YES 2 BETTER REC CENTERS!
PROJECT FULL STEAM AHEAD

Happy Holidays
from UNL Campus Recreation

News for Alumni and Supporters of UNL Campus Recreation
UNL Wellness Initiative Receives Recognition

In October, UNL received the Governor’s Excellence in Wellness Award. The award was created to encourage all businesses and organizations to offer Wellness programming for their employees. UNL received the Large Business Sower Award. The Sower Award reflects excellence in laying a solid foundation for wellness programming – “planting the seed.” This is accomplished not only by employee participation in a company-offered health risk assessment, but also by program planning based on those results. The Sower Award establishes a firm foundation to make a positive difference in the lives of employees.

UNL Campus Recreation has supported the Chancellor’s Wellness Initiative by providing full-time staff dedicated to bringing wellness to Campus Rec membership and the UNL community at large. Since 2008, Kimberly Barrett, assistant director for wellness services, has served as chair of the Chancellor’s Committee on Wellness.

Also, UNL received the Live Healthy Nebraska 100-Club Award from the Nebraska Sports Council for having more than 100 participants in the 100-day Healthy Lifestyle Challenge. In fact, UNL was one of the top three companies in Nebraska with more than 300 participants. Live Healthy Nebraska is a wellness challenge in which teams of two to ten people sign up with the goal of healthy weight loss and/or increased physical activity. The program will run again Jan. 23 – May 1, 2012.

Campus Rec Alum Speaks At E.N. Thompson Forum

Former Campus Recreation student employee, Michael Forsberg spoke at the E.N. Thompson Forum on World Issues on December 6, 2011. The forum was held at the Lied Center for Performing Arts. Forsberg is an accomplished and nationally renowned photographer who got his start by photographing trips he led as an employee for Campus Recreation Outdoor Adventures. Forsberg spoke on a Photographer’s Journey: Connecting Water, Wildlife and Landscape. As a fellow Campus Rec alum, we thought you may be interested in a story about Forsberg’s speech featured on the E.N. Thompson Forum’s website:

Michael Forsberg is a Nebraska native and acclaimed conservation photographer who has focused much of his work in North America’s Great Plains, once one of the greatest grassland ecosystems on Earth. Forsberg’s work has appeared in publications including Audubon, National Geographic, National Wildlife, Natural History, and NERBAKAland and recognized in the Pictures of the Year and Wildlife Photographer of the Year competitions. In 2001, his image of a Nebraska tallgrass prairie was selected for use on an international postage stamp. In 2004, he was awarded a Conservation Education Award from The Wildlife Society. Recently, he was featured in the PBS documentary Crane Song, and was the 2009 recipient of the North American Nature Photographer’s Association Mission Award. He is also a 2010 recipient of the Great Plains Distinguished Book Prize from the Center for Great Plains Studies at the University of Nebraska-Lincoln. He is currently in production with NET on a documentary following his work in the Great Plains, to be out Spring 2012. Mike is a charter member of the North American Nature Photographer’s Association and a fellow with the International League of Conservation Photographers.

For a complete story on Michael’s presentation visit: http://enthompson.unl.edu/#forsberg

About the E.N. Thompson Forum

In its 20-year history, the E.N. Thompson Forum on World Issues has established itself as one of the preeminent speakers series in higher education. Past Thompson Forum events have featured, among many others: Mikhail Gorbachev, former president of the Union of Soviet Socialist Republics; Holocaust survivor and peace activist Elie Weisel; Camelia Sadat, the daughter of Anwar Sadat and founder of the Sadat Peace Institute; Maki Mandela, daughter of the former South African president; the Rev. Peter Gomes, Plummer Professor of Christian Morals at Harvard University; Hedrick Smith, journalist and expert on the former Soviet Union; Kennedy Administration Secretary of Defense Robert MacNamara; and Archbishop Desmond Tutu.

