

MAY 2024

RECREATION NEWS

Official Newsletter of UB Recreation

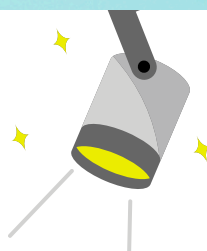


REC Student Staff Spotlight Series

JUSTIN IVORY

By: Abi Inman

With the 1,000 LB. Challenge taking place this past March, it's only fitting that this employee spotlight highlights someone who has made a tremendous impact in Alumni Arena, specifically in the Fitness Center. Justin Ivory is a senior, majoring in exercise science with a concentration in pre-physical therapy. He started working with UB Recreation in the second semester of his freshman year in 2020. Justin started as a Fitness Center monitor where he re-racked weights, cleaned the machines, laundered towels, and more. Justin's major in exercise science has equipped him with a deep understanding of the human body and its functions. In particular, he has applied this knowledge to his own recovery from physical therapy, aspiring to become "the doctor of physical therapy" in the future. (continue next page.)



This issue:

REC Student Staff Spotlight
PAGE 01

REC Student Staff Spotlight
PAGE 02

Graduation Weekend & Summer
Break Hours
PAGE 03

Summer Tennis Lessons
PAGE 04

Mother's Day
PAGE 05

Memorial Day
PAGE 05

May Wordsearch
PAGE 06



Justin Ivory

REC Student Staff Spotlight Series (cont.)

Access to the Alumni Arena Fitness Center is how Justin started weightlifting, extending his passion for fitness. For most of his fitness career, Justin focused on agility exercises due to the beneficial impact it had on his basketball career. As a result, weightlifting represented a significant adjustment and learning phase for him, during which he lacked substantial knowledge and guidance on gym routines.

"I had to teach myself everything about the gym, trying everything to see what worked for me and finding little tricks that would enhance my gym performance. Suddenly, I became the average gym head."

Justin's work ethic, extensive time spent at the gym, and passion for fitness eventually got him promoted to Office Staff in his sophomore year, handling customer service tasks like managing conflicts in the Fitness Center and ensuring the monitors did their job correctly and efficiently.

As Justin continued to excel in his role with UB Recreation, it was only a matter of time before another promotion came about. In the summer of 2023, Justin was granted the position of Alumni Arena Supervisor.

Justin works directly with his boss, Wilson Bautista, as he is responsible for the whole arena during the night shift. Justin is the "eyes and ears of the Fitness Center", he oversees staff and activities occurring in Alumni Arena, along with handling any major incidents.

Fitness and the weight room offer a refuge for many people, allowing them to take time for themselves and care for their bodies after dealing with the stresses of work, school, friends, family, and other responsibilities. Justin describes fitness as "his everything," a space where he can regain control of his life without distractions weighing him down.

"I can take actual control of my life and it teaches me patience, discipline, and consistency. In the gym, we all speak the same language which is one thing I love. I appreciate seeing people making an effort to get their overall fitness and wellness better for themselves."

Exercise has proven to be a valuable tool for countless individuals dealing with depression, anxiety, self-esteem issues, and more. It is widely recognized for its positive impact on both physical and mental well-being. Justin reflects on the confidence he has gained through his weightlifting journey, transitioning from a lean, toned freshman to someone whose physique is now admired and respected.

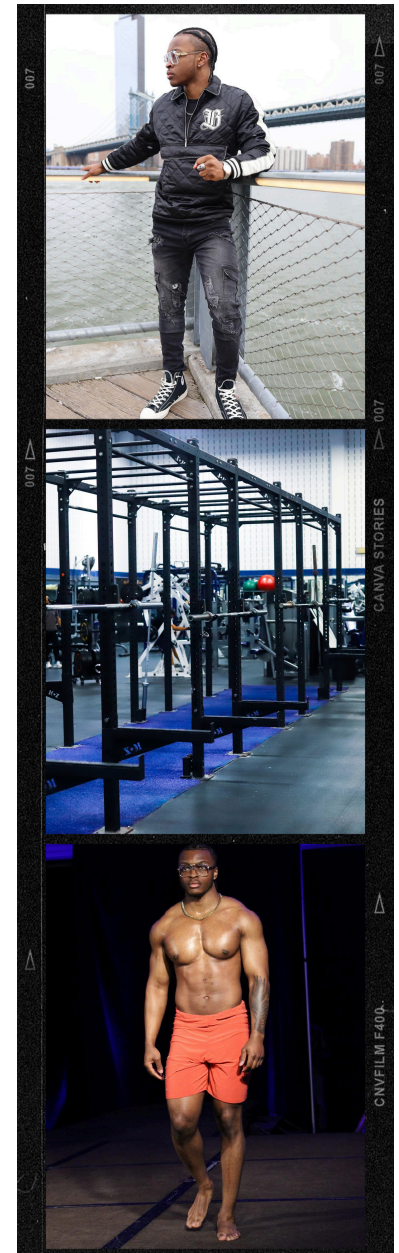
"Throughout my college years, I've transformed my physique into something that earns admiration from others. Now, people see me as one of the bigger guys in the room. Despite this, I remain grounded because I continuously set high standards and believe there are no limits to what I can achieve."

