

LIFE AT LIFE

A STAFF COMMUNICATION



INSIDE THIS ISSUE

- From the Desk
of Staff Council 2
- Fall CE What's New 2
- Around Campus:
Student Conduct 3
- Staff Member Spotlight:
Gregory Carpenter..... 4
- Fall CE Hosts 5
- Local Happenings 6
- Tidbits..... 6
- LIFE-Steps to Wellness .. 7
- Tech Tips 7
- Remembering
Earnest Arnold 8
- Recipes 9

You can access past Newsletters by visiting the Staff 101 Blackboard site.

LETTER FROM By April Basler *the Editor*



Photo credit: Ryan Basler Photography

Hello Life University Staff:

I hope everyone is having a wonderful Summer quarter. Labor Day is upon us and with that, summer's end. We have included some great local happenings for you to attend Labor Day weekend and into the fall. Make one of our recipes at your next gathering. The S'mores dip and Raspberry Lemonade Champagne sure do sound tasty.

Get to know more about the Office of Student Conduct in this quarter's **Around Campus** article. Meet a newer member of the Life U community, whom we have featured in the **Staff Member Spotlight**. Gregory Carpenter is the Chief Engineer in the Physical Plant Department. The **Life-Steps to Wellness** article discusses how to get started with an exercise program. **Fall CE** is approaching and there are a lot of new things being implemented this year. Read all about them in the articles written by Nancy Sutton and Rebecca Koch. Many of us are **Hosts for Fall CE** and it is a very important role to ensure the event goes smoothly.

In the staff newsletter, we always dedicate a page for a Life U community member who has passed away. **Earnest Arnold** was an icon in our community. I know we will all miss entering the shuttle and seeing Earnest's smiling face staring back at us as well as the friendly conversations he always had with us. Last year, we featured Earnest in an interview and have chosen to reprint the interview in remembrance of Earnest.

Have a great rest of the quarter!

April Basler
Staff Newsletter Editor
CC-HOP Office Assistant

CAMPUS HOURS

CC-HOP M & F 8:30 a.m.–7 p.m. TU & TH 8 a.m.–7 p.m. W 9 a.m.–1 p.m. & 5 p.m.–7 p.m. Closed W 1 p.m.–5 p.m.	C-HOP M–F 8 a.m.–7:30 p.m. Sat 8 a.m.–1 p.m. Closed each day 1:30 p.m.–3 p.m.	Wellness Center M–TH 5:30 a.m.–9 p.m. Friday 5:30 a.m.–8 p.m. Sat/Sun 10 a.m.–5 p.m.	Library M–TH 6:45 a.m.–11:45 p.m. Friday 6:45 a.m.–6:45 p.m. Saturday 10:30 a.m.–6:45 p.m. Sunday 12:00 p.m.–11:45 p.m.
CETL M–F 8 a.m.–5 p.m.	Socrates Café* M–TH 6:30 a.m.–3 p.m. Friday 6:30 a.m.–1:30 p.m.	Plato II Go* M–TH 10:30 a.m.–5 p.m. Friday 10:30 a.m.–2:30 p.m.	<i>*Hours Subject to Change</i>

From the Desk of Staff Council



Congratulations
Dr. Maria
Michelin!

Congratulations to Dr. Maria Michelin, our new Staff Council Secretary! We asked Dr. Michelin to share a few words about herself.

"I chose chiropractic because even as a small child in Newberry, Michigan I wanted to change the world for the better. My goal is to help people remove the interferences that are stopping them from living their best lives. For the past 20-plus years as both a chiropractor and a chiropractic educator, I helped people strive to reach their optimal potential. I plan on bringing this attitude as well as many years of experience in college service to the position of secretary of staff council. I'm the mother of an awesome 13 year old boy, who keeps me very busy when I am not at Life University." – Dr. Maria Michelin

Dr. Michelin is the Wellness Portfolio Staff Clinician. Her office is located at C-HOP on the Administration side. She can be reached at Maria.Michelin@LIFE.edu. ■



What's New, What's Old?

By Nancy Sutton

Fall CE is the largest event on the Life University campus every year, and the largest chiropractic CE event in the country. More than 1,600 chiropractors make their way to our campus every year for this enjoyable and affordable CE event. Not only do they get CE credits at a very reasonable rate, but they are able to connect with classmates and attend many fun and informative events on campus.

What's new?

This year "Fall CE" turns into "Fall CElebration," – a name that highlights not only the CE aspect, but also the events and parties that make this such a great time for everyone who attends.

