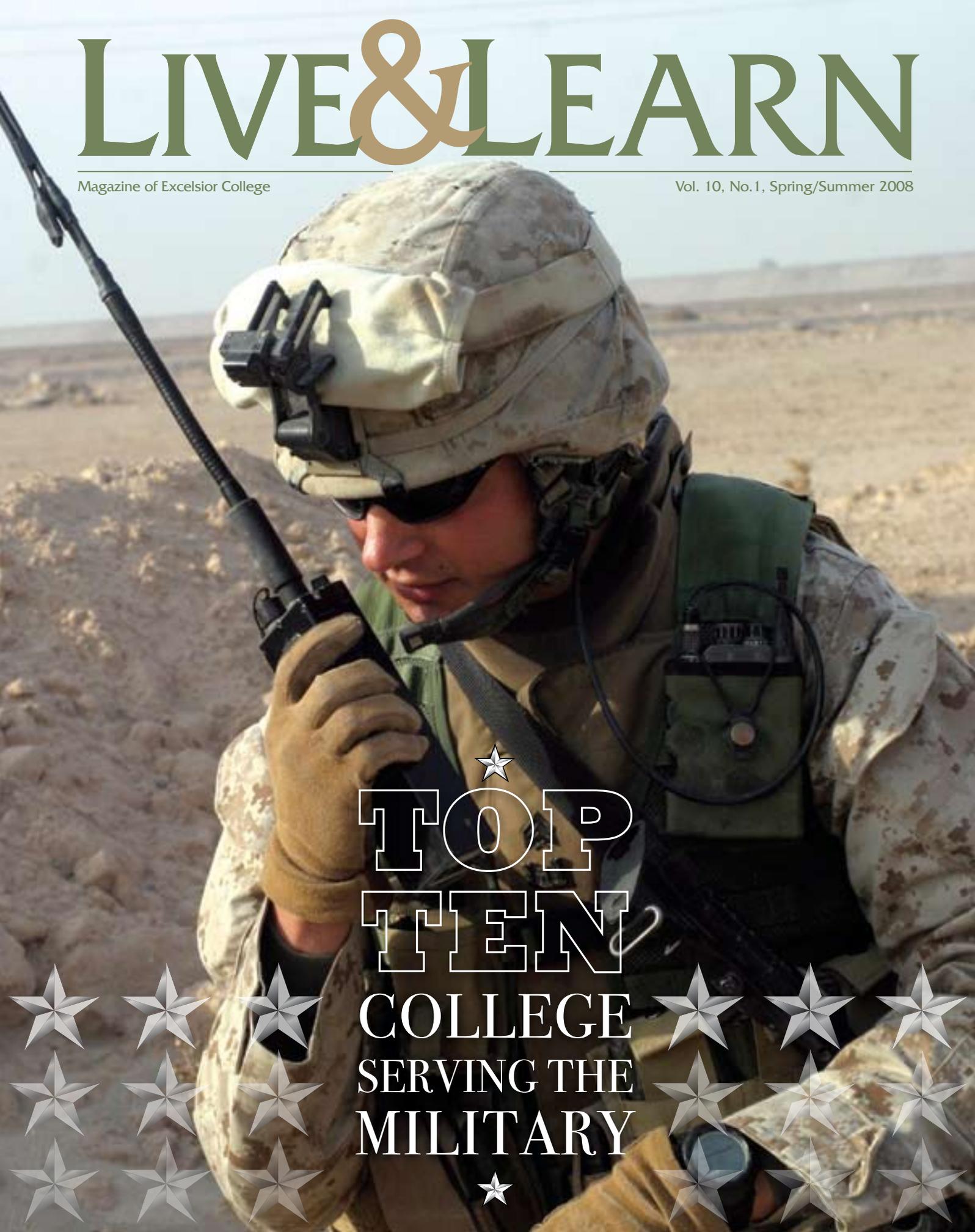


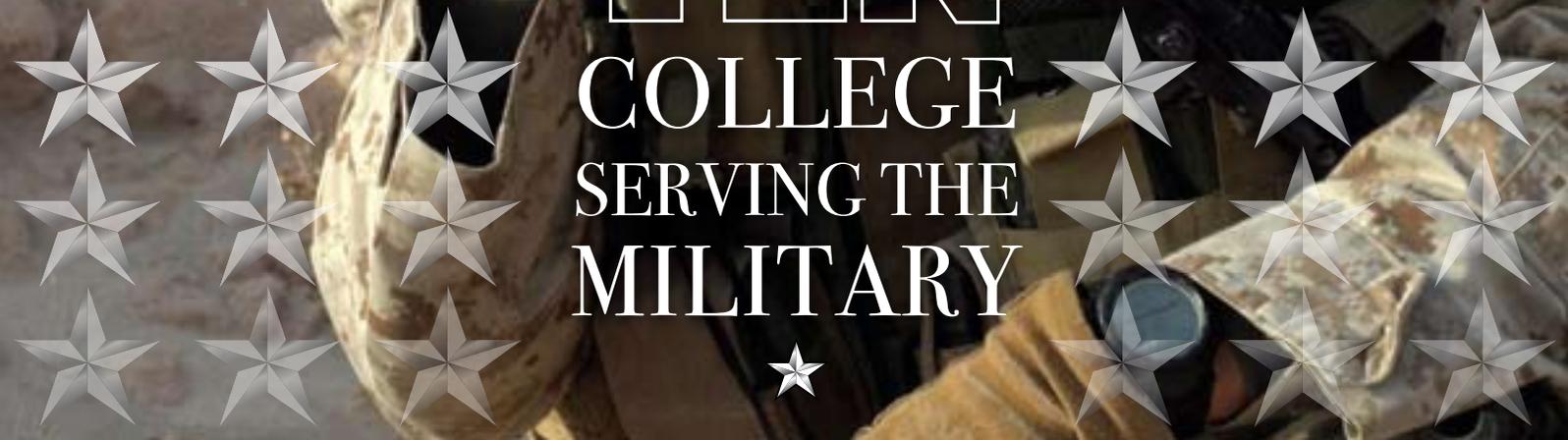
LIVE & LEARN

Magazine of Excelsior College

Vol. 10, No.1, Spring/Summer 2008



★
**TOP
TEN**
★
COLLEGE
SERVING THE
MILITARY



LIVE&LEARN

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Dana Yanulavich, *Writer/Editor*
Nick Klercker, *Art Director/Designer*
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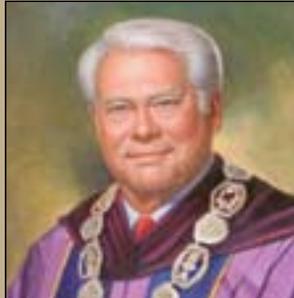
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COLLEGE CALENDAR

2008 HOLIDAYS (College closed)

May 26 - Memorial Day

July 4 - Independence Day

September 1 - Labor Day

October 13 - Columbus Day

November 11 - Veteran's Day

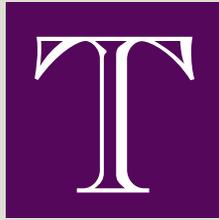
November 27-28 - Thanksgiving Day & Day After

December 25 - Christmas Day

COMMENCEMENT CEREMONY

July 11, 2008 (College closed)

DEAR EXCELSIOR STUDENTS, ALUMNI, FACULTY, AND FRIENDS



Thanks to action taken by Congress in 2007, which removed certain constraints on distance education institutions to provide federal financial aid, the College now has the ability to offer such aid programs, and this has opened up new avenues of access to our students. Many who were previously unable to pursue a college degree can now fulfill their academic dreams or professional aspirations.



But, the College's mission to provide educational access doesn't end there. In fact, it's just the beginning. Our associate degree nursing students are not currently eligible for federal aid, because they follow a different path, completing their degree requirements through examinations. This is where institutional scholarships can make a big difference in paving the way toward students' success.

You'll find one heartwarming story right in the following pages that illustrates this point. A nursing student, Crystal Kreitzbender, is continuing her studies thanks to an Ever Upward Scholarship funded annually by an Excelsior College staff member. We know that nurses are an important part of our student body and such a vital segment of our country's workforce—but there are other groups who need our help as well.

And what better way to increase educational access than by honoring one of the College's founding fathers? The C. Wayne Williams Scholarship was established in recognition of the College's first president and supports students who are the first in their families to attend college; this can change not only the course of the recipients' lives but also those of their children. Adult learners serve as role models, providing a personal example of academic commitment and accomplishment. I'm pleased to report that an event you will read about herein, a tribute to our now-retired first president, generated more than \$25,000 for these students!

As you can see by this issue's cover story, supporting the U.S. military is a significant part of our mission. We have expanded our educational opportunities by offering all military spouses the same military course tuition rates that we offer servicemembers. It is crucial that we support those who remain behind while their loved ones are deployed. They face challenges that can be overwhelming—single parenthood, frequent relocations, and low-paying jobs. The major barrier to their educational aspirations is often financial, and we are determined to assist this important group. Just as we are proud of those who serve, we are honored to have been recognized as a Top 10 College Serving the Military.

At all levels, the College seeks to engage students, alumni, and society in providing educational access to all who wish to have it. As you enjoy the articles ahead, please consider how you, too, might play a part in this important endeavor. Join us by contributing, by volunteering, by telling those around you of the amazing influence Excelsior College has had in your life. The graduates we've touched—more than 121,000 strong—are a testament to the meaning of an Excelsior College education.

Ever upward,

A large, elegant handwritten signature in gold ink, reading 'Cathy S. Kushner'. The signature is written in a cursive style with a long, sweeping underline that extends to the right.

Cathy S. Kushner
Vice President for Institutional Advancement

SERVING

THOSE WHO SERVE:
FULFILLING AN ONGOING MISSION

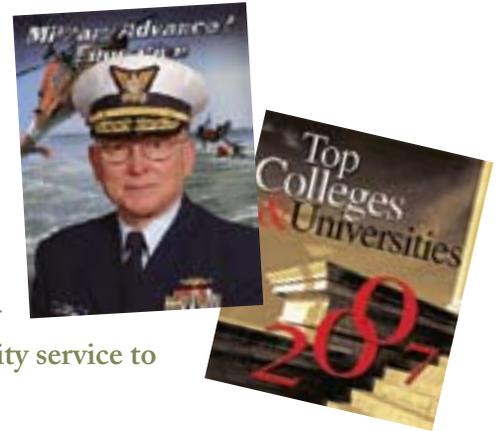


Excelsior Named One of Top Ten Colleges and Universities Serving the U.S. Military

Military Advanced Education (MAE) magazine has named Excelsior one of the top ten colleges and universities serving the U.S. Military. MAE magazine is the only publication specifically for servicemembers seeking to take advantage of the military education benefit. The selection process focused on schools playing a significant part in military education. Criteria included number of military students, number of military contracts, availability of financial aid and scholarships, and other military-friendly qualities.

Excelsior College was chosen alongside institutions such as Central Texas College, Coastline Community College, American Military University, Thomas Edison State College, University of Maryland, University of Oklahoma, Webster University, and Saint Leo University.

The College's Military Education Director Susan Dewan stated, "This formal recognition of Excelsior's contribution to military education is the result of a continuing effort and commitment to provide quality service to servicemembers."



