

APR 2024

RECREATION NEWS

Official Newsletter of UB Recreation

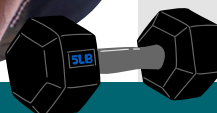
You're doing great!

Slaying Stress & Crushing Classes HOW I'M BOSSING THE REST OF THE SEMESTER.

Yo, what's up, guys? So, spring break is over, and we're back in the grind at the University at Buffalo. With just six weeks standing between us and summer freedom, its crunch time, and stress levels are through the roof. The pressure is on, and effective strategies for managing stress and maintaining productivity are more important than ever.

#1. Prioritizing self-care is essential. Taking time out to chill is key, whether it's zoning out to some tunes, hitting the fitness center, or just vibing in the SU. I prioritize daily self-care, with activities like morning meditation, afternoon runs, and winding down with a book before bed. These routines sustain my energy and focus. Keeping that mental game strong is crucial for tackling the challenges ahead.

Now, Let's Talk Time Management. Mastering the art of time management is key to navigating the demands of the remaining weeks of classes. I've structured my studies by breaking tasks into manageable chunks and sticking to a consistent schedule. Setting realistic goals for each study session and staying organized with to-do lists and planners has helped me steadily progress on assignments and prepare well for exams. With a solid plan in place, you can hustle smarter, not harder, and still have time for the things that matter.



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Self-care
IS EMPOWERMENT



Slaying Stress & Crushing Classes

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When it comes to finals, it's all about that squad support. I've been proactive in seeking academic support whenever necessary. Whether it's attending professors' office hours for concept clarification, joining classmates to review material, or utilizing university tutoring services, reaching out for help has significantly improved my grasp of course material and boosted my confidence. **Study groups, hitting up the library together, or just bouncing ideas off each other—it's all good.** Ain't no shame in asking for help when you need it.

In terms of maintaining balance, I've been taking full advantage of the recreational services available on campus. Regular exercise has been a foundation of my self-care routine, and I've been hitting the gym several times a week to destress and recharge. Recreation not only promotes overall well-being but also serves as a welcomed break from academic pressures. It's key for staying focused and keeping those good vibes flowing.

As for summer break, it's all about making moves and living your best life. I'm excited for the chance to unwind, grow, and have fun. I've started looking into internships and travel spots, and I can't wait to make the most of my break by welcoming new experiences and catching up with family and friends. Whether you're road-tripping with the crew, or just kicking back at home, make sure you're making memories and soaking up the sunshine.

So, there you have it—a solid game plan for smashing the rest of the semester. By prioritizing self-care, mastering time management, seeking academic support, and embracing recreational activities, I feel equipped to navigate the challenges of the remainder of the semester with resilience and determination. We're going to crush those finals and slide into summer like bosses. **Let's get it!**



UB Student playing giant chess at Unplug & Play, a Recreation program.



UB Students enjoying Recess, a Recreation program.



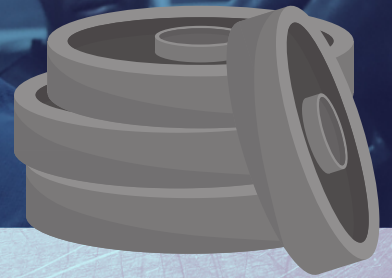


BUFFALO

INTRAMURAL SPORTS

POWERLIFTING COMPETITION

APRIL 7, ALUMNI FITNESS CENTER, 9AM



SIGN UP ASAP!





LOL: A Brief History of April Fool's Day

ALRIGHT, BUCKLE UP, IT'S TIME TO TAKE A WILD RIDE THROUGH THE HISTORY OF APRIL FOOL'S DAY.

April Fool's Day, celebrated annually on April 1st, is a day known for playful pranks and practical jokes. While the exact origins of the holiday are unclear, it has evolved over centuries and across cultures into the lighthearted tradition observed today.

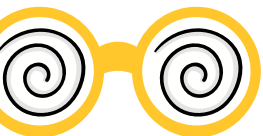
1. The OG Pranksters: Let's rewind the clock all the way back to ancient Rome. Yep, even Julius Caesar probably fell victim to some classic Roman tomfoolery. Legend has it that the Romans celebrated a festival called "Hilaria" at the end of March, where they would dress up in disguises and mock each other mercilessly. Sound familiar? It's like Halloween and April Fool's Day had a baby, and that baby was wearing a fake mustache.

2. Calendar Conundrums: Fast forward a bit to 16th-century France, where King Charles IX decided that January 1st wasn't cutting it as the start of the new year. So, he switched things up and declared that the year would now begin on April 1st. But guess what? Not everyone got the memo. Cue the pranksters who continued to celebrate on January 1st, earning themselves the title of "April Fools." Talk about a calendar mix-up of epic proportions!

3. Fishy Business: Ever heard of the tradition of sticking paper fish to people's backs? Well, leave it to the French (again) to add a piscine twist to April Fool's Day. In France, April 1st is known as "Poisson d'Avril," which translates to "April Fish." The origins are a bit murky, but one theory suggests that it's linked to the end of Lent when people were finally allowed to eat meat again, including fish. So, naturally, they celebrated by playing pranks involving fish. Because why not?

