WELCOME AND WELCOME BACK, EVERYONE

LET'S STAY CONNECTED

The Office of Student Activities is excited to have you back this fall! This newsletter began last year as a way to keep the entire W&L community connected through school-sponsored activities as well as events organized by our many clubs and organizations. I'll be focusing each week on ways to unplug, get some fresh air, and connect with one another in ways that don't require a router. As always, I hope you will reach out with any questions, ideas or feedback about things you'd like to see us offer.
We've all gotta take a break from screen time, and I find I walk longer when I'm listening to something really compelling. Each month this fall, I'm inviting the W&L community to get out and walk with me while checking out a few podcasts. This month, we've got a podcast that hopefully offers a little something for everyone. something for you. It's called Snap Judgment, and it's available all the places that you get your podcasts. Not your jam? No worries--check back next month for our October selection!

Want to nominate your favorite podcast for a future community listen? Email Kelsey Goodwin! I will send out links for discussing the podcast towards the end of each month, and I look forward to chatting with you if you'd like to join in.

Those of you who participated in or were fans of our Instagram live cooking shows last term will be thrilled to hear that they will be brought to you this term by an entirely student-run group committed to sustainable, healthy ingredients on a budget. Follow @eatssswlu for live demos each week!
Guys, have you heard about the fall recreation challenge? Let's do it! Plus, you can win stuff!

**RECREATION CHALLENGE 2020**

Let's make this year an ACTIVE one. Complete the activities below by September 20 to win campus-wide glory, in addition to an Intramurals t-shirt and Outing Club guidebook!

- Hike Flat Top Mountain | Page 68 in the OC guidebook
- Watch the sunrise from the Gazebo
- Paddle the Maury with a kayak from the OC Barn
  Check [wlu.edu/outing-club](http://wlu.edu/outing-club) for Barn hours
- Bike the Jacob’s Ladder/Houston Street loop
  Bikes available for checkout at the Bike Shop
- Juggle 3 objects of your choosing for 5 seconds
- Walk or run a loop or two at Brushy Hills
- Find 5 of the 7 geocaches on campus
  More details at [www.geocaching.com](http://www.geocaching.com)
- Challenge three friends (from your hall or cohort) to a croquet match on the Colonnade
  Croquet sets available for checkout at the Rec Gym
- Hike Bluff Mountain | Page 37 in the OC guidebook
- Play a game of HORSE with three friends (from your hall or cohort)
  Outdoor hoops behind the Pavilion and at Davidson Park
- Paddle Douthat State Park with a SUP from the OC Barn
  Park requires a $5 entry pass
- Walk or run the new back campus trails
  New and improved map: [my.wlu.edu/document/campus-walking-trails-map](http://my.wlu.edu/document/campus-walking-trails-map)
- Ace a friend in a tennis match on the bridge courts
  Racquets and balls available for checkout at the Rec Gym
- Walk or run the VMI stairs 3x in one session
- Throw sub 125 on the disc golf course
  Course map: [my.wlu.edu/document/disc-golf-map](http://my.wlu.edu/document/disc-golf-map)
- Bike the Chessie to BV and back
  Jump in the river under the Route 60 bridge - you earned it!
- Complete a 30-minute yoga practice on Cannan Green
- Take an afternoon stroll along Woods Creek and back through town
  Perfect time to splurge on Sweet Things or Pronto!

Intramural, Outing Club, and Bike Shop equipment will be available for checkout starting September 7.

Show off your progress on Instagram, tagging us @wluoutingclub and @wlu_intramurals!

Questions? Ask Margaret McClintock, mmcclintock@wlu.edu
CampusWell e-magazine starts up again for Fall term on Wednesday, September 2. Watch your mailbox for an email from the Office of Health Promotion. In the meantime, check out wlu.campuswell.com

Follow @wluhealth on Instagram for more info!

Student Activities is excited to partner with the Center for International Education on our first pen pal challenge of the academic year. We are teaming up to deliver your messages of support, friendship and school spirit (at no cost to you!) across the pond to students currently enrolled at St. Andrew’s in Scotland for fall term due to the pandemic. Drop off letters and (small, lightweight!) care packages to Hunter Swanson or Cindy Irby in the Center for Global Learning (CGL for those in the know) by 5pm on September 15 to have your items shipped to your classmates in Scotland. Again, remember to keep your care packages small, but feel free to get creative! Photos, stickers, poems--and of course don't forget to include your mailing address, too, because who knows? Someone might just write you back and then whaddaya know--you've got a pen pal.

Speaking of pen pals, Student Activities will once again be organizing a campus-wide pen pal match-up later this month. Stay tuned for an emailed Google form link to sign up and be matched with your surprise correspondence buddy. Faculty and staff are also encouraged to participate!