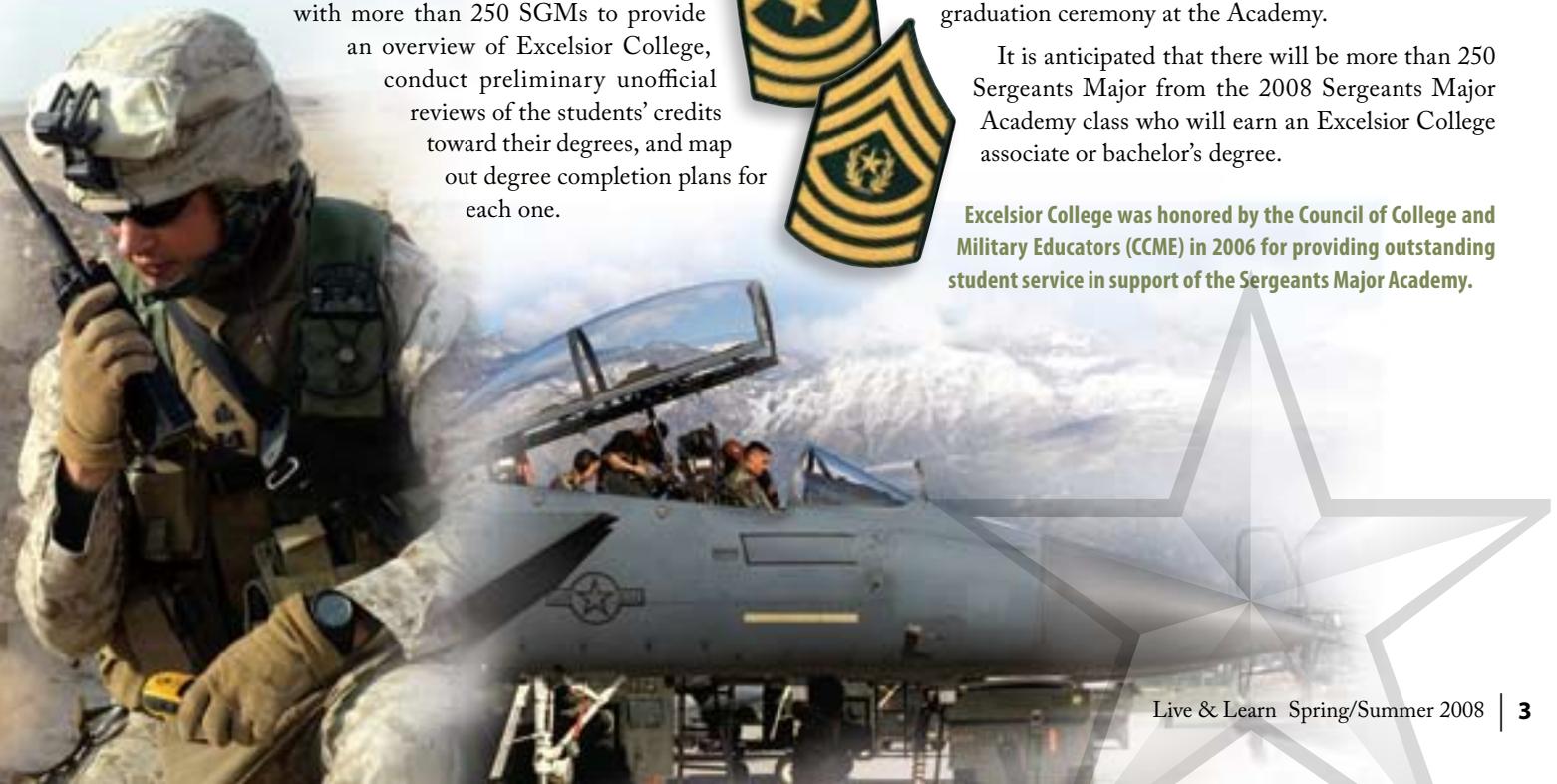
Sergeants Major Academy Class of 2008

The U.S. Army Sergeants Major Academy partnership, which began in 1999, continues to grow each year. Our work with this year's class of Sergeants Major (SGMs) started in August 2007, when a team of military academic advisors visited the Academy and met individually with more than 250 SGMs to provide an overview of Excelsior College, conduct preliminary unofficial reviews of the students' credits toward their degrees, and map out degree completion plans for each one.

This team of military advisors visited the U.S. Army Sergeants Major Academy again in January, mid-point of the class year, to focus on assisting the SGMs with the official enrollment process and to ensure that they are on track to complete their degrees by end of May 2008, when representatives from Excelsior College will participate in the baccalaureate graduation ceremony at the Academy.

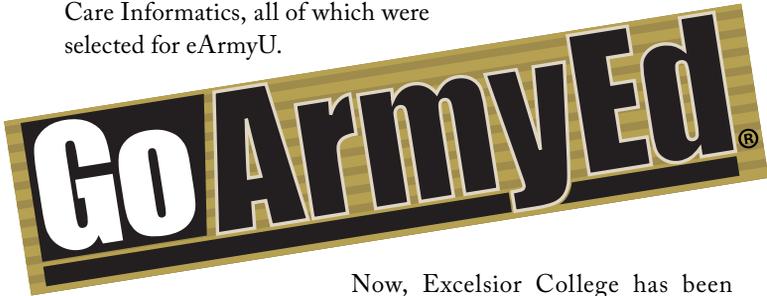
It is anticipated that there will be more than 250 Sergeants Major from the 2008 Sergeants Major Academy class who will earn an Excelsior College associate or bachelor's degree.

Excelsior College was honored by the Council of College and Military Educators (CCME) in 2006 for providing outstanding student service in support of the Sergeants Major Academy.



Excelsior Degree Programs Selected for eArmyU

When the U.S. Army launched eArmyU in 2001, offering eligible enlisted soldiers the opportunity to earn a degree through online courses, Excelsior College offered online instruction only at the graduate level, with a Master of Arts in Liberal Studies, Master of Science in nursing, and a Certificate in Health Care Informatics, all of which were selected for eArmyU.



Now, Excelsior College has been selected to expand its offerings within the eArmyU program to include associate and bachelor's degree programs in business, liberal arts, psychology, and information technology. These programs are in addition to the more than 25 degree programs currently offered within GoArmyEd. The new eArmyU program is offered within GoArmyEd and is an exclusively online learning option for soldiers.

Through the GoArmyEd.com portal, soldiers can review degree plans, obtain tuition assistance approval, register for courses, track degree progress, and manage their overall education program. Soldiers enrolling in eArmyU courses will have applicable Excelsior College class and administrative fees waived. Course registration for this new eArmyU program will open on May 15, with courses scheduled to begin on July 7.

Excelsior College is proud to be a member of the GoArmyEd program with the added distinction of being an eArmyU school. The expansion of these programs will enable soldiers to pursue their degree through flexible options.

Courses for the following programs will be offered through eArmyU beginning with the July 2008 term:

Associate in Applied Science Administrative/Management Studies

Associate in Science Business

Associate in Arts with an Area of Focus in Psychology

Associate in Science with an Area of Focus in Psychology

Bachelor of Arts in Liberal Arts

Bachelor of Science in Liberal Arts

Bachelor of Science Information Technology (various concentrations)

Master of Science in Nursing

Master of Arts in Liberal Studies

Certificate of Completion in Health Care Informatics

Certificate of Completion in Homeland Security



Expanded Offerings for the Navy

The College has been selected by the Navy to expand its degree offerings through the Navy College Program Distance Learning Partnership Program (NCPDLP). The Navy College Program has developed partnerships with colleges and universities to offer rating-relevant degrees via distance learning. Sailors now have the opportunity to earn associate and baccalaureate degrees related to their career fields while maximizing their military education and training to fulfill degree requirements. The College initially offered the AS and BS in Liberal Arts, AAS Administrative/Management Studies, and AAS Technical Studies through this partnership. Beginning spring 2008, the following Excelsior degree programs will be available: AS and BS Business (including accounting, general business, and management of human resources), BS Criminal Justice, BS Psychology, BS Information Technology, and BS Technology with Specialty. Additional information may be found at www.excelsior.edu/navy.

Of Special Interest to Military Spouses

Excelisior is also pleased to announce that reduced military course tuition rates and enrollment fee options have been extended to **all** military spouses. Additionally, the College is offering a military spouse scholarship program to military spouses from all branches. Scholarship funds can be used toward Excelsior College enrollment fees, course tuition, examination, and Center for Professional Development programs.

“Excelsior College’s active participation in the military partnership programs is critical to student success. These formal partnerships have enabled servicemembers to learn about educational opportunities available through distance learning, providing tools through which they can pursue their education — even while deployed.”

Susan Dewan, Director of Military Education



A TRIBUTE TO
EXCELSIOR'S FIRST PRESIDENT —
C. WAYNE WILLIAMS



ON THE EVENING OF JANUARY 17, A GATHERING HELD AT THE NEW YORK STATE MUSEUM TERRACE GALLERY RECOGNIZED THE CONSIDERABLE ACCOMPLISHMENTS OF C. WAYNE WILLIAMS, FIRST PRESIDENT OF REGENTS AND THEN EXCELSIOR COLLEGE. HE WAS AMONG THE FOUNDERS OF THE REGENTS EXTERNAL DEGREE PROGRAM OF THE UNIVERSITY OF THE STATE OF NEW YORK, AND WAS, IN LARGE PART, RESPONSIBLE FOR IMPLEMENTING THE DREAM OF AMERICA'S FIRST DISTANCE COLLEGE.

Leaders in the Albany community, members of the College's leadership, faculty, staff, and friends were introduced to the event by co-chairs Wally Altes and Morris Massry (see page 9 for more on the sponsors), who recalled Wayne Williams' role in the establishment of the institution, which has given working adults the opportunity to prove "what you know is more important than where or how you learned it" for more than 35 years.

John F. Ebersole introduced himself as "the second president of Excelsior College," noting, "This is one of the most unique institutions of higher education in America today... because of the creativity, the foresight, and the courage of Wayne Williams and those around him in the New York State Department of Education at the time the idea of an external degree program was being considered."

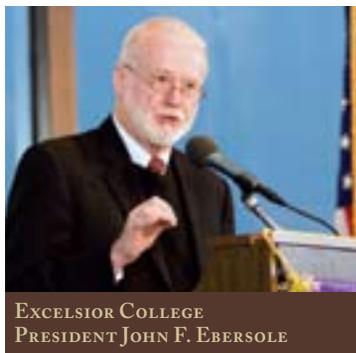
President Ebersole called upon one of the College's founders, Gordon Ambach, to speak about Williams and the original Regents External Degree Program. Ambach, who served in the 1970s as Executive Deputy Commissioner of Education, and later, as Commissioner of Education, first appointed Williams to the position of Executive Director of Regents College in 1986. His words were particularly moving.



EVENT CO-CHAIR WALLY ALTES



EVENT CO-CHAIR MORRIS MASSRY



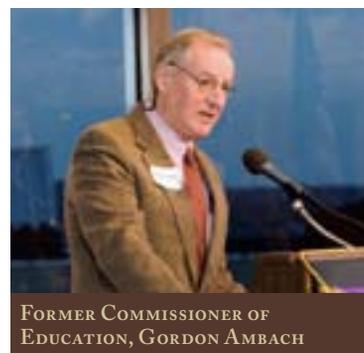
EXCELSIOR COLLEGE
PRESIDENT JOHN F. EBERSOLE

One Founder's Historic Perspective

Gordon Ambach said, "I want to speak for the person who is not here—could not be here—and that is Joe Nyquist, author of the College (see page 8). I am so pleased to join here in honoring Wayne and to express my admiration for his accomplishments. It is a reminder of the genesis of the educational journey that brings us together today. Wayne gave extraordinary service in developing and leading first the Regents External Degree Program and Regents College, and then, transforming the effort into Excelsior College.

I appreciate the opportunities I've had to work with him and take great pride in both the New York State Education Department leadership and for his innovative service during the years while I was Executive Deputy Commissioner and Commissioner of Education. My thanks to Wayne are also extended to all here who were part of implementing the vision during that period, and I commend those who have built on that foundation to establish Excelsior College.

The College now carries the concepts of external degrees well beyond our early dreams. So, again, this evening I, and I believe others who knew him, feel the presence of our esteemed colleague, Commissioner Nyquist. Joe championed the cause of opening opportunities for learning at all ages and endorsing each learner's success through recognized credentials. He authored the program we celebrate, which centered on the vision of external degrees for candidates both in New York and beyond. I sense him looking in at this ceremony and with one of his rare public

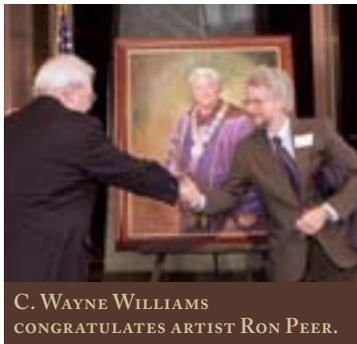


FORMER COMMISSIONER OF
EDUCATION, GORDON AMBACH

smiles saying, in an even more rare public accolade, “Thanks Wayne and thanks Excelsior. Well done! And to you who now guide the College, I extend my thanks and best wishes for your stewardship of our vision’s future.”

Unveiling the Portrait of C. Wayne Williams by Artist Ron Peer

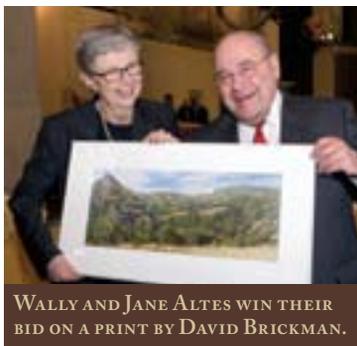
After a compelling lecture on leadership during World War II (see next page), the artist Ron Peer pulled the drape away from his newly painted portrait. Williams took to the podium to thank Peer himself as well as his other peers at the event for their presence. Joking that his wife didn’t think the painting, at an earlier stage, looked like him—he agreed that might be true. “But it’s a lot better looking than I am,” he quipped and concluded, “It’s a good portrait, and I like it.” Williams spoke with emotion, thanking everyone for “this recognition of me, and more important, the recognition of this institution.” He also thanked Dr. Don Nolan, first executive director of the original Regents program, with whom he worked so closely during the early years.* As he always did during his tenure, Williams gave special recognition to the Excelsior College staff “who make this engine go day-to-day.”



