

# theLift

Western  
Carolina  
UNIVERSITY



## Balance – What's All the Buzz About?

"Balance" is becoming a "buzz" word as of late, with individuals beginning to recognize the need to maintain balance to feel good and maintain a positive outlook. So what is balance all about? Balance is about maintaining healthy levels of work or school and play, but it also has a lot of other components. Campus Recreation & Wellness recognizes the seven elements of wellness as areas to consider when you think about "balance". The seven elements of wellness include:

**Emotional Wellness** – The ability to acknowledge and express feelings in a productive manner

**Environmental Wellness** – The ability to recognize your responsibility for the world's natural and built resources

**Intellectual Wellness** – The ability to open your mind to new ideas and experiences

**Occupational Wellness** – The ability to receive personal fulfillment from our livelihoods while still maintaining balance

**Social Wellness** – The ability to establish and maintain positive relationships

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

**Physical Wellness** – The ability to maintain a healthy lifestyle

Often times when individuals get stressed out, it is because there is a lack of balance due to focusing energies too much on one element of wellness. So when things don't feel quite right this semester, help yourself identify an element of wellness where you can shift your choices or utilize your on-campus resources to bring you back into "balance". In some cases, you may be focused too much on one element of wellness that the rest of the elements of your wellness are suffering. Bring awareness to how you are feeling and address your areas of imbalance early. Doing so can aid your individual success.

Best of luck from CRW during Fall 2015! We hope you will join us on your balanced journey!

**"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity."**  
~John F. Kennedy



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# Intramural Sports

Welcome back to campus, sports fans!

Thank you to every player who participated in an intramural event or league this summer. We had some great competition and are looking forward to the next round of intramural sports this fall!

For those new to the community, Intramural Sports is a program run through CRW that offers a wide array of sport activities, which cater to virtually any member of the Western Carolina University Community. All skill levels are welcome, and all intramurals are FREE to students, faculty and staff of WCU.

Check out the upcoming events and deadlines to keep in mind for August.



The following leagues are open for registration in August.

## Flag Football League

Team registration due by August 24th.  
Divisions include Men's, Women's, CoRec.  
Play begins August 30th.

## Ultimate Frisbee League

Team registration due by August 24th.  
Divisions include Men's, Women's, CoRec.  
Play begins August 31st.

All players must have an IMLeagues account in order to play and register. Please go to [www.imleagues.com/wcu](http://www.imleagues.com/wcu)



## EVENT

- Cornhole Tournament
- Table Tennis Tournament
- Billiards Tournament
- Sand Volleyball Triples Tournament

## LOCATION

CRW Lawn  
to be determined  
to be determined  
The Village

## DATE

8/18  
8/19  
8/19  
8/21

## TIME

5:30pm  
6pm  
8pm  
4pm

## REGISTER BY

show up w/ cat card  
show up w/ cat card  
show up w/ cat card  
register by 8/19

## Club Sports

Are you interested in continuing your favorite high school sport or looking to play more consistently than Intramural Sports? Are you new to the university and want to find a way to meet fellow students who share a common interest with you? Perhaps there is a sport or recreational activity you have never participated in before, but have always wanted to explore. Whatever your circumstance may be, the WCU Club Sports program offers students an opportunity to enjoy the benefits of group, sport, and team experiences.

We offer 18 different club sports this year ranging from ballroom dance to rugby. Please visit our club sport page at [reccenter.wcu.edu](http://reccenter.wcu.edu), WCU Orgsync, or IMLeagues for information on each club.

We hope you consider joining a club sport!



# Nutrition & Wellness

## Picture-Perfect Pears

Pears are in!!! Starting this month you will be seeing pears at your local farmers markets and grocery stores. There are two main types of pears: European and Asian. The European varieties tend to be very juicy and include the Bartlett, d'Anjou, Bosc, and Comice. There are ten different Asian varieties which vary in color from yellow to yellow green and can even be brownish red. The Asian pears are crispy and more like apples than the more common European pears.

Pears are loaded with nutrients. They contain 8% of your daily fiber needs. Fiber is essential for proper gastrointestinal function and to help maintain a healthy weight. Pears have some vitamin A and vitamin C. Vitamin A (beta carotene) is an antioxidant; it helps maintain good vision and healthy mucus membranes. Vitamin C is not only an antioxidant, but also an anti-inflammatory. Pears also contain copper, iron, potassium, manganese, magnesium, B vitamins, and folates. Folate is essential for women of child bearing age to prevent neural tube defects and for everyone in regards to DNA synthesis. B vitamins help with maintaining energy levels as well as having antioxidant properties. Iron is important in building hemoglobin which is the oxygen carrying proteins in the body and is a part of many other proteins within the body. Potassium is found in cells and body fluids and is essential in controlling heart rate. Copper is used in the body to repair tissue. Manganese is important in many different chemical processes within the body. Magnesium helps with bone growth and maintenance. Pears may also help prevent or reduce fibroid tumors and other benign growths within the body. They are also low calorie with only 50 kcals for  $\frac{1}{2}$  of a pear.

