SPOTLIGHT ON ES AND AT MAJORS

Rasmus Bach (SpAdm) grabbed a career high 10 rebounds on February 5th to record his first career double-double. He sank 8-of-11 field goals, 3-of-5 three-pointers and 10-of-11 free throws against South Dakota School of Mines and Technology. On February 13th, Bach had his third career double-double with 20 points and 10 rebounds against Colorado State University-Pueblo.

Joshua Blaylock (ExSp) had a career high 37 points in the FLC men's basketball overtime win against South Dakota School of Mines and Technology on February 5th. Blaylock was voted Rocky Mountain Athletic Conference Men's Basketball Offensive Player of the Week on February 8th.

Dallas Dickerson (ExSp) scored a game high 24 points to lead the FLC women's basketball team to a nine-point win over New Mexico Highlands University on January 23rd at Whalen Gymnasium, 89-80. She also came off the bench to record her first career double-double with 17 points and 10 rebounds to lead the team to a 78-51 home win over Chadron State College on January 30th.

Lane Franklin (ExPhys) wrote a story about the Environmental Center's impact on Navajo students that was published in the Navajo Times. http://navajotimes.com/edu/flc-environmental-center-preparing-native-youth/
Sofia Gomez-Villafañe (ExSp) qualified for the UCI Cyclo-Cross World Championships in Heusden-Zolder, Belgium. She was featured in the Durango Herald on January 30. (See story on next page.)

Brooke Milliet (ExPhys) set a new long jump FLC record with a leap of 4.50 meters at the Air Force Invitational indoor track meet on January 23rd. She went on to break that record on February 7th, leaping 4.56 meters at the Western State Colorado University Alumni Open.

Astrea Reed (ExSp) scored a game high 18 points, making all six free throw attempts and 6-of-13 from the floor to go with her game high four assists as the FLC women's basketball team beat Chadron State College (78-51) on January 30th at Whalen Gymnasium. She also had a career high nine rebounds on February 5th against South Dakota School of Mines & Technology.

Stephanie Teaman (ExPhys) was accepted to the Doctor of Physical Therapy (DPT) programs at both Chatham University and Temple University. She has decided she will attend the DPT program at Chatham University in Pittsburgh!
Sofia Gomez-Villafañe (ExSp) qualified for the UCI Cyclo-Cross World Championships in Heusden-Zolder, Belgium. She was able to raise enough money to make the trip with the help of her parents and the Durango cycling community, and she took to the course Jan. 30 with no expectations. She shined through the rain and mud on a tough course and finished 19th overall. “I went into this race thinking it was a bonus race since I had not planned on attending,” Gomez-Villafañe said in an email interview with The Durango Herald. “I was for sure making time up in the technical sections, which helped a lot.”

“It ended up being a very tough course because all the rain made the course extremely physically demanding,” Gomez-Villafañe said. “For our race, the conditions had not changed things too much aside from having a little more mud present. Everything was still rideable except for the big hill climb that came after the steep run up, that section became a full on run.”

Gomez-Villafañe, who has been coached by Durangoan and internationally successful professional cyclist Carmen Small over the last year as well as the Fort Lewis College coaches, represented Argentina in the race. She is originally from Patagonia and cherished the chance to represent her home country, though it may have been for the first and last time. Her sister, Caro Gomez-Villafañe also was competing at the world championships, making the weekend even more special for the whole family.

“I think that this will be my only time representing Argentina since I think that I will start my papers with the UCI to have them accept and recognize my American nationality,” she said. “I do not think I could have been able to come to race if (Caro) had not been here.”

“Racing at Zolder is a very unique experience,” Gomez-Villafañe said. “I learned that a part of the course was sacred and therefore no spectators could be there, only the races were allowed.”

Gomez-Villafañe said she will take a little bit of time off her bike before beginning training for mountain bike season. She will compete for Summit Bike Club’s competitive team based out of Utah this summer and will participate in some professional cross-country races as well as nationals.

She said Saturday’s top-20 finish has inspired her to further chase a career in cycling.

“I think that having a finish like this gives me more motivation to keep training and really give cycling a full try,” she said. “The last four years I have been focusing on school, working, and just really learning how to actually ride a bike while attending Fort Lewis. I think next year I will be able to see some big improvements since I will have more time to train and hopefully will be a part of a team with support to be able to race the professional calendar.”

Story and picture courtesy of Durango Herald, jlivingston@durangoherald.com
(The Associated Press contributed to this report)
Now taking applications!
ES Scholarships for 2016-17 academic year.

