

# USAF ACADEMY, COLORADO ACADEMY SPIRIT

Vol. 49 No. 36

September 11, 2009

## Superintendent changes uniform policy

By Academy Spirit Staff

Lt. Gen. Mike Gould, Academy Superintendent, signed a new Uniform of the Day Policy for Academy personnel here Monday.

The new policy aligns the Academy with Air Force chief of staff policy requiring Airmen to wear blues on Mondays and the utility uniform the rest of the week. Commanders do have the authority to modify the uniform of the day to meet mission requirements, keeping in mind the intent of the CSAF.

“Our heritage, culture, image and professionalism is imbedded in the Air Force blue uniform—it is important that we wear it on a routine basis,” General Gould said. “The utility uniform shows our support for the war-fighting effort and our deployed troops. We must be fit to fight and support the families and loved ones of our deployed troops.”

“Regardless of the uniform of the day, be proud of who you are, what you represent, and set the example. Your Academy is a critical component in making our Air Force the greatest in the world,” General Gould said.



Photo by Rachel Boettcher

### Falcons run over Colonels in home opener

Tim Jefferson, Falcon quarterback, carries the ball in for six during the first quarter of action Saturday at Falcon Stadium. The Falcons went on to down Nicholls State 72-0 in the Air Force's home opener.

# '07 grad killed in action supporting OIF

## Academy Public Affairs

A 2007 Air Force Academy graduate was killed in action Tuesday in Iraq.

First Lt. Joseph D. Helton, 24, died Sept. 8 near Baghdad, Iraq, of wounds suffered when enemy forces attacked his vehicle with an improvised explosive device.

“Joseph's ultimate sacrifice is a tremendous loss to the United States Air Force Academy family. He touched the lives of many people – cadets, Airmen, friends and family – and he will have a lasting effect on them all,” said Lt. Gen. Mike Gould, Air Force Academy superintendent.

Lieutenant Helton came to the Academy in 2003 for basic cadet training, from his hometown of Monroe, Ga. He was a 2003 honor graduate of Monroe Area High School, where he, was the school's Junior ROTC commander and soccer captain for his junior and senior years. Lieutenant Helton was offered more than \$1 million dollars in college scholarships coming out of high school, but chose to attend the Air Force Academy. After his freshman year, he was assigned to Cadet Squadron 19.

“He was a fantastic cadet. Every cadet should strive to be like he was,” said Master Sgt. Angela Evans, super-



Lt. Joseph Helton

intendent of Cadet Group 2, who was an Academy Military Trainer for CS-19 and worked with Helton extensively when he was a cadet.

Then cadet Helton quickly became one of the go-to guys in the squadron, and continued to show his leadership potential early on.

“When he was a cadet, there was nothing I could give him that he couldn't do,” Sergeant Evans said. “People were drawn to him – even if he wasn't in a leadership position.”

Lieutenant Helton wanted to be a leader and wasn't afraid of taking on a challenge to learn how to lead. He led his peers as squadron superintendent and later as squadron commander for CS-19, and he chose his career field along the same lines.

“We talked at length about what he wanted to do after he graduated,” and he said ‘I want to lead people,’ so security forces was the absolute perfect career field for him to go in to,” Sergeant Evans said.

Lieutenant Helton became an honor graduate in academics, leadership and athletics with the Class of 2007.

His first permanent duty assignment was to the 6th Security Forces Squadron at MacDill Air Force Base, Fla. As a newly minted second lieutenant, he volunteered for deployment immediately. In 2008, he was selected to serve a 12-month tour in Iraq as an adviser to the Iraqi

police in southern Baghdad.

That 12-month tour ended in August, but he volunteered to extend his stay in country through January of 2010 to continue Security Forces operations elsewhere in Iraq. In doing so, he would remain with the team he trained with in November 2008, to maintain unit cohesion and stay with his team until the entire team completed their tour in Iraq.

“He was the absolute best cadet I'd ever worked with,” said Sergeant Evans. “Our whole goal here is to develop leaders of character, and he by far fit that description.”

The loss struck close to home for his permanent duty station as well, which has now lost four Airmen to combat operations in Iraq and Afghanistan.

“Joe was an amazing Airman and defender who volunteered to lead our best in Iraq. We are deeply saddened by his loss and very proud of his service,” said Col. Lawrence Martin a Class of 1985 graduate and commander of MacDill's 6th Air Mobility Wing.

Lieutenant Helton is the 11th Air Force Academy graduate killed while supporting Operations *Iraqi Freedom* and *Enduring Freedom*.

Funeral arrangements are underway, and a location for interment wasn't available at press time. But under a new Academy policy, flags will go half-staff at the Academy on the day of his burial regardless of the location to mark the combat loss of an Academy grad.

**WEEKEND WEATHER**

**FRIDAY**  
67 44  
FEW T-STORMS

**SATURDAY**  
56 43  
RAIN

**SUNDAY**  
64 43  
RAIN

### Maj. / Lt. Col. promotion

Congrats to the Academy's newest Major and Lieutenant Colonels.

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### Majors Night entertains 1,300 cadets

The goal of Majors Night is to excite cadets about the quest for knowledge.

Page 3

### Parent's Weekend a success

“I was glad to see them. It was the best weekend so far,” said Cadet 3rd Class Alison Ceranski.

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# Eight years later, a tragedy remembered

By Staff Sgt. Don Branum  
Academy Public Affairs

It's been eight years exactly since the fateful day when 19 men with hearts full of hatred flew airliners into the World Trade Center, the Pentagon and a field near Shanksville, Pa., eight years since our nation lost its innocence.

Eight years later, I have a hard time finding words adequate to express the nation's emotions on that day and the days after. I was far away from the attacks, stationed at Maxwell Air Force Base-Gunter Annex, Ala. The attacks didn't touch me directly.

It's a different story for some of my friends. A close friend of mine lived only a few blocks from the World Trade Center in 2001. About a dozen of her friends worked in the twin towers. She watched in horror that day as the towers burned, then collapsed.

When her friends died, a part of her died with them. She stopped eating. She started suffering from the effects of the concrete and ash that got into her lungs: coughing fits so bad that she coughed up blood. The grief might have killed her if my wife hadn't flown to New York and dragged her to Colorado, but she survived. Today, she's happily married and has two children who have never known a different New York skyline.

The attacks of Sept. 11, 2001, draw a line across our lives as surely as the Pearl Harbor attack on Dec. 7, 1941, must have done for the generation who fought World War II. I remember America before the attacks. Going to the gate at an airport to greet a loved one was commonplace, security forces



Airmen stood sharply at the gates to our Air Force bases, waving through people whose vehicles had base decals.

We, as a nation, believed that the tragedies that happened half a world away — whether in Lebanon, at Khobar Towers or in the Port of Yemen — couldn't happen here. The men and women of our armed forces have always accepted that we would be in harm's way and that we might be called to fight, to kill or to die for our country; that we risk our lives abroad so that our families might never have to witness the horrors of war firsthand.

Al-Qaeda destroyed that illusion the same time it destroyed the lives of thousands of Americans. Just before 9 a.m. Eastern Time, the first of four hijacked airliners — American Airlines Flight 11 — slammed into the World Trade Center's north tower. Twenty minutes later, United Airlines Flight 175 hit the south tower. American Airlines Flight 77 crashed into the Pentagon 40 minutes after that. On United Flight 93, passengers who had heard about the World Trade Center attacks gave their lives to make sure it

didn't hit its target — presumably the White House.

We have not fully recovered in eight years what 19 deranged apostates took away from us in 60 minutes. We may never fully reclaim the sense of relative tranquility we enjoyed before Sept. 11. What we can do — what we must do — is make the world a safer place for our posterity.

We must lift up the people of Afghanistan so that they can live their lives free of fear. Yes, our nation's mission in Afghanistan places the lives of our servicemembers at risk, but we ignore the suffering and despair of a people halfway across the world at our own peril — as Sept. 11 so painfully demonstrated.

Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, recently wrote an article for Joint Forces Quarterly magazine titled "Strategic Communication: Getting Back to Basics." In it, he writes:

"... Most strategic communication problems are not communication problems at all. They are policy and execution problems. Each time we fail to live up to our values or don't follow up on a promise, we look more and more like the arrogant Americans the enemy claims we are."

