



It's Renewal Time!

Stop in to renew your membership or join family swim for Summer 2016. Renewals and registrations for summer begin April 28th.



Your Summer Super Food - Watermelon!

The month of May marks the beginning of the peak season for fresh watermelon. The juicy fruit provides endless benefits for those with active lifestyles, but its tough and heavy exterior can be a daunting reason we may avoid swiping one up at the grocery store. Fear not! We are here to provide you with a full breakdown of picking, slicing, and benefitting from watermelon.

Picking a good one

1. Look at the green. Shiny is fun, but your watermelon should look dull on the outside and be a dark green.

2. Find the spot. All watermelons have a spot on which they rested on the ground while growing. The more yellow the spot, the longer the watermelon was able to sit, ripen and develop that juicy flavor you're probably looking for.

3. Pick that fruit up! - It should be heavier than it looks. The heavier it is, the juicier it is.



Cutting it up

If you're brave enough (and have the prep time) to go for the full, fresh watermelon, cutting it up can be tricky. Here are two popular options.

1. Triangles (think "4th of July, grab and go") - Cut the watermelon in half, hotdog style. Then, flip each half over so it lays flat on the surface.

Cut each half once more, hotdog style. Then begin slicing along each half into triangles.

2. Cubes - Cut a slice off each end of the watermelon. Rest the watermelon on one of the flat sides and begin cutting the rind off from top to bottom around

the fruit. You'll be left with just the watermelon, and you can slice and dice anyway you choose!

Why it's a super food

One of watermelon's greatest benefits is its power to hydrate. The fruit is over 90% water and the rest is sugar (all natural, of course). This makes it an excellent option for both pre-workout and post-workout recovery.

INSIDE THIS ISSUE

- Super Food - Watermelon
- Intramural Sports
- Club Sports
- Summer Membership
- Fun with Group X
- Steam Plant Shutdown
- Benefits of Vegetarianism
- From Base Camp Cullowhee
- Bear Safety
- Tuck River Clean Up Recap
- Congratulations Graduating Seniors
- May Hours of Operation
- Staff of the Year
- Employee of the Month
- Member of the Month

Intramural Sports

On behalf of the Intramural Sports program, we would like to thank each of our participants for your involvement in all leagues, events and tournaments during the 2016-2017 academic year. We saw some great competition and crowned several champions.



Summer Flag Football

For those students around this summer, we have a few opportunities for you to keep up your game in the next few months.

4v4 Flag Football

Registration opens May 22nd. Register an open team of 4 people by Wednesday, June 7th. Play begins Tuesday, June 13th.

4v4 Soccer

Registration opens May 22nd. Register an open team of 4 people by Wednesday, June 7th. Play begins Thursday, June 15th.

Summer Session 2 leagues

Sand Volleyball and 3v3 Basketball

Registration dates and deadlines to be announced next month!



Club Sports

Congratulations to the following winners of our Club Sport End of the Year Awards.

- Club Sport of the Year – Women’s Club Rugby
- Club Sport Officer of the Year – Madeline Haneline
- Most Improved Club Sport – Men’s Club Baseball
- Community Service Award – Equestrian Club
- Fundraiser Award – Club Cheer
- Participation Award – Ultimate Frisbee



Bass Fishing Southeastern Conference



2016-2017 was a super successful year for our Club Sports program! Our club teams participated in over 80 competitions and helped in our community with 1,079 combined service hours. One new club joined our program, Club Cheer; Cycling club had one rider, Frida Roening, who placed 1st at Nationals; and Bass Fishing members, Jason Ashe and Alex Walsh qualified for the 2018 FLW College Nationals Championship.



Thank you to all club sport participants and officers for making it a great year. We hope everyone has a great summer and come back in the fall ready to take our Club Sport Program to new heights!

To find out more about our club sport teams, please visit our club sport web page at reccenter.wcu.edu or visit imleagues.com/wcu

Summer Membership

Faculty/Staff may purchase summer memberships beginning Friday, April 28th 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. Summer semester memberships are also available for life partners, spouses and dependents who meet specific criteria.

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 1 - \$20
- Summer Session 2 - \$20
- Full Summer Student Membership - \$55

Long-Term 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 Friday, May 5th or turn in your locker key prior to that date.

