

University of Northern Iowa

Wellness and Recreation Services Student Employee News

Volume 1, Issue 1

February 23, 2009

Be in the Know:

- 1/2 Price Fitness classes starting March 2! As low as \$14.00 for 8 weeks. All classes open!
- WRS Scholarship applications due Friday, February 27th. Applications can be picked up in the WRC main office.
- If you have not filled out your FASFA, it is that time www.fafsa.ed.gov
- CPR/AED for the Professional Rescuer Review Classes 3/1, 4/4 and 5/2 Email certifications@uni.edu to sign up
- Intramural Badminton, Men's and Women's Singles: Tuesday, March 24, 7pm. Singles Registration is from 6pm-6:45pm WRC south gym courts. Men's and Women's Doubles: Wednesday March 25, 7:30pm Co-rec: Wednesday, March 25, 7:00pm Co-Rec and Doubles Registration is from 6:00- 6:45pm WRC south gym courts Questions? Contact the IM Office, WRC 161, 273-7262

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Why UNI Outdoors?

Why take a UNI Outdoors adventure trip? Why not take a UNI Outdoors adventure trip?

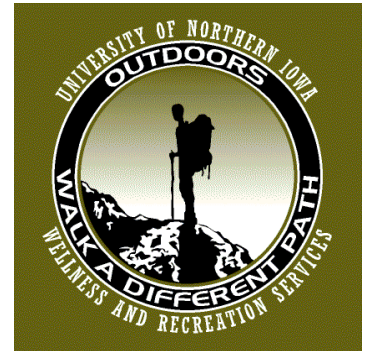
Grand adventures await those who are willing to "walk a different path." By heading out on a trip with UNI Outdoors, be prepared for several things to occur. You are likely to fall in love with different parts of the country / world and see sights you never thought you could. Imagine hiking down into the Grand Canyon or next to Lake Superior. How about cross country skiing through a wooded forest or canoeing down a scenic river and seeing moose? Or eating Thanksgiving dinner in the bottom of the Grand Canyon? How about scuba diving in the Bahamas' or rock climbing in the great outdoors? What about being on the door step of the world's highest peak, Mt. Everest! Through UNI Outdoors you can do all of this and more! In addition, you are guaranteed to meet new friends and learn new skills. When participating in a UNI Outdoors outing, we are not going to test you or reward you with class credit. We will, however, promise you a fun time and an educational experience that you will carry with you the rest of your life. We work as a team to make sure a safe, rewarding, environmentally sound experience is had by all. There is no better time then when you are in college to step outside your comfort zone. Don't let these opportunities pass you by, as the "real world" lurks around the corner.

Before each adventure, we will have a pre-trip meeting to discuss the trip, meet your new friends and check out your gear. Although we market mainly to students, faculty and staff at UNI, guests are also welcome. Please check out our website at www.uni.edu/wellrec/outdoor_recreation/index.html or stop by the UNI Outdoors Office (174 WRC) to get information regarding our upcoming adventures.

What are you doing spring break? If you would like to walk a different path this spring break join UNI Outdoors as we head to Georgia for a multi-sport adventure!

Location: Okefenokee Swamp, Cumberland National Seashore, & Appalachian Trail, GA
Date: Mar. 13-22
Pre-Trip Meeting: Mar. 3 @ 6PM
Cost: Student \$500, University \$525, Guest \$575

Swamp Thing will make your heart sing! Spend two nights and



three days paddling through Georgia's famous Okefenokee Swamp. Experience the thrill of paddling with crocodiles and navigating through cypress forests. Join UNI Outdoors as we explore this wildlife majesty! After we exit our watery wilderness, we will head to the beautiful Georgia coast to Cumberland National Seashore. Spend your day hiking the green trails of Cumberland Island and your evening relaxing around a campfire next to the Atlantic Ocean as we drift to sleep to the sounds of the surf. To end our adventure we will be camping on the door step of the Appalachian Trail, before embarking on a 9 mile day hike to the southern terminus of the Appalachian Trail, Springer Mountain.

No experience is necessary.

Be in the Know (continued):

- 2009 Intramural Hot Shot, Free Throw & Three Point Contest Open to men and women - singles, doubles, co-rec All participants must sign up with a partner Registration 7:00-9:30pm Wednesday-Thursday, February 26-27, South courts WRC Questions? Call 273-7262 *This years Men's and Women's IM 3 point champion gets to represent UNI (must still be a UNI student) in the 2010 3-point state championship at a University of Iowa basketball game halftime show.*
- Green Building Upgrades: Lessons from the University of Oregon Tuesday, February 24 at 8:00pm in Lang Auditorium Presentation on making recreation facilities more sustainable and energy efficient. Solar electric, solar hot water equipment installations as well as new technology to capture the energy of exercise machines and in the presentation.