The 9/11 Commission wrote a lengthy report on the events that led up to the attacks and how we might prevent them from happening again. Smarter persons than I have written books on the lessons we have learned from Iraq and Afghanistan. But if we learned nothing else from the tragedy of that day, let's remember this: We are all Americans. We're all in this together, and we all have to take care of one another.



To responsibly inform and educate the Academy community and the public about the Air Force Academy

Lt. Gen. Mike Gould —

Academy Superintendent

Lt. Col. Brett Ashworth —

Director of Public Affairs

Staff Sgt. Eric Bolt —

Chief of Internal Information

eric.bolt@usafa.af.mil

Ken Carter — Editor

kenneth.carter@usafa.af.mil

Butch Wehry — Senior Staff Writer

whalen.wehry@usafa.af.mil

Ann Patton — Staff Writer

elizabeth.patton.ctr@usafa.af.mil

Denise Navoy — Graphic Designer

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**Deadline for all stories is noon Friday, one week prior to the desired publication date.** Refer questions to the *Academy Spirit* editor at 333-8823.

The *Academy Spirit* also accepts story submissions by fax at 333-4094 or by e-mail: pa.newspaper@usafa.af.mil.



## Character Corner Who's watching

By Chaplain, Major Rives Duncan  
Center for Character Development

Several years ago, a young man who had grown up in our church was receiving a very special professional honor. During the service, many people looked on in admiration as he, who had grown from a child to a young man in their midst, was showing that he had pursued a high calling and had been recognized in his pursuit of service.

Afterward, he went up to my father and said, "Ever since I was a child, I have looked up to you with admiration and respect and I have tried to make you my role model." My father was flabbergasted. All this time, my father had seen in the young man something special—something my father had admired. And now, he learned that the young man whom he had respected had been using my father as a pattern. Needless to say, my father was humbled by the honor.

I have seen similar things here at USAFA. As odd as it may sound, young women and men from 18 through 24 are role models. And it's not always just that Doolies are watching and imitating Firsties and

two-digs. I have known basics, even people who didn't consider themselves to be top performers, who were admired and respected not only by their classmates, but also by their cadre. These other people may not communicate this to the role model, but they are definitely watching and learning.

So keep in mind that others are watching you, learning from you, and imitating you. Let that do more than just boost your ego—let it inspire you to be the kind of role model that would make anyone proud.

So keep in mind that others are watching you, learning from you, and imitating you. Let that do more than just boost your ego—let it inspire you to be the kind of role model that would make anyone proud.

Tune into KAFA, 97.7 FM for *Character Matters*, starting Aug. 13 at 8 a.m. and 8 p.m. Also on iTunes or [www.usafa.org](http://www.usafa.org).



## Where were you when 9/11 happened?

"I was at the Academy. I heard a plane had crashed into the World Trade Center on the radio on my way to work."



Dr. Martin Carlisle  
Professor, Computer  
Science Department

"I was on my way to the Colorado Springs Airport for a nursing conference. I turned around and came back to the Academy."



Maj.  
Torre Donaldson  
Academy nurse

"I was in the 8th grade orchestra class practicing when the principal came in and told us. My uncle was working downtown, and I was worried. I didn't really know what to think at the time."



Cadet 1st Class  
Michael Pak  
Cadet Squadron 26

"I was in advance analysis class in high school texting my mom and asking what she wanted to do for her birthday that day."



Staff Sgt.  
Ashley Thompson  
Physical medicine  
technician



# A night of diversity: Doolies engage the faculty at Majors Night

Cadets with the Class of 2013 converged upon the second floor of Fairchild Hall for Majors Night Sept. 9.

The goal of Majors Night is to excite cadets about the quest for knowledge in a field of their choice, said Maj. Mackie Wilks from the Academy Office of the Registrar.

Academy educators and cadet role models shared their life experiences and perspectives with young cadets. Representatives from the faculty included biologists, civil and environmental engineers, behavioral scientists and leadership experts, philosophers, engineers and geographers.

Educators also described how their majors translate into Air Force careers. Cadets used the opportunity to learn about self-improvement measures such as study skills, graduate school programs, and the Reading, Writing and Quantitative Reasoning Center, which are provided within the Office of Student Academic Affairs

"I guarantee many walked away fully convinced that the Air Force Academy garners the accolades it does because we take advantage of academic diversity to promote educational and inclusive excellence for our cadets," Major Wilks said. Recent reviews the Academy has received include ranking seventh among America's Best Colleges according to *Forbes Magazine* and placement in the top 1 percent of 371 colleges for most accessible faculty.



Photo by Mike Kaplan  
Captain Paul Homan, director of meteorology explains to cadets how the "Magic Planet" emulates how waves propagate through the atmosphere similarly to how waves propagate through the ocean.

## Congratulations to USAFA's newest major and lieutenant colonels

### Academy Spirit staff

The Academy has one new major select and 30 new lieutenant colonel selects after the promotion results were released Thursday morning.

The Academy topped the promotion percentages in each category this year. The largest gaps in the Academy percentage and Air Force percentages were a 10-point gap for promotions to major and a six-and-a-half point gap for promotions to lieutenant colonel.

The Academy's newest major is:

**Air Base Wing**  
Tess Marcial

The Academy's newest lieutenant colonels are:

**Air Base Wing**  
Phillip Born  
Michael Jacobson



### AOC Program

James Cunningham II

### Commandant of Cadets

Gregory Christiansen  
William Dayton  
Lisa Franz  
Cheryl Ingber  
Michele Johnson  
Melissa May  
Michael May  
John Orchard Jr.  
Tracy Patterson

David Pike  
Jeffrey Schreiner  
George Sebren Jr.  
Kathrine Winans  
Paul Wood  
James Yepez

### Dean of Faculty

William Barrington  
Douglas Bayley  
Leonard Cabrera  
Richard Christensen  
John Clune

Thomas Joslyn  
Eric Moody  
Matthew Rodman  
August Rolling  
Matthew Sandelier

### Prep School

Amy Jardon

### 94th Flying Training Squadron

Christopher Kibble

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# Software evaluation finds outstanding coding in Warfighter's Edge

Academy Spirit staff

The U.S. Air Force agency responsible for scanning and discovering vulnerabilities in Air Force software applications, the Application Software Assurance Center of Excellence's Team Juno, found no major vulnerabilities in the Warfighter's Edge software during a recent trip to the WEdge offices here at the U.S. Air Force Academy.

Warfighter's Edge – better known as “WEdge” – was created by the Institute for Information Technology Applications at the U.S. Air Force Academy. WEdge is an intuitive briefing room system built for operational flying units to enhance pre-mission situational awareness. WEdge brings real-time information to the warfighter by accessing a multitude of net centric data sources and then transports that data via the use of “data tags” into a customizable format thereby dramatically reducing time spent manually retrieving, verifying, and organizing mission information.

WEdge's latest test came when Team Juno provided a week of training on both security concepts and software assurance center tools for the WEdge program from Aug. 3-7, through on-site mentoring and classroom instruction. From Aug. 10-14, the Team Juno personnel conducted a triage assessment of the Warfighter's Edge Briefing System, WEdge Google Earth Viewer (still in production) and the WEdge Web site and found the software to be secured from outside threats, a major success for the WEdge program and its users.

“This is one of the best teams we have ever assessed,” said Omar Domenech, Telos Corporation team chief, Team Juno. “The WEdge team displayed an uncommon commitment to securing their applications.”

“I have seen and met more than 400 developers and program management offices in the past two years and WEdge is engaged in some of the most forward-looking projects that I have seen in the U.S. Air Force,” said Shakeel Tufail, managing consultant, Cigital Federal.

Team Juno scrubbed all software assurance areas within the Software Development Lifecycle including source code analysis, database analysis, penetration testing and application shielding.

The team completed scans of the application at the Web page and code levels, as well as at the database level using several tools hackers employ to find holes in a system's security; from denial of service to trying to inject viruses and malicious code into the software.

“I was impressed by the desire the WEdge team had, as a whole, to insure that their applications were secure,” said Neal Champion, Coveros., software assurance specialist, Team Juno. “The level of cooperation we received from the team was exemplary.”

