NO EXCUSE IS A GOOD EXCUSE

I’M TOO BUSY, AND I CAN’T FIND THE TIME. I DON’T KNOW what to do, and I’m afraid of looking stupid. I’m too out of shape, and I don’t know where to begin. I can’t afford the gym, and it’s too [insert uncomfortable weather condition here] to go outside.

Whatever your excuse has been, it’s not going to fly anymore. Campus Recreation Services has launched a set of 30- to 60-minute fitness classes throughout the week for people of all levels of experience and fitness – all for only $30/semester. Together with the orientation clinics, the outdoor activity trips, the after-work yoga classes and the lunch-hour open recreation that CRS offers employees, there’s really something for everyone.

“We think it’s important for us to do everything we can for staff and faculty,” says Kristin Kolb, assistant director for sport clubs and fitness. “Fitness can have such a positive impact on people’s lives, and we want health and wellness for everyone on campus. We’re trying to look out for everybody.”

Which is why CRS is taking a back-to-basics approach that can appeal to people who already have a fitness routine and just want to mix things up a little, and to those who haven’t set foot in a gym in years.

“Our instructors all know that everyone who comes in is at a different level, and they’re really good about modifying the workouts to accommodate everyone,” says Kolb, explaining that the program includes Pilates Mat, Pilates Sculpt, 30-Minute Abs, Sports Conditioning (agility drills and basic conditioning exercises), Tone and Tighten (weights and exercise balls), Circuit Blast (bodyweight exercises) and Zumba (Latin-inspired dance-fitness). “You can go to each one if you like, or you might just want to add in one class to your usual fitness routine.”

The point is to do something, because anything is better than nothing.

“You have to start somewhere, so don’t be afraid to be a beginner – everyone has to start from scratch, and everyone was a beginner at some point,” says Kolb. “Each time you participate, you’ll always be improving and getting stronger.”

Kind of like the fitness program itself. With tai chi and hip-hop jazz classes soon to be added, the program is still growing.

“This semester we’re trying to find out what staff and faculty need. Once we get a better idea of what we can do to help, we’ll jump on that,” says Kolb. “We just want to give everyone something that they can get into. We’ll try everything we can to help people get in shape.”

And, they’re always open to suggestions.

“We want people to know that if they have any ideas, or if there’s anything they’d like to see – any classes, intramurals, outdoor trips – they should let us know. Nothing would make us happier,” says Kolb. “We need that kind of feedback so that we can design a fitness program that fits more people.”

Kolb adds that, if employees need help using the equipment in the Stern Center Fitness Center, or if they have any questions about getting fit and healthy, they should not hesitate to call or e-mail her.

“People can always come to us with wellness questions,” she says. “All we want to do is help people get healthy; that’s what we’re here for. All you need to do is ask.”

And, with that, there really are no more excuses.

For more information about the Group Fitness Program and other opportunities for employees – including the 60-Minute Orientation Clinics (introductions to the fundamentals of nutrition, different exercises and gym equipment), outdoor trips and after-work yoga classes – visit cofc.edu/campusrec and click on “Group Fitness Classes” or contact Kristin Kolb at kolbk@cofc.edu or 3.5750.
The newest skill that McClinton has taken on is playing the hurdy gurdy, an instrument he discovered while wandering through a Renaissance fair in California.

“I heard this bizarre sound kind of drifting on somewhere, and I was really intrigued. I followed it up the path, and finally I found a man turning the crank on a strange wooden box,” says McClinton, who promptly found out all he could about the odd instrument. “I was drawn to it because it’s fun and different and conversational.”

The first question he usually gets: What’s a hurdy gurdy? Also known as a wheel fiddle, it’s essentially a mechanical violin, its strings sounded by a wheel – which is turned with a crank – rather than a bow.

“The keyboard controls the pitch and the melody,” explains McClinton, pointing out a small device called a dog, or a buzzing bridge. “That’s what gives it that characteristic strange buzz. It’s a very distinctive sound.”