Lastly, we will be vacuuming and disinfecting lockers during our annual shutdown week. If you are a permanent locker holder, please remove your items from your locker May 15th – May 19th. If you choose not to remove your items, we will remove them and place them back in your locker.

Steam Plant Shutdown

No Hot Water & Pool Closing

Due to the University's central steam plant shutdown, the Campus Recreation Center will not have hot water for showers, etc. from Sunday, May 7th - Sunday, May 28th. We apologize for the inconvenience!

Additionally, Reid Pool is closed from Sunday, May 7th – Wednesday, May 31st due to the steam plant shutdown and the need for other pool

maintenance. For other pool hours of operation, please check out reccenter.wcu.edu.

During the annual shutdown, we extensively clean the CRC, refinish the gym floors, and complete a large portion of the flooring replacement in the fitness area. The odor of the gym floor finish is the reason we need to close the building.

Benefits of vegetarianism & protein packed foods

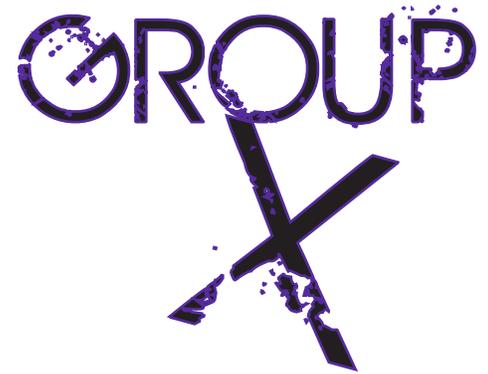
There are some great benefits for adopting a plate based diet. It may not be for everyone but even cutting back on red and processed meat can be beneficial for your health. A vegetarian diet is typically lower in saturated fat and cholesterol and high in fiber. These benefits promote a healthy heart. Vegetarians have a about 24% lower risk of dying from heart disease compared to non-vegetarians. Also, a diet high in fruits and vegetables can offer protection against cancer. Going meatless can help with weight, an Oxford study found that vegetarians tend to have lower BMIs. Regardless of your goals, cutting back on processed and red meat is a great start for helping your health.

Here is a list of high protein meatless foods that are quick and easy

- Quinoa with black beans and broccoli
- Rice and beans is a complete protein
- Ezekiel Bread
- Hummus and Pita
- Peanut butter sandwich
- Tofu and Tempeh

Provided by Anthony Walker, WCU Dietetic Intern

Fun with



Get fit and have fun with Group X

During the month of May, we want all members to experience the benefits of Group Exercise. That is why we are offering two FREE weeks of classes! All classes are held from 12:10-12:55pm. Grab your co-workers and friends to experience some free fitness fun with Group X!

*PiYo Strength with Mandy
Monday, May 15*

*Zumba with JoJo
Tuesday, May 16*

*Outdoor Yoga with Mandy
Wednesday, May 17*

*Group Walk
Thursday, May 18*

*Zumba with Sloan
Monday, May 22*

*Cycle 'n' Lift with Mandy
Tuesday, May 23*

*Yoga with Mandy
Wednesday, May 24*

*Power Pump with Mandy
Thursday, May 25*

Also, don't forget to look for the Summer Session I Group X schedule on our website and posted in the CRC. Classes will begin on Wednesday, May 31st and run through June 30. You'll need to purchase your group x pass for SSI for \$5 or for both SSI and SSII for \$10 before beginning to attend classes.

From Base Camp Cullowhee

Base Camp would like to thank everyone for another successful and fun-filled semester. Base Camp would like to give a big shout out to all of our graduating staff: Heather Peterson, Shayla Nicholson, Samantha Cook, Johnny Wallen, Caitlin Hines, and Lia Plankenhorn. Way to go graduates! We hope the next stage of your life is full of exploration and discovery. Always know you have a place at WCU.

A special thank you to Lindsay Wells, the graduate coordinator for Base Camp Cullowhee. Lindsay has worked with Base Camp for 6 years, beginning in her undergrad. Upon graduating with her Master's of Science in Human Resources, Lindsay will start a new and exciting chapter of her life as the Hiring Manager at Nantahala Outdoor Center. Congratulations on the new job Lindsay, and thank you for all of your contributions to Base Camp!

