

Scholarship Winners



Stephanie Hedrick, Senior, Psychology Major, received an \$800 award



Kristin Erhard, Sophomore, Art major, received a \$300 award

There are plans for another scholarship fundraiser in late spring. Watch for the **"Greens for Greens"** announcement and plan to buy your seeds and perennials at that sale. All proceeds from this first annual plant sale will go directly to the CSAC scholarship fund.

Employee Appreciation Week

April 18 – 22, 2005

Back by popular demand will be **Breakfast for a Buck**, **Ice Cream & Cookies**, and a **Bulldog Lunch**. Several other special events are also being planned, so please be sure to watch your email or office postings for more information!

Schedule of Events

Monday, April 18

7:30 – 8:30 am	Breakfast for a Buck – Dining Hall
11:30 am – 1:00 pm	Bulldog Wrap Lunch – Quad, in front of Lipinsky featuring Magician Bill Grimsley
9:30 – 11 pm	Sub Dinner for Third Shift

Tuesday, April 19

7:30 – 8:30 am	Breakfast for a Buck – Dining Hall
3 – 5 pm	Chancellor Farewell, location TBA

Wednesday, April 20

7:30 – 8:30 am	Breakfast for a Buck – Dining Hall
10:00 am – 2:00 pm	Wellness Fair - HFC

Thursday, April 21

7:30 – 8:30 am	Breakfast for a Buck – Dining Hall
1:30 pm – 2:30 pm	Ice Cream and Cookies – Reed Plaza
2:30-3:30 pm	Team Building Workshop with Janet Cone
10pm-Midnight	Pizza and Movie Night for Third Shift

Friday, April 22

7:30 – 8:30 am	Breakfast FREE – Dining Hall
8:15 – 9:00 am	Employee Service Awards and Surprise Program

The **Thank You Genies** will be appearing at all events. Be sure to attend all the events, so you will not miss them!!

Chancellor's Staff Advisory Committee

(Newsletter continued from other side)

Mark Your Calendar

CSAC Meeting Schedule

April 18, May 16.

Employee Appreciation Week

April 18-22, 2005

UNCA Wellness Fair - April 20, 2005

Commencement - May 14, 2005

"We've Made it Through Another Year" Employee Lunch

May 16, 11:30 - 1:00.

Legislative Update

Now that the 2005 General Assembly has convened, you may wish to keep abreast of bills introduced and actions taken that concern state employees. These might involve the state health plan, proposed salary increases and other issues that are important to you. There's a wealth of current information on the Web site for the North Carolina General Assembly and the State Employees Association of North Carolina, as follows:

www.ncga.state.nc.us/

www.seanc.org/

CSAC Representatives 2004-05

Academic -Student Affairs

Helen Dezendorf

Leanna Preston, Vice Chair

Susan Weatherford

Jeanene Wexler, Secretary

Chrissy Wise

Administration & Financial Affairs

Lane Brown

Tony Davis

Mary Carol Morrison

Alumni/Development

Karen Anderson

Chancellor Appointee

Sharon Whisenhant

Deirdre Wiggins

Chancellor's Area

Ann Bass

Facilities Management

Chris Castellani

Tammy Justice

Roger Penley

Connie Schaller, Chair

Human Resources Representative

Lauri Hollingsworth

Wellness Tip

Beat the Blues

In a study of adults with mild to moderate depression, researchers noted that burning a certain number of calories each week through aerobic exercise resulted in significantly lower depression scores over time. The workouts in the study were equivalent to a 150-pound person burning about 1,200 calories per week.

To reap the greatest mood-boosting benefits from your exercise routine, you should aim to burn about 8 calories per pound of body weight per week. If you're looking for other ways to beat the blues, spend time with supportive people, write down your thoughts in a journal, seek out and speak to a trusted friend or counselor, and exercise regularly. Exercise not only helps boost your mood, but it also strengthens muscles, improves cardiovascular fitness, enhances flexibility, and boosts immune system function.

(RealAge Tip of the Day, 3-9-05)

Fast Food Facts to Remember

- ? No matter how hungry you are, you are better off ordering a small amount of food and making up for it with healthier foods later. Don't super-size or add on items.
- ? Opt out of cheese and mayonnaise, both of which can add unnecessary calories and fat. Instead, pile on lettuce, tomato and other vegetables, if possible.
- ? Avoid anything deep-fried. From chicken to potatoes to onions, deep-fried foods contain altered fats that are detrimental to the body.
- ? If you order a salad, choose the low-fat dressing, and add sparingly. One serving of full-fat dressing can be equal to the amount of fat in a cheeseburger!
- ? Finally, ask to see a list of the nutritional content of menu items. Most restaurants should have this - if they don't you really don't want to eat there!

(Daily Tip from Dr. Weil, 3-9-05)



Jonalyn Crite, Admissions

In the busy Admissions Office, Jonalyn Crite is sometimes the calm in the center of a storm. She describes herself as quiet, but observant. 'On the outside, I'm quiet but on the inside, I'm always processing' says Jonalyn.

She enjoys her new job and relishes the return to a college campus. Jonalyn was born and bred in Brevard, NC, graduated from Brevard High School, attended Brevard College, graduated from UNCA in 1993 and most recently began graduate studies at Wake Forest Divinity School. Withdrawing from school to assist in her son's recovery from a serious illness, Jonalyn decided that graduate school would have to wait.

With a history of work in non-profits and public utilities plus a background in the business administration side of health care in two local hospitals, Jonalyn knew the fast pace and public contact in the Admissions would be a good fit for her.

Married for 25 years, she and her husband Terry have two sons. Jonalyn enjoys music, reading, and travel in her leisure time.