Congratulations! ...

Congratulations to the following Exercise Science Majors who participated as partners and coaches at a Special Olympics Colorado Volleyball Competition in Pueblo on October 12. Merlyna Crank, Matt Clark, Amanda Dodge, Josh McDowell, Tom Poole, and Marti Toledo participated as partners on two different Special Olympics Teams with 8 Special Olympics athletes. Both teams won their match to earn blue ribbons. Fort Lewis College was well represented by these students who fulfilled practicum hours for their Exercise Science 254 class (Adapted Exercise) or Exercise Specialist/Physiology Internships.

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Doyle Bode (ES) capped off a 15-play, 80-yard drive at 14:09 in the fourth quarter on September 21, 2013 when he caught a four yard pass from Jordan Doyle during the Skyhawks football game against the Cowboys of New Mexico Highlands University. He had a four-yard touchdown run on Sep 28, during the Skyhawk’s 38-28 home win over Western New Mexico University. On October 05, Doyle caught six passes for 48 yards to lead the receivers during FLC’s loss to the CSU-Pueblo ThunderWolves. Doyle has been named a 2013 National Football Foundation Semifinalist for the 2013 William V. Campbell Trophy, endowed by HealthSouth, which recognizes an individual as the absolute best scholar-athlete in the nation.

Joey Brenner (ES’) finished second for the Skyhawks men’s cross country team at the prestigious Stanford Invitational in Palo Alto, California on September 28, placing 35th overall with a 26:37 time. The men’s team finished 10th in the 8K race.

Jamal Campbell (ES) forced a fumble and recovered it on Western New Mexico’s 23-yard line on Sep 28 during the Skyhawk football’s 38-28 home win over Western New Mexico University.

Caitlyn Espinosa (AT), Skyhawk soccer goalie, earned her fourth straight shutout of the season after making two saves against the Falcons at Texas-Permian Basin in Odessa, Texas on September 14. She was also named Fort Lewis College Student-Athletes of the Week on September 25 and the Rocky Mountain Athletic Conference Women’s Soccer Defensive Player of the Week on September 17. She stopped two of three shots on goal to earn her sixth win of the season on September 25 as the FLC women’s soccer team defeated New Mexico Highlands University 2-1, at Dirks Field. She made one save in the game to earn her seventh win on the season on October 02, against the Adams State Grizzlies.

Jenna Kinzer (ES’) contributed 12 digs in the match as the Fort Lewis College volleyball team lost to CSU-Pueblo on September 20. She also notched 24 kills during the volleyball team’s first win of the season on September 21 against New Mexico Highlands University. She recorded a match high 27 digs, served two aces and had two set assists during FLC’s 3-1 win over Western State on Oct 05. Jenna had a match high 17 digs on October 05 against Adams State University. She was named Rocky Mountain Athletic Conference Volleyball Defensive Player of the Week on the Week of October 07.

Katarina Medici (ES’) paced the Skyhawks women’s cross country team with a 29th place finish at the prestigious Stanford Invitational in Palo Alto, California on September 28. She ran the 6K course in 23:44. On October 05, she finished 11th overall for the Skyhawks at their final regular season meet in Gunnison, Colo. at the Mountaineer Open.

Maddie Kruger (ES’) was close behind Medici in Palo Alto, with an overall 33rd place finish (23:56). The women’s team finished ninth in the 6K race on Sept. 28. Maddie finished in 23:54 to place fifth overall and first for the Skyhawk women’s cross country team at their final regular season meet October 05 in Gunnison, Colo. at the Mountaineer Open.

Brooke Milliet (ES) took a cross pass from Sam Weiss to net her first goal of the season on September 25 as the Fort Lewis College women’s soccer team defeated New Mexico Highlands University.

Nicole Schumacher (AT) passed a cross ball from the right side to teammate Emma Cannis who scored on from a header to help the Skyhawk women’s soccer team to a 2-0 win against Texas-Permian Basin in Odessa, Texas on September 14. She also netted the game winning goal against New Mexico Highlands University on September 25.
In August 2013, **Julie Oberriter (AT)** went on a medical mission to Honduras with a group called Summit in Honduras based out of Breckenridge, Colorado. They provided medical treatment, doctors and much needed medications to people in rural areas of Honduras. There are many local volunteer opportunities like this for individuals who wish to get and remain involved. You can find volunteer opportunities at the [FIC's Center for Service Learning](#).

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**The Student Life Center**  
**AFAA Group Exercise Certification**  
Saturday, November 2nd from 9 am-6pm.  
Cost is $299.00

For more information stop by the **Student Life Center** or call 1.800.446.2322 ext. 613 CODE 1311013.  
People affiliated with FLC get 25% off!

