Congratulations! …

Drew Berryhill (ES) FLC junior and Skyhawks football tight end was named Fort Lewis College Student-Athlete of the Week on October 15th. The Skyhawk Student-Athletes of the Week are selected by the Department of Athletics administration, and are given to one male and one female based on the nominees’ performances.

Doyle Bode (ES) was one of four Fort Lewis College football student-athletes named to the 2013 Academic All-RMAC Football Team, announced on October 23rd by the Rocky Mountain Athletic Conference league office.

Jamal Campbell (ES) recovered a fumble on Western State's 34-yard line, which helped the Skyhawk's football team to a 10-9 win over Western State on October 26th.

Caitlyn Espinosa, (ES) goalkeeper for the Skyhawks, was named the Rocky Mountain Athletic Conference Women's Soccer Defensive Player of the Week, for the second time this season, on October 29th. She stopped all five of UCCS' shots on goal for her 11th shutout this season on November 6th.

Alex Herrera (ES) FLC junior and men's basketball center was voted Rocky Mountain Athletic Conference Basketball Preseason Defensive Player of the Year on October 16th. He also led the Fort Lewis College men's basketball team, with 18 points, to a 114-57 win over Pacifica College from Plachy Hall in Alamosa, Colorado on November 9th.

Jenna Kinzer (ES) was named to the Rocky Mountain Athletic Conference 2013 Academic All-RMAC Volleyball team on October 23rd.

Ashley Kuchar (ES) was one of 10 Rocky Mountain Athletic Conference student-athletes to be named to the RMAC preseason team. In 29 games last season, Ashley led the FLC women's basketball team in points, averaging 12.1 points per game.

Brooke Milliet (ES) netted her first game-winning goal of the season November 6th against sixth-seed UC-Colorado Springs to lift the Fort Lewis College women's soccer team to a 1-0 win in the first round of the Rocky Mountain Athletic Conference tournament. She was one of 11 student-athletes named to the RMAC Women's Soccer All-Tournament Team.

Johannes Sander (ES) was one of four Fort Lewis College men's soccer student-athletes named to the 2013 Rocky Mountain Athletic Conference Men's Soccer All-Academic team on October 15th. Johannes, who has a GPA of 3.42, started six games and played in eight this season for the Skyhawks. The team captain and a defender, Sander has seen action in 566 minutes on the field this season.

Nicole Schumacher (ES) was one of 11 student-athletes named to the RMAC Women's Soccer All-Tournament Team.

Ashely Wells (ES) guided the Fort Lewis College volleyball team to their fourth straight win on Saturday, October 12th at Chadron State College. On November 2nd, she recorded a season high 17 kills for a four-set match and hit .455 to help the Fort Lewis College volleyball team defeat Western State.
Drew Malhmood was 13 when doctors told him that he needed to change his lifestyle or probably not make it past 25. Now 22, Malhmood looks like a future “my grandpa could beat up your grandpa” favorite.

He owns his own gym, Illete Fitness, is pursuing an exercise science degree at Fort Lewis College and competed in the 2013 National Physique Committee GNC Natural Colorado Open on Oct. 12 in Denver along with his fiancée Stephanie Walker and friends Patrick Riegel, Chloe Roberts and Matt Welbourn.

Even with the competitions, Malhmood, Riegel and Walker all insisted that the community they built and individual goals are more important than who takes the first-place trophy. “In a way, it’s like you want to do it for yourself, but in a competitive sense you want to beat your friends; it’s healthy competition,” Walker said.

That probably will be the group’s last competition this year, as the season only runs through December, but Malhmood wants to go to “three or four shows in the Southwest region” next spring. Until then, they will keep working out and trying to convince more people to give their sport a chance.

“I think that people see this as a very strange thing to do,” Walker said.

They all have to battle the stereotypical meathead bodybuilder image: someone who takes steroids, weighs 300 pounds and is obsessed with protein shakes. “If you look at half the people to go to these competitions, with street clothes on they look like everybody else,” Malhmood said. “When they get on the stage is when they look completely different.”

kgrabowski@durangoherald.com  Partial reprint of an article originally published in the Durango Herald on October 30, 2013. Reprinted with permission.

