

WSU'S OFFICE OF BELONGING, INCLUSION, AND LEARNING

Newsletter

CELEBRATING BLACK HISTORY MONTH

BLACK
HISTORY
MONTH

Each February, we unite to celebrate and reflect on the profound contributions of Black folks and communities to our shared history. This newsletter is dedicated to honoring Black History Month by spotlighting historical figures, celebrating modern-day trailblazers, and highlighting pivotal moments in the ongoing fight for equality and justice. It's a time to recognize the resilience, joy, creativity, and impact of Black voices that continue to shape our world.

Honoring Black Culture

Black culture has long been a source of inspiration in music, literature, and the arts. From the Harlem Renaissance to today's global impact, the creativity and influence of Black artists are immeasurable.

Artists like Nina Simone, Miles Davis, and Kendrick Lamar have redefined genres, using music as a tool for social change and personal expression.

Writers like James Baldwin and Zora Neale Hurston have shaped literary history, exploring the complexities of Black identity and the African American experience in profound ways.

Directors like Ava DuVernay and actors such as Viola Davis continue to break new ground in Hollywood, bringing stories of Black life and struggle to mainstream audiences.



"On the Main Stage" by Larry Poncho Brown

Learn more about this artwork [HERE](#)

Historical Milestones and Events

Throughout history, pivotal events have shaped the Black experience in America. While not a complete list, here are just a few landmark moments:

The Formation of the NAACP (1909) - The National Association for the Advancement of Colored People (NAACP) was founded in 1909 by a group of activists, including W.E.B. Du Bois and Ida B. Wells.

Brown v. Board of Education (1954) - In this landmark Supreme Court case, the Court declared that racial segregation in public schools was unconstitutional, overturning the previous "separate but equal" doctrine established by Plessy v. Ferguson.

The March on Washington for Jobs and Freedom (1963) - This historic event, where over 250,000 people gathered in Washington, D.C., to demand civil and economic rights for African Americans, was one of the largest rallies for human rights in U.S. history. Dr. Martin Luther King Jr. delivered his famous "I Have a Dream" speech during this march.

The Voting Rights Act (1965) - This act was signed into law by President Lyndon B. Johnson to eliminate legal barriers at the state and local levels that prevented Black people from exercising their right to vote. It was a crucial step in ensuring political participation for African Americans, particularly in the South.

The Civil Rights Movement (1950s-1960s) - A decades-long struggle for social justice, the Civil Rights Movement sought to end racial segregation and discrimination against African Americans. Key events, such as the 1963 Birmingham Campaign, the 1965 Selma to Montgomery March, and the leadership of figures like Malcolm X, led to the dismantling of Jim Crow laws and significant legislative changes.

The Election of Kamala Harris as Vice President (2020) - Kamala Harris made history as the first woman, first Black woman, and first South Asian woman to be elected Vice President of the United States. Her election was a symbolic victory for women and people of color in American politics, reflecting the changing political landscape.

The Abolition of Slavery (1865) - The 13th Amendment to the U.S. Constitution, passed in 1865, abolished slavery in the United States.

The Harlem Renaissance (1920s) - The Harlem Renaissance was a cultural, artistic, and intellectual movement centered in Harlem, New York.

The Montgomery Bus Boycott (1955-1956) - Sparked by Rosa Parks' arrest for refusing to give up her seat to a white man on a segregated bus in Montgomery, Alabama, the boycott, led by Dr. Martin Luther King Jr., was a pivotal event in the Civil Rights Movement resulting in a Supreme Court ruling that segregation on public buses was unconstitutional.

The Civil Rights Act (1964) - Signed into law by President Lyndon B. Johnson, the Civil Rights Act of 1964 was a landmark legislation that outlawed discrimination based on race, color, religion, sex, or national origin. It ended segregation in public places and banned employment discrimination, significantly advancing the cause of civil rights.

The Black Panther Party (1966) - Founded by Huey Newton and Bobby Seale in Oakland, California, the Black Panther Party was an organization that advocated for the self-defense of African American communities. The party also launched several social programs, including free breakfast programs for children, health clinics, and education initiatives.

The Election of Barack Obama as the 44th U.S. President (2008) - Barack Obama made history as the first African American to be elected President of the United States. His election was a major milestone in the ongoing struggle for racial equality, symbolizing hope, progress, and the realization of the American dream for many.

