Now that the break is over don’t let the end of the semester projects, tests, grading, etc. stand in the way of your health & wellness!

Are you looking to start something new? Check out the Kundalini Yoga class, Full Spectrum Farms 5K, or the Disc Golf Tournament. All fun events Campus Rec & Wellness has to offer this month.

If you’re looking to learn something new, check out the following link with information about World Health Day, held April 7th internationally: http://www.who.int/world-health-day/en/ or http://www.nphw.org/nphw10/home1.htm where you’ll find information about National Public Health Week (April 5th – 11th, 2010).

We are excited to support this year’s Worksite Wellness Week, April 5th – 11th, 2010, with a complimentary tour and 1-day pass to the CRC during that week. Bring your friends who aren’t members so they can experience the fun you have with Campus Rec & Wellness. All members will be able to try out Group X Classes for free that week as well. We want to help do our part in making Western Carolina University the best place to work!

As always, if we can help with any of your health & wellness goals, let us know! We’re here to help.
Kundalini Yoga, considered the most comprehensive of yoga traditions, combines meditation, mantra, physical exercises, and breathing techniques. Benefits include elevated consciousness, promotion of physical well-being, as well as an expansion of awareness. You will feel more relaxed and at ease with yourself.

Dr. Asteriani Dewanti has practiced Kundalini yoga for the last 6 years. Practicing Kundalini Yoga each morning has greatly enhanced Dr. Dewanti’s life and she is overjoyed to share this experience with students and CRC members.

**It’s Back...**
**StressFREE CulloWHEE**

Thursday, April 29th, 12:00am-3:00pm on the UC Lawn. Sponsored by the Emotional and Mental Health Committee of the Wellness Council. Join us for outdoor play, relaxation, arts and crafts, music, massage, and more!

**Rec Assistant of the Month**

Congratulations to Jon Julian, our Rec Assistant of the Month. Jon is a junior, from Marietta, GA, majoring in Entrepreneurship. He has worked with CRW since summer 2008 and is also a member of our Marketing Team.

When asked why he likes working at the CRC, Jon said, “Fitness is important to me so the CRC is a great place to be; I get to learn about it and it’s a chance to help others.” He likes to change his workout from time-to-time; currently he likes working out on the row machine best.

When he isn’t helping others at the CRC, Jon likes to “just chill”, work out, watch movies, and keep up with current events by watching the news.
Full Spectrum Farms 5K

Saturday, April 17th @ 9:00am
Visit our website & click the Full Spectrum Farms logo for the registration form or go to active.com to register online. For more information about Full Spectrum Farms, go to: fullspectrumfarms.org.

Whee Quitters Smoking Cessation Program for students begins April 5th and meets on Mondays and Thursdays at 7:00pm in the Recreation Center. Please register by April 1st in the CRC main office.

Staff and Faculty....

Whee ♥ Quitters will now come to you! It can be conducted on-site, that is, in your department, at your convenience. The only requirement is that at least 4 smokers register to attend. Please contact Karrie Joseph, 227-7069 to make arrangements.
Congratulations to...

Brandon Wykle officiated at the Mississippi State Basketball Regional Tournament March 26th – 28th

*Rakim Lash*, Rec Assistant & Marketing Team
Nominated for the *Ashby Wade Award for Distinction in Freshman Composition*

The award recognizes significant performance and improvement by a student in WCU’s composition program.

*Charity Harris*, Office Assistant
National Undergraduate Research Conference
*Investigating Corporate Social Responsibility and Front-Line Employee Involvement in the Hospitality Industry*

*Volleyball Champs*
Super Fly - Men’s & an undefeated season
Pretty Fly - Women’s

*Winners of the Bench Press Competition:*
150-141 lbs.  Kitson Mills, 225lbs.
160-151 lbs.  Khanthee Thao, 205 lbs.
170-161 lbs.  Jeffrey Peterson, 320 lbs.
180-171 lbs.  Ryker Helms, 275 lbs.
190-181 lbs.  Tyler Weste, 255 lbs.
200-191 lbs.  Joseph Karac, 315 lbs.
220-221 lbs.  Harrison Fort, 365 lbs.
Heavyweight
Stevie Ray, 410 lbs.

*Soccer Champs*
Kansas City Flavor - Men’s Crush – Women’s
Kansas City Flavor Coed - Coed

*Cornhole Doubles Champs*
Men’s - Andrew Rogers & Zack Jaynes
Women’s - Courtney Wade and Haley Ellis
Coed - Dillan Ledbetter & Erin Brownback
Zombies take over WCU!

Intramural Sports has added a new game to our roster of activities in Humans vs. Zombies! HvZ is an outdoor game of tag that takes place all over campus 24/7. Participants wear yellow bandanas (humans – on the arm or leg and zombies – on the head or neck) and must live on campus. The game allows people to interact with each other and develop teamwork and leadership skills. The game was brought to us by Duy “Jack” Nguyen who, with moderators Kyle Ratch and Ashley Fox, facilitate missions on campus.

