Rasmus Bach (SpAdm) scored 14 points as the FLC men’s basketball team won in overtime against Division I University of Wyoming in an exhibition game on November 7th.

Kate Bayes (SpAdm) led the Skyhawk women’s basketball team with 14 points, one block and one steal as Fort Lewis College fell to Division I Brigham Young University in an exhibition game, 77-67, on November 5th. Bayes also scored nine points as the FLC women’s basketball team defeated Westminster College by 27 points (73-46) in the 2015 Skyhawks Regional Challenge on November 13th.

Yannis Becker (SpAdm) was one of six Fort Lewis College men’s soccer student-athletes who were named to the 2015 All-Rocky Mountain Athletic Conference postseason teams on Nov 3rd. He earned First Team honors. On November 4th, Becker teamed up to score and assist on all three goals as the Fort Lewis College men’s soccer team defeated MSU Denver at Regency Athletic Complex in the quarterfinal round of the 2015 Rocky Mountain Athletic Conference Men’s Soccer Tournament.
Joshua Blaylock (ExSp) suited up for the Skyhawks for the first time in his career to record 10 points and four assists as the FLC men’s basketball team won in overtime against Division I University of Wyoming in an exhibition game on November 7th.

Caitlyn Espinosa (ExSp) stopped three of four shots on goal for her ninth win this season as the FLC women’s soccer team year beat the UCCS Mountain Lions, 2-1, on October 30th at Mountain Lion Stadium. Espinosa has been voted the RMAC Goalkeeper of the Year, announced November 3rd by the conference office. On November 13th, Espinosa stopped all four shots on goal by St. Edwards's University in San Angelo, Texas for her sixth shutout of the season.

Sofia Gomez Villafane (ExSp) won the individual omnium title at the 2015 USA Cycling Collegiate Mountain Bike National Championships at Snowshoe Mountain, West Virginia on October 25, 2015.

Cade Kloster (K-12) scored a game-high 21 points as the FLC men’s basketball team won (77-69) in overtime against Division I University of Wyoming in an exhibition game on November 7th. On November 13th, Kloster scored nine of his 20 points in the final 10 minutes to lead (91-81) the Fort Lewis College men's basketball team out of a 13-point deficit against West Texas A&M University.

Astra Reed (ExSp) scored 13 points as the Fort Lewis College women’s basketball team fell to Division I Brigham Young University in an exhibition game, 77-67, on November 5th.
Congratulations to the following Exercise Science Majors who participated as partners and coaches at the Special Olympics Colorado Volleyball Tournament in Denver, November 6 and 7. Maddie Anderson, Kevin Horton, Eliyah Lucero, Kelsey Michael, Christina New Holy, Carrie Oyebi, Brynn Ryan, and Shanell Tsosie participated as partners with 6 Special Olympics athletes on 2 different Unified teams. Josh Maes and Kelsey Pryor were the coaches for the two teams. Both teams finished second in their divisions winning Silver medals.

ES majors, Angelica Bedonie, Gerrald Begay, Hannah Blackwell, Connor Bundeson, Renae Dambly, Dallas Dickerson, Chris LoConti, Samaria Mallow, Nick Martin, Payson McElveen, Amanda Owens, Nathan Price, Morgan Shippen, Josiah Williams, Kyle Yazzie, and Taylor Young although they did not travel to the tournaments, practiced with the athletes here in Durango. Fort Lewis College was well represented by these students who fulfilled practicum hours for their ES 254 class (Adapted Exercise), Specialist, or Coaching Internships.
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For more information contact Eli Madden at 303.727.3708 or emadden@dsgpark.com.

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Have you ever wanted to be a fitness instructor?

Rec Services is currently hiring Group Fitness Instructors for Spring 2016!

Contact Lexie Cooper at accooper@fortlewis.edu for information about the positions!
Common symptoms of diabetes:

- Urinating often
- Feeling very thirsty
- Feeling very hungry - even though you are eating
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss - even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

People with diabetes have an increased risk of developing a number of serious health problems. Consistently high blood glucose levels can lead to serious diseases affecting the heart and blood vessels, eyes, kidneys, nerves and teeth. In addition, people with diabetes also have a higher risk of developing infections. In almost all high-income countries, diabetes is a leading cause of cardiovascular disease, blindness, kidney failure, and lower limb amputation. Maintaining blood glucose levels, blood pressure, and cholesterol at or close to normal can help delay or prevent diabetes complications. Therefore people with diabetes need regular monitoring.
Department News

Professor Jim Cross presented at the NASSS Conference (North American Society for the Sociology of Sport) Nov. 4-7, 2015 in Santa Fe, NM. Professor Cross’ presentation is entitled “Sport as Art.”

Dr. Emily Houghton presented at the NASSS Conference (North American Society for the Sociology of Sport) Nov. 4-7, 2015 in Santa Fe, NM. Dr. Houghton’s presentation is entitled “Treatment and Prevention of Injuries: Content Analysis of Running Magazines.”

Alumni News

Kayla Joe (ExPhys, ‘15) is currently working as a PT tech at Three Rivers Physical Therapy. In the spring she plans to apply for the Physical Therapy Assistant Program at San Juan College. She is currently the coach for a 12 and under softball team that had a great season making it to the National championships!