Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” ~ Helen Keller

Pick One Below to Try Just For Today:

Believe in yourself! Why compare yourself to others? Their path and yours are unique.

Don’t assume you know what others think of you. What do YOU think of you?

Give yourself time to check in and breathe throughout the day.

Know that you are loved by more hearts than you realize.

Do your best and the rest will take care of itself. Have faith!

Open your heart one more inch to everyone you see today, strangers and friends.

There is always a new minute, hour or day to begin again.

February is Black History Month!

See Calendar of Events on the other side!!

RALLY DAY!
Thursday, Feb 20th
1:30pm
JMG
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<td>26 (JANUARY)</td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30 <strong>Black Refractions: Art in Focus</strong>, 7pm SCMA, feat. Whitley Hadley</td>
<td>31 <strong>Reflections on Schubert</strong> 5pm Josten Library Mezzanine</td>
<td>1 BSA Conf. Keynote speaker: Bree Newsome, artist, activist, filmmaker 7:30 pm, JMG</td>
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<td>2 <strong>Silver Chord Bowl</strong>, 2-4:30 pm JMG Annual a capella event!</td>
<td>3 <strong>Mindful Monday</strong> w/ Matilda &amp; Jess 12:15 pm, CC103/104</td>
<td>4 Sacred Singing 7-10 pm Chapel, Beginners welcome!</td>
<td>5 Basketball vs Springfield College, 7pm</td>
<td>6 <strong>National Girls &amp; Women in Sports Day!</strong></td>
<td>7 Scout Cuomo Art Show reception, 5pm Alumnae House</td>
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<td>9 <strong>Bernard Harris</strong> (1995) became first African-American to walk in space.</td>
<td>10 “Stories of our bodies” exhibit: Nolan Lounge, CC</td>
<td>11 <strong>Summer International Opportunities Fair</strong>, 11:30 am, Carroll Rm</td>
<td>12 <strong>Keynote: Sonia Guajara</strong> Indigenous Women on climate change 5pm, Conf Center</td>
<td>13 <strong>Black Refractions: Art in Focus</strong>, 7pm SCMA, feat. Daphne Lamothe</td>
<td>14 <strong>Flower Sales!</strong> 11am-3pm, OSE office</td>
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<td>16 <strong>Frederick Douglas</strong> elected Pres. of Freedman’s Bank &amp; Trust (1852)</td>
<td>17 <strong>Albert Richardson</strong> invented the butter churn. (1891)</td>
<td>18 Kathleen Graber poetry reading 7:30pm Carroll Rm</td>
<td>19 Basketball vs Mt Holyoke College, 7pm</td>
<td>20 <strong>RALLY DAY CONVOCATION!</strong> 1:30 pm, JMG</td>
<td>21 Otis Boykin patented the electrical resistor &amp; 25 key invention! 9 pm, JMG</td>
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<td>23 <strong>Jerry Noble and Friends</strong>, 3-5 pm Sweeney</td>
<td>24 <strong>Mindful Monday</strong> w/ Matilda &amp; Jess 12:15 pm CC103/104</td>
<td>25 Sacred Harp Singing 7-10 pm Chapel, Beginners welcome!</td>
<td>26 <strong>Fear as Fuel webinar</strong>, FREE, 2-3pm <a href="https://execed.smith.edu/events/fear-fuel">https://execed.smith.edu/events/fear-fuel</a></td>
<td>27 <strong>SAGE CHAMBER MUSIC SOCIETY</strong> Jidayan Sun, piano 8-10 pm Sweeney</td>
<td>28 <strong>Peter &amp; the Starcatcher</strong> 7:30 pm, Hallie Flanagan</td>
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<td><strong>Rock Wall Open Hours</strong></td>
<td>Tues/Thrs: 4-6p Wed: 7-9p Friday: 3-6p Sun: 1-4p</td>
<td><strong>Acupuncture Clinic by appointment:</strong> <a href="https://www.timecenter.com/smithcollege-acupuncture">https://www.timecenter.com/smithcollege-acupuncture</a></td>
<td><strong>GET FIT SMITH stuff</strong> Abs Work Spin Classes Tabata</td>
<td><strong>Cardio Workout</strong> Yoga Flow Zumba</td>
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**Recurring**

**Mondays:**
Mindful Mondays: 12:15-1:15pm, CC 103/104, with Matilda Cantwell and Jessica Bacal Weekly Meditation, 5-6pm, Chapel Sanctuary

**Tuesdays:** Sacred Harp Singing, 7-10 pm, Helen Hills Hills Chapel. Beginners welcome!

**Thursdays:**
Feeding the Whole You, Morrow House, 5:30-8pm, sponsored by the Wellness Office, sign up here: [https://forms.gle/di42sTWAfFyFgRHYJ](https://forms.gle/di42sTWAfFyFgRHYJ)

Downhill ski/snowboard trips, leaves from Boathouse at 4pm, tickets $19, rentals/lessons available

**Fridays:**
Soup, Salad & Soul: 12noon-1pm, Bodman Lounge, Chapel; SEC Films, 7:30pm, Weinstein Auditorium;
Acupuncture clinic, 12-5pm, by appointment, Schacht Center, [https://www.timecenter.com/smithcollege-acupuncture](https://www.timecenter.com/smithcollege-acupuncture)