Sweet, Rufus Wainwright and Paul Simon. His latest album was written from a small town on the Mediterranean coast of Spain and breathes an air of contentment with its breezy tempos and Spanish-influenced guitar riffs. His performances incite introspection and sincere emotion while he plucks the heartstrings of audiences and croons the tune of their souls.

#### DOYLE LAWSON & QUICKSILVER

with Blue Moon Rising and Robinella

Saturday, January 20 • 8:00 pm  
The Tennessee Theatre

"Vocal Group of the Year" as awarded by the International Bluegrass Music Association. Doyle Lawson has become the torchbearer for lightning-fast picking and high lonesome harmonies inspired by the Grand Ole Opry. The group's latest CD e presents gospel-bluegrass at its best. Support for Acoustic Sessions comes from WDVX.

#### YO LA TENGO

Saturday, January 27 • 8:00 pm  
@ The Bijou Theatre

Yo La Tengo sound like no other band. The band's highly acclaimed new album has everything that ever made Yo La Tengo great, but elevated to new heights, from the remarkable orchestral chamber piece "Black Flowers" to the garage-punk rave-up "Watch Out For Me Ronnie." If there's one constant about Yo La Tengo, it's that this famously restless band continues to broaden its horizons.

#### Writer's Block Independent Performing Songwriters

\*\*\* **UPCOMING** \*\*\*

**Buddy Mondlock, RB Morris, Dana Cooper, Sally Barris & more!**

**1st Wednesday of each month • 6:30 pm**  
@ Knoxville Museum of Art

Cash bar opens in the Great Hall at 5:45 pm  
and the auditorium opens at 6:00 pm.

Tickets \$7 available on [www.KnoxTIX.com](http://www.KnoxTIX.com),  
at the door or at various Knoxville area locations.

Seating is general admission.

For more info, call 865-688-8521 or visit  
[www.writersblockonline.com](http://www.writersblockonline.com)

#### Writer's Block Singer-Songwriters Open Mic

Thursdays • 8:00 pm

Knoxville Brewing Company Tasting Room

Participants get a chance to be featured in the "Homecookin" segment of the weekly broadcast! SIGNUPS begin at 7:30. Call 865-522-0029 for directions and info. FREE ADMISSION!

#### Writer's Block FREE Songwriter Discussion Group

2nd Monday of each month • 6:30 pm

Carpe Librum Booksellers

"A Place To Carve Away Anything That Isn't The Song!" Guest speakers, open critiques and impromptu performances! Call 865-588-8080 for info or visit [www.writersblockonline.com](http://www.writersblockonline.com)

#### JEFF TWEEDY

Tuesday, January 30 • 8:00 pm  
@ The Bijou Theatre

After a brilliant turn with Wilco at the Tennessee Theatre in early 2006, Jeff Tweedy brings his acoustic for a night of lyrical magic few audiences have experienced. Filmmakers captured some of these moments during Tweedy's solo tour in February 2006 to create the recently released DVD. The San Francisco Chronicle's says, "Tweedy delighted in transforming song after song from his band's wildly experimental back catalog into a stripped-down folk ballad, baring every ironic twist and barbed emotion."

#### THE CHEETAH GIRLS

Tuesday, January 23 • 7:00 pm  
Thompson-Boling Arena

Tickets \$29.50 and \$39.50 plus applicable service charges.



**Blue Plate Special** **\$9.9 fm**  
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One Vision Plaza • 301 S. Gay Street

Free daily noon-time concerts featuring local artists. Lunch is available at Café Gourmet or bring your own! For more info and a schedule of performers, call (865) 544-1029. or visit [www.wdvx.com](http://www.wdvx.com)



**January Events**

Call 577-4717 ext. 10 for more info  
or to pre-register for events.

**WINTER BIRDS OF IJAMS**

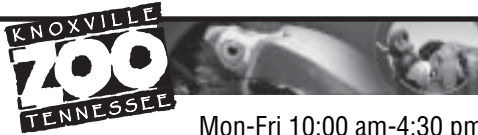
Saturday, January 13 • 9:00 am  
Join naturalist Lyn Bales for a program about winter migrants that spend the cold-weather months in our valley and their summers elsewhere. Learn how to identify them and where you are likely to see them at the nature center. Free for Ijams members, \$10 for non-members.

**IJAMS AT WILDLIFE WILDERNESS WEEK**

January 13 - Sunday, January 21  
Music Road Convention Center - Pigeon Forge  
Shake off those winter blues at this fabulous annual winter event. Nearly 100 experts on nature and the great outdoors will host walks, hikes, seminars and lectures. A number of programs are designed for children. For more details, visit [www.mypigeonforge.com/winterfest-wilderness.asp](http://www.mypigeonforge.com/winterfest-wilderness.asp) or call 865-429-7350.