EXERCISE SCIENCE DEPARTMENTAL SCHOLARSHIPS
Recipient must have a declared major in the Exercise Science Department. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Minimum of 25 credit hours earned (at the time of application)
- Minimum GPA of 2.8
- Amount depends upon available funds
- Must be a declared Exercise Science student in one of the following majors: Exercise Physiology, Exercise Specialist, K-12 Teaching, Sport Administration or Athletic Training

JOAN SANDERS MEMORIAL SCHOLARSHIP
Recipient must have a declared major in the Exercise Science Department. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Full time student (15 or more credits per semester)
- 3.00 or higher cumulative FLC GPA
- Junior standing or higher
- Demonstrate participation in Exercise Science department activities, in particular - intramurals
- Up to $500 ($250 for fall, $250 for spring)
- Must be a declared Exercise Science Department student in one of the following majors: Exercise Physiology, Exercise Specialist, K-12 Teaching, Sport Administration, or Athletic Training.

DR. JO ANN SOIGNIER SPORT ADMINISTRATION SCHOLARSHIP
Recipient must have a declared major in Exercise Science with the Sport Administration Option. Application should be obtained from the Exercise Science Website or the Exercise Science Administrative Assistant and returned to the Administrative Assistant, Exercise Science Department, 140 Gymnasium, (970) 247-7577. Application deadline is February 26, 2016.

- Full time student (15 or more credits per semester)
- 2.50 cumulative FLC GPA or higher
- Sophomore standing or higher
- Must be a declared Exercise Science student majoring in Sport Administration
- Demonstrated leadership, service and enthusiasm in the field of sport administration
- Up to $500 ($250 for fall, $250 for spring)

http://www.fortlewis.edu/exercise-science/Scholarships.aspx
If you are having trouble in any of your classes, now is the time to seek help!

Tutoring is offered through the Native American Center. Tutoring is free and open to all students. If your class is not listed here contact Christian Gering at the Native American Center to help you find a tutor for you specific needs.

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*Looking for a one-on-one tutor or class not listed? Contact Christian Gering at the Native American Center to help find a tutor to meet your specific needs!

970.247.7305 or cegering@fortlewis.edu
February is ...
American Heart Month

Make Blood Pressure Control Your Goal

This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts®—a national effort to prevent 1 million heart attacks and strokes in the United States by 2017—are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure.

People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

(courtesy http://www.cdc.gov/Features/HeartMonth/index.html)

Million Hearts® Challenge

This February during American Heart Month, Million Hearts® is challenging men to start one new, heart-healthy behavior. Heart disease is the leading cause of death for men, and African American men are disproportionately affected more by heart disease than other races or ethnicities.

Simple changes can make a big difference! Here are some ideas for getting started:
• Talk to your doctor about ways to control high blood pressure.
• Add physical activity to your daily routine.
• Make healthy eating swaps, such as using fresh or dried herbs and spices instead of salt.
• Quit smoking.

(courtesy http://millionhearts.hhs.gov/news-media/events/heart-month.html)
5k & 10K @ Three Springs

The fourth annual 10K at Three Springs for Books and Things will be held on Sunday, April 10, 2016. We are adding a 5K for those participants who are interested in a shorter race. The 5k will start at 9:45 am and the 10k will start at 10:00 am.

All of the proceeds from the entry fees for the 5k / 10k @Three Springs for Books & Things go toward a scholarship fund for eligible Exercise Science students. The 10K/5K was designed to provide scholarship money for tuition, room & board, books, and fees to help support the education of promising students within our department. Eligible students can be enrolled in one of five options: Athletic Training, Exercise Physiology, Exercise Specialist, K-12 Teaching, and Sport Administration. This fund raising event supports students of Exercise Science by providing scholarships for deserving students.

Please Visit the 5k / 10k website for more information and to register for the race. https://www.fortlewis.edu/exercise-science/5k10kInformation.aspx

To donate to the Exercise Science Scholarship fund you may visit our donation Web page https://www.fortlewis.edu/exercise-science/5k10kInformation/Donations.aspx
Faculty and school news

Maureen Brandon, dean of the School of Arts & Sciences, has announced that she will be retiring on June 30, 2017. Brandon first came to FLC in 2008 as the dean of the School of Natural & Behavioral Sciences.

Assistant Professor Missy Thompson has co-authored an article in the International Journal of Sports Medicine, *Impact Accelerations of Barefoot and Shod Running*.

FLC ranked at #18 on Great Value Colleges' listing of Colleges with Beautiful Campuses. Read full story on Great Value Colleges website

Alumni News

Brianne Nelson (Exercise Science, '03) is attempting to qualify for the American Olympic team for the marathon. See full story.