



NICE TO MEET YOU!

Be on the lookout for short bios of our new graduate assistants throughout this edition.



Get Excited!

Well, I think *new* is the key word around here this semester! There are so many exciting things going on from a new Chancellor to new first year students & you cannot ignore the energy on campus. The same is true here at CRW! We have a new Assistant Director for Fitness & Wellness, four new graduate assistants as well as multiple new activities and classes.

We're very excited to offer an Intramural Golf League this semester! The 9-hole league will be held at the Smoky Mountain Country Club in Whittier once a week and give faculty, staff, and students the opportunity to enjoy a beautiful course for a fraction of the cost of most leagues! We're also opening up the Reid Bowling Lanes for fun evenings of bowling in a classic venue. Balls are available and you're welcome to bring your own ball and/or shoes for this free activity once a month this semester – and don't forget about our annual Bowling Tournament in October!

In addition to the fun new activities, we've also added four graduate assistants! They are full of energy & ideas to provide new programs & services to help you reach your health & wellness goals. For example, our Registered Dietitian, Elayna Roberts, is now providing nutrition services that can be purchased as part of a Personal Training package or on their own. Read more about our GA's in this newsletter. In addition, we've expanded our Health & Safety class options to include Hands-Only CPR. This free 30 minute class teaches you skills that may help you save a life!

Our regular programs are still going strong! We're looking forward to a new Group X schedule (yes, we'll still have noon classes this fall & our morning classes are back!), and will continue to offer Personal Training services, Intramural Sports activities, as well as open hours at the CRC & Reid Pool. Come see us!



MEET OUR NUTRITION SPECIALIST:

Elayna Roberts is a Registered Dietitian and Nutrition Specialist at the CRC. She is a May 2010 Graduate of WCU. She lives in Sylva with her husband and enjoys cooking, reading, & outdoor activities. She is working to complete her master's degree in Health Sciences with a concentration in Nutrition.

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September Intramural Schedule



Event/Activity	Location	Date	Day of the Week	Time
Ping Pong on the Lawn	UC Lawn	9.7.11	W	1-3pm
Disc Golf Tournament	Disc Golf Course	9.8.11	Th	5pm
Golf League*	SMCC	9.8.11-10.27.11	Th	5:30pm
Golf Accuracy	Driving Range	9.15.11	Th	5pm
Tennis Singles Tournament	WCU Tennis Complex	9.17.11	Sa	10am
Ping Pong on the Lawn	UC Lawn	9.20.11	T	1-3pm
Cornhole Doubles Tournament	UC Lawn	9.23.11	F	5pm
Flag Football League**	Camp Lab Fields, WCU Stadium	9.27.11-11.7.11	Su-Th	5pm
Ladder Golf Doubles	UC Lawn	9.29.11	Th	5pm
Madden Tournament	Cats Den	9.30.11	F	6pm

*Sign-ups will take place through imleagues.com. Registration will run August 22th – September 5th but space is limited to the first 36 players (2 person teams). The cost of the league is just \$10 for Smoky Mountain Country Club Members and \$15 for all other WCU participants (students, faculty or staff). For more information including rules, please visit our website or imleagues.com. Not able to commit to a league? Watch for more information about the IM Golf Tournament to be held Saturday, October 29th, also at Smoky Mountain Country Club in Whittier, NC.

**Sign-ups will take place through imleagues.com. Teams will need to be signed up online by 4:00pm on September 12th to be eligible to play. Managers meeting is at 5:00pm at the UC Multipurpose Room A on September 12th.

Sign up for all IM events on imleagues.com!

In addition to Intramural Sports league registration online at imleagues.com, we have added 1-day activity and tournament registration as an option as well. You still have the option to show up on site the day of the activity and register there but in order to cut down on the sign-in time the day of the event, we have added this as an option. Leagues are still required to register online and all participants must register before play-offs begin to participate.

Red Zone Campaign

On August 29th, WCU will again participate in a national campaign to increase awareness of dating violence and promote the prevention of dating violence on college campuses. The Red Flag Campaign is a flag and poster campaign that is focused on encouraging students to “say something” when they see a red flag in someone’s relationship. So, when you see hundreds of little red flags around campus, it is not for construction, it’s the first part of the campaign that is followed by posters raising awareness about violence.