The Alumni and Friends party will be held at the newly renovated rugby field on Saturday night. The party will be preceded by a dedication of the Lupo Family Field, as well as the recognition of Dr. Joe Lupo and his Elite 150 team for their contributions in making it possible for LIFE to have a world-class field for rugby, soccer and eventually lacrosse. Afterward, let the party begin! There will be food, music and class reunion pictures, all topped off with a fireworks show!

Also new this year will be the reopening of the Lasting Purpose pool. Leaky and unusable, the pool had been empty and collecting dead leaves and debris for years. Instead of the showpiece it once was, it had become an eyesore in the middle of Lasting Purpose Plaza (located between the Learning Resource Center - or LRC - and the College of Graduate and Undergraduate Studies – or CGUS – buildings). It was agreed that something needed to be done with it. At first the suggestion was made to fill it with dirt and make it

a garden. However, the Lasting Purpose crest, so bound up with the mission and the vision of LIFE, was thought by VPUA Greg Harris and others to be too important to cover up. Greg approached EVP Bill Jarr about saving the pool and credits Bill with stating "I'll create the plan if your team raises the money."

The crest, made of one-inch ceramic tiles, would be mapped, taken apart and reassembled as the base of a fountain. The University Advancement Division team contacted key people they thought would catch the vision and be willing to support this endeavor. Ten donors stepped forward to contribute almost \$100,000 to the renovation, which will be unveiled on Friday, September 30 after CE classes.

That's what's new, so what's old?

What has always been a constant is the dedication and service of the Fall CE Hosts. That's what has made and kept this such a great event – the many Life U employees who serve as ambassadors, guides, problem solvers, party planners and make the whole machine run. We couldn't put this huge, complex event together without the help of these fantastic people who Give, Do, Love and Serve over and above their regular duties every year.

Bi-weekly meetings with the key departments begin in February to start planning the event, and beginning in July those meetings are held once a week. The goal is to ensure a smooth and as-problem-free-as-possible event for all.

We hope you'll look at the new Fall CElebration with a renewed appreciation for both the new and the old aspects of the largest and most successful chiropractic CE event around! ■



AROUND CAMPUS

Student Conduct

Each quarter, we feature a different department in the Around Campus article. This quarter, we talked to André Clanton at the Office of Student Conduct.

STAFF NEWSLETTER: Where are you located?

ANDRÉ CLANTON: The Office of Student Conduct (OSC) is located in the Sport Health Science Building in suite 229.

SN: How many people work in your department?

AC: The OSC is a department of one.

SN: Does your department have a mission/main goal? What is it?

AC: The Office of Student Conduct supports the mission of Life University and the division of Student Services by creating and fostering a safe and peaceful learning environment for students, faculty, and staff. The Office of Student Conduct strives to achieve this goal through the adjudication of the Honor Code and Standards of Student Conduct and by providing additional programs and services designed to promote the concepts of civility, integrity, responsibility, and community.

SN: What are your hours?

AC: Monday through Friday 8 a.m. — 5 p.m.

SN: How long has your department been in existence?

AC: Nine years.

SN: Are you on the LIFE website?

AC: Yes, visit <http://www.life.edu/campus-life-pages/student-conduct/>

SN: Brag about yourself for a minute. In what specific ways as a department have you impacted Life U students?

AC: As a department, the OSC has reached out to students in various ways to change the negative perception of the department and promote ourselves as a resource for students, faculty, and staff. Our office provides conduct resolution training for the Residence Life staff. We conduct sexual assault education

and prevention training for incoming students each quarter. We speak to FYE classes quarterly to discuss academic integrity. We provide a newsletter each quarter with conduct statistics and other relevant information. We provide leadership opportunities for students through the Conduct Review Board. And, we continually assess the student conduct experience by soliciting feedback from students who have gone through the process.

SN: Describe what your department does in a “nutshell.”