The Black Lives Matter Movement (2013-present) - Founded by Alicia Garza, Patrisse Cullors, and Opal Tometi, the Black Lives Matter (BLM) movement emerged in response to the acquittal of Trayvon Martin's killer in 2013 and the deaths of Black individuals at the hands of law enforcement.

Historical Figures

Throughout history, Black leaders have fought for justice, broken barriers, and redefined what is possible. Here are a few icons whose legacies still inspire us today:

Langston Hughes

"Hold fast to dreams, for if dreams die, life is a broken-winged bird that cannot fly."

One of the most influential writers of the Harlem Renaissance, *Langston Hughes* used poetry and prose to voice the struggles and triumphs of the Black experience in America.

Learn more [HERE](#)



Maya Angelou

*"You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise."*

Maya Angelou's words continue to resonate. An author, poet, and civil rights activist, her writing, including the celebrated *I Know Why the Caged Bird Sings*, reflects strength, beauty, and the pursuit of justice.

Learn more [HERE](#)



Marsha P. Johnson

*"No pride for some of us without liberation
for all of us."*

Marsha P. Johnson was a Black transgender activist and a key figure in the early LGBTQ+ rights movement who advocated for the rights of homeless trans youth and sex workers. Johnson is also remembered for her pivotal role in the Stonewall Uprising of 1969, which helped spark the modern LGBTQ+ rights movement.

Learn more [HERE](#)



Modern-Day Trailblazers

Black excellence is alive and thriving today, with leaders from every field making powerful contributions to society. Let's take a moment to recognize just a few of today's trailblazers:

Amanda Gorman

"Since the world is round, there is no way to walk away from each other, for even then we are coming back together."

Amanda Gorman is an acclaimed poet and activist best known for her powerful performance of "The Hill We Climb" at the 2021 U.S. Presidential Inauguration. At just 22 years old, she became the youngest inaugural poet in U.S. history. Gorman's poetry often addresses themes of social justice, race, and empowerment, and she uses her platform to advocate for change and equality.

Learn more [HERE](#)



Akwaeke Emezi (they/them)

"The first step to seeing is seeing that there are things you do not see."

Akwaeke Emezi is a non-binary transgender Nigerian-American writer and visual artist known for their groundbreaking work in both literature and the arts. Their debut novel, *Freshwater* (2018), received critical acclaim for its exploration of identity, mental health, and the complexities of being non-binary. Emezi's work often challenges traditional storytelling and embraces themes of fluidity, spirituality, and self-discovery.

Learn more [HERE](#)



Noah Harris

"Before you can lead others, you have to learn how to lead yourself."

Noah Harris made history in 2021 as the first Black man to be elected Student Body President at Harvard University in its 384-year history. A passionate advocate for social justice, diversity, and inclusion, Harris's election marks a significant milestone in the fight for racial equity within prestigious academic institutions. During his tenure, he focused on amplifying underrepresented voices, promoting campus unity, and addressing systemic inequalities.

Learn more [HERE](#)



UPCOMING Events



Honors Program Social Justice and STEM

February 3rd | 4:30pm | Wilson Hall, Auditorium A
Dr. Alexander Moore presents Education Does Not Exist and Mathematics is its Symptom

In this session, participants will briefly engage with a mathematics topic they've likely never encountered, simulating the experience of a student unfamiliar with the content. Dr. Moore will quickly grade their work and return it, allowing them to confront their "success" or challenges. A discussion will follow, focusing on their reactions to their grades and his feedback. The session will conclude by linking this experience to social justice in STEM, drawing on research Dr. Moore is currently working on (Moore et al., in progress), which explores how marginalized identities in STEM challenge fascism and promote subversion within the field.



BSU Open Mic Night

February 6th | 5:00pm | Loughman Living Room, Scanlon Hall

Join the Black Student Union (BSU) for an unforgettable evening of expression, creativity, and community at the BSU Open Mic Night!

This event is a celebration of Black voices and talent—an opportunity for students to showcase their artistic skills in a supportive and empowering environment. Whether you're a poet, musician, spoken word artist, or storyteller, we invite you to share your talent and stories. This is a space to uplift each other, celebrate our diverse cultural expressions, and foster connection. If you are not a performer, come and support your peers, experience the power of Black artistry, and be part of a night full of creativity, solidarity, and celebration. No matter your medium, your voice matters—let's make it heard!