SAVE THE DATES:

• March 27, 2012
  8:30-10:00 p.m.
  Nebraska Reception at NIRSA National Conference
  Jackson’s Bistro Bar & Sushi
  Tampa, Florida

• June 11, 2012
  UNL Campus Rec Golf Scramble
  Yankee Hill Country Club
  Lincoln, Nebraska

• November 3, 2012
  UNL Campus Rec Annual Regional Football Tournament & Alumni Dinner
  UNL Campus
  Lincoln, Nebraska
Campus Rec Intramural Sports
Host Flag Football Regional

UNL Campus Rec hosted the ACIS™ Flag Football Regional Championships Nov. 18-20, 2011. ACIS™ Flag Football is the series of campus, regional and national championship tournaments that provide college students the opportunity to compete in high quality, nationally promoted intramural and extramural events.

It was the 17th year for the championship and although the name and sponsors of the tournament have changed through the years, the competition was as intense as ever. The regional tournament featured 35 teams, spread across three divisions competing throughout the weekend. The winning teams received paid entry into the ACIS™ National Tournament Dec. 28-31 at the University of West Florida in Pensacola, FL and a $1,500 travel stipend.

The weekend was highlighted by a well-attended Campus rec alumni Social held at Qdoba Mexican Grill. It was great to see so many familiar faces and a big “thank you” goes out to all of the alumni who helped and staffed the regional tournament this year. We hope to see you back in Lincoln for the 18th Annual ACIS™ Flag Football Regional Championships on the tentative date of Nov. 3, 2012.

TOURNAMENT STATS:

**Teams:** 35
13 institutions
8 states (CO, OK, SD, NE, IA, IL, MN, MO)

**Officials:** 35
14 institutions
10 states (MN, NE, MS, SD, WI, IA, KS, WI, CD, OK)

**Top Teams:**
Men’s Champion: Falcons (Air Force)
Men’s Runner-up: Bison (Oklahoma Baptist)

Women’s Champion: Augie Track (Augustana, IL)
Women’s Runner-up: Esther’s Crew (UNL)

Co-Rec Champion: 11th Hour (Northern Iowa)
Co-Rec Runner-up: Engage 8 (UNL)

**All-Tournament Officials:**
Keith Cornwell (UNL)
Jake Satroscik (UNL)
Brett Halloway (Kansas State)
Stetson Fancher (Wyoming)
Alternates:
Chris Morriss (UNL)
Tyler Phipps (Oklahoma State)

**UNL CAMPUS RECREATION ALUMNI INCLUDED:**
1. Brandon Deeds, University of Nebraska Medical Center
2. Nick Tasich, Mississippi State University
3. Cody Kuykendall, University of North Carolina-Wilmington
4. Matt Beck, University of Kansas
5. Brian Steeze, Rowan University
6. Jason Gant, Creighton University
YES 2 BETTER REC CENTERS!  Project Full Steam Ahead

Fourteen months after UNL students voted to build two new recreation centers and renovate the Lee and Helene Sapp Facility (east wing of the Campus Recreation Center), the Legislature’s Executive Board vote allowed UNL to issue $21 million in bonds for the facilities.

In October 2010, UNL students voted in a special election to determine whether they were willing to fund the projects. Of the students who voted, 72 percent approved the projects and the funding to pay for them. The vote brought the highest student turnout in more than 30 years. The projects include:

- A new Outdoor Adventures Center ($4.7 million) on City Campus to be located at 14th & W streets.
- A new East Campus Recreation Center ($14.9 million) to be located on the current site of the East Campus Activities Building; and
- Renovation of the City Campus Recreation Center ($1.4 million) to expand the Strength and Conditioning area after the Outdoor Adventures Center is built. Overall, the projects will add approximately 100 much-needed cardio machines to our inventory.

Campus Recreation has purchased a building close to East Campus to house a temporary East Campus Recreation Center while the new facility is being built. The Fleming Field Annex Building (FFAB) is located at 33rd and Leighton Ave. It will feature strength and conditioning space with temporary locker rooms and showers.

