

THE GLOBAL AVIATOR

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MESSAGE FROM THE DIRECTOR

Inside this issue:

More Passengers	2
Diet Tips	3
Fitness Tips	4



"...The crux of an online degree and one earned on a campus is that the diploma needs to be earned from an accredited institution...UVSC is proud to have the Northwest Commission on Colleges and Universities as our regional accrediting body."

Dear Students,

My message this month focuses around a recent article published at msn.com. The article discussed the value of an online degree versus those considered traditional (degrees earned by attending a campus). The writer stated, "It's important to consider how an online degree will measure up against those earned at traditional brick-and-mortar programs". I would like to address this consideration.

When online degrees were in their infancy, some folks in human resource positions around the nation were skeptical about the validity of the degree. Soon though, large well known institutions began to develop quality degrees as an avenue to allow more students to attend their schools. The Universities include Stanford, Cornell, Villanova, Purdue, Tulane, and of course Utah Valley State College. Since these schools helped pioneer distance learning, many more schools have developed on-line courses

including most in the Ivy League. The administrators have realized, as we did early, that distance learning is the future of higher education and that the opportunities given a student through this avenue can be superior to traditional learning. For example, one study recently completed showed that retention is higher amongst online students versus traditional classroom settings. This is due to the fact that students have access to the entire course and are able to review various lectures or assignments at any time. Other advantages include the convenience of fitting distance learning classes into one's schedule.

The MSN article also included these interesting facts: "If you're attending a school that offers both campus-based and online courses, your diploma won't distinguish whether you logged on or sat in a traditional classroom to earn it. At Columbia University, for example, online students can earn various graduate engineer-

ing degrees through Columbia Video Network. There's no need to distinguish the degrees as having been earned online because they're identical to the courses delivered at the physical campus." "A 2004 Sloan Consortium report estimated that more than 2.6 million people logged on to at least one online class in the fall of 2004".

The crux of an online degree and one earned on a campus is that the diploma needs to be earned from an accredited institution. Again, the MSN article addressed this when the author wrote, "When asked directly, well known Fortune 500 companies such as Intel and Wal-Mart said they'd accept online degrees, provided they come from regionally accredited programs". UVSC is proud to have the Northwest Commission on Colleges and Universities as our regional accrediting body. A degree earned through UVSC will be recognized by any company you may apply for or university you may attend after graduation.

A significant Decade in the Airline Industry!

INDUSTRY NEWS

Mesaba Wins FAA Diamond Award:

The Diamond Award recognizes training for aircraft mechanics in the industry. Mesaba had 100 percent participation by its technicians in FAA accepted training programs. "Their commitment to training and their craft is further evidence of Mesaba's desire to be the best regional airline" said John Spanjers about Mesaba's maintenance technicians.

SkyWest Named Regional Airline of the Year:

Regional Airline World magazine awarded SkyWest the title for 2004. The airline was chosen out of a pool of about 1,000 carriers. The magazine noted that the airline "continues to move forward with excellent customer service, safe and reliable operation, value for investors and profitability in a time when the industry is in turmoil".

AirTran Named Best Low-Fare Airline:

Entrepreneur Magazine awarded AirTran with a fifth recognition for the best low-fare carrier. The magazine highlighted the accomplishment by stating, "Over the years, AirTran has followed a smart, but slow, path to success in the airline industry winning over value-conscious business travelers. That's because of its low fares and common-sense approach to air travel."

Continued from page 1.

I encourage you in your continued pursuit of education. Some of you will be graduating at the end of the month, and it is my hope that you will be able to come to the campus and walk with your fellow graduates to receive your diploma.

We will also be holding our traditional catered dinner that evening for graduates and guest. You should receive an invitation in the mail by the 19th.

If you are graduating and do not receive an invitation by the 19th, please call Kanani at 801-863-7805.

Congratulations to all the 2005 graduates.



According to recent FAA statistics, passenger levels will top one billion in the next ten years. This is good news for an industry still reeling from the effects of September 11, 2001. With two carriers still in bankruptcy and a steady stream of record financial losses, a boost in load factors could be the catalyst to turn the industry around.

"Last year 688.5 million flew on U.S. commercial air carriers. By 2015, the number of passengers is expected to top one billion."

These statistics for the next decade come from [FAA Aerospace Forecasts Fiscal Years 2005-2016](#). Included in the statistics are recommendations on supporting such numbers. Because of the increase in passenger travel stated, the source sites plans by the FAA to redesign some airspace and implement new procedures to accommodate the growth.

Major airlines are forecasted to see a rise in passenger numbers equal to 2.8 percent each year. Recent fuel prices are slowing growth, however, in 2004, 502.2 million passengers traveled on

major carries, that number is expected to exceed 700 million by 2016.

"Despite economic difficulties facing many of the nation's large airlines, the strength of regional air carriers and international travel plays a large role in keeping demand for aviation services on a continued path for growth", according to the report.

During the next ten years, regional airlines are expected to experience the largest amount of growth. Passenger volume is projected to rise 15.4 percent over last year and the number of planes is likely to increase from 1,630 aircraft in 2004 to 2,960 by 2016.