UPCOMING Events



MSO Speaker Event ft. Bilqis Abdul-Qadir

February 7th | 7:00pm | Loughman Living Room, Scanlon Hall

Join us for an inspiring talk by *Bilqis Abdul-Qadir*, the first Muslim woman to play NCAA Division I basketball wearing a hijab. From holding the Massachusetts high school basketball scoring record to advocating for Muslim girls in sports, Bilqis' journey is one of perseverance, faith, and activism. After facing a professional league rule that prohibited wearing her hijab on the court, Bilqis chose to prioritize her faith and led efforts to change FIBA's headgear policy. Today, she is a motivational speaker, author, and the founder of Muslim Girls Ball Too, empowering the next generation of Muslim athletes worldwide. Don't miss this powerful story of resilience and impact in sports and beyond.



BSU Alumni Speaker Event ft. Ayanna Crawford

February 12th | 6:30pm | Owl's Nest, Ely Basement

BSU is excited to feature WSU Alumna, *Ayanna C. Crawford*, an educational consultant and motivational speaker dedicated to making a difference in the Pioneer Valley. Ayanna is the founder and president of AC Consulting and Media Services, where she specializes in communications, social media, and public relations for nonprofits and community organizations. She also leads an afterschool program for girls in Springfield, helping to foster confidence and leadership in young women. A passionate educator, Ayanna has lectured at Smith College on literacy development in urban schools and has been a featured speaker at numerous universities on topics ranging from race and women's issues to parenthood. She is the creator of "It's Your Turn, Take the Mic," a program designed to empower girls ages 5-18 in the Greater Springfield area through public speaking and personal development. We are proud to have Ayanna as a leader and advocate in our community, and we look forward to welcoming her back to campus!



UPCOMING Events



SAVE THE DATE FOR THE 2ND ANNUAL

Keeper of the Dream

DINNER IN HONOR OF BLACK HISTORY MONTH
Presented in partnership with the Cities of Westfield and West Springfield

Join us for an evening of inspiration and reflection as we pay tribute to the remarkable contributions of Dr. King and honor those who continue to carry on his legacy. Awards will be presented to individuals who exemplify Dr. King's unwavering commitment to justice, equity, and social change.

*** Featuring ***
NETTIE WASHINGTON DOUGLASS

Nettie Washington Douglass is Founder and Charwomen Emerita of Frederick Douglass Family Initiatives. She is the great-great granddaughter of Frederick Douglass and the great-granddaughter of Booker T. Washington. Born in Tuskegee, Alabama, at the Tuskegee Institute, she is the first person to unite the two bloodlines of Washington and Douglass through the union of her mother, Nettie Hancock Washington, and her father, Dr. Frederick Douglass III.

THURSDAY, FEBRUARY 13, 2025 | 5:30 p.m.
Sheraton Monarch Place Hotel
Springfield, MA

Sponsorship opportunities available. For further information, please contact Ms. Lisa McMahon, Interim Vice President for Institutional Advancement, at lmcmahon@westfield.ma.edu or (413) 572-8645.

"We must accept finite disappointment, but never lose infinite hope."
—DR. MARTIN LUTHER KING, JR.

Westfield State University
westfield.ma.edu/Dream2025

Scan me

Keeper of the Dream

February 13th | 5:30PM | Sheraton
Monarch Place Hotel

Join us for an evening of inspiration and reflection as we pay tribute to the remarkable contributions of Dr. Martin Luther King Jr. and honor those who continue to carry on his legacy. This special event will feature Nettie Washington Douglass, the great-great-granddaughter of Frederick Douglass and great-great granddaughter of Booker T. Washington, as our keynote speaker. Nettie, a passionate advocate for social justice and descendant of two giants in the fight for freedom, will share her insights on the ongoing struggle for equity and civil rights. Throughout the evening, we will also present awards to individuals who exemplify Dr. King's unwavering commitment to justice, equity, and social change. This is an opportunity to celebrate the past, present, and future of the civil rights movement and be inspired to continue the work that lies ahead.

Purchase tickets [HERE](#)



UPCOMING Events



WSU's History Department Hosts Douglass Day

February 14th | 11:30am | Ely Hall
Classroom, Mezzanine Level

Please join the history department as we continue our multi-year tradition of participating in the annual Douglass Day, a “collective day of love & action for Black history” that honors the legacy of Frederick Douglass by gathering thousands of people to help create new & freely available resources for learning about Black history through an international transcription effort, or “transcribe-a-thon.”

Westfield State has been a participant in Douglass Day transcription events since 2018!