The Red Flag Campaign is part of the larger Red Zone Awareness Campaign. The ‘Red Zone’ has been coined as the time period in the beginning of the fall semester when college students, particularly women, are at a greater risk for sexual assault than any other time during the school year. There are two main goals. The first is to promote healthy relationships and the second is that we do not tolerate abuse at WCU!

For more information on the warning signs of dating violence, how to help, or how to get help for a friend, visit www.TheRedFlagCampaign.org or <http://redzone.wcu.edu>



MEET OUR G.A. FOR FITNESS & WELLNESS:

Catherine Lynch spent her early childhood in the northeast and her high school and college years in the southeast. She graduated from the University of North Carolina at Charlotte last December with a Bachelor of Science in Psychology. Catherine is working towards a Masters of Health Sciences. She enjoys being active and trying new things.



MEET OUR G.A. FOR FACILITIES, STUDENT DEVELOPMENT, & SPECIAL EVENTS:

Gavin Andrews is from Knoxville, TN. After serving in the U.S. Air Force he received his bachelor’s degree in Parks and Recreation Management from East Tennessee State University. He is working toward his master’s in College Student Personnel. Gavin enjoys whitewater kayaking, disc golf, traveling, and live music.



Humans vs. Zombies is back!



Watch out for flying socks across campus beginning September 16! Participants must register by Wednesday, September 14, at wucrc.hvzsource.com & attend the meeting on Friday, September 16 at the BAC 130 (formerly FPAC).

September Events

9/16 Adult CPR/AED Certification: register in the CRC Main Office

9/21 Mind - Body Experiments: Yoga Practice, 7 pm, Studio 2

9/23 Hands-Only CPR Class: register on our website

9/27 Open Bowling: 7 pm – 10 pm, Reid Bowling Lanes

Group X & Aqua X

Fall Group X classes kicked off on Monday, August 29th. Classes include Power Pump, Yoga, Cycle, Cardio Combat, Ab Attack, Aqua X, and more! Classes are only \$10.00 for the entire semester for CRC members. All classes are included in the one-time fee. Interested members may sign up any time the CRC is open. Interested in Aqua X? Register at the CRC today! Cost is \$10/semester for CRC Members and \$25/semester for WCU faculty/staff/spouse non-members. Community members may participate as well! Please call Educational Outreach for more information: 828.227.7397. Classes start August 29th. Days/Times are Monday-Thursday, 5:30-6:15pm.

Breastfeeding Benefits

Breastfeeding is the natural way to feed a baby. Please support & encourage your sisters, wives, mothers, friends, and partners in the decision to breastfeed. Women often do not breastfeed or stop due to lack of support and access to resources.



EARLY BREAST MILK IS LIQUID GOLD

Known as liquid gold, colostrum is the thick yellow first breast milk made during pregnancy and just after birth. This milk is very rich in nutrients and antibodies to protect the baby. Although the baby only gets a small amount of colostrum at each feeding, it matches the amount his or her small stomach can hold.



BREAST MILK CHANGES AS THE BABY GROWS

Colostrum changes into what is called mature milk. Mature milk is less concentrated but still contains nutrients and antibodies to nourish and protect the baby.



BREAST MILK IS EASIER TO DIGEST

The proteins in formula are made from cow's milk or soy and it takes time for babies' stomachs to adjust to digesting them.



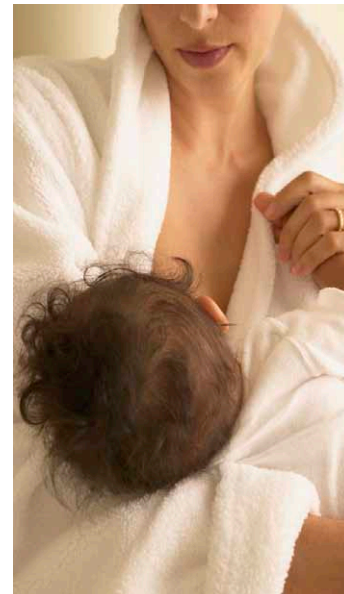
LIFE CAN BE EASIER

There are no bottles and nipples to sterilize. No buying, measuring, and mixing formula. No bottles to warm in the middle of the night.