Thought to have originated in the Middle East and Europe some time before the 11th century – and growing increasingly popular during the Renaissance – the hurdy gurdy’s sound is often compared to that of the bagpipes.

Although McClinton would argue that its sound is “genuinely different – kind of like a dulcimer, and reminiscent of the bagpipes and the violin,” it’s an interesting comparison, especially considering McClinton’s longtime love for bagpipes, which first began when he was living in Alaska.

“I heard someone from far away on the docks, playing the pipes, and this great sound came wafting through the mountains and across the water, and I thought, ‘That’s going to be me one day,’” he remembers.

“Then, when I went to Ireland to visit some family, I realized that this was my passion. I play all kinds of music, but the pipes – that’s my first love in life.”

In 1997, McClinton began playing with the City of Charleston Police Pipes and Drums, which not only plays at funerals, parades, 911 memorial ceremonies and other public events, but also competes with other pipe bands. As much as he enjoyed performing, the thrice-weekly practices and statewide travel got to be too much, and he broke off onto his own after about seven years, freelancing at weddings and other ceremonies.

“I’ve had some interesting gigs, including opening for Rod Stewart,” he says, explaining that he and the other pipers marched around the interior of the North Charleston Coliseum before the show. “I was nervous at first, but the good news is, with pipes, people don’t really know if you’re off key.”

And, so far, that’s been the case with the hurdy gurdy, too. In fact, McClinton himself isn’t always sure how he’s doing on his newest instrument.

“It sounds good to me, but I’d like to play with someone else to see what they think,” he says. “Teaching yourself to play an instrument can be problematic, because you play the way you practice, so you have to practice right to play right.”

At this point, McClinton is still learning the ins and outs of his hurdy gurdy, how to produce certain sounds – and how to avoid others.

“Sometimes I’ll be playing, and some strange noise comes out that I don’t understand,” he laughs. “I am learning, though. I’m letting the instrument teach me.”

And, with that kind of patience and determination, there’s no telling just where the music might take him.
Hurdy Gurdy Man: and conversational. “I was drawn intrigued. I followed it up the path, and instrument he discovered while wandering you can master.”

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accomplishments make her proud – not just of

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responsibilities – they’re finding success in them.

In fact, the SIFE team won the Duel in the Queen City – a financial case study competition among the SIFE teams in the eastern region that involves designing reasonable, creative solutions to a hypothetical case study about a family in financial distress – and went on to place fourth out of the 16 teams participating in the National Duel in the Desert. Then, when they went to the SIFE USA National Exposition last year to highlight their various efforts – such as teaching entrepreneurship fundamentals to elementary school students through the operation of lemonade stands – they ranked in the top 4 percent of the 800+ teams, receiving national recognition.

“That was an awesome, awesome experience for me – to see how well they did and how far they’ve come,” says Slaughter, who always enjoys seeing the students coming into their own. “It’s almost like a butterfly – they’re able to fly away.”

Needless to say, the students’ accomplishments make her proud – not just of the students, but of herself. After all, she knows success when she sees it.

GARDENER’S PICK

Japanese Flowering Cherry

AKA: Prunus serrulata, Japanese cherry, East Asian cherry, hill cherry, oriental cherry.

ON CAMPUS: Found on the west side of 6 Glebe Street.

DESCRIPTION: This small, ornamental, deciduous tree is fast-growing, but short lived (average lifespan is 15–20 years). Depending on the cultivar, it may be upright, wide-spreading with horizontal branching or weeping. Its fall leaf color is often bronze to yellow-orange, and its thin, smooth, chestnut-brown bark provides winter interest. Its showy pink flowers often bloom in early spring, before leaves appear.

TIPS: Plant in full sun, in moist, fast-draining, well-aerated soil. Fertilize regularly and irrigate during extended droughts to reduce chances of disease and insects. Prune dead or diseased wood any time, but prune crossing or rubbing branches immediately after flowering to avoid reducing the following year’s blooms. Pinch back the occasional overly ambitious shoot to force branching. Cut blooming branches for indoor display.
the collections in the houses,” says Hartman, noting how unique each house is. “The home furnishings run the gamut from fine antiques from America, England, France and Asia to contemporary designs and artwork – and, of course, all types of special-interest collections.”

