

The Rec Report

**A Periodic Look At The WVU Student Recreation Center
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NEW RECREATION FIELDS COMING WVU President Announces Plan

West Virginia University will enjoy the benefits of new areas for recreation and intramural play, according to a plan announced by University President James Clements.

During his 2009 State of the University address, held on October 12, President Clements announced the dedication of \$1.5 million from capital funds to improve the university's fields. Such a step should greatly enhance WVU's intramural and club sports in the future.

"This is a great day for recreational sports," said Bruce Brubaker, Director of Intramurals and Club Sports at WVU. "The students, through the Student Government Association, raised their united voices for the need for field space."

He added, "Hopefully, our wish for field turf on the St. Francis property and/or on the current intramural fields will be realized."

Students have expressed elation over the announcement. One example: Carly Teeters, a sophomore from Milwaukee, Wisconsin, who is majoring in Athletic Training and is a member of the WVU Women's Club Soccer, said: "This will help improve our team's potential by allowing us to practice on a full-length field. It will increase our chances to succeed in national competitions. I think it will also attract students to our school, especially other non-scholarship athletes who want to keep up with their athletic pursuits."



LAKE PLACID: A DREAM DESTINATION ***Outdoor Enthusiasts Heading to NY***

The Outdoor Recreation Center's trip during this year's winter break is scheduled for a "winter sports mecca". These are the words of the ORC's Director, Brett Hagerty, who is excited that this year's trip will expose the Mountaineer visitors to a new site.

The Lake Placid, New York, trip is scheduled for January 3 – 9, 2010. "This is the first year for this trip and we are hoping it is received well," Mr. Hagerty noted. "Lake Placid is a winter sports mecca and we are excited to experience the area."

Skiing and hiking are just two parts to this year's winter trip plans. "We will downhill ski at Gore Mountain and Whiteface, and cross country ski at areas near Lake Placid," Hagerty added. "We will spend one day either hiking or snowshoeing."

The group will stay at an area hostel. Hagerty added: "We will cook our food family-style but also go out to eat one night and check out the downtown area."

The cost of the trip is \$625 and includes instruction, transportation, gear, lift tickets, area passes, lodging and most meals. For more on the trip visit the following Web site: studentreccenter.wvu.edu/outdoor_rec_center/orc_trips/break_trips.

You may also call the Outdoor Recreation Center, which is located in the Student Rec Center, by dialing (304) 293-2203. They are open Monday through Friday from 10:00 am until 6:00 pm and on Saturday from 10:00 am until 5:00 pm.

"NANCY'S NUTRITIONAL NUGGET"

By Nancy Oliverio
Manager for Fitness and Wellness

Some of the most commonly desired foods have a huge effect on our brains. By stimulating our brains' pleasure center, foods such as sugar and chocolate cause us to make the connection between them and a slight euphoria, leading us to seek them out for a repeat performance. Below you will find five tips to help you "KICK YOUR CRAVINGS" in order to help you reach your fitness goals:

1. **EAT BREAKFAST** – A high-fiber morning meal will prevent hunger-induced binging later on because low-calorie fiber staves off hunger pains longer with soluble fiber (found in oats and fruit) and insoluble fiber (found in whole grains). For example, add a tablespoon of natural peanut butter (protein/healthy fat) to your whole grain bagel (fiber and complex carbohydrates).
2. **STRIP TEMPTATION** – Clean all unhealthy food from your fridge and cupboards, making sure to keep them well-stocked with healthy alternatives to your most common cravings. The best foods to have on hand register low on the glycemic index such as pears, low-fat cottage cheese, and black beans.
3. **MEAL TIME** – To make sure that hunger doesn't get the best of you, eat small meals every three to four hours. Another strategy to avoid overindulging is to remove all distractions while eating. Don't eat in front of the television and you'll keep from feeling as though you are hungry every time you watch your favorite shows.
4. **DEAR DIARY** – Tracking your eating habits by writing them down can help you to gain a better understanding of when and why you get cravings. To maximize the benefit for each entry write down the date, time of day, what you ate, how much, how hungry you were before you ate, and how satisfied you were afterward. By doing this you'll be able to assess your eating patterns, plan good habits and create less opportunity for bad habits.
5. **FALLING OFF THE WAGON** – Even if you do fall to your cravings don't sweat it; instead, figure out where you went wrong and what you can do to correct your problem. Instead of making a commitment to cut out carbohydrates and sweets, give yourself a month to switch to whole wheat bread and stop eating chocolate. But remember, it takes time (21 days), practice and persistence before your new ways become the way you live life.



A Welcome New Addition!

Congratulations to Bethanie Stiles and her husband, Spencer, on the recent birth of their first child, Henley Raycen. The young Mr. Stiles was born on Wednesday, October 7, and weighed in at 8 pounds, 3 ounces. Henley was 21 inches long at the time of his birth. Bethanie is the Child Development Program Coordinator for the Mountaineer Kids Club, which is located in the Student Recreation Center.

SRC's UPCOMING BREAKS & HOURS

We will be closed on the following days: Nov. 25 – 27, Dec. 24 – 26, Dec. 31 and Jan. 1, 2010.

We will open from 6:00 am until 8:00 pm on these dates: Nov. 20, 23, 24, Dec. 18, 21, 22, 23, 29, 30, Jan. 4, 5, 6, 7, and 8. (December 28 will see the SRC open from 8:00 am – 8:00 pm.)

The following hours will be observed on weekends: 10:00 am until 6:00 pm. Those dates are: Nov. 21, 22, 28, Dec. 19, 20, 27, Jan. 2, 3 and 9. Call us at (304) 293-7529 for details.

Also, the Aquatics Center will be closed during Thanksgiving Break for annual maintenance.

The Rec Report is a publication of the West Virginia University Student Recreation Center.

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