

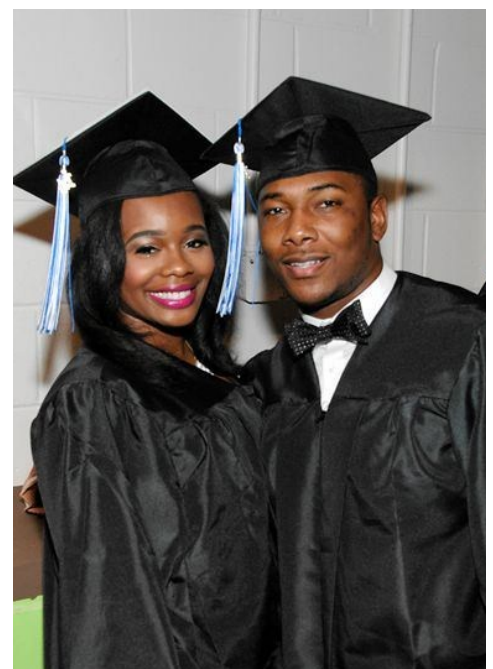
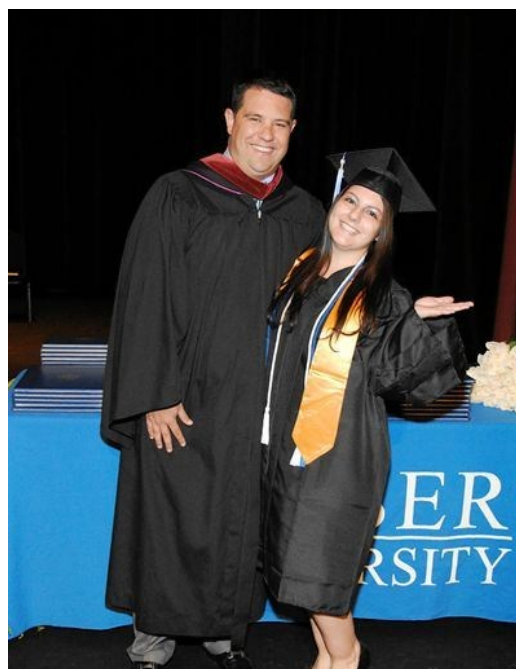


Daytona Beach Campus Newsletter

July 2014 - Sept 2014

June **2014 GRADUATION!**

We want to congratulate all the Graduates and wish them well on their future successes! Stay in touch with your Keiser Family!



Gary Jones the founder of Hammer Strength equipment (the largest selling strength equipment in the world) gives the students some lessons on physics. Gary is famous in the fitness world being the son of Arthur Jones the founder of Nautilus. Gary worked for his father creating most of the designs for Nautilus before branching out on his own and forming Hammer Strength with his partner Paul Brown owner of the Cincinnati Bengals.

- Rob Maxwell, Program Director



Sports Medicine & Fitness

DMS CORNER



The Writing Studio



Creative Writing at Daytona

The Daytona Writing Studio is now hosting a weekly creative writing workshop, and students are already taking advantage of program.

The weekly presentations and subsequent workshops will help students develop basic narrative elements such as character, setting, and dialogue. Fully developed student work will then be featured in Daytona's literary magazine, *AllWrite*.



DISCOUNTS *for* STUDENTS!

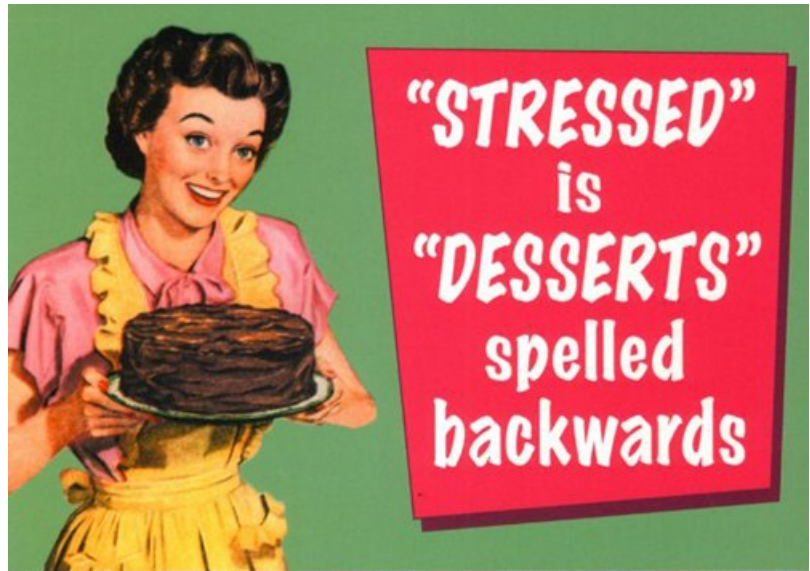


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- Go to: www.workingadvantage.com
- Click on Register
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MESSAGE *from the* DEAN



Now that I got your attention..... so when is the last time you did something for yourself?

Hmm.... If you are still thinking, then it has been too long.

People often say that when you are in school you do not have a life anymore. It really doesn't have to be that way. What do I know about stress you might ask?

I not only run the Academic Department (which consists of all students, faculty, staff, Registrar's office, Library, and Writing Studio), but I am also a mother to a college daughter (living with me), Aunt (my niece lives with me going to graduate school), mom to a cat, two dogs and I am also a student. Yes, I am a student who is finishing up her PhD program. You would think I have no life but that is far from the truth.

I do gardening, read for fun, go shopping with my girls, cook a lot, love to take short road trips, go to the beach, and spend lots of time with my daughter and niece and help them with their homework, listen to their problems and other endless things. I also go to the YMCA at 5:30am to workout.

How do I do it and still manage not to bite somebody's head off? Well... positive attitude, time management, and knowing what is important to ME. I have a vision and goal for my personal life and professional life. I have learned to balance them so I am not stressed out all the time. Whatever life throws at me, I handle it with a positive attitude and get the job done with a smile. I don't make excuses but rather get things done and move forward. So do me a favor. Take time for yourself. Play with your children even if it is for 30 minutes. Play with your dog. Take a bubble bath with candles, do a 15 minute exercise, sing at the top of your voice in the car even if you cannot hold a note to save your life, eat healthy and be a kid at heart. Tell someone you love them. Smile and have a positive attitude and you will be amazed at how you feel inside and out.

Dean Cruz (aka Dean Mathews)