Omega History is Black History

February 18th | 7:00pm | Scanlon Hall

Join us for an enlightening conversation with *Dr. Maurice J. Hobson*, author of “*Days of Joy and Years of Pain*,” a distinguished professor and editor, as we explore the rich, often overlooked narratives within Black history. In this special event, Dr. Hobson will discuss his work and share insights on the importance of understanding Black history as a fundamental part of American history while honoring the contributions that Omega Men have played in it. Don't miss this opportunity to engage with a leading scholar in the field and deepen your appreciation for the lasting impact of Black culture!



UPCOMING Events



Ashlee Haze

February 19th | 6:30pm | Owl's Nest, Ely
Basement

Ashlee Haze is a multi-hyphenate poet & spoken word artist from Atlanta by way of Chicago. Earning the nickname "Big 30" because of her consistency in getting a perfect score, she is one of the most accomplished poets in the sport of poetry slam. In addition to being a poet and creative, she is also a Telly Award-winning voice artist and copywriter.

Ashlee has appeared on NPR's Tiny Desk series and has taken poetry to unexpected spaces including professional sports and New York Fashion Week. She is the host of *Moderne Renaissance*, an educational and cultural podcast for modern thinkers. Her studio album "The Anatomy of a Breakup" is available now.



The Matumbila's

February 20th | 5:00pm | SGA Room, Ely
Basement

The Matumbila's is an animated comedy series that follows a quirky immigrant family, living in a chaotic American town, trying to maintain their Tanzanian heritage.

Join us for a viewing of *The Matumbilas*, short lecture on *How Community Shapes Our Stories* with series creator, Zul Manzi, and case study workshop focused on *Diasporic Narratives in American Media*.

This series of events allows students, across various cultures, to reflect on their heritage, and how that reflects who they are today.



STUDENT Spotlight



Troy Thomas (he/him)

Senior | Psychology major

Troy exemplifies inclusivity as President of FACES, reaching out to students from all backgrounds. His active involvement in other affinity clubs allows him to be a trusted source of support for those in need. During his internship at the Counseling Center last semester, Troy compassionately guided a student in understanding LGBTQ terminology, showcasing his empathy and patience. He also empowered students grappling with imposter syndrome to shift their perspectives while acknowledging the unique challenges faced by first-generation and BIPOC students at WSU.



Dakota Bradshaw

Sophomore | Physical Education Major

Dakota serves as a coach and leader at the local Boys and Girls club where he makes a positive impact on youth in the greater Westfield community. His impact on the students is evident when he student teaches at local schools such as Westfield Intermediate School; the students there, who he also coaches at the Boys and Girls club, light up when they see him, greeting him joyfully and giving him high fives.



BOOK Corner



Black Joy

Purchase it from a local bookstore [HERE](#)

An uplifting anthology with essays from 28 exciting Black British voices centered around where they've found joy in their lives.



Beloved by Toni Morrison

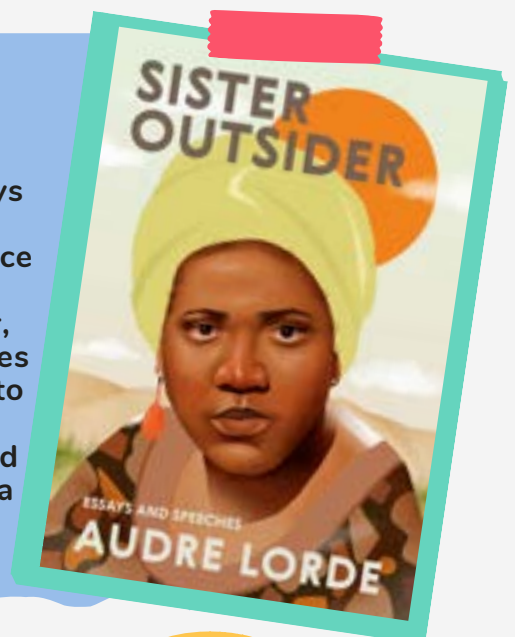
A Pulitzer Prize-winning masterpiece, *Beloved* tells a haunting story set in post-Civil War America. Toni Morrison's novel explores themes of motherhood, memory, identity, and the enduring scars of slavery. Profoundly moving and beautifully written, it's a powerful testament to the resilience of the human spirit.

Purchase it from a local bookstore [HERE](#)

Sister Outsider by Audre Lorde

A groundbreaking collection of essays and speeches, *Sister Outsider* showcases Audre Lorde's incisive voice as a poet, feminist, and activist. Through reflections on race, gender, sexuality, and power, Lorde challenges societal norms and inspires readers to embrace difference as a source of strength. It is thought-provoking and deeply personal, this work remains a vital call for justice and liberation.