C. WAYNE WILLIAMS
CONGRATULATES ARTIST RON PEER.

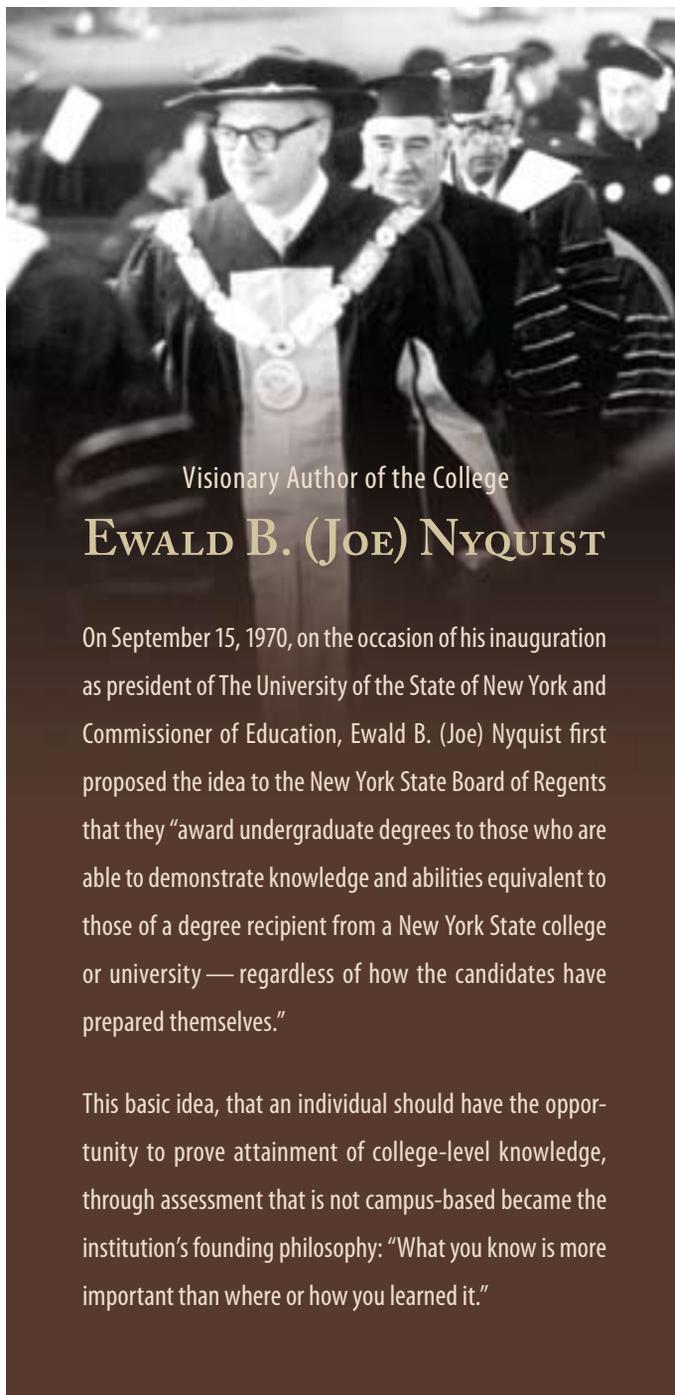
The Silent Auction

In addition to honoring the College’s first president, the event raised funds for the C. Wayne Williams Scholarship Program. President Ebersole encouraged all to stop by and bid on the various items on display, including framed paintings and photographs by well-known Capital Region artists. Ebersole explained that while we celebrate Wayne Williams, “we are also here to bring together our support and our resources for the C. Wayne Williams Scholarship Program. All funds raised during this evening will go to scholarships for first generation college students, because first members of families who attain college degrees are an important population.”



WALLY AND JANE ALTES WIN THEIR
BID ON A PRINT BY DAVID BRICKMAN.

In all, the evening raised more than \$25,000 in support of the C. Wayne Williams Scholarship Program. ■

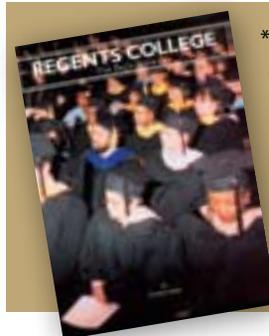


Visionary Author of the College

EWALD B. (JOE) NYQUIST

On September 15, 1970, on the occasion of his inauguration as president of The University of the State of New York and Commissioner of Education, Ewald B. (Joe) Nyquist first proposed the idea to the New York State Board of Regents that they “award undergraduate degrees to those who are able to demonstrate knowledge and abilities equivalent to those of a degree recipient from a New York State college or university — regardless of how the candidates have prepared themselves.”

This basic idea, that an individual should have the opportunity to prove attainment of college-level knowledge, through assessment that is not campus-based became the institution’s founding philosophy: “What you know is more important than where or how you learned it.”



* The early years of Excelsior College were documented by Dr. Donald Nolan in his book, *Regents College: The Early Years*. It is available upon request from the College through Anne Marie Bisner, Office of Institutional Advancement. Call toll free 888-647-2388; press 1-1-8598 at the automated greeting, or email ambisner@excelsior.edu.



“LEADERSHIP IN WORLD WAR II NORMANDY”

Historian, author, and leadership consultant Colonel Cole C. Kingseed USA (Ret.) served in the military for 30 years. At the culmination of his military tenure, he was a full professor of history and Chief of Military History at the U.S. Military Academy at West Point.

Col. Kingseed introduced his topic with the firm belief that the “foundation of leadership is character and competence.” He said, “World War II leaders were not the famous legends of that war but the heroes who might be our own family members.”

He said he first began listening to vets speak about their war experiences at the 50th Anniversary of West Point. And he noticed they spoke not of themselves personally but of certain “everyday heroes” they had known. As a result, Kingseed himself came to know and write about a number of these brave men and women who exemplified the virtues of character and competence in his *New York Times* bestseller, *Beyond Band of Brothers: The War Memoirs of Major Dick Winters* and in his book *From Omaha Beach to Dawson’s Ridge: The Combat Journal of Captain Joe Dawson*.

Kingseed recalled the experiences and heroism of many: Major Dick Winters of the 101st Airborne Division, “a real-life hero . . . and friend”; Captain Joe Dawson, an officer who led his company up 120-foot bluffs to break the stalemate at Omaha Beach; a ranger named Lenny Lomell, who climbed a 100-foot cliff to destroy the artillery guns at Point du Hoc on D-Day; Vernon Baker, a member of the segregated army, who at 88 is the last living of seven Black Americans in the Army to receive the Medal of Honor in World War II; a Black American woman named Charity Adams Early, who served as a battalion commander in Italy in the Women’s Army Auxiliary Force — a heroine who slept in segregated barracks; and finally a young soldier named Lyle Bouck, then just days before his 21st birthday, whose eighteen-man platoon hindered the German advance during the Battle of the Bulge; before being captured and spending the rest of the war in prison, Bouck’s platoon inflicted about 400 casualties on the enemy.

In all, Kingseed said 16 million Americans served in uniform in WWII, and “1,200 leave us everyday.” He wondered aloud if “we would ever see their likes again.” Were they the greatest generation? He answered his own question this way: “In each century there have been heroes the likes of these, who answered their country’s call. They created modern America . . . and now our challenge is to measure up.”

THANK YOU!

The listed organizations and individuals joined Excelsior College in this special event to recognize the accomplishments of C. Wayne Williams, the College’s first president. This inaugural Capital Region event helped raise more than \$25,000 in support of student scholarships.

GUESTS OF HONOR

C. Wayne Williams and Debbie Sopczyk

EVENT CHAIRS

Jane and Wally Altes

Esther and Morris Massry

SPONSORSHIPS

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Bronze Level Lecture Sponsor

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Navy Level Podium Sponsor

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Lynette and Michael Tucker

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A Window on the Future:

College Sponsors Capital Region Speaker Series



Zogby



Rogers



Malone

Who will be the next President? What will be the next technological innovation?
How can organizations be designed to take advantage of new possibilities?

For the past few months, the College has sponsored a series of events featuring nationally renowned speakers—political, business, and organizational experts—who are discussing the trends, topics, and people that will fill the headlines of 2008 and beyond.

These invitation-only events are being made available on video via the College's Web site to the larger Excelsior community, including enrolled students, faculty, staff, alumni, and trustees. Interested parties will benefit from the series; it truly supports the broad educational mission of Excelsior College.

The first video features John Zogby, president and CEO of the well-respected national polling organization Zogby International. With primary season at its height, Zogby discussed the current political landscape and the factors influencing the presidential elections. Engaging and entertaining (proclaimed the “maverick predictor” by the *The Washington Post*), he is uniquely positioned to take the pulse of America on a wide range of topics and make sense out of the responses. Zogby's presentation was held on January 31, just days before Super Tuesday.



The second video features writer Michael Rogers, known as the futurist-in-residence for the *New York Times* and a columnist with MSNBC. Rogers spoke on March 30 about the “Digital Generation Gap,” analyzing the convergence of two important demographic groups—graying Baby Boomers and the first generation (just coming of age) of people who have never known a world without the Internet.



On May 1, Thomas Malone, director of the MIT Center for Collective Intelligence and author of *The Future of Work*, speaks on organizations of the future. A visionary proponent of new organizational designs that make the most of information technology and its expanding possibilities, Malone discusses what's coming next and what it will mean for companies and workers.

We hope you will enjoy viewing the series “A Window on the Future.” It was designed to offer thought-provoking ideas on topics of importance. Just go to www.excelsior.edu/speakerseries and log in with your MyEC username and password. ■

Forensic Nursing: THE BEDSIDE AND BEYOND



Excelcior College's Tau Kappa Chapter of Sigma Theta Tau International Honor Society of Nursing provides professional development opportunities to prepare members to carry out the honor society's mission—to provide leadership and scholarship in practice, education, and research to enhance the health of all people. Each year Tau Kappa offers a dynamic education program to its membership as well as to the local community of nurses at large.

A survey taken last fall revealed a growing interest in obtaining education in the area of forensic nursing—a specialty area of care focused on assisting people experiencing interpersonal violence, traumatic injury, or death. There is an increasing need for forensic nurses worldwide, because their specialty knowledge involves both caring for individuals and families in crisis situations with immediate health care needs as well as playing a role in investigative and legal processes. Forensic nursing goes far beyond the immediate crisis, and, hence, the focus of this year's professional development program is titled "Forensic Nursing: The Bedside and Beyond."

Keynote speaker Virginia A. Lynch, MSN, RN, FAAFS, FAAN, has been recognized as one of America's pioneers in nursing and founder of forensic nursing as a scientific discipline. She is the founding president of the International Association of Forensic Nurses (IAFN) and is director of International Relations for IAFN. A member of Sigma Theta Tau International, the American Nurses Association, American Society of Criminology, International Homicide Investigators Association, International Association of Blood Pattern Analysis, and associate member of the Physicians for Human Rights Association, Ms. Lynch has been invited to speak in over 25 countries including India, Sweden, Pakistan, England, and Italy. She also introduced forensic nursing in Zimbabwe, Thailand, Singapore, and Brunei.



*Founder of forensic nursing,
Virginia A. Lynch*

There is an increasing need for forensic nurses worldwide, because their specialty knowledge involves both caring for individuals and families in crisis situations with immediate health care needs as well as playing a role in investigative and legal processes.

Other speakers at the event will include, Barb Gilbert, RN, MSN, FN, and Dr. Steven Gilbert. Ms. Gilbert is a member of Excelsior's School of Nursing faculty and an active member of the IAFN. She has developed an introductory class in forensic nursing for the State University of New York at Canton and is presently pursuing her doctoral degree in curriculum and instruction with an emphasis on forensic nursing education.

Dr. Gilbert has consulted on many forensic cases and provides identification of abuse education for health care professionals around the country. An associate professor of forensic science and criminal investigations with the State University of New York at Canton, he has designed classes addressing family victimization and medico-legal investigation of death. Dr. Gilbert provides consultation in matters of forensic science and law and assists families on a pro bono basis. During the first Gulf War, he was a consultant to the U.S. government concerning military deaths. Since September 11, 2001, he has provided insight to the media regarding terrorist and forensic situations.

Join us for the 17th Annual Nursing Education Institute: "Forensic Nursing: The Bedside and Beyond" on June 5, 2008, from 8:30 a.m. to 4 p.m. The event will be held at the New York State Nurses Association Conference Center in Latham, New York. For more information and registration forms, contact Ginni O'Malley at 518-464-8707; or email ginni@excelsior.edu. ■

ANOTHER FIRST:

Excelsior College Forms Distance Education ANS Chapter



The College started off 2008 with a new student chapter of the American Nuclear Society (ANS). In keeping with tradition, Excelsior is the first college to have an ANS chapter facilitated at a distance. The Excelsior College Student Section of ANS is not only the first virtual section, it is also the only one run by and for adult students. Members of the Excelsior College School of Business and Technology thank all those who helped make this happen—especially the students.

The Excelsior ANS student chapter is set up for current nuclear science and engineering students as well as allied professions. It provides access to information associated with nuclear power, such as where nuclear power is headed, job opportunities, public awareness, and contact to the most knowledgeable minds in the field. With all of this at hand, students with futures in nuclear power will be able to further develop their academic and professional careers.

The new ANS chapter gives students a means for professional development through its programs and its relationships with other student sections and within the society; it contributes to the development of nuclear science and technology at the College through activities in which student members and faculty members may

participate, and it serves as a focal point within the College community for an interchange of information in the area of nuclear science and technology. All of these objectives are stated in the chapter's bylaws.

