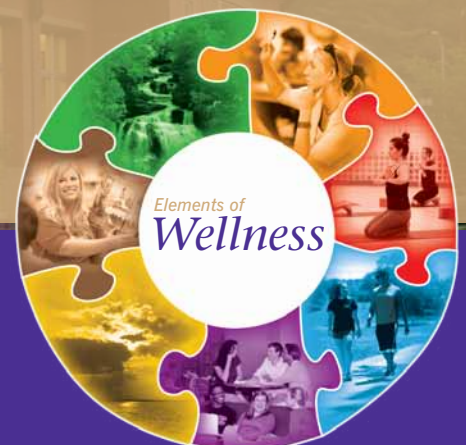




## FITNESS TIP

Pressed for time? Increase your intensity and lower your rest time between exercises. This will improve your cardiovascular fitness and still increase metabolism.



## Congratulations and Good Luck!

This time of year is always bittersweet as we watch students finish with projects and make plans for the summer and the rest of their lives. If you see some of our graduating seniors, please wish them well! Not only do we have graduating students, we also had the opportunity to appreciate and recognize our entire student staff at our recent Student Staff Recognition Night. Check out the list of award recipients in this newsletter!

Graduation and the end of the semester also is a great time to reflect on the past year as well as refocusing for the future. Check out the article about fruits and vegetables as well as hours and information for the CRC in the month of May. The summer is a great time to try something new, such as a new exercise or the disc golf course. The fitness and intramural sports programs also will be in full swing this summer, so watch for more information in next month's newsletter for sand volleyball and fun classes to keep you moving inside and out!

## INSIDE THIS ISSUE

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# Congratulations to Our Graduating Seniors!

Not pictured – George Reese (Personal Trainer), Jamaal Miller (Intramural Official and Recreation Assistant), and Ashley Malone (Intramural Scorekeeper).



Cassie Parks - IM Office Assistant



Chris Hines - IM Supervisor



Elizabeth Hoyle - Lifeguard



Jena Weinstock - Group X Instructor,  
Marketing Team



John Julien - Supervisor, Marketing Team

# Congratulations to Our Award Winners!

## ALL-ACADEMIC TEAM 2010-11

The following students had the highest cumulative grade point average of all CRW student staff through the fall of 2010 (with at least 36 credits completed).

**Ronnie Crawley**  
**Martin Davis**  
**Toni Dworkin**  
**T.J. Eaves**  
**Amanda Kouri**  
**Ashley Malone**  
**April Palette**  
**Mindy Smith**  
**Chelsea Thompson**  
**Ingrid Weatherby**  
**Hannah Woody**

CLUB SPORT OF THE YEAR:  
**Climbing**

OUTSTANDING CLUB SPORT LEADER:  
**Becca Oates – Disc Golf**

OFFICIAL OF THE YEAR:  
**Dalton Brandon**

SCOREKEEPER OF THE YEAR:  
**Jarrett Rice**

MOST IMPROVED INTRAMURAL  
EMPLOYEE OF THE YEAR:  
**John Robinson**

INTRAMURAL SUPERVISOR OF THE  
YEAR:  
**Hanah Curtis**

FITNESS EMPLOYEE OF THE YEAR:  
**Ashley O'Neal**

RECREATION ASSISTANT OF THE YEAR:  
**Rakim Lash**

LIFEGUARD OF THE YEAR:  
**Ricky Greene**

CUSTOMER SERVICE AWARD:  
**Jena Weinstock**

CRC SUPERVISOR OF THE YEAR:  
**John Brown**

PEER EDUCATOR OF THE YEAR:  
**Emily Brandt**

EMPLOYEE OF THE YEAR:  
**T.J. Eaves**

## May Hours of Operation

### CAMPUS RECREATION CENTER

Monday, May 2-Thursday, May 5  
6 a.m.-10 p.m.

Friday, May 6  
6 a.m.-2 p.m.

Monday, May 9-Friday, May 13  
11 a.m.-7 p.m.

Monday, May 16-Friday, May 20  
11 a.m.-7 p.m.

Monday, May 23-Tuesday, May 24  
11 a.m.-7 p.m.

Wednesday, May 25-Tuesday, May 31  
Closed

Closed Weekends

### REID POOL

Monday, May 2-Thursday, May 5  
Regular spring hours

Friday, May 6  
Pool closes at 1 p.m.

Monday, May 9-Friday, May 13  
11 a.m.-1 p.m.

Monday, May 16  
9 a.m.-11 a.m.

Tuesday, May 17-Wednesday, May 18  
1-3 p.m.

Thursday, May 19-Friday, May 20  
11 a.m.-1 p.m.

Monday, May 23-Tuesday, May 24  
11 a.m.-1 p.m.

Wednesday, May 25-Tuesday, May 31  
Closed

Closed Weekends

### ANNUAL MAINTENANCE WEEK

The Campus Recreation Center will be closed for annual maintenance Wednesday, May 25-Tuesday, May 31. Thank you in advance for your understanding!

