Celebrating Earth Day’s 45th Anniversary

Earth Day 2015 is on Wednesday, April 22nd and is the largest civic observance in the world with more than 1 billion people participating in activities each year according to the Earth Day Network. Earth Day is known for launching the current environmental stewardship movement and CRW is jumping on board.

On Wednesday, April 22nd, WCU will celebrate Earth and Wellness Day with a series of activities and vendors on the UC Lawn. Come check it out! Here are a few other ideas on how to celebrate Earth Day and promote environmental stewardship.

- Shop at a local farmer’s market
- Plant a tree or garden
- Use reusable bags when shopping
- Recycle
- Pick up litter
- Carpool or walk/ride your bike instead of driving
- Take a shorter shower
- Use a reusable water bottle or mug instead of disposable

To learn more about Earth Day, visit www.earthday.org/2015.
**Upcoming Leagues**

**Kickball**
As a new minor league this year, Kickball will offer twice as much fun! Register at least 8 players by Monday, April 6th. Play begins Wednesday, April 15th. We are offering one CoRec division.

**Events and Tournaments**

**Disc Golf Doubles**
Put our great Disc Golf course to use by signing up for the Intramural Disc Golf Doubles Tournament. Register by Thursday, April 9th. Tournament takes place at 2pm on Saturday, April 11th. We are offering a Competitive and Recreational league.

**PEAKS Sand Volleyball**
Hey first-year students, this one's only for you! Event takes place Sunday, April 19th. No registration necessary. Show up to the Village Sand Volleyball Courts with four Freshman by 4pm to play in the tournament.

Information, registration procedures, dates, policies and rules can be found at imleagues.com/wcu. All leagues and most tournaments/events require pre-registration before hand unless otherwise stated. Players must create an account and join their team through imleagues.com/wcu.

**Club Sports Across the Country**
- The WCU BassCats are ranked 6th in the country. Austin Neary is ranked 11th in the individual college standings
- Six members of the WCU Equestrian Teams qualified for the Intercollegiate Horse Show Association Region 5 Championship shows

**April Events**
- Sunday, April 12th – Men’s Lacrosse, Camp Lab Field
- Saturday, April 18th – Women’s Rugby, Camp Lab Field
- Sunday, April 19th – Women’s Lacrosse, Camp Lab Field
- Saturday, April 25th and 26th– Ultimate Frisbee Tournament, Camp Lab Field

**Upcoming Events, Trips and Service**

**Kayak Roll Clinics**
Join Base Camp Cullowhee in Reid Pool on Thursdays in April (9, 16, 23, 30) to learn how to roll a kayak. Free with a valid CatCard!

**Whitewater Kayak Clinic**
Saturday, April 11th & Sunday, April 12th
Register by Thursday, April 9th
Location: Cedar Cliff Lake & Tuckasegee River
Time: 8am-5pm
Cost: $40 WCU Student, $50 Non-Students

Learn the basics of whitewater kayaking on the lake and then take your skills to the river with the instruction of our best whitewater guides. Great for novice to intermediate paddlers. All gear, transportation, and lunch both days are included.

**Lead Climbing Clinic**
Saturday, April 11th
Register by Thursday, April 9th
Location: CRC Climbing Wall
Time: 11am-4pm
Cost: $15
We will cover the basics of lead climbing and belaying a lead climber. You will get to practice some “moc” leads as well as try out a lead fall or two. This class is for participants who are currently belay-certified at the BCC Climbing Wall.

**Tuck River Clean-Up**
Registration begins at 11:00am on the UC Lawn.
The first 500 volunteers get a free t-shirt. The Tuck River Cleanup is the nation’s largest one-day river cleanup and the UNC system’s largest volunteer effort. Join the WCU community to help clean our local landmark. 2015 marks the 31st annual event, removing 3-5 tons of garbage from 23 miles of the Tuckasegee river. Everyone is invited to attend!
Strong Bones for Special Ladies

Ladies, did you know women have acquired 98% of total bone mass by about the age of 20? The building of strong bones through nutrition and weight bearing exercise occurs mostly between childhood and adolescence, but there are things women can do now to help prevent bone problems later in life.

Osteoporosis is characterized by low bone mass, structural deterioration, and decreased bone strength. Bones become brittle and more susceptible to fractures during post-menopause years. To help prevent osteoporosis, it is important to consume adequate amounts of calcium and vitamin D. The chart at below left indicates the recommended daily amount of calcium for women of different ages. By consuming adequate amounts of calcium, women can help keep their bones stronger longer.

Vitamin D, sometimes known as calciferol, is also important in preserving bone density. Humans can get their daily allowance of vitamin D by getting 15 minutes of bright sunlight per day with arms/legs uncovered without sunscreen (sun protection is important). However, if you are not getting that amount of sunlight the chart on the right can help you determine the adequate intake of vitamin D for your age.

By getting correct amounts of vitamin D and calcium, while continuing to be involved in weight bearing exercise, it will help keep women’s bones strong and healthy.

