

## **Campus Life Taskforce**

**Minutes – 1/09/07 2:30 p.m.**

The Campus Life Taskforce met on Tuesday, January 9th at 2:30 p.m. in the gym. Those present were Cindy Martin, Terry McEntire, Tina Porter, Kimberly Snyder, Lisa Bridges, Brett Watson, Susan Foster, Hilda Moore, David Libera, Elizabeth Barrows and Mike Gavin (visitor).

Cindy Martin thanked Terry McEntire for taking care of the campus employee birthday list email notification. Terry provided information on a wellness screening opportunity that will take place at Calvary Baptist Church in Rutherfordton on January 24<sup>th</sup>. He will send out a reminder of the event by email and post it around campus.

Kimberly Snyder distributed a flyer detailing the smoking cessation program that will be presented on January 22, 2007 at 2:30 in room 125 of the Administration Building. At the meeting it will be determined if there is enough interest to provide the program here on campus. Kimberly asked the committee to encourage students to come. Mike Gavin will put an announcement in the newspaper regarding the meeting.

Cindy Martin distributed pedometers to the committee members who were present and asked that they use them during the next two weeks and report back on their effectiveness. It is proposed that these pedometers be available for faculty and staff to check out to promote exercise.

Employees have expressed interest in providing a *Weight Watchers* program here on campus. After discussing several options, the committee decided to promote a 12 week plan which costs \$144 per person (two payment plan available). Cindy Martin will send out an email to identify those individuals who would commit to either a Wednesday or Thursday meeting between 7:00 and 8:00 a.m. There must be at least 15 people committed to the program in order to offer it on campus.

Mike Gavin reported on the upcoming *March of Dimes, WalkAmerica* that will be held at Isothermal Community College on April 21, 2007 beginning at 10:00 a.m. The committee decided to sponsor a team. It was suggested that teams be organized by department, club and/or class to offer challenges to promote more interest. Susan Foster offered to be one of the two team leaders and do the paperwork. It was suggested that Stephen Matheny be asked to be the second. Mike Gavin will find out about t-shirt options.

The remainder of the meeting was spent planning the “Fun and Wellness Day” that is scheduled for January 23<sup>rd</sup> from 11:00 to 1:00 in the gym. It was decided to provide health/nutrition/exercise information, an activity interest survey, and the following activities: 4-square games, badminton, basketball, learn how to juggle, hula hoops, parachute play and walking. Those who complete a survey will be entered in a drawing for a pedometer. Lisa Bridges will work with Mike Gavin on a flyer to promote the event.

The flyer will be sent to all committee members for printing, posting and class distribution.

The next meeting of the committee was set for Wednesday, February 7th at 2:30 in the Administration Building to finalize plans for the *March of Dimes* event and to plan the February 20<sup>th</sup> "Fun and Wellness Day." The meeting adjourned at 3:30 p.m.