

Never Stop Learning

THE Portal

FALL 2003 | VOLUME 3 | ISSUE 3

SDSU College of Extended Studies



Dean's Message

Greetings and welcome to *The Portal* of the College of Extended Studies. As most of you know, San Diego is home to one of the largest military communities in the United States. The College of Extended Studies, in consultation and cooperation with all of the other Academic Colleges at SDSU, has been working hard at establishing a strong and responsive Military Education Center. Our hope is to provide a series of programs offered to uniformed military and their dependents that will focus on degree completion opportunities, personal and professional enrichment, and certificate and other extension course choices, all of which will have the option of delivery on bases, at SDSU, or online. I was fortunate enough to be invited to visit the USS John C. Stennis as it cruised off the coast of San Diego so that I might see what is currently available in terms of education and what the future needs of the Navy might be as they expand their opportunities for crew members. One of our articles in this issue will provide you with more detail about this fantastic trip than I'm sure you wish to read, but aside from the sheer excitement of flying on and off a carrier, I was so very impressed with the dedication, training, and morale of the men and women that make so complicated a procedure of running a carrier, look so very normal and routine. We very much look forward to doing whatever we can to assist these service members in their continuing education.



The summer was also exciting since I had the privilege of attending the certificate awards ceremonies and introducing Reo Carr to the assembly.

There is another feature in this issue which will highlight some of the graduates and ceremony events. Coincidentally (and to prove that we do live in a small world) I was introduced to the community relations representative of the Naval Air Force Pacific Fleet while on the Stennis, who looked very familiar, and we soon remembered that we had met at the certificate awards ceremony the week before!

Keeping with a nautical theme, you'll soon be reading about a program that we hope will be attractive to all. Our annual whale watching study tour is described on page five where you'll also be introduced to our new director of Travel Study, Vikki Serrano-Ruiz. Vikki joins us with a tremendous wealth of experience in international programs and we look forward to her developing new and exciting programs for everyone who attends the College of Extended Studies.

For all you writers and those who aspire to become writers, it is never too early to plan to attend our 20th Annual Writers' Conference. More details on this hugely successful event, along with a complete calendar of classes can be found in this edition of *The Portal*. As you will see, now more than ever, we shall be providing you with more compelling reasons to Never Stop Learning.

William E. Byxbee

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Dean Byxbee Enjoys Overnight Adventure Aboard USS John C. Stennis

Dean William E. Byxbee waited patiently for more than 17 years for this trip.

The College of Extended Studies' dean was recently honored to be a Distinguished Visitor given the opportunity to fly onto the USS John C. Stennis and stay overnight on the Nimitz-class nuclear aircraft carrier.

Byxbee nearly had a similar experience in 1986 while working in Naples, Italy, only to have the trip scrapped at the last minute when Libya's Moammar Gadhafi launched two scuds against a U.S. Coast Guard facility on Lampedusa Island.

The first day of the Stennis trip began promptly at 8:15 a.m. with arrival at the main gate of Naval Air Station North Island, where a COMNAVAIRPAC public affairs staff member escorted Byxbee and others on base. The group continued to the headquarters of Commander Air Force U.S. Pacific Fleet, Building 8, at Naval

see [USS Stennis](#), page 3



International Education Association Comes to College of Extended Studies

For the next year, the Association for the Advancement of International Education (AAIE) will call San Diego State University's College of Extended Studies home. AAIE has set up its office on the second floor of the Gateway Center and is now conducting its worldwide business from SDSU.

AAIE is recognized as the preeminent organization in the area of American/international education and the organization in the United States that speaks for American/international schools. AAIE serves a network of over 300 American/international schools, performing the function of the communications link and facilitator for relationships among institutions and individuals involved or interested in American/international education.

Numbered among the members of AAIE are heads of American/international schools and schools in the United States, college professors and administrators, United States Department of State officials, and an array of people involved in providing services to overseas schools.

"SDSU and the College of Extended Studies have been providing professional development opportunities for the administrators and teachers of

international schools worldwide," said William Byxbee, dean of the College of Extended Studies. "Working in close cooperation with the College of Education we have made over 70 courses available in a wide variety of delivery modalities, allowing these international teachers to take classes wherever they are teaching."

David Smith, interim executive director for AAIE, said his organization sets up its office annually at affiliated organizations such as SDSU's College of

opportunities to strengthen the relationship over time between AAIE and San Diego State."

