August 2017

Dear FSU Campus Rec Alumni:

I am pleased to share The Circle-Spear, FSU Campus Recreation’s alumni newsletter with you. We are making great strides towards connecting with our alumni who were former employees and participants to build and broaden our global network.

In this first-edition newsletter, you’ll find FSU Campus Rec department, program, and staffing updates; upcoming alumni events; our alumni interview series; and more.

We continue to use the following practices to engage our student employees and participants: 1) providing premier experiential learning opportunities, 2) providing excellent service, and 3) offering high-quality recreation programs.

In the 2016-2017 academic year, we’ve had many successes:

- We continue to engage a majority of the student population- 74.2% of undergraduate and graduate students-in our programs, services, and facilities;
- we welcomed members of the Leach family along with current and former participants and staff to campus in September 2016 to celebrate the 25th year of the Dr. Bobby E. Leach Student Recreation Center. We were able to showcase the original aspects of the building as well as feature new additions and upgrades throughout the facility to our guests. Moreover, former SGA President Randy Drew launched the Bobby E. Leach Fund for Leadership Development to benefit student leaders within Campus Recreation;
- we have continued our successful alliance with the national Partnership for Healthier America (PHA) Healthy Campus Initiative. FSU was named the #2 PHA school for engagement with students during the 2016 Healthy Campus week;
- FSU Campus Recreation was named the #1 provider in Florida by the American Red Cross;
- and much more!

Read on to learn some of the other “happenings” in our department, discover what fellow alumni are up to, and more. I hope that you enjoy this newsletter and continue to stay connected with us!

Sincerely,

A. Lovett
Assistant Director of Assessment & Student Development
WHAT’S INSIDE

Meet the Staff........................................................................................................................................3 – 5
FSU Campus Recreation Happenings.........................................................................................................6 – 9
Featured Article..........................................................................................................................................10 – 11
About Campus Rec Alumni..........................................................................................................................12
Upcoming Alumni Events..............................................................................................................................13
Alumni Interviews.........................................................................................................................................14 – 16

DID YOU KNOW?

Exercise improves rate of learning. A 2007 study shows that people learn vocabulary words 20% faster following exercise than prior to exercise.


CAMPUS REC VISION

To move people to total wellness

CAMPUS REC MISSION

We are Florida State University Campus Recreation. We engage our community in lifelong wellness. We build character and encourage discovery. We align our actions with our values. We provide high-quality recreation programs and services. We are teammates, coaches, and mentors. We are committed. We are driven. Our mission is to move people.

FSU Campus Rec Lifeguards bond during training, 2017
MEET THE STAFF

DIRECTOR
Chris Morris, RCRSP
Email: cmorris@fsu.edu
Hometown: Murray Hill, NYC
Undergraduate Degree: History, Political Science, University of Alabama
Graduate Degree: Sports Management, Sam Houston State University
Favorite Physical Activity: Kayaking

ASSOCIATE DIRECTOR
Pattie Malarney
Email: pmalarney@fsu.edu
Hometown: Daytona Beach, FL
Undergraduate Degree: Physical Education and Coaching, FSU
Graduate Degree: Admin/Supervision in Education, specialty in Adaptive PE, FSU
Favorite Physical Activity: Golf and Swimming

ASSOCIATE DIRECTOR
Dave Peters, RCRSP
Email: dpeters@fsu.edu
Hometown: Jacksonville, AL
Undergraduate Degree: Meteorology and Communications, FSU
Graduate Degree: Sport Administration, FSU
Favorite Physical Activity: Sports officiating (works the brain and body)

HUMAN RESOURCES SPECIALIST
Jenna Ulewicz
Email: julewicz@fsu.edu
Hometown: Palm Coast, FL
Undergraduate Degree: Human Resource Management, FSU
Favorite Physical Activity: Spinning

SENIOR ACCOUNTANT
Kasony Sims
Email: ksims@fsu.edu
Hometown: Tampa, FL
Undergraduate Degree: Visual Arts, FSU
Favorite Physical Activity: Hula-hooping