**HOPE IS THE THING WITH FEATHERS  
AN EVENING WITH CHRISTOPHER COKINOS**

Monday, January 15 • 7:00 pm  
Join us for a rare opportunity to host author Christopher Cokinos. Cokinos wrote "Hope is the Thing with Feathers," a cautionary tale surrounding six of North America's extinct birds. The book is currently out of print, but we will have a limited number of copies available for purchase on a first-come-first-served basis. This program is free thanks to sponsors Nancy Tanner and WUOT 91.9FM.



Mon-Fri 10:00 am-4:30 pm  
Sat-Sun 10:00 am-6:00 pm

Open every day except Christmas

\*(admission / ticket sales end 1/2 hr before closing)  
(865) 637-5331 • [www.knoxville-zoo.org](http://www.knoxville-zoo.org)

**JANUARY ZOO EVENTS:**

Winter has arrived, but don't let that stop you from visiting the zoo. Knoxville Zoo is currently offering half-price admission through February. 28.

Animals are often more active and playful during cooler temperatures. Because zoo attendance is slower this time of year, the animals are often excited to see and interact with visitors. If weather requires animals to be brought inside, there are viewing areas and the Living Wall at the Zoo Shop.

Zoo memberships are also a great value during the winter. Members can enjoy a quick visit to the Clayton Family Kids Cove or make a short stop with the chimps. Prices and level of memberships vary.

*Ijams Events Continued...*

**THE BIRDS OF AUDUBON**

Saturday, January 27 • 9:00 am  
at Ijams Nature Center

Sunday, January 28 • 2:00 pm  
at Hansen Gallery - 5007 Kingston Pike  
One of the most remarkable artistic achievements in the history of this country is The Birds of America by John James Audubon. His original published portfolio contained life-size prints of 435 species of birds and took him about 25 years to complete. He also recorded his field observations, giving us many of the earliest insights into the life histories of the birds that he painted. Join naturalist Lyn Bales and learn about the fascinating life histories of several of Audubon's birds that are also of local interest. Program open to the public.



**EAST TN BORDER COLLIE RESCUE ADOPTION EVENT**

Agri Feed Pet Supply, 5716 Middlebrook Pike  
Saturday, January 20 • 10:30 am

Adoptable dogs, information about Border Collies and Border Collie Rescue, and fundraising items for sale. For directions, please call 865-584-3959. For more info, call Suzanne West at 865-435-6125 or email [herderwest@comcast.net](mailto:herderwest@comcast.net)

*"There is no psychiatrist in the world like a puppy licking your face."*

~ Ben Williams

*"Dogs are not our whole life, but they make our lives whole."*

~ Roger Caras

*"If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them."*

~ Phil Pastoret

*"My goal in life is to be as good a person as my dog already thinks I am."*

~ Andy Rooney



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|----------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------|

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"The good deed you do today, for a brother or sister in need, will come back to you some day, for humanity's a circle indeed."

~ Robert Alan

# COMMUNITY

## Community Press

proudly gives 5% of the proceeds from this newsletter to charities in our community.

This Month:

### National Kidney Foundation of East Tennessee

WHAT IF...  
EVERYONE HELPED  
EACH OTHER?

[www.gooddeedsusa.com](http://www.gooddeedsusa.com)



### LOOKING FOR AN OPPORTUNITY TO GIVE?

#### American Cancer Society

Phone: (800) ACS-2345 / [www.cancer.org](http://www.cancer.org)  
The Road to Recovery Program needs Volunteers to drive patients to treatment

#### American Red Cross - Knoxville

Phone: 584-2999 / 6921 Middlebrook Pike  
[www.knoxarc.org](http://www.knoxarc.org)

#### Blg Brothers Big Sisters

Phone: 523-2179 / 4928 Homberg Drive  
[info@bbbstnvalley.org](mailto:info@bbbstnvalley.org)

#### Goodwill Industries

Phone: 588-8567 / 5508 Kingston Pike  
[www.gwiktn.org](http://www.gwiktn.org)

#### Habitat For Humanity

Phone: 523-3539 / 1501 Washington Ave.  
[www.knoxvillehabitatforhumanity.com](http://www.knoxvillehabitatforhumanity.com)

#### The Salvation Army

Phone: 525-9401 / 409 N. Broadway  
[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

#### Second Harvest

Phone: 521-0000 / 922 Delaware Avenue  
[www.secondharvestknox.org](http://www.secondharvestknox.org)

#### [www.VolunteerMatch.org](http://www.VolunteerMatch.org)

This national search site can help you find info on most organizations in our area and match volunteers with opportunities. Find the right opportunity for you based on your interests and location.

