

Q&ASenior NCO speaks out on mentorship
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Academy SPIRIT

**SPRING
FORWARD**
**TURN CLOCKS AHEAD
1 HOUR SUNDAY, 2 A.M.**

Veteran Affairs undersecretary and National Character and Leadership Symposium speaker Allison Hickey chats with cadets Friday. Hickey is a 1980 Academy graduate and served 27 years in the Air Force, reaching the rank of brigadier general before retiring in 2007.



MIKE KAPLAN

Embracing the uncomfortable

Leadership emerges in difficult situations, says VA official

By Amber Baillie
U.S. Air Force Academy Public Affairs

This year's Academy Character and Leadership Award recipient closed the two-day symposium, featuring 50 discussion panels and speakers, with a frank message on engaging with rather than fleeing from life's uncomfortable moments. Allison Hickey, Class of '80 and

the Under Secretary for Benefits in the Department of Veterans Affairs, emphasized to Academy cadets, personnel and community guests to push through and do the right thing when uncomfortable feelings, conversations and decisions surface.

"True leadership emerges from the moments that make us feel most uncomfortable" she said. "If you can't recognize and feel the uncomfortable, how are you going to know how to respond to it effectively? If you're comfortable all of the time,

you don't have to dig deep and find yourself in it."

During her first semester here in 1976, a part of the Academy's first class to include women, Hickey said female cadets were required to wear different uniforms than their male classmates, sporting untucked shirts and unattractive hats.

"I was uncomfortable that I didn't look sharp like my cadet brothers — so I spoke up," she said. "I sent a proposal to the Academy Uniform Board that was then forwarded to the Pentagon and approved for the

entire Air Force. Six months into my first year here, I was changing the U.S. Air Force for women across the nation."

Hickey said she felt awesome for about a minute or two and uncomfortable for the next two years.

"Speaking up for change really mattered but suddenly made me really unpopular with a whole group of people," she said. "I was cornered in Mitchell Hall by a cadet who got in my face and said, 'If I could take you behind a barn right

See LEADERSHIP Page 14

'Never give up:' Former 'Lost Boy' speaks to cadets at NCLS

By Ray Bowden
U.S. Air Force Academy Public Affairs

John Dau wasn't like most speakers at the 2015 National Character and Leadership Symposium here Feb. 27.

The tall Sudanese-born Dau, 41, was a "Lost Boy," a title no other NCLS speaker could hold, and the name given to the thousands of young Sudanese men who walked more than 1,000 miles from Ethiopia to Kenya after fleeing the Republic of South Sudan when it collapsed under the weight of political and religious strife in the 1980s. In 1983, President Nimeiry, the fourth president

of Sudan, declared Sudan an Islamic state. Senior military officers staged a coup in the Republic in 1985, suspending the country's 1983 Sharia-based constitution but Sharia Law was never rescinded.

"The new prime minister implemented Sharia Law in this non-Islamic country," Dau said from the Arnold Hall stage. "Most of the people were Christian."

The Second Sudanese Civil War between the Muslim-controlled government in northern Sudan and the non-Muslims in Southern Sudan began, and the government responded by going village to village and "killing anyone they

See LOST BOY Page 14



John Dau (right) chats with Lt. Col. Odaro Huckstep, a Biology Department assistant professor here, Friday in Arnold Hall.

RAY BOWDEN

On mentorship: An Academy NCO speaks out

U.S. Air Force Academy Public Affairs

Editor's note: Senior Master Sgt. Marcella Briggs is the 10th Surgical Operations Squadron superintendent here. She's served in the Air Force for 22 years, 11 months. Public Affairs staff writer Airman 1st Class Rachel Hammes recently interviewed Briggs on the importance of mentorship.

What was the climate in the Air Force toward women when you joined the Air Force?

Women became a big part of the service in 1948 and since then, we've made great strides and continue to grow. We can see the percentage of women in the military increasing even though the size of the military has decreased. Women in the service fill more senior enlisted and officer ranks than ever before, so I would say the climate was good and it's still good.

Did you have difficulty finding mentorship?

No. When I joined the Air Force, I was an airman basic. I went to technical school and then orthopedic training, so it took me a while to get to my first base. Being new to this career field, you don't know a lot so you have to ask a lot of questions. My first mentor was Dr. Albert Pearsall, an orthopedic surgeon. He's since left the military but we talk to this day. He showed me everything I needed to know about orthopedics and took me under his wing. We became great friends, and I was able to talk to him about issues I had at the clinic and what I could do to improve. He made it easy to open up.

Have your mentors primarily been male or female?

I've had both. I've had great mentors. Retired Chief Master Sgt. James Inaldo was a great mentor for me; he made me think outside the box and saw things I didn't see in myself. He pushed me even though I wasn't happy about it. He always said, "You can do this. I'll be right beside you if you can't handle it, but I know you can." He pushed me to do things I didn't think I could do and it worked out well.

I remember I was the flight chief of the surgical services flight at Misawa Air Base, Japan, but we were getting another technical sergeant who outranked me.

James said, "This person is coming in and you won't be the flight chief anymore. What are you going to do?"

"What do you mean, what am I going to do?" I said. "I'm going to be a technician."

"Well, I've got a job for you," James said. "The commander and I want you to be her executive assistant."

"Well, that's not an enlisted position," I said.

And James said, "Who says?"

"Well, I can't do this," I said.

"Yes, you can," James said.

So I became the first enlisted Airman to be the commander's executive. James pushed me to do that. When that term was up, he said, "What are you going to do now?" And I thought, "Oh, here it comes."

"I want you to go to the wing," he said. So I did. All through it, I was able to talk to him and let him know how I was feeling.

Lt. Col. Maghela Campbell has been a rock throughout my career. She's been with me since 1997 in Panama and mentors me to this day. I'm very thankful to those people in my life. They've shaped me and my career.

Do you think it's more difficult for women to find mentorship than men?

I don't think it's harder. You just need to find some-



Senior Master Sgt. Marcella Briggs

one you feel you can talk to, someone who's going to help you develop and expand your skills. It's about finding the right mix.

How would your career be different without mentorship?

I don't think I would have had the opportunities I've been afforded in my career. When someone takes the time to search you out because they see something in you, that's a very positive thing. They've helped educate me about the environment in the Air Force, what my role is, what part I play and how I can play an even bigger part.

How do you approach mentorship?

Mentorship is a powerful force. As a mentor, you have the ability to guide someone's life and career choices. There are so many resources Airmen can take advantage of and as a mentor, you can show these resources to those who might not be aware. A mentor has been there and they know how to help you make the decisions you need to move forward.

