Congratulations! …

Joshua McDowell, Alex Kilman, Maddie Kruger, Jesse Allen, Brittany Clawson and Erin Murphy have been awarded Undergraduate Research Grants to help with the cost of their Senior Seminar research projects. Grant applicants had to compose a research proposal, complete an application, and submit the required paperwork to the Undergraduate Research Office by the deadline.

Spotlight on AE, AT & ES Majors

Mary Brinton (AT) sank 6-of-8 field goals for 13 points as the Fort Lewis College women's basketball team earned a 52-49 win over Texas Woman's University Nov. 16th in Stephenville, Texas. She came off the bench on Nov. 29 to record a double-double with 4-of-5 field goals, 2-of-3 free throws and 10 rebounds while blocking three shots against St. Edward's University.

Jamal Campbell (ES-SA) was named to the 2013 All-Rocky Mountain Athletic Conference football team, announced Nov. 26 by the league office.

Alex Herrera (ES-Spec) shot 70 percent from the floor and made three-of-five free throws for 18 points as the Fort Lewis College men's basketball team won, 83-74, at the University of Hawaii-Hilo on Nov. 25. He tallied his second double-double of the season as he chipped in 16 rebounds. Alex also accounted for all four of the team's blocks. On Dec. 07, Alex Herrera made 15 free throws to help the FLC Skyhawks beat UC-Colorado Springs (87-75).

Erika Richards (ES-Phys) paced the Skyhawk offense with 14 points and six rebounds as the Fort Lewis College women's basketball team earned a 52-49 win over Texas Woman's University Nov. 16th in Stephenville, Texas. On Nov. 29, she netted 25 points to lead the women's basketball team to a 78-76 overtime win over St. Edward's University at Whalen Gym. Erika was named Fort Lewis College Student-Athlete of the Week on Dec. 03. On Dec. 07, she made a layup with 5:56 left in regulation to give the FLC women's basketball team a one-point lead they would not relinquish as the FLC women beat UC-Colorado Springs. Erika netted a team high 22 points as FLC was edged by Colorado State University-Pueblo on Dec. 08.

Broderick Sargent (ES-Phys) was named to the 2013 All-Rocky Mountain Athletic Conference football team, announced Nov. 26 by the league office.

Ashley Wells (ES-Phys) was solid offensively with 17 kills, 13 digs, and a .351 hitting percentage as the Fort Lewis College volleyball team played in their last home match of the season with a 3-0 sweep over CSU-Pueblo Nov. 16th at Whalen Gymnasium. Ashley has been named to the 2013 All-Rocky Mountain Athletic Conference Third Team, announced Nov. 19th by the conference office.
Spotlight on AE, AT & ES Majors

Congratulations to the following Exercise Science/Adventure Education Majors who participated as partners and coaches at the Special Olympics Colorado Volleyball Tournament in Denver, November 8 and 9. Chris Bent, Ken Bhotia, Noah Dillon, Jared Gonzales, Brandon Harvey, Jarrett Higginson, Natalie Mitchell, Ellen Pherson, Marissa Swalby, and Sofia Villafane participated as partners on 2 different volleyball teams with 6 Special Olympics athletes on each team. Merlyna Crank was an assistant coach and Eric Moore, a driver. Both teams finished first in their divisions winning Gold medals. ES majors, Katygene Jackson, Troy Meeker, Serae Mele, Brooke Milliet, and Megan Striedel, although they did not travel to the tournaments, practiced with the athletes on a regular basis here in Durango. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise), Teacher Education, or Physiology Internships.
Veniece Fagerlin presents at Centura Health Evidence-Based Practice, Research and Innovation Conference

On Friday, Nov. 8, Mercy’s very own **Veniece Fagerlin**, in-patient physical therapy technician and wellness coach, presented her research in high intensity training and metabolic syndrome at the 6th annual Centura Health Evidence-Based Practice, Research and Innovation Conference in Denver. Veniece, who conducted the research as part of her exercise science senior seminar project at Fort Lewis College, was the only Mercy associate to attend the conference.

For her presentation, Veniece hypothesized “High Intensity Interval Training as a mean to reduce the symptoms of Metabolic Syndrome in women 40-65.” The conference, which invited Centura associates from all entities, was intended to demonstrate how evidence-based practice and research provide a foundation for professional clinical practice.

Veniece submitted her research, and was grateful to be accepted. “I had a very positive experience and felt confident being there,” said Veniece. “It was well organized and everyone there had their own specialty to bring to the table.”

In addition to presenting and discussing her own research, Veniece had the opportunity to meet and speak with other presenters during break-out, “learning sessions,” which offered a wide-array of topics and findings.

Veniece plans to continue her research and attend the annual conference next year. She hopes to see Mercy better represented and encourages associates to consider attending the event.

This article appeared in the “Mercy Matters” newsletter published by Mercy Medical Center on Nov. 13, 2013.

Veniece is a Exercise Science-Physiology Option major and is graduating this month.

**Just announced:** Veniece’s research has been selected for publication in the Council of Public Liberal Arts Colleges’ MetaMorphosis: A North American Journal of Undergraduate Research and Creative Activity.
Congratulations to our December Graduates

Erica Behler, Adventure Education
Joshua Benjamin, Adventure Education
Jourdan Bennett-Begaye, Athletic Training
Lyle Charlie, Exercise Science- K-12 Teaching Option
Casey Clark, Adventure Education
Brandon Daun, Adventure Education
Whitney Deutsch, Exercise Science-Physiology Option
Veniece Fagerlin, Exercise Science-Physiology Option
Porsha Harrison, Exercise Science-Physiology Option
Aranka Hoosein, Adventure Education
Brittany Jim, Exercise Science-Physiology Option
Leah Landes, Exercise Science-Physiology Option
Joseph Madigan, Exercise Science-Sport Admin Option
Tai Mayes, Exercise Science- K-12 Teaching Option
Katarina Medici, Exercise Science-Exercise Specialist Option
Eric Moore, Adventure Education
Nicholas Myers, Adventure Education
Nathan Pallat, Exercise Science-Physiology Option
Connor Rathbun, Exercise Science-Exercise Specialist Option
Christina Scott, Exercise Science-Exercise Specialist Option
Christopher Shoptaugh, Exercise Science-Physiology Option
Megan Striedel, Exercise Science-Physiology Option
Daniel Wilson, Exercise Science-Physiology Option
Blayne Woods, Adventure Education
Special Announcements

EMERGENCY MEDICAL TECHNICIAN TRAINING

- January 1st – May 3rd 2014
- Silverton Ambulance Education Center
- Mondays and Wednesdays
  - 5:00pm - 9:00pm
- Scholarships Available
- Patient Care Opportunities
- Experienced Instructors
- Wilderness EMT Upgrade Available

For more information contact:
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Merry Christmas & Happy New Year
The Exercise Science Newsletter is a monthly publication for the students, faculty and alumni of the Fort Lewis College Exercise Science Department. Send news about AE, AT & ES’ majors, alumni updates or special announcements to:

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