



# News

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## #ICYMI: University of Richmond News to Use

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### **The Conversation: What Are Blood Types?**

'Tis the season for giving, and many consider giving the gift of life during the holiday season by donating blood to those who need it most. Your readers may be curious to know what exactly is a blood type? UR physics professor Christine Helms answers just that in her latest [article](#) with [The Conversation](#), an independent news source for informed commentary and analysis, written by university scholars. All The Conversation articles are available to [republish](#) for free under the Creative Commons.

### **Holiday Experts Guide: From Healthy Eating to Eco-Friendly Holiday Tips**

Still feeling stuffed from last week's turkey? Worried about the finger foods to come at your office holiday party? Health Educator and Fitness Instructor [Sarah Sheppard](#) can provide tips for sticking to your wellness routine over the holidays. And check out additional [University of Richmond faculty and staff](#) available to share their expertise for stories you are working on this holiday season.

### **Spider Pride Alert: This Week's Awards and Grants**

[Political Science Professor and Modern Day Slavery Expert Awarded \\$33K for Research Aimed at Improving Anti-Slavery Efforts](#)

[\\$50K Grant Award Supports Development of Online Platform to Help Fast Track Sustainability Efforts at UR](#)

[UR Biology Professor Awarded Grant to Study Invasive Beetle](#)

[UR Grad Awarded Fulbright to Teach English in Kazakhstan](#)

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Best,

The University of Richmond [Media Relations Team](#)