



Steam Plant Shutdown = Cold Water

The CRC will not have any hot water due to the Steam Plant Annual Shutdown until Saturday, June 13th.

Summer Improvements

Campus Recreation & Wellness views summer as a time to implement improvements that sometimes are not feasible during the busy academic year. During our annual shutdown in May, we did a thorough cleaning of the inside of the CRC, refinished the court floors and the flooring in Studio 1, as well as began to organize Base Camp Cullowhee's space in the CRC. Additionally, we were able to investigate and move towards making further facility improvements. Some of the additional facility improvements that are happening this summer are as follows.

Cubby Lockers – CRW is still looking for feedback on the two new lock types that were installed on the cubbies near the free weight area. We feel improving the locks to a mechanical or digital system will prevent missing keys.

Trail System Signage – CRW is replacing some of the signage at the trail system as part of the routine maintenance process.

Trail System Clearing – CRW is looking to do some minor clearing in areas of overgrowth on the trail this summer.

Equipment Replacement – CRW recognizes that some of the fitness equipment is beginning to show some age so we will continue to research and evaluate the next round of equipment replacement, which is happening in small stages over the course of the next several years.

Intramural Field Improvements – Installation of sleeves for permanent softball bases will increase our ability to provide a safe playing environment for Intramural Softball participants. Additionally, CRW is re-installing the Rugby Posts due to structural cracking.

Signage – CRW is looking into purchasing signage for outdoor field spaces and the Disc Golf course to better communicate expectations of care and play with our participants. Additionally, CRW is looking to enhance CRC facility signage by replacing some temporary signs with permanent signs.

Reid Pool – The pool is receiving a facelift this summer that includes new epoxy paint on the steps, new grout, chemically stripping the sand filters, replacing the acid feed lines and valves, and deck cleaning.

During the summer and always, we appreciate your patience in understanding these improvements take time and sometimes create dust. The CRC is open throughout Summer Session I & II, with the exception of July 3rd & 4th, so still come visit us for all your fitness needs. Continue reading for more information on our summer offerings and hours of operation.



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Intramural Sports

Looking for some friendly competition this summer? Here are the Intramural leagues and tournaments offered in Sessions 1 and 2. In addition to all WCU faculty and staff, WCU students enrolled in summer or fall classes are eligible to participate.

All registration and event details can be found at www.imleagues.com/wcu



Summer Session I

EVENT	LOCATION	START DATE	PLAYED ON	REGISTER BY
4 v 4 Flag Football League	Camp Lab Fields	6.2	Tuesdays only	5.31
4 v 4 Ultimate Frisbee League	Camp Lab Fields	6.3	Wednesdays only	5.31
Dodgeball Tournament	CRC Gym Court 2	6.15	Monday	6.14

Summer Session II

EVENT	LOCATION	START DATE	PLAYED ON	REGISTER BY
Sand Volleyball League	Village Sand Court	7.7	Tuesdays only	7.5
3 v 3 Basketball League	CRC Gym Court 2	7.9	Thursdays only	7.5
Cornhole Tournament	CRW Lawn	7.13	Monday	7.12

Outdoor Programs



Base Camp Cullowhee has completed the move into the Campus Recreation Center. Construction is still underway to house the program in their new space. The Adventure Shop will open at the start of the Fall Semester, including regular open hours for outdoor equipment rental, trip registrations, and outdoor information resources.



In the meantime, June and July are some of the busiest program months of the year for Base Camp, including numerous whitewater raft trips during orientation sessions, trips for summer Living Learning Community courses, a July session of the First Ascent Program (wilderness orientation program for incoming students) and two weeks of Catamount Adventure Camp (adventure day camp for kids).

For all of the campus community, the climbing wall will be open starting June 8th on Mondays and Thursdays from 5pm-8pm for the remaining part of June and all of July. Equipment rentals will also be available starting June 8th by appointment only. Email Jeremiah Haas at jhaas@wcu.edu or Josh Whitmore at jwhitmore@wcu.edu to set up a pick-up appointment.

Lip Smacking Good Strawberries & Peaches

June brings an abundance of fresh strawberries and peaches to our local farmers markets and grocery stores. These sweet fruits not only bring nutritional value to your table, but they taste amazing as well. This month we will take a look at these fruits and provide a delicious recipe for you to try!

Strawberries are actually NOT a berry. They are considered a multiple or accessory fruit. There are over 200 seeds on a strawberry and they were originally found growing in Europe and America. They are a member of the rose family and are normally red in color. Strawberries need loamy slightly acidic soil to grow. They also need plenty of sun and water. Picking the best strawberries at the market is simple if you just remember these tips: pick the brightest red colored fruit; insure caps are fresh, green and intact; avoid shriveled, mushy or leaky strawberries; and get smaller packs when possible. Strawberries can be stored



in the refrigerator for 1-3 days. Strawberries should be washed just before eating. They are high in vitamin C and fiber and they contain some folate.

Peaches are a drupe fruit along with plums, apricots, and cherries. They originated in China and their seeds have been used to make jewelry. Peaches have a fuzzy outer skin and need sandy soil with plenty of sun to grow. When picking peaches, remember these tips: pick fruit that has firm, fuzzy skin without blemishes; skin should yield to gently pressure when ripe; and never pick peaches with any green in their coloring. Unripe peaches can be stored in a paper bag until ripe. Peaches can be stored at room temperature for 1-2 days. Peaches are high in vitamin C, vitamin A, and fiber, but you need to eat the skin to gain the most nutritional benefit from this fruit.