“I am deeply proud of our team,” said Lt. Col. Andrew Berry, WEdge program director. “We received absolutely amazing results from this training and assessment, fully supporting the professional atmosphere here at WEdge.”



Team Juno's overall goals were to install and train WEdge developers on the use of the software assurance center's software tools; provide the WEdge Team with a quick/basic overview of WEdge's application security profile; secure software development mentoring to key developers; give recommendations on improving the security of WEdge; and establish a good relationship to support ongoing interaction and collaboration between the Center of Excellence and WEdge. Those goals were met, according to members of both teams.

“The WEdge development team impressed me with their grasp of software security concepts,” said Rustin Sides, a Team Chief for another software assurance center team, also helped in the WEdge assess

See WEdge, Page 16

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# 11 cadets join Academy Aces Club

## Staff Report

The newest members of the Academy's Aces Club were honored with a dinner and reception hosted by the Dean of Faculty at the Dean's Heritage House Sept. 1.

Eleven cadets from the student population of more than 4,400 earned a 4.0 GPA, earning them face time with Lt. Gen. Mike Gould, Brig. Gen. Dana Born and other senior Academy leaders.

"This is the smallest number of Aces since the inception of this special recognition program's inception five years ago, which further highlights their respective achievements," General Born said during the event. "Those who have graduated represent the best and brightest among a phenomenal cohort of new second lieutenants in

our Air Force."

"Everyone kept saying how proud they were of what we did, and that's always great motivation to keep working hard in my classes," said Cadet 1st Class Austin Fritzke, an electrical engineering major with Cadet Squadron 19. "I felt the dinner to be a great honor, and I felt very welcome. I hope there will be even more cadets next year."

Cadet 2nd Class Joshua Monroe, a management major with Cadet Squadron 12, said he was glad for the opportunity to sit down and share a meal with Academy leaders.

"It not only makes the cadets who were at the dinner feel very appreciated, but it also gave us a unique chance to get to know the generals and their families on a more personal level, which is something not many cadets have the

Cadet	Class Year	Squadron	Major
Josiah Gaffney	2009	40	Political Science
Abigail Roger *	2009	22	Behavioral Sciences
George Sondecker****	2009	20	Mechanical Engineering
Austin Fritzke	2010	19	Electrical Engineering
Shawn Killpack	2010	17	Electrical Engineering
Millie Mays	2010	10	Mathematics
Austin McKinney*	2010	22	Management
Rexford Pearce**	2010	21	Management
Joshua Monroe	2011	12	Management
Eric Robinson**	2011	5	Mathematics
Travis Myers	2012	33	Materials Chemistry

\* Double Ace  
\*\* Triple Ace  
\*\*\*\* Denotes five-time Ace

chance of doing," he said.

Retired Col. Mick Erdle represented the Academy's Research and Development Institute as the host for the event.

Four of the honorees are 2009 graduates, five are from the Class of 2010, with two from the Class of 2011 and one cadet from the Class of 2012.

# Team USAFA prepares for ESOHCAMP Audit

## Gregory Long

Chief, Asset Management Division

An external Environmental, Safety, and Occupational Health Compliance Assessment and Management Program team composed of government and contractor experts is slated to visit the Academy Sept. 14-18.

The purpose of this event is to gauge how well the Academy complies with federal, state, local, DoD and Air Force policy and regulations.

Team members will be in contact with unit representatives early Monday morning to arrange a specific time and place for visits. Units should expect all 22 environmental, safety and occupational health protocols to be assessed. Additionally, the team will review how well the Environmental Management System is being implemented at the Academy.

Although EMS is a relatively new term, it is a fresh look at our existing programs and how we incorporate continuous improvements.

The ESOHCAMP team will ensure everyone has at least a basic understanding of EMS. EMS is a continuous improvement management system based on International Standards Organization 14000 to manage

environmental risk.

The three most significant environmental aspects at the Academy are:

- 1) Hazardous Waste Management: maintain a small quantity generator status while minimizing risk and cost.
- 2) Wastewater management: no permit violations;
- 3) Spill management: assure compliance to reduce the risk of environmental damage. Remember to call 911 for any spill and contact your unit environmental coordinator if you have questions.

By promoting the use of best management practices and a commitment to continuous improvement in order to minimize or eliminate adverse impacts to the environment, the Academy protects its community.

"Over the past year, we've all worked extremely hard in preparing for this external ESOHCAMP with our sights set on an outstanding result. Units have been busy preparing their work centers and polishing up their programs. The lead organizations (10 Civil Engineering Squadron, Safety, and Occupational Health) have been busy performing Staff Assistance Visits and verifying all previous ESOHCAMP findings are closed," said Col. Rick LoCastro, 10th Air Base

Wing commander. "Although the ESOHCAMP is technically not an 'inspection,' it's a report card of all our installation Environmental, Safety, and Occupational Health Compliance programs. Next week it's time for all of Team USAFA to shine once more, and everyone's corporation is needed to ensure a successful result."

For information on all things Academy environmental the Academy Environmental Policy can be found at <http://www.usafa.af.mil/10abw/10msg/ce/ces/cev>.

The Academy Environmental policy describes our commitment to cleaning up environmental damage resulting from past activities; meeting all environmental standards applicable to its present operations; planning future activities to minimize environmental impacts; managing responsibly the irreplaceable natural and cultural resources held in public trust, and eliminating pollution from activities wherever possible. Conformance with this environmental policy is the responsibility of all personnel at the Academy.

If you have any questions contact your unit environmental coordinator or Safety representative. You may also call Mr. Kelly Stone at 333-6455 if you have specific questions concerning the visit.

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# Soldier conquers suicidal thoughts, urges others to get help

By Mary Markos

U.S. Army Garrison Grafenwoehr Public Affairs

GRAFENWOEHR, Germany (AFNS) — Army Capt. Emily Stehr, a physical therapist with the 2nd Stryker Cavalry Regiment, is in the business of healing. But five months after returning from Iraq, she was struggling with her own internal wounds of war that had not healed. She decided to kill herself.

What stopped Captain Stehr was not the physical pain she would have endured, but the realization of the emotional pain she would inflict on the children of her close friends when their parents would tell them, "Aunt Emily is not around because she killed herself."

"I was not willing to put that pain on those children," she said. "I'd inflict the pain on my mom, my dad, all my other loved ones; but those kids, I can't do it."

What Captain Stehr did was check into Landstuhl Regional Medical Center and begin the process of healing.

"I like to think of (suicide) like cancer," she said. "I didn't even know I was sick. I just kept waiting for me to return to normal, and it never happened. Stuff kept escalating until it was either, I'll be dead or I'll get treatment."

"Looking back," she continued, "I can see the whole process, but when you're going through something like that, you're so blind because you're in your shell."

Part of her healing process was coming out of her shell and finding what she called the "tumor" — the reason for her emotional pain and suicidal thoughts.



Courtesy Photo

**Army Capt. Emily Stehr contemplated committing suicide after returning from Iraq. She now shares her story with others in the hope that they will see that reaching out for help not only is OK, but also makes the person a better servicemember.**

"I had to go back and root out what was causing the maladaptive behavior," she said. "Ultimately, unless you deal with that, it's always going to plague you. You have to deal with it head-on."

Dealing with the cause of her suicidal ideas meant dealing with the anger, grief and emotional pain Captain Stehr said she felt after returning from Iraq.

"For me, it was an accumulative trauma, watching patients die," Captain Stehr said. "I had a patient kill himself. We lost 33 people when we were down there. It is hard to see again and again and again. ... In my mind, I never really left Iraq."

Part of her struggle to return to her "pre-deployment" self, she said, included overcoming the stigma associated with seeking mental health care and discussing suicide.

"Nobody really wants to talk about suicide. People don't know what to say," Captain Stehr said. "There's shame, embarrassment. I really thought that I was weak. I bought into the whole stigma that people who are suicidal or have mental issues are weak."

Army leaders have acknowledged the stigma associated with seeking mental health treatment and have taken steps to combat that stigma as well as suicide in the service's ranks.