ACCOUNTANT
Jordan Elmore
Email: jelmore@fsu.edu
Hometown: Louisville, KY
Undergraduate Degree: Accounting, University of Kentucky
Graduate Degree: Urban & Regional Planning, FSU
Favorite Physical Activity: Fishing & kayaking

ADMINISTRATIVE ASSISTANT
Ian Michael
Email: ism07@fsu.edu
Hometown: Lake Worth, FL
Undergraduate Degree: Marketing, FSU
Favorite Physical Activity: Running

MAINTENANCE SUPERINTENDENT
Bobby Broome
Email: bbroome@fsu.edu
Hometown: Tallahassee, FL
Favorite Physical Activity: Fishing

ASSOCIATE DIRECTOR - ASSESSMENT & STUDENT DEVELOPMENT
April Lovett
Email: admoore2@fsu.edu
Hometown: Wray, CO
Undergraduate Degree: Recreation Management, UWF
Graduate Degree: Higher Ed Administration, UWF
Favorite Physical Activity: Running, Walking

STAFF SPOTLIGHT

COORDINATOR - FITNESS FACILITY OPERATIONS

Email: jherrera@fsu.edu
Hometown: Silver Springs, MD
Undergraduate Degree: Kinesiology, UMD
Graduate Degree: Higher Education Administration, LSU

Jorge Herrera

What do you enjoy most about working for FSU Campus Rec?
I enjoy being able to work with a wide variety of students, helping them develop transferable and leadership skills, and making a positive impact in their lives during their time at Florida State.

What do you do to stay physically active?
I enjoy utilizing the Leach and Fitness & Movement Clinic for weight-lifting and cardio. I also love being outdoors and going on adventures that involve hiking, kayaking, fishing, and pretty much anything where the sun is shining.

What is your favorite thing about Tallahassee?
I like being able to get to various places in a short amount of time and the amount of local restaurants in the area; you never have to worry about finding good food to eat!
**AADANT DIRECTOR-FITNESS FACILITY OPERATIONS**

Darryl Lovett  
Email: dlovet@fsu.edu  
Hometown: Vero Beach, FL  
Undergraduate Degree: Recreation & Leisure Services, FSU  
Graduate Degree: Recreation Management, Public Admin, FSU  
Favorite Physical Activity: Running, Walking, & Golf

**ASSISTANT DIRECTOR-FITNESS PROGRAMS**

Lynn Grasso  
Email: fsgrasso@fsu.edu  
Hometown: Pensacola, FL  
Undergraduate Degree: Exercise Science, FSU  
Graduate Degree: Higher Ed, in progress, FSU  
Favorite Physical Activity: Yoga

**COORDINATOR-FITNESS**

Demarcus Heller  
Email: dheller@fsu.edu  
Hometown: Pomona, MA  
Undergraduate Degree: Exercise Science, University of South Carolina  
Graduate Degree: Exercise Science, University of South Carolina  
Favorite Physical Activity: Powerlifting/Weightlifting

**STAFF SPOTLIGHT**

Kari Scott  
Email: kmscott@fsu.edu  
Hometown: Grand Rapids, MI  
Undergraduate Degree: Exercise Science, University of Dayton  
Graduate Degree: Sport Management, Indiana University

What do you enjoy most about working for FSU Campus Rec?  
I’m a new staff member and what I’ve appreciated most about working here has been the welcoming, kind, positive, and inclusive professional staff that I have met. They have made the transition smooth for me and I already feel like this is my home.

What do you do to stay physically active?  
I enjoy lifting, running, and playing sports as much as I can. I enjoy playing all kinds of sports but basketball is my favorite.

What is your favorite thing about Tallahassee?  
My favorite thing about Tallahassee so far is the unlimited amount of amazing restaurants. I have already been able to try so many and can’t wait to keep checking more off my list.