The annual maintenance week is a great time to try new activities by taking your workout outside!

## Summer Vegetables

Summer means warm weather, family vacations and a plethora of fresh vegetables. Most farmers markets open back up in May. They offer access to local vegetables for those of us who lack the time or green thumb to have a garden of our own. Check out one of the many local farmers markets, including those in Sylva and Cashiers.



*Contributed by Elayna Castillo, CRW Dietetic Intern*

### TRY OUT THIS FAST AND EASY RECIPE!

#### Tomato & Cucumber Salad

3 tomatoes, thinly sliced

1 large cucumber, peeled and thinly sliced

¼ of a red onion, thinly sliced

1 tablespoon olive oil

2 tablespoons balsamic vinegar

2 tablespoons fresh basil, chopped

Freshly ground pepper and salt to taste

Optional: Freshly steamed corn for extra color

Combine ingredients in bowl, mix until vegetables are coated. Refrigerate for one hour, stirring occasionally to marinate, or serve immediately.

### SHOP IN SEASON

Vegetables taste best and cost less when they are in season.

Summer vegetables include:

- Yellow squash
- Zucchini
- Cucumber
- Bell peppers
- Tomatoes
- Corn
- Okra
- Onions

### EAT MORE VEGETABLES

Vegetables are relatively low in calories and high in vitamins, minerals, fiber and phytochemicals. Fiber helps you feel fuller for longer. Going back for seconds? Choose veggies; they'll satisfy the urge for more food without stretching your waistline.



# Get Fit and Have Fun with Free Group X

DURING THE MONTH OF MAY, WE WANT ALL MEMBERS TO EXPERIENCE THE BENEFITS OF GROUP X.

That is why we are offering two FREE weeks of classes. The Monday and Wednesday classes will be offered from 5:15-6 p.m. and the Tuesday and Thursday classes will be offered from 12:10-12:55 p.m. Grab your friends and co-workers and experience fun fitness with Group X!

## Cycle with Shauna

Monday, May 9 (Studio 1)

## Power Pump with Kellie

Tuesday, May 10 (Studio 2)

## Kickboxing with Ashley

Wednesday, May 11 (Studio 1)

## Pilates with Ashley

Thursday, May 12 (Studio 2)

## Outdoor Fitness with Shauna

Monday, May 16 (Meet in CRC Main Lobby)

## Zumba with Brandon

Tuesday, May 17 (Studio 1)

## Butts & Guts with Emily

Wednesday, May 18 (Studio 2)

## Yoga with Angie

Thursday, May 19 (Studio 2)

# Congratulations Intramural Sports Champions!

SOCCER LEAGUE: **Men's - Wonga United, CoRec- Washed Up**

FLAG FOOTBALL TOURNAMENT: **Prestige Worldwide**

CORNHOLE DOUBLES: **David Milam and Ted Freemyer**

COREC SAND VOLLEYBALL TOURNAMENT CHAMPS: **Ball in Your Face**

## EMPLOYEE OF THE MONTH



Jon Little is both a lifeguard and recreation assistant with Campus Recreation and Wellness. He is from Denver, N.C., and is majoring in business administration and law. After graduating Jon would like to become a "big-time" lawyer in New York. He likes working at Campus Rec because he enjoys meeting new people who enjoy working out. Jon's favorite thing to do is to go out on the lake during the summer (just around the corner, Jon!). He would choose to watch college football over any other sport on television, and if he had the chance to travel anywhere, he'd go to Hawaii. If he won the lottery, Jon would "travel travel travel," give to people in need and save the rest.

Jon was nominated for Employee of the Month because, among other things, he has such a great attitude and is always willing to lend a helping hand. Keep up the good work, Jon!

## MEMBER OF THE MONTH



Olu Ben-Shidah is from Woonsocket, R.I., and transferred to WCU from Community College of Rhode Island. He has been attending WCU for two years and decided to move here for a change of pace. Olu is majoring in English with a concentration in professional writing and a minor in business law. In the fall Olu plans on attending law school, a longtime dream of his. His usual workout is a run with his girlfriend in the morning and weightlifting in the afternoon (the bench press is his favorite exercise). Olu's exercising began when he was 13 but within the last three years he has been able to take himself from an unhealthy 300 pounds to 235 pounds with 9 percent body

fat. He has inspired many of his family members and friends to begin the journey to a healthy lifestyle, one of the reasons he was chosen as Member of the Month. Olu says, "I encourage everyone to get fit and stay that way. Not only will you look good but you will feel great. Truth is, despite what others say, change comes from within. Do it for you and no one else. In my journey I live by the saying by T.S. Eliot: Only those who will risk going too far can possibly find out how far one can go." Congratulations, Olu!

# theLift

The Lift is a publication of Campus Recreation & Wellness at WCU

See all issues of Lift online:  
[www.wcu.edu/25913.asp](http://www.wcu.edu/25913.asp)



## Campus Recreation & Wellness

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