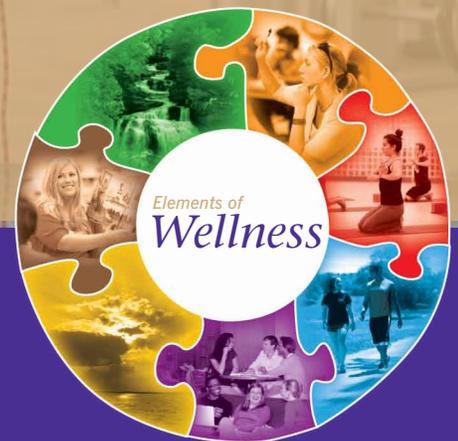




**TURKEY TROT ANYONE?**  
The 8K YMCA Turkey Trot in Buffalo, NY is the oldest continually running footrace in North America. This year marks its 117th running!



## Try Something New in November

November is a time to try something new with regards to your fitness and wellness. In addition to regular, ongoing programs, CRW has a lot of one time events to offer during the month of November. In this issue, you will find information about our indoor triathlon which is a row, bike, run event completed on teams or as individuals. New this year is a longer "Iron Cat" division for those who want an extra challenge! You will also find information on our featured Health and Safety class through the American Red Cross.

Additionally, November includes WCU's "Love Your Body" Week, which is part of the National Love Your Body campaign. As part of the week, CRW will collaborate with other campus partners on a modified "Amazing Race". Registration details are included in this issue. WCU's Love Your Body Week also falls the same week as the Great American Smokeout. On November 15, the American Cancer Society will mark the 37th annual smokeout. The smokeout is aimed at encouraging smokers to quit for one day in an effort to move towards a healthier lifestyle. Details can be found on page two.

Lastly, thank you to everyone who continues to support our Group Exercise program. The program reached an all-time participation high with over 550 participants and we want to continue to see the program flourish! CRW wants to foster your fitness goals and we appreciate you supporting our programs.

## INSIDE THIS ISSUE

First Aid and Community CPR/AED

Love Your Body Week

Intramural Sports

2012 CRC Indoor Triathlon

Nutrition: Turkey Tips

Thanksgiving Hours of Operation

# First Aid and Community CPR/AED (Adult, Child, Infant) Blended Learning Certification Class

Date: Friday, November 16  
 Time: 4pm-6pm  
 Location: Campus Recreation Center Meeting Room  
 Cost: Member \$40  
       Non-Member \$55  
       Community \$95



Register at the Campus Recreation Center by Friday, November 9.

\*This class will be in the "Blended Learning" class format. Participants will be required to complete online work prior to arriving at the class. All registrants will receive information via email on how to access the online videos, tutorials, and how to print off the completion certificate.

## Love Your Body Week

### Nutrition Assessments

Monday and Thursday, November 12 and 15, 12pm-2pm  
 University Center Multipurpose Room

Are you getting enough of the nutrients your body craves? Stop by the second floor of the UC for a quick nutrition assessment by a Dietetic Intern. They'll analyze your eating pattern and provide you with advice and quick tips to improve your intake. Love your body with good nutrition and feel the difference!

### Intro to Weights

Tuesday, November 13, 6:30pm-7:30pm | Campus Recreation Center Meeting Room  
 A free introduction to the weight room and some exercises that you can do to help love your body!

### Amazing Race

Tuesday, November 13, 4:30pm-6pm  
 An amazing race-style event that teams can sign up for to compete for prizes relating to physical, social, and cultural conceptualizations of loving your body! For more information, please contact Sarah Carter at [sacarter@wcu.edu](mailto:sacarter@wcu.edu).

## Intramural Sports

Tournaments and Events				
Event	Location	Date	Time	Sign Up By
Madden Tournament	Cat's Den	11.9	6pm	11.8
Punt, Pass, Kick	Camp Lab Fields	11.6	6pm	Show Up On Site
3 on 3 Basketball	Reid Gym	11.30-12.1	6pm	11.28

### Dodgeball

We will be offering Men's, CoRec, and Women's divisions. Team sign ups are due by Tuesday, November 6 at 11:55pm. Play will begin Monday, November 12.

### New Indoor Climbing Competition

Come showcase your climbing skills for the first ever Intramural Sports Indoor Climbing Competition on Monday, November 12 and Tuesday, November 13 from 8pm-10pm. We will be offering men's and women's beginner and advanced divisions. Routes will be set on the wall and climbers will attempt routes based on difficulty and skill. Sign ups close on Friday, November 9 on [www.imleagues.com](http://www.imleagues.com). Rules and notes can be found on the climbing competition homepage on [imleagues.com](http://imleagues.com).