Although the number of suicides in the U.S. Army Europe rose from four in 2007 to seven in 2008, the effects of the Army's efforts to eliminate the stigma of seeking treatment were evident in an informal poll taken Aug. 25 at U.S. Army Garrison Grafenwoehr.

Of nearly 60 Soldiers polled, 51 percent said there no longer is a stigma associated with seeking help, and 62 percent said those who seek mental help are not seen as weak. At least one Soldier attributed this to "the change in Army culture." It is a change that starts with the leadership, said Col. James Blackburn, commander of the 2nd Striker Cavalry Regiment.

"Fundamentally, as leaders, we have to recognize there's a challenge, and in this case the challenge is cultural," he said. "We are in the profession of change, changing the culture."

With the cultural change, Colonel Blackburn and other regiment leaders supported Captain Stehr in her decision to talk to others about her suicidal thoughts.

"I strongly feel Emily's brave move to share her story with the public is exactly what the Army needs to decrease the stigma associated with seeking help," Colonel Blackburn said. "By stepping forward, she is showing other Soldiers they are not alone, and it is OK

See SUICIDE, Page 16

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By Butch Wehry  
Academy Spirit staff

Serving with a medical embedded training team at Kandahar Regional Military Hospital in Afghanistan is something of a change of pace for the 10th Medical Support Squadron's Pharmacy Flight commander.

As a mentor to the Afghan National Army's pharmacy at Kandahar Hospital, or KRMH, Lt. Col. Jeffrey Johnson advises Afghan army health care professionals on how to provide services.

"The ANA/KRMH system is very different than ours," the 10-year Air Force veteran said. "My ANA/KRMH Ancillary Services counterparts, my mentees, have a variety of 'additional duties' that we, as a pharmacy team (at the Academy), don't regularly have to do."

He is learning to deal with different strokes. For example, his number one ANA/KRMH pharmacist is also the KRMH Blood Bank director. A pharmacist would not normally be in charge of the blood bank; it would be a laboratory officer function.

"Here, though, the ANA medics view blood as a therapy, thus a 'medication,' so the pharmacy is in charge of that resource," he said. "This is just one of the differences we've had to adjust to."

The colonel's team went to the U.S. Army's nine-week Combat Skills Training course at Fort Riley, Kan., prior to deploying.

"CST is essentially Army Basic Training," Colonel Johnson said. Training included firing and qualifying on a .50-caliber machine gun, convoy security and tactics, combat lifesaver training, small unit tactics and counter-insurgency doctrine along with cultural awareness.

Helmand Province, where a lot of current combat

# 'Our work here is necessary'



Courtesy Photo

**Lt. Col. Jeffery Johnson, medical embedded training team takes a break from his work in Afghanistan to pose for a quick photo.**

operations are taking place, is about 45 minutes from the hospital by helicopter. Many wounded Afghan army personnel are flown into the regional hospital as a result, the colonel said.

The language barrier can be a real challenge.

"Fortunately, we have a pool of really good local interpreters that helps a bunch. My interpreter is a young 22-year old Afghan who is my lifeline in communicating with my Afghan counterparts," Colonel Johnson said.

At times, however, the cultural barrier requires changes to how the colonel and his team mentors their Afghan army partners, he said. There's also the lack of overall education amongst the greater population

"It creates issues when approximately 70 percent of

the populace can't read," he said. "This really makes it difficult to explain concepts when you must rely entirely on the spoken word versus being able to write something down in support of the spoken concept."

His primary interactions are with the team's three pharmacists, one pharmacist extender nurse with physician assistant and pharmacy training, the lab, and radiology team. As a medical deputy team chief, he has also worked with the KRMH commander and deputy commander.

He manages to stay in contact with his family.

"Our Internet access is a bit challenging at times," Colonel Johnson said. "When we can get to one of the Morale, Welfare and Recreation computers, we can use instant messaging software, and that helps. At our office, we have one Defense Switched Network line that provides another port of access to morale calls as well. My family and I have been doing pretty well in staying in touch."

The colonel said he derives satisfaction from this deployment.

"We are working to build a sustainable system that will help the people of Afghanistan well into the future," he explained. "The relationships we're building with the Afghan army and the health care professionals we're mentoring are vital in helping us in our joint mission of building a stronger, self-supporting Afghanistan."

The colonel expects to return to the Academy in January 2010.

"I will forever be connected to Afghanistan and its people," Colonel Johnson said. "I have become very connected with my mentees, and am confident I'll stay in contact with them as best I can. I believe our work here is necessary. We are doing good work. We need to stay the course and continue to help these outstanding folks improve their nation."

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# Academy parachutists go international

By Ann Patton  
Academy Spirit staff

Four Academy Class of 2009 graduates traveled to Lucencec, Slovakia, for the 34th World Military Parachuting Championships Aug. 14-23.

The events were sponsored by the Conseil International du Sport Militaire.

Teams are chosen from active duty members of the U.S. military. The Army's Golden Knights Formation team traditionally represents the U.S. men's team but chose to concentrate this year on preparing for the U.S. national championships instead. They did, however, vie for team slots against the Academy parachutists.

Second Lts. Brooks Crane, Jim Miltenburg, Cory Hickerson and Addison Schenk all previously served as members of the Academy's "Wings of Blue" parachute team. With the exception of Crane, who is headed to graduate school, all are slotted for pilot training following the competition, which fielded 34 men's teams and eight women's teams involving 150 men and 45 women from 34 countries.

Dan Cook of the Golden Knights rounded out the U.S. men's team numbers.

The U.S. women's team included Angela Nichols, Khalida Hendricks, Danielle Woosley, Laura Dickmeyer, and Jennifer Scheben, all members of the



Photo by Marty Jones

Four '09 Academy grads and one Golden Knight competed last month for the U.S. in the World Military Parachuting Championships in Slovakia. Teams competed in the four-way formation, accuracy and style.

Golden Knights.

Army Lt. Col. Anthony Dill, Golden Knights commander, served as mission chief and Academy parachuting coach Bill Wenger, 98th Flying Training Squadron, filled the position of team leader. Academy equipment specialist Marty Jones with the 98th FTS stepped up to the plate as cameraman for the U.S. team.

Teams competed in three categories: four-way formation, accuracy and style. Competition was fierce for the men's team, which averaged just three years in the sport, against other teams who averaged 20-plus years. They placed 24th overall.

The women's team placed sixth in team accuracy and captured a bronze medal behind France and Belarus overall. Nichols placed tenth in the individual style competitions.

"These are by far the youngest and most inexperienced teams the U.S. has fielded in many years, and only one member had any international experience," Coach Wenger said. "They did an outstanding job in stepping up to the challenge."

He said the team worked and competed hard. Preparation and training began early this year, with training wrapping up a week before departure to Slovakia.

Coach Wenger pointed out that previously only two or three teams had been competitive in the four-way. This year, out of the 26 teams, 15 were competitive, including the U.S. team, which placed eighth.

CISM's military world games promote friendship through sport. The first of the Military World Games took place in 1995 to celebrate the 50th anniversary of the end of World War II and the ratification of the United Nations organization charter.

Coach Wenger expressed his pride in both teams' performance.

"As team leader and coach, it was a real privilege to be part of this team. It is always gratifying to see how our different services work together," he said. "The new lieutenants represented the U.S., the Air Force and the Academy in an outstanding manner."

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# Regular eye exams keep life in focus

By Ann Patton  
Academy Spirit staff

Things looking a little fuzzy or foggy? Can't read street names? Can't read the crawlers at the bottom of the TV screen? Having trouble focusing on close-up tasks?

It may be time for an eye exam. "I recommend eye exams every one or two years," said Capt. Loralee Hodges, an optometrist with the 10th Medical Group.

Baby boomers, or those born between 1946 and 1964, are at an age when many may be affected by vision problems, according to the American Optometric Association.

"As people age, more things affect your eyes," Captain Hodges said.

One age-related vision disorder is cataracts, cloudy or opaque areas in the clear lens of the eye that result in contrast sensitivity, a dulling of colors and increased sensitivity to glare.

Another age-related disorder is macular degeneration, which causes a loss of central vision.

