Is it cooling off yet?

Now that summer has officially started (June 21st this year), the question is, “When will it cool off?” If you’re trying to avoid the heat, the CRC is a great place to do that! Check out the July Group X Schedule as well as Open Volleyball and don’t forget about the indoor track.

If the heat doesn’t bother you, check out the Intramural Sports activities going on during the month of July. It’s a great opportunity to have some fun this summer with your friends at work!

Campus Recreation Center Holiday Hours

The Campus Recreation Center and Reid Pool will be CLOSED Saturday, July 3rd – Monday, July 5th for the Independence Day Holiday. We will reopen on Tuesday, July 6th at 6:00am. Enjoy your holiday!
Do you need to become CPR, AED, and/or First Aid Certified?

CRW CAN HELP!

**First Aid & Adult CPR/AED**
When: Wednesday, August 11th
Where: CRC
Time: 8:30am – 12:00pm & 1:00pm – 4:00pm
Cost: $45 members, $55 non-members
Register in the CRC Main Office by August 8th

We do custom group training to accommodate your health and safety needs, so if this date doesn’t work for you or you have a larger group/department that needs to be trained, let us know!

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Shauna’s Simple Summer Chicken

One of my favorite things about summer is grilling out! It makes for simple recipes, bold flavors, and delicious meals. My favorite thing to cook on the grill is chicken.

To keep it simple, marinate the chicken in Kraft Zesty Italian or Light Zesty Italian Dressing for 30 minutes or more. In my opinion the longer you marinate, the better the flavor. Then simply put the chicken on the grill at a low heat, adding a little extra marinade after you flip the chicken once. By grilling at a lower heat for a longer amount of time, you allow the chicken to cook all the way through without the charring effects.
Welcome New Full-Time Staff!

Campus Recreation & Wellness is very excited to introduce two new staff members. If you see them around campus, please give them a big Catamount welcome!

Sandy Terhune  
Coordinator for Informal Recreation & Student Development

Sandy is from Sun Prairie, Wisconsin and enjoys playing volleyball and tennis, as well as watching baseball and college basketball. She received her Bachelor's degree in Kinesiology from the University of Minnesota-Twin Cities and her Master's degree in Sports Administration from the University of Wisconsin-La Crosse. Sandy loves to travel and says she is very excited to meet everyone at Western Carolina University and to work with the staff and students of Campus Recreation & Wellness.

Spencer Sorensen  
Assistant Director for Intramural Sports

Spencer grew up in Boise, ID. He received his undergraduate degree in Physical Education at Idaho State University and his Master’s in Nutrition and Exercise Science from Oregon State University. He loves playing, watching, and talking anything sports related (particularly Boise State football). He enjoys all outdoor activities, especially disc golf. He got into Campus Rec because of the students and feels Campus Rec & Wellness is a perfect fit for him. Spencer got married during the summer of 2008 and his wife Holly and he are looking forward to the new adventure that awaits in NC.
Summer Intramurals

NO NEED TO REGISTER, JUST SHOW UP WITH YOUR CATCARD
WCU Faculty & Staff: Bring your coworkers!

**Bocce Ball Doubles** (M, W, Coed)
When: Wednesday, July 7th
Where: CRC Lawn
Time: 5:30pm

**Dodgeball** (Coed)
When: Monday, July 12th
Where: Upstairs Reid Gym
Time: 5:30pm

**3-on-3 Basketball** (M, W, Coed)
When: Wednesday, July 14th
Where: CRC Gym
Time: 5:30pm

**Cornhole Doubles** (M, W, Coed)
When: Monday, July 19th
Where: UC Lawn
Time: 5:30pm

**Wiffleball** (M, W, Coed)
When: Wednesday, July 21st
Where: Reid Main Gym
Time: 5:30pm

**4-on-4 Indoor Volleyball** (M, W, Coed)
When: Monday, July 26th
Where: CRC Gym
Time: 5:30pm

**4-on-4 Flag Football** (M, W, Coed)
When: Wednesday, July 28th
Where: Camp Lab Fields
Time: 5:30pm

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**JULY GROUP X**

The July Group X schedule runs from Tuesday, July 6th – Friday, August 6th and only costs $5 for everything on the schedule. Classes include yoga, power pump, zumba, cycle challenge, and more! Check out the schedule on the web at reccenter.wcu.edu!

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**OPEN VOLLEYBALL**

Are you looking to beat the heat? Try playing some pick-up volleyball on Wednesday and Sunday evenings from 5:00pm – 7:00pm. This is a great way to get physical and have fun with friends. See you there!
**Elements of Wellness**

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful and balanced lifestyle.

Aware means that you are by nature continuously seeking more information about how you can improve.

Choices mean that you have considered a variety of options and selected those that seem to be in your best interest.

Success is determined by you to be your personal collection of accomplishments for your life.

It is important for each individual to consider and enjoy the process. Everyone is in a different place and those differences should be celebrated and encouraged to support growth and awareness within a holistic environment.

- **Social Wellness**
  Social Wellness is the ability to establish and maintain positive relationships

- **Emotional Wellness**
  Emotional Wellness is the ability to acknowledge and express feelings in a productive manner

- **Spiritual Wellness**
  Spiritual Wellness is the ability to establish peace and harmony in our lives through the development of a value and belief system.

- **Environmental Wellness**
  Environmental Wellness is the ability to recognize your responsibility for the world’s natural and built resources.

- **Occupational Wellness**
  Occupational Wellness is the ability to receive personal fulfillment from our livelihoods while still maintaining balance

- **Intellectual Wellness**
  Intellectual Wellness is the ability to open your mind to new ideas and experiences

- **Physical Wellness**
  Physical Wellness is the ability to maintain a healthy lifestyle
Member of the Month

Terry Rikard was born and raised in Fort Wayne, Indiana. He has been the minister for the Sylva Church of Christ for two years, and a year ago he started living on campus and working in Campus Ministries. Terry started exercising in January after his weight became a major concern. He lifts weights and does cardio every day and has lost 90 pounds with his dedication. Congratulations Terry!

Employee of the Month

Foster Goudy is one of our Supervisors at the Campus Recreation Center. He is a Communications major minoring in Marketing from Lexington, North Carolina. He likes to work on his chest and triceps whenever he has the time and loves “the lift” he gets after those workouts. Foster is a high energy person and has been working out for about as long as he can remember. Foster loves working at the CRC because of the friendly atmosphere and because “it’s just fun!”.