What kinds of issues do you bring to a mentor now and how do they differ from the issues you had at the beginning of your career?

Today there's more demand on my time. I look for support from my mentor, past experiences and knowledge they have in these types of roles. In the management role, there are so many complex issues. Things change every day and you're there to help those below you. For me now, mentorship is a support role. My mentors have been where I've been, so they can help me handle this. I want to make sure I make the right decisions for my Airmen so I can help put them on the right track. Before, mentorship was just about me. When you're new to the military, you need to know what your role is and what decisions you make for you. As you progress in the ranks, you have a broader role and have to think about the people you work for and those who work for you.

Do you mentor others now? Are they primarily male or female?

I primarily mentor females, but I do mentor some male Airmen. We talk about life issues, work issues and conflict resolution. When you put a mix of people together, there's always some type of conflict. For me, the biggest thing is helping them cope. Asking questions like "How can you handle this better?" For me, it's, "How can I help them accomplish things they never thought they could?" We just had a commander's call and I spoke to a staff sergeant and said, "I want you to be the emcee." She was not positive about it but I helped build her confidence and she did awesome. I want to make sure they know they can do it. I want them to think outside the box.

Do you have tips for others hoping to find mentors?

Find someone you're comfortable with and who you can talk freely with. It doesn't do you any good if you're talking to your mentor and you are not telling them what's really going on. They'll listen, but they can't really help you if you're not saying, "This is what I'm feeling, this is what I'm going to do." If you're not honest, they truly can't help you.

Mentoring is a responsibility we owe those we mentor. I like the quote by Gen. Ronald Fogleman, the 15th chief of staff of the Air Force. He said, "Mentoring can open up communications within our service, break down barriers and foster cultural change." That is so true. Mentoring helps us gain knowledge about ourselves and helps both parties develop their skills.

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Air Force commemorates 50th anniversary of Vietnam War

By Tech. Sgt. Anthony Nelson Jr
Air Force Public Affairs

WASHINGTON (AFNS) — The Air Force commemorated the 50th anniversary of the Vietnam War by honoring prisoners of war and missing in action, veterans and their families during a wreath-laying ceremony at the Air Force Memorial in Washington D.C Monday.

This was the first Headquarters Air Force event in support of the 50th Vietnam War Commemorative Partner Program. This multi-year campaign aims to thank and honor the veterans of the Vietnam War for their sacrifice and service and pay tribute to the contributions of their families.

“Vietnam veterans are a generation of Americans who saw our country through one of the most challenging eras we have ever faced,” said Secretary of the Air Force Deborah Lee James.

March 2 marks the 50th anniversary of retired Lt. Col. Hayden J. Lockhart’s aircraft being shot down over Vietnam and his becoming the first Air Force POW. The day also marks the beginning of the Operation Rolling Thunder bombing campaign. During this three-year Vietnam War campaign, Air Force, Marine and Navy aircraft bombed targets throughout North Vietnam. U.S. and Australian warships



U.S. AIR FORCE PHOTOS

F-105 crews played a key role in Operation Rolling Thunder. During this three-year Vietnam War campaign, Air Force, Marine and Navy aircraft bombed targets throughout North Vietnam. U.S. and Australian warships complemented the air assault by bombarding coastal targets.

complemented the air assault by bombarding coastal targets.

The bombings cost North Vietnam more than half of its bridges, virtually all of its petroleum storage facilities and nearly two-thirds of its power generating plants. The U.S. lost more than 1,000 aircraft in the campaign.

“Airmen fought bravely and proudly in the service of our nation and we honor them,” James said.

The U.S., North Vietnam and the Provisional



Col. Hayden J. Lockhart’s aircraft was shot down over Vietnam March 2, 1965, making him the first Air Force prisoner of war.

Revolutionary Government of the Republic of South Vietnam signed the Paris Peace Accords on Jan. 27, 1973. Article 8 of the accords required the repatriation of POWs by all adversaries within 60 days.

Between Feb. 12 and March 29, a total of 591 Americans, including 566 military and 25 civilian personnel, were released by their captors. Nine foreign nationals were also released.

Visit www.vietnamwar50th.com for more information.

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NCLS 2015: AFGSC commander encourages cadets to be bold officers

By Amber Baillie
U.S. Air Force Academy Public Affairs

The commander of Air Force Global Strike Command shared stories about Airmen and public leaders to inspire cadets to be innovative Feb. 26 during the 22nd annual National Character and Leadership Symposium.

Lt. Gen. Stephen Wilson spoke to cadets in Arnold Hall on the achievements of basketball star Michael Jordan, former Apple Inc. CEO Steve Jobs and others to outline essential qualities needed of Air Force leaders.

“Today we need bold leaders,” he said. “We need leaders with vision who dare to push the boundaries. Real leaders are those who see something and say, ‘I’m going to make a difference.’ It starts with initiative.”

Wilson said real leaders continue to learn every day.