Diabetic retinopathy causes progressive damage to the retina, the



Photo by Ann Patton

**Capt. Loralee Hodges, an optometrist with the 10th Medical Group, recommends regular eye exams as part of health care. Early detection is key for optometrists to treat a number of sight disorders.**

light-sensitive lining at the back of the eye. If not treated, the condition can lead to blindness.

Glaucoma, a group of diseases characterized by damage to the optic nerve, can result in peripheral vision loss.

Captain Hodges said cataracts and

most other diseases of the eye are slow to progress, and patients may not be aware of deteriorating vision. Early detection is key to proper treatment.

"We would rather catch something early," she said.

The AOA recommends children's vision first be tested at 12 months,

then at three years and every year thereafter while they're in school.

"School screenings are great, but they can be missing something," Captain Hodges stressed. "They need screening more closely."

Close-up school work like reading and writing require good vision.

"Kids focus strongly, putting a strain on their eyes," she said.

Poor vision can also slow youngsters down physically, even to the point of becoming clumsy, and even a slight vision impairment can affect sports performance. In some instances, children who have trouble reading may be considered slow learners when the actual problem is poor vision.

Between eye exams, parents should be watchful of a variety of signs of impaired vision, including squinting, red eyes, watering, rubbing the eyes or if one eye turns in or out.

The good news is that eye care professionals are trained to recognize and treat disorders.

"What's great about my job is making patients see just how well they can see," she said.

## ESOH CAMP audit just around the corner

The Environmental, Safety, and Occupational Health Compliance Assessment and Management Program is a comprehensive audit program that evaluates an installation's overall compliance with environmental, safety, and occupational health laws and regulations. The ESOHCAMP audit will be conducted the week of Sept. 14.

This year's audit will be an external audit conducted by an external team of military, civilian, and contractor personnel. The Academy's Environmental Flight, Bioenvironmental Engineering Flight, and Safety Office will conduct assistance visits to assist all Academy organizations to prepare for the audit. The audit team will out-brief findings to the DRU ESOH Council.

### Questions?

Point of contact for the ESOHCAMP audit is Phil Marne at 333-6716 and for the ESOHCAMP preparation is Kelvin Stone at 333-6455.

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Prep-School Cadet Candidate Clinton Ramos from Dallas, is greeted with a big hug from his mother Lisa. "We drove all night to be here!" Families were reunited at the U.S. Air Force Academy during Parent's Weekend, Sept. 4.



Cadet 3rd Class Woody Go gives a brief overview and answers questions about glider operations. Cadet 4th Class Michael Wurth, his brother Rob and father Paul toured the airfield open house, Sept. 4 during the U.S. Air Force Academy Parents' weekend.

# Falcon, Husky victories top off Parents' Weekend

By Ann Patton  
Academy Spirit staff

For Preppies and cadets alike, it was a chance to relax, get off the Hill and away from school and visit with the folks, perhaps for the first time since climbing on the bus during in-processing.

The Academy's annual Parents' Weekend kicked off Sept. 4 with the opportunity for cadets and their parents to have breakfast together in the dining hall and closed Monday with final farewells over lunch.

In between the hellos and farewells, parents had the opportunity to visit classes, view the Cadet Wing parade complete with the Wings of Blue and glider demo, enjoy get-togethers, open houses and tours of the airfield, chapel and flight simulator.

The weekend also gave parent and visitors the opportunity to catch both the Prep School and Academy football debuts.

The Preparatory School Huskies easily tamed the Broncos of Garden City Community College 20-13 on the Prep School turf Friday afternoon. The Falcons pummeled Nicholls State 72-0 in its home football opener in Falcon Stadium.

Cadet 3rd Class Alison Ceranski, Cadet Squadron 11, took time to catch up on her sleep during the weekend.

"I slept very well every single night," she said.

The cadet enjoyed visiting with her mom and grandfather who

traveled from Milwaukee for the event.

The trio took time to visit Pikes Peak and Garden of the Gods, among other area attractions.

"I was glad to see them. It was the best weekend so far," she said.

Cadet 4th Class Class Mark Kaminski, CS-20, took to the skies with his parents. They went bungee jumping.

His parents and younger brother traveled from Great Meadows, N.J.

"We definitely had a great time," he said and added he is eyeing parachuting while at the Academy.

Cadet 4th Class Jeff Wagner, CS-36, visited with his parents and brother from Florida. The family enjoyed area restaurants, relaxation and movies.

"I had no idea what was playing in theaters," he said.

"It felt great, really great," he said of the weekend. "The worst was coming back."

Cadet 2nd Class Frank Adamik, also CS-36, may have ended up with the short end of the stick for Parents' Weekend, but he wasn't complaining.

"I sat CQ most of the weekend," he said with a smile.

His parents have visited the Academy for two previous Parents' Weekends but not this one, and he misses his family.

"I haven't seen them since Christmas," he said.



A TG-10 Charlie glider flies over Stillman Field prior to the Cadet Parade. The flyover was part of a glider demonstration for Parent's Weekend.



Jack Montgomery, right, father of Cadet 3rd Class Tate Montgomery, receives instruction from Lt. Col. David Christensen while flying the flight simulator in Fairchild Hall Sept. 4.



Cadet 2nd Class Michael Celio and his family are briefed by Instructor of Biology Lt. Col Leon Barringer prior to a lab experiment during Parent's Weekend Sept. 4.



# AF blasts Nicholls State 72-0 in home opener

By Staff Sgt. Don Branum  
Academy Public Affairs

Air Force scored early and often, handing the Nicholls State Colonels their worst loss in the school's history with a 72-0 blowout at Falcon Stadium Sept. 5.

The Falcons' defense set the tempo for the game, recovering four of the Colonels' five fumbles and keeping Nicholls State out of the red zone, while the Falcons' offense converted the Colonels' turnovers into 24 points and moved the ball almost at will.

"The one thing that was evident is that our guys were excited to play," said Falcons head coach Troy Calhoun after the game. "I was really pleased with the preparation for this game."

Falcons fullback Jared Tew set a new career record for rushing touchdowns, scoring three in the first half. Second-string quarterback Connor Dietz led overall rushing with 83 yards on seven carries, followed by second-string fullback Nathan Walker, who had eight rushes for 73 yards.

Overall, the Falcons ran for 474 yards and eight touchdowns on 68 carries. Air Force was less prolific in the air, with starting quarterback Tim Jefferson completing 5 of 7 passes for 102 yards and one touchdown, including a 57-yard pass over the middle to Kevin Fogler for a score.

Nicholls State surprised Air Force early with a fake punt from their own 2 yard line with the Falcons leading 7-0. Colonels fullback Marlin Meeks pushed through the middle of the Falcons' defensive line, gaining 28 yards. But Air Force responded on the next play, hitting quarterback Caston LaQuinton for a one-yard loss and strip-

Next game  
Sept. 12  
at Minnesota  
Kickoff: 5:00 p.m. MT  
TV: Big 10 Network



ping the ball. Falcons inside linebacker Justin Moore recovered the ball at the Colonels' 32, leading to Air Force's only field goal of the day.

The turnover apparently took the wind out of Nicholls State's sails. The Colonels managed only 151 yards of total offense on 57 plays and were one for 14 on third-down conversions. Nicholls State didn't see the Falcons' side of the field until 1:33 into the second quarter, where the Falcons again stripped the ball from LaQuinton.