AC: The OSC promotes education through adjudication. The student conduct process is an educational process, not an adversarial one. Education is our foundation. The OSC not only addresses issues of misconduct, but we also provide conflict mediation services and bystander intervention training. We are always looking for faculty, staff, and students to serve on our Conduct Review Board (CRB) because we believe it is a great way to serve the campus community. ■

CONDUCT REVIEW BOARD MEMBERS

Amanda Timberlake	Melissa Loschiavo	Justin
Charmaine Herman	Melissa Waters	McCall-Dawkins
David Wallace	Michael Pryor	Katherine Bechdol
Eva Elsangak	Morris Braum	Kim Semiglia
Jeffrey Lander	Rebecca Koch	Kirstin Slattery
Jill Bradshaw	Sandra Terry	Marleny Espinosa
Karlynn Edgar	Shelia Wood	Marwyn Bhanderi
Kathryn Bruce	Simone Branham	Michael Hollerbach
Matthew McCoy	Steve Mirtschink	Natasha Diaz
Ronald Mayne	Teregi Coleman	Sherine Rose
Bernadette	Brendan Allen	Tim Godek
Lavender	Caitlyn Stokes	Tor Osthus
Deidre Deloach	Emanuel Echandy	Toya Garnes
Jayne Pendergast	Emily Darr	Yamika Patel
Jennifer Stroble	Emily Styer	
Jennifer Valtos	Hanne Polden	
Karen Numeroff	Jennie Alexander	
Leslie King	Joseph Rubert	

STAFF MEMBER SPOTLIGHT:

Gregory Carpenter



Every quarter, we feature a different staff member for the Staff Member Spotlight. This quarter, we're featuring Gregory Carpenter.

STAFF NEWSLETTER: Tell us about what brought you to Life U.

GREGORY CARPENTER: My family and I had moved away to North Carolina from Georgia a couple of years ago due to a job relocation. Though North Carolina is a very nice place with a lot of great people, we were missing Georgia. So I began searching for job opportunities that would bring us back. I saw a job opportunity here at Life University advertised on the Internet and applied for the position.

SN: Where at Life U do you work and what might your day look like?

GC: I work in Physical Plant as the Chief Engineer. A typical day for me thus far includes responding to service calls as well as assisting the Facilities Director with various tasks related to the campus infrastructure.

SN: What has surprised you most about Life U since you got here?

GC: The people here have been great in making me feel welcome and being a part of the team at Life U.

SN: Please share about your education.

GC: I graduated from high school in South Florida in 1988. Pertaining to my electrical career, I have taken classes ranging from electrical theory to code requirements and calculations in preparation for my journeyman license. I've taken continuing education courses throughout my career including NEC code changes and grounding and bonding.

SN: Please share about your past job experiences.

GC: I started in the electrical trade in May of 1995, earning my Journeyman license in 1999. The first company I worked for in the trade was involved in both commercial and residential work, performing new installations and making repairs and alterations to existing systems. I worked for Lucent Technologies from 1999 through 2001 as an electrician as part of the 5ESS switch installation team. In 2001, I started working in facilities management applying the skills of my trade, while learning other trades as it pertains to facility maintenance, primarily HVAC and plumbing. The first project I worked in facilities management was at Florida Atlantic University in Boca Raton, FL where I started as a journeyman electrician, eventually moving

up to Maintenance Manager, then Assistant Project Manager. In July 2009, I transferred from Florida to the new Consolidated Rental Agency Complex (CONRAC) located at Hartsfield Jackson International Airport where I worked as Chief Engineer. I worked there until November 2014 when I transferred to another startup project in Charlotte, NC at the Mecklenburg County Courts Complex.

SN: What is one of your career goals?

GC: To continue to grow in my knowledge and experience in the facility management field.

SN: What do you like to do for fun?

GC: First and foremost, spend time with my family whatever the activity. Together we enjoy being outdoors doing things such as hiking in the many different state parks, and vacationing in Florida. We typically will do a beach vacation going to the west coast one year, then the east coast the following year.

SN: What is something not many people know about you?

GC: I'm somewhat of what you might call a backyard-grilling aficionado. I really enjoy cooking a number of different foods such as pulled pork, ribs, chicken, brisket and turkey on a vertical smoker that I built a few years back. I also like to experiment creating and tinkering with different seasoning and marinade recipes.

SN: Can you tell us about some items on your "bucket list"?

GC: One of the main ones is traveling. Something my wife and I want to do together one day is to take long road trips to visit places we haven't had the chance to see yet. Places such as the Grand Canyon and Yosemite are on our list. There are a lot of great places here in the States that we want to visit.

SN: Can you share a quote or mentor experience that inspired you? Words you live by, so to speak.

GC: One from the Bible. This one is often quoted, but really has been inspirational for me when life throws its curve balls. "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." (Proverbs 3:5-6)

SN: Do you have anything else you would like to add/share?

GC: I look forward to meeting and working with the many wonderful people here at Life. ■

VOLUNTEERS NEEDED: We need staff members to be highlighted in the Staff Member Spotlight. If you would like to volunteer or know someone who would be interested in being in the Spotlight, please email StaffNewsletter@LIFE.edu.

