



January at NDU

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- 1 January - HAPPY NEW YEAR!
- 3 January - Spring classes begin
- ◆ 6 January - Welcome Back Tea with SpICE
- ◆ *Fridays at 1000 - SpICE*
- ◆ 10 January - 15 January - ES/CIC/NWC Texas FSP
- ◆ 16 January - Martin Luther King Jr Day (No Classes)



The turn of the calendar year is often a welcomed time to reflect on the last 12 months and to begin planning for the next dozen. For many of us, 2022 was a year of transition back to a “new normal”, meaning 2023 may look brighter. At this time, Americans often make resolutions to adopt healthy habits—be it for their bodies, minds, or finances.

*If you have any suggestions or recommendations for next month's newsletter,
email me at ISMOsponsor@ndu.edu!*

New Year's Traditions for Good Luck



“Hoppin John” is a traditional New Year’s meal in the U.S. to bring good fortune. It’s made of black-eyed peas, pork, and rice. Families will often add 15 bean soup, corn bread, and collard greens.

The beans and peas symbolize coins

The cornbread is gold

The collard greens represent paper money



If you don't like pork, there is also the tradition of eating fish around the New Year..

Fish only swim in one direction— forward!

Save a Wish for Next Year

Write a note to your future self for next year and save it in a jar or container. Then, you can see what your past self wished for your future self next year!

Martin Luther King Jr. Day

January 16, 2022

MLK Jr. Day honors the work of civil rights activist Dr. Martin Luther King Jr., who fought for equal rights for the African American community in the United States until his assassination in 1968. It is a time to remember the injustices that Dr. King fought. It is also the only national holiday designated as a national day of service to encourage Americans to volunteer to improve their communities. You can honor his memory by visiting the MLK Jr Memorial, attending the Washington National Cathedral where he preached his last sermon, or by watching the MLK Holiday DC Parade.

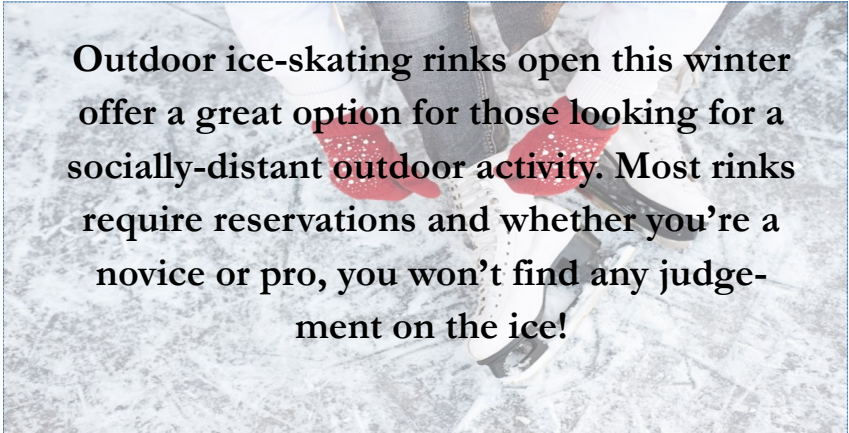


ISMO Family Programs

Join SpICE - the Spouses International Cultural Exchange Group

This social group, open to all spouses affiliated with NDU, meet in-person or online weekly. The full schedule of events is posted to the Facebook page. Email for details!

Things to do on a sunny day



Outdoor ice-skating rinks open this winter offer a great option for those looking for a socially-distant outdoor activity. Most rinks require reservations and whether you're a novice or pro, you won't find any judgement on the ice!

Ice & Lights: the Winter Village at Cameron Run

Ice Skating in Alexandria will be open Saturdays, Sundays, and federal holidays from 1100 to 1700.

Price: \$12.50

Click [here](#) to purchase tickets

Silver Spring Ice Skating

Open daily and stocked with 400 pairs of ice hockey and figure skates! Tickets must be purchased online

[Click here to purchase tickets](#)

Pentagon Row Ice Skating

The largest rink in NOVA features a dual-sided stone fireplace for lounging during skating breaks.

Ice Skating at the Wharf

Nearby to NDU, the Wharf has its very own ice skating rink! Open Wednesday through Sunday (and holidays). Purchase [here](#).

Dumbarton Oaks, Georgetown

The house is a fine example of Federal period architecture that features 18th- and 19th-century furniture and decorative arts (paintings, textiles, silver and ceramics) made and used during the Republic's formative years.

Joseph Nourse, first Register of the U.S. Treasury, and his wife Maria made this their home from 1804 to 1813. The next resident, Charles Carroll, offered shelter to First Lady, Dolley Madison, in August 1814 after she fled the White House as British troops marched on the city. Since 1932, Dumbarton House has been the headquarters of the NSCDA, a non-profit organization founded in 1891 that is dedicated to historic preservation, public service and education.

Explore the house with a reserved self-guided tour Fridays-Sundays or the grounds and adjoining Dumbarton Oaks Park every day from dawn to dusk.

