

THE WELL-STREET JOURNAL

~Brought to you by Jan Morris, Student Affairs~

November 2018

FREE



SPOTLIGHT ON:

Otelia Cromwell Day!

November 1, 2018



Ms. Cromwell was the first African-American to graduate from Smith College (1900).

Keynote Speaker:
Dr. Dafina-Lazarus

(D-L) Stewart 1 pm,
John M. Greene Hall with
more events to follow!

Find schedule here:
<https://www.smith.edu/about-smith/college-events/otelia-cromwell-day>



"A lot of different flowers make a bouquet."

— *Muslim Origin*



9 Ways to Support and Encourage Yourself

- 1. Be proud of yourself.** Whether it is because of a small accomplishment or just life in general, you have to believe in yourself. If self-esteem is an issue for you, try therapy or do some research on the subject.
- 2. Try being your own best friend.** Talk to yourself like you would to a friend who needed motivation. Say things like "I know it's hard but you can do it," or, "By this time tomorrow, it will be all done."
- 3. Keep a good sense of humor!** It helps tremendously!
- 4. Spend some time on a favorite hobby.**
- 5. Reach out to others who can encourage you.**
- 6. Think about what encourages you, then offer encouragement to others.** Many people find that doing things for others helps their own problems feel smaller, or at least it gets the problems off their mind for a little while.
- 7. Exercise!** Walk outside or on your treadmill, ride a stationary bike, do yoga. Do some stretching and full-body relaxation scans. Or you can jog, or belly dance, or do whatever feels wonderful to your body.
- 8. Eat good food!** Add fresh foods and whole grain foods; go organic on some things if you would like to.
- 9. Play music!** Whatever kind of music lifts your spirits, play that for yourself. You can keep a radio or stereo on so that you can hear it in the background wherever you are. Or play an instrument just for the joy of it.
































Source: <https://www.wikihow.com/Support-and-Encourage-Yourself>



National Inspirational Role Models Month



November 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Otelia Cromwell Day! Keynote 1pm, JMG	2 Fall Mum Show Opening Lecture, 7:30p Carroll Room	3  Mums Show at the Lyman Plant House!
4  Sage Chamber Music, 3pm, Sweeney	5  IS Day! 11:30a Carroll Rm Yum!!!	6 	7 Wholeness Wednesday 4:15-5:15pm CC 103/104	8 New  Play Reading Series presents <i>POOK</i> , 7:30p Hallie Flanagan	9  SEC Film: Crazy Rich Asians 7:30p , Weinstein Aud	10  Autumn Serenade 4pm, Sweeney
11 Abigail Adams, First Lady; early advocate for women's rights 	12 Elizabeth Cady Stanton, feminist, suffragist 	13 Matt Donovan Poetry Reading, 7:30pm, Carroll Room	14  Music in Noon Hour, 12:30pm Sweeney Hall	15  Julia Child Day! Yum!!!	16  SEC Film: The Shape of Water 7:30p , Weinstein Aud	17 Fall Faculty Dance Concert, 8pm Theatre 14 
18  Basketball vs Hartwick, 2pm Salve Regina, 4pm	19  Wind Ensemble Fall Concert, 7:30 Sweeney Hall	20 Pauli Murray: civil rights lawyer, 1st black person to earn doctorate at Yale Law School 	21 Thanksgiving Break begins Nov 21-25	22 	23 	24 What are YOU Thankful For? 
25  Basketball vs New York Univ 3pm	26 Weekly Meditation with Ruth Ozeki, 5-6pm Chapel	27  Bruce Lee and Jimi Hendrix	28 <i>Wholeness Calligraphy</i> 4:15pm, CC 103/104	29  Play Reading Series by: Marty Bongfeldt, 7:30p Hallie Flanagan	30  SEC Film: Disobedience 7:30p , Weinstein Aud	DECEMBER 1ST
Rock Wall Open Hours 	Tues/Thrs: 4-6p Wed: 7-9p Friday: 3-6p Sat/Sun: 1-4p	Indoor Kayak Sessions 	Dalton Pool Every Friday 6-8pm 	GET FIT SMITH stuff 	Abs Work Spin Classes Tabata	Cardio Workout Yoga Flow Zumba

Recurring

MONDAYS: Acupuncture Clinic, 9am-1pm, Schacht Center, *Sign up on website.*
Weekly Meditation w/ Ruth Ozeki, 5-6pm, Chapel Sanctuary

TUESDAYS: Acupuncture Clinic, 9am-1pm, Schacht Center *Sign up on website.*

WEDNESDAYS: Wellness Wednesdays! Board games, coloring, tea, Q&A, Open Hours w/ Kris Mereigh: 1-4pm, Schacht Center Rm 203

FRIDAYS: Soup, Salad & Soul: 12:10-1pm, Bodman Lounge, Chapel; SEC Films, 7:30pm, Weinstein Auditorium

Saturdays: #StressFreeSaturdays!: Smith-To-Do, Arts & Crafts, Free!, 7-9pm, Davis Ballroom;
Smithies@Play Game Night, 9-11pm, CC TV Lounge