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!
Congratulations to Our Graduating Seniors!

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

May Hours of Operation

CAMPUSS 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!

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 Pallette
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

Jena Weinstock - Group X Instructor, Marketing Team

Cassie Parks - IM Office Assistant

Chris Hines - IM Supervisor

Elizabeth Hoyle - Lifeguard

John Julien - Supervisor, Marketing Team

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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.

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.
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!