Giving Thanks this Season

As we get ready for the upcoming holiday season, it’s a great time to give thanks for all we have. Campus Recreation & Wellness has grown in membership, facilities and staff over the past few years and we want to take time to appreciate where we came from and the people that have made it possible! In addition to our regular programs and services, we’ll be recognizing our members during our Member Appreciation Day later this month with light refreshments.

In appreciating our past we also want to celebrate current successes! CRC membership (WCU employees, spouses/partners) hit an all time high of 414 members this semester and Group X participants are at 407 with time left in the semester to get involved! The November/December Group X schedule starts November 1st and has over 20 classes each week to keep your motivation up and stress-level down for the rest of the semester.

Love what you’re experiencing at CRW? Let us know! If you have any comments (constructive too), we want to hear from you! Please complete a comment card and place it in the hallway (black box by the employee & member of the month bulletin board) of the CRC or send an email to ahfrederick@wcu.edu; we’re here to help you reach your health & wellness goals!

SAVE THE DATE!
Member Appreciation Day
November 17th, 7:00am-9:00am and 11:00am-1:00pm
Enjoy goodies in honor of YOU!
INTRAMURAL SPORTS:

SIGN-UP FOR INTRAMURAL LEAGUES ONLINE:

Go to imleagues.com/schools/WCU/registration to sign up your teams today!

Team Events

Team Handball: Sign-Ups online by November 18th at 5:00pm; play begins November 20th starting at 10:00am.

5 on 5 Basketball Tournament: Sign-Ups online by November 22nd at 4:00pm; Manager Meeting November 22nd at 5:00pm in the CRC.

<table>
<thead>
<tr>
<th>Single Day Events</th>
<th>Date/Time/Place</th>
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<tbody>
<tr>
<td>Capture the Flag</td>
<td>November 6th, 7:00pm, Cat’s Den</td>
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<tr>
<td>Arm Wrestling</td>
<td>November 11th, 5:00pm, CRC</td>
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<tr>
<td>Basketball Accuracy</td>
<td>November 16th, 5:00pm, CRC</td>
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<tr>
<td>Turkey Bowling</td>
<td>November 18th, 7:30pm, Cat’s Den</td>
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<tr>
<td>Racquetball Singles</td>
<td>December 2nd, 5:00pm, Ramsey Racquetball Courts</td>
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Do you need to become CPR certified?

Standard First Aid with Adult CPR/AED

Date: Saturday, November 20th, 2010

Where: CRC

Time: 9:00am-3:30pm

Cost: $45 members, $50 non-members, $55 community members

Register at the CRC by November 17th

The AIDS Memorial Quilt will be displayed in the Fine Art Museum from November 17th-20th. It is a memorial to those who have lost their lives to AIDS as well as a prevention tool to prevent new infections. If you are interested in learning more or would like to help with this event, visit our website at reccenter.wcu.edu.

Special Hours of Operation

Advising Day – Wednesday, November 3rd
Regular Hours of Operation

Game Day Hours - Saturday, November 13th
CRC 9:00am-2:00pm
Reid Pool 10:00am-1:00pm

Thanksgiving Break Hours
Tuesday, November 23rd
CRC 6:00am-8:00pm
Reid Pool closes at 6:15pm

Wednesday, November 24th
CRC 6:00am-2:00pm
Reid Pool 6:00am-8:00am, 11:00am-1:00pm

Thursday, November 25th – Saturday, November 27th
All Facilities Closed

Sunday, November 28th
CRC 5:00pm-9:00pm
Reid Pool 5:00pm-8:00pm

Monday, November 29th
Resume Regular Fall Hours
Disc Golf Club Hosts Campus and Intercollegiate Tournaments

On Friday, October 3rd, the WCU Disc Golf Club hosted a campus tournament for WCU students, faculty, and staff. Approximately 15 people showed up for the event and some discs from Blackrock were given away as prizes. Additionally, WCU Disc Golf hosted their annual intercollegiate tournament on Sunday, October 24th. Sixty students from 5 schools came out to participate in an 18 hole tournament. Participating schools included Montreat College, UNC-Asheville, Mars Hill, East Tennessee State University, and Western Carolina University. ETSU and WCU tied for first place with 30 points.

The Western Carolina Karate Club Hosts WNC Tournament November 6th

The WCU Karate Club is hosting a Western North Carolina Karate Tournament on Saturday, November 6th in the Campus Recreation Center. The WCU Trantham Memorial Tournament will feature regional talent, including some intercollegiate competitors. The tournament is set to begin at 9:00am and is free to all students, faculty, and staff with a valid CatCard. Outside spectators can view the tournament for only $5.00. All proceeds go to the WCU Karate Club.

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Men’s Rugby upset by Lander but set to host UNC-Charlotte on November 6th

The WCU Men’s Rugby Football Club was upset by Lander University on Sunday, October 10th in a Homecoming match-up. However, the young WCU squad is ready to take on another challenge in UNC-Charlotte on Saturday, November 6th at 2:00pm. The team appreciates the past support from the WCU community and hopes that more people will come out to the Camp Lab fields on November 6th to back the Catamounts.

Are you working hard in the gym but aren’t seeing the results you expect? 😮 //=

Ensure your progress becomes apparent by getting plenty of sleep and keeping a consistent sleep schedule, even on weekends. Muscles need time to recover and grow, plus sleep rejuvenates the body so you can maximize your effort in every workout for optimal results.
Challenge yourself and compete as an individual or form a team of friends to compete together!