“

This one is often quoted, but really has been inspirational for me when life throws its curve balls. "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." Proverbs 3:5-6
- Gregory Carpenter

”



Hosts

By Rebecca Koch

“
...we certainly
can't do it
in integrity
without our
amazing Hosts...
”

Of all the remarkable things Life University employees do over the course of the year, nothing comes nearly as close to being a group effort as Fall Week 0, also known as “WorkWeek” by longtime Lifers. Every Fall Week 0, Student Services and Enrollment bring in and provide orientation for our largest class of the year and faculty and staff gear up for the coming quarter. All through the year, the University Advancement team is working to develop sources of revenue, such as donations and alumni engagement, which are vitally important to sustaining any institution, especially a tuition-driven one like Life U. We needed a more robust relationship with our alumni but reestablishing continuity after the University was reorganized in 2002 produced lackluster results.

Then, six years ago, senior administration asked, “What would Google do?” and the answer was “make it free.” That meant, like Google, advertisers would be footing the bill for the price of doing business...and it worked. Then, four years ago, those of us who are expected to attend the Faculty and Staff Development Program (FSDP) on Wednesday of Fall Week 0 were assigned to serve a shift as a Fall CE Host...and the “Week 0 Peeps” just stepped right up to make it happen as a team – just like the “Week 7 Peeps” have long been working together as a team to bring in the new class each quarter.

This time out, we have a theme for our service together as CE Hosts at Fall CElebration: Integrity. We have encouraged all doctors attending Fall CE for credit to maintain professional integrity when scanning in for CE credit. We are asking attendees to refrain from

“scamming” into classes. What’s scamming? It can be scanning into classes but not actually attending them, and then coming back to scan out as if you had. It could be scanning in more than one badge. It could be having a family member or employee scanning your badge into sessions you didn’t actually attend. And, just to be clear, we’ve asked our Guests to refrain from these kinds of behaviors and we will certainly expect our faculty and staff to refrain from these behaviors as well, both doing and enabling them.

Fortunately, it is not a majority of attendees (or Hosts) who scam into classes but, with over 1600 attendees, even a small percentage of scamming threatens our integrity as an institution unless we do our best to curb and eliminate it. Just like we can’t do Fall CE at all without our amazing Hosts, we certainly can’t do it in integrity without our amazing Hosts, either.

It takes all of us working together because only we, as a team of people who love what we do at Life U and what Life U does for us, could make this event as fun and successful as it is. And, to help you feel more successful, we’ll be doing Host training sessions again this year and all Hosts are expected to attend one of the training sessions. Be on the lookout for the schedule in Power Up and Life News.

For anyone who is new to the Life community and has not received a Fall CE Host shift confirmation, please contact Rebecca.Koch@Life.edu as soon as possible to discuss your options. ■



SEPTEMBER 4-5

Noshfest

Times: Sunday, 11a.m. — 7 p.m. | Monday, 11 a.m. — 4 p.m.

Location: Temple Kol Emeth, 1415 Old Canton Rd, Marietta

Information: Noshfest enters its sixth year as East Cobb's premier Labor Day event featuring food, entertainment and fun for the whole family.

New events include chef-driven cooking classes, a bagel-eating contest, a Challah baking class, major entertainment bands and more.

Website: www.Noshfest.com



OCTOBER 8-9

46th Annual Atlanta Pride Festival and Parade

Time: All day Saturday and Sunday

Location: Piedmont Park, Atlanta

Information: Atlanta Pride Festival, the largest pride festival in the Southeast, returns to Piedmont Park each October following National Coming Out Day. Celebrate diversity and community during this two-day Atlanta gay, lesbian and transgender extravaganza that includes live entertainment, cultural exhibits, the famed Pride Parade and the Pride Marketplace featuring more than 200 vendor booths, as well as tons of restaurant and bar promotions.

Website: www.atlantapride.org



SEPTEMBER 2 — 5

Dragon Con 2016

Times: Friday, 1 p.m. — 7 p.m.

Saturday, 10 a.m. — 7 p.m.

Sunday, 10 a.m. — 7 p.m.

Monday, 10 a.m. — 5 p.m.

Locations: Hyatt Regency Atlanta, Atlanta Marriott Marquis, the Hilton Atlanta, Sheraton Atlanta Hotel, and the Westin Peachtree Plaza Hotel.