**COORDINATOR-MEMBER SERVICES**

Alyssa Gaudreault  
Email: agaudreault@fsu.edu  
Hometown: Leominster, MA  
Undergraduate Degree: Kinesiology, U Mass- Amherst  
Graduate Degree: Kinesiology, Western Illinois University  
Favorite Physical Activity: Teaching Group Ex, lifting weights, hiking, anything on the water!

**COORDINATOR-AQUATICS**

Lizzie Milkas  
Email: emlkas@fsu.edu  
Hometown: Waycross, GA  
Undergraduate Degree: Exercise Physiology, Valdosta State University  
Graduate Degree: Exercise Physiology, University of Alabama, Birmingham  
Favorite Physical Activity: Bike riding

**ASSISTANT DIRECTOR-INTRAMURAL SPORTS**

Chris Schmoldt  
Email: cschmoldt@fsu.edu  
Hometown: Cleveland, OH  
Undergraduate Degree: Exercise Science, John Carroll University  
Graduate Degree: Exercise Physiology, University of Akron  
Favorite Physical Activity: Playing hockey

**COORDINATOR-INTRAMURAL SPORTS**

Ben Holmes  
Email: bholmes@fsu.edu  
Hometown: Decatur, GA  
Undergraduate Degree: Sport Admin, FSU  
Graduate Degree: Sport Admin, FSU  
Favorite Physical Activity: I really enjoy working on/around my house.

**ASSISTANT DIRECTOR-COMPETITIVE SPORTS & FACILITIES**

Mike Collins  
Email: mcollins@fsu.edu  
Hometown: Fort Myers, FL  
Undergraduate Degree: Parks, Rec, Leisure Facilities Management, UWF  
Graduate Degree: Sport Administration, Western Kentucky University  
Favorite Physical Activity: Fishing and golf

**DID YOU KNOW?**

**Biological Benefits of Exercise**

Exercise spurs the development of new nerve cells from stem cells in the hippocampus. Additionally, exercise prepares and encourages nerve cells to bind to one another which is the cellular basis for **logging new information**.

STAFF SPOTLIGHT

Joey Galuppi
Email: jgaluppi@fsu.edu
Hometown: Naples, FL
Undergraduate Degree: General Education, USF
Graduate Degree: Sport Management, FSU
Favorite Physical Activity: Playing hockey & lacrosse

ASSISTANT DIRECTOR - OUTDOOR PURSUITS

Travis Johnson

Email: tjohnson3@fsu.edu
Hometown: Montville, NJ
Undergraduate Degree: Outdoor Education, Adventure-Based Programming

What do you enjoy most about working for FSU Campus Rec?
Seeing the students take on new and challenging responsibilities and growing from them. Also when alumni come back, expressing gratitude for their growth while at FSU Campus Rec.

What do you do to stay physically active?
Spend time outdoors hiking and paddling.

What is your favorite thing about Tallahassee?
Tallahassee has many hidden gems for outdoor activities such as biking, hiking, and paddling. Within an hour of Tallahassee, you can explore caverns, swim with manatees, and go paddling on the gulf.

 coordenador- outdoor pursuits

COORDINATOR - SPORT CLUBS

Brandon Corley
Email: bmcorley@fsu.edu
Hometown: Lawrenceville, GA
Undergraduate Degree: Bachelor’s., History, Valdosta State University
Graduate Degree: Masters, Sports Admin, Georgia State University
Favorite Physical Activity: Playing sports or Crossfit

COORDINATOR - INTRAMURAL SPORTS

David Calhoun
Email: N/A
Hometown: Jacksonville, FL
Undergraduate Degree: Sport Management, FSU
Graduate Degree: Sport Management, University of Southern Mississippi
Favorite Physical Activity: Any outdoor sport

DID YOU KNOW?

Exercise = Stress Inoculation

Exercise is a form of healthy physical stress on the body; continued and consistent exercise forces the body to adapt to higher stress levels than a sedentary body. When other forms of stress happen to the body, an individual that practices consistent forms of exercise will have a higher stress tolerance than a sedentary individual.

