Think Positive Thoughts

Many individuals on campus are dealing with finals, final grading, interviews, or finding summer employment. This can be a stressful time. Thinking positive is crucial during this time of year to stay healthy. It is important to use positive self talk, such as “I can” or “I will” to keep your outlook on life up during stressful situations.

Campus Recreation & Wellness can also help you think positive by helping to relieve some stress. Exercise is not just good for the body, but it is also good for the brain. Exercise helps to rid the body and brain of stress chemicals, while improving brain function. This means when you are the most stressed out is when you need to listen most to your body and take the time to fit in exercise. The CRC will be open regular spring hours through Thursday of finals week so come fit in some personal time, find some balance during this stressful time of year, and boost your endorphins to help you to keep thinking positive!

A Note About Permanent Lockers

We currently have a long waiting list for permanent lockers at the CRC. If you are not utilizing your permanent locker, please return your key to the CRC so we can issue it to another member.

Semester membership holders with a permanent locker, please renew your membership for the summer by Wednesday, May 8th or turn in your locker key prior to that date.

Lastly, we will be vacuuming and disinfecting lockers during our annual shutdown. If you are a permanent locker holder, please remove your items by the Thursday of finals week. If you choose not to remove your items, we will remove them and place them back in your locker.
Congratulations to all 2013 Valley of the Lilies Half Marathon & 5K participants!

Total Finishers:  
- Half Marathon – 147  
- 5K – 92

Half Marathon Overall Winners:  
- Male – Brian Ulrich  
- Female – Jennifer Badger

5K Overall Winners:  
- Male – Billy Simpson  
- Female – Abbey Henson

All age group and overall results can be found at halfmarathon.wcu.edu.

Summer Membership  
Faculty/Staff may purchase summer memberships beginning May 1st for $60 for the entire summer. The summer membership period runs from May 1st – August 31st. Payroll deduction is also available for $15.00 per month and is the only way to pro-rate a membership. Semester memberships are also available for life partners, spouses and dependents who meet specific criteria. For more information on semester membership pricing, visit our website at reccenter.wcu.edu.

Students who are not enrolled in summer classes but are registered for fall semester or students who are enrolled in summer classes but do not pay the associated fees to use the CRC, may purchase a membership. Student rates are as follows:

- May Minimester - $15  
- Summer Session I - $20  
- Summer Session 2 - $20  
- Full Summer Semester Membership - $55

Intramural Sports  
Thank you to everyone who came out this year to play Intramural Sports! We had a record number of teams in many sports and could not have done it without you. Have a great summer and see y’all in the fall!

Taking classes this summer? Looking for something to do? Join us in June and July for our summer intramural sports. Look for our summer calendar soon!

Club Sport of the Year  
The Women’s Volleyball Club at Western Carolina University received the Club Sport of the Year award. The team traveled to five away tournaments this year, completed 9 service projects, and raised over $2,500. The club averaged 18 members at practice during Fall 2013 and, due to rising numbers, decided to hold their first tryout at the beginning of spring semester. Congratulations to the Women’s Club Volleyball Team!

2013 Valley of the Lilies Half Marathon & 5K

Steam Plant Shutdown
No Hot Water
Due to the University’s central steam plant shutdown, the Campus Recreation Center will not have hot water for showers, etc. from Wednesday, May 29th – Friday, June 14th. We apologize for the inconvenience!

CRC Annual Shutdown
Good news! The CRC will not shutdown for an entire week this year. We have managed to reduce the shutdown down to one long weekend. The Campus Recreation Center will close for annual maintenance Friday, May 10th – Monday, May 13th. During this time, CRW will refinish the gym floor, which involves strong chemicals patrons should not inhale. For those sensitive to odors, there will still be a minor smell upon reopening on Tuesday, May 14th. Additionally, CRW staff will be completing other annual maintenance items during this time. We appreciate your understanding!

