



## Dale is Retiring!

Dale Moss has been a familiar face at Western Carolina University for 20+ years, serving mainly in Reid Gym and the Campus Recreation Center. Most people know Dale as the individual who checks out equipment or locker keys. However, Dale is truly more than just a familiar face. He is the person that students, faculty, and staff have come to know for over 2 decades – a staple, a story, the man who manages the “cat cage”. Recently, Dale made the decision to take the leap into retirement. His last day with CRW is fast approaching, so we welcome the WCU community and former faculty/staff and students who know Dale to join us for a retirement reception in his honor. The reception is on Monday, September 29th from 2:00pm-3:30pm in the Campus Recreation Center. Please spread the word and join us on this special day. We also welcome individuals to e-mail a memory, a wish, or a story you have about, or for, Dale to [sage@wcu.edu](mailto:sage@wcu.edu). The cherished moments will be shown in a slideshow during the reception. Below are a few we have received to date.

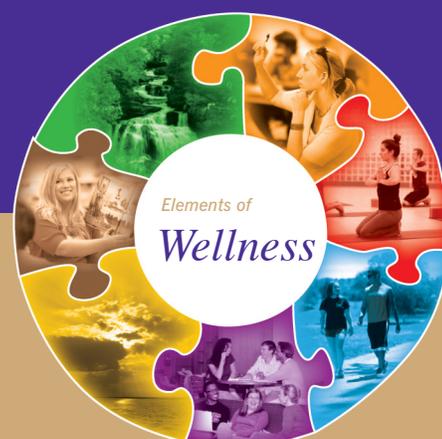
*Dale – Your dedication to WCU, commitment to the students, and ability to get to know the patrons of the CRC is admired and will truly be missed. Most people don't know how much the CRC student staff LOVE you, but we hear it every day. I've heard “this place won't be the same without Dale” time and time again since the students found out you were retiring. We wish you nothing but the best and hope you will join us as a patron in your retirement years so you continue to be a part of our lives.*

*I always love seeing Dale when I come into work, no matter how I am feeling he always makes me laugh and he is ALWAYS in a good mood!*

*I came here as a student in 1991 and I remember seeing him in the Reid Gym equipment cage. He has always had an upbeat attitude and nice words for everyone. Last year, when I came to work for CRW, he remembered me as a student. He will be greatly missed but I hope to see him here as a patron of the CRC. Congratulations Dale!*

## Gear Up for Fall!

Group Exercise and Family Swim passes for fall are on sale for \$10.



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# Intramural Sports

Intramurals has lots of fun activities going on this fall. We hope you can join in!

### Golf Tournament

We are hosting a golf doubles tournament on Saturday, September 20th. The tournament will be held at Smoky Mountain Country Club. Cost is \$29 for non-members and \$5 for members. There will be closest to the pin and longest drive competitions. Teams can choose to participate in the student and the faculty/staff division.



**Upcoming Sports Next Month**  
Battleship and Punt, Pass and Kick

See the table below for more events. Sign up for all IM events through [imleagues.com](http://imleagues.com)!

### Humans vs. Zombies

Think you can survive the zombie horde? Humans vs. Zombies will test your survival skills. The first game of the semester starts Friday,

September 26th. An HvZ game will last for a week. Players must sign-up at [hvzsource.com](http://hvzsource.com). A mandatory meeting will be held Friday, September 26th at 5:30pm in Bardo 130.

All tournaments and events require pre-registration the day before the tournament or event. This is to cut down on the sign-in and administrative time the day of the event.