This August, we celebrate the 5-year anniversary of the opening of our newest fitness facility addition; the Fitness & Movement Clinic (FMC), located in the Health & Wellness Center. Opened in 2012, the 12,000 sq. ft. fitness facility includes cardio equipment, selectorized weight equipment, dumbbells, and an all-encompassing small group training room. The FMC serves students, faculty, and staff, and is an important partner to the FSU Physical Therapy program.

In the past few years, renovations, upgrades, and updates have brought our primary and most-used fitness facility into the 21st century! A new color scheme throughout the building brought modernization; the updated atrium is an inviting space that promotes social wellbeing; updated guest services and point-of-entry supports accessibility; and brand new equipment has given the Leach Center the perfect overhaul for our users.

In 2016 we celebrated the 25th Anniversary of the Bobby E. Leach Center. Former students, staff, and participants came together to celebrate 25 years of success! Former student body president, Randy Drew, launched the Bobby E. Leach Fund for Leadership Development to benefit student leaders within Campus Rec.
Another addition to the Leach Center included the renovation of one of our racquetball courts to a functional fitness space. This popular space is used often with personal training clients and our successful Start 2 Fitness faculty/staff fitness program.

Spring 2015 also introduced our participants to the fundamentals of Olympic Lifting with the addition of our new Olympic Lifting platforms.

**2015**

**AQUATICS**

221 was the number of youth participants our extraordinary water safety instructors taught how to swim in 2016. This popular program increased significantly in participation as the registration process moved online last year. Additionally, 158 people completed the adult swim lessons courses throughout the year.

FSU Alumni in the Tallahassee area will want to take note: our swim lessons are now open to the public, we offer them on Saturdays, and we have private lessons coming soon!

In 2016, Florida State University Campus Recreation received the honor from American Red Cross of being named the top provider in the state of Florida. Congrats to our hard-working health and safety certification staff!
Rec and competitive sports continue to be popular recreation pastimes, with 1 out of every 3 students at FSU participating in IM or club sports in 2016.

Many of our mainstay sports include flag football, basketball and soccer. Sand volleyball is the sport that has seen the highest jump in participation numbers in recent years; while one of the unique sports for students to cross off their “bucket lists” at FSU is the entertaining recreation of Battleship in the Leach pool.

37

Number of active sports clubs at FSU in 2017.

Many sport clubs have sustained throughout the years, with mainstays including rugby, ultimate Frisbee, soccer, lacrosse, swim, and volleyball to name a few. Some of our newer sports gaining popularity include the quidditch and equestrian clubs.

3,700

Total number of community service hours sports clubs contributed to in 2016.

Community service partnerships included: Ronald McDonald House, Miracle League, Habitat for Humanity, Second Harvest, and the Youth Center to name a few.
2014

The year we completed our **new high ropes course** at The Rez. The course has 4 towers, 15 elements, and reaches over 50 feet in height, making it one of the largest in the Southeast. Unique to our course is the “free fall” exit option.

If you are alumni living in the Tallahassee area, consider us for your next group event!

---

28,000

Was the number of visits to **The Rez** in 2016.

The Rez has been undergoing small renovations; the conference center kitchen got a makeover last year, and new lounge chairs create an inviting space on the beach. The addition of stand up paddleboards (SUP) has been excellent for watercraft rentals and has also allowed us to offer SUP yoga classes on Lake Bradford!

---

23,000

Number of hours **Camp Flastacowo** counselors spent helping kids learn throughout summer 2016.

Tallahassee area alumni—consider this fun summer camp for your kids!

---

377

Number of **Outdoor Trip participants** in 2016. Trips included backpacking, kayaking, canoeing, hiking, paddleboarding, snorkeling, yoga, biking, rock climbing, caving, skiing, and surfing.
Practicing Self-Care at Work

Today is one of those days. You’ve been mostly in front of your computer; trying to manage tight deadlines all day, all the while feeling like you haven’t accomplished much at all. Or, your job might have you running from meeting to meeting all day and you forget (!) to eat lunch (… and breakfast…and barely have time to make dinner). Maybe your job is ever-changing, a combination of deadlines and of running around. When you get home at the end of the day, you still have household chores and maybe even children to attend to. By the time you fall into bed, you barely remember to set your alarm before sleep overtakes you.