Pears are grown mainly in Oregon and Washington. They are among the least allergenic of all fruits. When shopping for pears, you can test for ripeness by pressing on the neck of the fruit by the stem and smell for a sweet aroma which indicates ripeness. Pears should be stored in plastic bags in the refrigerator.

Pears can be purchased at your local farmers market or grocery store. Visit [asapconnections.org](http://asapconnections.org) for more information about local farmers and farmers markets in your area.



### Fresh Pear Salad with Asian Sesame Dressing

#### Ingredients:

2 cups shredded red cabbage  
2 cups shredded romaine lettuce  
3 Red Bartlett pears, sliced  
2 medium carrots, shredded (about 1 cup)  
1 green onion, chopped  
Asian Sesame Dressing  
2 teaspoons sesame seeds (optional), toasted

#### Preparation:

Toss together first 5 ingredients in a large bowl, and drizzle with Asian Sesame Dressing, tossing gently to coat. Sprinkle with sesame seeds, if desired. Serve immediately.



Recipe courtesy of:

<http://www.myrecipes.com/recipe/fresh-pear-salad-with-asian-sesame-dressing>

*By Krystle Thomas, WCU Dietetic Intern. If you have a nutrition-related question, e-mail [nutrition@wcu.edu](mailto:nutrition@wcu.edu)*

## Red Flag Campaign

Beginning on August 22nd, WCU will again participate in a national campaign to increase awareness of dating violence and promote the prevention of dating violence on college campuses. The Red Flag Campaign is a flag and poster campaign that is focused on encouraging students to "say something" when they see a red flag in someone's relationship. So, when you see hundreds of little red flags around campus, it is not for construction, it's the first part of the campaign that is followed by posters raising awareness about dating violence.

The Red Flag Campaign is part of the largest Red Zone Awareness Campaign. The 'Red Zone' has been coined as the time period in the beginning of the fall semester when college students, particularly women, are at a greater risk for sexual assault than any other time during the school year. There are two main goals. The first goal is to promote healthy relationships and the second goal is to make it known that we do not tolerate abuse at WCU!

For more information on the warning signs of dating violence, how to help, or how to get help for a friend, visit [www.TheRedFlagCampaign.org](http://www.TheRedFlagCampaign.org) or <http://redzone.wcu.edu>



## Group X Jam & Classes

Join us for fun, fitness, and prizes at the Group Xercise Jam on Thursday, August 20th from 5:30pm-7:00pm. The Group X Jam is a wonderful opportunity to sample many of our Group Xercise classes for free. The Jam fills up quickly, so get there early!

Group X classes will officially begin on Monday, August 24th. Reminder: The Fall Group X schedule will be held hostage until the Jam. Group X class passes are \$10.00 cash or check for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open or at the Group X Jam.

# Outdoor Programs

## Open Enrollment Trips and Clinics



**Swimming Hole Hike:** Saturday, August 22nd. There are tons of hidden swimming holes in Western North Carolina. We'll take you to a couple of our favorites, including one with an awesome rock slide into a deep pool! Bring your hiking shoes because these swimming gems are hidden out in the woods. You will also have plenty of time to relax in the cool mountain water between hikes. Plan to hike up to 4 miles total. Transportation, lunch and guides included. Time: 9am, Cost: \$15 (students), \$20 (non students). Register on-line by Thursday, August 20th at [basecamp.wcu.edu](http://basecamp.wcu.edu).

**Kayak Roll Clinic:** Thursday, August 27th. Learn an important step to one of the most popular adventure activities in Western North Carolina. Whether you want to start from scratch, just need a few pointers, or want to learn different styles of rolls, let our experienced instructors help you in the comfort of an indoor swimming pool. No experience necessary and no need to sign up in advance - just show up. No personal boats are permitted in the pool, but there will be boats of various sizes provided. Location: Reid Gym Pool, Time 7-9pm, Free.

**3-day Backpacking Trip:** September 5th-7th. Join us on a three day backpacking trip through the backcountry of Western North Carolina. We'll hike along the Art Loeb trail of Pisgah National Forest, which boasts a diverse landscape, great views, and a challenging yet fun experience. All gear and food is included. Cost: \$50 (students) \$75 (non students). Register on-line by Tuesday, September 1st at [basecamp.wcu.edu](http://basecamp.wcu.edu).