Smith, who spent 16 years as dean of the College of Education at the University of Florida, goes back and forth between SDSU and his home in Decorah, Iowa. He said AAIE could serve as a vehicle for SDSU students interested in attending overseas schools. AAIE may be accessed at www.aaie.org

In addition to the work that CES does

AAIE serves a network of over 300 American/international schools, performing the function of the communications link and facilitator for relationships among institutions and individuals involved or interested in American/international education.

Extended Studies. He noted that dean Byxbee and associate dean Joe Shapiro of CES are both long-time active members of AAIE.

"We are very comfortable with their background and knowledge of our organization," Smith said. "We appreciate their cooperation during our transition to San Diego State. We're looking for

with AAIE, it is also very involved in other international initiatives. CES provides a host of courses and workshops for the Department of Defense Dependent Schools in the Pacific as well as providing more than 15 international travel study venues for the undergraduates of SDSU. ■

CES Recognizes Certificate Award Recipients

The College of Extended Studies is pleased to offer its congratulations to numerous certificate award recipients over the past few months.

They include:

- *Construction Inspection Technology: Structural:* Isaiah Gruhler, Gary Lau, Mark Lawless, Stuart Mangusing, and Fidencio Sanchez.
- *Environmental Studies:* Lisa Furnas.

- *Government Contract Management:* Jolly Baltazar, Tasha Davis, Lisa Dwyer, Cynthia Eisenhart, Rebecca Gallup, Stephen Hill, Gina Quinn, Patricia Santling, and Marc Severin.
- *Human Resource Management:* John Acosta IV, Nina Krishun, Melanie Leander, Rachel Murray, Yolanda Pacheco, Julie Rapolla, Tracey Vercillo, and Alexis Vestre.
- *Meeting and Events Planning:* Ricardo Vazquez Guy.

- *Operations Resource Management:* Alma Pasos, Brian Price, Jose Reyes, and James Thomas.
 - *Personal Fitness Trainer:* Michelle Manson, and Robert Schwartz.
- Reo Carr, editor-in-chief of the *San Diego Daily Transcript*, was keynote speaker at the College's certificate awards ceremony this summer. ■

USS Stennis *continued from page 1*

Air Station North Island for a preflight briefing by the Admiral's staff.

During the briefing, guests learned everything possible about carriers, battle groups, aircraft, and tactics in 90 minutes. They proceeded to Naval Air Station North Island's Distinguished Visitor Terminal (Building 516) for the aircraft commander's brief, aircrew safety brief, and departure by C-2 aircraft to the ship and sea.

"Now the fun really started," said Byxbee, who has a pilot's license. "We were briefed on our flight and on our gear, which consisted of a headset called a cranial, earplugs, and a life vest. We were told what to expect when the C-2 was arrested and then we were lead out to our aircraft, which is called the COD.

"What they didn't tell us was that the C-2 has exactly two little windows and the rest of the plane is a converted cargo carrier. It has exposed wires, plating, support struts, and no, I repeat no, insulation! When they started up the engines everything just shook and even with earplugs and helmets with ear protectors, it was loud and relatively dark once the door was sealed."

"Oh yes, don't ever ask for decaf coffee on a Navy ship unless you want to receive the oddest looks - and no coffee."

Once they were strapped in and zipped up, off they went in search of the Stennis carrier. It was found about 45 minutes later somewhere off the coast of Mexico.

"We were told (well they yelled at us) that we had begun the approach, we could hear the gear and tail hook go down," Byxbee related. "They then told us that the pilot 'Rogered the Ball,' which meant we were going to be landing within 45 seconds. We had learned



in the briefing that the Ball, was the Meatball, a visual aid that provides details to the pilot as to how well they are on the glide path for a safe landing on the deck of the carrier. When the pilot sees the Meatball, he/she simply acknowledges with 'Roger the Ball.' None of us knew what to expect in terms of the sudden stop but we were all eager for the experience.

"About 30 seconds later, we could feel the engines go back up to full throttle and the nose of the plane came up. The cargo master told us the deck was fouled and we had to go around. We went around for what seemed like days, but was only five minutes, and then we were told the pilot had Rogered the Ball again. This time it all worked as advertised and we went from 125 to 0 in two of the most exciting seconds of my life."