The new East Campus Recreation Center is being designed by Sinclair Hille and 360 Architecture. Several exciting meetings have been held with the architecture team, putting together a facility that will greatly enhance the education and recreation opportunities for East Campus. We also anticipate that many commuter students will use this facility when it opens in the summer of 2014. The new East Campus Recreation Center will include a wellness suite, innovation kitchen, strength training and conditioning space, fitness rooms, golf simulators, injury prevention & care, basketball/volleyball courts and staff offices.

Construction on the Outdoor Adventures Center, designed by RDG, is expected to begin in July 2012 and be completed by August 2013. It will feature a climbing wall and bouldering walls, bike shop, classroom space, outdoor gear, equipment storage, adventure trip planning space, kitchen and staff offices.

It is an exciting and very busy time at UNL Campus Recreation. We are beginning to secure naming rights for the buildings, climbing area, strength & conditioning room, innovation kitchen and other areas of our new facilities. While the students are funding the buildings, the additional income will help with operating, programming and replacement funds for the facilities. If you are interested in discussing our opportunities, please contact Stan Campbell at 402-472-4757 or Deb Johnson at 402-472-4772 or djohnson10@unl.edu.
Alumni from near and far traveled back to Lincoln for the 2011 UNL Campus Recreation Golf Scramble held at Yankee Hill Country Club on June 6. The golf scramble featured all levels of play with numerous prizes given away. The addition of a dinner and silent auction to the event added to the fun and helped raise money for Campus Recreation. Thank you to our alumni and friends who made this date so memorable. We hope to see you in Lincoln on June 11, 2012 for next year’s golf scramble!

<table>
<thead>
<tr>
<th>Teams</th>
<th>Scores</th>
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<tbody>
<tr>
<td>Stan Campbell</td>
<td>62</td>
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<tr>
<td>Jack Hank</td>
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<td>Mark Hakel</td>
<td></td>
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<tr>
<td>Kent Stevens</td>
<td></td>
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<tr>
<td>Deb Johnson</td>
<td>64</td>
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<td>T.J. Casady</td>
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<td>Jerry Shorney</td>
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<td>Steve Phillips</td>
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<tr>
<td>Rod Chambers</td>
<td>65</td>
</tr>
<tr>
<td>Austin Chambers</td>
<td></td>
</tr>
<tr>
<td>Mick McGuire</td>
<td></td>
</tr>
<tr>
<td>Pat Gillan</td>
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<tr>
<th>Hole</th>
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<tr>
<td>1</td>
<td>Longest Drive</td>
<td>Lance Penfield</td>
</tr>
<tr>
<td>2</td>
<td>Closest to pin 2 shots</td>
<td>Patrick Gillan</td>
</tr>
<tr>
<td>3</td>
<td>Closest to pin 2 shots</td>
<td>Anne Streich</td>
</tr>
<tr>
<td>4</td>
<td>Closest to pin 3 shots</td>
<td>Zac Brost</td>
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<td>5</td>
<td>Farthest from Pin</td>
<td>Kenda Scheele</td>
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<tr>
<td>6</td>
<td>Closest to pin 2 shots</td>
<td>Mark Hakel</td>
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<td>7</td>
<td>Longest Drive (women)</td>
<td>Anne Streich</td>
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<tr>
<td>7</td>
<td>Longest Drive (men)</td>
<td>Lance Penfield</td>
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<tr>
<td>8</td>
<td>Closest to pin</td>
<td>Jerry Shorney</td>
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<tr>
<td>9</td>
<td>Longest putt made</td>
<td>Marybell Avery</td>
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<td>10</td>
<td>Closest to pin 3 shots (men)</td>
<td>Rik Barrera</td>
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<tr>
<td>10</td>
<td>Closest to pin 3 shots (women)</td>
<td>Holly Obermeier</td>
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<td>11</td>
<td>Longest putt made</td>
<td>Dick Henderson</td>
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<td>12</td>
<td>Closest to pin</td>
<td>Lance Penfield</td>
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<td>13</td>
<td>Closest to pin off green</td>
<td>Stan Campbell</td>
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<td>14</td>
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<td>Mark Powell</td>
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<td>15</td>
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<tr>
<td>18</td>
<td>Closest to pin off green</td>
<td>Dick Henderson</td>
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Fittest College in America

-Men’s Fitness magazine names the University of Nebraska–Lincoln as No. 9 on its 25 Fittest Colleges in America list.

