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| **Date** | **Photo Copy** | **Post Copy** | **Post image or video still** |
| Wednesday 1/3 | New Year, new you. | The past doesn't define who you are. Decide who you want to be today. #staytrueoregon |  |
| Friday 1/5 | Why risk your full potential? | Brain development continues into your mid-twenties. #staytrueoregon |  |
| Monday 1/8 | Harry Potter's got a point. | "Don't try too hard to be something you're not." — Daniel Radcliffe #staytrueoregon | C:\Users\Sierra\Dropbox\MJ\Jan\OHA-MJ_Batch10_12.14Export_4.jpg |
| Friday 1/12 | First of all, that's my child. | When someone tells you it's just a dog. #staytrueoregon |  |
| Monday 1/15 | Happy Martin Luther King Day! | "The time is always right to do what is right." — Martin Luther King, Jr. #staytrueoregon | C:\Users\Sierra\Dropbox\MJ\Jan\update (2).jpg |
| Thursday 1/18 | You wouldn’t get high when you’re responsible for them. | So why would you get high when you’re responsible for you? #staytrueoregon |  |
| Saturday 1/20 | Forward never backwards. | Your voice is a gift that can change the world. #staytrueoregon |  |
| Thursday 1/25 | It's a miracle! | When the weatherman forecasts for snow, and it actually does snow. #staytrueoregon |  |
| Tuesday 1/30 | Looking at colleges? | They may be looking at you too. Weed is still illegal if you're under 21. #staytrueoregon |  |