I might be projecting a bit. But the truth is, my days can often look like this. So the question is, how can you take care of what should be your number one priority—you—when you are busy? At work in an office, at work in the field, at work while at home? There are a few basic functions we all need to consider when thinking about our wellbeing. First, are we getting adequate physical activity throughout our day? Second, our everyday diet is one of the most important contributors to our overall health. And third, a positivity-and-resilience-mindset can work wonders for our mental wellbeing status.

The Center for Disease Control (CDC) recommends that adults get 150 minutes of moderate-intensity aerobic activity per week OR 75 minutes of vigorous-intensity activity per week AND 2 or more days per week of strength training all major muscle groups. On top of that, we know that physical activity is linked to higher memory and retention rates, to suppression of symptoms from ADHD and depression, and helps reduce stress and provide the biological framework we need to face stressors head-on (Ratey, 2008). Real-talk moment here, folks, I work in a gym and sometimes have a hard time coming close to these guidelines. But the reality is that physical activity benefits can add up. Have 15 minutes to walk up and down a couple flights of stairs? That counts. Decide to walk to your coworker’s office to talk instead of sending that email? That counts too. One strategy I use includes setting an early a.m. alarm for cardio. Running (or walking) is a minimalist activity; so I can easily throw on running clothes and put in a couple miles, all before I have to think about making breakfast and lunches for the day and getting my toddler ready for school. Another strategy I use includes walking or strength training during lunch. Yes, I push off lunch and often eat it while checking my email after my walk. But, the boost in energy and the chance to get outdoors and my blood pumping is worth the raincheck on my lunch.

Speaking of food, that brings me to my next piece of advice: healthy diets equal healthy minds and healthy bodies. According to an article in the Harvard Business Review, food has a direct impact on our cognitive performance. First, let’s explore why skipping meals is a bad idea. Nearly everything we consume is processed by our bodies into glucose, which provides us with the energy we need to stay alert. It’s hard to stay alert on an empty stomach because when you are running low on glucose, you lose focus and attention. Now, add in the complication factor that not all foods are processed the same way, and we have major food-cognitive issues to explore.

Some foods, like pasta, bread, cereal and soda, release glucose quickly, giving us a burst of energy (usually followed by a crash). Other foods that are high in fat (cheeseburgers, for instance), provide...
more sustained energy, but require our digestive system to work harder, reducing oxygen levels in our brain and making us feel groggy.

It’s not easy to make the right food choices on busy days. When we are hungry and tired, we lack the self-control needed to make healthy food decisions. And in this case, knowledge doesn’t necessarily equal power. Most people know they shouldn’t eat 4 slices of pepperoni pizza for lunch then cheese fries for dinner. But convenience, ease, immediate affordability and the “hangry” make those choices seem like great ideas at the time. What you really need is an action plan. First, make your eating decisions before you get hungry. This doesn’t translate to “choose your fast food lunch restaurant before 11am”. This is more along the lines of “pack your lunch the night before” and “prep your breakfast so all you have to do is throw it in the blender”. Another strategy I use is weekend meal planning days. I plan the entire week’s worth of meals for my family and typically don’t deter from it. Lastly, don’t give your glucose a chance to bottom out. Rather, keep healthy and easily accessible snacks handy throughout your day. Put almonds or protein bars on your desk. Or order a snack box service that can be delivered to your office weekly. When you hold yourself accountable for the food you consume, you are also making a healthy mental choice for yourself as well.

