



Welcome to the Healthy Carolina Wellness Community

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Where will you live next year?

It might seem very early in the year to be thinking about where you'll live for the 2010-2011 school year, but it's not! University Housing opens registration for on-campus housing up for returning students on January 5th. That means that now is a great time to start thinking about who you'd like to room with, what you value in your residence hall (location, amenities,

access to a parking lot, etc.). The Healthy Carolina Wellness Community will also be accepting applications for spaces for next year. The priority deadline to apply for Living Learning Communities is February 1st. If you want to stay in Columbia Hall and be a part of the community again, please keep that date in mind. Many of

you may want to stay together with the great friends you've made and we would love to have you again. We also welcome any ideas and suggestions for things we might do next year in terms of programming or events. You all are experts in what you would value most.

Yours in good health,

Ali Hoffman
Healthy Carolina
Graduate Assistant

Have an active holiday season!

Upcoming Events:

- Housing Registration Opens: January 5th, 2010
- Priority Deadline for LLCs: February 1st, 2010

Numerous studies have indicated that the average American adult gains between 1 and 6 pounds between Thanksgiving and New Years! Staying active this holiday season can help you avoid packing on extra pounds while you enjoy the holiday foods we all love. Here are some tips for an active winter break:

- 1) Many fitness centers offer free 7-14 day trial memberships. You're only home a few weeks and lack access to a gym, but could take

- 2) Don't catch up with old friends over food! Catch up with physical activity. Consider meeting friends for a walk or hike.
- 3) Surrounded by family for the holidays? Are there enough people to pick up a game of soccer or flag football after Christmas dinner? Great!
- 4) Stick to a regular fitness routine. Find an exercise partner with similar interests and check in with each other over the

advantage of a free pass to get access to a gym for a few weeks!

holidays to make sure you are staying on track. Working out with a partner can be more effective than going it alone.

Staying active will keep you motivated to avoid overeating and will help offset the extra calorie intake around the holidays.

Compiled by:

Ali Hoffman & Dana Fisher

Fun Spring Events with Outdoor Recreation



OUTDOOR RECREATION

HOURS:
4:00pm - 8:00 pm
Monday - Friday

APPOINTMENTS:
803-576-9397

LOCATION:
Strom Thurmond
Wellness & Fitness
Center on the lower
level

WEBSITE:
<http://campusrec.sc.edu/orec/default.html>

Are you eager to spend more time outdoors next spring? Interested in hiking, mountain biking, kayaking, backpacking or camping? You will be excited to learn that Campus Recreation has a thriving program for you!

Outdoor Recreation offers regular climbing, kayak rolling kayak polo and slack lining clinic, in addition to frequent off-campus trips. The programs are generally low in cost and are open to all students. Transportation is provided for most events.

Big events planned for the spring of 2010 include:

- **Ski Trip** – Saturday, January 23rd
- **Congaree Canoe Day Trip** – Saturday, February 6th
- **Rock Climbing Day Trip** – Saturday, February 27th

- **Climbing Trip**– Friday-Sunday, March 19-21st
- **Mountain Biking & Rafting** – Friday-Sunday, April 9-11th

Backcountry clinics include:

- **Budget Backpacking** – Thursday, February 18th @ 6:00pm
- **Wilderness First Aid Clinic** – Monday, February 2nd @ 5:00pm
- **Backcountry Cooking Clinic** – Thursday, March 4th @ 5:00pm
- **Survival 101** – Thursday, April 1st @ 6:00pm



Biking Clinics and Events include:

- **Harbison Mountain Bike Basics Clinic** – Tuesday, February 9th @ 4:00pm
- **Bike Tune-Up Clinic** – Thursday, April 15th @ 6:00pm
- **Mobile Tune-Ups** – First Monday of every month from 11:00am-1:00pm @ Russell House Patio
- **Critical Mass** – First Friday of every month from 6:00-8:00pm meeting @ Thomas Cooper Library



For more info: Call Katie Coley at 803-576-9397



Do you want to take the opportunity to volunteer in honor of the life and legacy of Dr. Martin Luther King, Jr.?

MLK Day of Service...USC Students Give Back

Interested in giving back to the greater Columbia community? **Participate in the 2010 Martin Luther King, Jr. Day of Service** on Monday, January 18, 2010 from 9:30 a.m. – 2:30 p.m.!

Every January, over 400 USC students of all majors, ages, and cultures, along with faculty

and staff, take part in this national day of service. This event gives volunteers the chance to work with various local non-profit organizations such as Habitat for Humanity, Salvation Army, Home Works of America, and Reliant Hospice. Volunteers will attend a ceremony at the beginning of

the day in remembrance of Dr. King, and will then go into the greater Columbia community to make a positive impact! Transportation to the service sites and lunch will be provided.