To become a member of Excelsior College's chapter of the American Nuclear Society, students must be matriculated at Excelsior College and have an interest in nuclear power. While Excelsior faculty members may also join, only students will be allowed to hold office for the chapter.

With all these opportunities at hand, students with futures in nuclear power will be able to further develop their academic and professional careers.

To join, interested students and faculty may fill out the appropriate form located on Excelsior's ANS student chapter Web site at www.excelsior.edu/ans. The College will cover membership dues for all students. ■

For more information, please email ans@excelsior.edu.

The **current officers** of the Excelsior College ANS student section are:

President:
JAMES RICKMAN



Vice President:
AMBER LOCKWOOD



Secretary:
JOHN SHOUFLE



Treasurer:
JERMAINE PICKETT



Faculty Advisor:
DR. JANE LECLAIR



TELECOM SPECIALIST CAPTAIN ART GRIMSHAW CALLED TO SERVE

Telecommunications Specialist Art Grimshaw, who among his many responsibilities helps insure that the College's countless phone calls reach their intended destinations, is now himself responding to a call. As a member of the New York Army National Guard's 27th Brigade Combat Team (BCT), Captain Grimshaw is on leave from the College to serve as part of Task Force Phoenix VII's role in Operation Enduring Freedom. During this deployment, Grimshaw will join 1,400 National Guard members who have been sent to Afghanistan to train both the Afghan National Army and National Police.

Grimshaw, a member of the College's Office of Information and Technology Services (OITS), first enlisted in the Army Reserves in 1989 and spent six years as a combat engineer. In 1995, he transferred to the National Guard and completed Officer Candidate School four years later. He changed his military occupation specialty to Signal Corps to more closely mirror his civilian career. In May 2007, he was transferred to the 27th BCT.

As the College's telecommunications specialist, Grimshaw works closely with Excelsior's Call Center Manager Sandy Novak, who said, "I have had the pleasure of working with Art for more than seven years. His knowledge, patience, and willingness to help at all times have made him a great colleague. Without his expertise, I wouldn't have learned all that I have in my position. Art and I also have a great friendship that I truly value as much as our work relationship."

In early January, Excelsior staff gathered to share their best wishes with Grimshaw and his family in a heartfelt send off. Among the many who attended this get together in his honor were his wife, Marlene; daughter, Colleen; and son,



Gregory. "Fortunately," said Grimshaw, "with the modern communications capabilities, we should never be out of touch."

One long-time friend at the College, Systems Engineer Tom Holliday, said, "Art and I have been good friends for nearly 15 years. I can always count on him to be there, and I absolutely took that for granted. Of course, he knew about his future deployment and had prepared all of those close to him for it. Now I regret not taking those extra moments to take my pal out to lunch or for a cold brew instead of completing that extra task or just heading home for the night."

The Holliday and Grimshaw families are also close, continued Holliday. "This weekend, my daughter celebrates her third birthday—but without her godfather, and I know she and I will feel that void. The Army National Guard has an honest, dedicated, and trustworthy officer for a year. They better appreciate him as much as my family and I do."

"Fortunately with the modern communications capabilities, we should never be out of touch."

Many of his colleagues at Excelsior have come forward to help take on extra tasks and responsibilities while he's gone. "The College will miss Art very much while he is away," said Ron Marzitelli, chief information officer for network and operations. "And we look forward to his safe return." ■



Capt. Art Grimshaw pictured at left with his family and at right with his colleagues from the Office of Information and Technology Services.



So Many Types of Job Interviews

Are You Ready
for the Possibilities?

CAREER CORNER

by Maribeth Gunner Pulliam, MS Ed

What will your next job interview be like? Today, there are many interview formats you might encounter during your job search. The techniques employers use depend on what they are looking for and how they want to obtain information from you. Regardless of the interviewing method, you will want to perform your best and successfully sell your unique qualifications. To be well prepared and increase the chances of securing a job offer, it's important that you recognize the various styles of interviewing and understand their purposes.

What Are Some Typical Types of Interviews?

Traditional

The traditional interview is one of the most common; it is usually conducted in person in a one-on-one setting. Typically, the interviewer asks questions that assess your skills, qualifications, experience, and work ethic as they relate to the available position. You will be asked broad-based questions like "Why do you want to work for this organization? What are your short and long range goals and objectives? What are your greatest strengths and weaknesses?" In short, employers want to know if you can effectively communicate your strengths, abilities, and goals, so they can see if you are a good match for the organization. In this style of interviewing, you should establish rapport with the interviewer, relay your compatibility to the position, and emphasize how your qualifications will benefit the organization.

Behavioral

This type of interview is increasingly popular; it is based on the premise that your past behavior is the best predictor of your future performance on the job. Behavioral

interview questions are more pointed and probing than those of a traditional interview. Instead of being asked what you would do in a given scenario, the behavioral interview focuses on what you have done in similar situations. In fact, you will be asked to identify situations from your past experiences that illustrate your skills and abilities. The employer wants to know how you handled specific issues; so, the interviewer may ask, "Can you tell me about a time you experienced a difficult situation with a coworker? How did you resolve it? How did your resolution affect the outcome? The bottom line?" These types of questions allow employers to base their hiring decisions on experiences from your own career and job-related behaviors.

To be adequately prepared for a behavioral interview, carefully review the job description to determine what skills and characteristics the employer is seeking. Identify your skills and characteristics related to the job objectives. Recount situations that reflect your previous positive actions and behaviors. Draw from a variety of experiences. Become familiar with some typical behavioral questions. Prepare and practice your responses prior to the interview. (See Related Resources.)

Telephone

Employers use telephone-screening interviews to ensure that candidates meet minimum requirements and to eliminate unqualified candidates. It's also used as a cost-saving measure to decrease the pool of candidates invited for in-person interviews, minimizing travel expenses. At this stage, be wary of discussing specific salary requirements. You don't want to over- or under-price your value to the employer. Also, be aware that interviewers are looking for inconsistencies in your employment history and may challenge your qualifications.

Phone interviews may be scheduled or occur unexpectedly, so be prepared. Keep your resume and note cards easily accessible. Try to use a landline instead of cell phone to avoid poor reception or a dropped call. Arrange for a quiet place to conduct the interview. Be mindful of your communication style. You are being judged both on what you say and on how you say it.

Before the close of a phone interview, ask about the next step in the process to attempt to secure an in-person interview.

Panel

In a panel interview, you will be met by several members of the organization. Some employers want prospective employees to see several managers or potential co-workers from selected departments. Typically each interviewer will ask you questions; don't let multiple interviewers daunt you.

It's good to ask for the interviewers' business cards, so you can be sure to address each individual by name when responding to questions. Focus on your audience; give each participant equal and appropriate attention.

When responding to one interviewer's question, be sure to maintain eye contact with all of them. Following the interview, it is recommended that you send thank you notes to each of the participants.

Case

The case interview uses a specialized format designed to evaluate the applicant's problem solving, analytical, and communication skills. This interview process is used primarily in business settings. In short, you are presented with an actual or simulated business problem facing a company and are asked to present a solution. Candidates are expected to ask questions of the interviewer as they process the problem at hand. Employers want to know that you can think on your feet, identify key issues, analyze information using logical reasoning, and ultimately reach a positive resolution. It is highly advisable to practice your approach for a case interview. There are specific resources and strategies that can help job seekers prepare for this type of interview including tips and sample cases. (See Related Resources.)

Lunch

A lunch interview allows the hiring manager to assess how you handle yourself in a social setting and evaluate your interpersonal skills. Additionally, the job you are applying for may require luncheon meetings with customers or constituents. Choose meal selections carefully. Avoid messy choices that you cannot eat gracefully. Pasta with sauce, barbecue wings, and whole lobsters are probably not the best choices. Follow the interviewer's lead in both food selection, etiquette, and discussion topics. Consider your manners; employers are also observing how you treat serving staff and other colleagues or guests.

Video

Employers are beginning to use Web-based video interviews. In addition to saving on transportation costs, this new technology reduces time spent on the interview process and allows employers to review and replay the candidate's interview when making a hiring decision.

Arrangements for this type of interview are either scheduled at a satellite office of the organization, provided at a company that offers video conferencing services, or via a Web cam supplied to the applicant's home address. In any case, you will be provided with directions regarding the use of the technology. If you

are still unsure how to operate the equipment, you should request assistance prior to the interview.

When participating in this kind of interview in your home, make sure you select an appropriate setting. If you are nervous about being in front of a camera — practice. Use a Web cam or a video camera to set up a trial run. During the video interview, be aware that there is often a time delay, and a few seconds may elapse during communications. Listen carefully before you respond to make sure you have heard the entire question the interviewer is asking. Focus on the camera and the interviewer. Relax and smile. Although the event is being conducted remotely, you will want to portray that you are confident and comfortable.

Second

Generally, the goal of your first job interview is to be invited back for a second interview. You may be asked back for any of several reasons. The employer might have other key stakeholders you need to meet prior to being hired, wants to confirm your suitability for the job, or could be deciding between you and another candidate.

The second interview will probably be longer than the first. You may meet with other managers and staff with whom they anticipate you would work, and be given a tour of the facility. The emphasis of the second interview is not so much to re-sell your skills but rather to establish rapport and accentuate your interest in the position and mission of the organization. It's also a time for you to obtain a more in-depth view of the workplace culture and make sure that the job will be a good match for you.

If you had qualms about the job after the first interview, it may still be beneficial to return for the follow-up interview to solidify your decision one way or the other and gain some additional interviewing experience. A successful second interview may just be the pathway to your new position.

What's the Common Thread?

Although there are very different styles of job interviewing, there are still a few things they all have in common; each one requires prior research, preparation, and professionalism. As a serious job applicant, you need to have a working knowledge of the position and the organization. It is also just as important to have an in-depth understanding of your own values, abilities, interests, and skills. Every job interview requires the same basic

etiquette — arrive on time, be positive, dress professionally, make eye contact, be yourself, and write thank-you notes to each person who interviews you.

Be Versatile!

Awareness of the various types of interviewing techniques and settings that employers use will give you the knowledge and confidence needed to address whatever questions are asked. If you want to set yourself apart from other job candidates, remember the basics and be prepared for any kind of interview format.

CAREER CORNER

Related Resources

- **Sample Behavioral Interview Questions**
QuintCareers.com
http://www.quintcareers.com/sample_behavioral.html
- **Case Interview Resources for Job-Seekers/**
QuintCareers.com
http://www.quintcareers.com/case_interview_resources.html
- **Video Job Interview**
About.com
<http://jobsearch.about.com/od/interviewsnetworking/a/videointerview.htm>
- **Types of Job Interviews**
QuintCareers.com
http://www.quintcareers.com/job_interviews.html
- **Interviewing**
The Riley Guide
<http://www.rileyguide.com/interview.html>
- **The Quintessential Guide to Job Interview Preparation**
QuintCareers.com
http://www.quintcareers.com/Quintessential_Careers_Press/Job-Interview-Preparation/

Enrolled students and alumni can access the most current version of the links for this article as well as many additional career-related links on our Web site at www.excellior.edu/career (log in with your MyEC username and password). For graduates, click on the Alumni Connection link.

Questions or comments about this article? Contact Maribeth Gunner Pulliam, Career Resources Coordinator/Senior Academic Advisor in the School of Liberal Arts.



EXCELSIOR'S 2008 NACADA AWARDS NOMINEES

In the category of Outstanding Academic Advisor —

Theresa Sicilia DeAngelis, MA

Project Advising Coordinator, School of Nursing

Theresa Sicilia DeAngelis, project advising coordinator for the School of Nursing and Project LEARN, has been selected as the College's Outstanding Academic Advisor for 2008. Her nomination portfolio has been submitted to the National Academic Advising Association (NACADA) for consideration for an Outstanding Academic Advisor Award. Within the past four years, DeAngelis has made many contributions to the School of Nursing, including learning and using WebCT to build online conferences, which turned out to be a valuable resource for undergraduate nursing students. She has also continued to be instrumental in diversity and inclusion activities within the College and has organized and provided ongoing support for the efforts of both faculty and advisors. Described as an articulate, personable, and outgoing professional, DeAngelis works closely with students for Project LEARN, a partnership between Excelsior and health care institutions providing nursing students access to the most current and respective learning resources. Her ability to motivate students and keep them on track helped several Project LEARN students earn their nursing degrees in 2007; she is continuing her efforts for this year's Project LEARN at the Chambersburg Hospital in Pennsylvania. Here are some of the positive comments received from students and staff in support of DeAngelis' application:

"Theresa, I want to thank you again so very much for everything you have done for me. Your patience, understanding, and kindness have helped me greatly."

"I passed the CPNE this weekend. It is a great feeling to see the high standards that Excelsior College sets. I am so grateful for all you have done for me, and for holding the date I requested."

"Theresa is able to work with any student at any level and get to the heart of the issue. She develops action plans to ensure her students stay on the correct path to achieve their career goals."

"You made my day! Just thinking of statistics sends me into a panic, and the thought of taking algebra was making me want to quit the program. I can't tell you how happy I am!"

