Jordan Barnett (ExSp) and his partner, Brittany, welcomed a daughter, Brooke Mary Ann Barnett, on June 29, 2014. 6 lbs. 6oz, 19 1/4”. They got married on Oct. 18, 2014.

Yannis Becker (SpAdmin), FLC Soccer midfielder, was voted to the 2014 Daktronics All-South Central Region team, as selected by the region's sports information directors, on Nov. 24, 2014. Yannis was one of 13 student-athletes to be named to the first team. On Dec. 3, 2014, he was named to the 2014 Daktronics/Division II Conference Commissioners Association Men's Soccer All-America Second Team. He finished the 2014 season ranked first in the league in shots and shots per game (85, 4.47), second in points and points per game (33, 1.74), second in goals and goals per game (13, .684), and second in assists (7). Yannis was named to the 2014 National Soccer Coaches Association of America (NSCAA) All-South Central Region first team on Dec. 10, 2014.

Mary Brinton (AT) led all scorers with 14 points, missing only two field goals on eight attempts, as the FLC women's basketball team recorded an 81-47 win over Northern New Mexico on Nov. 20, 2014, in their home opening game. She averaged 11.5 points, 3.5 rebounds and netted 66.7 percent from the floor in the first six games of the RMAC season.

Caitlyn Espinosa (ExSp) was named Women's Soccer MVP at the FLC Department of Athletics annual fall student-athlete awards banquet on Dec. 09, 2014 in the ballroom of the Student Union Building. Caitlyn saw action in 17 games this season. She recorded eight shutouts and made 69 saves while earning a 6-7-4 record on the season.
Alex Herrera (ExSp) was named the 2014-15 Rocky Mountain Athletic Conference Men's Basketball Defensive Player of the Week on Nov. 17, 2014. The weekly award was the first of the season for the conference. Last year, Alex opened the 2013-14 season as the RMAC Defensive Player of the Week. He was also tabbed RMAC Offensive Player of the Week on Nov. 24, 2014, his second honor in 2 weeks. On Dec. 1, 2014, Alex earned RMAC Player of the Week honors for the third time this season.

Jarrett Higginson (ExSp) received the Nov. 2014 award for the Student Life Center Employee of the Month—Weight Room Attendant.

Maddie Kruger (ExSp) finished in the top 25 at the 2014 NCAA South Central Regional Championships at Washington Park in Denver, Colorado on Nov. 22, 2014 to earn All-United States Track & Field Cross Country Coaches Association South Central Region honors. Maddie received the Jan Wilson Hetzler Outstanding Senior Female Athlete of the Year, Women's Cross Country Most Outstanding Performer at the FLC Department of Athletics annual fall student-athlete awards banquet on Dec. 09, 2014 in the ballroom of the Student Union Building.

Magaly Torres (AT) received the Nov. 2014 award for the Student Life Center Employee of the Month—Group Exercise Instructor. She is a certified Zumba instructor teaching at the Student Life Center and at El Centro.

Ashley Wells (ExPhys) was named Volleyball MVP at the FLC Department of Athletics annual fall student-athlete awards banquet on Dec. 09, 2014 in the ballroom of the Student Union Building. A native of Grand Junction, Colo., Ashley finished her senior season ranked ninth in the league in kills (319, 3.18 kills per set) and 18th in digs (317, 3.17 digs per set). She saw action in all 26 matches and competed in 100 sets, accumulating 3.50 points per set, .46 blocks per set and a .192 hitting percentage. Ashley is a two-time All-RMAC performer. She finished her four-year career for the Skyhawks ranked fourth in career kills (1,169), 10th in career kills per set (3.05), and 11th in digs (1,029).
Congratulations to our Dec. 2014 Graduates

**Adventure Education**
Eva Altermatt
Bradley Carney
Kelsey Eans
Robert Mason
William Robinson

**Exercise Science-Physiology Option**
Christopher Barton
Melvin (Heath) Bell
Eleanor Boroff
Jenna Bothner
Laurel McCormick
Vernon Morris
Claira Sallenbach
Elizabeth Schwab
Derik Wetzel

**Exercise Science-Sport Administration Option**
Tanner Rogers

**Exercise Science -Exercise Specialist Option**
Jordan Barnett
Aniceta Gallegos
Emilie Garand
Daniel Kaplan
Maddison Kruger
Jessie Mackey
Brian Malone
Abel Velasquez
Announcements

Dr. Missy Thompson and Professor Jim Cross have been invited to speak to regional 8th graders. They will be speaking and giving a presentation to the Pagosa Middle School 8th graders on Feb. 24, 2015. The presentation will occur from Noon - 12:55 pm at the Pagosa Middle School. They are interested in taking some Exercise Science students along with them to help out with a circuit station type approach. If you are interested in this project please contact either Dr. Thompson or Prof. Cross.

Happy Holidays
ES Scholarship Applications

Starting January 05, 2015, the Exercise Science Department will be taking applications for the following scholarships:

- Exercise Science Departmental Scholarships
- Joanne Soignier Sport Administration Scholarship
- Joan Sanders Memorial Scholarship

Submit completed applications with necessary documentation by Feb. 27, 2015. Applications should be submitted to the ES Administrative Assistant, Carla Weston, in Gym 144. These scholarships will be for the 2015-16 academic year. These scholarships require that you be a full time student (15 or more credits per semester) in the 2015-16 academic year. (If graduating December 2015 you may still apply for the Departmental Scholarship for a one semester scholarship.) The application forms are available from the Exercise Science Administrative assistant in the Exercise Science office or on the Exercise Science website under “Scholarships.” Names of scholarship recipients will be announced in April 2015 at the Exercise Science Social.
Faculty News

Prof. Greg Rhodes is co-author of a paper recently published in the Journal of Strength and Conditioning Research, volume 28, number 11, titled “Vitamin D Status and VO2Peak During a Skate Treadmill Graded Exercise Test in Competitive Ice Hockey Players.”

Dr. Missy Thompson and Professor Jim Cross will be speaking and giving a presentation to the Pagosa Middle School 8th graders on Feb. 24, 2015. The presentation will occur from Noon - 12:55 pm at the Pagosa Middle School.

Alumni Updates

Katarina (Medici) Marks (ES ‘13), is currently the assistant cross-country and track coach for FLC. She also works as a certified personal trainer and a certified group fitness instructor at the Durango Sports Club.

Rennell Gilmore (K-12, ‘12) is in her second year as head coach at Monument Valley High School in Kayenta, Arizona. She graduated from MVHS and is thrilled to have returned to her roots. Her Monument Valley Mustangs won their program’s 9th Volleyball State Title in Arizona this past Nov., ending the season with a 30-2 record.