After landing, the Distinguished Visitors went up to the Admiral's reception area where they were introduced to the Captain, "who is a wonderfully relaxed and cordial host. He looked far too young to have the responsibility of running this technological marvel but he assured us that he was 48! We were told that we would have the run of the ship for the

next 24 hours and could go anywhere except in the nuclear engine room (no argument from me on that one) and into the intelligence areas (again, not something I came on board to see)," Byxbee said.

Food is a very important part of life on the carrier. The galley is never closed since there is someone wanting to eat something 24/7. The food is plentiful and good. Lunch was a "Salute to Mexico" and had all the ingredients for tacos and tortillas. That night visitors ate in the officer's mess and had a served meal of fresh rolls baked on board, salad, fresh salmon with a mango salsa, rice and carrots, and pie.

"Oh yes, don't ever ask for decaf coffee on a Navy ship unless you want to receive the oddest looks - and no coffee," he added. Next day's 6 a.m. breakfast with the enlisted crew consisted of sausage, bacon, eggs any way you like them, freedom toast, plenty of cereals, toasts, donuts, danish, and fresh fruit. This time there was coffee, lots and lots of coffee.

Guests were moved and moved fast to lots of areas that manage flight, air traffic control, tactical ops, and flight maintenance. They were able to go watch the action on the flight deck and taken to the Admiral's flight viewing area, with windows on three sides and one chair.

"I was amazed at how efficiently they move the planes around for take-off and recovery," Byxbee said. "Remember that the average age of all those responsible for getting the planes ready, set up for launch and recovery is only 19! They are well trained and very disciplined. It also helps that there is no alcohol allowed on board and they are tested for drugs on a regular basis. "

When Byxbee's turn came to go on deck the experience was "multiplied tenfold," he said.

"No longer protected by insulated glass, we got the full force of a take-off and the thrill of watching a plane coming down at full speed to be stopped in only a matter of seconds," he said. "When they catch the wire they go to afterburner or

continued on next page

full power just in case they don't have a good grip or if the cable breaks they can still take off. The catapults also really do the job of chasing them off the deck getting the fighter from 0 to 160 in three seconds on take off. It is all amazing and fascinating to watch."

Visitors stayed in VIP staterooms, two to a room with bunks, five decks down from the flight deck but only one down from the catapults which are driven by steam. "It was without doubt the noisiest place I have ever been," Byxbee said, "but I didn't plan on spending much time there so it didn't matter to me. Instead I planned on viewing as much of night operations as possible. As impressed as I was with the day ops, the views at night were stunning.

"What seemed to be a fantastic ballet during the day seemed like an impossible mission at night," he said. "It was dark,

very dark with no moon and the same precision, the same grueling effort had to be done in the dark. It was fantastic to see a night launch."

At 10 pm personnel came to pick up visitors and take them back to the staterooms. Byxbee spoke for the group and said they would prefer to stay where they were until Night Ops concluded at 1 am.

"The escort officer seemed to have a little trouble with this, Byxbee said. "I'm sure he wanted to hit the bunk, but the Chief thought it was a great idea and he took over and gave us a real thrill. We went to the bow of the ship and there were two little open windows that were directly under the flight deck. He had two groups of three scrunch up and get our faces right into the windows. The air was fresh and it was beginning to rain and there was lightning on the horizon so we




















could see how close to the sea we were. "Then there was a roar of noise and vibration above us and they launched an F-18 Hornet. As the planes are catapulted and leave the deck they sink just a little, but enough so that the exhaust from the two engines which are wailing in afterburner, are close enough to these windows to singe your eyebrows! Boy, oh boy, what a thrill. We all stayed there long enough for each of us to do it again."

While onboard, Byxbee made his pitch for the College of Extended Studies and SDSU's Military Education programs while distributing brochures, flyers and educational gifts.

"It was truly an experience that I'll cherish for the rest of my life and wish that I could do again," Byxbee said. "But I realize that this was perhaps my only time and I surely made the most of it!" ■

College of Extended Studies Upcoming Programs and Classes

Below you'll find some of the upcoming courses at the College of Extended Studies. For a complete schedule, visit our web site at www.neverstoplearning.net.

