



Congratulations to the
December 2017 WCU
Graduates!

Your Winter Superfood - Sweet Potato!

Winter is the peak season for this superfood, and one state stands alone as the leading producer and supplier – our very own North Carolina! With the various vitamins and health benefits the vegetable offers, it's wise to keep a healthy stock at all times.

Why it's a Superfood?

Vitamins A, C & D – They are packed full of them! These vitamins amp up your immune system and protect you from cold and flu viruses throughout these bitter winter months. They also help improve your skin and vision, boost your mood through the shortened sunlight, and even brighten your smile.

Fiber – This nutrient keeps you feeling full longer and improves your digestion. A medium-sized sweet potato contains about 4g of Fiber.

Antioxidants – They help fight toxins and inflammation in the body.

Storing and Preparing Sweet Potatoes

1. Keep sweet potatoes in a cool, dry place. They will keep for about a month in this condition. Do not place them in the refrigerator, as they will dry out.

2. Microwave – The quickest way to prepare a sweet potato is to microwave it. Prick it with a fork all over and then pop it in the microwave for about 8 minutes. Rotate halfway through, and let it sit for a few minutes before diving in.

3. Slice and bake – For a healthy french fry! Pre-heat the oven to 400 degrees. Cut each sweet potato into laces or discs, and place on a baking sheet. Drizzle with olive oil, and sprinkle with salt and pepper. Bake for about 30 minutes or until tender.

4. Boil – Fill a quart size pot with water and a dash of salt. Bring to a boil. Add the sweet potatoes, cover, and cook for about 10 minutes or until tender.

Is there a difference between a sweet potato and a yam?

Yes! Sweet potatoes are likely what you see more often at the grocery store and are mostly grown in the United States, while yams are grown internationally - in Africa and Southeast Asia. Sweet potatoes range from beige to orange and even purple. Yams are mostly a fleshy white color and more starchy and dry. Sweet Potatoes are, you guessed it, sweet!



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Intramural, Club Sports & More



On behalf of Intramural Sports, we would like to thank everyone for their participation and enthusiasm throughout the program this semester. We had great competition and team spirit across the board. Be sure to come watch us crown our final champions of the semester at 3v3 Basketball and Volleyball!

Intramural 3v3 Basketball Champ Night: Sunday, Dec. 3rd @ 6pm on CRC Court 1

Intramural Volleyball Champ Night: Thursday, Dec. 8th @ 7pm in the Ramsey Center

And when you return from break, keep an eye out for the following leagues and tournaments available for registration in January:



Tournaments

EVENT	REGISTER BY	LOCATION	EVENT DATE	TIME	DIVISIONS
Indoor Spikeball	1/16/18	Reid Gym	1/17/18	6 pm	Open
Basketball League	1/24/18	Reid Gym	Starts 1/29/18	5pm-11pm	M/W/CR
Dodgeball League	2/7/18	Reid Gym	Starts 2/13/18	6pm-11pm	CR
Indoor Soccer League	2/7/18	Reid Gym	Starts 2/12/18	6pm-11pm	M/W/CR

All registrations are available on www.imleagues.com/wcu or through the ReclT app.

Club Sports

Club Sports had an incredible fall semester that involved several community service projects and lots of competition travel. Thank you to every Club Sport participant and spectator for your support. We hope to see you again in Spring 2018!

Fall Club Sport Highlights (through November 15th)

- 353.5 hours of community service
- \$4,699 in fundraising
- 38 days of competition
- The Cycling Club had several first place finishes at competitions including 2 first place finishes in Women's A Downhill by Frida Roenning and 2 first place finished in Men's C Dual Slalom by Bailey Bryant. Bryant also had 1 first place finish in Men's C downhill.
- The Equestrian Club had 1 first place finish in the Advanced Walk Trot Canter Division by Leah Parrish and 6 2nd place finishes so far this year.
- Men's Club Volleyball, which just formed a club in Fall 2017, finished 3-3 in their first tournament ever.
- Several other clubs also finished with competitive fall seasons including Men's Rugby (2-1), Women's Rugby (2-1), and Women's Volleyball (7-10).

If you are interested in learning more about club sports, visit our webpage at go.wcu.edu/crw, then click on Club Sports!

Long-Term Lockers

Long-term Locker Holders – It's that time again!

If you are on payroll deduction, you do NOT need to turn in your locker key. However, the CRC staff would like you to know that your locker will be wiped down and vacuumed out on either Monday, December 18th or Wednesday, December 20th. Please try to take your belongings out of your locker for those two days.