### Sign up for all IM events through [imleagues.com](http://imleagues.com)!

All tournaments and events require pre-registration the day before the tournament or event. This is to cut down on the sign-in and administrative time the day of the event.

For league sports, all players must register through [imleagues.com](http://imleagues.com) and join a team to participate. Visit the Intramural Sports webpage for detailed directions on signing up through IMLeagues.



## Mind-Body Experiment

Wednesday, November 14  
 7pm-8pm | CRC Studio 2  
 "Massage and Stress Relief"

Join Sandra Summers Dennison from Fusions Spa in Sylva, NC to discuss the effects stress can have on a person. Participants will learn hands-on stress relief techniques including massage and aromatherapy to help relieve stress and anxiety that come with the challenges that students, faculty, and staff encounter on an everyday basis.



### ROW, BIKE, RUN!

This year we will have two divisions: the Half Iron Cat (2,000 meter row, 5 mile bike, 1 mile run) and Iron Cat (4,000 meter row, 10 mile bike, 2 mile run). You may participate as an individual or grab your friends to compete as a team! This event is free for all CRC members (includes WCU students). Non-members must pay the \$5 guest pass fee to participate. Race times include: 6am-9am, 11:30am-1:30pm, 4pm-8pm; requests taken for pre-registered participants. Pre-register at the CRC or show up on race day to participate.

## Great American Smoke Out

The Great American Smokeout is an event held on college campuses across the nation to increase awareness of tobacco-related issues as well as promote cessation services. This is a chance to encourage smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Join the Student Wellness Council and Relay for Life on the UC Lawn on Thursday, November 15 from 11am-1:30pm to learn how to make the commitment to quit smoking or using smokeless tobacco. There will also be additional resources to help you or someone you know quit.

Know someone who wants to quit? Here are some resources to help:

- Quitline - [www.quitline.com](http://www.quitline.com)
- American Lung Assoc. - [www.lungusa.org](http://www.lungusa.org)
- American Heart Assoc. - [www.heart.org](http://www.heart.org)



## TURKEY TIPS FOR YOUR HEALTH

It's the holiday season once again and that means eating more turkey! According to the National Turkey Federation (NTF), an estimated 226 million turkeys were raised in the U.S. in 2008. Out of these, 45 million turkeys were eaten during Thanksgiving, 22 million turkeys were eaten during Christmas and 19 million turkeys were eaten during Easter. Consider the following tips to ensure your turkey is safe for your health this holiday.

### WHEN BUYING:

Before buying, look for a label on the package that states, "Safe food handling". This will provide you with information on how to handle and cook the meat.

Ensure the packaging is well sealed.

Pick the turkey as the last item before you check out and have it bagged separately from other items.

### STORING:

Put the turkey immediately in a refrigerator after visiting the grocery store.

Set the refrigerator temperature to below 40 degrees F and the freezer below 0 degrees F.

An uncooked whole turkey should be left in its original wrapping when freezing. It can last up to 12 months in the freezer. For uncooked turkey parts, they can be sealed tightly and be left in the freezer for up to nine months.

Cooked turkey can be wrapped tightly and will keep in the freezer for up to six months.

Leftover turkey should be refrigerated within two hours. Cooked turkey can last for three to four days.

### THAWING:

Turkey should be thawed in the microwave using the defrost setting, in the refrigerator, or under cold water. Any meat should never be thawed under hot water or on the counter.

A turkey that weighs four to five pounds should be allowed one day to thaw in the refrigerator.

When thawing in cold water, the turkey should be kept in its original tight sealed packaging. It should then be submerged into cold water and the water should be changed every 30 minutes. Thawing time should be 30 minutes per pound for a whole turkey.

Once the turkey has been thawed, it should never be put back in the freezer.

### PREPARING:

Wash hands thoroughly with soap and warm water before and after handling raw poultry.

Two separate cutting boards should be used: one when the poultry is raw and the other when it's ready to eat.

### COOKING:

A meat thermometer should be used when cooking turkey to ensure the meat has reached a safe internal temperature.

A whole turkey should be cooked to 165 degrees F before serving.

