SPOTLIGHT ON ES AND AT MAJORS

Kate Bayes (SpAdm) scored both a season as well as a game high 19 points to lead the FLC women's basketball team to a 64-50 win over Colorado Christian University on December 12th.

Yannis Becker (SpAdm) was named to the 2015 Division II Conference Commissioners Association (D2CCA) All-South Central Region Second Soccer Team on December 1st. He was also named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Men’s Soccer South Central All-Region First Team on December 3rd. Becker was one of four Skyhawks to start all 20 soccer games this season.

Joshua Blaylock (ExSp) led the FLC men's basketball team with 13 points in an exhibition game against the University of Colorado Buffaloes on December 2nd. He made 5 of 11 field goals and dished out two assists. Blaylock led all scorers with 19 points as the FLC men's basketball team upset nationally ranked Colorado School of Mines on December 11th. He also buried a career high six three-point field goals as the FLC men’s basketball team posted an 84-68 win over Colorado Christian University on December 12th.
Spotlight on ES & AT Majors

Dallas Dickerson (ExSp) netted 22 points to lead the Fort Lewis College women's basketball team to an 88-44 win over St. Martin's University on November 27th from Colorado Springs, Colo.

Hailey Edwards (ExSp) was named Front Desk employee of the month of November at the Student Life Center.

Caitlyn Espinosa (ExSp) was named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Women's Soccer South Central All-Region Second Team on December 3rd. Espinosa also received the Jan Wilson Hetzler Outstanding Senior Female Athlete award at the annual Fort Lewis College Student-Athlete Advisory Committee (SAAC) fall awards banquet on December 8th.

Katygene Jackson (K-12) gave an excellent Teacher Education Professional Experience Presentation (PEX) on Thursday, December 16th. She presented on her student teaching experience in Arizona to FLC professors/staff, area teachers/administrators, family, and friends in the ballroom along w/over 20 other Teacher Education graduates. Katygene's presentation was particularly interactive. She had her participants doing body squats, pushups, jumping jacks, etc. as she described what she did as part of her lessons at Tsaile Public (Elementary) School and Many Farms High School. Katygene will graduate on Saturday, December 19th, and will begin teaching in Many Farms in January!

Cade Kloster (K-12) scored a game-high 17 points as the Fort Lewis College men's basketball team beat Evangel University (93-65) in Golden, Colorado on November 28th.
Spotlight on ES & AT Majors

Devin Kroeker (AT) tallied the first indoor high jump mark in school history, posting a height of 1.39 meters, as the FLC women's indoor track and field team opened their season on December 12th at Adams State University. The Skyhawks won the duo meet 132-122.

Brooke Milliet (ExPhys) was named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Women's Soccer South Central All-Region Second Team on December 3rd.

Mary Rambo (AT) led FLC offensively with 21 points as the Fort Lewis College women's basketball team fell in overtime (82-76) at Lubbock Christian University on November 21st. Rambo made 7 of 10 field goals and 7 of 9 free throws. She added 10 rebounds for her first double-double of the season. She recorded her second double-double of the season with 13 points and 12 rebounds on December 5th against Adam State. Rambo was named the Rocky Mountain Athletic Conference Defensive Player of the Week on December 7th.

Astrea Reed (ExSp) made 4 of 9 field goals and all six free throw attempts to lead the Skyhawks offensively with 14 points during the Fort Lewis College women's basketball win over Texas-Permian Basin on November 20th.

Alicia Sanchez (ExPhys) was named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Women's Soccer South Central All-Region Second Team on December 3rd.

Joseph Spinelli (SpAdm) was named to the 2015 Rocky Mountain Athletic Conference Men's Cross Country All-Academic Team Honor Role on December 15th.

Celeste Torrez (ExPhys) was named Intramural/Club Sports Student Life Center Employee of the month for November.
Congratulation to our December 2015 graduating seniors:

Christopher Bent, Hannah Blackwell
John Cunliffe, Kalen Dear
Brandon Harvey, Kayla Hoover
Katygene Jackson, Tyler Jones
Kelsey Pryor, Gabrielle Sandoval
Elizabeth Sejud, Kayla Stoddard
Daniel Walters, Ashley Wells
Robert Wirebaugh, Travis Wolfe
December is ...

National Egg Nog Month

But before you tip back a glass of store-bought eggnog, read this.

If you pick up a carton of commercial eggnog at the supermarket, you’re probably getting much more nog than egg. FDA regulations only require that 1.0 percent of a product’s final weight be made up of egg yolk solids for it to bear the eggnog name. For “eggnog flavored milk,” the bar is even lower; in addition to requiring less butterfat in the recipe, this label only requires 0.5 percent egg yolk solids in the carton.

Of course, there are other good reasons why we don’t tip back eggnog year-round. Sure, nobody’s reaching for a nice cup of something custardy on a hot day, but it’s not very good for you at all. A relatively small four-ounce cup of store-bought eggnog boasts a whopping 170 calories (half of them from fat), nearly 10 grams of fat, and over 70 mg of cholesterol. If you’re keeping score at home, that’s around a quarter of your recommended daily intake of cholesterol.


For a less fattening eggnog, make your own. The two recipes below are touted as “healthier” recipes.

**Eggnog Recipe 1**
- 5 ½ cups skim milk
- 1 teaspoon vanilla
- 1 (1 ½ oz.) box sugar-free instant vanilla pudding mix
- 3 ¼ tablespoons sugar substitute (or just omit sweetener)
- ¼ teaspoon nutmeg

**Eggnog Recipe 2**
- 4 cups skim milk
- ½-1 cup Egg Beaters egg substitute
- ¼ cup Splenda granular
- 3 tablespoons sugar-free instant vanilla pudding mix
- 2 teaspoons vanilla extract
- ½ teaspoon rum extract
- ½ teaspoon brandy extract
- ½ teaspoon ground nutmeg

Place all of the ingredients in a blender, and blend for 30-60 seconds, or until smooth. Chill for several hours. Shake or stir eggnog well to blend before serving. Serve in glasses or mugs with an additional sprinkle of nutmeg.
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