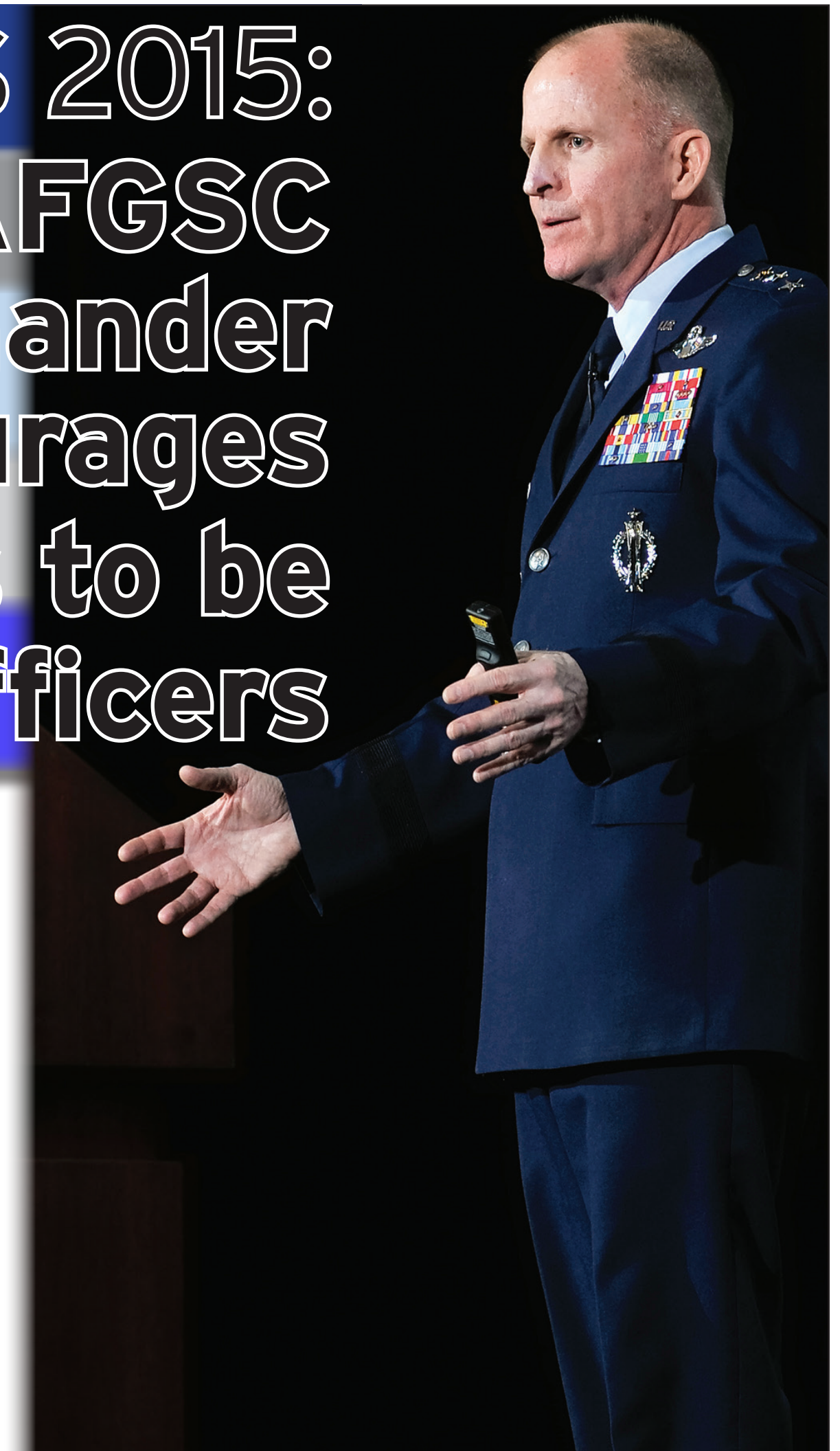
“When I was a wing commander at a pilot training base, I used to laugh when cadets would graduate and say, ‘Yay, learning is finally over,’” he said. “In reality, it had just begun. I encourage you to read every day. It can be fiction, non-fiction or anything. Diversity of thought is important. Expand your horizon. Don’t let yourself get pigeonholed into group-think. Reading expands your world view and if you don’t continue to read and learn, you will become irrelevant to those you lead.”

Communication is foundational in leadership success, Wilson said. He noted Abraham Lincoln, the 16th U.S. president, as one of the greatest communicators of all time, changing the course of history with his Gettysburg Address on equality during the Civil War.

“Your ability to communicate will separate the good from the great,” he said. “We have some great examples now, such as the chief of staff of the Air Force, Gen. Mark A. Welsh III. He is one of the most gifted communicators I’ve ever heard. He has a way of powerfully connecting to every audience. Leaders who can communicate their ideas, beliefs, passions and reason will inspire others.”

When leaders empower their Airmen, they remove obstacles and barriers to their success.

“We have some really talented and capable young Airmen today,” Wilson said. “You need to let them do their job. Delegate levels of responsibility and don’t micromanage them. They’re continuing to stretch and grow and the Air Force will be better because of it.”



LIZ COPAN

Lt. Gen. Stephen Wilson, the commander Air Force Global Strike Command speaks Feb. 26 in Arnold Hall during the 22nd-annual National Character and Leadership Symposium. The general spoke to a crowded house of cadets, encouraging them to become innovative leaders.

Wilson emphasized small wins produce big victories.

“It’s okay to strike out,” he said. “It’s okay to fail. We’re going to learn something from it. If we’re not pushing the envelope on how we do things, we’re not trying hard enough. That’s what we’ve learned on our journey at AFGSC.”

As the commander of AFGSC, Wilson is responsible for organizing, training and maintaining all U.S. intercontinental ballistic missile and nuclear-capable bomber forces.

“Innovation is in our DNA — it’s in our lifeblood,” he said. “It is how we continue to move the world forward, by being bold and innovative leaders willing to challenge the status quo, think differently and make the Air Force what it needs to be.”

Real leaders identify and develop real talent, Wilson said.

“Michael Jordan went home crying to his dad in high school because he was cut from the basketball team because he wasn’t good enough,” he said. “I’ve talked to a lot of people who were told, ‘I couldn’t do this.’ They proved them wrong. Most of the time, they had a mentor, someone to listen to, someone they respected and who pushed, motivated and inspired them to become who they are.”

Wilson’s father and grandfather attended the U.S. Military Academy. His grandfather was aide to Army Lt. Gen. Jonathan Wainwright during the Allied surrender at Bataan April 9, 1942.

“It was the largest surrender in U.S. history,” Wilson said. “You learn so many things from your family growing up and in my case, I learned about duty, honor and country, sitting around the dining room table. I was blessed to grow up in

SecAF introduces diversity initiatives

By Tech. Sgt. Anthony Nelson
U.S. Air Force Public Affairs

WASHINGTON (AFNS) — Secretary of the Air Force Deborah Lee James kicked off Women's History Month by speaking at the Center for a New American Security "Women and Leadership in National Security" conference in Washington, D.C., Wednesday.

"There's simply no country in the world as widely diverse as the U.S." said James, the event's keynote speaker. "Progress has been made, but (the Air Force) can do better."

James spoke about the steps the Air Force is taking to strengthen its diversity and inclusion by introducing nine initiatives.

James, with Air Force Chief of Staff Gen. Mark A. Welsh, III and Chief Master Sgt. of the Air Force James A. Cody, signed two memos sent to all Airmen to help guide the Air Force efforts.

Air Force leaders want to ensure the service attracts and retains the most innovative, skillful Airmen possible, James said.

"Diversity and inclusion help us become more strategically agile," she said.

The initiatives the SecAF discussed were career path tool transforma-



SCOTT ASH

Secretary of the Air Force Deborah Lee James speaks at the Center for a New American Security's "Women and Leadership in National Security" conference in Washington, D.C., Wednesday.

tion, diversity and inclusion perspective for development team boards and promotion board memorandum of instruction.

