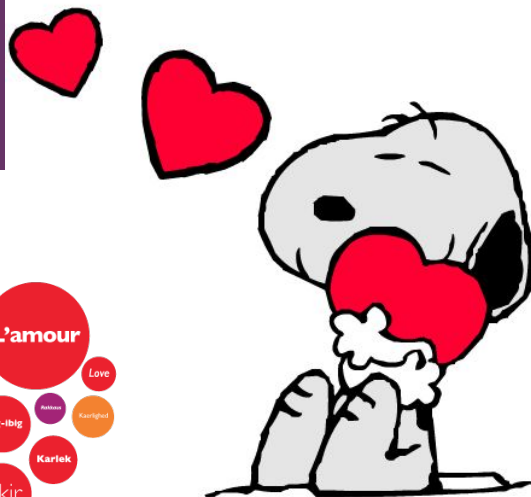


## + Valentine's Day

Sunday, February 14<sup>th</sup> is Valentine's Day! This day is celebrated by expressing your love for people in your life. Usually chocolates and roses are given out (in fact, around **35 million** boxes of chocolates will be sold!)



## Events this month:

- **Every Monday** Conversation in the SSALI Café at noon with Chris, Marilyn & Howard
- **Every Thursday:** IEEC Coffee & Culture @ 12pm in the SSALI Café
- **Feb. 2-9: LOBO FEST!!!** Tons of amazing activities. Check it on [Seawolfiving.com](http://Seawolfiving.com)
- **Feb 10 – Feb 12:** Forever in a Second: Dances by Kristen Daly. 4:30p. Person Theatre
- **Feb. 22:** Multicultural Special Dinner 5p – 8p. The Kitchens
- **Feb.23 – March 5:** The Magic Flute. 7:30p. Person Theatre

## Important Info:

- Campus will be open on President's Day (Monday, Feb. 20).
- Make your travel plans now for Spring Break (March 13-17).
- Priority deadline for Spring 2017 Mid-Semester is February 7! Classes will begin on March 27.
- If you plan to travel outside of the US, be sure that we sign your I-20!

## Need something to do?

Feeling the winter blues and need something exciting to do? Whether it's inside or outside, there's always something to do around Sonoma County! Some suggestions are...

### Rebounderz!

Come jump and play in the massive Trampoline Open Jump area! There are over 75 trampolines, a huge foam pit, and an arcade lounge! Located in Rohnert Park open 7 days a week!

### See a movie!

- Reading Cinemas (Rohnert Park)
- 3<sup>rd</sup> Street Cinemas (Santa Rosa)
- \*All movies are only \$3.50!!
- Roxy Cinema (Santa Rosa)

### Take a Hike!

There are a ton of beautiful parks and trails around Sonoma County to explore! Grab your rain jacket and rubber boots, and enjoy the crisp winter weather. Some parks are:

- **Annadel State Park:** find hiking trails both easy and very hard! (Santa Rosa)
- **Jack London State Park:** a historical park, home to famous adventurer and poet, Jack London. (Glen Ellen)
- **Armstrong Redwoods State Natural Reserve:** enjoy majestic redwood trees – over 1400 years old. (Guerneville)

more on **2**

# Student, Teacher, and Campus Profiles

In this section, we profile important people and places within the Sonoma State and SSALI communities.

## Center for International Education Student Ambassador Program:



**Amira Martinez**  
Student Ambassador

We are very happy to welcome 12 Student Ambassadors to the Center for International Education this fall.

The Student Ambassador Program is designed to help Study Abroad alumni and international students stay connected with the Center for International Education, including working or volunteering hours at the office and engaging in fun activities to promote study abroad and international education.

The Ambassadors are made up of current SSU students who are CSU IP, NSE, and NSE Study Abroad Alumni, as well as international and international/domestic exchange students at SSU.

Our Ambassadors work towards building a strong, international community on campus through programming, event planning, and working with other on-campus departments and organizations.

This year's Ambassadors studied in France, the UK, Japan, South Africa, and Spain. Our NSE students are from Iowa, Minnesota, and Hawaii. Our international Ambassador is from Japan.

## SSU Recreation Center

The Recreation Center (Rec Center) was built in 2004 after students decided they wanted a place to work out, meet new friends, and enhance their college experience.

The Rec Center is located in the middle of campus, between Darwin Hall and the new Student Center.

Some of the services offered by the Rec Center include: personal training, nutrition counseling, massage, fitness

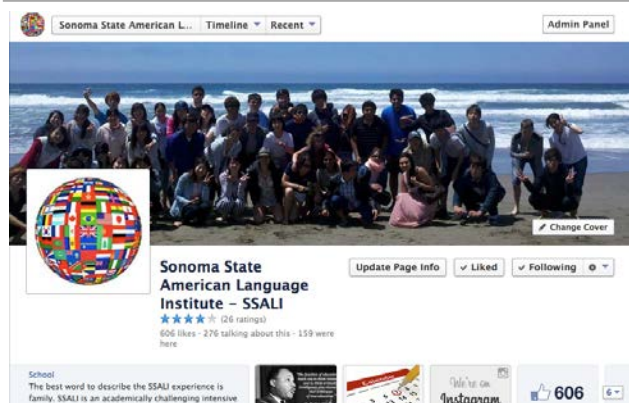
classes, a huge climbing wall, game room, and much more!

Visit the Rec Center to learn more. Their hours are:

Mon-Thurs: 6:00am - 12:00am  
 Friday: 6:00am - 10:00pm  
 Saturday: 9:00am - 10:00pm  
 Sunday: 9:00 am - 12:00 am



SSU Recreation Center



Don't forget to like us on Facebook and follow us on Instagram!

<https://www.facebook.com/ssu.ssali>

@ssussali

For more information about the SSALI program, please contact Debra Crow at [debra.crow@sonoma.edu](mailto:debra.crow@sonoma.edu)