It’s those special-interest collections that stick out the most in Hartman’s mind.

“There’s a home on Tradd Street where the extensive antique book collection is arranged by the color of the books’ spine, and one on Legare Street that’s decorated like a haunted house year round,” says Hartman. “And then there’s the homeowner on Rutledge who insists on using only candles and candelabras to illuminate her house. Needless to say, I’ve met some intriguing homeowners.”

Not only has she met them – she often gets to know them pretty well, especially when she’s serving as one of the tours’ street chairs.

“For the past three years I’ve served as a street chair, so I’m basically in the middle between the homeowners and the volunteers. For approximately a month before the tour, I coordinate the arrangement of house guides, assisting the owners in any way I can for the houses to be opened to the public. Then, the night of the tour, I help manage the flow of visitors and also respond to any needs that may come up,” says Hartman, who has encouraged students and other members of the College community to volunteer for the tours. “I enjoy volunteering with the increasing number of students and faculty and staff who represent the College – on the Rutledge Avenue tour last fall, more than half of the house guides were from the College.”

With about 60 volunteers working at the 10–15 houses shown each day or night of the four-week tours, it all adds up to a lot of work.

Still, Hartman never tires of it.

“I’ve been doing this since 1996, before I even moved here full time, and I don’t think I’ll ever stop,” she says. “I’ll always get a kick out of it. I just cherish the opportunity to spend some time in some of the most interesting dwellings in Charleston. You get to be a tourist for a little bit.”

After all, Charleston might be old, but there’s something new around every corner.
SAVE THE DATE

DECISION MAKING WORKSHOP
Discuss styles of decision making, analyze their own preferred styles and improve their decision making skills.
When: Wed., March 11, 9:30-10:45 a.m.
Where: Human Resources conference room, Lightsey Center basement
Fee: Free
Contact: Register with Linda McClenaghan, 3.8238, mcclenaghanl@cofc.edu

ORAL HISTORY CLASS
Learn about oral history project planning, interview strategies, recording technology and archiving.
Preregistration is required.
When: Sat., March 21, 1 a.m.-3 p.m.
Where: Avery Research Center, McKinley Washington Auditorium
Fee: $5 for lunch
Contact: Register with Leila Potts-Campbell, 3.7609, campbelll@cofc.edu

FRIENDS OF THE LIBRARY: FLUID TALKS
Try some tasty treats using tea and bourbon. Recipes will be available.
When: Wed., March 24, 6 p.m
Where: Addlestone Library, room 227
Fee: None
Contact: Jenny Fowler, 3.6526, fowlerj@cofc.edu

Remember that empty water bottle you threw away sometime during the second week of January – or maybe it was a Gatorade bottle, or a Diet Mt. Dew? Probably not. After all, the average American goes through about 170 plastic bottles every year – making it difficult to remember each and every one. What you’re not likely to forget, however, is the mass of more than 5,000 discarded 20-ounce bottles that make up the gleaming sculpture currently found on Rivers Green. The piece – which was originally shown in the Stern Center Garden as part of the Sustainability Green Fair in January – is titled “Liquid for Life” and was constructed by Jarod Charzewski’s Sculpture III class.
“The piece was in every part a student collaboration,” says Charzewski, visiting assistant professor of sculpture. “I essentially helped them realize their ideas.”
The students’ underlying idea, it turns out, was twofold: They wanted the sculpture to generate respect and appreciation for the water that gives us life, and also to create awareness for the remarkable quantity of recyclables that we produce.
Those staggering numbers are further highlighted by the coinciding Recyclemania competition, a 10-week recycling and waste-reduction challenge among colleges and universities nationwide. As of Week Five (February 22) of the competition, the College had collected 221,000 pounds of trash, 8,340 pounds of cardboard, 37,111 pounds of paper and 16,780 pounds of commingled cans, glass and plastic.
Although the bottles used to construct “Liquid for Life” won’t be counted in the final Recyclemania numbers, they will continue to build awareness on Rivers Green until March 15, when the sculpture will be relocated temporarily to the sculpture studio to be touched up and repaired as needed. It will later be moved to North Charleston Riverfront Park, where it will be on display throughout the month of May as part of the North Charleston Arts Festival’s National Outdoor Sculpture Competition and Exhibition.