If you are not on payroll deduction but have a long-term locker, you also have two options. The first option is to renew your membership for spring semester by Friday, December 17th. This will allow you to keep your locker key. Remember, we will still clean your locker on December 18th or 20th. The second option is to return your locker key to the main office by Friday, December 17th. If you choose the second option, you will need to place your name back on the locker waiting list when you sign up during Spring Semester.

Also, remember that individuals with long-term lockers who have not entered the CRC in the last 90 days will receive notification that they are required to turn in their locker key within 14 days. This allows CRW to keep the long-term locker waiting list to a minimum!

Group Exercise Instructor Training Course

Love It! Learn It! Lead it!

Do you regularly attend group exercise classes? Have you thought to yourself, I think it would be fun to learn how to teach a group exercise class? Here is your chance! CRW is offering a Group Exercise Instructor Training class beginning Friday, January 26th. There will be additional classes scheduled at the first session. Any subsequent sessions (workshops) will be scheduled based on the availability of the participants. The only requirement to participate is to purchase a Spring 2018 Semester Group X pass. For additional information and registration please contact Mandy Dockendorf at aldockendorf@wcu.edu or 828.227.8801

Making Better Choices When Eating Out

The restaurant business is booming and there has never been a time that has had so many restaurants to choose from, whether fast food, casual, or fine dining. Typically, most fast food chains offer cheap, convenient and low cost foods. Most sit down restaurants offer large portions of food. It is easy to get more than enough calories, regardless of where you eat out. Eating too many high calorie and high fat foods can make you feel sluggish and hinder fitness progress.

Here are some ways to make better choices while dining out:

- Skip the fries, most places allow for better substitutes like a side salad or baked potato
- Do not drink your calories; soda and alcohol can cause significant weight gain over time
- Be careful with condiments; most sauces have hidden sugars and fat
- Consider your calories with the availability of nutrition facts, A good rule of thumb is keep the entire meal around 500 calories.
- Have grilled or roasted meats instead of breaded and fried ones.
- Ask that your food not be cooked in butter, but in olive oil instead if available.
- Share a meal with a friend, relative, or significant other. It will be lighter on your stomach and your wallet!

Better options can typically be made wherever you may decide to eat. To keep making progress toward your fitness goals, you have to make sound food choices.

Provided by Anthony Walker, WCU Dietetic Intern

Finals Week Group X Classes

Classes are FREE to all CRC Members! De-stress with some fun-filled group classes!

Monday	12:15-12:45pm 5:30-6:15pm	Lower Body Blast w/Madelyn Yoga w/Mandy	Studio 2 Studio 2
Tuesday	12:10-12:50pm 5:30-6:15pm	Zumba w/Sloan Cycle Challenge w/Taylor	Studio 1 Studio 1
Wed.	12:15-12:45pm 5:30-6:15pm	Yoga w/Mandy Cardio Blast w/Allison	Studio 2 Studio 2

Special Holiday Group X Classes

If you are sticking around during the Holiday Break, we want to offer you the opportunity to stay active with Group X. Any CRC member can join us for these FREE classes!

All classes are held from 12:10-12:50pm.

Monday, December 18	Yoga	Mandy	Studio 2
Tuesday, December 19	B-Fit	Shauna	Studio 2
Wednesday, December 20	Bootcamp	Mandy	Studio 2
Monday, January 8	Power Pump	Mandy	Studio 2
Wednesday, January 10	Xpress Cycle +Abs	Mandy	Studio 1
Friday, January 12	Tabata	Shauna	Studio 2

Group Exercise

Thank you to all the participants who participated this fall semester! As a quick reminder, the last day for Group X classes for the Fall semester is Friday, December 9th. The Spring schedule will be available on Friday, January 12 and classes will begin on Tuesday, January 16. Classes are FREE to all CRC members from January 16-20, giving you as a participant, an opportunity to try out a few classes before committing to purchasing your group x pass for the semester! Beginning on Monday, January 22 you will need to have purchased your Group X pass to attend classes. Come try out the variety of classes the Group X program has in store for Spring 2018!

If you want to get a jump-start on the Spring semester, you can purchase your Group X Spring 2018 pass starting, Monday, December 4. Remember, the pass costs just \$10 to attend classes for the entire spring semester.



Cross Training Challenge

Back this Spring 2018

On January 22, the Cross Training Challenge is coming back! This program has something for everyone. Choose your own activities and complete them along with the required wellness activities to finish the challenge! By choosing the activities you would like to participate in, you have more freedom to choose activities that interest you each day/week. Once you complete 100% of your two choice categories and the wellness category you'll turn in your form for your well-earned t-shirt!