Our last wellbeing practice to employ is resilience. Sometimes, bad things happen in our personal lives, at the office, or to family members. Sometimes, that bad thing doesn’t even have to be *that bad*; maybe it’s just mundane, every-day tasks that have us feeling stuck or “down”. Let’s take a better look at the term “resilience”. According to *Psychology Today*, resilience is best understood as an individual’s ability to maintain personal and social stability despite adversity.

Resilience is not something you are born with. Resilience is fostered. In order to build your resilience, *Psychology Today* recommends two strategies. The first is to engage with and create attachments to meaningful experiences in our lives. After a long day or a bad experience, you may discover recovery when getting lost in your favorite music or venting to a trustworthy individual. The second strategy to build resilience is increasing awareness of your own emotional strengths, vulnerabilities, biases and reactions to life’s events. If you feel left out of a work project or feel bad that someone put you down in a meeting, are you acutely aware of how it made you feel? Are you aware if you are reacting quickly and without thinking? Or overreacting? Better understanding how you deal with affronts will help you build your resilience toolkit at work, at home, and overall.

While these strategies can be helpful for your basic self-care needs; remember that if you struggle from depression, chronic stress, ADHD, or any other form of physical or mental illness, professional help is always your best strategy for self-care.

-A. Lovett

**DID YOU KNOW?**

College seniors who exercise regularly are still physically active 5 and 10 years later. Moreover, 81.3% of sedentary college seniors maintain their sedentary lifestyle 5 and 10 years later.

ABOUT CAMPUS REC ALUMNI

Nearly 300 former Campus Recreation student employees filled out our Campus Recreation Alumni Survey.

WHERE IN THE WORLD

FSU Campus Recreation Alumni reside & work across the United States and even in the heart of Africa.

DID YOU KNOW?

Over 90% of former Campus Rec student employees are employed fulltime or part-time.

INDUSTRY

Campus Rec alumni work in many sectors of industry nation- and world-wide!

DID YOU KNOW?

Over 80% of alumni indicate that working for Campus Rec prepared them for their current job role.
UPCOMING ALUMNI EVENTS

October 21st, 2017

Alumni Tailgate

FSU Campus Recreation

Mark your calendars & join us for our annual Alumni Tailgate @ the Leach during the FSU v Louisville game!
Visit campusrec.fsu.edu/staff/alumni to RSVP for the tailgate and see game ticket information.

OCTOBER 21ST, 2017

Alumni Tailgate

FSU Campus Recreation

Join us

for the 2018 FSU Campus Recreation Alicia Crew Student Scholarship Spring Golf Scramble

All proceeds go to the Campus Recreation Student Development Scholarship Fund

Visit the campusrec.fsu.edu/staff/alumni page for more upcoming information regarding this fun spring 2018 event!

The number of Campus Recreation Student Employees that have benefitted from the Student Development Scholarship Fund since its launch in 2007.

29

CLICK HERE TO CONTRIBUTE TODAY!
CHRIS SANDERS

Grad Year: 2013

Major: Exercise Science

What Is Your Current Job?
Wellness Director, Greater Kingsport Family YMCA

What Do You Enjoy Most About Your Current Role?
As Wellness Director, I have the opportunity to assist in many different areas within the facility and the surrounding community. Interacting with people explaining the importance of wellness as it relates to long-term health is a passion of mine and I’m fortunate enough to do that daily.

What Do You Do to Stay Physically Active?
I’m a gym rat, so always in the free weight area of the gym. I’m also an avid mountain biker and ride many trails in the Appalachian Mountains. My wife & I enjoy hiking together and exploring the local area.

What’s Your Favorite Throw-Back Song from Your College Days and Why?
Avicii - Levels was an amazing song back then & I still listen to it from time to time! It seemed like no matter where I was or what mood I was in that song would put me in a good mood. Wiz Khalifa - Black & Yellow was amazing as well!

AQUATICS

DARRYL LOVITT

Grad Year: 2005 (B.S.) & 2007 (M.S.)

