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

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
# November 2018

## National Inspirational Role Models Month

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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** | 1 | **Otalia Cromwell Day! Keynote 1pm, JMG**

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**

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**

25 | **Basketball vs New York Univ 3pm** | 26 | **Weekly Meditation with Ruth Ozeki, 5-6pm Chapel** | 27 | **Bruce Lee and Jimi Hendrix** | 28 | **Wholeness Calligraphy 4:15pm, CC 103/104**

### 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

### Open Hours

- **Rock Wall Open Hours**
  - Tues/Thurs: 4-6p
  - Wed: 7-9p
  - Fri: 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

### Events

- **November 4:** Sage Chamber Music, 3pm, Sweeney
- **November 5:** IS Day! 11:30a Carroll Rm Yum!!!
- **November 6:** 7 Wholeness Wednesday 4:15-5:15pm CC 103/104
- **November 1:** Otalia Cromwell Day! Keynote 1pm, JMG
- **November 2:** Fall Mum Show Opening Lecture, 7:30p Carroll Room
- **November 3:** Mums Show at the Lyman Plant House!
- **November 11:** Abigail Adams, First Lady; early advocate for women’s rights
- **November 12:** Elizabeth Cady Stanton, feminist, suffragist
- **November 13:** Matt Donovan Poetry Reading, 7:30pm, Carroll Room
- **November 14:** Music in Noon Hour, 12:30pm Sweeney Hall
- **November 15:** Julia Child Day! Yum!!!
- **November 16:** SEC Film: Crazy Rich Asians 7:30p, Weinstein Aud
- **November 18:** Basketball vs Hartwick, 2pm Salve Regina, 4pm
- **November 19:** Wind Ensemble Fall Concert, 7:30 Sweeney Hall
- **November 20:** Pauli Murray: civil rights lawyer, 1st black person to earn doctorate at Yale Law School
- **November 21:** Thanksgiving Break begins Nov 21-25
- **November 22:**
- **November 23:**
- **November 24:** What are YOU Thankful For?
- **November 25:** Basketball vs New York Univ 3pm
- **November 26:** Weekly Meditation with Ruth Ozeki, 5-6pm Chapel
- **November 27:** Bruce Lee and Jimi Hendrix
- **November 28:** Wholeness Calligraphy 4:15pm, CC 103/104
- **November 29:** Play Reading Series by: Marty Bongfeldt, 7:30p Hallie Flanagan
- **November 30:** SEC Film: Disobedience 7:30p, Weinstein Aud

### Thanksgiving

- **November 22:** Thanksgiving Break begins Nov 21-25
- **November 23:**
- **November 24:** What are YOU Thankful For?

### Weekends

- **November 24:** DECEMBER 1ST