Base Camp utilizes the month of the May as time to get geared up for summer and fall programming. This May, Base Camp will host several staff trainings that include: raft guide training, canoe training, stand up paddle board training, and whitewater kayaking training. We are getting ready for an exciting summer filled with adventure. We are planning for a wet and wild time.



Tuck River Clean Up Recap

Base Camp had a total of 581 registered participants this year for Tuck River Clean Up. About one ton of trash was pulled from the river this year. Per usual, we had an impressive collection of tires. A big shout out to Trout Unlimited and WCU's Fly Fishing Club. These groups scouted out their section of river to clean up along South River Road. They managed to bring in a backhoe and dug out some tires and other large debris; That might be a Tuck Clean Up first! There were also a lot more walking volunteers than in past Tuck Clean Ups. More of the land and roadway in Webster and Dillsboro was cleaned up by walkers. A new stretch of the river was included in the clean up this year, East LaPorte to Cullowhee Dam. This section has not been cleaned in the past by Tuck Clean Up participants. Overall, we broke some new ground this year and look to continue to improve the clean up in future years.

Bear Safety

A lot of bear activity has been reported in the Panthertown Valley area. Panthertown hosts a lot of popular day hikes to waterfalls, mountain biking, and back packing. There have been several reports of black bear encounters for backpackers in Panthertown.



Here are some tips to keep the bears away.

- Bears are attracted to food. Do not feed bears. Allowing bears and other wildlife to consume human food, habituates them. Bears can lose their natural instinct to forage if they become too dependent on human food scraps. Human food can also make bears and other wildlife sick.
- Do not store food in tents. Properly store food by hanging it in a tree or in other bear proof containers.
- If hanging food, make sure the bag of food is 12 feet off the ground and six feet from the nearest tree trunk and branches.
- Clean up food or garbage around fire rings, grills, or other areas of your campsite.
- Do not leave food unattended.
- Make noise. You want to try and avoid startling bears, so if you are constantly talking or singing, bears will hear you and tend to stay away.
- If you encounter a bear, do not act aggressively, but speak in an assertive tone and make yourself look big. Slowly back away from the bear.
- In an area with known bear activity, travel in a group of four or more people.

Congratulations to our Graduating Seniors

Aaron McCollum
Fall 2014-Spring 2017
Recreation Assistant
CRC Supervisor
Personal Trainer

Aesha Goodwin
Fall 2016- Spring 2017
Recreation Assistant

Alex Brunt
Fall 2015- Spring 2017
Recreation Assistant

Bryson Shook
Fall 2016-Spring 2017
IM Official

Caitlin Hines
Spring 2014-Spring 2017
Adventure Shop Staff
Climbing Wall Supervisor
Climbing Wall Technician
Trip Instructor
Lead Guide
Route Setter

Drew Royster
Fall 2013-Spring 2017
Recreation Assistant
CRC Supervisor
IM Official
IM Supervisor

Hannah Presson
Fall 2016- Spring 2017
Recreation Assistant

Heather Peterson
Fall 2015-Spring 2017
Climbing Wall Supervisor
Climbing Wall Technician
Trip Instructor
Lead Guide

Jackson Carson
Lifeguard
Fall 2016-Spring 2017

Jake Henderson
Fall 2015-Spring 2017
IM Official
IM Supervisor

Jenny Jones
Fall 2015 - Spring 2017
Recreation Assistant
CRC Supervisor

Joe Malone
Fall 2015 - Spring 2017
IM Official
IM Supervisor

Johnny Wallen
Summer 2014-Spring 2017
Climbing Wall Supervisor
Climbing Wall Technician
Adventure Shop Staff
Trip Instructor
Roll Clinic Technician
Route Setter

Lia Plankenhorn
Spring 2014-Spring 2017
Climbing Wall Technician
Adventure Shop Staff
Trip Instructor
Teambuilding Facilitator

Lindsay Wells
Fall 2012-Spring 2015
Climbing Wall Supervisor
Trip Guide
Adventure Shop Staff
Teambuilding Facilitator