Major: Recreation Management; Public Administration

What Is Your Current Job?
Assistant Director, Fitness Facility Operations, FSU Campus Recreation

What Do You Enjoy Most About Your Current Role?
The opportunity to positively impact so many students through supporting them in managing their overall wellbeing.

What Do You Do to Stay Physically Active?
My favorite forms of exercise include lifting weights and cardio.

What Books, Articles, Journals, etc are currently on your “To-Read” list and why?
The Power of Habit expands my knowledge on differing philosophies regarding habits. Time Magazine keeps me abreast of what’s going on in the world and has a journalistic expression I really enjoy.

What’s Your Favorite Throw-Back Song from Your College Days and Why?
I have to pick just one? Usher- Yeah! Ft Lil Jon because it makes me move as soon as the beat drops (and I get to practice my Usher dance moves).

What is One of Your Fondest Memories from Working in Campus Recreation?
I was blessed to work at the Rez. Workout out there was a dream because we were out in the sun all the time, patrolling in the boat, & helping students have fun on their watercrafts. One summer I was closing and as I locked up the Rental Office, I looked out over the water and the sun was setting perfectly. In that moment, I was so appreciative of being able to work for FSU Campus Rec and I realized that the memories I made will last forever.

FSU Campus Rec Alumni Newsletter, Vol. 1. Issue 1- Summer/Fall 2017
**JUSTIN MASON**

Grad Year: 2011 (B.S.), 2012 (M.S.), 2017 (Ph.D.)

Major: B.S Psychology, M.S. Sport Management & Exercise Physiology, Ph.D. Sport Psychology

What Is Your Current Job?
Doctoral Grad Assistant & Teaching Assistant at FSU. Plan on being a trophy husband fairly soon.

What Do You Enjoy Most About Your Current Role?
I get to mold youthful minds and research the effects of arterial stiffness on cognitive function in older adults. I also get to work with FSU faculty.

What Do You Do to Stay Physically Active?
Run, bike, lift and Whole Body Vibrational Training (WBVT)

What Books, Articles, Journals, etc are currently on your “To-Read” list and why?
When the Air Hits Your Brain- Frank Vertosick, Jr.
Rich Dead, Poor Dead- Robert Kioysaki

What's Your Favorite Throw-Back Song from Your College Days and Why?
Inhale by Common.

What is One of Your Fondest Memories from Working in Campus Recreation?
Participating in Fitness Battle every summer. And meeting my partner, the lovely Erin Burke.

**FITNESS**

---

**MARIE-CLAIRE LEVY**

Grad Year: 2015

Major: Bachelor's in International Affairs

What Is Your Current Job?
I am a year-long Fellow at the Agahozo-Shalom Youth Village in Rwamagana District, Rwanda.

What Do You Enjoy Most About Your Current Role?
The Agahozo-Shalom Youth Village's (ASYV) goal is to heal and educate vulnerable Rwandan youth so they realize their maximum potential and become socially responsible citizens. My main role is serving as the Visitors and Volunteers Coordinator for ASYV. I plan and facilitate all visits to ASYV, whether its people coming for a few hours or a few weeks. My other role is serving as a "Cousin", or mentor, to a group of 20 first-year female students.

There are so many things I enjoy about my job role that it's hard to choose just one! I feel privileged to work with visitors because I get to see them fall in love with the Village. One of my greatest joys here is spending time with our students and watching them grow, whether it's by sitting together at lunch, playing volleyball after school, or attending their classes. I remember kids I met on their first day who couldn't speak a word of English and now they stand up and speak in front of their peers in English.

What Do You Do to Stay Physically Active?
I often play sports with our students after school. The Village also goes on a run together every Saturday morning and it's one of my favorite activities. When I have time, I go into the city and go for a swim.

What Books, Articles, Journals, etc are currently on your “To-Read” list and why?
Since I've been living in Rwanda I'm trying to read different books about the country. My favorite thus far is The Blue Sweater by Jacqueline Novogratz. Also on my list are Shake Hands with the Devil, Left to Tell, and I'm Not Leaving, to name a few.

