

December 2015 Volume 10, Issue 4

(SpAdm) scored both a season as well as a game high 19 points to lead the FLC women's basketball team to a 64-50 win over Colorado Christian University on December 12th.

(SpAdm) was named to the 2015 Division II Conference Commissioners Association (D2CCA) All-South Central Region Second Soccer Team on December 1st. He was also named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Men's Soccer South Central All-Region First Team on December 3rd. Becker was one of four Skyhawks to start all 20 soccer games this season.

(ExSp) led the FLC men's basketball team with 13 points in an exhibition game again (ExSp) netted 22 points to lead the Fort Lewis College women's basketball team to an 88-44 win over St. Martin's University on November 27th from Colorado Springs, Colo.

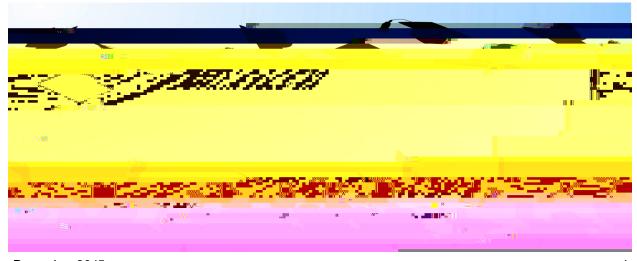
(ExSp) was named Front Desk employee of the month of November at the Student Life Center.

(ExSp) was named to the 2015 National Soccer Coaches Association of America (NSCAA) Division II Women's Soccer South Central All-Region Second Team on December 3rd. Espinosa also received the Jan Wilson Hetzler Outstanding Senior Female Athlete award at the annual Fort Lewis College Student-Athlete Advisory Committee (SAAC) fall awards banquet on December 8th.

(K-12) gave an excellent Teacher Education Professional Experience Presentation (PEX) on Thursday, December 16th. She presented on her student teaching experience in Arizona to FLC professors/ staff, area teachers/ administrators, family, and friends in the ballroom along w/ over 20 other Teacher Education graduates. Katygene's presentation was particularly interactive. She had her participants doing body squats, pushups, jumping jacks, etc. as she described what she did as part of her lessons at Tsaile Public (Elementary) School and Many Farms High School. Katygene will graduate on Saturday, December 19th, and will begin teaching

in Many Farms in January!

(K-12) scored a game-high 17 points as the Fort Lewis College men's basketball team beat Evangel University (93-65) in Golden, Colorado on November 28th.



even lower; in addition to requiring less butterfat in the recipe, this label only requires 0.5 percent egg yolk solids in the carton.

-round. Sure, no-

at all. A relatively small four-ounce cup of store-bought eggnog boasts a whopping (half of them from fat), nearly , and over . If

lesterol.

(Excerpts from http://mentalfloss.com/article/26537/way-more-you-ever-wanted-know-about -eggnog)

recipes.

5 12 cups skim milk

1 teaspoon vanilla

1 (1 1₂ oz.) box sugar-free instant vanilla pudding mix

3 ¹₄tablespoons sugar substitute (or just omit sweetener)

¹₄teaspoon nutmeg

4 cups skim milk

-1 cup Egg Beaters egg substitute Splenda granular

3 tablespoons sugar-free instant vanilla pudding mix

2 teaspoons vanilla extract

ground nutmeg

Place all of the ingredients in a blender, and blend for 30-60 seconds, or until smooth. Chill for several hours. Shake or stir eggnog well to blend before serving. Serve in glasses or mugs with an additional sprinkle of nutmeg.