As a reminder, the nutrients found in peaches and strawberries are very important for your health. Vitamin A is an antioxidant; helps maintain good vision and healthy mucus membranes. Vitamin C is not only an antioxidant but also an anti-inflammatory. Folate is essential for women of child bearing age to prevent neural tube defects and for everyone regarding DNA synthesis. Fiber is essential for proper gastrointestinal function and to help maintain a healthy weight.

Peaches and strawberries can be purchased at your local farmers market or grocery store. Visit

asapconnections.org for more information about local farmers and farmers markets in your area.



Try this recipe for Strawberry-Peach Salsa:

Ingredients:

- 1 cup peaches (2 peaches, roughly chopped)
- 2 cups strawberries, stems removed
- 1/3 of a medium green pepper, chopped into large chunks
- 1/2 small onion, chopped (white or red onion will work. Red onion provides a stronger flavor)
- 1/2 - 1 jalapeño pepper (or more, depending on how hot you like your salsa)
- 2 teaspoons honey
- 1 teaspoon lemon juice
- 2 teaspoons olive oil or avocado oil

Place all ingredients in a food processor, and pulse 5-10 times. Or chop veggies by hand, stirring in honey, lemon juice, and oil.

*Recipe courtesy of KeeperoftheHome.org
By Krystle Thomas, WCU Dietetic Intern. If you have a nutrition-related question, e-mail nutrition@wcu.edu*

Get Fit with Group X this Summer

The Summer Session I Group X schedule begins on Monday, June 1st and runs through Thursday, July 2nd. The cost is only \$5.00 for CRC Members for everything on the schedule. To register, bring your CatCard, \$5.00 cash or check, and visit the CRC. Find class descriptions online at reccenter.wcu.edu.

Please also join us during Summer Session II. Our Group X Summer Session II schedule will run from Monday, July 6th, through Friday, July 31st. Again the cost is only \$5.00 for CRC Members for everything on the schedule.

The Summer Session II schedule will be online beginning Wednesday, July 1st, at reccenter.wcu.edu.

Summer Session I Schedule: June 1st - July 2nd

***Aqua Combo begins on June 16.**

	Monday	Tuesday	Wednesday	Thursday	Friday
12:10pm-12:55pm	PiYo Strength Mandy Studio 2	Power Pump (ends at 1:00) Mandy Studio 2	Yoga Kellie Studio 2	321 Jump Shauna Studio 2	Zumba Sloan Studio 1
		Aqua Combo Reid Pool		Aqua Combo Reid Pool	
5:15pm-6:00pm	Yoga (ends at 6:15) Katie Studio 2	Xpress Cycle + Abs Mandy Studio 1	Trim 'n' Tone Marg Studio 2		

Hours of Operation Summer Session I & II

Campus Recreation Center

Monday-Friday: 6am - 8pm
Saturday: 9am - Noon
Sunday: 5pm - 8pm

Reid Pool (June 15 – July 30)

Monday-Friday: 6am - 8am
Monday, Wednesday, Friday: Noon - 1pm
Monday – Friday: 3pm - 5pm
Saturday: 10am - Noon
Sunday: 5pm - 7pm

**Hours are subject to change due to special events, groups, maintenance, etc. Please check reccenter.wcu.edu for up-to-date hours.*

***All facilities closed Friday, July 3rd and Saturday, July 4th.*

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:
wcu.edu/25913.asp



Campus Recreation
and Wellness

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WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Summer Memberships

Stop in to renew your membership or join Family Swim for Summer 2015. Rates for students are \$20 per summer session if you are not in class. Faculty/staff memberships are \$60 for the summer. Family swim passes are \$10. We accept cash or check.

EMPLOYEE OF THE MONTH



Drew Royster has worked for Campus Recreation & Wellness for 3 years. He started as a Recreation Assistant and Intramural Official and was promoted to CRC Supervisor and Intramural Supervisor. His favorite part of the job is getting the opportunity to meet and work with his co-workers. His advice to them is to be on time, be dependable and friendly. Drew is a Sports Management major with a minor in Business Law. After graduation he would like to become a sports agent for professional athletes or become a general manager for a professional team. He describes himself as an easygoing laid-back person. Thank you for all of your hard work, Drew, and congratulations on being chosen employee of the month!

MEMBER OF THE MONTH

David Onder is from Austintown, which is just outside of Youngstown, Ohio. He has worked in the Office of Institutional Planning and Effectiveness for over 8 years as a Business Intelligence Analyst, an Assessment Coordinator, and is now the Director of Assessment. David runs and has been working up to a 5K for the past year or so. He also uses the rowing machines. He tends to run in the afternoons, although on hot summer days he tries to go earlier. An exerciser his whole life, David grew up running with his dad and ran cross-country in middle school. He and his wife ran 5K races annually up until a few years ago. Since Christmas, David and his wife have committed to modifying their diets, which has resulted in a 10-pound weight loss, and he hopes to lose another 10 pounds by the end of the summer. Congratulations, David! CRW admires your dedication and workout consistency.



Have someone in mind for Employee or Member of the Month?
Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.