Registration forms will be available online and at the front desk of the CRC after the holidays. More details to come in January!

Winter Hiking

With the end of the semester approaching and the cold weather moving in, Base Camp wants to encourage you to try something new and head outside for some winter hiking. Below are some benefits for winter hiking.

- You burn more calories exercising in cold weather. Your body is working harder to stay warm.
- You get better cardio training in the cold temperatures, because your body is working harder to stay warm by constricting capillaries to maintain core body temperature. This helps improve cardiovascular function.
- You can avoid the winter blues by getting some vitamin D on a sunny winter day.
- Help boost your immune system by getting fresh air outside, instead of staying cooped up in a heated building all day.
- There are more views in the winter. The leaves have fallen which allows for you to notice streams, rock formations, and other unique features that were once covered by foliage. Because there is less humidity, your opportunities for stunning, long-range views increases.
- Fewer people tend to take advantage of winter hiking. If you are looking for solitude and prefer to listen to the sounds of nature, winter is the perfect time to get outside.

If you plan accordingly and consider the safety guidelines below, you may find that hiking during the cold months are preferable to you.

- Pack plenty of water and snacks. Your body burns more calories trying to maintain your core body temperature. Eating and drinking water during a winter hike will help keep you energized and warm.
- Slow down and be careful on icy or snowy terrain. Take this opportunity to slow down the pace, watch your step, and enjoy the views.
- Dress appropriately for the conditions. As you gain elevation, temperatures drop. However, try not to over dress. Physical exertion can raise your body temperature pretty quickly. Be prepared to adjust your layers with gloves, warm hats and extra layers for breaks. Try to avoid sweating too much, as this can cause you to get chilly faster.
- Check to make sure access roads and trails are open. Locally, some Forest Service access roads will close seasonally during the winter. It is also typical for the Blue Ridge Parkway and the Great Smoky Mountain National Park roadways to close due to winter weather.
- Watch out for hypothermia by staying dry, dressing appropriately, and staying energized with snacks and water.



Outdoor Guide Development Program

The Outdoor Guide Development Program (OGDP) is an outdoor leadership training program open to all WCU students, faculty and staff members offered during the Fall and Spring semesters. OGDP is an immersive program that provides a smooth transition and educational process to become a BCC Trip Leader. Certificates of completion will be given to those students participating in a formal assessment of their skills and qualifications as pursuant to best industry practice and established Base Camp Cullowhee Trip Leader and Instructor competencies.

OGDP focuses on giving students the necessary skills, knowledge and awareness to become competent outdoor instructors and guides. OGDP Foundations and Outdoor Essential Clinics are at the core of becoming a trip leader and are offered during the Fall and Spring semesters.

Becoming an outdoor leader and educator is a lifelong journey that starts with developing a core set of skills and knowledge. It is more than just being a climber, paddler or backpacker. OGDP gives you the confidence and tools necessary to pursue a life full of human powered adventure. Whether you want to become a trip leader with Base Camp Cullowhee, work for an outdoor guide service, or are just looking to refine your outdoor leader tool box, OGDP has something to offer everyone.

All students are required to complete a Candidate Data Form prior to starting the program.

Students interested in OGDP can learn more by stopping by the CRC Adventure Shop or emailing basecamp@wcu.edu.

Rock 'n' Rumble

Save the date, Saturday, February 17th, for the USA Climbing Collegiate Climbing Competition at Western Carolina University. Registration and more information to come.

A BIG Thank you!

We want to thank our graduating seniors and individuals moving on to internships for their service to Campus Recreation & Wellness. Best of luck as you move on to a new life adventure!

Annie Blackwelder
Spring 2015-Fall 2015 Recreation Assistant
Spring 2016-Fall 2017 CRC Supervisor

Steven Handy
IM Official Fall 2015 – Spring 2016
IM Supervisor Fall 2016 – Fall 2017

Morgana Shorter
Summer 2015-Spring 2017 Lifeguard
Summer 2017-Fall 2017 CRC Supervisor

Rachel Cassell
Adventure Shop Specialist
Trip Leader
Fall 2015-Fall 2017

Alex Jones
Adventure Shop Specialist
Trip Leader
Fall 2016 –Fall 2017

Teddy Strayer
IM Official Fall 2016 – Spring 2017
IM Supervisor Fall 2017

Hannah Faub
Design Assistant
June 2016 – December 2017

Mya' Lesley-Drakeford
Spring 2014-Fall 2014 Recreation Assistant
Spring 2015-Fall 2017 CRC Supervisor
Spring 2017-Fall 2017 Office Assistant