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|  Do-It-Yourself Landscape Planning for the Homeowner, Begins Sept. 25 |  Travel Photography for Fun and Profit, Oct. 11 |  Professional Certificate in Construction Practices, Begins Nov. 3 |
|  Getting Happily Published, Sept. 27 |  Introduction to Excel for Windows, Oct. 11 |  Beginning Blues Harmonica, Nov. 6 |
|  Introduction to Project Management, Begins Oct. 2 |  Saturday Seminars, Oct. 18 |  Understanding and Addressing Youth Gangs, Begins Nov. 7 |
|  Food and Drug Law (Online), Begins Oct. 6 |  Sea Kayaking in Bahia de Los Angeles, Begins Oct. 19 |  20th Annual Writers' Conference, Begins Jan. 23, 2004 |
|  Online Advertising and Promotion (Online), Begins Oct. 7 |  Sculpture I: Casting the Figure, Begins Oct. 20 |  Baja Whale Watching Safari, Begins Feb. 7, 2004 |
|  How to Supervise – Basic HR Skills for Leads, Supervisors and Managers, Begins Oct. 7 |  How to Start and Manage a Small Business, Begins Oct. 23 |  Scammon's Lagoon Whale Watching Tour, Feb. 19-22 or Feb. 26-29, 2004 |
|  Writing for Business: The Five Essential Steps, Oct. 8 |  Tax Workshop for the Small Business Owner, Oct. 25 | |

Legend

-  Professional Development  Extension Courses  Certificates  Travel Study  Degree

College Offers a Whale of a Time in Baja California

Would you like to have a whale of a time in Baja California through the College of Extended Studies?

Then how about taking the "Baja Whale Watching Safari" Feb. 7-14, 2004?

If that doesn't fit your schedule, there's the "Scammon's Lagoon Whale Watching Tour" with four dates in 2004: Feb. 19-22, Feb. 26-29, March 4-7 and April 3-6.

These are among the numerous adventures the College offers through its travel study program under new director Vikki Serrano-Ruiz.

Serrano-Ruiz began working at SDSU in 2001 where she served as the academic program and international study coordinator for the College of Business Administration. Prior to her arrival at SDSU, she was the director of student services at Cardinal Stritch University in Madison, Wis.

She has an undergraduate degree in criminal justice from the University of Wisconsin-Milwaukee and a graduate degree in business management from Cardinal Stritch University. She has worked and studied abroad and is a former ESL (English as a Second Language) instructor.

"Vikki brings a wealth of national and international experience to the College of Extended Studies," dean William E. Byxbee said. "We look forward to the new, dynamic, and educationally exciting adventures the travel study program will continue to offer SDSU and the greater San Diego community."

By popular demand, the College has designed an exploration of "whale-sized"



proportions with the "Baja Whale Watching Safari." You will have the opportunity to log upwards of 18 hours of close encounters with gray whales, spending six hours each in Bahia Magdalena, Laguna San Ignacio and Laguna Ojo de Liebre (Scammon's). No other whale watching tour provides this much time on the water in such a short trip.

You will also participate in some world-class bird watching, tour two beautiful 250-year-old missions, visit two natural and cultural history museums, and become intimately familiar with the unique desert flora only found in Baja California. Lastly, there will be time to relax, shop, and eat some incredible seafood and local Mexican cuisine.

Scammon's Lagoon, located approximately 500 miles down the Baja California Peninsula, is the winter home of the California Gray Whales. On this adventure, you will be observing newborn calves interacting with their mothers. These huge mammals will be exhibiting all kinds of classic behaviors: spy hopping, breaching, sounding, and possibly mating in the warm waters of the lagoon.

Participants will enjoy about nine hours of up close and personal whale watching over the course of the weekend – going out on three separate excursions. You will also have the chance to tour the largest salt-works in the world and participate in some excellent bird watching.

As with the Baja safari, this trip offers time to relax, explore the town, and eat some incredible seafood and local Mexican cuisine. ■



College of Extended Studies

Vision

To be recognized as the portal of opportunity at SDSU for collaboration with business, education, government and civil society.

Mission

The mission of the College of Extended Studies is to provide self-support education and training to enhance careers and transform lives and organizations.

We are pleased to recognize these organizations that have joined our 2003 Professional Development membership program.

President Level

Sharp HealthCare

Director Level

IDEC Pharmaceuticals Corporation

Mission Federal Credit Union

San Diego Data Processing

Associate Level

Fisc

Helix Water District

Mitchell International, Inc.

Naval Air Depot, Quality Assurance

Philips Lighting Electronics Mexico S.A. de C.V.