The world knows the University of Nebraska as the home of the Huskers, one of the most storied programs in the history of college football. But life on the university’s Lincoln campus doesn’t just revolve around game day. The faculty and coaches preach a philosophy of total health and wellness, and at Nebraska, that means balance.

Besides standard access to the university’s gyms and athletic fields, students can take free yoga, spin and Pilates classes or visit the squash and volleyball courts and the rifle range. Steeply discounted massage therapy and personal training sessions are also available.

Athletes keep strong with a world-renowned strength and conditioning facility and an orthopedic therapy center that would rival any state-of-the-art clinic out in the real world. Nebraska’s sports nutrition program takes its student-athletes a step further with one-on-one meal design provided by in-house nutritionists.

-Men’s Fitness
Seeking Airline Points!

GET REC’d is coming January 19-20, 2012. UNL Campus Recreation is proud to host the largest college lifestyle festival in the midwest! As part of the activities, UNL students compete to win a 7-day Spring Break Cruise for two to the Western Caribbean.

We are seeking a donor to provide airline points or cash for two round-trip airline tickets from Lincoln or Omaha to Miami. If you have points or cash to donate, we would love to accept them!

Please contact Deb Johnson at 402.472.4772 or djohnson10@unl.edu or Stan Campbell at 402.472.4757. Thank you in advance for your support!

Best of Luck, Graduates!

These Campus Rec employees graduated in December 2011!

Sean Bjordal
Robyn Bradley
Alyssa Chafe
Eric Dinwoodie
Jake Gasnick
Joe Hanseling

Whitney Hinshaw
Keith Krueger
Paul Milnar
Badr Mogari
Jon Pike
Molly Schulz

Rachel Swim
Anthony Wiese
Tim Winslow
Elijah Zwiener

Thank you!

A big thanks to our 2011 Campus Rec Donors! We truly appreciate your support.

MVP
Stan Campbell

Champions
Amgen Foundation
Timothy Daniel
David & Sarah Emanuel
Bill Gia, Jr.
John Hermanck
Vicki Highstreet
Deb Johnson
Jennifer Rezac
Katie Sup Rezac
Kent Stevens

Team Players
Jason Bakewell
Zac Brost
Meghan Collins
Jeff Elbracht
Chris Oelling Garner
Erica Graham
Jason Grant
Joe Grundman
Jeremy Hamann
Kyle Hansen
Laura Hargerteng
Ellen Head
Tony Henribloom
Dan Houldon

Brian Knaup
Tony Kreitzer
Scott Layher
Erica Lechtenberg
Emily Lichter
Stephan Linnaus
Ron Miller
Dustin Niz
Tim O’Brien
Whitney Prenzlow
Lynsey Rinehart
Brittany Russell
Blair Schuyler
Jerry Shorney
Michael Snell

Tim St. Arnold
Nate Staroscik
Brian Stelzer
Aaron West
Kate Wheeldon
Robin Whisman
Tanner Wiles
Ashley Woodman
Landon Zuehlke

KEEP IN TOUCH

We want to continue to keep in touch with you. We are currently updating our database to keep everyone in the loop of new upcoming events and opportunities with Campus Recreation. Will you please send us your updated contact information at your convenience?

Please send your vcard or an email with your name, address, email and phone along with your graduation year to: djohnson10@unl.edu.

“LIKE” US

Keep up-to-date on all Campus Recreation news as it happens.

facebook.com/CampusRec

GIVING BACK

If you are interested in donating to a Campus Rec project or fund or would like to know about other ways to benefit UNL Campus Recreation, please contact the University of Nebraska Foundation 800.432.3216 | www.nufoundation.org

The University of Nebraska-Lincoln is an equal opportunity educator and employer with a comprehensive plan for diversity.