Lindsey Blythe (ExPhys) helped the Fort Lewis College women’s golf team to a sixth place finish at the Colorado Mesa University Maverick Spring Invitational on April 12th. The Skyhawks finished with a 686 overall (350, 336) at The Golf Club at Redlands Mesa in Grand Junction, Colo. Blythe is also one of five women's golfers representing Fort Lewis College at the 2016 Rocky Mountain Athletic Conference Women's Golf Championship Tournament at the Coldwater Golf Club in Avondale, Ariz. The tournament is April 17, 18, & 19.

Hailey Edwards (ExSpec) was named Student Life Center Employee of the Month—Front Desk for March 2016.

Ben Hanks (ExSpec) was named to 2015 National Football Foundation Colorado Chapter Team (Honorable Mention) on April 11, 2016.

Andrew Ike (ExPhys) was named to 2015 National Football Foundation Colorado Chapter Team (Honorable Mention) on April 11, 2016.

Devin Kroeker (AT) finished third in the high jump with a leap of 1.35 meters (4'5'') as the FLC women's College women's track and field team competed at the Colorado Mesa University Maroon Classic in Grand Junction on April 17th.
Shanell Leekya (K-12) recorded two marks in the shot put and discus throw (ninth in the shot put with a throw of 8.22 meters, and seventh in the discus with a mark of 26.32 meters) as the FLC women's College women's track and field team competed at the Colorado Mesa University Maroon Classic in Grand Junction on April 17th.

Natalie Mitchell was named Student Life Center Employee of the Month—Facility Manager for March 2016.

Cory Saxon (ExPhys) was named to 2015 National Football Foundation Colorado Chapter Team (Honorable Mention) on April 11, 2016.

Mason Shea (ES Minor) has been elected as ASFLC Vice President for the upcoming academic year, 2016-17.

Milena Singletary (ExPhys) is one of five women's golfers representing Fort Lewis College at the 2016 Rocky Mountain Athletic Conference Women's Golf Championship Tournament at the Coldwater Golf Club in Avondale, Ariz. The tournament is April 17, 18, & 19.

TeHenia Telliano (ExSpec) hit her first home run of the season in the bottom of the first inning, in the opening game of a double header the Skyhawk Softball team played against Western New Mexico University on April 9th.

Carly Wilborn (ExSpec) paced the Skyhawks that finished eighth, ninth and 10th in the 1500 meter run with a time of 5:12.68 as the FLC women's College women's track and field team competed at the Colorado Mesa University Maroon Classic in Grand Junction, Co on April 17th.
Graduating Seniors

Spring 2016

Athletic Training
Melissa Benkert, Jenna Krizo, Robert Marks, Mary Rambo, Julia Villani

Exercise Specialist
Sean Claussen, Nicholas Daily, Nicole Dohm, Caitlyn Espinosa, Sofia Gomez Villafane, Joshua Maes, Ellen Pherson, Brynn Ryan, Kaulana Waalani-Arroyo

Exercise Physiology
Keith Bender, Kenjok Bhotia, Cynthia Brown, Casey Farrell, Alexandra Gillson Mikkael Hernholm, Dakota Kay, Shawnee Kessel, Troy Meeker Brooke Milliet, Natalie Mitchell, Kiley Raica, Jess Reed, Craig Short Ryan Standish, Mariah Starbuck, Matthew Steffens, Stephanie Teaman

K-12 Teaching
Thomas Poole

Sport Administration
Ariel Arguello, Yannis Becker, Jacob Hetrick, Holden Randle

Summer 2016

Exercise Specialist
Kelli Jones, Magaly Torres

Exercise Physiology
Gracie Jaeger, Casey Long, Kathryn Ross

Sport Administration
Christopher Carter
**Mega-Myocardium**

**Mega-Myocardium (Big Heart) Award** is given every year to the most helpful faculty or staff in the Exercise Science Department (including Adventure Education, Athletic Training and Exercise Science). Please come by the Exercise Science office (144 Whalen Gym), complete a nomination form, and drop it in the nomination box. **Nominations are made by students and will be accepted until Wednesday, April 20th, 2016.**

PLEASE nominate someone!!

**April is .. Parkinson’s Awareness Month**

Parkinson's disease is a progressive disorder of the nervous system that affects movement. It may start with a barely noticeable tremor in just one hand, but can lead to a shuffling walk, stiffness, and slowing of movement.

When it comes to helping Parkinson's disease patients retain vital motor function, weight training may be more effective than stretching or balance exercises, a 2012 study concludes. The findings "reconfirm our notions that exercise plays an important part in the treatment of Parkinson's disease," according to one outside expert, Dr. Nora Chan, director of the Movement Disorder Program at Winthrop-University Hospital, in Mineola, N.Y. Read More
The 2016 5k & 10k @Three Springs for Books and Things took place on Sunday April 10 at Three Springs. This was the fourth year for the 10k and first year for the 5k. The event had 50 runners and raised roughly $1600 for Exercise Science student scholarships through participant entry fees and direct donations. In addition, 30 local business helped support the event by donating things like race t-shirts, prizes for the first male and female finishers of both events, and post-race raffle prizes.

Race Director Mary Ann Erickson stated, "This event is a wonderful opportunity for students in Exercise Science to learn the details of planning an event to raise money. Upon graduation students often find themselves employed at Recreation Centers or Fitness Centers which often rely on these types of events to raise money. Students in ES480 Administration of Programs in Exercise Science play a major role in the success of the event as they are charged with recruiting runners, volunteers, soliciting donations, and other administrative tasks leading up to and on race day. Every year the event has been held, the students have jumped in with both feet and done the necessary work to make this event a success. We have been able to support nine students with the scholarship monies raised in the last 4 years. Prior to this event there were very few opportunities for scholarships established for students of Exercise Science.”

The 5&10k is designed to provide scholarship money for tuition, room & board, books, and fees to help support the education of promising students within the Exercise Science Department. Eligible students can be enrolled in one of five options/majors: Athletic Training, K-12 Teaching, Exercise Physiology, Exercise Specialist, and Sport Administration.
Annual Exercise Science Social

Friday, April 22nd
12:20-1:20 p.m.
Whalen Gymnasium Foyer

- 2016-17 scholarship winners announced.
- 2016 spring graduates announced.
- Refreshments provided by ES 353 Nutrition Fitness & Sport class.