Information: Dragon Con is the nation's leading multi-media and pop culture convention! Dragon Con will bring you the latest in science fiction and fantasy gaming, comics, literature, art, music and film this Labor Day weekend in Atlanta, Georgia.

Website: www.dragoncon.org

Local Happenings



SEPTEMBER 24 - 25

Duluth Fall Festival

Times:

Saturday, 9 a.m. — 10 p.m.

Sunday, 9 a.m. — 5 p.m.

Location: 3142 Hill Street Northwest, Duluth (off-site shuttles available)

Information: The Duluth Fall Festival features 350 booths of art, crafts and food, plus entertainment, a carnival, a parade Saturday and a road race Sunday at Duluth Town Green.

Website: www.duluthfallfestival.org



OCTOBER 14 — 16

A Tour of Southern Ghosts at Stone Mountain Park

Times: Tours begin at 7 p.m.

Location: Stone Mountain Park

Information: Join this Atlanta Halloween family tradition for tours through the lantern-lit paths of the Antebellum Plantation grounds at Stone Mountain Park. They will feature ghost stories, both funny ones and scary ones, but they will be appropriate for children.

Website: www.stonemountainpark.com/events/A-Tour-of-Southern-Ghosts

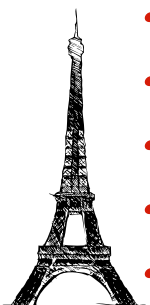
T i d b i t s

- A can of Pepsi contains 41 grams of sugar, or about 7 teaspoons.
- The Eiffel Tower was originally intended for Barcelona, Spain, but the project was rejected.
- When Louis Pasteur was working on the rabies vaccine, if he or his assistants had gotten infected, they were to be shot in the head.
- Dogs can see sadness in humans and often attempt to make their owners happy by initiating cuddling.
- The Facebook "Like" button was originally planned to be named the "Awesome" button.
- Steve Jobs never wrote a single line of programming code.



Did You Know?

- Marie Curie's research papers are still highly radioactive to this day. To access them, you must sign a waiver and wear protective clothing.
- If the human eye was a digital camera, it would have 576 megapixels.
- Norway will allow any student, from anywhere in the world, to study at their public universities completely free of charge.
- Jellyfish are about 98% water. If left in the sun, they will evaporate.
- Seahorses mate for life and hold each other's tails when traveling.
- In Alaska, there is a pizza place that delivers by plane. ■



LIFE-Steps to *Wellness*

There are so many benefits to exercising, such as improved energy and mood, restful sleep, reduction of stress and anxiety, and of course improved overall physical health. So, why do so many of us have so much trouble sticking to an exercise routine? Sometimes, the very things exercise helps to combat are the reasons we stay sedentary. Being tired, stressed, or busy can keep us from getting out there and moving.

Here are some tips to get moving and stay motivated:

- Remember that even a little exercise is better than none at all
- Be kind and patient with yourself
- Keep your expectations realistic
- Challenge your excuses - are you really too busy, too tired, too old, etc.?
- Know your limitations; act accordingly
- Set goals - plan your strategy considering obstacles
- Hold yourself accountable, or get an exercise partner to keep you on track
- Forgive yourself when you get off track, and then continue

One benefit of working at Life University is our access to the Wellness Center on campus, but not all exercise has to take place in the gym. Movement can be incorporated into your everyday routine, and can include the whole family. Housework, yard work - even walking the dog can be a great way to stay active. Our campus also has many beautiful places to walk at lunch, or before and after work.

Exercise is a wonderful form of self-care, whether your goal is to lose weight, reduce stress, or just feel better overall. So take it easy on yourself, have fun, and most of all keep moving! ■

“
**Forgive yourself
when you get
off track, and
then continue.**
”



Security Tech Tips

Email

Our IT team does a great job keeping out the spam and junk mail – and most of the malicious mail. But, there are bad guys out there who want to inflict damage just because they can. They run the gamut from common vandals to sophisticated information thieves so be on the lookout for emails that just seem “off.” Don’t click in a link in the email to get to your bank or credit card company – or Amazon or “track package” link. If you feel you need to check, open a new browser window and go into those sites the way you usually would or Google them. Chances are good you’ll find out things are AOK – and all because you didn’t click on a fake link. Go, you!