In the category of Outstanding Faculty Academic Advisor —

Tracy Caldwell, PhD

Director and Graduate Advisor, School of Liberal Arts

Dr. Tracy Caldwell serves a dual role at Excelsior as both a program director and academic advisor for the Master of Arts in Liberal Studies Program. This year, the College has selected her as its first Outstanding Faculty Academic Advisor, and her nomination portfolio has been submitted to the National Academic Advising Association (NACADA) to be considered for the Outstanding New Advisor Award in the category of Faculty Academic Advising. For the past two years, Dr. Caldwell has been the academic advisor for the MA/LS program, advising over 300 enrolled students. She also reaches out to prospective students, informing them of various academic tracks, discussing their hopes and dreams, and giving them a first sense of who they can become as a scholar. Currently, Caldwell is providing individualized attention to 50 students who are preparing a thesis — on everything from punctuation and citation style to content and where to get their work published after completion. Here are some of the positive comments received from students and staff in support of Caldwell's application:

"Whenever I felt I was going off track, I turned to Dr. Caldwell for academic advice. She helped me to see past the obvious in things and guided me towards new ways to approach my dilemmas. Most importantly, no matter how silly I may have sounded at times, she always made sure I was comfortable stating my opinions and thoughts."

"Dr. Caldwell manages to transcend this otherwise 'detached' online environment and reach out to students in a way that genuinely makes us feel we are an integral part of the academic world. I can honestly say that I might have abandoned my hopes of earning my graduate degree had it not been for her encouragement and faith in my ability to stay focused on my goal."

"Due to her persistence, I have moved along in my degree program. Without her constant pushing, I probably would still be dragging my feet. Dr. Caldwell makes me want to be done."

"Tracy Caldwell is an extraordinary woman, both personally and professionally, and working with her has been an opportunity to work with a genuine expert, both as an academic and as an advisor. Her guidance has been essential to my ability to survive at a graduate level, writing about literature."

If you would like more information about the NACADA Awards, go to www.nacada.edu.

To nominate your advisor, please send an email to Betsy DePersis at depersis@excelsior.edu, or fax 518-464-8777, or send a letter to the attention of Betsy DePersis. Include your name, student ID#, your advisor's name, and a brief description of how your advisor has had an impact on you, as you work toward the completion of your college degree. We look forward to hearing from you.

New Members of the EC Team

The College welcomes these excellent professionals.

Executive Administrative Assistant to the Vice President of Finance

JILL BROSCIOUS

"Education is a strong value for me," said Jill Broschious, who fervently supports Excelsior's mission to help students reach their educational goals. Broschious comes to the College from Dermody, Burke & Brown, where she served as a retirement plan administrator. Her notable work experience also includes serving as an executive secretary in the West Wing of the White House under President Reagan and to the United Nations Ambassador in Vienna, Austria.



Assistant Director of Financial Aid

KENDRA CACCIA

Kendra Caccia, former assistant director of financial aid at Sage Colleges, now serves in the same capacity at Excelsior. Caccia has her hands full packaging and awarding federal financial aid to hundreds of students. "The unique thing about Excelsior is that we have 30 periods of enrollment, which means we have 30 different federal loan and grant periods that have separate dates of disbursement and processing. It's a very complex and challenging job," she said. She's also pursuing a master's degree at Sage.



Instructional Development Specialist

DEBORAH CLEMENS

Deborah Clemens comes to the College with a master's degree in Educational Technology from The College of St. Rose. Working with the nursing and liberal arts online courses at Excelsior, Clemens said she likes the challenges the position brings, especially the close collaboration with cohorts on special projects and with faculty on individual classes. "I feel as though I am an integral part of a group, providing an online learning environment that gives students the flexibility and resources necessary to obtain their goals," she said.



Executive Director of Educational Partnerships

MARY JO LAPOSTA, MS, PHD, RN

Throughout her career, Dr. Mary Jo Laposta has maintained a close affiliation with Excelsior as an item writer, a member of the associate degree curriculum committees, and a clinical associate with the Clinical Performance in Nursing Examination (CPNE). Now serving as the executive director of educational partnerships



at the College, Dr. Laposta has the opportunity to re-engage with a dedicated and creative nursing faculty. "My efforts are focused on assuring that our students have timely access to the CPNE," she said. Most recently, Laposta served as chief operating officer at North Shore University Hospital, the flagship of the North Shore Long Island Jewish Health System.

Director of Outcomes Assessment

MILDRED SAVIDGE, PHD

Dr. Mildred Savidge comes to Excelsior from the University of New England's College of Osteopathic Medicine, where she was the medical education specialist for the Department of Family Medicine. Dr. Savidge, who earned her PhD in curriculum and instruction with a focus in program evaluation, was hired at the College to direct the Office of Outcomes Assessment and Institutional Research, which is responsible for helping the schools within it develop measurable, reliable course and program outcomes. She works with people from other schools, offices, and units to build consensus around the data that is needed for the College to make good decisions. "The purpose of all this measurement is really aimed at improving Excelsior," she said. "Much of our evaluation work tells us what students are happy with and what they would like to see changed."



Associate Dean of the School of Business and Technology

BERNARD SCHUMACHER, DPS

Dr. Bernard Schumacher, an emerging leader in the School of Business and Technology, comes to Excelsior from Post University, where he served as an assistant professor for business administration. With a strong background in higher education and business, Dr. Schumacher feels he has a lot to contribute. "While it is still very early in the process," he said, "I think I can offer an outside perspective to some of the immediate projects and issues facing the College."



Associate Dean and Graduate Program Director

JANET SHIDELER, PHD

As the new associate dean and graduate program director of the School of Liberal Arts at Excelsior, Dr. Janet Shideler has a variety of important duties to fulfill for the College everyday. Yet Dr. Shideler, who holds a PhD in French and spent several years teaching, still gets to utilize her passion for working with students. "Of late, I have had the chance to work more closely with Excelsior's students as I am teaching,



and that is a joy," she said. Working for a young College that is growing tremendously is also a benefit for Shideler. "It makes for some challenges and lots of work, but I am proud to have a small part to play in it," she said.

Instructional Designer

KYLE SONGER

Kyle Songer first began integrating technology and education as an eighth and ninth grade science teacher while studying for a master's degree in educational technology and instructional design. "My work in the classroom was noticed by the computer coordinator, and I began teaching others how to weave technology into the curriculum," he said. Now, working at the college level, he designs and develops distance learning courses, provides guidance on the best tools to facilitate learning, and reviews course materials to maximize student learning and educational outcomes.



Director of Development

MARCY STRYKER

If you were to ask Marcy Stryker what she enjoys most about her job, she'd tell you it's the relationships she is able to develop with alumni. "I hear wonderful success stories from alumni whose degrees have transformed their lives. It's inspiring to hear how Excelsior helped so many and to work with the many who now want to give back themselves." Stryker comes from the United Jewish Federation, where she directed programs for young adults and was previously the director of marketing for WMHT Public Broadcasting. Now directing development and alumni affairs, she looks forward to building strong connections with the College's alumni and donors.



Measurement Statistician

FRANK ZAVERL, PHD

Dr. Frank Zaverl, a former research scientist for General Electric, brings a diverse background in mathematical and numerical modeling coupled with an interest in education and training to Excelsior. On a daily basis, Dr. Zaverl, who earned his PhD at RPI, performs statistical and psychometric activities that relate to test construction, reliability, analysis, and scoring for examinations. "The methodologies we employ to assess the exams allows us to maintain and improve academic excellence at Excelsior," he said.



Record Number of Students

COMPLETE 2007 MASTER OF SCIENCE



The fall 2007 capstone experience saw the highest number of students since the inception of the MS in nursing program in 1999. The course had 18 students divided into two sections facilitated by Dr. Karen Cox and Dr. Jeanette Matrone. Nursing 644 or *The Capstone Experience* (with a management focus) is the concluding course of the MS program for students specializing in clinical systems management. It consists of three components: 15 weeks of an administrative practicum, 13 weeks of an online seminar, and a two-day leadership retreat held at Excelsior College. At the retreat, students present their management/leadership project. This year, projects covered the gamut of pressing issues found in today's health care, including shared governance, patient safety issues, nurse recruitment and retention, nurses' readiness for electronic medical records, health promotion, and performance evaluation.

Students came from many parts of the U.S. including Alaska, Connecticut, Florida, New Mexico, New York, Texas, Virginia, Washington, DC, Washington State, and Wisconsin. Although the students know each other, having interacted online throughout the program, they meet faculty and fellow students in person for the first time at the leadership retreat. Thus, the retreat is an occasion for reunion, a continuation of leadership and career strategy discussions, and a way of celebrating completion of program requirements. Congratulations to our new graduates! ■

What is **INFORMATION LITERACY** and why do you need it?

Information Literacy is about possessing the knowledge and skills to: gather information, evaluate sources, select what is appropriate to your needs, and then, use it effectively. Exponential growth of available data and technological advances make it imperative that students become skillful at accessing, evaluating, and disseminating information.

The Information Literacy course is designed to help students become familiar with the resources that can be found in libraries and on the Internet. It helps build lifelong skills and provides a view of how information has impacted our lives socially, politically, and economically. The course begins by detailing the history of the Internet and outlining the tools available for communication and searching the Web. The various modules incorporate learning to search a variety of resources such as the ECVL databases. The structure of databases is explained, and methods for successfully retrieving relevant

information are employed. Students are also introduced to the legal and ethical issues surrounding the use of information.

The INL102 Information Literacy Course is comprised of five modules:

Module 1: Introduction to Information Literacy

Module 2: Selecting Information

Module 3: Learning to Search

Module 4: Evaluating Information

Module 5: Legal and Ethical Use of Information

This one-credit course is recommended for students in all programs at Excelsior College. You can visit the ECVL Web site for an overview of Information Literacy, which includes an online tutorial. Please contact the librarians with any questions at library@excelsior.edu, or call toll free 877-247-3097.



www.excelsior.edu/library

Keeping Your Information Secure

YOUR PASSWORD serves as the key to your online account, so it is imperative that you create a strong password and keep your login secure.

Helpful hints for creating a secure password:

- Make your passwords at least 8 characters long
- Use both letters and numbers
- Choose a password that is easy for you to remember but difficult for others to guess
- Intentionally misspell a word, omit certain letters, or replace letters with numbers
- Avoid sequences or repeated characters
- Avoid using a variation of your login name

- Avoid personal information such as your name, date of birth, or phone number

Once you have created your account, make sure to protect your information:

- Don't share your login information with anyone
- Never provide your password over phone or email
- Use more than one username and password for your online accounts
- Change your password immediately if you suspect that your account has been compromised

Using a "secret" question:

If you need to confirm your MyEC account information, the Login Help area of the Web site will allow you to retrieve both your username and password. To help protect your login from unauthorized access, your MyEC account uses a "secret question"

combined with your personal information in order to verify your identity.

Not sure what your secret question is? The My Profile link on your MyEC page will allow you to update both the question and answer that will be used for your account.

Other tips for keeping your account secure:

- Always sign out when you are finished working in your account; use the **Logout** button at the top-right corner of the page
- Only use the **Remember my username** option on your personal computer

by Jennifer Hummer

Technical Support is now available **24 x 7 x 365!**

Call toll free **877-842-8324**

TechSupport@excelsior.edu

IMPORTANT DEADLINES

Plan ahead to make sure you receive your degree at the time you want.

Conferral Date	Final Changes	Deadline for receipt of transcripts/ official documents for initial evaluation	Deadline for receipt of transcripts/ official documents for updated evaluation	CPNE Completion Cut-off (Nursing only)
May 16, 2008	May 2	Mar 7	Mar 21	Mar 28
June 20, 2008	June 6	April 11	April 25	May 2
COMMENCEMENT JULY 11, 2008				
July 18, 2008	July 3	May 9	May 23	May 30
August 15, 2008	Aug 1	June 6	June 20	June 13
September 19, 2008	Sept 5	July 11	July 25	Aug 1
October 17, 2008	Oct 3	Aug 8	Aug 22	Aug 29
November 21, 2008	Nov 7	Sept 12	Sept 26	Oct 3
December 19, 2008	Dec 5	Oct 10	Oct 24	Oct 31
January 16, 2009	Jan 2	Nov 7	Nov 21	Nov 21
February 20, 2009	Feb 6	Dec 12	Dec 26	Jan 2
March 20, 2009	Mar 6	Jan 9	Jan 23	Jan 30
April 17, 2009	Apr 3	Feb 6	Feb 20	Feb 27

*All additions/deletions/corrections to the final transcript must be submitted by the student, in writing, two (2) weeks prior to the conferral date.



Come to COMMENCEMENT

July 11, 2008

Graduates from across the country and around the world, joined by their families and friends, will celebrate the achievement of their college degrees at Commencement 2008 in Albany, New York.

Activities begin the day before (Thursday, July 10) with a hospitality suite at Albany's Desmond Hotel, where graduates get the chance to meet staff and fellow classmates for the first time! Commencement morning, grads and their guests are invited to the College to enjoy breakfast and a tour followed by complimentary workshops on topics such as "Life after earning your Excelsior College degree."

