Please take time this December to help ensure everyone’s safety by making sure all loved ones have a safe ride home from the Holiday party, family party, or any gathering. December is National Drunk and Drugged Driving Prevention Month.

December 5th is International Volunteer Day, so there’s no better time to find a local organization that could surely use some extra help this month. Consider making it a weekly or monthly event for yourself.

December 4-10 is National Hand Washing Awareness Week. With the cold weather coming, cold and flu season follows. Washing your hands becomes even more important to help prevent the spread of germs. Check out www.henrythehand.com for proper hand washing techniques.

December 4-10 is also National Influenza Vaccination Week, which is a good reminder to get your flu shot!

*All info from Nationalwellness.org*

DEAN’S CHALLENGE

Get ready for the Dean’s Challenge! This program will begin in January, and helps keep you motivated to continue your workouts and healthy habits through the sometimes miserable winter. It is free to participate, and after completion, you will receive a T-shirt, and the chance to win some prizes!

Watch out for registration in mid-January!

In This Issue

- December Observances
- Dean’s Challenge!
- Meet Russell
- Butternut Squash Soup with Ginger
- Member Highlight
- Happy Holidays!
- Winter Break Hours of Operation
Butternut Squash Soup With Ginger

Commercially made soups are often high in salt and highly processed so here is a soup that is healthy and you can make it yourself!

1 tablespoon (T) extra-virgin olive oil
4 garlic cloves, chopped
1/2 onion, chopped
2–3 T fresh ginger, chopped
1/2 teaspoon (t) black pepper
1/2 t ground cumin
1/2 t ground cinnamon
5 cups (C) cubed and peeled butternut squash
3 C lower-sodium vegetable broth
2 C water
6 T plain nonfat yogurt

Heat oil in medium stockpot over medium-high heat. Add garlic, onion and ginger, and sauté for 2–3 minutes. Stir in pepper, cumin and cinnamon, and sauté for an additional 30 seconds. Add squash, broth and water, and bring to boil. Reduce heat, and simmer for 10–15 minutes, until squash is tender.

In blender or food processor, purée soup in several batches until smooth in consistency. Top each bowl with 1 T of yogurt prior to serving. Makes 6 servings.

Per serving: 140 calories; 3 grams (g) fat; 5 g protein; 30 g carbs; 4 g fiber; 0 milligrams (mg) cholesterol; 250 mg sodium.

Source: November 2006 Nutrition Action Healthletter.
MEET ROGER!

Roger Bourcicot has been a member of the staff since 2013, working as a Faculty Assistant in the Faculty Support department. Since joining the Scott K. Ginsburg Sport & Fitness Center, he has enjoyed using a variety of the facilities, programs, and services at the Center. Whether lifting free weights, chugging along on the elliptical machines, or doing his best not to sink in the pool, Roger appreciates the individual challenges that exercise provides. After catching his breath during a break from Indoor Cycling or Absession, he appreciates the activity-specific expertise of the staff and the up-beat encouragement they provide in group exercise classes. Roger is grateful to have such a wonderful facility and hard-working staff nearby. He encourages everyone to take advantage of the opportunity to exercise it provides!
**Regular Hours of Operation**

Sunday: 9:00 AM — 8:00 PM  
Monday: 6:30 AM — 10:30 PM  
Tuesday: 6:30 AM — 10:30 PM  
Wednesday: 6:30 AM — 10:30 PM  
Thursday: 6:30 AM — 10:30 PM  
Friday: 6:30 AM — 8:00 PM  
Saturday: 9:00 AM — 6:00 PM

*These hours will run through*  
**Friday, December 9th***

Please note that the *entire* building closes at the given time, including the locker rooms. Please plan your work out and locker room usage accordingly.

The pool closes 15 minutes before the rest of the facility.

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**Winter Break Hours**

**Saturday, December 10**: 9:00-7:00pm  
**Sunday, December 11**: 9:00-8:00pm  
**Monday-Thursday, December 12-16**: 6:30am-7:00pm  
**Saturday & Sunday, December 17-18**: 9:00am-5:00pm  
**December 19- January 2**: CLOSED

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