"Fitness has had a massive impact on Justin's life both physically and mentally. He is continuing to build his career by creating fitness content under '[IvoryBuilt](#)' on social media platforms. He shows his progression in the gym along with the impact it has had on his faith and mental health, hoping to inspire others who might be starting and struggling in their fitness journey or with self-esteem issues.

Justin understands and appreciates the responsibility and respect he has earned throughout his time with UB Recreation. He is viewed as a role model and mentor to people within Alumni Arena, treating anyone who comes to him with compassion and respect. The admiration and inspiration are what helped make the long hours of hard work worthwhile.

"I am extremely grateful for the position I'm in, knowing that I've earned the trust to handle such responsibility. My next goal is to open my own gym, ideally with rehabilitation offices attached, if everything goes according to plan."

Justin exemplifies the principle of "you are what you make it." Progress in fitness, work, or life doesn't happen automatically; everything worthwhile requires effort. UB Recreation played a role in introducing Justin to his physical and mental transformation, but it was his strong work ethic that drove his success and will continue to propel him toward his life goals, turning his dreams into reality.



GRADUATION WEEKEND

RECREATION AT ALUMNI ARENA IS CLOSED 5/16/24 - 5/19/24 FOR COMMENCEMENT.

congrats!



Summer break hours

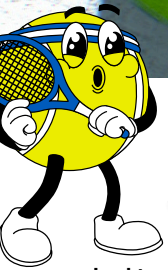
ENDLESS
SUMMER
ADVENTURES

	ALUMNI ARENA	CLARK HALL
MONDAY - FRIDAY	6AM - 7:45PM	9AM - 7:45PM
SATURDAY & SUNDAY	12PM - 4:45PM	CLOSED

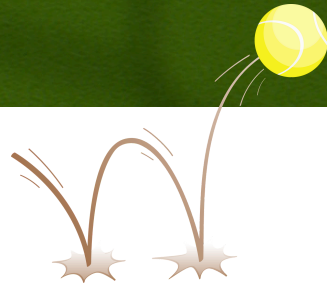


**Break hours begin Wednesday, 5/18/2024.*

Ready to serve up some fun?



Join our summer tennis program!





Looking to pick up tennis skills from the pros this summer? Join us for our exciting adult (18+) group tennis lessons at the Ellicott Tennis Courts. Whether you're a complete beginner or aiming to fine-tune your game, our 6-week program is designed to serve up an unforgettable experience.

What You'll Learn: Our lessons cover all the essentials. From mastering basic strokes and strategies to understanding rules, scoring, and proper tennis etiquette, we'll equip you with the skills you need to feel confident on the court. As you progress, we'll delve into engaging drills and both singles and doubles play.

Tailored Instruction: No matter your experience level, our instructors will provide personalized guidance. Beginners will build a strong foundation, while more experienced players will focus on techniques like spin control, court positioning, footwork, and advanced strategies.

Key Details:

 **Dates:** June – August

 **Cost:** \$120.00 per 6-week session

What to Bring: Come prepared with your own tennis racquet, a water bottle, and suitable athletic clothing. We'll supply the tennis balls—you bring the energy!

Why Join Us? Our tennis program isn't just about improving your game; it's about having fun, meeting new friends, and enjoying the outdoors in a supportive atmosphere.

Ready to smash your goals on the court this summer? Reserve your spot now and get ready to elevate your tennis skills.

Let's play!



Lesson Dates & Times:

SESSION 1:

6/24 - 8/2

MONDAYS & WEDNESDAYS
4PM - 5PM

SESSION 2:

6/24 - 8/2

MONDAYS & WEDNESDAYS
5PM - 6PM

SESSION 3:

7/9 - 8/16

TUESDAYS & THURSDAYS
10AM - 11AM

SESSION 4:

7/9 - 8/16

TUESDAYS & THURSDAYS
11AM - 12PM

Don't Know What to Thank Mom for this Mother's Day?

WE'VE GOT YOU COVERED...

For every kind of mother... start your Mother's Day Card with one of the following prompts and you'll be sure to fill their heart with love:

Constant Love & Support: Mom, thank you for being my built-in support system, always there to cheer me on through the ups and downs of college life.

Meme Partner in Crime: Mom, you're my meme-sharing buddy, turning every conversation into a laugh fest. Thanks for always keeping things fun and our bond strong!

Food Delivery Expert: Mom, your homemade care packages beat Grubhub any day for late-night study fuel.

Wise Life Advisor: Mom, you've been my guiding light, sharing invaluable wisdom on relationships, adulthood, and everything in between. I'm grateful for your support and advice every step of the way.

Financial Guru: Whether it's budgeting tips or unexpected expenses, Your financial advice has been invaluable for helping me manage college finances like a boss.

Master Chef: Your secret recipes and easy-to-make dishes are lifesavers when I'm tired of dining hall food or instant noodles.

Free Therapy Session: Mom, you're the best listener and you offer a virtual shoulder to lean on when college stress kicks in.