Registration begins November 2, 2009 at www.sa.sc.edu/communityservice/mlk.htm.

Healthy Recipe...Gingerbread Men

Well, not every healthy recipe involves fruits and veggies. Here is one sweet holiday treat you might enjoy making with your family and friends.

Recipe courtesy of Heidi Swanson at 101cookbooks.com.

- _ 4 cups white whole wheat flour
- _3/4 teaspoon baking soda
- _1 teaspoon salt
- _4 teaspoons ground ginger
- _1 teaspoon ground cloves
- _1 tablespoon ground cinnamon
- _1/2 teaspoon finely ground black pepper
- _11 tablespoons unsalted butter, room temperature
- _2/3 cup dark natural cane sugar (i.e. muscavado), or alternately use a dark brown sugar, packed
- _3 large eggs
- _2/3 cup organic unsulfured molasses (blackstrap)
- _large grain sugar (turbinado) for decoration
- _popsicle sticks (optional)

In a medium bowl, sift together flour, baking soda, salt and spices. Set aside.

In a large bowl by hand

(or with an electric mixer) cream the butter until it is light and fluffy. Add the sugar and mix again until light and creamy. Blend in the eggs one at a time and then the molasses. Add the flour mixture in two additions either by hand or on low speed. Divide the dough into two pieces, wrap each in plastic and chill for an hour or so.

Heat oven to 350 degrees, racks in the middle, and line a couple baking sheets with parchment paper or Silpats. Set aside.

Roll the dough out onto a lightly floured countertop roughly 1/8-inch thick and cut into gingerbread men (or other desired shapes). Transfer to baking sheets and arrange a popsicle stick underneath each (if desired), no need to press the stick aggressively into the dough, gently is fine - the cookies will bake right onto the sticks. Sprinkle

with sugar (optional) and bake for 7 -10 minutes (for 3 - 4-inch cookies), less for smaller cookies, more for larger.



Ice the cookies with white royal icing or your favorite holiday icing.

Note: Whatever you do, don't over bake these guys - they will dry right out. If anything under bake them just a shade (they will continue to bake for another couple of minutes once you pull them from the oven). Big cookies take longer to cook than tiny ones, keep that in mind as well.

Share your recipes with the community! Send them to hoffmaae@mail.box.sc.edu and we'll spotlight them here and post them in the kitchen!

All Local Farmers Market



Disappointed that the Healthy Carolina Farmers Market won't be back until March? Don't be! You can get fresh fruits, veggies, and other South Carolina products every Saturday at the All Local Farmers Market at 711 Whaley. This market is a short walk from

campus...about a 10 minute walk from the Strom. Your favorite vendors from the Healthy Carolina Farmers Market are often there, including Heather, the "bread lady" and all the vegetable and treat vendors. Don't miss the fresh crepes, made to order!

All Local Farmers's Market

711 Whaley

EVERY SATURDAY

Rain or Shine 8am - 12pm

**HEALTHY
CAROLINA**

1309 Blossom Street
McBryde F
Columbia, SC 29208

Phone:

803-777-1650

E-Mail:

hoffmaae@mailbox.sc.edu

We're on the Web!

See us at:

<http://www.sc.edu/healthycarolina/wellcomm.html>

Apply to be a Resident Mentor...

Interested in becoming an RM next year? The program has its perks and with it, responsibilities. If you have great people skills and would like to help engage other students in their undergraduate experience, you may have what it takes to be an RM. Being an RM is a job. You are paid over \$4,000 for holding the position for an academic year and also receive a 50% discount on your housing. Applicants are evaluated on their administration,

communication, leadership and organization, interpersonal, group building, and personal success skills. The RM application process begins in early December, when the application is released for the following academic year. University Housing coordinates the process. Students have the opportunity to attend Information Sessions the last week of January and must submit applications by January 10th, 2010.



If you have interest in becoming an RM, check out the website for more details on the process at <http://www.housing.sc.edu/rm/rmd.html>

Take a Professor to Lunch...for free...

The University of South Carolina offers a great resource for students in their "Out to Lunch" program, which allows students to take professors to dining halls on campus for free.

The idea behind this program is to help a student become more engaged in their academics. We think it's a great way to learn more about the person your professor really is...it's hard to get that kind of stuff from

a 50 minute lecture.



To take your favorite professor to lunch for free, just pick up a lunch ticket at any ACE office or University Housing area office. This might be a great way to help your professor get to know you better if you've asked

them to write a recommendation for you. Or maybe you are interested in majoring in their department and feel like they might be a good advisor. Any reason is a good reason to take University Housing up on a deal this sweet. So, stop and pick up a ticket, then ask a professor to lunch!

For more information on this program, check out <http://www.housing.sc.edu/ace/oil.html>



Happy Holidays!

Wishing you safe travel and a relaxing break!