She also discussed the Career Intermission Program, increased female officer applicant pool, Reserve Officer Training Corps screening, identifying high-performing enlisted Airmen for Officer Training School, post pregnancy deployment deferment and use of panels in civilian hiring.

1,257 selected for promotion to senior master sgt.

Air Force Personnel Center

JOINT BASE SAN ANTONIO - RANDOLPH, Texas (AFNS) — The Air Force selected 1,257 master sergeants for promotion to senior master sergeant and released the list Thursday.

Five master sergeants are assigned to the Academy: William Allen, Academy Military Trainer, Heather Blanchard, Academy Manpower, Tricia Carnes, 10th Medical Group, Juston Demke, 98th Flying Training Squadron, and Claudia Weir, U.S. Air Force Academy Band.

Jeannie Washington is currently stationed at Bolling Air Force Base, Wash., but will be assigned to the 10th MDG later this year.

The selection rate was 8.75 percent with an average selectee overall score of 680.90. Selectees' average time-in-grade was 4.34 years and time-in-service was 18.79 years. Average enlisted performance report score was 135, average decorations score was 20.67, Air Force Supervisory Examination average score was 79.38 and the average board score was 393.44.

Selectees will be promoted in order of their promotion sequence number beginning in April.

To see the selectee list, visit myPers at <https://gum-crm.csd.disa.mil/app/login/redirect/home>, select "Search All Components" from the drop down menu, enter "Active Duty: Enlisted Promotions Home Page" in the search window and scroll down to the appropriate section.



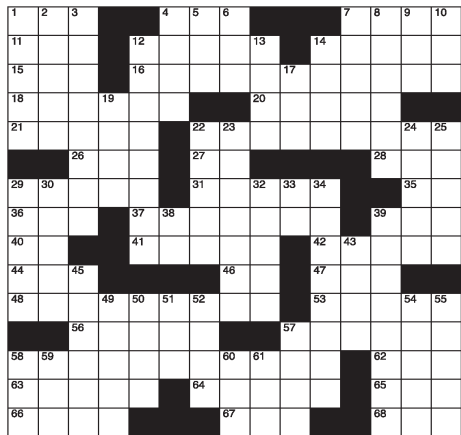
CLUES ACROSS

1. Printing speed measurement
4. Fed
7. A domed or vaulted recess
11. Macaws
12. Neck garment
14. A billionth of an ohm
15. Local area network
16. Cleve. basketball hero
18. Wounded & disfigured
20. Civil Rights group
21. Master of ceremonies
22. Smallest artery branches
26. Ref
27. Exist
28. Diagram of earth's surface

29. SEAsian sarsaparilla soft drink
31. Fire remains
35. 3rd tone

36. Before
37. It breaks down lactose
39. A waterproof raincoat

40. Atomic #18
41. NW Canadian territory
42. Hindquarters
44. Follows sigma
46. Rural delivery
47. Point that is one point N of due E
48. Excels
53. Berkus and Silver
56. Famous for fables
57. Philippine capital
58. Meg Ryan's ex-husband
62. Doleful
63. Arugula genus
64. Nursery verse
65. The 7th Greek letter
66. Container for shipping
67. Charge for services
68. Immature onion plant



CLUES DOWN

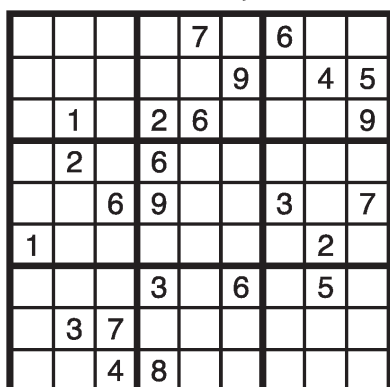
1. Swedish statesman Olaf
2. Baltic flat-bottomed boat (alt. sp.)
3. Fingernail treatment
4. Breezed through
5. Check
6. Stray
7. Ancient computing devices
8. Something cheerleaders wave
9. The woman
10. Ambulance rescue

12. In a drowsy manner
13. A set of type of one style
14. Not completely closed
17. No (Scottish)
19. Microelectromechanical system
22. Having the wind against the forward side
23. Reestablish
24. Khloe K's former husband
25. Verse forms

29. Places to sit
30. Chilean pianist Claudio
32. Rounds of poker
33. Spanish be
34. Sing and play for somebody
38. Chemical symbol for gold
39. Praying insects
43. Israeli politician Abba
45. 7th planet from the sun
49. Br. plural of a penny

50. Largest continent
51. Distress signal
52. Senate and People of Rome
54. Fill with high spirits
55. Egyptian statesman Anwar
57. Non-verbal entertainer
58. 12th calendar month (abbr.)
59. A major division of geological time
60. Ultrahigh frequency
61. Yes vote

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Solution on page 11

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Cadets test rockets at Fort Carson

U.S. Air Force Academy Public Affairs

Cadet research soared into the sky on time and under budget during several rocket launches Feb. 24 at Fort Carson.

Fourteen cadets from the Astronautics and Aeronautics departments designed, built, tested and launched three types of rockets several times with different payloads.

The project began in January, as independent research with limited schedule, a tight budget and a range of objectives, such as enabling the rockets to land within 50 to 2,000 feet from the launch tower, said Maj. Douglas Kaupa, Academy astronautics professor and launch coordinator.

Cadets had to meet a late-February launch window and had a budget of \$3,000 for all components. By using commercial components, cadets could focus specifically on the rocket's payloads, Kaupa said.

The first payload was a cadet-created rotosail in place of a parachute, for swift and accurate recovery launched by the orange Level I rocket.

"We're going to launch the Level I rocket with

a normal parachute as a baseline, recover it, and then on the second time, try a rotosail parachute," said Cadet 2nd Class Pat O'Shea, who designed the rotosail. "Holes are cut in the rotosail parachute to make it rotate on the way down, slow its return and increase landing accuracy."

O'Shea's team was rounded out by Cadet 2nd Class Jon Feedar-Thomas and Cadet 3rd Class Alekos Michael.

The rotosail parachute worked better than the conventional parachute, with the rocket going to 1,800 feet before landing 200 feet from the launch tower, meeting program requirements.

The second payload was a National Oceanic and Atmospheric Administration radiosonde sensing temperature, pressure and humidity.

The team lead was Cadet 1st Class Sean Williams, assisted by Cadets 3rd Class Cecily Agu and Jon Schiller. The rocket soared to 9,000 feet with the payload working correctly during the rocket's 150-second descent.

