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Spotlight on AE, AT & ES Majors

Jacob Montoya (ExPhys) is the first Exercise Science student at Fort Lewis College to be named a MARC (Minority Access to Research Careers) Scholar. This award provides opportunities to minorities interested in research. Jacob's current research is looking at the effects of age and fitness on heart rate variability. He has also been selected to complete a summer research internship at the University of Michigan this summer with Dr. Greg Cartee in their Muscle Biology Lab.

Alex Herrera (ExSpec) was named to the 2014 Rocky Mountain Athletic Conference Men's Basketball All-Tournament Team on March 8, 2014. In two post-season games, Herrera averaged 17 points and 11 rebounds while shooting 57.1 percent from the floor and blocking five shots. He was selected as FLC Student-Athlete of the Week on March 11, 2014 and was named to the 2014 Daktronics Basketball All-South Central Region team March 13, 2014. He earned All-America accolades for the second time this season. Herrera, who was named to the Basketball Times All-America second team March 27, 2014, was named to the Division II Bulletin fourth team on April 2, 2014.

Allison Kvidera (ExSpec) was named FLC Student-Athletes of the Week on March 18, 2014. As a star player on the Skyhawk’s Lacrosse team she tallied eight points in a split in the previous week. She finished with five shots on goal and eight total shots to go with one ground ball.

Myndee Thompson (ExPhys) was selected as FLC Student-Athlete of the Week on March 25, 2014. She accounted for eight of the Skyhawk softball runs the previous weekend in a split against CSU-Pueblo and New Mexico Highlands. On the weekend, she tallied five hits on 14 at-bats for a .357 hitting percentage.

Alyssa Spencer (ExPhys) was named FLC Student-Athlete of the Week on April 01, 2014. Alyssa is the goalkeeper for the FLC Women’s Lacrosse team. In nine games played this season, she has recorded 59 saves for a .431 saves percentage.
**Announcements:**

**Summer Opportunity**

**FLC Trio Upward Bound**

FLC Trio Upward Bound (UB) seeks Leaders to supervise and tutor high school students during our summer residential program. UB provides academic and enrichment activities to 50 high school students who come from low-income families where neither parent has earned a bachelor’s degree. The program offers a summer residential component focused on enhancing the academic skills of the participants and provides participants with fast-paced, intensive academic coursework and other social, cultural and recreational enrichment activities. These are summer live-in, full-time/temporary positions scheduled from May 30-July 3 (approximately five weeks, weekends are off but leaders must report back to work on Sunday evening at 6:00pm for student check in), that provide experiential learning opportunities for college students wishing to gain practical experience working with youth in academic and social development. Upward Bound is not just a summer job; it is a commitment to educational equity and an extension of our service to the community. Our mission is not only to increase the number of students who go to college, but to also help shape our participants into future leaders. Please visit our program website before completing an application: http://www.fortlewis.edu/upwardbound

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**Spotlight on AE, AT & ES Majors**

Congratulations to the following Exercise Science Majors who participated as coaches, chaperones, and/or team partners for Special Olympics Basketball February 8th & 9th in Grand Junction, CO. The Durango athletes came home with 1st and 3rd place ribbons depending on their division. **Will Hacker, Ellen Pherson, Maurice Anderson, Cynthia Brown, Nova Hardy, Katygene Jackson, Tyler Jones, Alex Kilman, Dakota Kay, Dakota Petago, Forest Schulke, Kyle Shepherd, and Jahna Yuhn** accompanied 17 Special Olympics athletes on the trip. Fort Lewis College was well represented by the above students who fulfilled practicum hours for their ES 254 class (Adapted Exercise) and ES 450 Exercise Physiology Internships by their participation.

Nicole Dohm (ExSpec) is the Student Life Center Employee of the Month—Fitness Instructor for March 2014.

Sam Smith (ExPhys) is the Student Life Center Employee of the Month—Weight Room for March 2014.

George Camisa (Sport Admin) is Intramural / Club Sports Employee of the Month-Supervisor for March 2014.

Aaron King (ExSpec) is Intramural/Club Sports Employee of the Month for March 2014.
Congratulations to our graduating seniors!

**Adventure Education**

Kathleen Chandler, Matthew Dunlap, Jack Howick
Marshall Masayesva, Eliza McCutchen, Seamus McMorrow
Derrick Moody, Kenyon Neal, Shannon Porter, Clancy Ryburn
Jamie Wathen, Kayla Watson, Griffin Weiner

**Athletic Training**

Brandi Calderwood, John Jewell, Sebastian Kurtz
Mathew McDermott, Nicholas McLaughlin, Julie Oberriter
Nicole Schumacher

**Exercise Science**

Jesse (Gus) Allen, Kimberly Baker, William (Doyle) Bode
George Camisa, Brittany Clawson, Merlyna Crank
William Hacker, Jeremiah Holiday, Alexander Kilman
Aaron King, Jenna Kinzer, Abigail Kvidera, Allison Kvidera
Joshua McDowell, Serae Mele, Erin Murphy, Anisa Nakai
Amanda Overton, Erika Richards, Johannes Sander
Janessa Willard
You are cordially invited to the

Spring 2014 Exercise Science Social

End of semester gathering!
Announcement of scholarship recipients!
Recognize Spring 2014 graduates!
Food!
You’ll want to be there!