Note: Stephanie Walker, Patrick Riegel, Chloe Roberts and Matt Welbourn are all either current or former FLC students.
ES Learning Cluster Activities

The Fall 2013 Exercise Science Learning Cluster students took a field trip to San Juan College in Farmington to run the High Endeavors Challenge Course on October 15, 2013. The course has been located on the San Juan College campus since 1993. The course includes an Alpine Tower, a Pamper Pole/Net Leap, and a Breathtaker Swing. The challenge course can be an effective educational tool for personal growth and development, team building, and the development of personal and professional leadership skills. Participants must sign a waiver before being allowed to participate on the course, because of the risk of injury. Some participants may have a hard time completing the course due to its height and the physical challenge climbing wall!
You are cordially invited to the

Fall 2013

Exercise Science Social

End of semester gathering!

Pick up scholarship applications!

Recognize December graduates!

Announcements!

You’ll want to be there!

Friday, December 13

11:00 am - 12:00 pm

140 Skyhawk Hall

For more information, contact:
Carla Weston (Ext 7577 or 140 Gym)
Susan Eppich (Ext 6383 or 35A Pine Hall)
Special Announcements

Fort Lewis College – Spring and Summer 2014 Registration Schedule

At Fort Lewis College, you register for courses via WebOPUS on your assigned days. Your registration dates are based on your number of Previously Earned Credits. “Previously Earned Credits” do NOT include your in-progress credits (your current registration) and do NOT include TRS (Basic Skills) courses. Verify your number of Previously Earned Credits on WebOPUS (see below). Once you are eligible to register per the schedule below, you may register then or at any time thereafter (until registration closes), but not before. Spring and Summer 2014 registration via WebOPUS closes on the 5th day of classes of the Spring semester, Friday, January 17, 2014. Refer to the Academic Calendar and the Academic Policies & Procedures sections in the 2013-2014 Catalog of Courses for additional registration information.

Registration Schedule & Protocol for Continuing Students

In order to participate in the early registration period, you must be registered in Fall 2013 Semester courses. Register for Spring and Summer Semesters 2014 via WebOPUS by Friday, January 17, 2014.

<table>
<thead>
<tr>
<th>Previously Earned Credits (see definition and instructions below)</th>
<th>First Day/Date You Are Eligible to Register via WebOPUS (register online this day or anytime thereafter through the close of registration of the chosen term)</th>
</tr>
</thead>
<tbody>
<tr>
<td>90 or more earned credits</td>
<td>Monday, November 11, 2013</td>
</tr>
<tr>
<td>60 or more earned credits</td>
<td>Thursday, November 14, 2013</td>
</tr>
<tr>
<td>30 or more earned credits</td>
<td>Monday, November 18, 2013</td>
</tr>
<tr>
<td>0 or more earned credits (most 1st time Freshmen)</td>
<td>Wednesday, November 20, 2013</td>
</tr>
<tr>
<td>Open Registration (includes Admitted Students Who Have Been Advised)</td>
<td>Monday, November 25, 2013 until the close of registration (via WebOPUS, January 17, 2014; paper adds for Spring only, January 28, 2014)</td>
</tr>
</tbody>
</table>

How many credits have you earned?

1. To see how many earned credits you have, log into your secure WebOPUS account and follow these links: Student Services → Student Records → Academic Transcript → Select Transcript Type (Student Copy) → Submit

2. Scroll to the bottom of the transcript, to “Transcript Totals.” Find the row labeled “Overall.” Follow it over to the column labeled “Earned Hours.” This number is your total earned hours at this time, including all transfer work that the college has accepted. Note: TRS courses are not counted in earned hours.

EXAMPLE:

| TRANSCRIPT TOTALS (UNDERGRADUATE) |
|---|---|---|---|---|
| Total Institution | Attempt Hours | Passed Hours | Earned Hours | CPA Hours |
| | 75.000 | 75.000 | 75.000 | 75.000 |
| Total Transfer | 72.000 | 64.000 | 64.000 | 0.000 |
| Overall | 147.000 | 139.000 | 139.000 | 75.000 |
| | | | | 299.000 | 3.98 |

3. Do you believe that you are missing credit?

A. If you believe you are missing transfer credits, scroll to the top of your WebOPUS transcript. Are all of your transfer schools listed? Are all earned hours included in the total for each school? Questions? Come to the Registrar’s Office (100 Miller Student Services), and check to be sure we have received all of your transcripts. Still have questions: fill out a “Transfer Evaluation Inquiry.” Do this early in the term! Do not wait until right before your registration date to ask questions!!