NEWS BRIEFS: News You Can Use

- Jan Brewton, director of business and auxiliary services, received the National Council of Jewish Women’s 2009 Woman Who Makes a Difference Award.
- The Department of Public Safety received the Fall 2008 Friends of the Office of Student Services and Certification Award for its outstanding service to the office and the students it serves.
- Open enrollment for long-term insurance with Prudential ends March 6. For more information and to enroll, visit prudential.com/glctweb (Group Name: eiptr, Access Code: carolina)
- The Office of Summer Sessions is offering seven online courses over the summer, including some that may appeal to staff. For more information, visit cofc.edu/~summer and click on “Online Courses” or contact the office at 3.4831. See below bullet point for application information.
- The Staff Training Program is accepting applications for Maymester and Summer 2009 through March 15. For eligibility status, contact the Office of Human Resources at 3.5512. To apply, logonto CougarTrail and clicking on “Staff Training Application.” For more information, contact Deana Richardson, richardsond@cofc.edu or 3.5620.
- All employees are eligible for discounted accommodations and golf rates at Wild Dunes Resort. For more information, contact Erin Melvin at 886.2218 of emelvin@wilddunes.com.
Thanks to everyone who participated in the last photo quiz, and congratulations to Kathleen Janech, adjunct biology professor, who was the first to guess that the object in question was the fire callbox located at the corner of College Way and Green Way, close to the campus clock. Though no longer in operation, it’s one of the few remaining callboxes installed in the late 19th century as part of Charleston’s original Gamewell system. “We kept that one because it’s such an icon, it has some nostalgic value for that corner,” says Fire Marshal Rick Krantz, explaining that – before telephones – people would contact the fire department by triggering the closest callbox, causing a spring-loaded wheel to punch out the box’s number on ticker tape at each fire station. “That would tell them which box to go to, but the people would have to meet them there to tell them where the fire was,” says Krantz. “That’s how the whole city was rigged.”

Take a look at the picture above. The object can be found on campus. Do you know what it is? The first person to submit the correct answer will win a tasty lunch for two at Liberty Street Fresh Food Company, compliments of ARAMARK. Good luck!

Send your submission to lutza@cofc.edu by Monday, March 16, 2009. The contest is open to all College faculty and staff. One submission per person, please.

Matthew McClellan
Liaison, Multicultural Student Programs and Services

“What is your favorite day of the week and why?

Matthew McClellan
Liaison, Multicultural Student Programs and Services

“Not too long ago – when I was an undergrad – I would’ve said that Wednesday was my favorite day of the week because it’s hump day. But now that I’m in the working world, I tend to like Thursday better, because you’re well over the hump at that point, and Friday – along with the rest of the weekend – is just around the corner. Friday’s not my favorite because it’s too close to no-fun-day Monday!”

Carol Ann Davis
Associate Professor of English

“My favorite day of the week is Sunday. I usually take the mornings to go into my faculty office and write poems, and I walk there as everyone is heading to church. As I leave, I can hear organ music accompanying me down the street. I seem to leave my office around noon, when the churches are getting out, so on the way home, I hear the bells. And then, my work done, Sunday afternoon is always a time to spend with my boys, going to parks or the aquarium. What’s not to love about such a Sunday?”

Trevor Weston
Associate Professor of Music

“Saturday is my favorite day of the week because it is my only day that is usually unstructured. I can wander mentally and physically discovering new things, or not.”