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**Bill Hayes Memorial**  
**October 19, 2013**  
**Fort Lewis College**  
**Homecoming, Hospitality Tent**  
9-11 am

Please join us for a celebration of Bill’s life along with his family, friends, colleagues, and players.
Exercise Science

Group Advising Session

Freshmen—Please plan to attend

Wednesday, October 23, 2013
6:30-8:00 pm
125 Noble Hall

This session is to help you prepare for Advising Day. You will learn how to utilize WebOpus, WebCAPP, the online Catalog, and Maps to Graduation to plan your Spring 2014 schedule and beyond. We will also answer general questions you may have regarding advising and registration.

Please contact Carla Weston (cjweston@fortlewis.edu or 247-7577) in the Exercise Science Office by Friday October 18, 2013 @ 4:30 pm to reserve your spot.
New this year, the Exercise Science Department will have an

**Exercise Science Advising DAY**

**October 29, 2013**

Advisors will have sign-up sheets on their doors beginning October 18th. Sign up early to get a time convenient for you!

Many Exercise Science faculty have canceled classes on October 29th to make themselves available to advise students all day.

You are expected to attend classes that have not been canceled - including classes in other departments.

Please come to your appointment prepared to discuss your proposed schedule for Spring (formerly called Winter) semester.

If you have questions on how to utilize WebOpus, WebCAPP, Maps to Graduation, or other general questions, please come to the group advising session on October 23rd @ 6:30 pm in 125 Noble Hall.

If you are unable to meet with your advisor on Advising Day you will need to see your advisor during office hours (first come, first served) after October 29th.

Registration starts on November 11, 2013 for Spring 2014 and Summer 2014 classes.
ES' Learning Cluster Activities

The Fall 2013 Exercise Science Learning Cluster students took a field trip to Colvig Silver Camps northeast of Durango to run the Low Ropes Challenge Course on September 18, 2013. Low ropes challenges usually consist of a series of cables, ropes, and obstacles strung between trees or poles, 12 to 18 inches above the ground. These low rope elements present tests of physical strength, stamina, agility, balance, and flexibility, and invite participants to confront such emotional issues as the fear of falling, the fear of failure, and the fear of losing control. This ropes course is a challenging outdoor personal development and team building activity which promotes self confidence. These ES' Cluster activities are fun and can form live-long bonds with classmates!
**2013 Athletic Training Progressive Dinner Raffle**

4th Annual Athletic Training Education Program

Progressive Dinner Raffle
November 2nd, 2013

$50 per ticket for Four People

Enjoy four of Durango’s finest dining establishments; Ken & Sue’s, Mahogany Grill, Ore House, and Seasons Rotisserie and Grill. Each restaurant will provide appetizers, salads, entrees, and dessert. As the lucky recipient you will move from restaurant to restaurant enjoying the quality cuisine and service.

As a special BONUS, the first ticket drawn wins a night stay, two rooms for four people The Historic Strater Hotel.

Please find the entry form and details attached! If you have questions, please do not hesitate to call Wayne Barger, Assistant Athletic Director Sports Medicine at 970/247-7576 or 970/749-3463 or barger_w@fortlewis.edu.

**Tickets are limited, the experience is not!**

**THE TIME IS SHORT**, the drawing is October 19th 2013 at the Skyhawk Spectacular hosted by the Lost Dog Bar and Lounge, 1150 Main Ave. Need not be present to win.
Dr. Carrie Meyer presented at the 1st annual Teaching Professor Technology conference in Atlanta, GA on Saturday, October 5, 2013. Her presentation was voted as the favorite on Saturday, and she was invited to present again on Sunday morning, October 6, 2013.

Dr. Mary Ann Erickson (pictured in middle) and Dr. Emily Houghton manned a water/aid station during the Durango Double 25K race over the weekend (October 12) with assistance from ES student volunteers.

Dr. Emily Houghton waits while students position a plank, as she completes the low ropes course at Colvig Silver Camps on September 18 with the Exercise Science Cluster students. She was also joined by faculty members Dr. Cathy Simbeck and Dr. Marcy Jung.

Alumni Updates

Kellen Seitz (SA’11) was hired as the Director of Marketing at the Santa Ana Star Center in Albuquerque, New Mexico. Kellen accepted this position to return closer to Durango. The Director of Marketing responsibilities are: Development of marketing plans, promotions, graphic design, event specific & full campaigns for public relations and client development. Generate publicity for marketing campaigns, promotional activities, and to coordinate event logistics for many athletic and non-athletic events creating market awareness for Santa Ana Star Center. Kellen’s former position was Director of Marketing at SpiritBank Event Center in Tulsa, Ok.