International travel will also see a significant rise in passenger numbers. Latin America consumers, for example, will experience an increase of 5.5 percent annually according to the forecast. Coinciding with that, new international routes are beginning to rise for the first time since 2001.

"The FAA bases its forecast of sustained aviation growth on economic projections from the Office



Pass your First Class; Keeping an unrestricted medical.

Continue from page 2.

of Management and Budget (OMB). According to OMB, the nation's Gross Domestic Product is projected to increase from \$10.7 billion in 2004 to \$15.6 billion in 2016, with a moderate inflation rate of 1.5 percent annually during that period."

This is an exciting time for ambitious people who want to work in various capacities in the Airline Industry. Never before has the future looked so promising for the Airlines. Alluding to this idea, FAA Administrator Marion C. Blakey stated, "If there's one thing this business is known for, it's resiliency ... the very resiliency that's brought us from the Wright Brothers to the SpaceShipOne in less than a century. Today's forecast anticipates a bright future ... and the FAA remains committed to safe, efficient service to the flying public. We're also committed to being an investment that the taxpayer can count on."



Have you considered the value of a medical certificate? When asked to a pilot, this question may seem silly; after all, everybody knows that you cannot fly with out one.

However, there are far too many beginning students and incumbent airline pilots that are failing to develop and maintain good health habits that will promote a long a successful career.

The following are some suggestions that you may want to seriously consider if you have been lackadaisical about your eating and exercise habits.

While these are not new ideas, we provide them as a simple health checklist to rate yourself against.

Diet Tips:

Drink plenty of water:

Experts suggest you start your day with a glass of water and begin each meal with a glass as well.

At a minimum, you should have at least eight glasses of water a day. Stay away from sweetened drinks or sodas. The bad effect of these drinks are too numerous to list here.

Stay away from fried foods: If you eat fast food often, you put yourself at some extreme risks.

Avoid trans-fats and saturated fats and instead consume monounsaturated fats found in nuts and olive oil. When possible, choose an alternative of food that is baked or grilled. Include plenty of fruits and vegetables, especially if you are snacking.

Go easy on tea and coffee. These drinks become especially bad when you add the creams and sugars.

Remember also that the caffeine in coffee affects a person's metabolism and other body functions in a negative way. Alcohol consumption should also be done in strict moderation.

Watch that sweet tooth. Sweets are usually high in calories and rarely offer any nutritional value.

Choose from varieties of foods. This tactic will help keep at bay any deficiency related health risks.

It also helps many dieters to stick to good eating choices.

Avoid skipping meals.

Experts recommend more meals in small portions rather than few large meals.

If diabetes runs in your family, you will be wise to stay on a strict meal time regiment.

Consider Vitamins: For many people on the run, it is difficult to maintain a balance of the various nutrients we need.

Consult with your physician about vitamins that might be right for you. Ask also about the aspirin a day theory.

Many medical journals are strongly suggesting that aspirin can reduce your chance of a serious heart attack or stroke.

Avoid smoking: The reasons to stop smoking are to long to list here.

There are various programs to use when seeking a way to quit. The old adage "the sooner, the better" applies here.

Fitness Tips:

Begin an exercise program: Consult your physician to assist you in

creating a program that will help you accomplish your fitness goals. Programs vary from person to person; the key is to get started.

There are numerous publications that can assist you in creating yours.

Educate yourself: What you don't know can hurt you.

Learn about the types of health problems you may be at high risk of getting.

Read about the things you can do to reduce certain health risks.

Schedule regular exams: Your doctor can help you create a calendar for regular exams. You should also learn about self exams that you can do to discover early anything that may be of concern.

Many cancers, for instance, can be taken care of with minimal care if caught early.

Make your flight physicals count by having as much checked as you can.

You pay for the exam; you might as well get your money's worth.

Increase activity levels:

There are many activities you can do that do not add any time to your day. For example, instead of taking an escalator, climb the stairs.

Consider parking further away in the parking lot so that you are required to walk a little further. Walk around during commercial breaks on television rather than sit through them.

Exercise your mind as well:

I once had the pleasure of flying Milton Friedman, a Noble Prize winning economist on a private jet.

He is advanced in years but remains very fit and healthy keeping a schedule that would exhaust most people. I asked him what his secret is to staying so fit. He said to me "keep the mind young and the body will follow".

Many employers offer continuing education benefits to keep employees learning recognizing that there are both mental and physical benefits when people are always learning.

Learn a new language or advance your education. Your body might depend on it.

Sleep: There are numerous studies done and articles written on the benefits of a regular schedule of sleep.

The New England Journal of Medicine reports that most humans need eight hours of sleep. These hours should be uninterrupted and are most effective when taken on schedule.

This is difficult for students and workers in some careers. However, if you can practice this habit, you will find yourself much healthier and often time much happier.

These suggestions are incomplete to every individual health lifestyle. With these ideas though, you will be creating a good foundation for a strong mental and physical body.

Consult your doctor for additional suggestions or subscribe to periodicals that will help you create a personal regimen. In a career that depends on passing your physical, you cannot invest enough in good health.



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