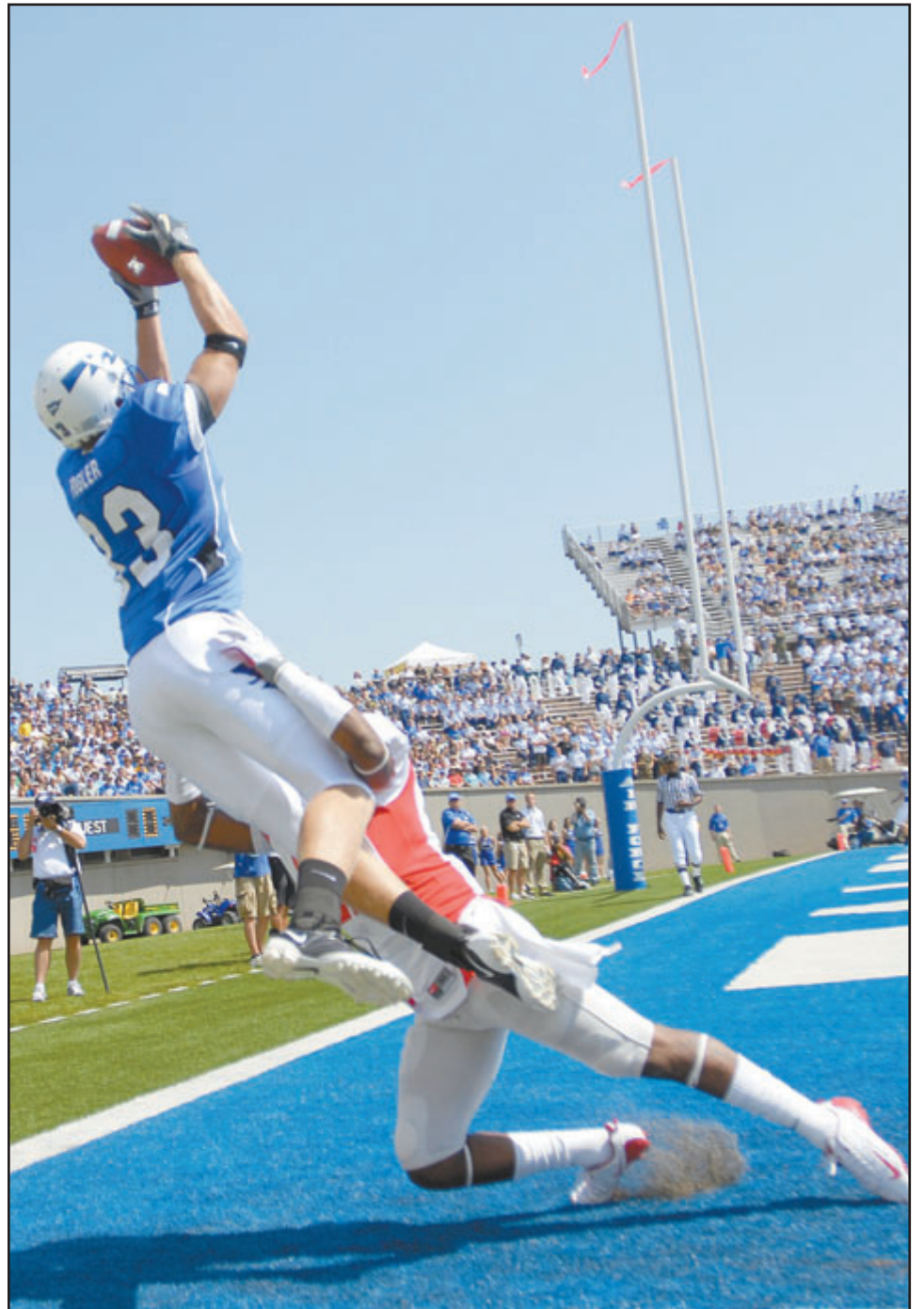
"We've got a lot of work to do, obviously," Nicholls State head coach Jay Thomas said. "I felt like our guys played hard — we just could never get anything going at all."

Freshmen on both teams had a chance to play during the second half.

"You can't replace what it means for anybody to ... get into a game, be a part of a winning team, and for your family to be here, too, because most of the (cadets') families were in town this weekend," Calhoun said.

The coach said the Falcons still needed some work, offensively and defensively.

"Any time you have seven penalties, that's definitely something you need to work on," he said. "Offensively, any time you take a sack in the red zone — it can't happen." And while the Falcons capitalized on bad center-quarterback exchanges by Nicholls State, the defense needs to force more turnovers.



Photos by J. Rachel Spencer

Nicholls State cornerback Bobby Felder knocks Air Force wide receiver Kevin Fogler out of bounds during the Falcons' home opener against the Colonels at Falcon Stadium Sept. 5, 2009. Air Force had 102 passing yards and one touchdown on five completions by Falcon quarterback Tim Jefferson en route to a 72-0 victory.



Justin Moore (left), Falcon inside linebacker, teams up with, Jordan Waiwai, outside linebacker, to stop the Colonels from advancing. The Falcons defense only allowed Nicholls State to convert on one third down Saturday.



Falcon fullback Jared Tew breaks a tackle in Saturday's 72-0 win over Nicholls State. Tew set a new career record scoring three touchdowns in the first half.



# Volleyball team looks to add to the win column

By Valerie Perkin  
Athletic Media Communications

The Air Force volleyball team continues its season-opening road trip this weekend as it travels to Conway, Ark., for the 2009 Sugar Bear Classic.

The Falcons, who are 5-3 on the season, will face Louisiana Tech, Central Arkansas, Arkansas-Pine Bluff and Louisiana Monroe during the two-day tournament at the Prince Center on the campus of Central Arkansas.

The Falcons have only faced two of the four teams a combined two times. Air Force is 1-0 all time against Louisiana Tech. after sweeping the Lady Techsters in 1998. Central Arkansas holds the 1-0 series advantage, having defeating Air Force in straight sets at the start of the 2006 season. Saturday will mark the Falcons' first meeting with both Arkansas-Pine Bluff and Louisiana Monroe.

Both of Air Force's opponents on Friday have winning records (Louisiana

Tech/6-2, Central Arkansas/4-2), while both of Saturday's foes are below .500 (Arkansas-Pine Bluff/0-5, Louisiana Monroe/1-6).

Air Force's 5-3 start to the 2009 season is its best eight-match opening since 2003. That year, the Falcons posted a record of 6-2 during their first eight matches. Air Force's best eight-match start to a season since joining Division I was in 1999, when the Falcons rolled to an early 7-1 record.

The Falcons have cleared the 20-point plateau during 22 of their 27 sets this season, not counting the 15-point fifth set.

Air Force, which has reached the winning 25-point mark on 13 occasions, has only missed that mark five times. Just eight matches into the season, the Falcons are almost halfway to last season's total of 49.

Caroline Kurtz and Maiya Perich currently lead the team in service aces, with 11 apiece. Grace Konstanzer is ranked second with seven, while three



Air Force volleyball team huddles during a match at a tournament in Denver last weekend. Air Force's 5-3 start to the 2009 season is the best opening since 2003.

others (Jessica Hellmann, Michelle Harrington and Kelly Spencer) have each contributed three.

Air Force opens Mountain West Conference play at Utah (Sept. 17) and BYU (Sept. 19).

# AF announces women's b-ball 2009-10 schedule

By Nick Arseniak  
Athletic Communications

Sixteen home games, including three televised regular-season games, highlight the 2009-10 Air Force women's basketball schedule, announced this week by head coach Ardie McNelly. Including its opening exhibition game with UCCS on Nov. 6, the Falcons play 17 home games.

The Falcons play three games that will be televised by the Mountain West Sports Network. Air Force's first televised game will be at BYU on Jan. 13, and will be televised by BYU TV and the Mtn. The Mtn. will also televise Air Force's home game vs. UNLV on Jan. 26 and a road game at Colorado State on Feb. 9.

Air Force has 13 non-conference and 16 conference games on its slate. Eight of the non-conference

games are at home. The Falcons open the season at the Islander Tip-off Tournament in Corpus Christi, Texas, Nov. 13-14. The Falcons open Nov. 13 against tourney host Texas A&M Corpus Christi and will take on either Alabama or Tennessee Tech on Nov. 14.

Air Force opens its home slate Nov. 17, hosting Adams State. Two days later, AFA hosts Portland on Nov. 19. The Falcons then hit the road over Thanksgiving break, taking on Army on Nov. 25 and Stony Brook on Nov. 27.

Air Force returns home to host the Air Force Classic, Dec. 4-5. The Falcons take on Chicago State on Dec. 4 and Drake on Dec. 5. The Falcons follow the AFA Classic with home games Dec. 9 vs. Denver and Dec. 19 vs. Bradley. After a road trip Dec. 22 to Navy, the Falcons close out non-conference play with

home games Dec. 30 vs. Northern Colorado and Jan. 2 vs. Western State.

