Member of the Month

Betty Wolff, Building Services Group Leader for the Preston Center and Tate Page Hall, has worked at Western for 16 years. She and her husband Clarence, who is a physics professor at Western, own an antique shop here in Bowling Green. She is the mother of five children and the grandmother of one. Active in the youth soccer league, she coached the number one team this year. She is also treasurer of TOPS Kentucky 419 (Take Pounds Off Successfully).

Betty was one of the first Western employees to join the Preston Center. Her greatest accomplishment was the loss of 72 pounds in the last ten months. Betty has achieved this by working out at the Preston Center and by keeping a great attitude. She especially likes one item in the weight room and that is the Climb Max step machine. Congratulations Betty on being selected member of the month. We are very proud of you!

The Results Are In

Preston Activities Center

Preston Activities Center

Thanks to Mr. Bob Cobb in Academic Computing for calculating the results and designing the above graphs.

Thank you for responding to the survey!
Water Aerobics

Water aerobics kicked off March 23rd at 5 p.m. with 14 people attending. There was such a good response that we expanded to five days per week. Kathy Kunzman will teach 5-6 and 6-7 p.m. on Mondays and Wednesdays. Jill Dages will instruct on Tuesday and Thursday from 4-5 and 5-6 p.m. Melissa Powers will teach the Friday class from 5-6 p.m.

Water aerobics is included with the aerobics fee that students pay. We recommend that you wear aerobics clothing (with the exception of regular aerobics shoes) for these classes as these garments offer more support and warmth than swimming suits. Although they are not required, some people may prefer to use water shoes rather than take the class in bare feet. Walmart and KMart have the generic versions of water shoes for about 5 to 6 dollars. Come catch the wave to future fitness fun and take the plunge with us.

Locker Renewals

All Faculty/Staff members who want to extend their locker rental for Fall of 93, Spring of 94 are asked to renew their reservations during the following times:
* Monday May 3 - Friday May 7 7:30 a.m.-4:30 p.m.
* Monday June 21-Friday June 25 7:30 a.m.-4:30 p.m.
All renewals will be done in the IM-REC Sports office on the second floor in the Preston Center. Yearly rental cost will be $25.

Summertime Fun With Tennis and Golf

Mark your calendars!
* Golf: Friday July 9th
  Tee times are 8 a.m. and 1 p.m.
  Hobson Grove Golf Course
* Tennis: August 27-29th
  WKU Tennis Courts and Preston Center

Employee of the Month

Juli Leasor is the employee of the month for April. Juli is a 22 year old senior from Louisville, KY. Her majors of physical education and coaching are going to prepare her for her ambition of coaching on a high school level. One of Juli's goals is to become the first female high school football coach in Kentucky. She says that she has been around football all her life and that she truly loves the game. She is to be married in two months but she will return next fall to finish up her college degree. When coming through the gate at the center, look for Juli's warm smile and personality to greet you. Juli commented, "The people I work for and with are just great". Congratulations, Juli for being selected the employee of the month.
May is National Physical Fitness and Sports Month. Get in great shape for the summer by participating in a month-long incentive program for faculty, staff and their families.

What is Exercise America?
A one-month exercise incentive program designed to help you get fit and have fun during NPFSM.

Who can participate?
Faculty, staff, and their families. Participants can sign up alone ($5 registration fee), with a partner ($4/person), or as a family ($4/person).

How does the program work?
The goal of the program is for participants (13 and older) to exercise 500 minutes in one month. Children under 13 years have a goal of 250 mins. exercise. Exercise time and activities are logged on a map of the 50 states. All participants who complete the program will receive an incentive prize (check your choice on the registration form.)

For details or to get registration materials and a map, call 6531. Early Bird Special - sign up by April 28 to be eligible for a special prize drawing.

In preparation for NPFSM, the Wellness Center will sponsor two fitness workshops. Workshops are open to all students, faculty, and staff. Mark your calendars!

Friday, April 23 12-1:00 p.m. Wellness Center Presented by Sheryl Tahler, Fitness Director, and Cecilia Watkins, Graduate Assistant

Down to Basics: Beginning an Exercise Program Why exercise? How to maximize fitness gains through exercise...monitoring target heart rate...three components of a complete program...and lots more!

Friday, April 30 12-1:00 p.m. DUC 349 Presented by The Foot Locker, Greenwood Mall

These Shoes Are Made for Walking/Running
How to select the best shoes for your exercise program, whether you are a walker, runner, or do aerobics.

BURN IT UP WITH AEROBICS
How many calories can you burn with aerobic activity? This list shows how calories are used in 20 minutes of different activities. (3,500 = 1 lb. of fat.) In all activities, calories used will vary depending on skill, rest patterns, sex, body size, and most importantly, aerobic capacity. The better aerobic shape a person is in, the higher one's metabolism. Now that's incentive!

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rowing Machine - 400 strokes</td>
<td>275</td>
</tr>
<tr>
<td>Running - 7 mph</td>
<td>270</td>
</tr>
<tr>
<td>Skipping Rope</td>
<td>245</td>
</tr>
<tr>
<td>Jogging - 6 mph</td>
<td>213</td>
</tr>
<tr>
<td>Cross Country Skiing</td>
<td>205</td>
</tr>
<tr>
<td>Racquetball</td>
<td>171</td>
</tr>
<tr>
<td>Downhill skiing</td>
<td>169</td>
</tr>
<tr>
<td>Bicycling - 12 mph</td>
<td>160</td>
</tr>
<tr>
<td>Swimming</td>
<td>152</td>
</tr>
<tr>
<td>Aerobic dancing</td>
<td>150</td>
</tr>
<tr>
<td>Tennis</td>
<td>140</td>
</tr>
<tr>
<td>Fitness walking - 4.5 mph</td>
<td>140</td>
</tr>
<tr>
<td>Canoeing</td>
<td>124</td>
</tr>
<tr>
<td>Basketball (moderate)</td>
<td>124</td>
</tr>
<tr>
<td>Baseball</td>
<td>81</td>
</tr>
<tr>
<td>Walking - 2 mph</td>
<td>65</td>
</tr>
</tbody>
</table>
Faculty and Staff Sports

The action was hot at the Faculty and Staff bowling championship. Two fierce rivals, the WAB and SSBII, were matched up head to head for the final game. After the smoke cleared, the team WAB was the victor just edging out SSBII by a score of 2,326 to 2,167. What a game! The season end averages were as follows:

- WAB 763 pins
- Spares 739
- SSBII 735
- SSBII 686
- P.S. 554

Summer Hours Preston Center

Monday- Friday 6 a.m.- 7 p.m.
Saturday 9 a.m.- 5 p.m.
Sunday 1 p.m.- 5 p.m.

Adventure Center

Scuba dive with the Adventure Center. Two week or weekend classes available for the price of $135. For more information please call 745-6545.

Summer Memberships

All Faculty and Staff that paid for a yearly membership will need to renew their membership starting July 1, 1993 through August 30, 1993. All Preston Center memberships that are payroll deductions will be continuous unless cancelled by the member.

Summer Month Fees: Members only
(May 17-August 13th)

Faculty and Staff:
Grandchildren & Children over 21........
$10 per week
$25 per summer
*Each child under the age of 14 will need to be accompanied by an adult.

The Preston Center News is a Raymond B. Preston and Intramural/Recreational Sports Publication
Bert Blevins, Editor
Reporters:
Sheryl Tahler
Dave Parsons
Chris English
Kelly Rogers
Photographer: Bob Skipper
Wellness Center: Nancy Givens

Preston Center
Room 203
Western Kentucky University
Bowling Green, KY 42101

Campus Mail