Purchase it from a local bookstore [HERE](#)



PODCAST Corner



Code Sw!tch

Listen to it
[HERE](#)

A dynamic NPR podcast that dives into the complex intersections of race, culture, and identity, *Code Sw!tch* explores how these topics shape our world and influence our everyday lives. With thought-provoking stories, expert insights, and candid conversations, it's a must listen for anyone committed to understanding and navigating today's diverse social landscape.



Seizing Freedom

Listen to it
[HERE](#)

Hosted by Dr. Kidada E. Williams, historian and author, *Seizing Freedom* explores the powerful stories of Black Americans fighting for liberation, justice, and equality. Through historical narratives and interviews with artists, activists, and intellectuals, the podcast connects the past to the present, shedding light on the enduring impact of Black resilience. With 41 episodes and counting, it's a thought-provoking celebration of Black history and its relevance today.



Hoodrat to Headwrap

Listen to it
[HERE](#)

Hosted by Ericka Hart, activist and sexuality educator, and Ebony Donnley, writer and cultural critic, *Hoodrat to Headwrap* is a decolonized podcast fearlessly dismantles systems of oppression. Through candid conversations, sharp critiques, and unapologetic honesty, the hosts explore race, gender, sexuality, and power while challenging mainstream narratives. It's a thought-provoking and transformative space for liberation and radical self-love.



FILM Corner



13th

Watch it
[HERE](#)

A powerful Netflix documentary by Ava DuVernay examining the intersection of race, justice, and mass incarceration in America.



Black Panther

Watch it
[HERE](#)

A groundbreaking film series that celebrates African culture, identity, and the possibilities for Black empowerment

Fashion designer, Ruth E. Carter, originated from Springfield, MA and won an Oscar in 2019 for her artistry in conceptualizing and formalizing the costume designs for the film.



Hidden Figures

Watch it
[HERE](#)

Hidden Figures tells the inspiring true story of three African American women—Katherine Johnson, Dorothy Vaughan, and Mary Jackson—who played crucial roles in NASA during the Space Race. Despite facing racial and gender discrimination, these brilliant mathematicians helped launch astronaut John Glenn into orbit, breaking barriers in both science and society. The film celebrates their resilience, intellect, and pivotal contributions to one of the most significant achievements in history.



COMMUNITY Happenings



In Person

February 8th | 10:30am | 624 Worthington Street
Springfield, MA

Meet Ms. Moriah in class as she creates a welcoming and warm environment for all who want to celebrate and explore the African Diaspora. This Black History Month Pop-Up offers a dance experience for anyone who loves moving to the beat of the drums.

This event is \$10 - register [HERE](#)



February 11th | 7:00pm | Odyssey Bookshop in South
Hadley, MA



Join the Odyssey Bookshop as Loretta Ross talks about her new book, *Calling In: How to Start Making Change with Those You'd Rather Cancel*. She will be joined in conversation by Carrie Baker.

This event is free - register [HERE](#)



COMMUNITY Happenings



Virtual

February 11th | 6:00pm EST | Virtual

Join the Watertown Virtual Author Talk with Haitian Historian, Educator, Author, Professor Bayyinah Bello on Tuesday, February 11, 2025 at 6 p.m.

This event is free - register [HERE](#)

BLACK HISTORY MONTH
VIRTUAL AUTHOR TALK
Professor Bayyinah Bello
February 11, 2025 at 6 PM

Register to attend in person at Fort Drum at McQueen Library, 4500 Camp Hale Road or attend virtually via Zoom.

Join us in conversation with renowned Haitian born educator, writer and humanitarian, Bayyinah Bello. A multilingual lecturer and consultant with over 50 years of experience in education and research, Professor Bello specializes in Haitian history and contributes to many platforms. Her organized graphic book, *Shores of the Haitian Revolution*, introduces several young females of Haiti's journey to independence. Her earlier work and virtual educational events celebrate Haitian Independence hero Jean Jacques Dessalines and others. Professor Bello is founder of Fundation Felicité Dante.vodpodcaster.com

To register scan QR, enter URL into browser or call 315-773-9095

Spponsored by:

url.in/hv/49V7FF

February 12th | 7:00pm EST | Virtual

Black in Biotech
A PANEL CELEBRATING MELANIN IN SCIENCE

DATE: FEBRUARY 12, 2024
TIME: 4:30AM - 6:00PM PST

Celebrate Black History Month with the Black in Biotech Panel, featuring trailblazing scientists and leaders shaping the biotech industry!