The rocket landed just more than a mile downrange, upright on all three fins, demonstrating to NOAA that the right rocket and right launch team can replace expensive and bulky balloon equipment.

The third rocket was the largest of the day, the 8-foot Colossal, carrying a United Launch Alliance robotics test board.

The Colossal team consisted of team lead Cadet 1st Class Dylan Juedeman and Cadets 3rd Class Amelia Ahner and Matt Shisler.

The Colossal reached nearly 5,000 feet in altitude but its parachute didn't deploy.

Kaupa said the parachute igniter was plugged into the wrong port.

"We will rebuild the 8-foot rocket over the next couple of months," he said.

Only nine of the 14 cadets participating in the rocket project attended the launches. Cadet 2nd Class Caroline Bates, and Cadets 3rd Class Dan Reynolds, Chris Flake, Robert Doby and Connor Webster took

part in designing, testing and integrating rockets and payloads, Kaupa said.

Future launches call for multiple staged rockets and testing vibrations while exceeding Mach 1 or 761.2 mph.



PHOTOS BY JOHN VAN WINKLE

ABOVE: An 8-foot Colossal rocket lifts off from Fort Carson Feb. 24. The rocket, carrying a United Launch Alliance robotics test board, reached 5,000 feet above ground level, but its parachute failed to deploy.

LEFT: Left: A team of cadets led by Cadet 1st Class Dylan Juedeman prepares their rocket for launch. Also on the team were Cadets 3rd Class Amelia Ahner and Matt Shisler.

Local students benefit from STEM Club visit

By Airman 1st Class Rachel Hammes
U.S. Air Force Academy Public Affairs

Cadets from the Academy STEM Outreach Club volunteered at the Classical Academy here Feb. 19 as part of a five-part endeavor to interest students in science, technology, engineering and mathematics subjects beginning Jan. 15.

Cadets helped students fold complicated origami shapes, and then spoke with them on ways origami relates to engineering.

"Elementary- and middle-school-aged children are still very impressionable," said Cadet 2nd Class Kaitlyn L. Sanborn, STEM Outreach Club cadet in charge. "They are curious and they can be easily engaged and stimulated. On the flipside, learning foundational subjects isn't always the most fun. Times tables, basic principles of science, etc., can sometimes be dry subjects for kids who like to touch, see

and understand. If you can bring in a demonstration that connects what they're learning to the real world, showing how their education is a building block to learning about these very cool disciplines of engineering and science, you can encourage them to continue to commit themselves to learning."

Sanborn said students responded well to instruction from cadets.

"The kids loved it, and I know Linda Retting, the librarian at Classical Academy who organized the club, appreciated a few extra hands helping kids complete the projects," she said. "Kids usually think it's pretty cool when cadets show up in flight suits. It's something new and exciting for them. It



COURTESY PHOTO

Cadet 3rd Class Kyra Schmidt (left), Cadet 2nd Class Tyler Hudson and Cadet 2nd Class Kaitlyn Sanborn, all members of the cadet-run STEM Club, hold the origami they made with students from the Classical Academy Feb. 19.

gave us a chance to talk with the students and ask them how they got interested in origami and whether they realized the connection to engineering. It's an opportunity to engage them on an interpersonal level which I think both parties enjoy and benefit from."

A wing and a prayer



LIZ COPAN

Retired Gen. Stephen Lorenz, Class of '73 Academy Graduate, speaks about the value of prayer from a personal perspective at the Academy's National Prayer Luncheon here Monday. Lorenz told Airmen and cadets in the audience they might be the answer to someone's prayer. Lorenz is the former commander of Air Education and Training Command at Randolph Air Force Base, Texas.

Women's History Month: Remembering the past, looking to the future

By Senior Airman Matthew Lotz
31st Fighter Wing Public Affairs

AVIANO AIR BASE, Italy (AFNS) — During the early 1900s, answering phone calls, maintaining records and providing minor health care were a few roles women in the military were permitted.

A century later, women across the Department of Defense carry responsibilities from maintaining multi-million-dollar aircraft, leading troops through battlefields and serving in higher leadership positions.

Women's History Month honors the hard work and contributions women have made in the past and present.

"Those women paved the way for me to be able to serve as a U.S. Air Force firefighter," said Senior Airman Chelsea Westfall, a 31st Civil Engineer firefighter. "Because of them, I can come to work and feel like I belong. Women are no longer seen as the outsiders."

The efforts of women in the past allow for today's women to prevail and make their own history, said Chief Master Sgt. Dorothy Olson, the 31st Operations Group chief.

"We celebrate Women's History Month to remember the struggles women went through to get the equalities we have today," Olson said. "We have achieved what our ancestors worked so hard for."

According to the Air Force Personnel Center, more than 58,000 women serve in the Air Force.

"In an ideal world, people wouldn't focus on our gender, rather how we can be better together," Westfall said. "We go through the same training as men. If I'm wearing a duty badge on my uniform, you should know without hesitation that I belong. We are strong women who fought to be here and we aren't going anywhere."



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Taking care of Airmen

How Air Force mental health services helped a family recover



“Some might say it’s acceptable in our case to seek help because we lost a child, but I say it’s acceptable in any case. In my case, I’ll always need some level of help. The Air Force provides services I know I’m always going to need.”

Emily Gazzaway



ABOVE: Billy and Emily Gazzaway with their daughter Avery in May 2014.

LEFT: Kadin with parents Billy and Emily, Feb. 14, 2006.

INSET: Kadin, age 4.

PHOTOS COURTESY OF THE GAZZAWAY FAMILY

By Ray Bowden
U.S. Air Force Academy Public Affairs

Two local NCOs have been on a journey of recovery since losing their son to leukemia nearly nine years ago, a journey they said couldn’t have happened without the mental health services available to Airmen and their families.

Master Sgt. Emily Gazzaway, the Air Force Academy’s senior enlisted aide, and her husband, Tech. Sgt. Billy Gazzaway, assigned to the 21st Communications Squadron at Peterson Air Force Base, said if not for those services, their lives would be vastly different.

“There are so many support services available in the Air Force now more than ever, and Airmen should not be afraid to reach out and use them,” Emily said. “Nothing relating to our treatment ever negatively affected our careers. Billy never lost his security clearance because we were getting help. Not one general officer I’ve ever worked for as an aide said, ‘Sorry. You can’t work for me anymore.’ I’ve always been more than supported.”