- You don’t have to click on a link in an email to see where it will take you. Don’t even go there. Just hover your cursor over the hyperlink and a little dialogue box will pop up and show you the whole link and nothing but the link – and chances are good you won’t want to follow the link after all.
- No one you know is really stranded in London or Nigeria...or ready to give you your share of a million billion dollars. Don’t respond! Oh, and that email talking about the conspiracy-du-jour? Please check Snopes.com before you pass it along (especially from a Life.edu email address)
- Finally, are you trying to email a file and it’s just too big to go through? You can use yousendit.com or transferbigfiles.com. Recipients have a limited time to download the files (maybe 30 days?) from the Internet. ■

Remembering Earnest Arnold



Earnest Paul Arnold
August 21, 1954 –
July 26, 2016

THE FOLLOWING INTERVIEW WAS PUBLISHED IN THE STAFF NEWSLETTER FEBRUARY 2015. WE WANTED TO SHARE IT WITH YOU AGAIN IN EARNEST'S MEMORY.

Interview with Earnest Arnold by Shelia Wood

SHELIA WOOD: How long have you been with Life U?

EARNEST ARNOLD: I've been here a long time. As of this February, I have been working at Life U for seven years.

SW: What is your favorite thing about driving Life U shuttles?

EA: Students. The students are what I love the best. They're the first ones that turned me onto Chiropractic and I have felt better ever since. The students have taught me so much about Chiropractic and the campus. They're always teaching me something.

SW: What is your favorite saying?

EA: No one can steal your joy except yourself. When I wake up, it's a good day—I love life.

SW: Why is this phrase important to you?

EA: Because any day you wake up is a good day.

SW: How did you get started driving for Athletics at Life U?

EA: I used to drive for Greyhound bus. We didn't drive on the interstate back then. When I came to Life U and they found out I drove for Greyhound, they asked me to drive teams for games. So I started driving them around everywhere. My first trip was when I drove the Rugby team to Knoxville, TN with Coach Scott and we won. I was hooked after that.

SW: What is your favorite memory of Life U so far?

EA: I can't have just one. I make new ones every day.

SW: What is the best thing about driving Athletics?

EA: I get to go to the championships! Basketball, Rugby...the whole experience just keeps getting better!

SW: What is something about yourself that you would like people to know but they probably don't?

EA: My father was my greatest influence. He always said, "Don't let anybody change you from being you. You are your own master." I still hold true to that today.

SW: How does it feel to have been chosen by students and honored with the SPEAK award for five quarters?

EA: Amazing. I didn't know it each time until it was all over. I asked a student why he thought they keep choosing me and he said, "Because you just make our day." It doesn't get any better than that right there.

SW: Why do you blow your horn when you drive the shuttle?

EA: When I drove for Greyhound, we drove through a lot of little towns, back roads, country roads. Everyone was so friendly. A lot friendlier than people are now. Everybody honked or waved. I just never stopped honking and waving. I am just trying to keep that going. The friendliness of it, the small town feeling of saying hello to everybody and pass it on. ■

“
My father was my greatest influence. He always said, “Don't let anybody change you from being you. You are your own master.” I still hold true to that today.
”



Recipes



S'mores Dip

STEP 1: Pour chocolate chips into skillet or oven safe pan.

STEP 2: Cover chocolate chips with large marshmallows.

STEP 3: Place over bonfire - or place pan into oven for approximately 8-10 minutes.

STEP 4: Remove from oven when toasty-brown...use mitts 'cuz it's gonna be hot!

STEP 5: Grab graham crackers and start scooping!



Raspberry Lemonade Champagne Punch



Yield: Serves 6

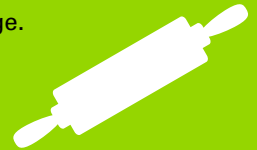
Prep Time: 10 Minutes

INGREDIENTS

- 1 can (about 12 ounces) raspberry lemonade concentrate
- 1 bottle (750 ml) champagne, chilled
- 3 cups ginger ale (or club soda)
- 1/2 cup vodka (plain, raspberry, or vanilla)
- 1 pint fresh raspberries
- lime or lemon wedges (for garnish)

DIRECTIONS

In a punch bowl or large pitcher, stir together the lemonade concentrate, champagne, ginger ale, and the vodka. Pour the raspberries on top. Pour into glasses garnished with a lime or lemon wedge.



Share your favorite recipe! Submit one today: StaffNewsletter@LIFE.edu

Feedback

We want your feedback! How did you enjoy the staff newsletter? Was there a feature you especially liked in the newsletter? Tell us! Do you have an idea to make the newsletter better? We want to hear from you! Want to contribute to the Staff Newsletter or join the Newsletter Committee?

Please send comments to StaffNewsletter@LIFE.edu.