Kyle Shepherd (ExPhys), an outstanding senior in Exercise Science, has been accepted into the Master’s of Occupational Therapy Program at Midwestern University in Glendale, Arizona. He will start his classes there in summer 2015.

Allison Kvidera (ExSpec) & Abigail Kvidera (Sport Admin), along with the rest of the lacrosse team, made history as, for the first time in program history, the Fort Lewis College lacrosse team defeated Colorado College. The Skyhawks, who had a 0-6 record against Colorado College entering the game on April 26, 2014, defeated the Tigers 8-4 in their final regular season game of the season at Ray Dennison Memorial Field. The Kvideras were also named to the inaugural All-Rocky Mountain Athletic Conference lacrosse teams. Ally received first team honors, while Abby was named to the third team. (note: the Kvidera twins graduated in May, but I thought this was still noteworthy and it happened while they were still students.)

Alyssa Spencer (ExPhys) was named the Rocky Mountain Athletic Conference Women’s Lacrosse Defensive Player of the Week, announced May 01, 2014 by the conference office.

Sofia Gomez Villafane (ExSpec) was selected for the team that represented Fort Lewis College at the USA Cycling Collegiate Road Nationals May 2-5, 2014 in Richmond, Virginia. She placed 46th out of 73 starters in the Women’s Road Race.
▲Congratulations to the 2013-14 AKA Scholar winner, 2013-14 Junior/Senior Exercise Science Major of the Year, and outstanding students in each ES option. From right to left:
Tom Poole—ES Major of the Year
George Camisa—Sport Administration
Anisa Nakai—Exercise Specialist
Casey Farrell—Exercise Physiology
Megan Striedel—AKA Scholar
Tai Mayes—K-12 Teaching

Congratulations to the 2013-14 Freshman/Sophomore Exercise Science Major of the year, Stephanie Teaman.►
Congratulations to the 2013-14 Athletic Training Jr/Sr Major of the Year, Mary Brinton. Award presented by Dr. Carrie Meyer.

Congratulations to the 2013-14 Athletic Training Fr/So Major of the Year, Melissa Benkert. Award presented by Prof. Jeb Davis.
Spotlight on AT & ES Majors

Congratulations to Exercise Science Majors, Tom Poole and Tim Standifer who participated as coaches this summer for Special Olympics Softball practices for the Durango Ballers Softball team that took first at the Grand Junction Special Olympics Softball Tournament on July 28th. Also, a special thank you to the following Exercise Science Majors, Mason Alsop, Ellie Boroff, Katie Brock, Kayla Joe, Brian Malone, Ellen Pherson, Tom Poole, Tim Standifer, and Matthew Steffens, who helped at practices and/or the Battle of the Badges Exhibition game that was held on Saturday, 9/13. The game was a fundraiser for Durango Special Olympics. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise) or who simply cared to volunteer.

Caption Contest

*We welcome your clever comments!*

We are holding a monthly caption contest for the Old Fort photograph hanging on the north wall of the Exercise Science office. Please email your entries to cjweston@fortlewis.edu. Entry deadline: 25th of each month for the following month’s caption.
Announcements

Long time professor Marcy Jung retired at the end of Spring 2014 semester. She will be missed and we hope she visits us often. We celebrate her time with us!
Announcements

Dr. Marcelyn Jung named winner of 2014 Achievement Award

Wednesday, June 04, 2014

(Former) Associate Professor of Exercise Science and Gender & Women’s Studies Dr. Marcy Jung’s career at Fort Lewis College is filled with impressive achievements. From the 1988 FLC Volleyball team she coached being inducted into the FLC Athletic Hall of Fame to years spent working on campus wellness initiatives to offering the Commencement invocation each year. It’s accomplishments like these that earned her the 2014-15 Fort Lewis College Achievement Award.

Dr. Jung came to Fort Lewis College as a student-athlete, playing volleyball and basketball. She later returned to campus as a coach, and a successful one at that. As coach she led that special 1988 volleyball team to the NAIA playoffs, the first FLC women’s team to reach the playoffs since the NAIA sanctioned women’s sports in 1981.

“That was a team that, no matter what, would finish,” she recalls. “It might take them a long time, but they would finish and finish successfully.”

Finishing successfully, especially in terms of wellness, was a philosophy she worked to bring to all of campus. One example is her work with the Skyhawk Wellness Challenge, a program to promote health and well-being to FLC faculty and staff. For many years, the program has challenged Dr. Jung’s colleagues to set and meet personal goals to improve themselves in areas like stress management, exercise, and nutrition. Successful completion earns the participant a prize, as well as increased wellness and self-confidence.

“Twenty-three years of 4For Being Fit that evolved into the Skyhawk Wellness Challenge has indeed been a way that I could combine my education with my passion for wellness and contribute to the campus working community as a whole,” she says.

Finally, those attending this year’s Commencement will have the opportunity to listen as Dr. Jung offers the invocation at the ceremonies, as many past graduating classes have. This chance to offer FLC’s newest graduates a special send-off is an honor that she looks forward to every year.

There are many such accomplishments to Dr. Jung’s name, but she is quick to share the credit with those around her.

“Whether it’s about teaching or coaching or wellness; it’s all team,” she says. “I’m a believer in team. So I owe a lot to the people I’ve worked with all these years.”
Congratulations to our ES Spring 2014 graduates!
Alumni Updates

Jessica Nez (‘12, K-12) was hired in June 2014 at Navajo Prep High School.

Matthias Weissl (‘13, SpAdm/Mkt), a former Fort Lewis College men's basketball guard has signed a two-year contract to play professional basketball for Leeds Carnegie of the British Basketball League (BBL). (Announced June 2014)

Chelsea Fahey (‘11, ExSpec) had decided to pursue a Masters Degree in Nursing. Her primary goal is to become a Nurse Practitioner. She has moved back to southern California to be closer to family and to help take care of her elderly grandparents.

Bree Baker (‘10, ExPhys) has been accepted to PhD programs at Penn State and Oklahoma in Exercise Physiology. She contacted faculty members in the ES department over the summer to help her make a decision on which school to attend.

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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