Tips to Staying Active during the Winter Months

Physical activity tends to drop significantly during the winter months. With freezing temperatures fast approaching, it is important for us to plan how to stay active the next six months. The following tips can help all of us avoid those extra pounds we tend to gain over the cold season.

1. Warm-Up. Proper warm-up is critical prior to any type of exercise. The cold temperatures have a double whammy – muscles are more likely to tighten from tension from the cold – as a result you are at a higher risk of injuries.

2. Dress in Layers. The best way to keep your body warm is to dress in layers. The layer closest to you should allow moisture to be wicked out, while the outer layers should resist wind and rain.

3. Monitor your Intensity. Use a heart rate monitor or the Rated of Perceived Exertion method to confirm you are working within your target heart zone. Do not resort to exercising in prevail. During the winter months, you lose much of your water through evaporation and breathing; sweating simply adds to the depletion of your body’s water needs.

4. Remain Dressed. Although, generally, the first action is to remove your clothing upon entering the indoors, it is advised that you remain clothed. The abrupt loss of heat (by the body) could lead to post exercise hypothermia.

5. Stay Hydrated. Although you will not feel thirsty (as you do during the summer) during the winter months, it is imperative that you consume adequate amounts of water while exercising during the winter.

6. Reflect. With less daylight, it may not be as convenient to find time to exercise before or after work. However, if this is the best time for you, make sure you wear reflective attire (reflective shoes, light-colored clothing, etc.).

7. Choose an Indoor Site. If you are not excited about exercising outside during the winter months, join a health club, create a home gym, or utilize the local mall. In fact, if you have stairs in your home, it is a convenient way to exercise. However, if the mall is free, usually those same calories are burnt.

8. Swimming Pool. What a great alternative! Not only would swimming keep you active, but utilizing the pool in creative ways would most likely keep you interested (jogging, water aerobics, etc.).

9. Videos. Go to your local library, book store, or fitness facility and check-out, rent or purchase exercise videos. Great opportunity for working out at home!

SECC 2006
Campaign Update
Neighbors Helping Neighbors: Real People, Real Stories

Our SECC dollars at work for the common good

Appalachian’s Combined Campaign, with the theme, “Neighbors Helping Neighbors – in the High Country and Beyond”, set a goal of $131,500 for 2006. After a final accounting of contributions from employees and retirees, our grand total stands at $140,706.24! Of that amount, $104,876.24 has been designated to fifteen agencies right here in the High Country, including Hunger Coalition, OASIS, Watauga Humane Society, Hospitality House, Watauga Education Foundation, Samaritan’s Purse, W.A.M.Y. and High Country United Way.

SECC Campaign Update

Announcements

SECC 2006

Martha and her family live on a farm in Bethel on George’s Gap Road. While they don’t “farm” they do have cows and a dog. Their dog Dusty, a yellow lab, is the family pet. Her family is her husband of 33 years Gary, 3 sons Matthew, Mitchell and Aaron, her mother-in-law Rosalie Townsend and 2 brothers. The family is 6 months old, Molly, first and only grandchild. Martha feels the university needs to improve Food Service salaries and benefits for workers, especially those who work nights and weekends. She wants to spend weekends helping others. She attends Willow Valley Baptist Church in Vilas where she participates in a Charitable Food program, taking food to people in need. She likes working at the University because it’s a secure place to work and in her job they make a lot of people smile. Martha feels she is a great area for the Bake Shop because it’s a really good place to work, with great coworkers.

Her hobbies include reading, cooking, crafts, gardening and helping others. She attends Willow Valley Baptist Church in Vilas where she participates in a Charitable Food program, taking food to people in need. She likes working at the University because it’s a secure place to work and in her job they make a lot of people smile. Martha feels she is a great area for the Bake Shop because it’s a really good place to work, with great coworkers.

When you attend a function on campus and eat wonderful pastries and brownies, do you think about the person who may have made them? Well, our Staff Profile this month is one of those people: Meet Martha McGinnis...

There are 11 full time people who work in this department located on the first floor of Wellborn Hall. Supervisor of the Bake Shop is Erene Tester. The other employees who make up this wonderful group are of course Martha, Mary McQueen, Baker II; Greg Cook, Baker I; Dawn Muirhead, Baker I; Judy Sluder, Baker I; Teresa Herman, Baker I; Mary White, Baker I; Sarah Wallace, FSA; Tina Coffey, FSA and Rebecca Lunsford, FSA.