<table>
<thead>
<tr>
<th>Female Age</th>
<th>Adequate Intake of Calcium (mg/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9 - 18 years old</td>
<td>1,300</td>
</tr>
<tr>
<td>19 - 50 years old</td>
<td>1,000</td>
</tr>
<tr>
<td>51 + years old</td>
<td>1,200</td>
</tr>
</tbody>
</table>

Vitamin D can vary depending on exposure:

<table>
<thead>
<tr>
<th>Female Age</th>
<th>Adequate Intake of Vitamin D/calciferol (µg/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Birth - 50 years old</td>
<td>5</td>
</tr>
<tr>
<td>51 - 70 years old</td>
<td>10</td>
</tr>
<tr>
<td>&gt; 70 years old</td>
<td>15</td>
</tr>
</tbody>
</table>

*1 µg of calciferol = 40 IU of vitamin D

Earth & Wellness Celebration

Join us to commemorate our annual Earth & Wellness Celebration on Earth Day, Wednesday, April 22 from 11:00am-2:00pm on the UC Lawn! The celebration includes wellness and environmental informational displays, games, local crafts, free giveaways, hula hooping, and much more! There will be a Drum Circle from Noon-1:30pm on the Lawn with Michelle Cooper from Counseling and Psychological Services.

Mind Body Experiment

KORU mindfulness

April 22 from 7:00-8:00pm in Studio 1

Many of us think that in order to start meditating, we need to be able to sit still for 45 minutes or longer every day, and we give up before we’ve really even given ourselves a chance! Join Michelle Cooper, a KORU Instructor and Counseling and Psychological Services counselor, to learn more about mindfulness practice and meditation skills specifically designed for young adults. For 10 minutes a day, KORU Mindfulness offers a unique mindfulness and meditation program designed especially for young adults and tailored to be accessible and applicable to college life. It is the ONLY program that has shown scientifically proven benefits on sleep, perceived stress, mindfulness and self-compassion. So bring an open mind and playful curiosity to the session on April 22 and discover some new strategies for managing stress!

Dance Team Tryouts

Saturday, April 25th

Tryouts: 10am-5pm
Campus Recreation Center Studio 1

Tryouts are for a commitment for the entire 2015-2016 academic year, including both football and basketball seasons. Requirements for tryout/team include:

- Leaps (both directions), switch leap, and leap in second
- Double turns (both directions)
- Triple turn
- Turns in second combination (two 8 counts)
- Toe touch and other jumps
- Choreography (learn a short dance - jazz, pom and/or hip hop)
- Timed mile run (under 9 minutes)

For more information, please contact jegraning@wcu.edu.
Easter Break

Hours of Operation

Campus Recreation Center

- Tuesday, Mar. 31: 6am-7pm
- Wednesday, Apr. 1 and Thursday, Apr. 2: 11am-7pm
- Friday, Apr. 3- Sunday, Apr. 5: CLOSED

Reid Pool

- Tuesday, Mar. 31: Closes at 6:15pm
- Wednesday, Apr. 1 - Thursday, Apr. 2: 11:00am-2:00pm
- Friday, Apr. 3- Sunday, Apr 5: CLOSED

Student Worker Recognition

CRW wants to recognize its student workers. We appreciate your understanding and support!

- Friday, April 24th
  - CRC 6am-7pm
  - Reid Pool Closes at 7pm

Health & Safety Certification

CPR/AED for Professional Rescuers and Healthcare Providers

Class meets on 4/14 from 5:00pm-7:30pm in CRC meeting room.

Register by April 10 in the CRC. Cost is $40 for members and $55 for non-members. We accept cash or check. This is a blended-learning course, which means there will be an online portion to complete before the class date.

EMPLOYEE OF THE MONTH

Ali Harris has worked for CRW for six semesters. It has become her home and she loves the upbeat atmosphere. An Elementary Education major with a concentration in Health and Wellness, she plans to teach elementary school in NC as well as teach dance and exercise classes. Her advice to fellow employees is to keep up the awesome teamwork and community that has been created. Ali describes herself as easygoing, positive and upbeat. She is a proud sister of Alpha Chi Omega, a lover of the outdoors, and a workout junkie. Last spring and summer, she lived and worked at Disney World. Come check out Ali’s new ballet barre Pilates class on the Group Exercise schedule! Thanks for all your hard work, Ali, and congratulations on being chosen Employee of the Month.

MEMBER OF THE MONTH

Levi Watson is from Lenoir, NC. A biology major, he plans to go to graduate school at East Tennessee State University. He hopes to one day be a Wildlife Biologist or Ichthyologist. He has been exercising consistently for over three years and has lost 120 lbs. and 12 inches off of his waist! Levi believes that a healthy lifestyle will increase his longevity, and he likes to work out his back and shoulders. His favorite time to come to the CRC is between 6-7am because it is less busy. Levi loves to hunt and fish and play pick-up basketball. He hopes to cut 10-20 more lbs. from his body weight by summer. Congratulations, Levi! We admire 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.