BREASTFEEDING CAN SAVE MONEY

Formula and feeding supplies can cost well over \$1,500 each year.



BREAST MILK FIGHTS DISEASE

The cells, hormones, and antibodies in breast milk protect babies from illness. This protection is unique; formula cannot match the chemical makeup of human breast milk. Breastfeeding has also been shown to lower the risk of SIDS (sudden infant death syndrome).



BREASTFEEDING CAN BE GOOD FOR THE MOTHER'S HEALTH TOO

Breastfeeding is linked to a lower risk of these health problems in women: Type 2 diabetes, breast cancer, ovarian cancer, & postpartum depression.



MOTHERS MISS LESS WORK

Breastfeeding mothers miss fewer days from work because their infants are sick less often.



BREASTFEEDING RESOURCES:

<http://www.womenshealth.gov/breastfeeding/>
<http://www.babygooroo.com>
<http://www.llli.org> (La Leche League International)
<http://fns.usda.gov/wic/>



Labor Day Hours

Monday, September 5th
CRC 11am-7pm
Reid Pool 11am-6pm

Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. In support of the Cats, the CRC will close early on the following days.

Saturday, October 8th 9am-2pm
Saturday, October 22nd 9am-12pm
Saturday, November 5th 9am-2pm
Saturday, November 19th 9am-1pm

theLift

theLift is a publication of Campus Recreation & Wellness at WCU

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



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MEET OUR G.A. FOR INTRAMURAL & CLUB SPORTS:

Eric Farmer is from Cashiers, North Carolina and recently received his bachelor's degree in Parks, Recreation, and Tourism Management from Clemson University. He also received an associate's degree in Athletic Leadership from Clemson. He enjoys anything related to sports, but most commonly plays golf and slow-pitch softball. He also enjoys snowboarding and virtually anything that involves the outdoors.

Men's Rugby Kicks off September 10th

The Western Carolina Men's Rugby Football Club kicks off with it's first home match against the WCU Alumni on Saturday, September 10th at 1:00pm. The team has been diligently finding sponsors, playing 7's tournaments, and practicing over the summer in hopes to build a stronger base for 2011-2012. With the help of new coach, Jason Gwynn, a former WCU Men's Rugby Football Club Member and WCU Alumni, hopes are high. Come support your Men's Rugby Catamounts prior to the first home football tailgate!

Other Home Men's Rugby Matches include:

September 17 – WCU vs. Furman
October 15 – WCU vs. Guilford
November 19 – WCU vs. NGCSU

EMPLOYEE OF THE MONTH



Annie Pauley is one of our Supervisors at Campus Rec & Wellness and plays a mean game of basketball. A Nutrition and Dietetics major, she is from Boonville, North Carolina. Her plans after she graduates include getting a Dietetic Internship and then becoming a Registered Dietician. Annie loves to workout, meet new people, and in her spare time, play sports and hang out with friends. Her favorite sport to watch is, of course, basketball and if given the opportunity to travel anywhere she would choose to go to Hawaii and Italy. Suppose Annie just won the lottery..."I would like to start feeding programs both in the U.S. and in other countries." We think that sounds like a great utilization of lottery winnings! Congratulations Annie!

MEMBER OF THE MONTH



Jeff Pate is from Columbus, Georgia and is currently in his fourth year at WCU as the Baptist Campus Minister. Jeff's exercise routine includes cardio first thing in the morning and a weight lifting session after lunch. He says he's a "big fan" of the elliptical machines (we are too!) and finds his motivation to go the extra mile in the students with whom he lifts. He started lifting weights when he was 14 but cardio became his main goal only in the last couple of years. Jeff has an amazing story in that he used to weigh over 350 lbs until May 2010 when fitness and healthy eating took a prominent role in his life. "I was personally convinced that America is full of overweight ministers that don't seem to have any self-discipline and I wanted to start living what I believe in

every way. Now I'm 100 lbs lighter and still moving toward healthy goals...God is good, life is good!" Jeff has an amazing wife, three incredible boys, and a dog named Budreaux. Such an inspirational story, Jeff! Keep up the great work!