What is One of Your Fondest Memories from Working in Campus Recreation?
I often play sports with our students after school. The Village also goes on a run together every Saturday morning and it's one of my favorite activities. When I have time, I go into the city and go for a swim.

---

FSU Campus Rec Alumni Newsletter, Vol. 1. Issue 1- Summer/Fall 2017
TAYLOR CROWLEY

Grad Year: 2014
Major: Religion/ Political Science

What Is Your Current Job?
Consultant with Proco, a recruitment agency for Supply Chain & Procedure in NYC.

What Do You Enjoy Most About Your Current Role?
As a Consultant, my job is to source for mid-to-senior level Supply Chain & Procurement candidates and clients in the Midwest. My focus is recruitment and business development for Direct Procurement of Industrial Equipment positions.

What Do You Do to Stay Physically Active?
Boxing is my go-to! I started it as a stress reliever but it has become a staple in my weekly schedule. I go to Title Boxing for my classes since I’m more about the activity than the technique. Such a great full body workout and you always feel amazing afterwards!

What Books, Articles, Journals, etc are currently on your “To-Read” list and why?
Tipping Point- Malcolm Gladwell is my favorite author, and this is one of his first books. I have to read it!

Postcards from the Edge- Carrie Fisher was awesome, and this is the novel loosely based on her life.

What’s Your Favorite Throw-Back Song from Your College Days and Why?
Way too many to name! But if I had to choose, “Hey Ladies” by Travis Porter always brings me right back to Union Wednesdays.

What is One of Your Fondest Memories from Working in Campus Recreation?
Being an inaugural member of the Fitness & Movement Clinic staff was pretty cool. It was such a new and exciting experience; we were learning as we went so it was always fun. It’s cool that my younger sister went to campus and thought the FMC was just a campus staple. I remember when it was a parking lot!

TAYLOR MARAMARA

Grad Year: 2015
Major: Exercise Science

What Is Your Current Job?
I’m a full-time 2nd year medical student at FSU College of Medicine.

What Do You Enjoy Most About Your Current Role?
The opportunity to learn and grow as a student under incredible mentors. I also feel more invested in my studies because I know it will impact my future patients.

What Do You Do to Stay Physically Active?
I usually lift twice a week and run twice a week. It’s also important to always take the stairs or walk to the gym on campus versus driving (also remember to park further away from your destination when you are in a parking lot!). It becomes difficult to incorporate activity into your routine when the majority of your day is spent at a desk. But, if you don’t take care of yourself now, then when? I also like to use a step counter to track my steps and keep myself motivated!

What Books, Articles, Journals, etc are currently on your “To-Read” list and why?
I’m currently sorting through journals on Preventative Medicine and Breast Cancer because of a research project I’m working on this summer. I’m also working through “Infections and Inequalities” by Paul Farmer. If you’re interested in global health, he is an incredible resource.

What’s Your Favorite Throw-Back Song from Your College Days and Why?
I had to look up “top hits of 2011” from my freshman year because I couldn’t remember. I really loved “Give Me Everything” by Ne-Yo, it’s special because it was from a time when club music still had words.

What is One of Your Fondest Memories from Working in Campus Recreation?
I worked in the strength & conditioning program area for three years and it really was my home away from home in college. So many amazing memories with really special people but I think my top three are: Battle, the Orlando NSCA conference in 2015, and being part of the Start to Fitness Program. I miss my old colleagues, bosses and clients everyday!
Thank You
for joining us for our first edition of the Circle-Spear!

We would love to hear from you! Click any of the links below to provide us feedback.

- NEWSLETTER FEEDBACK
- ALUMNI EVENT SUGGESTIONS
- GENERAL COMMENTS/QUESTIONS

Life Updates?
Fill out our Alumni Survey & keep us updated!

ALUMNI SURVEY

Make an Impact

Make a difference in the life of a Campus Rec student! Student Development donations go towards helping fund professional development opportunities and supporting tuition and books for our hard-working students.

DONATE TODAY