Please help us welcome...

Melissa Albright, Collections and Student Accounts Manager
Renee Bostic, Director of Athletics & Wellness
Britt Christensen, Assistant Professor for Communication Arts
Erika Elie, Assistant Director of Financial Aid Operations
Cathy Goucher, Assistant Professor and Program Director for Art Therapy
Suzan Harkness, Associate Vice President for Academic Affairs
Samantha Mielke, Admissions Counselor
David Rhodes, Interim Vice President for Enrollment Management and Marketing
Megan Rivera, Student Accounts Assistant
Gene Taylor, Director of Risk Management & Public Safety

The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life’s precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.

Did you know?

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.

The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.

At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While American Heart Month is a federally designated month in the United States, it’s important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.3 million deaths each year. That number is expected to rise to more than 23.6 million by 2030.

Click here for Heart Disease and Stroke statistics 2017.
Click here for strategies on how to prevent heart disease.
This year, on **February 6, 2018**, the Office of Institutional Advancement will commemorate **Notre Dame Day** with an **inaugural Giving Day celebration** — a special day to show our Notre Dame pride, raise money for the Notre Dame Fund, celebrate our achievements, and honor our history.

Learn more about Giving Day online at: [ndm.edu/givingday](http://ndm.edu/givingday)
February 2018

**HEALTHY GATOR**

**NOTRE DAME DAY CLASSES CANCELED**

**Healthy Meal of the Month:**
Roasted Cranberry, Squash & Cauliflower Salad

**Join Brick Bodies Today**
For $0 Down and Receive One Month FREE!

Discounted Rates for Communications Electronics Employees

All Access Memberships $22.99 Bi-weekly
Or
One Club Memberships $18.99 Bi-weekly
(One Club Memberships are not available for Padonia and Hotusua locations, or pool use)

For more information, contact Jordan at 410-252-8280 X2011
or at Jordan.Mafale@BrickBodies.com

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### February Birthdays!

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
<th>Department</th>
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<tbody>
<tr>
<td>1st</td>
<td>David Zikorus</td>
<td>Athletics Department</td>
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<tr>
<td>2nd</td>
<td>Deborah Calhoun</td>
<td>Business and Economics Department</td>
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<tr>
<td>13th</td>
<td>Kim Hayes</td>
<td>Business Office</td>
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<tr>
<td>16th</td>
<td>Cheri Johns</td>
<td>Athletics Department</td>
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<td></td>
<td>Charles Yoe</td>
<td>Business and Economics Department</td>
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<tr>
<td>19th</td>
<td>Erinn Gales</td>
<td>Campus Ministry</td>
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<td>19th</td>
<td>Elizabeth Scott</td>
<td>Counseling Center</td>
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<tr>
<td>20th</td>
<td>Yolanda Jones</td>
<td>A Child’s Place</td>
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<tr>
<td>21st</td>
<td>Amy Morales</td>
<td>Student Life</td>
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<tr>
<td>25th</td>
<td>Donna Schissler</td>
<td>School of Education</td>
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<td></td>
<td>Sean Silveira</td>
<td>School of Pharmacy</td>
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<tr>
<td>28th</td>
<td>Deborah Brophy</td>
<td>A Child’s Place</td>
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<td>Monday Mile Club 11:30am Personal Training 12pm-1pm YogaWorks 5pm-6pm</td>
<td>NOTRE DAME DAY CLASSES CANCELED</td>
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<td>YogaWorks 12-1pm</td>
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<td>26th</td>
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<td>YogaWorks 12-1pm</td>
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Click **here** for the recipe.
WELLNESS GARDEN MEETING

We will discuss planning the vegetable garden and flower gardens on campus, what to plant, and the layouts of both gardens.

WHERE: February 21st at 9:00am
WHERE: Theresia Hall Conference Room in the HR Department.
WHO: This meeting is open to all: faculty, staff, and students.
CONTACT: Stephanie Chevenkov at schevenkov@nmd.edu

PARTNERS IN MISSION

President MaryKay Vyskocil invites you to a Eucharistic Liturgy followed by a Recognition Celebration and Dessert Reception celebrating all Partners in Mission marking anniversaries of service.

Thursday, May 10, 2018
10:30 a.m. Eucharistic Liturgy
Mauldin Chapel of the Annunciation
All are invited to attend.

1 p.m. Recognition Celebration & Dessert Reception
Doyle Formal Lounge
All are invited to attend.

“IN UNITY IS OUR STRENGTH.”
Blanche Therese, SSND Founder

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3. Check your work email for a response from Verizon Notification@verizon.com. Then click the link to place your order.

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We are giving back to both borrowers and savers. The more products and services you utilize from First Financial, the more we’ve given back to you as a Loyalty Reward.

HOW DOES THE PAYOUT BREAK DOWN? FIRST FINANCIAL HAS:

- Paid a bonus dividend of 15% on all dividends earned in 2017 on share accounts
- Paid a 10% interest rebate on non-real estate loans in 2017
- Given all active 5 Star Members an additional $100 reward

Check your account to see your total First Financial rewards for 2017! This year’s “Loyalty Rewards” and Visa cash rebates were posted to share ID 01 accounts on 12/31/17.
NOTRE DAME OF MARYLAND UNIVERSITY

2018 Charles J. Busta III Lecture in Business

Tuesday, Feb. 13 at 7:00 p.m. | LeClerc Auditorium | Free and open to the public

Featuring

Mayor Catherine E. Pugh
City of Baltimore

The 2018 Busta Lecture in Business will be held Tuesday, February 13 at 7 p.m. in LeClerc Auditorium. All faculty and staff are invited to a special reception prior to the lecture at 6 p.m. in Doyle Formal.

RSVPs to the reception are appreciated by Monday, February 5 to Aliza Ross: arross@ndm.edu or 410-532-3184. We hope you will join us!

WOW Happy Hour

WOW Baltimore Happy Hour at Wicked Sisters in Hampden

Thursday Feb. 15
5:00–7:00 p.m.

Join the WOW—Women of the World Baltimore Advisory Board and planning team at Wicked Sisters (3845 Falls Rd, Baltimore, MD 21211) in Hampden for drink specials and light appetizers. Come out to learn more about WOW or share your experiences from 2016. We hope to see you there!

Happy Hour is free and open to the public.

Tickets for the full WOW Festival go on sale February 1, 2018 at www.baltimore.org