#### Sexual Assault Crisis Center

Phone: 558-9040 • Crisis: 522-7273  
For victims of sexual assault. Fees vary by income. Individual, couple, & family counseling, support groups, legal advocacy, batterer's intervention groups, professional training, education, prevention & self-defense programs.

#### Bosom Buddies - Breast Cancer Support

Contact: 541-1757  
First Wednesday each month @ 11:30 am at Thompson Cancer Survival Center. Registration required. Lunch provided. Please RSVP by Tuesday for lunch.

#### Knoxville Mothers' Center

[www.discoveret.org/kmc](http://www.discoveret.org/kmc)  
For mothers, promotes empathy, fosters friendships and encourages growth. Mondays from 9:30-11:30 am (fall, winter, and spring quarters) at Fountain City UMC. In summer, discussion groups recess, but social activities and clubs continue. Fees: \$50 per quarter. Payment plans and scholarships available.

#### Covenant HomeCare

#### Hospice Grief Support Groups

Contact: (865) 541-4500.  
"We share our stories, our needs and questions, as well as our own insights with each other," says Ernie Coleman, who leads the group. "It is a place to listen and to be heard, sharing with others who care." Group meetings are free, but registration is required.

#### Grief Support: Caring for Those Who Grieve

Contact: (865) 481-1487  
A basic grief class, takes people through the stages of normal grief and basic communication to assist a grieving person.

#### Pay It Forward Foundation

[www.payitforwardfoundation.org](http://www.payitforwardfoundation.org)

#### I Can Cope

Contact: Becky Jones (865) 544-6154  
Helps patients and loved ones cope with the challenges of cancer. Meets at the UT Cancer Institute. Free, but registration is required. Call for more info or to register.

#### Helen Ross McNabb

Phone: 637-9711  
Individual therapy. Fee: Sliding scale (\$1- \$110) Accepts most insurance.

#### DivorceCare Support Group

Contact: Charleen Q. Ayers (865) 690-8508

#### Walk to Remember

Contact: (865) 481-1487  
For families that have lost a child during pregnancy or shortly after birth.

#### Amputees Coming Together (ACT)

Contact: Marianne Rankin (865) 694-4724  
For amputees, families and friends.

#### Tennessee School for the Deaf

<http://tsdeaf.org/index.html>  
Provides support and education programs.

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If your organization would like to ipost" on this page, just send us an email: [communitypress@comcast.net](mailto:communitypress@comcast.net)

## IMPORTANT PHONE NUMBERS

#### AMBULANCE, FIRE, POLICE EMERGENCY: 911



Knoxville Police (general): 215-7000  
Knox County Sheriff (general): 215-2432  
Knox County Emergency Mgmt: 215-1166  
City of Knoxville / Knox County: 215-2000  
TN Relay Center (TTY): (800) 848-0298  
TN Relay Center (Voice): (800) 848-0299

Suicide Prevention Hotline: 522-7273  
National Hopeline: (800) 784-2433  
Family Violence Helpline: 521-6336  
Sexual Assault Crisis Center: 522-7273  
Family Crisis Center: 673-3066  
Mental Health Crisis Hotline: (800) 809-9957  
Poison Control Center: (800) 288-9999  
American Red Cross: 584-2999

Bellsouth: (888) 757-6500  
Comcast: 637-5411  
Knoxville Utility Board (KUB): 524-2911  
Knox County Schools: 594-1800  
Knox County Library: 215-8750  
Knoxville Area Transit (KAT): 637-3000  
McGhee Tyson Airport: 342-3000  
University of Tennessee: 974-1000