Billy and Emily said Airmen should not allow perceptions of stigma or individual circumstance to keep them from getting help.

“Some might say it’s acceptable in our case to seek help because we lost a child, but I say it’s acceptable in any case,” she said. “In my case, I’ll always need some level of help. The Air Force provides services I know I’m always going to need.”

Supervisors can reduce concerns of stigma associated with getting help, Emily said.

“Supervisors need to talk to, and care about, those they lead,” she said. “You can rely on your own experiences to make a point, but you have to pick a moment when you know you need to

talk to someone.”

Supervisors can best care for their Airmen by learning about the mental health services available across the Air Force, Billy said.

“Tell your Airmen to be honest with their counselors,” he said. “Explain that they should ask for a specific counselor. For example, I wanted a female (counselor) with a background in grief counseling. I find it easier to speak openly to women because I had four sisters. Be sincere about your Airman’s life. Get involved and be genuine when you follow up with them.”

The value of seeking help cannot be underestimated, Billy said.

“A fool will never seek counsel but a wise person will surround themselves with counsel,” he said. “Just like when I’m put in charge of a new communications project, I don’t try to tackle the entire project alone. I reach out to my peers, subject matter experts and leadership for guidance.”

A Boy’s Life

Billy and Emily had been married four years and were stationed at Osan Air Base, South Korea, when their first child, John Kadin Gazzaway, was born June 7, 2001.

“We weren’t sure if we were going to name him John Kadin or Kadin John, so we used to yell for practice and see what name sounded best,” Emily said.

All seemed well for the family. Emily was an



enlisted aide for the 7th Air Force commander, Billy was a communications specialist, Kadin appeared to be a healthy little boy.

But life changed for the Gazzaways after they left Osan AB for Tyndall AFB, Fla.

“Kadin stopped sleeping through the night and he wouldn’t eat, so I knew something was wrong,” Emily said.

She took her son to the Tyndall clinic in November 2001. Doctors there said Kadin had a slight fever, but that wasn’t all.

“Kadin’s white blood cell count was 69,000,” Emily said. “A normal white blood cell count is 5,000-10,000. We immediately knew something was wrong.”

Kadin was rushed to Bay Medical Center in Panama City, Fla. There, his white blood cell count registered 74,000.

“We were given the option where to have Kadin treated and drove him to the University of Alabama-Birmingham Children’s Hospital that evening, where he was diagnosed with Infantile Acute Lymphoblastic Leukemia-B Cell,” Emily said. “He was 5 months old. It was Nov. 26, 2001 — less than a week after Thanksgiving. Because he was so young, he was considered a high-risk patient.”

Kadin endured 46 weeks of chemotherapy. His condition improved. He enjoyed his childhood, attended school and played with friends.

“He loved playing with toy dinosaurs and trains, swimming and riding with Billy on his jet ski,” Emily said. “He had no fear of the water.”

Just as Kadin was about to enter prekindergarten in September 2005, Billy and Emily discovered a knot on his left thigh.

“The doctors couldn’t believe it,” Emily said. “They were about to give Kadin a clean bill of health and tell us to come back in a year, but he had this knot on his leg, so he had surgery to remove the knot and perform a biopsy.”

The day after it was removed, Kadin’s nurse told Emily her son’s cancer was no longer in remission.

“I was at the hospital holding and rocking him,” she said. “I saw his nurse coming and knew she wouldn’t be there unless something was wrong.”

Coping with leukemia was different for Kadin now.

“He was old enough to know how his body should feel,” Emily said. “He knew this wasn’t how he was supposed to feel.”

Through all the treatment and surgery, Kadin was a happy little boy, Billy said.

“The one thing I noticed throughout Kadin’s illness is he never complained,” he said. “Not when he was being administered chemotherapy, not when he had zero white blood cells, not when he couldn’t go outside or had to spend Christmas in the hospital. Never.”

Chemotherapy tears down the body’s immune system and depletes its white blood cells.

“When your white blood cell count is zero, as Kadin’s was several times, you have no immune system and are completely compromised to contract illness or infection,” Emily said.

A search for a bone marrow donor for Kadin began.

“Because Billy is of Polynesian descent, it was

nearly impossible to find a suitable donor; less than 1 percent of the population matches,” Emily said.

Amid all this, the Gazzaways took Kadin to Disney World in January 2006, courtesy of Magic Moments, an organization granting wishes for children treated at the UAB Children’s Hospital.

“We struggled with whether we should take him before the transplant or after the transplant when he was well,” Emily said. “I’m so thankful we chose to take him before.”

Unable to find a bone marrow match for a transplant, Kadin received a suitable stem cell match in February 2006.

“The procedure is essentially the same, but the transplanted cells come from a different source,” Emily said.

Due to the high dose of radiation he received before the stem cell transplant, Kadin suffered a diffuse alveolar hemorrhage and was rushed to intensive care.

“The chemotherapy radiation just shredded his lungs,” Emily said. “Going through something like that, you have no immune system. For every small improvement, there were big backward steps. He couldn’t catch his breath; it was like he was running up a flight of stairs. Kadin was a pulmonary patient for the last week of his life.”

Billy and Emily took turns watching over their son. At one point, Kadin was attached to nine medical machines, Emily said.

Powerless against the combination of cancer and DAH, Kadin died early May 2, 2006. He was about a month shy of his fifth birthday.

Getting Help

“When you’re military, you struggle to know what to do ‘right now,’” Emily said. “We had to take care of all these issues but we really didn’t know what to do.”

Emily’s memories following Kadin’s death are cloudy.

“Billy would talk to me and I would do things but I don’t remember any of it,” she said. “That first year after his death was a blur.”

Kadin was buried at Kent Forrest Lawn in Panama City.

“I went to the cemetery every day for a year,” Emily said. “I felt like I had to.”

Emily was assigned to the Tyndall Protocol Office after Kadin passed away.

“They did that just to make sure there was someone there to watch me,” she said. “All the while I just kept saying, ‘I’m fine.’ I went back to work but I couldn’t even do that anymore. I couldn’t take care of myself. Everything was different after Kadin died. There was no order. Billy shut down completely. He was not the person I married.”

Billy struggled with not being able to help his son.

“I had to put all my faith in the doctors to take care of my son, when that’s supposed to be my job,” he said. “I thought Emily and I were a great team during his entire life and illness. I really struggled with my faith in God. About a year after Kadin’s death, I realized I needed to talk to a mental health professional.”