Emily van Schagen
Spring 2016-Fall 2017 Recreation Assistant
Spring 2016-Fall 2017 Lifeguard
Fall 2017 CRC Supervisor

Justin Gray
IM Official Spring 2016 – Fall 2017

Raven Mathis
Fall 2016-Spring 2017 Recreation Assistant
Summer 2017-Fall 2017 CRC Supervisor

CJ Warren
IM Official Fall 2015 – Spring 2016
IM Supervisor Fall 2016 – Fall 2017

Hunter Hamm
Trip Leader
Roll Clinic Technician
Summer 2017-Fall 2017



VALLEY OF THE LILIES 2018 HALF MARATHON & 5K

presented by



Valley of the Lilies Half Marathon and 5K is happy to announce their title sponsor, Civil Design Concepts. Thanks to Civil Design Concepts, we will be able to provide a quality race experience and give more back to WCU students for professional development and travel! More sponsor announcements to come!

Come join us for the eighth annual Valley of the Lilies Half Marathon and 5K on Saturday, April 7th, 2018. There is plenty of time to train and build a running community. Register today at runsignup.com! Registration includes a technical running t-shirt and a big finish through the WCU Cathead!

The Half Marathon begins at 8:00am, with the 5K beginning at 8:15am. Both courses experience the beauty of WCU, with the half marathon also exiting campus for a pretty run along the Tuckaseegee River.

For more information, visit halfmarathon.wcu.edu or like us on facebook at WCU Valley of the Lilies Half Marathon & 5K to get updates on all of the exciting news in the upcoming months. To register, visit runsignup.com!

Holiday Break Hours

Campus Recreation Center

Monday, Dec 18th – Friday, Dec 22nd
11am-7pm

Saturday, Dec 23rd - Monday, Jan 1st
Closed

Tuesday, Jan 2nd – Friday, Jan 5th
11am-7pm

Saturday, Jan 6th & Sunday, Jan 7th
Closed

Monday, Jan 8th – Friday, Jan 12th
11am-7pm

Saturday, Jan 13th
Closed

Sunday, Jan 14th
5pm-9pm

Monday, Jan 15th
11am-7pm

Reid Pool

Monday, Dec 18th – Monday, Jan 1st
Closed

Tuesday, Jan 2nd – Friday, Jan 5th
11am-1pm

Saturday, Jan 6th & Sunday, Jan 7th
Closed

Monday, Jan 8th – Friday, Jan 12th
11am-1pm

Saturday, Jan 13th
Closed

Sunday, Jan 14th
5pm-8pm

Monday, Jan 15th
11am-6pm

Exam Week Hours of Operation

Campus Recreation Center

Monday, December 11th – Thursday, December 14th 6am-10pm

Friday, December 15th 6am-2pm

Saturday, December 16th & Sunday, December 17th Closed

Reid Pool

Monday, December 11th – Thursday, December 14th 6am-8am, 10am-3:45pm, 5:15pm-9pm

Friday, December 15th 6am-8am, 10am-1pm

Saturday, December 16th & Sunday, December 17th Closed

EMPLOYEE OF THE MONTH

Abigail Rollins is from Hendersonville, North Carolina. She is a sophomore at Western Carolina University majoring in Forensic Anthropology with prerequisites for PA (Physician Assistant) school.

What Abigail likes most about working with Campus Recreation and Wellness is meeting new people and all the experiences working in the outdoors.

She has a passion for new adventures, but most of all her passion is climbing. She really enjoyed summiting Mt. Adam and Saint Helens while on a mountaineering expedition. That was an experience she will never forget.

Thank you Abigail, for working so hard, and congratulations on being chosen Employee of the Month!



PARTICIPANT OF THE MONTH

Hailey Truluck hails from Mooresboro, North Carolina. She is in her second year at Western Carolina University and is in her first semester as a Nursing student.

Her favorite time to work out is first thing in the morning at 6am. She loves a combination of weight lifting and strength and endurance workouts. Hailey loves exercising, being active, and playing sports. It all started in middle school, but her desire to become stronger and build muscle didn't spark until her first year of college.

Hailey believes that nutrition and exercise are two important components of promoting good health and growth. She also thinks it's important to listen to your body and be sure to rest. In her own words, "It's amazing what our bodies are capable of doing when we push ourselves physically and mentally."

Congratulations on being selected as the Participant of the Month. We enjoy seeing you regularly!



Have someone in mind for Employee or Participant of the Month?

Nominate them by filling out the appropriate form next to the bulletin board recognizing our current nominees.

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

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