B. If you believe you are missing credits from tests, such as AP, CLEP, or credit by exam, scroll through the Fort Lewis College portion of your transcript. If the credits you believe you earned via a test are not there, contact the Registrar’s Office (970-247-7374).

C. If you believe you are missing credits earned via military service, you must provide the Registrar’s Office with a copy of your DD-214, or you must ask your military branch to send an official transcript directly to the Registrar’s Office. Contact the Fort Lewis College VA Certifying Official, Susan Foster (970-247-7374) for more information.

PLC Registrar’s Office – 20 September 2013
Adventure Education Students and Faculty Attend Conference

Six faculty and students from the Adventure Education program attended the 41st annual international conference of the Association for Experiential Education in Denver, Colorado, October 30 to November 3.

After the conference, AE student Brandon Daun commented, "The AEE conference was inspiring! The workshops have motivated me to strive for goals surrounding both my personal and professional life in the field of experiential education." Student Clancy Ryburn said, "After attending the Association for Experiential Education international conference I felt inspired and motivated to make my life and career in outdoor education mean more to others than to myself."

And Zach Kaiser commented, "I attended the 41st International Conference for Experiential Education not quite knowing what to expect. As it turned out, I got more than I signed up for. Aside from the countless fascinating workshops ranging from therapeutic practices for substance abusing teens to the growing disconnect between people and the earth, I got to meet hundreds of like-minded people who are on the front lines of education, running the programs I one day want to contribute to as well as writing the text books I am reading in class. This conference truly represents the spark behind it all."

At the conference, Adventure Education faculty members Lee Frazer and Bob Stremba presented at the 6th Annual Trends and Issues in Outdoor Education Workshop. Lee’s topic was “Social Justice, Inclusion, and Cross-Cultural Perspectives in Outdoor and Adventure Education.” Bob convened a panel discussion on “New Rules for Outdoor Education Programs in Higher Education.”

And Bob Stremba and Taylor Huntley also presented a workshop on contemplation, nature, and community.

Dr. Mary Ann Erickson ran in the Rock ‘n’ Roll Denver Half Marathon on Sunday, October 20, 2013. She finished in 02:17:15 and placed 39 out of 141 in her division.

Aaron Ball instructed a Wilderness First Responder course at the 2013 American Mountain Guides Association Conference in Boulder in October. The American Mountain Guides Association (AMGA) is a 501(c)(3) educational non-profit that is dedicated to supporting the American mountain guiding and climbing instructor community.
Alumni Updates

Skyeler Congdon (AE) is back in Durango working for the Turtle Lake Refuge and Axis Health System. According to a current AE student and friend of Skyeler's, Turtle Lake wants him to help set up a gap year program. How cool is that?


Greg Ley (AE) is completing an MS in Natural Science Education at the University of Wyoming, where he's also a graduate assistant in the college outdoor program. He spent his first year of graduate school at the Teton Science School in Kelly, Wyoming (outside Jackson Hole).

David Lynch (AE) has been working as a tour leader with the Adventure Cycling Association, and just took a position (in October) with Expedition Therapy Associates (http://expeditiontherapy.com) in St. George, Utah.

Heidi Schmidgall (AE) is enrolled in the MS in Leadership in Sustainability Education at Portland State University. As she recently shared with me, "I have embarked on a two year program at PSU. The program is called Leadership in Sustainability Education, and needless to say I am overwhelmed and inspired at the same time! It’s amazing! So far, it’s an incredible program and I am paired up with an incredible cohort. I have had the pleasure of applying many of the theories and applications that I learned while at Fort Lewis in the Adventure Education program. It’s so nice to hear from you, especially as I officially wrap up my first academic writing for grad school! I look forward to someday meeting up for a collaboration of the minds in Durango, Colorado and discussing life and all the rest up to this point!"

Sam Verutti and Brittany Meyer are still with Open Sky Wilderness Therapy, where Sam is a field guide and Brittany is the farm manager. In fact, Brittany's work at Open Sky was profiled last year in an issue of Edible San Juan Mountains, which you can read about here: http://www.ediblecommunities.com/sanjuanmountains/summer-2012/garden-therapy.htm