# January 2007

*Bringing everyone together,  
One newsletter at a time!*

*NOTE: Calendar for each individual apartment community is customized for that property and contains only recognized, sponsored holidays to allow residents the most possible space to write on the calendar. All calendars are printed on lightweight 20# paper that hangs on the 'fridge easily with a standard magnet.*

| SUNDAY                                                                                                       | MONDAY                                                                                          | TUESDAY                                                                  | WEDNESDAY                                                                                                | THURSDAY                                                                                            | FRIDAY                                                                                                                      | SATURDAY                                                                                         |
|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|                                                                                                              | Z-Day<br><br>1892 - Ellis Island opened<br><br>1999 - Euro began circulation                    | National Science Fiction Day                                             | 1924 - King Tut's tomb discovered<br><br>1959 - Alaska became a state                                    | Trivia Day<br><br>1790 - Washington delivered the 1st State-of-the-Union address                    | 1925 - Nellie Taylor Ross became 1st female governor<br><br>1972 - Nixon approved funding to build & test the Space Shuttle | <i>Epiphany</i>                                                                                  |
|                                                                                                              | <b>1</b>                                                                                        | <b>2</b>                                                                 | <b>3</b>                                                                                                 | <b>4</b>                                                                                            | <b>5</b>                                                                                                                    | <b>6</b>                                                                                         |
| Old Rock Day<br><br>1782 - 1st US bank opened in Philadelphia<br><br>1927 - Harlem Globetrotters established | World Literacy Day<br><br>1982 - AT&T broken up<br><br>1935 - Elvis Presley born in Mississippi |                                                                          | 1878 - Women's suffrage amendment introduced but didn't pass for 42 years                                | International "Thank You" Day<br><br>1964 - Surgeon General announced harmful effects of smoking    | Work Harder Day                                                                                                             | Make Your Dreams Come True Day<br><br>1990 - Douglas Wilder became 1st African-American governor |
| <b>7</b>                                                                                                     | <b>8</b>                                                                                        | <b>9</b>                                                                 | <b>10</b>                                                                                                | <b>11</b>                                                                                           | <b>12</b>                                                                                                                   | <b>13</b>                                                                                        |
| National Dress Up Your Pet Day<br><br>Bald Eagle Day                                                         | <b>MARTIN LUTHER KING JR. DAY (Observed)</b><br><br>1967 - 1st Super Bowl                       | National Nothing Day<br><br>1547 - Ivan the Terrible became the 1st Czar | 1773 - The Resolution, under Captain James Cook, became the 1st ship to cross the Antarctic Circle       | Jazz Day<br><br>Winnie-the-Pooh Day (A. A. Milne's birthday - 1882)                                 | National Popcorn Day<br><br>Tin Can Day<br><br>Archery Day                                                                  | Basketball Day<br><br>1945 - FDR inaugurated to 4th term                                         |
| <b>14</b>                                                                                                    | <b>15</b>                                                                                       | <b>16</b>                                                                | <b>17</b>                                                                                                | <b>18</b>                                                                                           | <b>19</b>                                                                                                                   | <b>20</b>                                                                                        |
| National Hugging Day<br><br>1976 - Concorde took it's first flight from London to Paris                      | 1973 - Roe vs. Wade decision by the Supreme Court                                               | National Hardwriting Day<br><br>1943 - British forces liberated Tripoli  | 41 AD - Caligula assassinated<br><br>1848 - California Gold Rush began<br><br>1922 - Eskimo Pie patented | Opposite Day<br><br>1924 - 1st Winter Olympics<br><br>1961 - JFK gave 1st televised news conference | 1788 - Australia founded                                                                                                    | 1945 - Auschwitz liberated<br><br>1967 - Apollo I explosion                                      |
| <b>21</b>                                                                                                    | <b>22</b>                                                                                       | <b>23</b>                                                                | <b>24</b>                                                                                                | <b>25</b>                                                                                           | <b>26</b>                                                                                                                   | <b>27</b>                                                                                        |
| 1915 - Coast Guard created<br><br>1986 - Shuttle Challenger explosion<br><br>Rattle Snake Round-Up begins    | 1919 - 18th Amendment ratified banning the manufacture, transport and sale of alcohol           | 1948 - Mahatma Gandhi assassinated<br><br>1972 - Bloody Sunday (Ireland) | Child Labor Day<br><br>Backwards Day                                                                     |                                                                                                     |                                                                                                                             |                                                                                                  |
| <b>28</b>                                                                                                    | <b>29</b>                                                                                       | <b>30</b>                                                                | <b>31</b>                                                                                                |                                                                                                     |                                                                                                                             |                                                                                                  |

## January Is . . .

National Careers in Cosmetology Month • Carnivorous Plant Appreciation Month • National Eye Health Care Month • Bread Machine Baking Month  
National Staying Healthy Month • National Crime Stoppers Month • National Blood Donor Month • National "Thank You" Month • Oatmeal Month  
National Fiber Focus Month • National Mentoring Month • Prune Breakfast Month • National Hobby Month  
National Book Month • National Soup Month • Hot Tea Month

**January 1st-6th** - National Pizza Week • **January 14th-20th** - National Thrift Week • **January 21st-27th** - National Meat Week