2000m Row/5mi Bike/1mi Run

Wednesday, November 10th, Campus Recreation Center

Competition times vary from 6:30am-8:00pm; requests accepted for pre-registered.

FREE for all WCU Students and Staff/Faculty CRC Members!

Pre-registration available at the CRC. First 25 registered receive a FREE water bottle!

Prizes will be given to the top three competitors in each division (men/women, individual/team).

Check out the CRW website for more information! reccenter.wcu.edu

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CRW Shows Spirit During Homecoming

Our student staff participated in a variety of events during Homecoming Week. CRW students assisted in the Day of Service, built a float during the floatbuilding party, and showed spirit during the homecoming parade. Additionally, the WCU Dance Team had the opportunity to showcase their dancing talents during Spirit Night at the soccer complex and during the Homecoming Football Game vs. Samford.

Campus Recreation & Wellness also had a current and former staff member represented on the homecoming court. Congratulations to Adam Ray, a Rec Assistant during Summer 2010, and Rakim Lash, a Rec Assistant since January 2010!

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Great American Smokeout 2010

The Great American Smokeout, on November 18th, is an event on college campuses across the nation to increase awareness of tobacco-related issues as well as promote cessation services. This is chance to encourage others to quit, even if it’s just for a day, or use it to set your own quit date. Either way, Campus Recreation & Wellness wants you to take your health to the next level!
The following recipe contains a homemade, gluten-free, basting sauce. Those who may suffer from Celiac's Disease, a digestive tract disease that damages the small intestinal lining limiting nutrient absorption due to a gluten intolerance, need to avoid products containing gluten such as common sauces used for basting meats. Gluten is a protein found in wheat, rye, and barley and may also be found in many common products such as medicines, vitamins, or lip balms. There is an increasing number of products being produced that eliminate the use of gluten as an ingredient such as breads and pastas, so check with your local grocers to determine if gluten-free products are available for purchase.

Pork Ribs

Ingredients:
4 to 6 lbs. pork baby loin back ribs
1/8 tsp. salt
1/8 tsp. pepper
1/8 tsp. paprika
1/4 cup brown sugar

Directions:
About 24 hours before cooking ribs, prepare sauce. Season ribs with salt, pepper, brown sugar and paprika. To precook ribs before grilling or baking them, place the ribs, meaty sides up on a rack in a shallow roasting pan. Tightly cover with foil. Bake ribs in a 350 °F oven for 1 hour. If desired, refrigerate the precooked ribs until time to grill or bake them.

To grill ribs, in a covered grill arrange medium-hot coals around a foil drip pan. Test for medium heat by placing your hand above the pan. You should be able to hold your hand there for 4 seconds. Place ribs, meaty sides up, on the grill rack over the drip pan not over the coals. Lower grill hood. Grill about 30 minutes (allow up to 45 minutes, if ribs were chilled) or until ribs are tender, brushing occasionally with some of the sauce during the last 15 minutes of grill.

Or to bake ribs, drain fat from ribs in roasting pan. Continue baking ribs, uncovered for 30 to 45 minutes more or until tender, brushing occasionally with sauce. To serve, heat remaining sauce to serve with ribs.

Meet Calen!

Hi, my name is Calen Pangle and I am currently working as a Dietetic Intern at the Campus Rec Center. I call Franklin, NC my hometown because that is where I have lived the majority of my life, but for the first twelve years of my life I moved around to various military installations due to my father being in the Army. I spent four years of active duty and two years as a reserve in the United States Air Force. Once separating from active duty in 2006, I decided to head back to school to become a Registered Dietitian. I graduated from WCU with a B.S. in Nutrition/Dietetics in the spring of 2010 and am currently working to complete my dietetic internship at WCU. The dietetic internship consists of two semesters of supervised practice before I am eligible to sit for the Registered Dietetics Exam. In my spare time I enjoy camping, going to the gym, watching football, playing guitar, and spending time with friends, family, and sweetheart Ryan Morgan.
JAY MANALO is from Vienna, Virginia, just outside Washington D.C. He received his undergraduate degree in Computer Science from UNC-Chapel Hill, his master’s degree in School Counseling, and is currently a doctoral student in the Counseling Psychology program at The University of Georgia. Jay joined us at WCU in August when he began his clinical internship with Counseling & Psychological Services. He enjoys ending his days with a workout and his favorite is the core and stability work his personal trainer, Andrew Dodgson, has him do with the Swiss ball, medicine balls, and the Bosu. He also really enjoys the Group X classes. He says, “I’d highly recommend that anyone looking for motivation to work out consider signing up for personal training or joining Group X”. Jay started exercising regularly in high school and became more serious about weight training when he graduated from UNC-Chapel Hill and has since worked with personal trainers for about eight years. Another interesting fact about Jay is that he started whitewater kayaking about seven years ago and is now an ACA-certified whitewater kayak instructor. Congratulations, Jay! We love your enthusiasm!

EMPLOYEE OF THE MONTH

WYATT SIEBER is an Entrepreneurship major from Charlotte, North Carolina. Wyatt is one of our intramural officials and has been involved in competitive organized sports for over 15 years. He enjoys being outside usually in the afternoon or before dinner and playing everything from Ultimate Frisbee to Baseball and everything inbetween. Wyatt enjoys working at Campus Recreation & Wellness because, “The people I work with are great and the staff is even better. Everyone always has an upbeat attitude and they are always willing to help the best they can. The staff is very friendly and they go out of their way to make sure they are more than just your employer; they are your friends.”