4. Media Mayhem: Flash forward to the 20th century, and April Fool's Day got a modern makeover thanks to the media. Newspapers and radio stations started getting in on the fun, broadcasting outrageous stories and hoaxes to unsuspecting audiences. One of the most infamous examples? The BBC's 1957 broadcast about the spaghetti harvest in Switzerland, complete with footage of people harvesting noodles from trees. I guess we should be thankful they didn't try to convince us that pineapples grow on pizzas.

5. Internet Shenanigans: And finally, we arrive in the digital age, where April Fool's Day takes on a whole new dimension of absurdity. Tech giants like Google have made it a tradition to roll out elaborate pranks, from "Google Nose" (smell-search technology, anyone?) to "Google Tulip" (because even flowers need to communicate, apparently). It's a day when we're all just one click away from falling for a prank that's as ridiculous as it is hilarious.



While the origins of April Fool's Day may be shrouded in mystery, its enduring appeal as a day of light-hearted fun is undeniable. Whether it's a harmless prank among friends or a clever hoax shared online, the spirit of April Fool's Day continues to bring laughter and joy to people around the world.

COMING SOON!

NEW Life IC5 Indoor Spin Bikes



Meet the Life IC5 Indoor Spin Bike:

Get ready to upgrade your fitness journey with the Life IC5 Indoor Spin Bike. Its sleek design fits your style and space, while its tech-driven features, like the WattRate® LCD computer, track your performance in real-time. You'll love the customizable comfort with four-way adjustments, and the 155mm Q-Factor that gives you a real bike feel. Plus, with low maintenance and versatile pedals, it's hassle-free and adaptable to your needs. Enjoy a smooth performance with the belt drivetrain and smart workouts guided by the Coach By Color Intensity Guide.

Ready to ride smarter towards your fitness goals? We're excited to bring these bikes to your [Recreation Spinning class](#) in the very near future!

Fitness UPDATES & UPGRADES

Have you heard about Wallyball? It's a unique indoor version of volleyball played on an 800-square-foot racquetball court with 2, 3, or 4 players per team. The game follows standard volleyball rules and net height, but with a twist—the court's enclosed, making the side wall fair game while the back and ceiling are off-limits. The ball used is rubber, matching the size and weight of a regulation volleyball. **Keep an eye out for more details because Wallyball is coming soon to Recreation's Open REC: Sports programming!**

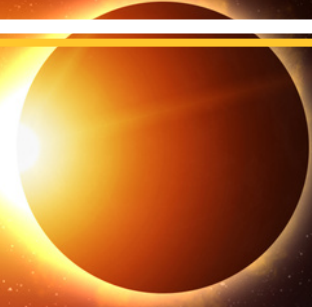
COMING
SOON





SOLAR ECLIPSE

HOT NEWS



GET READY FOR AN EXTRAORDINARY EVENT!

On April 8, 2024, Western New York will be plunged into darkness by a total solar eclipse. For a little over three minutes starting around 3:18 p.m., the region will experience twilight in the afternoon.

During this rare celestial alignment, the Moon will perfectly block out the Sun, revealing stars, planets, and the Sun's corona if the skies are clear. This phenomenon occurs because of the precise positioning of the Earth, Moon, and Sun, creating a shadow that sweeps across the planet along a path of totality.

Cities like Buffalo, Rochester, and Syracuse will be within this path, offering prime viewing opportunities. Remember to use proper eye protection when observing the unclipped Sun, except during totality when it's safe to view with the naked eye.

With the influx of eclipse enthusiasts expected, it's wise to stay close to home to avoid traffic congestion. Gather your friends and family, find a clear spot, and witness this once-in-a-generation event in the comfort of your backyard. It's a moment to marvel at the marvels of the universe.

BOTH ALUMNI ARENA AND CLARK HALL WILL BE CLOSED FOR RECREATION FROM 2 PM TO 5 PM ON MONDAY, 4/08/24, DUE TO THE SOLAR ECLIPSE.



April SHOWERS WORDSEARCH



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SPRING
 OPTIMISM
 SHOWERS
 RAIN BOOTS
 EASTER
 TAX SEASON
 POLLEN

BLOSSOMS
 SPRING CLEANING
 RAIN
 FLOWERS
 RENEWAL
 MUD
 TRANSITION

BLOOM
 SOLAR ECLIPSE
 EARTH DAY
 PICNIC
 GROWTH
 FRESHNESS

SUNSHINE
 APRIL FOOL'S DAY
 AWAKENING
 GREENERY
 TULIPS
 WARMTH

REBIRTH
 SPROUT
 BUTTERFLY
 BASEBALL
 GARDENING
 VIBRANT

DON'T MISS OUT ON
AMAZING DISCOUNTS AT

BULLS TEAM SHOP

HOURS OF OPERATION

TUESDAY:	4PM-8PM
WEDNESDAY:	4PM-8PM
FRIDAY:	4PM-8PM
SATURDAY:	12PM-4PM

130 ALUMNI ARENA