The Falcons open Mountain West Conference play hosting TCU on Jan. 6 and Colorado State Jan. 9, then hit the road Jan. 13 at BYU and Jan. 20 at Wyoming. Air Force then hosts Utah on Jan. 23 and UNLV on Jan. 26 before a road trip to Wyoming Jan. 30.

The Falcons return home to host San Diego State Feb. 3, before heading back out on the road to play at TCU Feb. 6 and at Colorado State Feb. 9. After home games with BYU Feb. 13 and New Mexico Feb. 20, AFA hits the road again for games at Utah Feb. 24 and UNLV Feb. 27.

Air Force plays its final home game March 3, hosting Wyoming. The Falcons wrap up the regular season March 6, at San Diego State.

# Medics down Cops 19-0 in intramural action

By Dave Castilla  
Intramural Sports Director

In Tuesday night football action, last year's base champion, Hospital, came out in championship form as they throttled the Cops 19-0.

Both teams' defensive starts were superb in the opening minutes as the medics went four and out followed by the cops doing the same.

Darell Holden, Medics quarterback,

threw an interception on their next set of downs. However, the cops couldn't capitalize and had to kick.

Dwight Preston, Medics punt returner, returned the cops punt to the 39 yard line. The next play Holden hooked up with Erik Gulick, Medic receiver, for a touchdown down. Holden ran the extra point in making it 7-0.

As the clock was headed to half-time Gulick intercepted a pass from

Dan Garber, Cops quarterback. Holden marched his troops down to the 6 yard line when time ran out.

In the second half, Garber hit George Callaway with two passes that put the cops down to the 34 yard line. The Medics' defense stiffened and the ball was turned over on downs.

The Medics continued in the second half the way they ended the first, moving the ball to the Cops' 25 yard line. Holden connected with Keith Brownlee, Medics

receiver, with a 15-yard pass to the 10 and then it was Holden to Gulick on a 10 yard strike to the right corner of the end zone for six.

The extra point was no good and the medics were up 13-0.

The final score came off a Garber interception that was returned to the 16 yard line. The final score came as Holden, once again, found Gulick in the right corner for a 2-yard touchdown, making the final score 19-0.

## East meets West

The 12th-ranked Air Force water polo team plays at home for the only time this season as it hosts the East Meets West Tournament this weekend, Sept. 11-13. The Falcons will welcome No. 15 St. Francis and Cal Baptist, as well as club team Lindenwood, during the three-day tournament. East Meets West Schedule.

This weekend, Air Force, Cal Baptist and St. Francis will all play each other twice. In addition, Lindenwood will get one game against each team while also playing several contests against the Falcons' 'B' team.

The primary schedule for the weekend is listed below:

**Friday, Sept. 11**  
4:00 p.m. Lindenwood vs. Cal Baptist

7:30 p.m. Air Force vs. Cal Baptist

## Saturday, Sept. 12

8:00 a.m. St. Francis vs. Cal Baptist  
11:30 a.m. Air Force vs. Cal Baptist  
3:00 p.m. Air Force vs. St. Francis  
7:00 p.m. St. Francis vs. Cal Baptist

## Sunday, Sept. 13

9:00 a.m. Air Force vs. St. Francis  
11:30 a.m. Air Force vs. Lindenwood  
2:00 p.m. St. Francis vs. Lindenwood

## INTRAMURALS Flag Football

### STANDINGS

Team	Won	Loss
1. PREP	2	0
2. 10 MDG	2	1
3. 10 CES	1	0
4. 10 SFS	0	2
5. 10 CS	0	2

### Sept. 1st

PREP	12	MDG	6
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### Sept. 3rd

MDG	28	10 CS	6
PREP	27	10 SFS	6

### Sept. 5th

CES	21	10 CS	6
MDG	19	10 SFS	0



## WEge

From Page 4

ment. "They're a prime example of exactly what the team looks for in a security conscious development team ... we found this assessment to be a guiding light for the U.S. Air Force to be proud of."

"Our customers can feel confident that their data is safe when using our products," said Kirk Lipscomb, WEge training manager.

WEge developers plan to use the software assurance center processes and scanning tools, regularly to improve the WEge software's security.

"The center's teams provide an outstanding service in the defense of our networks, said Colonel Berry. "There is no better organization in security of application development in the entire DoD."

Warfighter's Edge is a follow-on to Briefing Room Interactive, where the

idea of linking computer slideshows with simplicity was developed. A growing interest in the program resulted in further WEge development at the U.S. Air Force Academy. The managers of the project received the 2007 Air Force Research and Development Award for their efforts in making the program a success.

WEge is a project of the Institute for Information Technology Applications. The Institute develops research topics, selects researchers, administers

sponsored research, publicizes results, and hosts conferences and workshops to facilitate the dissemination of research findings to a wide range of private and government organizations. In addition, IITA seeks to help prepare Academy graduates for a high-technology Air Force by involving cadets in research projects as researchers.

WEge is now Air Combat Command's briefing system of record and is free for all Air Force users.

## Suicide

From Page 6

to talk about what is troubling them.

"We've got to make people understand," he continued. "Scars! You've got them, I've got them, we've got them. Some are visible. Some are not visible. Everybody deserves a chance to be successful. Part of that is tearing down the stigma associated with any illness, any scar, that you incur while in the Army, or even before you came in. You are ours now, and we will put you in a position to be successful."

Talking about mental illness and suicide is the only way to prevent others from taking their lives, Captain Stehr said.

"It has nothing to do with being strong or being weak; you're sick," she said. "The correct philosophy

is that you're a human, and sometimes crap happens, and you have pain. But you need to deal with your pain. Get help when you need it. Take care of yourself emotionally, mentally, psychologically. It's going to make you a better Soldier."

Colonel Blackburn agreed, saying Soldiers who seek help "are strong."

"They're strong because they are able to examine themselves and know there's something wrong," he said. "Most people generally don't say, 'I have a problem.' And this population of our Soldiers (is) strong because they have the fortitude to do a self-examination, and they know the result. They don't conceal it, they let it out. That's a strong population, not a weak one."

To stay strong, Captain Stehr said, all Soldiers need to offer support and be willing to listen and

talk. But, she said, it is not as easy as just asking people if they are going to hurt themselves.

"It is never that easy. There is no 'easy' about any of this," she said. "Encourage that person, and be there for them. The more we talk about it, the better off we are."

Colonel Blackburn encourages Soldiers to reach out and get the help they need.

"If you are hurting in some way, if something's on your heart, or something's on your mind, reach out," he said.

"If you hold it in, it won't do you any good," he added. "It won't do your immediate family any good. It won't do your extended family any good. And it certainly won't do your battle buddy any good. We are here to help you."

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**Visitor Center Closing**

The Academy Visitor Center will be closing at 2 p.m. on Sept. 15 to remove potentially unsafe boulders from the hill behind the building. Please stay clear of the area surrounding the Visitor Center. For more information contact Visitor Center staff at 333-7743.

**Education Fair**

Education Services and the 10th Medical Group will hold an education fair Nov. 19 from 11 a.m. to 1 p.m. in the Academy Clinic lobby area. This is a great opportunity to meet with representatives from local colleges and universities to find out about education programs that can help you meet your education and career goals. Representatives will be available to discuss a wide variety of programs suited to the

needs of both the traditional and the nontraditional student. All are welcome to attend—come join us and see how far education can take you! For more information call the education office at 333-3298.

**Cadet Sponsorship office short 200 sponsors**

The Air Force Academy Cadet Sponsor Office still needs 200 sponsors for the Class of 2013. Volunteers may be active-duty or retired and should be O-3 or above if officers, E-6 or above if enlisted, or GS-05 or above if civil service. Volunteers must also be at least 28 years old. For more information on the Cadet Sponsor Program, see the Sponsor Handbook online by logging on to the USAFA Web site, <http://www.usafa.services.com/cadets/spoonbook.htm>. If you are interested in becoming a cadet sponsor, contact the Cadet Sponsor Office at 333-2727 or via e-mail at [cadet.sponsor@usafa.edu](mailto:cadet.sponsor@usafa.edu).