This year the ceremony will include the conferral of honorary degrees upon four very special people: Don Thompson, president of McDonald's USA and the 2007 Black Entrepreneur of the Year;

Russ Mawby, president emeritus of the W.K. Kellogg Foundation; Dr. John Hope Franklin, pre-eminent African American historian, author of *From Slavery to Freedom: A History of African Americans*; and Stephen Joel Trachtenberg, president emeritus and university professor of Public Service at The George Washington University, author of several books, and contributor to *The New York Times*, *The Washington Post*, and *The Chronicle of Higher Education*. Dr. Trachtenberg will also deliver the keynote address to the Class of 2008.

Commencement day concludes with a festive reception, lots of picture taking, and great memories that'll last a lifetime. Plan your summer vacation around it.

The Capital Region is one of the most beautiful areas of upstate New York. Within about an hour's drive from Albany you can see the majestic Adirondack Mountains and Lake George, the Catskills

and the Berkshires, the picturesque Hudson River Valley, and the Victorian beauty of Saratoga Springs.

We hope you will join us!



For more information, visit our Commencement Web page at www.excelsior.edu/commencement.

For those unable to attend, the ceremony will be broadcast live on our Web site.

Living & Giving

One Mother's Love For Learning Lives On...



Crystal Kreitzbender is an ideal example of the many students who have benefited from an Excelsior College Ever Upward Scholarship. An LPN working in rural Pennsylvania, Crystal is a dialysis nurse who enrolled in the College's associate degree in nursing program with the goal of becoming a registered nurse.

"I knew unless I continued my education, my career would be stuck," Crystal explains. She enrolled in 2005; like many Excelsior students, she works full time and balances work and family life while pursuing her studies.

Crystal received the Helen Dillard Ever Upward Scholarship in 2007, and it proved to be just the lifeline she needed to help her maintain her studies. "Last year, it looked as if I wouldn't be able to continue," she said. "When I got word that I received this scholarship, I was so thankful. It allowed me to pay my tuition, take three exams, and even sign up for a couple of online practice exams. It literally kept me in the program."

Crystal's rescuer, the creator of the Helen Dillard Ever Upward Scholarship, turned out to be from among Excelsior's own. Nancy Davidson, vice president for Human Resources and Administrative Services, funds the scholarship annually in honor of her mother, Helen Dillard, in recognition of her mother's passion for lifelong learning. She credits her mother with encouraging her to pursue her own studies—Nancy was the first in her family to earn a college degree.

"I hope one day
I'm on the other side,
helping others to
complete their dream of
a college degree."

—Crystal Kreitzbender



"To me, the value of learning was instilled by my mother throughout my life," Nancy remembers. An only child, her mother was born in 1915, grew up on a farm in a remote part of Western Texas, and was educated in a one-room schoolhouse. "In spite of her limited formal education, my mother never stopped learning throughout her lifetime," Nancy recalls. "She was an avid reader, an inveterate letter writer, and very well informed."

Nancy's generosity and vision in funding the scholarship highlights the flexible giving option an Ever Upward Scholarship provides. Since joining the College eight years ago, she has been a consistent donor to the Annual Campaign. In 2003, Nancy was among the first to begin making an annual gift toward an Ever Upward Scholarship. This unique giving program allows donors of \$500 or more to designate their contribution in memory or in honor of someone special. When her mother died in 2005, Nancy continued to make this gift in her mother's memory, and she has done so every year since. The impact of Nancy's gift on Crystal's

academic career has been profound. “I can’t tell you how many times I have wanted to thank Mrs. Davidson for creating this scholarship,” Crystal offers. “It means so much to me, and I feel a great sense of responsibility—I don’t want to flunk an exam and dishonor these women who have done so much for me. Every time I take an exam, I kiss my rosary, say a prayer, and thank them for allowing me to continue toward my degree. I feel I just can’t thank them enough.”

Nancy, too, is appreciative of the opportunity to have a positive impact on student success. “I’m glad to know how my contributions have made a difference to Crystal and to others. In the Human Resources Office, we interact all the time with staff, but not as often with the students. This was one way for me to create that connection.”

Crystal’s scholarship not only benefits her, it also may pave the way to help future learners. Says Crystal, “There are students out there who would be dropping out if it weren’t for scholarships. I hope one day I’m on the other side, helping others to complete their dream of a college degree. You just have to carry it forward, and remember how any action you take can have a great impact and really does make a difference.” ■

by Marcy Stryker, Director of Development

MAKE A DIFFERENCE FOR AN EXCELSIOR COLLEGE STUDENT.

Your gift of \$500 to the Annual Campaign can be recognized as an Ever Upward Scholarship — named in memory or in honor of someone who helped you move *ever upward*. You can donate online at www.excelsior.edu/giving or contact Marcy Stryker, director of development, by calling toll free at 888-647-2388 (press 1-1-8287 at the automated greeting), or email mstryker@excelsior.edu.



THANK YOU TO HSBC!

HSBC USA representatives visited the College to present a check for \$10,000 in support of scholarships for students age 25 years and younger. Pictured from left are: Timothy Rudge, vice president—relationship manager, Commercial Banking; John Ebersole, Excelsior College president; Peter Clemente, senior vice president and district executive; and John Kaiser, executive vice president, Commercial Banking.

GIFTS DON'T JUST COME IN A BOX.

Sometimes they come in envelopes, online, or even in the future.

Excelsior College appreciates your help in whichever way you can give it. Your contributions can be called in or mailed to the Office of Institutional Advancement or even made online using our secure online giving site. The College can also accept gifts of stock or securities and can help you determine if some form of planned gift may be best for you. Gifts enable us to meet the increasing demands for technology innovations, for scholarship support, and for other innovations that improve student and alumni services. Please call Marcy Stryker toll free at 888-647-2388 (press 1-1-8287 at the automated greeting) to discuss how your gift can make a difference.

SUPPORT EXCELSIOR, SAVE ON TAXES, AND RECEIVE PAYMENTS FOR LIFE!

The Excelsior College Gift Annuity may be an ideal way for you to meet your charitable and financial objectives.

A gift annuity is a simple agreement between a donor and Excelsior College. In exchange for a gift of cash or securities, the College agrees to pay one or two individuals a fixed sum each year for life.

The older the individual, the higher the rate of return the College will pay.

In most cases, part of each payment is tax free, increasing after-tax value. There are no administrative fees or commissions. Your estate may enjoy reduced probate costs and estate taxes. Minimum first-time contract must be \$5,000, with payments beginning at age 55 or older.

Most important, you will be providing generous support for Excelsior College!

We hope you will consider the Excelsior College Gift Annuity as part of your estate planning. For more information about including the College in your plans, contact Cathy Kushner, vice president for Institutional Advancement (ckushner@excelsior.edu), or call the Office of Institutional Advancement toll free at 888-647-2388 (press 1-1-8539 at the automated greeting). ■

Example of Gift Annuity Rates

(One-Life Agreements as of 7/04)

Age	Rate
60	5.7%
65	6.0%
70	6.5%
75	7.1%
80	8.0%
85	9.5%
90	11.3%

ALL ABOUT ALUMNI

WHETHER YOU ARE

One of the **23,275** graduates of USNY – **Regents External Degree Programs (REX)**,
OR One of the **55,723** graduates of USNY – **Regents College**
OR One of the **14,027** graduates of **Regents College**
OR One of the **36,500** graduates of **Excelsior College**

Read on for news of your alumni community...



Alumni Association president Mary O'Connor presents the Carrie Lenburg Award to Michele Heymann at Commencement 2007.

Consider Nominating Yourself for an Alumni Award

The Excelsior College Alumni Association announces an opportunity for graduates to nominate themselves for one of its annual alumni awards. These honors provide recognition to outstanding graduates whose achievements may inspire others. Awards are presented based on academic, professional, personal, and community contributions. The recipient of each award will be honored at Commencement on Friday, July 11, 2008, in Albany, New York.

To be considered for any of the Excelsior College Alumni Awards described at right, please complete and submit the Alumni Award Self-Nomination form available on the alumni Web site at www.excelsior.edu/alumniawards, with a letter explaining the reasons you would like to be considered and a copy of your updated resume. The deadline for nominations is May 15, 2008.

Submit your packet to the Office of Development and Alumni Relations at Excelsior College, 7 Columbia Circle, Albany, NY, 12203-5159; or fax Marcy Stryker at 518-464-8777; or email mstryker@excelsior.edu. ■

Alumni Achievement Award

This award recognizes outstanding academic, professional, personal, and community contributions that are representative of our graduates. The award is presented to a graduate whose achievements may serve as a role model to inspire other graduates and students.

The Carrie B. Lenburg Award

This award is given to an outstanding nursing graduate in recognition of the accomplishments and vision of Dr. Carrie Lenburg, coordinator of the Regents College Nursing Program from 1973 to 1990. It commemorates her commitment to helping nurses attain their educational and professional goals and is presented to a nurse who demonstrates commitment to nursing education as well as academic and professional accomplishments in the field of nursing.

The C. Wayne Williams Award

This award is named after the College's first president and is presented in recognition of outstanding public service and community involvement by a graduate.

Stepping Down but Staying Connected:

MEET ROBERT WILLIAMS, LONG TIME ADVISORY BOARD MEMBER

Bob Williams has been fascinated with law enforcement since his childhood, growing up in Owego, New York. Joining the Police Explorer Post at age 14, he learned, “It was about helping people and resolving conflict.” Helping people is a characteristic that Williams has carried throughout his life, as evidenced by his recent establishment of an Excelsior College scholarship fund. The call to serve prompted him to aim high from an early age; he recalls being quoted in the local newspaper saying his dream was “to one day become Owego’s police chief.”

After high school, Williams earned an associate degree in criminal justice at nearby Broome Community College and then put in two years active duty in the U.S. Air Force military police. Upon returning home, he joined the Owego police department and served in various positions for law enforcement agencies around upstate New York.

In 1982, his dream reappeared when he heard his hometown was interviewing for a new police chief. Williams quickly applied for the job. “I was just 30 years old when I got it,” he recalls. “That first day on the job was a mix of emotions. I didn’t want to let my friends down; at the same time I was exhilarated that I had achieved a boyhood dream.”

About that time, he realized the importance a bachelor’s degree would have on his career. “I saw an article about the Regents External Degree program (now Excelsior College), and I enrolled in the liberal studies program with concentrations in psychology and law enforcement. I guess like everybody else, it was a matter of getting courses in between work and personal commitments, because I didn’t finish until 1995!”

His Excelsior degree motivated him to continue his education. Williams went on to earn his master’s in education in 1999 from Elmira College. Typical of a lifelong learner, he is now about to start on his second master’s degree from Elmira—this one in emergency and disaster management.

In 2001, he was elected to the Excelsior College Alumni Association Advisory Board. “When you’re a graduate of a college without walls,” he said, “you don’t know your classmates. Here was an opportunity to communicate with other alumni and help them with issues relating to the College.” Williams found that the highlight for him every year was attending the College’s



Commencement. “I love seeing the excitement on the graduates’ faces,” he says. One year in particular stood out for him. “A Navy Seal had finished his degree while serving in Afghanistan. Just before he was to be discharged he was killed in action. The College invited his mother to come. At the ceremony, when she walked across the stage to accept his diploma, the audience gave her a standing ovation. It was very moving.”

Williams retired from public law enforcement in 2001, feeling ready for a second career—this one in private security management. Today, he is director of technical operations, security operations and safety, and business continuity management for Time Warner Cable’s Buffalo, New York, Division. “It’s anything but a retirement job,” says Williams. “When we have a heavy snow, it’s round-the-clock work keeping the system up and running.”

Having completed his terms on the advisory board, Williams is maintaining his ties to the College by creating The Chief of Police (Retired) Robert P. Williams Scholarship Fund. “When you’ve seen Excelsior close up,” he says, “you realize how today it holds a special place in higher education. It has given opportunities for advancement to literally thousands of people—people who may not have had the money, time, or access to a traditional program. I know Excelsior played a vital role in making my career goals attainable. So this scholarship fund is my way of helping others achieve their dreams.”

by Paul Troop, former member of the Alumni Association Advisory Board



ALUMNI ADVANCEMENT OPPORTUNITIES AVAILABLE IN THE NEW

CENTER FOR PROFESSIONAL DEVELOPMENT

More than 100 non-credit programs are available in Excelsior's newly launched Center for Professional Development. As a graduate, you're well aware of the flexibility and affordability of an Excelsior College degree. Now take the next step and continue to refine your skills or explore new opportunities. Professional development options allow you to advance in your current position, get started in a new career, or support your interest in lifelong learning.

Whether it's test preparation for certification, training for an entry-level position, or gaining advanced knowledge to

enhance your skills, you're sure to find a program that fits your needs. Choose from options in business, construction technology, health care, networking and CompTIA® certification, project management, Internet and design technology, investigative science, Microsoft® certification training, video game design and development, or skilled trades and industrial.

Many of the programs can be completed in as little as three months. For more information about the costs and availability or to take a program for a test drive with a free, online demo, go to the Center for Professional Development Web site at www.excelsior.edu/cpd.