January/February 2007

Martha has been employed full time for 21 years, all of them in the Bake Shop. She also worked 1½ years as a temporary employee prior to becoming full time. Her job as a Baker II involves baking for the Cafeteria, Food Court, Park Place, Cascades, McAlister’s and the Pizzeria. The Bake Shop also bakes for events the Chancellor hosts as well as events for the App House, Brynoli Inn and the Athletics. The Bake Shop is a division of Business Affairs and their primary job is you guessed it baking for any area or function on campus.

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Fundraising Events

A Successful 26th Children’s Shopping Spree
(formerly Give A Child A Christmas)

On behalf of Staff Council and the Children’s Shopping Spree committee, we wish to thank everyone for helping to make the shopping day for 85 Watauga County children a successful one. The thanks to the campus community are many.

- To contributors who contributed funds to help us reach our goal of $12,000
- We took an extra child this year!
- To volunteers who drove children from the school campus.
- To volunteers who shopped one on one with each child - One or two taking an extra.
- To all Food Service, Broyles Inn & Conference Center, and Student Union personnel.
- To Business Affairs and the Chancellor’s Office for sponsoring the children’s breakfast and lunch.
- To Motor Pool and Parking for working with us prior to snow to cancel operations.
- The businesses and individuals in the community who contributed.

Thanks, also, to the following for their help in the preparation of this event:

<table>
<thead>
<tr>
<th>Committee Members</th>
<th>Meagan Honaker</th>
<th>Carol Querry</th>
<th>Sherri Wilson</th>
<th>Kathy Pierce</th>
<th>Jackie Robinson</th>
<th>Jessie Guelzow</th>
<th>Casey Everhart</th>
<th>Vanessa Watts</th>
<th>ASU Food Service Employees</th>
<th>ASU Bookstore</th>
<th>The Broyles Inn</th>
<th>State Employees Credit Union</th>
<th>ASU Student Union Employees</th>
<th>ASU’s Students of People Fighting Poverty</th>
</tr>
</thead>
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5th Annual Give a Child a Coat Program a Success

Staff Council thanks you for participating in the 5th annual Give a Child a Coat program. This year we collected and delivered 295 coats to A Cleaner World where they were cleaned and mended. The coats were donated to the Salvation Army for those children who would otherwise have not had a warm coat.

Many thanks to all those who collected coats this year: Judy Cerceghino (Family & Consumer Sciences), Kay Clark (Foreign Language), David Cook (Equity Office), Kendra Duncan (Advancement), Peggy Eller (Child Development Center), Tinie Furman (ASU Bookstore), Sall GillJohnson (Cultural Affairs), Gail Hampton (Ritch College of Education), B.B. Huffman (Watauga College), Sue Hide (Belk Library & Information Commons), Denise Marsh (Health Promotions), Tina Parlier (Center for Student Involvement & Leadership), Regina Parnell (Curriculum & Instruction), Janice Smith (Housing & Residence Life), and Cathy Ziegler (Institutional Research, Assessment & Planning).

Martin Luther King Challenge

When it began, this day of service was something unique to Appalachian and started as a result of seeing needs that could be met by faculty, staff and students donating their time. The MLK Challenge consists of 15 different service challenges. All projects are assigned as goals for the day to be completed by 5 pm. Though it sounds exhausting to spend your day off as a “day on”, it is actually quite refreshing.

Barbeque Meatballs

- **Meatballs:**
  - 1/2 tsp liquid smoke
  - 3 lbs ground beef
  - 1/4 c. chopped onion
  - 1 c. evaporated milk
  - 1 c. brown sugar
  - 1 c. oatmeal
  - 1/2 tsp. garlic powder
  - 1/2 c. saltine cracker crumbs
  - 1/2 c. chopped onion
  - 2 tsp. salt
  - 1/2 tsp. pepper
  - 2 tsp. chili powder
  - 2 eggs
  - 1/2 tsp garlic powder
  - Sauce:
    - 2 c. ketchup

Make this ahead for your Super Bowl Party!