EVENT	LOCATION	DAY & DATE	TIME	REGISTER BY
*PEAKS Dodgeball Disc Golf Singles Golf Doubles Innertube Water Polo	Reid Upstairs Catamount Links Smoky Mtn. Country Club Reid Pool	Sun, 9/7 Mon, 9/8 Sat, 9/20 Sun, 9/21	6pm 5:30pm Noon 1pm	Sun, 9/7 Sun, 9/7 Wed, 9/17 Wed, 9/17

\*PEAKS events are for freshmen only

# GROUP



The Group X Schedule for Fall 2014 is officially underway! The schedule offers 34 classes each week, and a few examples are: PiYo Strength, Cycle Challenge, Aqua Combo, Butts and Guts, Tabata, Yoga, Zumba, HIIT, and Ab Attack. Check out the full schedule and class offerings

at [www.reccenter.wcu.edu](http://www.reccenter.wcu.edu). Remember to get your Group X pass early to avoid arriving late to class. Group X classes are \$10.00 for the entire semester and include ALL classes on the schedule. Participants can register anytime the CRC is open.

# 5th Annual PEAKS 5K

The 5th annual Western Carolina PEAKS 5K is returning to Cullowhee and WCU on Friday, September 12, 2014 at 7:00 p.m. This is an annual Family Weekend tradition, so bring the whole family along for some fun and fitness.

Participants can register on [active.com](http://active.com) or through paper registrations available at the WCU Residential Living office. The early reg-

istration fee is \$18.00 through September 2nd. Early registration includes a t-shirt. Half of the proceeds from the race will go towards the Student Affairs Student Emergency Fund, while the other half will go towards a non-profit organization of the majority vote at the finish line. Register today for a great cause and some fun with your family!



## Fall Into a Healthy Lifestyle

As fall approaches, it is a good time to look back and reflect on the summer months. Think of all the backyard barbecues, the pool, the beach or lake, and vacations that you experienced over the summer. Many individuals are active through the summer since the weather is warm and it is pretty outside. Now summer is in the rearview and fall is approaching, bringing cooler weather. Even though summer is ending it doesn't mean you should go into hibernation. Continue to be active and eat fresh foods in the cooler months to come.



Enjoy the cool mornings and evenings with a nice relaxing walk or run. During the summer days it can be too hot for some to exercise outdoors. But with fall coming and the weather beginning to cool, this presents the perfect time to get outside.

Eat fresh fruits and vegetables, as they will soon be out of season. With summer coming to an end, so do the garden fresh vegetables and just-off-the-vine or tree fruits. However, just because the summer is ending, you don't have to miss out on fresh produce. Continue to eat

fresh even through the colder months. Fruits and vegetables are rich in vitamins, minerals, and fiber that will help you maintain good health. Enjoy the fall and winter vegetables and fruits like winter squash, pumpkin, citrus fruits and greens.

Take that last minute trip you have been holding out on. The weather is cooling down and heading to the



beach, lake, pool or going camping will soon be coming to an end, so enjoy what you love doing when the weather is warmer. Enjoying that last trip can set the tone for the upcoming cooler months to stay active and eat healthy.

Even though the summer is coming to an end and the animals are settling in for the winter by gathering food and adding fat for the winter, it is not the same for us humans. Many experience a little weight gain during the colder months. Starting and establishing healthy exercise and eating routines now can prepare you for the fall and winter months to come. Plan ahead by mapping out a diet and exercise plan before winter arrives. Get that gym membership you've been debating on, start eating healthy or continue a healthy lifestyle if you have already been doing so. Even though summer is coming to an end that doesn't mean your healthy ways should too.

*Contributed by Jasea Painter CRW Dietetic Intern*

## Mind-Body Experiment

Self-Defense  
Wednesday, September 24  
7:00pm-8:00pm

In this program, guest instructor, Aubrey Ray, will discuss safety tips and strategies for preventing sexual assault. You will also have the opportunity to practice physical defense techniques that could be used to escape a violent encounter.