The first game took place in February & the most recent game involved 150 people with one human “surviving”, Trevor Dunlap. HvZ has grown with each game and with each day more and more people want to get involved. The game is unique in that there is no loser but only winners. Ultimately HvZ is a great way to meet new and interesting people. When the Zombies are not “hunting”, they hangout on the UC lawn playing Frisbee and talking about their latest tags.

Join Humans vs. Zombies for an experience of a lifetime. The next game will start Friday, April 16th, with the rules meeting at 5:00pm in 130 FPAC (Fine & Performing Arts Center). You must pre-register to play at http://smokesgroup.hvzsource.com/index.php.

---

Flag Football Tournament

Sign-ups end: April 8th
 Managers Meeting: April 8th at 4:00pm
 CRC Conference Room
 Play Begins: April 9th
 Intramural Fields

Bocce Ball Doubles Tournament

April 6th at 5:00pm
 UC Lawn

---

Coed Beach Volleyball Tournament

Sign-ups end: April 15th
 Managers Meeting: April 15th at 4:00pm
 CRC Conference Room
 Play Begins: April 16th
 The Village Court

---

Intramural Fields

Upcoming Intramural Events
Club Sports News

Club Sports Welcomes Two New Clubs
We would like to welcome Men's Lacrosse and Men's Volleyball to the list of club sports that WCU currently offers to students. These clubs will begin practice immediately and are in the process of creating a solid foundation to carry into the Fall 2010 semester. If you have expertise in one of these sports and would like to hear more about the club, please contact Shauna Sage.

Disc Golf Club Will Host Tournament
Saturday, April 10th at 11:00am
The tournament is open to the first 20 WCU Students/Faculty/Staff and the first 20 Community Members registered. The tournament is free for WCU members and is $15.00 for community members. It will include two rounds (24 holes) and all participants will receive a Catamount Disc with the Catamount Disc Golf logo. Registration is first come, first-served and interested participants may register by e-mailing Rebecca Oates at fvroates@yahoo.com.

In-Line Hockey Makes Regionals
Men's In-line Hockey made it to regionals by being one of the top eight teams in the Southeast Region (out of a pool of 25). At regionals, the men represented WCU well by placing 6th overall.

WCU Dance Team Tryouts
The WCU Dance Team is restructuring for the 2010-2011 season. The restructuring includes the addition of Tyler McKenzie, our student dance/technical coach.

Individuals trying out will have the opportunity to tryout for either the football season and/or basketball season. Tryouts for both seasons will be held at the same time in April 2010. Football season will run from August - November with training beginning immediately after tryouts. Basketball season will run from November - 1st week in March.

The team focus is creating "spirit" for WCU. The team performs pre-game with the band during football season and can perform choreographed technical routines during timeouts and halftimes of basketball season. Most of the team's performances involve pom-based routines. Tryout information is as follows:

Tryout Workshop
Monday, April 5th 7:00pm-8:30pm
Campus Recreation Center Studio 1

Tryouts
Friday, April 9th 6:00pm-9:00pm
Saturday, April 10th 9:00am-3:00pm
Campus Recreation Center Studio 1

For more information, please visit our website at reccenter.wcu.edu
Member of the Month

Alison Joseph is originally from Clearwater, FL but has been at Western almost 6 years. She is a Research Specialist in the Office of Institutional Planning and Effectiveness. In addition to her day job, Alison has completed her Bachelor’s degree at Western and is currently working on her Master’s in Public Affairs.

As if that wasn’t enough, you can see Alison most mornings at 6:00am on the elliptical or in Group X. She recently added Group X classes to her routine and particularly enjoys cycling, yoga and Power Pump. She’s also tracking her activity with the Cross Training Challenge!

Although she started exercising about 4 years ago with the goal of weight management she now uses exercise as a way to challenge herself physically and mentally, improve her health, and deal with stress. Alison says, “If I am at the gym at 6:00am, I know that I am preparing myself for a good day.”

Outside work and the CRC, Alison likes hiking, sewing and thrift store shopping and has an incredible husband, Ken, and labrador, Kaya.

reccenter.wcu.edu

(828) 227-7069

Locker Keys
All non-payroll deduction members must return their locker keys by Friday, April 23rd for inventory and cleaning. Lockers may be requested for the summer beginning May 10th in the CRC Main Office. Payroll deduction members do not need to turn in their keys but we will be cleaning lockers May 3rd – 7th.

End of Semester Hours
Monday, May 3rd – Thursday, May 6th
Regular Spring 2010 Hours
Friday, May 7th
CRC: 6:00am – 2:00pm
Reid Pool: Closes at 1:00pm
Saturday, May 8th – Sunday, May 9th
Closed for Commencement
Monday, May 10th
Summer Hours Begin
Go to our website for more information.