Fashion Consultant: Who needs a stylist when I have you! You're great at helping me pick out outfits for interviews, parties, or working out.

Eternal Cheerleader: Mom, you celebrate all of my achievements big or small, making me feel like a superstar even on my toughest days.

(ALWAYS INCLUDE)

I love you, Mom!



MEMORIAL DAY

MONDAY, MAY 27TH, 2024

Memorial Day, often seen as the unofficial kickoff to summer, holds deeper significance beyond just marking the start of beach days and BBQs. This holiday in the U.S. is one of several that honor the armed forces, particularly those who made the ultimate sacrifice. Originally known as "Decoration Day," Memorial Day traces its roots back to the 1860s, established to commemorate fallen U.S. military personnel.

This year, Memorial Day falls on May 27, always observed on the last Monday of May. It's one of those 11 federal holidays in the United States. The tradition of Memorial Day emerged after the Civil War, when Americans began honoring soldiers by decorating their graves and holding memorial ceremonies. In 1868, General John Logan designated May 30 as an official day of remembrance for Civil War casualties. The first Decoration Day saw 20,000 graves adorned at Arlington Cemetery, accompanied by a speech from future President James Garfield.

New York became the first state to recognize Decoration Day as a holiday in 1873, followed by all Northern states by 1890. Southern states held separate days of remembrance for Civil War soldiers until after World War I. Afterward, Memorial Day expanded its focus to honor fallen soldiers from all U.S. wars. Until 1971, Memorial Day was consistently observed on May 30. The Uniform Monday Holiday Act then moved the holiday to the last Monday in May, creating a three-day weekend and aligning with similar holiday scheduling like Presidents' Day in February and Columbus Day in October.

Remember, Recreation will be closed on Monday, May 27th, in observance of Memorial Day. Enjoy the long weekend responsibly and take time to pay tribute to our fallen heroes.

memories in the making

WORDSEARCH

C E I G E M V T X L I N K P X D K P H R Z B R G V B B P O C
 E X Z Y T Z U O W N M S G K V B D I U L K U E L R Y H C I A
 L B U N C Z Q E V O L K C K W Q I W Z R V R T C K T S R A X
 E V H B J S W Z E Z U C C B J U I F H V Z S R I A N A W Q H
 B C D P Q C K H U G D T A S A P Z C S E R K Y D C R B U I U
 R C U R N I P M E M O R I A L D A Y G O R T C P H Z Z Z K Z
 A O N K F N H E V M F L H Z L D N R K G I O F S I G C F W D
 T M F T R C U T W W Y D T T B B A I V N H Q E B E S Q A S H
 I M A X A I M E M O R I E S X D C M U Z Z D X S V J O M E C
 O E O E V P V U E Y X V W P U V L K Q B V W W Z E V W I I T
 N N G N G H G A H N M V Z A W N H T M R A W R D M F I L L K
 E C S I K V L R X X Q B T P G L S E H C E E P S E U M Y F S
 C E H H P U W V E E S I G P H E H M A W D A G C N T V S R R
 N M S S M S T T Q E O Q R N M L C Q F U Y J W N T U P R E E
 A E X N A G C Y O N N E Y R I D B L F L O W E R S R C L T W
 R N I U C D N Q G S F E S N M N V R M L F V D U I E C W T O
 E T A S X R D O A L L V R Q K M E Z T T A E O N E R Q Q U H
 B K A R L Q N M E V D M G Y M C H D S R V D G C K V Z M B S
 M L S B E Q A C P L F K R G U E L X R Z J G B I G F G R K N
 E X W E G N T X N W S K A V J R A O F A S U P J I H E V Z I
 M S Z Q D I E B K A E L T E L E Q A J U G K K C L A W G V A
 E E N J O A I W R E G P I C R M H A M M Q T J L D J J N Q R
 R W T N Y O R B A N S I T I H O B L O S S O M H L X H I N B
 P X Q N K G A A B L H F U V N N T M C P N K N K C Q V K M I
 S R U O Y W U O P I L K D R R Y W T B P J J K C L K E I D U
 Q T V L O J H R N K X K E E E C D M O T H E R S D A Y H V U
 I X Z B P Q A H S G A L F S H C E V Z Y X O U A M O L P I D
 Y A C W T A C Y L H V W U X P Q A D W X P E K T Y S C I I Z
 C V D A Y A S B Q C K K P O A V L V C X O S D X F U T I G N
 F J W V K E E E G I K W Z J I I D A E I G U I K N F U T B G

ACHIEVEMENT
 ALUMNI
 BLOSSOM
 BUTTERFLIES
 CELEBRATION
 CEREMONY
 COMMENCEMENT
 FAMILY

FLAGS
 FLOWERS
 FUTURE
 GARDENING
 GRATITUDE
 GREENERY
 HEROES
 HIKING

LOVE
 MEMORIAL DAY
 MEMORIES
 MOTHER'S DAY
 PARADES
 PICNICS
 RAIN SHOWERS
 REFLECTION

RENEWAL
 REMEMBRANCE
 SERVICE
 SPEECHES
 SPRING
 SUNSHINE
 UNITY
 WARMTH