Emily went to mental health services in May 2006 to address, among other things, why she couldn’t burden Billy with her grief.

“I remember the counselor saying, ‘He’s the only other person who understands what you’re going through, so why not tell him?’”

The couple was counseled individually and together for about six months at Tyndall and continued treatment later at Beale AFB, Calif., and Wright-Patterson AFB, Ohio.

Shortly after giving birth to their daughter, Avery, in November 2007, Emily was diagnosed

See GAZZAWAY Page 14

Original USAFA designer visits Academy

By Harry Lundy
U.S. Air Force Academy Public Affairs

One of the Air Force Academy's original architects stopped here Feb. 26 to see the Cadet Chapel and meet the Academy Superintendent.

Ralph Youngren, 90, said visiting the Cadet Chapel again was something he had to check off his "bucket list."

"I love visiting the Academy because the buildings are still beautiful," said the former Skidmore, Owings and Merrill architect. SOM is the Academy's original design firm. "Everything is neat and clean."

During his tour of the chapel, Youngren shared anecdotes with the staff, describing the popping sound of the aluminum being the sound of angel wings and the significance of the 17 spires.

"I told a congressman they stood for the 12 disciples and the five voting members in Congress who approved this project," he said.

Youngren met Academy Superintendent Lt. Gen. Michelle D. Johnson in her office to discuss his design of the cadet area.

The superintendent said Youngren helped the Academy become one of Colorado's most popular landmarks.

General Johnson thanked Youngren for him and his fellow designer's "foresight in creating a campus that inspires innovation and serves as a testament to the Air Force's role in modernizing the Profession of Arms."

Youngren enjoyed being able to spend time with the superintendent.

"I think the superintendent is a wonderful general and leader," he said. "I love the way she is moving this institution forward in the 21st century."

For the final portion of the visit, Academy architect Duane Boyle showed Youngren the three original designs for the Center for Character and Leadership build-



MASTER SGT. KENNETH BELLARD

Ralph Youngren, one of the Air Force Academy's original architects, chats with Academy Superintendent Lt. Gen. Michelle D. Johnson at the Academy Feb. 26. Youngren was an architect employed by Skidmore, Owings and Merrill, the firm that designed the Academy.

ing here and took his family on a tour of the nearly-completed building.

"It's amazing," Youngren said. "You're using new materials, construction and design techniques, but the building still fits the original design of the Academy."

Boyle, who has known Youngren for 20 years, talked about the original design of the Academy and his deep respect for him.

"He was one of the incredible people who created the USAFA design and helped make Skidmore, Owings and Merrill's mid-

"He was one of the incredible people who created the USAFA design and helped make Skidmore, Owings and Merrill's mid-century reputation become worldwide."

Academy architect Duane Boyle

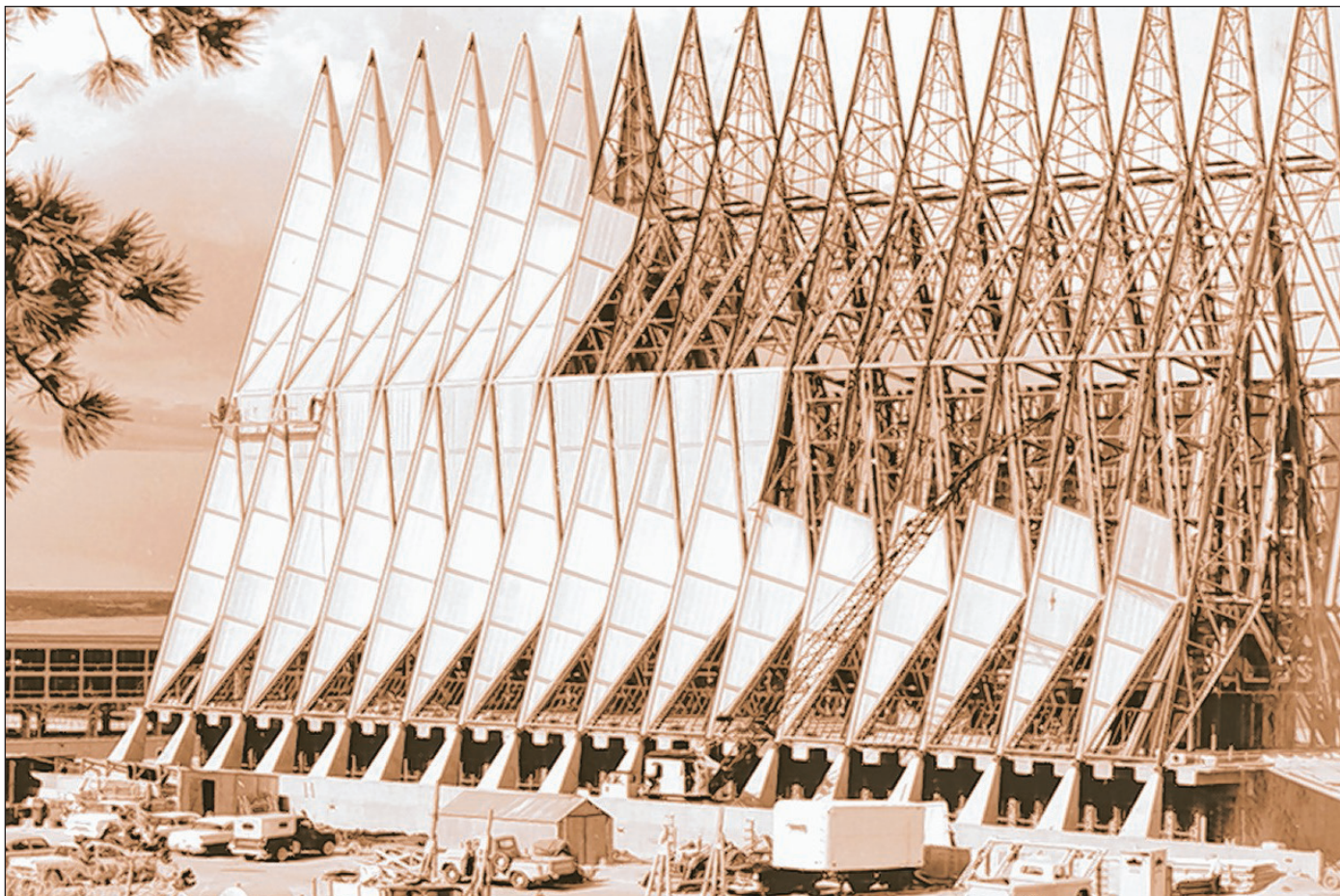
able to talk to an original Academy architect. "It shows how quickly their design was accepted as one of the most important and recognized assemblages of modernist architecture worldwide," he said.