May Hours of Operation

Campus Recreation Center  
- Wednesday, May 1st-Thursday, May 9th
  - Regular Spring 2013 Hours
- Friday, May 10th-Monday, May 13th
  - Closed for Annual Shutdown
- Tuesday, May 14th-Friday, May 17th
  - 11:00am-7:00pm
- Monday, May 20th-Friday, May 24th
  - 11:00am-7:00pm
- Monday, May 27th-Friday, May 31st
  - 11:00am-7:00pm

Reid Pool  
- Wednesday, May 1st-Thursday, May 9th
  - Regular Spring 2013 Hours
- Friday, May 10th
  - 6am-8am, 9am-1pm
- Monday, May 13th & Tuesday, May 14th
  - 12:00pm-1:00pm
- Wednesday, May 15th-Friday, May 17th
  - 11:00am-1:00pm
- Monday, May 20th-Friday, May 24th
  - 11:00am-1:00pm
- Monday, May 27th & Tuesday, May 28th
  - 11:00am-1:00pm
- Wednesday, May 29th-Friday, May 31st
  - Closed due to steam plant shutdown

*Closed for Minimester Weekends & Graduation Weekends
Hydration Station

The summer months are approaching, meaning that humidity increases and the sweat will start to pour as we enjoy spending more time outside playing sports, tending the garden, sunning and potentially walking to class. To keep our hydration in check with all these new summer dehydration obstacles, increasing fluid intake is essential.

Dehydration is a condition that occurs when someone loses more fluids than he or she takes in. Dehydration isn’t as serious a problem for teens as it can be for babies or young children. But if you ignore your thirst, dehydration can slow you down.

Our bodies are about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don’t cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel quite sick.

Causes of dehydration:
- Gastrointestinal upsets/stomach bugs
- Sweat loss through activity & sports
- Intentionally – some wrestlers
- Laxatives & Diuretics

Signs of dehydration:
- Thirst
- Feeling dizzy or lightheaded
- Having a dry or sticky mouth
- Producing less urine or dark urine

Do you really need 8 glasses of water a day?

No, but you need to drink enough to satisfy your thirst and maybe a bit extra if you’re sick or going to be exercising.

Contributed by William Pertet, CRW Dietetic Intern and www.eatright.org. If you have a nutrition-related question, please email nutrition@wcu.edu.
Congratulations to the WCU Dance Team on their first Nationals appearance. The team traveled to the National Dance Alliance National Championships in Daytona Beach, FL April 10th – April 14th. The team did not make finals but said it was a great learning experience watching other teams and receiving feedback from the judges.

Congratulations to our CRW Graduating Seniors!

We thank you for your work with Campus Recreation & Wellness and wish you the best of luck in your future!

Personal Trainer: Jenny Ross, Doug Bishop (and Recreation Assistant)
Intramural Supervisors: Matt Byrum, Andrew Carroll (and Recreation Assistant)
Intramural Officials: John Robinson and Ezra Herz
CRC Supervisors: Annie Pauley, Brittany Lee, Emily Brandt, Lindsi Freeman
Graphic Designer: Tanya Johnson
Lifeguards: Casey Lamb and Lindsey Sipe
Peer Educator: Patrice Dreakford
Recreation Assistants: Stephanie Wagner, Brianna Valenti (and Office Assistant), Allyson Lohuas, Bret Moura, Somto Okoye, Dane Harris, Phil Jackson

EMPLOYEE OF THE MONTH

Kathryn Beaver has been working for Campus Recreation & Wellness for 1.5 years as a Zumba Instructor. She says her favorite part about working for CRW is providing her Zumba students a great atmosphere to workout in and seeing their smiling faces each week. If Kathryn could give a piece of advice to her fellow employees, it would be to “have fun and always keep a positive attitude.” Kathryn describes herself as happy, outgoing, and laid back. Her major is recreational therapy and she plans to work with pediatrics after she graduates. Kathryn states “one unique fact about myself is that my best friends are identical triplets.” Congratulations Kathryn. We look forward to your Zumba classes to keep people smiling next year too!

MEMBER OF THE MONTH

Christy Barker is a rising sophomore majoring in nursing and is originally from Statesville, NC. Christy hopes to be a Family Nurse Practitioner when she graduates. Christy describes herself as a “Christian with a passion for serving the Lord.” She states, “My discipleship group has taught me so much, and I make it through each day with the Lord’s guidance.” Christy also states, “I am adamant that your health is all you have in life because it is the one thing you have some control over. You cannot do anything without being healthy and it is essential that we start when we are young so we can maintain good habits.” Christy began exercising at the age of 12 when her Dad would take her to the gym with him and they would run together. She says that her favorite time to workout is earlier in the morning because it provides her with a jump start to her day and there is less competition for machines, free weights, or benches. Not to mention, there are less distractions. Christy says her favorite workout is a nice, slow run outside followed by lifting some free weights. Congratulations Christy!

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.