Excelsior College Alumni Association

ANNUAL MEETING NOTICE



The Excelsior College Alumni Association will hold its annual meeting, open to any graduate of Excelsior College, Regents College, or the University of the State of New York, on Saturday, July 12, 2008, from 9:00 a.m. – 10:00 a.m. at The Desmond Hotel in Albany, New York. If you plan to attend, please contact the Alumni Office no later than Wednesday, July 9, 2008. Call toll free at 888-647-2388; press 1-1- 8539 at the automated greeting. We hope to see you there.

All graduates are welcome!



Career Check-Up

Have You Had One Lately?

A career check-up should be a vital part of your overall wellness plan. Having satisfying and meaningful work can positively impact your physical well being and mental outlook.

Our ever-changing society presents complex challenges for each one of us. We are faced with globalization, technological advancements, and a competitive and fast-paced work environment. These factors have changed the way we think about our world, our work, and our careers. A career check-up allows you to rethink strategies and approaches regarding your work and career advancement.

Excelsior College offers a full complement of services for your career check-up—services designed to assess, inform, guide, and support you through any and all stages of the career planning process.

Call Excelsior College Today to Schedule Your Career Check-Up

Alumni have the opportunity to schedule appointments with a professional career counselor to discuss a specific career topic or issue or to simply use the counselor as a sounding board for career advice and guidance.

Appointments range from 15 minutes to an hour, depending upon the topic or issue. To schedule your appointment, call the Alumni Office toll free at 888-647-2388 and press 1-1-8539 at the greeting.

For your convenience, a schedule of office hours is listed below. Find the date and time that works for you and call today to schedule your appointment. We look forward to getting you started with your personal career check-up!

Career Services 2008 Office Hour Schedule

Date	Day	Time
April 22	Tues.	10 AM – 12 PM
April 30	Wed.	6 PM – 8 PM
May 8	Thurs.	10 AM – 12 PM
May 12	Mon.	2 PM – 4 PM
May 20	Tues.	10 AM – 12 PM
May 28	Wed.	6 PM – 8 PM
June 5	Thur.	2 PM – 4 PM
June 9	Mon.	10 AM – 12 PM
June 17	Tues.	6 PM – 8 PM
June 25	Wed.	2 PM – 4 PM
July 8	Tues.	10 AM – 12 PM
July 23	Wed.	6 PM – 8 PM
August 7	Thurs.	2 PM – 4 PM
August 20	Wed.	10 AM – 12 PM

If You Can't Find Time to Talk, Get a Check-Up Via Email

Ask the Career Counselor is an alumni service through which you can submit your career-related questions by email and receive a reply from a professional

career counselor. It's a quick and easy way to get an answer to a lingering question or a burning career issue.

To submit your questions, send an email to alumnicareer@excelsior.edu. You can ask an unlimited number of questions at any time. An electronic career check-up is simple and efficient.

Take advantage of it today!



ck-Up

Participate in a Group Check-Up Through Online Chats and Web Conferences

Many times you may be dealing with very similar career issues as other people, but you may feel that you're the only one struggling. Online chats provide a forum where alumni, through the guidance and facilitation of a professional career counselor, can communicate with others about a specific career topic in a relaxed and engaging format. Online chats are typically scheduled once per month—from 6 p.m. to 7 p.m. (ET).

NEW

2008 Online Chat Schedule

April 16	Tips and Techniques for Achieving Work/Life Balance
May 12	Networking— The #1 Job Search Strategy
June 11	The Art of Salary Negotiations
July & August	No Online Chats Scheduled
Sept. 17	Back to School— So You Want to Go to Graduate School
Oct. 15	Changing Colors— Making a Mid-Life Career Transition
Nov. 19	The Political Landscape— Dealing with Office Politics
Dec. 10	Unwrapping Your Gifts— The Value of Transferable Skills

Web Conferences Launched as New Service

Web conferences, a new service provided by Excelsior College Career Services, feature informative and interactive professional audio/visual presentations about career topics related to specific populations. An email function provides opportunities for you to ask questions on the spot and have the presenters respond through the audio feature. At the end of each conference, downloadable resources are available that provide more information about the topic.

In November 2007, professional career counselors from Excelsior College presented the first Web conference, "Transitioning from the Military to Civilian Workforce." Designed for Excelsior College alumni in the military who were making the critical transition to civilian careers, the Web conference was well received and garnered excellent evaluations from the participants.

Send it Out for Testing: A Lab for Your Resume

Is your resume producing the results you want? Have you successfully uncovered and communicated your skills in a way that will get the attention of prospective employers? If not, send it out to our resume lab for testing!

Excelsior College Career Services offers a resume critique service. Taking advantage of it is easy. Just go to www.excelsior.edu/alumniresources, click on the Resume Critique Service link and follow the instructions indicated. Within six business days or less, a professional career counselor will return your resume to the

College with suggested revisions, edits, and corrections. The Office of Alumni Affairs will then forward the critiqued resume to you. It's that simple! Please note that alumni are charged a nominal fee of \$25 to help defray the cost of a professional career counselor's expertise.

Don't Delay ... Get Your Career Check-Up Today!

If you haven't had a career check-up lately, choose from our list of services and find the one(s) that best meet your needs. We are here to assist you with every step of the career planning process and to help you along your path to career wellness. ■

By Ed Hallenbeck, Excelsior College Career Consultant

Upcoming Career Web Conference for Nursing Students and Alumni

On June 5, 2008, from 6 p.m. to 8 p.m. (ET), Excelsior College Career Services will present a Web conference for nursing alumni and students titled "What Color is Your Stethoscope? Career Advice for the Nursing Profession." The conference will focus on several key areas, including preparing for the culture of the nursing profession, exploring the myriad of career options/pathways within the nursing field, identifying and marketing of key skills and experiences to advance in the profession, and transitioning from a nursing job to a nursing profession.

This will be a "must attend" for nursing alumni and current nursing students. Mark the date on your calendar today and stay tuned for more details!

www.excelsior.edu/alumniresources

Excelsior College: Virtually Anywhere — Excelsior Alumni:



**We know our alumni venture far and wide, spanning the globe.
Now show the world that Excelsior alumni can do anything, anywhere.**

Are you: Traveling to the top of the Eiffel Tower? Studying under the sea in a submarine? Working on the Alaska pipeline? Dining under a plastic parrot in the Florida Keys? Operating in an emergency room in Timbuktu? Or reading the most recent issue of *Live & Learn* on the bullet train in Japan? We can't wait to see where you are!

Send us a picture of you wearing the Excelsior College logo or reading *Live & Learn* magazine, and you may just win a prize.

The rules are simple. Have your picture taken in the most creative place you can imagine. We'll publish some of the best photos in *Live & Learn* and post them on the Web site. And we'll award prizes for the three most unusual locations.

Email your photos, with a description of where the shot was taken, to alumni@excelsior.edu, or mail them to:

**Office of Alumni Affairs, Excelsior College,
7 Columbia Circle, Albany, NY 12203-5159**

Come and See!

NEW MERCHANDISE has been added to the College store; check it out online at



[www.excelsior.edu/merchandise.](http://www.excelsior.edu/merchandise)

You May Already Be Connected to the **BEST PERSON FOR THE JOB**

Of all people, you know best the value of an Excelsior College degree. Now is the time for you to recruit other alumni for positions at your company. Excelsior College and the Excelsior College Alumni Association have created a service to facilitate this process. Online Professional Connections is a page on the Excelsior alumni Web site dedicated to boosting your ability to promote open positions at your company.

It's a win-win situation. Created to enhance opportunities for alumni to advance in their careers, it also gives alumni a chance to recruit, with no fee, from a deep talent pool. Linking to our Web site can prove very valuable; it allows you to reach more than 121,000 grads worldwide who are already successful professionals in a variety of fields. The value of our College is only as good as the success of our alumni. When you advance so do we!

If you are interested in adding your company's Web site to Online Professional Connections, email Marcy Stryker in the Development Office at mstryker@excelsior.edu. Be sure to include a specific job title and an end date to your Online Professional Connections submission.



UPDATE YOUR EMAIL ADDRESS!

Please don't forget to keep us posted with your most **current email address**. Log in with your MyEC username and password and go to excelsior.edu/myprofile to update your contact information, or call the Alumni Office with your new email address.

Call toll free 888-647-2388; press-1-1-8539 at the automated greeting.

HATS



OFF!

What have our grads been doing? Read on to find out.



ALABAMA

Shay Kelly Ashford, BSL '04, Mobile — was featured in Court TV's "Bounty Girls: Miami," a reality show that followed the work of Sunshine State Bail Bonds. Chicago native, Shay "Clyde" Ashford served in the U.S. military for five years, has been an actress and model, and is now a licensed bail bondswoman. She earned a bachelor's degree in criminal justice from the College and is currently working on her master's degree. She is a Marine reservist and member of the Women Marines Association. (Source: www.sunshinestatebailbond.com)

CALIFORNIA

Semu F. Noa-Magafaolealofoamo, BSL '97, Carson — is a recreation coordinator for the Los Angeles Department of Recreation and Parks, assigned to the Pan Pacific Park. He anticipates completing his MBA from the University of Phoenix, Gardena Campus in Southern California in March.

Adriane S. Mozzini, BSL '03, Oxnard — earned a second bachelor's degree from California State University at Northridge in 2004 and a Master of Arts from Humboldt State University in 2005, graduating with distinction. Her master's thesis, "Learning for Life: The Social and Academic Outcomes of a Waldorf Education," was nominated for the 2004-05 Patricia O. McConkey Award for Outstanding Thesis. She

received a graduate certificate of study in Community College Teaching in 2005 and is currently volunteer coordinator for a government-run retired and senior volunteer program.

KENTUCKY

Dr. Eric S. Harter, BGB '95, Prospect — has been named dean of Sullivan University's graduate school. Harter, who most recently served as the president and CEO of ADsnetcurve, a global information technology company in Louisville, Kentucky, continued his education at the University at Southern California where he received a master's degree in business administration, and Case Western Reserve University where he earned a doctorate in management. He also served as a faculty member for Excelsior's School of Business. Source: *Louisville Courier-Journal*.



MARYLAND

Edward "Edo" Forsythe, BSL '01, Fort Meade — earned a Master of Arts degree in 2006 and was promoted to the rank of Senior Chief Petty Officer in the U.S. Navy in 2007. He recently transferred to Fort Meade, MD, to serve as the Navy's program liaison for the Military Cryptologic Continuing Education Program. This duty will allow him to apply his skills as a language teacher in assisting military linguists in their professional development.

MARYLAND

Lon R. Maisttison, BSL '01, Hanover — released his second book, *The Two Sisters of Kuwait*, an action-adventure novel about an Air Rescue Special Forces Commando's mission in Kuwait City during the first 24 hours of an Iraqi invasion. Maisttison, who also earned a Technical Electronics Engineering (EE) degree from Valparaiso Technical Institute, is a senior technical engineer for AT&T Government Solutions and a former instructor at the Education Department of Ford Aerospace's "Little Red School House" where he developed instructional courseware and taught computer maintenance courses. He is also the author of *Kissed by Death: Congestive Heart Failure*. Source: www.pr.com.



VIRGINIA

John W. Jacobs Jr., AS '87, Broadway — was commissioned as a 1st Lieutenant in the Virginia National Guard and attended Chaplain Officer Basic Course (CHOBLC) in January. He also attended Lancaster Bible College Plus 20 degree completion program and graduated in 2000 with a Bachelor of Science in Bible. He then attended Eastern Mennonite Seminary where he graduated with an MDiv in 2004. Jacobs has been married for more than 25 years, and has three children and one grandchild.



CALIFORNIA

Marie Yvonne Lemelle, BSL '98, Glendale — received the 2007 Community Advocate Award from the National Council of Negro Women, Inc., at the 33rd Bethune Recognition Luncheon held in Torrance, California.

Lemelle also has received certificates of recognition and appreciation from Governor Arnold Schwarzenegger, U.S. Senator Mark Ridley-Thomas, Congresswoman Diane E. Watson, Assemblywoman Karen Bass, Congresswoman Maxine Waters, and Los Angeles Mayor Antonio R. Villaraigosa.

President of both the Water and Power African American Association in Los Angeles (www.wpaaa.org) and of Platinum Star Public Relations, she also serves on the advisory board of the African American Firefighter Museum and the board of the Los Angeles Humanity Foundation. She also coordinates events for the Urban Issues Breakfast Forum of Greater Los Angeles, a monthly forum featuring distinguished newsmakers; it is offered free to the public at www.urbanissuesforum.com.



VIRGINIA

Lorraine M. Spencer, BS '93, Alexandria — earned a Master of Science in 1997 from National Louis University. When her children reached school age, she accepted an appointment as magistrate by the Supreme Court of the Commonwealth of Virginia. Magistrates in Virginia determine probable cause, set bail, and admit to jail among many other official duties. When she is “not putting the bad guys in jail,” she enjoys her “hubby and two kiddos and writing books.” Her first writing project “Arctic Terror” was a horror-themed screenplay set in Alaska. She is in the process of adapting it into a novel. Ms. Spencer has also written four children’s books. She says, “I really would like to thank Excelsior for providing the unique opportunity to complete my bachelor’s from a remote location. It really helped me get my start and, in part, inspired me to continue on to a master’s degree.”