Tuesday April 22
12:45 pm – 1:45 pm
150 Skyhawk Hall

Food

Fun

Celebration

For more information, contact:
Carla Weston (Ext 7577 or 140 Gym)
Susan Eppich (Ext 6383 or 35A Pine Hall)
Summer Class offerings for AE, AT, & ES students:

If you would like to graduate earlier or need to pick up a summer class, listed below are just a few of the classes Fort Lewis College is offering during summer 2014. For specific dates, times, and locations, please see WebOpus.

AE 325: Mountaineering
AE 395: Adv. Ed Teaching Assistantship
AE 480: Adventure Ed Internship
Bio 233: Human Anatomy
Bio 234: Human Physiology
Chem 150: Fund of Chem I Atoms/Molecules
COMP 125: The Art of Rhetoric
COMP 126: The Craft of Research
COMP 150: Rhetoric and Research
COMP 250: Academic Inquiry and Writing
ES 150: Sociology of Sport
ES 242: Testing and Statistics
ES 335: Kinesiology & Biomechanics
PE 1315: Stretching for Flexibility
PE 1380: Fitness - Weight Training
PE 1555: Golf - Beginning
PE 1580: Self Defense
BACKPACKING WITH A PURPOSE

This summer, Operation Groundswell is sending hundreds of students across the globe for six week programs that will change their perspective on the developing world. Want to be one of them? You will have a unique opportunity to truly immerse yourself in new customs and cultures with the help of our incredible program leaders, who have organized meaningful community service projects, meetings with innovative local NGOs, and one crazy adventure.

We are looking for globally conscious and socially active students who want to spend their summer exploring some of the most complex and beautiful countries in the world!

Early summer programs are closing on April 23rd. Apply today!

Check out our map of where we go.
www.operationgroundswell.com

Our six week programs each have a different focus and are open in the following countries and regions:

* West Africa - Education and Global Health
* East Africa – Youth Empowerment and Development
* Middle East - Human Rights (ALMOST FULL)
* Southeast Asia - Ecotourism (PROGRAM FULL) and Youth Empowerment
* India - Women’s Rights (PROGRAM FULL) and Education
* Guatemala - Fair Trade Justice and Peace & Conflict
* Peru - Health & Wellness (PROGRAM FULL) and Environment (PROGRAM FULL)

Operation Groundswell is a non-profit organization dedicated to providing financially accessible travel experiences that blend responsible volunteering, education, personal development and adventure.

(See copy of flyer on next page)
Announcements

BACKPACK WITH A PURPOSE THIS SUMMER!

www.operationgroundswell.com

WE'RE RUNNING PROGRAMS ALL AROUND THE GLOBE.
TELL US WHERE YOU WANT TO GO!

> PERU
> EAST AFRICA
> WEST AFRICA
> SOUTHEAST ASIA
> GUATEMALA
> MIDDLE EAST
> INDIA

EARLY SUMMER PROGRAMS CLOSE
APRIL 23
FLC - a steppingstone to greater opportunity!

The NFL’s Jacksonville Jaguars now have three coaches on their staff who formerly coached at Fort Lewis College

◊ Gus Bradley is the head coach at Jacksonville after coaching at FLC from 1992-96. FLC Head coach 95-96.

◊ Todd Wash is now the Defensive Line coach at Jacksonville after coaching at FLC from 1996-99.

◊ Scottie Hazelton is now the Asst. Linebackers coach at Jacksonville. Scottie played at FLC from 1992-94 graduated with and Exercise Science degree and then coached at FLC from 1996-99.
Alumni Updates

Eric Sarno (SA’11) was recently hired as facility manager for Longmont Indoor Soccer, a new business that opened in November of 2013 in Longmont, CO. He is also coaching club soccer for Trebol Soccer Club in Lafayette, CO run by former USA men’s national team and Colorado Rapids captain and defender, Marcelo Balboa.

Rick Wetherald (ES’07) is a Physical Therapist at an outpatient orthopedic/neuro PT clinic in Logan, UT. He is also Coach of the Cache Valley High School mountain bike team and Assistant Coach of the Utah State University Cycling Team. He has recently become engaged to his long-time girlfriend Jenn.

Joanna Young (ES’07) is starting Physical Therapy School in Loma Linda California on June 17, 2014 for her degree as a Physical Therapy Assistant.

Cori Metzgar-Deacon (ES’98), in her third year working at Western Oregon University (WOU), is in charge of the strength programs for all 13 of the WOU Wolves' varsity sports. She has recently been selected as a 'Women in Sport' panelist, where she will sit among fellow women who have succeeded in athletics careers, during the Women in Sports Career Seminar. She hopes to convey a powerful and inspirational message to attendees.

Veniece Fagerlin (ES’13) had her senior research published in the Spring 2014 edition of COPLAC: Metamorphosis - A North American Journal of Undergraduate Research and Creative Activity. See it HERE