A Sweet Lesson in Humanity



Years ago, a 10-year-old boy approached the counter of a soda shop and climbed on to a stool. "What does an ice cream sundae cost?" he asked the waitress. "Fifty cents," she answered.

The youngster reached deep in his pockets and pulled out an assortment of change, counting it carefully as the waitress grew impatient. She had "bigger" customers to wait on.

"Well, how much would just *plain* ice cream be?" the boy asked. The waitress responded with noticeable irritation in her voice, "Thirty-five cents."

Again, the boy slowly counted his money. "May I have some plain ice cream in a dish then, please?" He gave the waitress the correct amount, and she brought him the ice cream.

Later, the waitress returned to clear the boy's dish and when she picked it up, she felt a lump in her throat. There on the counter the boy had left two nickels and five pennies. She realized that he had had enough money for the sundae, but sacrificed it so that he could leave her a tip.

The moral: *Before passing judgment, first treat others with courtesy, dignity, and respect.*

Adapted from *A Lifetime of Success* by Pat Williams & Fleming H. Revell;
Featured in *Bits and Pieces Sample Issue*

"You can discover more about a person in an hour of play than in a year of conversation." *Plato* (source: <http://thinkexist.com/>)

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Finding Balance Jake Reed, WRS Lifeguard

When entering college I remember thinking my first few years were going to be the hard part with difficult classes being the norm and the last year, just filler. Now that time is here I realize I was completely wrong. Classes are technically filler, my major coursework is completed and I am working to my required 120 hours, but life hasn't gotten easier, the opposite has occurred. Grad school prep classes, being the president of the club rugby team, work, and research take up most of my time. Finding the balance between them is not easy but I think I have it controlled by time management.

In order to keep from going crazy and having a mental breakdown I needed to stray away from the path of procrastination. I did this by managing my schedule. One thing I have found helpful, is waking up early to work. Working the 6:00am to 7:50am lifeguarding shift isn't the most exciting thing to wake up for in the morning, though I have found that I do my best work during the three hour span from 8:00am to my first class. This organization in the morning

transfers into the afternoon where I either have class, free time, or research and once that time has passed I either work on homework, research, rugby, or relax.

After learning some important life lessons growing up on work and "play" I to now know that play is just as important as work. Play is doing something you enjoy. For me it is either weightlifting, hanging out with my friends or girlfriend, rugby practice, or certain school work. I always make sure to incorporate this into my day no matter how busy I may be. If I have an hour in between activities I will not spend it on work, that amount of time is too short for me and I just spend it relaxing. Taking those little breaks where I can, and enjoying them, makes me feel a lot less stressed about other aspects in life. Staying sane in a crazy world can be as simple as managing time and enjoying the breaks wherever they occur.



FYI...



WRS Applications Available 3/2/09 for student employment Fall 2009/Spring 2010. Applications can be found on our website www.uni.edu/wellrec/student_employment/index.html or individuals may stop in the main office to pick one up. Encourage everyone interested in working at the WRC to apply!

Instructors Wanted Yoga instructor training March 28 and March 29th. Learn to teach yoga and indoor cycling for the Fitness and Leisure program. Great job. Looks great on a resume. Indoor Cycling Instructor Training, April 11th. For more information contact Dana Foster at 273-5859 or WRC room 175.

Intramural Tennis & Racquetball Doubles (Open to men and women) Pool play with single elimination championship Registration: Monday-Wednesday, March 2-4, Intramural Office, WRC 161 Play begins Monday, March 9, 2009

Blood Chemistry Profile Screenings: Feb. 25 and April 15 from 7AM-8:30AM; WRC Main Corridor. Call 3-6119 or stop by WRC 104 to schedule. Cost is \$20.

Murder Mystery: Email Deedra.Dahlager@uni.edu to learn more and to participate. Clue pick-up begins the week of March 1 and concludes the week of April 19.

"Beyond, 'But we were both drinking!' The ethics and erotics of sexual consent." Wednesday, March 4, 2009. Lang Hall Auditorium @ 9:00pm. Engaging... New Perspectives... A message you don't want to miss! Please visit www.uni.edu/violenceservices and click on the logo for more information.