Summer 2015-Spring 2017
Graduate Coordinator

Matthew Alexander
Fall 2015-Spring 2017
Recreation Assistant
CRC Supervisor

Megan Maglione
Fall 2015-Spring 2017
Recreation Assistant
CRC Supervisor

Michael Baker
Fall 2016- Spring 2017
Recreation Assistant

Patrick Petty
Fall 2015 - Spring 2017
Recreation Assistant

Sam Cook
Summer 2015-Spring 2017
Adventure Shop Staff
Climbing Wall Technician
Trip Instructor
Lead Guide

Shayla Nicholson
Spring 2015-Spring 2017
Adventure Shop Staff
Climbing Wall Technician
Trip Instructor

Steven Keretses
Fall 2015 - Spring 2017
IM Official

Taylor Yelton
Spring 2016 - Spring 2017
Recreation Assistant

2017
Graduate

May Hours of Operation

Campus Recreation Center

*Regular May Mini-mester Hours are:
Mon-Fri: 11am-7pm
Sat & Sun: Closed

May 1st-4th Regular Spring 2017 Hours

May 5th: 6am-2pm

May 6th-7th: Closed

May 8th-16th: *May Mini-mester Hours

May 17th: 11am-2pm

May 18th-21st: Closed for Court Resurfacing

May 22-30: *May Mini-mester Hours

May 31: Summer Session I hours begin

Reid Pool

May 5th 6-8am and 10am-1pm

Closed the rest of May for pool maintenance and steam plant shutdown.

***CRC Patrons please be aware that we are closing early on Wednesday 5/17 at 2pm to start applying a new coat of oil to our basketball courts. We have had some curing issues with the resurfacing oil in previous years, thus the reason why we are closing early on that Wednesday. This will give the curing process more time to solidify so that the courts are ready for the heavy play they receive. We plan to re-open on Monday, May 22, but please be aware that you may still smell some of the resurfacing odor once we re-open. We apologize in advance for the odor!*

theLift

theLift is a publication of Campus Recreation & Wellness at WCU



Campus Recreation and Wellness

Campus Recreation Center
Cullowhee, NC 28723
828.227.7069
recenter.wcu.edu

WCU is a University of North Carolina campus and an Equal Opportunity Institution.

Staff of the Year

OVERALL CRW:
Lia Plankerhorn

PERSONAL TRAINER:
Aaron McCollum

CRC SUPERVISOR:
Matt Alexander

INTRAMURAL SUPERVISOR:
Jake Henderson

RECREATION ASSISTANT:
Emily Dobson

INTRAMURAL OFFICIAL:
Bryson Shook

LIFEGUARD:
Morgana Shorter

BCC TRIP LEADER:
Barrett Rokuskie

GROUP X INSTRUCTOR:
Taylor Broadway

BCC EMPLOYEE OF THE YEAR:
Alex Jones

May Spring Cleaning

The CRC will once again be conducting a spring cleaning during the week of May 15-19th. This will impact our hours of operation on some days and will impact the location and availability of equipment. We use this time to repair equipment, clean flooring, and conduct facility maintenance. We apologize in advance for any inconvenience, but thank you for your patience and understanding we can strive to keep the CRC in excellent condition!

EMPLOYEE OF THE MONTH

Alex Jones is originally from Roxboro, North Carolina. He is a Junior majoring in Recreational Therapy with a minor in Parks and Recreation Management. Always keep a positive attitude and your energy level high. That is the advice Alex would like to extend to his fellow co-workers. One of the things he loves most about working with the Campus Recreation and Wellness Center is partaking in the joy and enthusiasm of working in an outdoor setting with the patrons he encounters, as well as, his fellow co-workers.



MEMBER OF THE MONTH

Logan Howard hails from Winston Salem, North Carolina. He is currently ending his Sophomore year. Logan frequents the Recreation center around mid-day and his preferred area of work out is his legs. For the past 10 years Logan has been exercising. He is a MMA Fighter, who has won three world championships in kickboxing. He was also the starting kicker on our football team in 2015 and 2016 seasons. Congratulations Logan for being the chosen member of the month. We enjoy seeing you regularly!



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.