San Diego State University College of Extended Studies

Volume 3 | Issue 3 | Fall, 2003

The Portal is published three times annually by SDSU's College of Extended Studies. This publication is free and available to any interested parties. To contact the editor, or to be added or deleted from our mailing list, send correspondence to:

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20th Annual Writers' Conference Just Months Away

Shaye Areheart, vice president and executive editor for Harmony Books (Random House), typifies the anticipation that surrounds the SDSU Writers' Conference each year.

"I am delighted by the quality of the writing that I consistently find at the conference," Areheart said. "In fact the SDSU conference is the only conference that I ever attend. The participants are real writers and the conference treats them that way. It's a pleasure to be part of such a professional organization."

The SDSU Writers' Conference celebrates its 20th year when it takes place Jan. 23-25, 2004. The 2003 conference attracted a capacity crowd of 450 participants and speakers, and another sellout crowd is expected at the 2004 event. The January 2003 event featured more than 80 concurrent sessions and scheduled a record 848 agent consultations and advance reading appointments.

The SDSU Writers' Conference is among the largest of its kind on the West Coast. It annually includes one-on-one consultations and hands-on editing assistance. Participants will learn ways to sharpen their writing skills and make connections with editors and agents of fiction, nonfiction and screenwriting while learning how to publish in the traditional manner or on the Internet.

The conference offers participants workshops on fiction and nonfiction. Industry experts will be on hand to discuss how to produce screenplays from inception to finished product and how to attract the necessary attention to get them produced. Top editors, agents, and industry professionals will be available to meet one-on-one to critique writing and offer specific advice about how to take a project forward.

Advance registration is now available. The fee to attend the conference is \$310. Consultations with editors or agents are \$40 per appointment, with a limit of three appointments per paid participant. Registration will also be accepted on a space-available basis at the conference, but pre-registration is highly recommended. ■

College Offers Unique Online Certificate in Personal Fitness Trainer

More than ever, Americans seem to be seeking out personal trainers to help them in their never-ending battle to stay in shape. And more than ever, Americans are going online for educational purposes.

The College of Extended Studies has a program that fits the best of both worlds through its Professional Certificate in Personal Fitness Trainer online program.

The online curriculum will allow students from around the world to fit courses into their work and home schedule, completing the certificate and internship assignment within four months, or taking up to one year. Graduates will be able to maintain current employment if desired, but will be uniquely positioned to obtain careers in a variety of settings. Students will learn how to apply their client's health history, goals, and abilities into a systematic model that progresses individuals through different training levels and phases.

This program is designed for fitness professionals from all fields, allied health professionals, physical therapists, chiropractors, physicians, wellness consultants, physical education teachers, nutritionists, and individuals seeking a new career as a fitness professional.

"CES is very excited about this online certificate program in the flourishing health and fitness industry," dean William E. Byxbee said. "We are happy to have Ken Baldwin as our coordinator. He has been an advocate and leader in personal fitness since 1992 and has won several industry awards, including 1999 IDEA Personal Trainer of the Year."

Courses in the program are *Introduction to Exercise Science-Level I*, *Introduction to Exercise Science-Level II*, *Nutritional Analysis and Management*, *Health Risk Profiles and Fitness Assessment Techniques*, *The Science and Biomechanics of Resistance/Weight Training Techniques*, *Business Administration and Management Aspects for Personal Trainers*, *Designing Exercise Prescriptions for Normal/Special Populations*, *Functional Flexibility*, *Core and Balance*

Training, and Field Internship in Personal Training.

Cost is \$246 per course. There is a ten percent discount if you register for each of the three modules offered.



Benefits of this program include:

- Ongoing guidance, instruction, and interaction from faculty members that hold either a Master's or Ph.D. degree in exercise science, biomechanics, exercise physiology, kinesiology, physical therapy, nutrition, or an exercise science-related degree.
- College courses that provide continuing education credits or continuing education units for personal trainers, group fitness instructors, physical therapists, athletic trainers, exercise physiologists, RD's, chiropractors, and for those fitness and health professionals seeking re-certification or career advancement.
- An internship experience with three internship options. Students may elect to intern at an SDSU approved partner internship site, a facility of their choice (with program coordinator/faculty member approval), or at a facility at which they may be currently working.
- This certificate program is provided in partnership with IDEA Health and Fitness Association and graduates of the program receive acceptance into IDEA's National Personal Fitness Trainer Recognition System.

For more information or to register, call (619) 594-6255 or visit our web site at www.neverstoplearning.net. ■