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*Contributed by: William Pertet, CRW Dietetic  
If you have a nutrition-related question, please email [nutrition@wcu.edu](mailto:nutrition@wcu.edu).*

### REFERENCES:

[http://www.eatright.org/Public/content.aspx?id=6380&terms=turkey#\\_UGxIrNuF-cg](http://www.eatright.org/Public/content.aspx?id=6380&terms=turkey#_UGxIrNuF-cg)  
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[http://www.fsis.usda.gov/FACTSheets/Turkey\\_from\\_Farm\\_to\\_Table/index.asp#17](http://www.fsis.usda.gov/FACTSheets/Turkey_from_Farm_to_Table/index.asp#17)



# 2013 Valley of the Lilies Half Marathon & 5K



Registration is open for the 2013 Valley of the Lilies Half Marathon & 5K event to be held on April 6, 2013! Register today at [imathlete.com](http://imathlete.com)!

Some new and exciting things for the 2013 race that you don't want to miss:

- The event is on a Saturday this year and starts at 8am.
- New Res Hall Challenge! Anyone living in a Residence Hall can indicate their Res Hall in the registration process. They will then enter themselves in the contest to see which WCU Res Hall can get the most participants in this year's event. 5K & Half Marathon participants count so sign up and bring your friends. Prize is to be determined but it will be a great one!

Like us on  at WCU Valley of the Lilies Half Marathon & 5K to be updated on all of the exciting news in the upcoming months!

## Hours of Operation

### THANKSGIVING BREAK HOURS

Campus Recreation Center  
Tues., Nov. 20, 6am-7pm  
Wed., Nov. 21, 6am-2pm  
Thurs., Nov. 22 - Sat., Nov. 24, Closed  
Sun., Nov. 25, 5pm-9pm  
Mon., Nov. 26, Resume Regular Hours

### Reid Pool

Tues., Nov. 20, Closes at 6:15pm  
Wed., Nov. 21, 6am-8am, 11am-1pm  
Thurs., Nov. 22 - Sat., Nov. 24, Closed  
Sun., Nov. 25, 5pm-8pm  
Mon., Nov. 26, Resume Regular Hours

### CRW BACKS THE CATS

CRW supports Catamount Athletics and we want you to join us. On the final home game of the season, CRW will adjust hours of operation to Back the Cats! Hours of operation are as follows:

Saturday, November 3  
CRC 9am-1pm  
Reid Pool 10am-1pm

## EMPLOYEE OF THE MONTH



Molly Fagan is a proud Catamount who began working for Campus Recreation & Wellness as an Intramural Official this semester. She is majoring in Health and Physical Education and hopes to go to graduate school for Kinesiology and pursue a career in cardiac rehabilitation when she graduates. Along with that goal, she'd also like to do mission work in Costa Rica for an extended period of time. Molly describes herself as a hard working, athletic young woman who walks in the light of Jesus Christ. Her friends say she has a heart like no other. Molly enjoys the fun and inspiring atmosphere that her coworkers provide each night they work together. "It is all about having fun while

getting the job done and I think the intramural staff definitely work hard to make everyone happy. I also really enjoy the fact that I get to officiate sports while having fun. It is a great job for me to stay in tune with activities that make me happy." Molly's advice to other employees is to smile at all times! She believes keeping a positive attitude is the key to having a good night or day at work. She says, "...have fun and do it because you want to, not because you have to!" Keep up the great work Molly! You have worked hard and we can count on you to do a wonderful job.

## MEMBER OF THE MONTH



Mike Buchanan is an 11th generation Jackson County native and is married to Mid Buchanan who works in WCU's Admission Office. They have two sons, Jake and Luke, who also live in the area. Mike is retired from teaching at Southwestern Community College and working at the NCDOT. His exercise preferences include swimming in Reid Pool, riding the stationary bikes, and walking the track at the CRC. He's dedicated to his fitness and exercises five days a week both morning and afternoon. Mike's favorite hobbies include reading, baking cakes, roasting his own coffee and spending time with his wife. He says, "I started using the CRC summer of 2011 as an aid to keeping off the

weight I had previously lost over the last few years. The atmosphere and friendly staff of the CRC makes my exercise very enjoyable. The people who staff, operate, and keep the facilities clean all do a great job. I am happy that WCU has the CRC and, through the CRC facilities, promotes health and fitness with various classes, information, and exercise programs." Congratulations, Mike!

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.

# theLift

theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:  
[www.wcu.edu/25913.asp](http://www.wcu.edu/25913.asp)



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