NEBRASKA

Ross Ridenoure, BNT '89, Omaha — was elected by the Southern California Board of Directors (SCE) to oversee operations and regulatory affairs at the company’s San Onofre Nuclear Generating Station, which is Southern California’s largest power source. Prior to his new position, he was vice president and chief nuclear officer at the Fort Calhoun Nuclear Station and served on nuclear powered submarines for eight years in the U.S. Navy. Ridenoure also holds an MBA from the University of Nebraska. Source: *Business Wire*.

NEVADA

Paul Bruno, BS '96, Henderson — hosts The Career Czar, an Internet radio talk show dedicated to discussing the world of careers and work. The show premiered in 2007 on Alltalkradio.net, which is headquartered in Las Vegas, Nevada. Mr. Bruno and his co-host Christine Wunderlin focus on helping listeners

improve their career choices by providing information on various careers, how to choose a career, job search ideas, and life skills such as financial management.

Charles D. Williams, AS '78, Las Vegas — published his debut novel *Palawan*, which tells the tale of a kidnapping that takes place on an island in the Southern Philippines and the events that follow.



TEXAS

Steven G. Rindahl, BAL '96, Fort Hood — served with the 1st Cavalry Division, U.S. Army and returned in January from a 15-month tour of duty in Iraq. He was stationed at Camp Liberty in Baghdad, where he served as the battalion chaplain for the 1st Battalion, 5th Cavalry Regiment. In addition to the typical duties of a chaplain in a combat zone, he conducted worship services at the United States Embassy in the International Zone.



NEW YORK

April Eileen Dahlke, AS in nursing '07, Franklinville — is working as a graduate nurse in Olean General Hospital’s Dialysis Center and waiting to take the NCLEX–RN examination. Despite having gone through brain surgery and recovery and other daily challenges, she says, “This program was an excellent way to earn my degree. Thanks Excelsior!”

NEW JERSEY

Douglas S. Stivison, BS '83, Upper Montclair — was ordained to the Christian Ministry of Word and Sacrament by the New Jersey Association of the Central Atlantic Conference of the United Church of Christ on November 18, 2007.

Lilian H. Zirpolo, AS '82, BSL '87, Woodcliff Lake — wrote *Historical Dictionary of Renaissance Art*, recently published by Scarecrow Press as Vol. No. 21 of their Historical Dictionaries of Literature and the Arts series. Zirpolo is an independent art historian with a PhD in art history from Rutgers University.



MONTANA

Mark M. Lapinskas, AS '04, Bridger — completed a BS in Criminal Justice Administration in June 2007 with a GPA of 3.86 through Bellevue University in Nebraska where he made the Dean’s Academic Achievement List. In 2006, Lapinskas was appointed chief of police for a rural Montana community.

NEW YORK

Carl W. Lohmann, BSL '95, Herkimer — is the director of residence life and housing at Herkimer County Community College. Lohmann was recently elected chairman of the SICAS Center Housing FAUG (Functional Area Users Group). SICAS supports Banner database users throughout the 64 campuses of the State University of New York system. He also earned a Master of Management degree from the University of Phoenix in 2007.

Shevy Oliver, BSL '06, New Hempstead — was named director of the Center for Jewish Life/Hillel at Rockland Community College. She and her husband, Rabbi Oliver, relocated to Rockland from Australia, where they directed a Jewish outreach organization in the outback. She previously organized programs for Jewish youth in South Africa and Slovakia. Source: *The Journal News*.

PENNSYLVANIA

Lou Morrow, AS in nursing '05, Chicora — is the registered nurse assessment coordinator for Chicora Medical Center. Morrow is a veteran of the U.S. Navy. She and her husband, Kevin, have three sons; the older two are U.S. soldiers serving in Iraq. Source: *Leader Times*.

TEXAS

Evelyn Hollis, BSL '98, El Paso — retired from the United States Army after 28 years of service. Hollis was the first female command sergeant major to serve in a combat unit and her accomplishments were recognized with an exhibit at the Fort Bliss Museum. She is currently enrolled in the Alternative Teacher Certification program and is working on a Master’s of Education degree, both at the University of Texas at El Paso. She also works as a substitute teacher for the Socorro Independent School District in El Paso, Texas.

VIRGINIA

Douglas Batson, AA '80, BS '82, Arlington — was awarded an Office of the Director of National Intelligence Research Fellowship. His unclassified book, *Registering the Human Terrain*, is in print at the National Defense Intelligence College.

Bruce Emerson Bechtol Jr., BSL '94, Fredericksburg — wrote *Red Rogue: The Persistent Challenge of North Korea*, a book in which he analyzes the changing nature of North Korea’s national defense, foreign policy, and illicit economic activities in the post-9/11 era. A former intelligence officer with the Defense Intelligence Agency and a retired marine, he has lived and worked in South Korea and continues to visit there frequently. Bechtol holds a doctorate in national security studies and is a contributing author to several books on North Korea. He is currently an associate professor of international relations at the U.S. Marine Corps Command and Staff College and an adjunct professor of diplomacy at Norwich University.



VIRGINIA

Alfred (Al) Albers, BSL '92, Virginia Beach — completed a Master of Science in education in 1997 from Old Dominion University. He recently had his first full-length novel, *Of Ghosts and Magic*, published by Infinity Publishing. He is currently working for Chugach McKinley, Inc., providing technical writing support to the U.S. Navy’s Space and Naval Warfare (SPAWAR) Command.

LET US TAKE OUR

HATS OFF TO YOU!

Send news of your accomplishments and activities so that we can take our hats off to you in future issues of *Live & Learn*.



Name: _____

Address: _____

_____ City State Zip Country

College ID number: _____

Excelsior/Regents College degree(s) (e.g., BSL '92):

Degree: _____ Year: _____

Institution: _____

Degree(s) earned elsewhere:

Degree: _____ Year: _____

Institution: _____

Degree: _____ Year: _____

Institution: _____

Phone number: _____ Email address: _____

Employer: _____

What would you like us to know about you, our graduate?

(I release this information to Excelsior College for use in its publications materials and/or on its Web site.)

Signature _____ Date _____

Mail (with a picture if available) to: **Publications Office, Excelsior College, 7 Columbia Circle, Albany, NY 12203-5159**

Please do **not** staple your photos or send photocopies. If sending a digital photo, email the digital file instead of sending a printout.

Email to liveandlearn@excelsior.edu or send a disk.

Big Loser is a Big Winner

A **anne Marie Bisner, AS '01, Troy, NY**—made a life altering decision that has not only benefited her but also the Excelsior College community and beyond. After struggling with her weight for many years, she joined Weight Watchers along with her husband. In addition to losing 77 pounds, she's joined the Excelsior College Wellness and Lunch & Learn committees and implemented a "Start to Move It" program.

"I felt a ton of guilt and shame," explains Bisner, executive administrative assistant in the College's Office of Institutional Advancement. "I've lost and regained weight many times. It was like I could hear people saying, 'Here she goes again. Has she gained all her weight back?' Those days are GONE. I have NEVER stuck with it this long OR been this successful. I'm committed to maintaining my weight and a healthier lifestyle so I can continue to feel good about myself and to motivate others."

Bisner has served as a positive source of inspiration for many through her involvement in the College's Wellness Committee. As part of her work with the group, she conceived of a "Start to Move It" program that asked employees to pledge to walk a certain number of steps during a specified period. Pedometers were distributed to all staff, and 45 employees participated, logging more than 8,000 miles!

Her hard work and positive attitude did not go unnoticed. She and her husband were selected by *Prevention Magazine* for a feature story on couples who lost weight together. Anne Marie and her husband Keith were whisked off on a whirlwind trip to the magazine's Los Angeles photo studio. The resulting article and photos are featured on the magazine's Web site, Prevention.com.

Always on the move, she jetted from the magazine's California location directly to Weight Watchers' leadership training in Orlando, Florida. Sharing her success and positive attitude with others, Bisner is now preaching what she practices. She attended several days of leadership training and now serves as an official Weight Watchers leader, facilitating weekly meetings at both Excelsior College and at public venues. She says, "Now, I am fortunate enough to have the opportunity to encourage and help motivate others who are struggling with their weight. My motto is 'progress not perfection.'"



2006 Teacher of the Year

P **eter E. Thomas, AS '90, BS '91, Clarksville, NY**—retired from the Navy in 1994 as Senior Chief Operations Specialist. He then earned a Master of Arts in Teaching degree from Union College in 1995 and now teaches social studies at Acadia Middle School in Clifton Park, NY. Thomas is working toward a PhD in Education at Capella University. He recently began the research phase for his dissertation, which involves teaching metacognitive strategies to sixth graders to increase self-regulation.

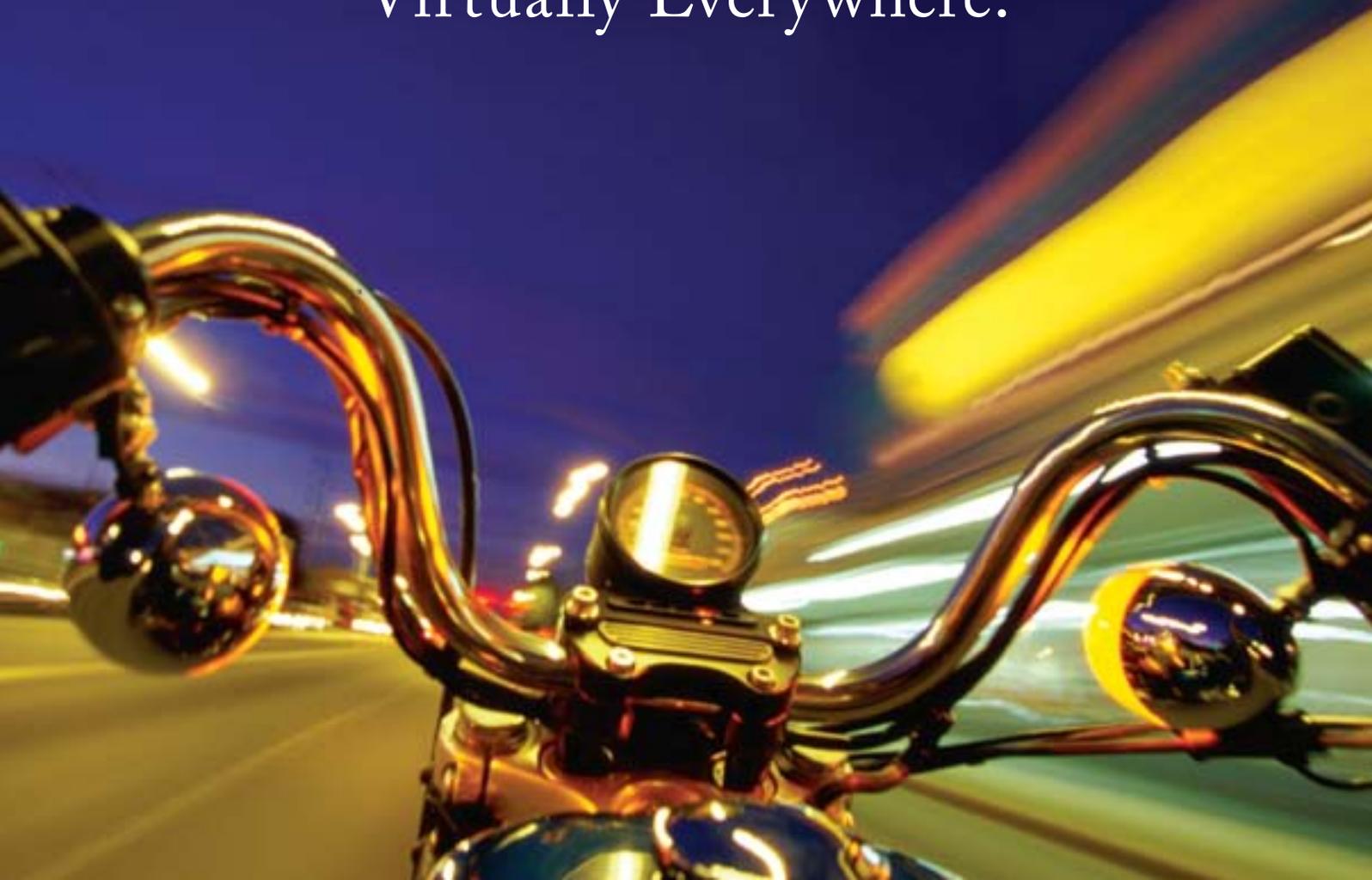
Thomas is a member of the First Presbyterian Church of Albany, serving on its board of deacons for the past six years. He belongs to several professional associations, including the Association of Supervisors and Curriculum Developers and the National Middle School Association. As a member of the New York State Historical Association, he serves on the Teachers Advisory Board and was awarded its New York State History Day Teacher of the Year Award in 2006. He's also been recognized in *Who's Who Among American Educators*.

In his free time, Thomas enjoys riding one of his two Harley Davidson motorcycles. He's director of the Albany-Schenectady Chapter of the Harley Owners Group, a riding club sponsored by the Harley-Davidson Motor Company.



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