REGISTER TODAY!

Join MelanInScience for the Black in Biotech Panel highlighting the achievements and experiences of Black professionals shaping the biotech industry. This event will feature inspiring discussions with trailblazing scientists and leaders, exploring career pathways, industry trends, and the importance of diversity in STEM.

This event is free - register [HERE](#)



CAMPUS Resources



- [Albert and Amelia Ferst Interfaith Center](#)
 - Fr. Savage
 - (413)-572-5567
 - wsavage@westfield.ma.edu
 - Colleen Mollica
 - cmollica@westfield.ma.edu
 - [Common Goods Food Pantry](#)
 - Second Congregational Church, 487 Western Avenue, near the entrance of the Commuter Parking Lot
- [Banacos Academic Center](#)
 - Parenzo Hall - Banacos Academic Center
 - Call the Access Advisor at (413)-572-5789
- [CARE Center](#)
 - Ely Hall, Room 230 (2nd Floor of Library)
 - For general CARE center support and inquiries
 - Director of CARE, Nicole West
 - 413-572-8191
 - nwest@westfield.ma.edu
 - For CARE packages, academic or tutoring support
 - Joseph Seal
 - 413-572-8376
 - jseal@westfield.ma.edu
- [Counseling Center](#)
 - Lammers Hall Annex
 - Students can walk-in or call (413)-572-5790 and leave a voicemail with a good call back number for one of the counseling staff to be in touch.
 - Any non-urgent questions/scheduling can be sent to counseling@westfield.ma.edu
- [Health Services](#)
 - Back of Scanlon Hall, follow the rainbow crosswalk
 - For health concerns or to schedule an appointment, please call (413)-572-5415
 - Hours:
 - Monday - Friday 8:30am - 5:00pm
 - Walk in hours: Monday - Friday 8:30am - 10:00am
 - Closed: Saturday, Sunday, holidays and weather related closures.
- [LEAD Scholars Program](#)
 - Parenzo Hall 155
 - (413)-572-5391
 - urbaned@westfield.ma.edu



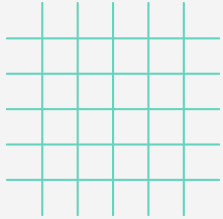
CAMPUS Resources



- Office of Belonging, Inclusion, and Learning
 - Scanlon 115/117
 - [BIAS Incident Reporting](#)
 - Director, Jenyka Spitz-Gassnola
 - (413)-572-8324
 - jspitzgassnola@westfield.ma.edu
 - Assistant Director for Student Access and Support, Marjorie Rodriguez
 - Ely Hall 230
 - (413)-572-8833
 - mrodriguez@westfield.ma.edu
 - Senior Coordinator of Multicultural Programming, Jane Kungu
 - (413)-572-5638
 - jkungu@westfield.ma.edu
- [Office of the Dean of Students](#)
 - Ely Campus Center 209
 - Dean of Students, Maggie Balch
 - (413)-572-5421
 - mbalch@westfield.ma.edu
 - Associate Dean, Shannon Green
 - (413)-572-5403
 - sgreen@westfield.ma.edu
- [Public Safety](#)
 - For safety concerns, contact (413)-572-5262
 - In the case of an emergency, dial 911
- [Title IX & Equal Opportunity](#)
 - Horace Mann Center, First Floor
 - 413-572-8106
 - 413-572-5628
 - hr@westfield.ma.edu
- [TRIO Student Support Services Program](#)
 - Parenzo Hall, First Floor, Room 149
 - (413)-572-5462
 - trio@westfield.ma.edu
- [Veteran and Military Services](#)
 - Bates Hall, Room 15/16
 - Assistant Director, Rob Vigneault
 - (413)-572-8370
 - rvigneault@westfield.ma.edu



OFFICE Staff



Jenyka Spitz-Gassnola (She/They)

Role: Director of Belonging,
Inclusion, and Learning

Office: Scanlon 117

Email: jspitzgassnola@westfield.ma.edu

Fun Fact: I used to wrestle in
college!



Jane Kungu (She/They)

Role: Senior Coordinator of
Multicultural Programming

Office: Scanlon 115

Email: jkungu@westfield.ma.edu

Fun Fact: I am a beginner pottery
student!

Marjorie Rodriguez (She/Her)

Role: Assistant Director for
Student Access and Support

Office: Ely Hall 230

Email: mrodriguez@westfield.ma.edu

Fun Fact: I played volleyball,
softball, and basketball in high
school!