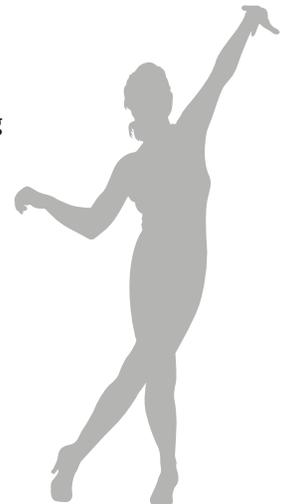


## Personal Training

Are you motivated to work out but don't know where to get started? Are you tired of the same workout? CRW has a variety of personal training package options for you to choose from depending on the level of assistance you are looking for. All of the CRC Personal Trainers are national certified and are trained and motivated to help you achieve your goals. Don't wait another minute, start working toward your fitness goals today!

## Family Weekend Zumba

The Campus Recreation Center will be offering a Zumba class during Family Weekend that will be held on Saturday, September 13 at 10:00am in Studio 1. This class is open to the entire WCU Community including family members and alumni.



## Hours of Operation

### Labor Day Hours

Mon, September 1:  
CRC 11am - 7pm  
Reid Pool 11am - 6pm

### Home Football Game Day Hours

Campus Recreation & Wellness supports the Cats by encouraging the entire WCU community to get involved in game day activities. In support of the Cats, the CRC will close early on the following Saturdays. On these days our hours will be 9am - 1pm.

Sep 6  
Sep 13  
Oct 25  
Nov 1  
Nov 15

## theLift

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)

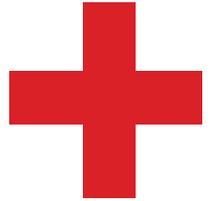


Campus Recreation  
& Wellness

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.

## Health & Safety Certification Class



Become American Red Cross certified in Adult CPR/AED and help save a life. This course requires passing a practical exam to receive certification. Register for the course by Wednesday, September 17th in the CRC. We accept cash or check.

### Adult CPR/AED

Tuesday, September 23rd  
5:30pm-7:30pm  
CRC Meeting Room

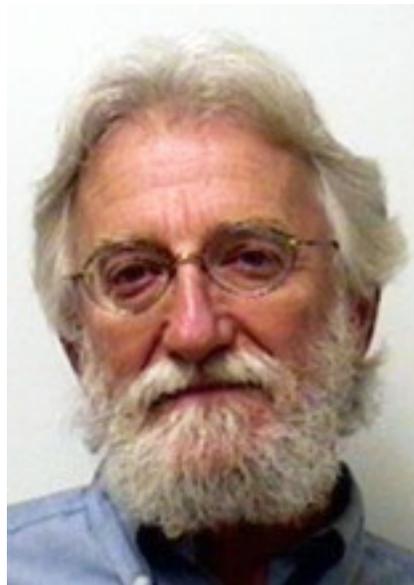


## EMPLOYEE OF THE MONTH

This is Laura Dowell's third year as a life-guard for CRW. She loves meeting new people and there is never a dull moment! She believes that customer service is key to job enjoyment. We are a community here, and if you enjoy yourself, you might brighten up someone's day. Laura is a Psychology major with minors in Special Education and Spanish. She plans to go to grad school for School Psychology. She describes herself as friendly and goofy and loves to make people laugh. Laura is excited to study abroad in Spain next summer! CRW thanks Laura for her hard work and positive attitude.



## MEMBER OF THE MONTH



Jeff Neff is originally from PA, but moved south for college. He has a B.S., M.S., and a Ph.D., all in Geography. He was hired at WCU in 1973, and stayed here until his retirement in 2012 with Professor Emeritus status. Jeff began jogging and lap-swimming at UT as a grad student. He was a "pioneer" in using Reid Pool for laps and swam 5 miles a week for over 30 years. He has been a dedicated patron of the Fitness Center since its opening in Reid many years ago. These days he uses the elliptical, recumbent, ab crunch, back push, rowing, and weights 3-5 days a week. Jeff was an original organizer and advisor of the WCU Outing Club, which eventually morphed into Base Camp Cullowhee. He participates in a variety of outdoor activities and programs. He and his wife have two grown sons. Their family motto is USE IT OR LOSE IT! Congratulations, Jeff, 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.