**Parade float**

Team USAFA is looking for members of the Veterans Day Parade Float Committee (design and construction). No skill level is too small, and ideas and past experience are welcome. Members will meet to design and build the float approximately every other week until October, then weekly until the Parade Nov. 7. For more information, e-mail [megan.stclair@usafa.af.mil](mailto:megan.stclair@usafa.af.mil) or [todd.farlee@usafa.edu](mailto:todd.farlee@usafa.edu).

**Temporary closure**

The 10th Force Support Squadron Customer Service Section will close Monday for Defense Enrollment Eligibility Reporting System upgrades. DEERS-associated transactions such as issuing ID cards, PIN resets or updates to any dependent or member information will be unavailable. Alternate DEERS and customer service locations include Peterson Air Force Base (556-4673), Schriever AFB (567-5900) and Fort Carson (524-3704). Customers should call one of these locations in advance to ensure these bases' DEERS terminals are operable. Call 333-8750 for more information.

**Ongoing roadwork**

The eastbound lanes of North Gate Boulevard will be closed through Oct. 6 to repave deteriorated roadway surfaces and install drainage lines. Traffic will be reduced to one lane in each direction. The speed limit on the affected area of North Gate Boulevard is 25 mph. For more information, call Christopher Padilla at 896-6445.

**Strength training**

Many activities continue at the Academy Health and Wellness Center, including a new strength training class called "Basics to Strength Training." If you're intimidated by strength training machines and techniques, then this class is for you. Every Friday at 8 a.m., Sharon Hawkes, fitness program manager, and assistant Victoria Green will teach. The goal is to ensure attendees learn to create a more efficient, productive, and healthy exercise routine. The staff will help demonstrate correct lifting technique, the proper machine functions, and the

overall basics to an effective exercise routine. Call 333-3733 or 333-4522 for more information.

**Sept. is cholesterol month**

The Academy Health and Wellness Center staff offers several services for National Cholesterol Month, including LDL and HDL level readings, a Healthy Lifestyle 101 class and ongoing nutrition and cholesterol education. A commissary tour to identify food items with cholesterol is scheduled for Sept. 16 and 30 from 9-10 a.m. Call 333-3733 for an appointment or more information.

**Spaced out?**

There's space available at the Milazzo Center and Community Activities Center downstairs for functions. Rooms are available for military functions, retirements, promotions, dining in/out, off sites, meetings and training sessions, etc. Call 333-2928 to make an appointment to visit facilities.

**A&FRC offerings**

The Academy's Airman and Family Readiness Center hosts the following classes in September. Call 333-3444 with questions or to register.

**Pre-separation counseling**

Held 2 to 4 p.m. every Monday (except during Transition Assistance Program week); Separating or retiring from the Air Force in a year or less? This mandatory briefing identifies benefits and services associated with transition and beyond.

**VA briefing**

Sept. 28; 8 a.m. to noon.

This briefing provides a comprehensive overview of Veterans Administration benefits for separating or retiring military personnel. Topics include: medical care, disability compensation, education, vocational training, vet preference, small business loans, home loan guarantees, and more.

**Sponsorship training**

Thursday; 8 to 9 a.m.

This class is for those who have been assigned to sponsor a newcomer to the area. Contact your unit sponsorship monitor for details.

**Medical records review**

Monday and Sept. 28; 7:30 a.m. to 4:30 p.m.

Individuals within 180 days of retirement or separation can have the DAV review their medical records in preparation of filing for VA Disability Compensation through the VA Form 21-526.

**Smooth Move**

Tuesday; 3 to 4 p.m.

Learn innovative and proven ways to make your move a smooth one. This is a mandatory class for individuals departing the Academy.

**Troops to Teachers**

Wednesday; 11:30 a.m. to 1:30 p.m.

This workshop provides information for military personnel interested in beginning a second career in public education as a teacher. Learn how you can make the transition to this rewarding career.

**Newcomer's Orientation and Information Fair**

Thursday; 9 a.m. to 4:30 p.m.

Mandatory orientation for all newly assigned USAFA personnel. Spouses welcomed. Event is held at the Milazzo Center.

**Resume Writing**

Sept. 18; 9 a.m. to noon

Learn different types of resume and cover letter styles and how to make them more effective. Learn to entice an employer to call for an interview.

**Transition Assistance Program seminar**

Sept. 22-25; 7:30 a.m. to 4:30 p.m.

Separating in a year or retiring in two years or less? The Transition Assistance Program workshop is designed to provide the knowledge and skills necessary for a successful transition into the civilian workforce. Learn interviewing skills, resume writing, networking, negotiations, dress for success, and much more. Call now to reserve your spot. Plan to attend well in advance as these workshops fill up quickly.

**Newcomers' Red Carpet Base Tour**

Sept. 25; 8:45 a.m. to 2:30 p.m.

This informative, fun-filled, base tour gives insight into the Academy's mission and reveals most of the events/activities at the Air Force Academy. Stops include: USAFA Stables, cadet chapel, Arnold Hall, skills development center, outdoor recreation, and much more.



**Bear Creek Nature Center**

The Bear Creek Nature Center offers programs for all ages. Reservations are required; to reserve your spot, call 719-520-6387.

**Honey Harvest**

Saturday, 9 a.m. to noon

Honeybees make honey, pollinate plants, and offer a fascinating glimpse into the animal world. Watch beekeepers extract honey from the comb and enjoy a sample, discover the A, B, C's of bee biology, create a "bee-utiful" craft, and buy local honey products. Cost is \$4 for members and \$5 for non-members.

**Teddy Bear Picnic**

Sept. 19, 11 a.m. to 1 p.m.

Children are invited to bring their favorite teddy bear for a hiking adventure in Bear Creek Park. After the hike we'll enjoy our favorite picnic, story, and a teddy bear parade. Cost is \$3 for members and \$4 for non-members.

**Bear Creek Stewardship Day**

Sept. 26, 9 a.m. to noon

Calling all helping hands! Scouts, families, teens, and others are invited to give back to the park by working in the native water-wise gardens and along the trails completing various projects. Admission is free, but bring your own gloves. The center is located in the western portion of the Bear Creek Regional Park near 26th Street and Lower Gold Camp Road at 245 Bear Creek Road, Colorado Springs, CO 80906. For more information, log on to their Web site at [http://adm.elpasoco.com/Parks/Bear\\_Creek\\_Nature\\_Center.htm](http://adm.elpasoco.com/Parks/Bear_Creek_Nature_Center.htm).

**SCHEDULE OF WORSHIP**

**CADET CHAPEL**

Call 719-333-2636 for more information.

**Buddhist**  
Wednesday - 6:30 p.m.

**Jewish**  
Friday - 7:00 p.m.

**Muslim**  
Friday Prayer - 12:15 p.m.

**Protestant**  
Traditional Worship  
Sunday - 9:00 a.m.  
Liturgical Worship  
Sunday (Music Room) - 10:30 a.m.  
Contemporary Worship  
Sunday - 11:00 a.m.

**Roman Catholic**  
Mass  
Sunday - 10 a.m.  
Academic Year, when cadets are present  
Mon, Tues, and Thurs - 6:40 a.m.  
Wednesday - 6:30 p.m.

**Sacrament of Penance**  
Sunday - 9:15-9:45 a.m.  
Academic Year, when cadets are present  
Wednesday - 5:30-6:15 p.m.

**Exposition of the Blessed Sacrament**  
Academic Year, when cadets are present  
Wednesday - 5:30-6:20 p.m.

**Paganism/Earth-centered Spirituality**  
Contact TSgt Longcrier at 719-333-6178 or [Robert.Longcrier@usafa.edu](mailto:Robert.Longcrier@usafa.edu)

**COMMUNITY CENTER CHAPEL**

**Catholic Masses:**

**Saturday**  
Reconciliation - 3:30 p.m.  
Mass - 4 p.m.

**Sunday**  
Mass - 9 a.m.  
Religious Formation - 10:15 a.m.  
(September - May)

**Tuesday-Friday**  
Mass - 11:30 a.m.

**Protestant Services:**

**Wednesday**  
Wednesday Night Live - 6 p.m.  
Dinner followed by Religious Education  
(September - May).

**Sunday**  
Evangelical - 10:15 a.m.  
Gospel - 11:30 a.m.



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