

Campus Life Taskforce

Minutes – 2/07/07 2:30 p.m.

The Campus Life Taskforce met on Wednesday, February 7th at 2:30 p.m. in the Administration Building, Room 210. Those present were Cindy Martin, Terry McEntire, Tina Porter, Kimberly Snyder, Lisa Bridges, Brett Watson, Susan Foster, Hilda Moore, David Libera, Engle Troxler, Carol Lattimore and Stephen Matheny.

Kimberly Snyder reported there were 13 participants at the recent smoking cessation presentation. Cindy Martin reported there were 7 people who responded to the Weight Watchers announcement. Only four of those were interested in the time that was advertised. The committee decided to table both efforts for the time being.

Stephen Matheny suggested that the “Blue Points” program from NC Health Smart program be presented at a workshop for fall convocation. The committee decided to give this suggestion to the Professional Development for Faculty and Staff Taskforces.

Taskforce members returned the pedometers they were asked to test. The consensus was that they did not work very well for some people. It was suggested that the vendor be contacted to see if they could be returned. It was decided that the pedometers be made available for check-out by faculty and staff.

Brett Watson reported there were seven fitness surveys completed. Waking and nutrition got the most responses. There was also some interest in weight training and yoga. There was no consensus as to what times activities should be offered.

Approximately seventy-five people came to the “Fun to be Fit Fair.” The majority of participants were students from the REaCH program and Terry McEntire’s class. Very few faculty and/or staff members came who were not a member of the committee. “Four Square” was very popular at the event.

Susan Foster reported that she will be attending a March of Dimes meeting next Tuesday along with Stephen Matheny and Mike Gavin. She will provide details to the committee regarding fund raising at the next meeting. Susan suggested there be one person in each building to promote the effort and raise a team. Persons raising \$150 or more are eligible for a t-shirt. It was suggested that students be recruited to join in the event. Stephen said he would talk to Amy Penson regarding the involvement of clubs in fund raising. More information should be available by the next meeting.

The committee decided to promote a “Healthy Cooking” lunch for faculty and staff in the Continuing Education kitchen. The date chosen was April 5th. The Maple room was reserved from 9 a.m. to 3 p.m. Serving would be between 12:30 and 1:30 p.m. or until the food runs out. Stephen Matheny suggested that employee funds be used to purchase the food and committee members could cook the meal. Carol Lattimore suggested that printed recipes could be provided for each dish. Committee members were asked to bring recipes they would like to cook to the next meeting.

The next meeting of the committee was set for Wednesday, March 7th at 2:30 in the Administration Building. The meeting adjourned at 3:30 p.m.