## Adventure Shop

We are excited to announce the grand opening of the new Adventure Shop in the CRC on Monday, August 17th. The Adventure Shop is located where the old equipment cage used to be, just before the basketball gym at the end of the hall. Its regular hours of operation are Monday-Friday 11am-5pm.

### Services:

**Trip registration:** Gather information or register for any Base Camp trips.

**Local adventure information:** Get advice, look at maps, and plan your own adventure.

**Outdoor equipment rental:** We have backpacks, sleeping bags, tents, canoes, kayaks, and much more. Daily, weekend, and week long rental periods available.

## Climbing Wall

The climbing wall opens on Monday, August 17th.

Open climb hours are Monday-Thursday 4-8pm, and Friday 4-7pm.

### Events at the wall:

**Wednesday 8/26: Belay Clinic:** Do you get tired of waiting for someone to belay you? Want to be able to belay your friends? Learn how to belay and earn your belay certification. 6pm, free, no pre-registration required.

**Friday 8/28: Kids Climb:** Designed for children of students, faculty and staff and their guests, kids climb is the only time participants under 17 are allowed on the wall. 5-7pm, \$5 if the parent is a member of the CRC, \$10 if not. Child must be at least 40lbs.



## Hours of Operation

### Campus Recreation Center

Saturday, Aug 1: Closed  
Sunday, Aug 2: 5pm-8pm  
Monday, Aug 3: 6am-8pm  
Tuesday, Aug 4 – Friday, Aug 7: 11am-7pm  
Saturday, Aug 8 & Sunday, Aug 9: Closed  
Monday, Aug 10 – Friday, Aug 14: 11am-2pm  
Saturday, Aug 15: 9am-4pm  
Sunday, Aug 16: Regular Fall Hours Begin

### Reid Pool

Saturday, Aug 1 – Sunday, Aug 9: Closed  
Monday, Aug 10 – Friday, Aug 14: 11am-1pm  
Saturday, Aug 15: 10am-1pm  
Sunday, Aug 16: Regular Fall Hours Begin

\*Hours are subject to change due to special events, groups, maintenance, etc. Please check [reccenter.wcu.edu](http://reccenter.wcu.edu) for up-to-date hours.

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theLift is a publication of Campus Recreation & Wellness at WCU

See all issues of theLift online:  
[wcu.edu/25913.asp](http://wcu.edu/25913.asp)



Campus Recreation  
and Wellness

Campus Recreation Center  
Cullowhee, NC 28723  
828.227.7069  
[reccenter.wcu.edu](http://reccenter.wcu.edu)

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

## Fall Membership

We are accepting memberships for faculty and staff for fall semester. Just tell our front desk that you need to join. You may sign up for payroll deduction (if eligible) or pay by semester at the CRC. If you are already a member on payroll deduction, it will continue. If you are a currently enrolled, residential, full-time or part-time student, then you are already a member! If you are a student who is only enrolled in distance education classes, you may purchase membership at the CRC on a semester basis.

## Presentations & Classes

Are you teaching a class this fall? Or maybe you're in charge of educational programming for your student or greek life organization. Let us help you educate your students or peers about health and wellness through a peer presentation, sport activity, or CRC facility tour/information. Just complete the online form (<http://www.wcu.edu/27557.asp>) at least two weeks before your requested class and we'll work out the details!



## >> EMPLOYEE OF THE MONTH

Johnny Wallen has worked for Base Camp Cullowhee since May 2014. His favorite parts of the job are all the fun trips that he guides and the opportunity to try new outdoor sports. Johnny's advice to other student employees on the job is to try to enjoy the work that you do. A Mechanical Engineering major, he hopes to be a mechanical designer when he graduates. Johnny describes himself as nice, clever, and calm. He is also adventurous and has been skydiving! CRW congratulates Johnny on being chosen Employee of the Month. Thank you for all of your hard work and dedication.



## >> MEMBER OF THE MONTH



Christian Jensen is a graduate student in Chemistry, working with Dr. Channa De Silva. He plans to pursue a PhD after finishing his master's. Christian's training focuses on strength conditioning, and his favorite exercises are squats, deadlifts, and overhead presses. He likes to work out when he has time and it is not too busy in the Campus Recreation Center. Christian has been training on and off for about twenty years. He has competed in a Strongman competition before and would like to compete again if he has another opportunity. CRW appreciates Christian's dedication and consistency. Congratulations on being chosen Member of the Month!

>> **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.