After his tenure at SOM, Youngren created the award-winning Chicago architectural firm of Metz, Train and Youngren, and served as the chairman of the American Institute of Architects National Design Committee.

century reputation become worldwide," he said.

Boyle said it is incredible to be

Ralph Youngren, one of the Air Force Academy's original architects, helped design the Air Force Academy's iconic chapel. It was completed in 1963 and dedicated Sept. 22, 1963. The Cadet Chapel cost \$3.5 million to construct in 1959 and is now the most visited man-made attraction in Colorado.



First Lady: Mental illness should carry no stigma

By Terri Moon Cronk
Defense Department news

WASHINGTON — The Defense Department reaches out to troubled service members, and helping people with mental health issues “is what we’ve got to do for every single person in our own lives,” first lady Michelle Obama said Wednesday.

As part of the White House’s Joining Forces initiative, the first lady addressed mental-health professionals at the “Give An Hour” conference held in Washington D.C.

Give an Hour is a nonprofit organization developing volunteer networks to provide free counseling to service members, veterans and their families affected by the nation’s wars, and works to eliminate the stigma attached to seeking help.

Service members and veterans should not be afraid to seek help it because of how it may appear to those around them, Obama said.

“That makes no sense,” she said. “Whether an illness affects your heart, your leg or your brain, it’s still an illness. “So there should be absolutely no stigma around mental health. None. Zero.”

Nearly one in five adults, more than 40 million Americans, experiences a diagnosable mental-health condition such as depression or anxiety every year, she said.

“It is really time to flip the script on mental health in this country,” Obama said. “It’s time to tell everyone dealing with a mental health issue that they’re not alone, and that getting support and treatment isn’t a sign of weakness. It’s a sign of strength.”

One Veteran’s Struggle

Obama told the story of Ryan Rigdon, a Navy veteran who deployed twice to Iraq to disarm enemy bombs.

“[On] his first day on duty in Baghdad, Ryan and his team were sent out to dismantle explosives seven different times,” she said. “Then Ryan encountered a live [improvised explosive device] camouflaged to look like a rock. Ryan didn’t have his protective suit on, and he knew



First Lady Michelle Obama speaks at the launch of the mental health initiative Campaign to Change Direction at the Newseum in Washington, D.C., Wednesday.

EJ HERSOM

just won’t go away, even when they’re back home, safe in their own beds,” Obama said.

Rigdon’s story could have ended in heartbreak, but the people in his life wouldn’t let that happen, the first lady said.

“The sailor who reached out to him, the coworker who supported him, his wife who was there for him every day ... they all showed Ryan that he didn’t have to do this alone, and they helped him to change direction.”

“It’s time to tell everyone dealing with a mental health issue that they’re not alone, and that getting support and treatment isn’t a sign of weakness. It’s a sign of strength.”

Michelle Obama

the device could explode at any minute. So he flipped it over and disarmed it with his bare hands.”

Eventually Rigdon experienced mental-health symptoms such as extreme emotional highs and lows, severe headaches, ringing in his ears and panic attacks, Obama said. Once out of the Navy and at home, he struggled with family issues, a sick child and difficulty finding employment.

Another sailor who noticed Rigdon’s struggles encouraged him to seek help, the first lady said. After hitting rock bottom and nearly taking his life, Rigdon sought help from Give an Hour through the Veterans Affairs Department.

“In Ryan’s story we hear the story of far too many of our veterans: the struggle to adjust to a new life [and] the terrors and anxieties that

The DOD learned to provide to those in need, something all Americans should do for people in their own lives, the first lady said.

“We’ve got to listen, connect with (service members), offer our compassion so that our friends, families, neighbors and our veterans can get the help they need, just like we would if they were diagnosed with cancer or heart disease or anything else, because we all know that our mental health is just as vital as our physical health.”

Give an Hour is cosponsoring the Campaign to Change Direction with the Substance Abuse and Mental Health Services Administration. SAMHSA will provide subject-matter expertise and coordinate federal outreach through the Veterans Affairs, Defense and Health and Human Services departments, Obama said.

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COURTESY PHOTO

Air Force rifle team to compete in NCAA Rifle Championships

By Madeline McGuire
Athletic Communications

The Air Force rifle team made the cut to compete in the 2015 NCAA Rifle Championships, Friday and March 14 in Fairbanks, Alaska.

The National Collegiate Rifle Selection Committee announced the top picks for the team and individuals competitors Feb. 26.

Teams selected to compete are Alaska-Fairbanks, Jacksonville State, Kentucky, Murray State, Nebraska-Lincoln, TCU and Air Force.

Air Force's five-member team of senior Meredith Carpentier, juniors David Higgins, Tyler Rico and Kevyn Stinett and sophomore Ryan Jacobs, will represent the Academy in air rifle and smallbore rifle.

"We are fielding our strongest team to the nationals since the 1990s," said head coach Launi Meili. "With the core of our team also gaining international experience over the past few years, we are able to compete with the top schools in the country and will hopefully finish the season strong. Our first goal was to make it to the NCAA nationals, and now the focus shifts to what it's going to take to be competitive there. We have the capability to perform when the pressure is on and now it's time to put that trait to work."

The last time both rifle squads competed in the NCAA Championships was in 2013. Air Force finished fifth in the nation with 4568 total points. Air Force competed in the championships in 2003 competing only in the air rifle

and finishing 10th in the nation.

In 2000, Air Force was represented by air rifle and smallbore rifle and finished seventh. Air Force's best finishes were second place in 1995 and '96, third in 1993, fourth in 1989 and 1994, and fifth in 1997 and 2013.

Carpentier was the Falcons' only representative in 2014, earning All-American honors in both rifles. This is her third trip to the NCAA championships. It is the second time for Higgins, Rico and Stinett. Under head coach Launi Meili and assistant coach Mike Anti, Air Force has three individual All-Americans, 10 times.

The team concluded the regular season 17-7, 7-6 and fourth in the Patriot Rifle Conference, which began in 2013.

SWIM AND DIVE

Falcons finish second at WAC Championships

Athletic Communications

SAN ANTONIO — The Air Force men's swimming and diving team tied its best conference finish ever by placing second at the 2015 Western Athletic Conference swimming and diving championships, Friday, at the Palo Alto Center in San Antonio.

UNLV won the championship with 715.5 points followed closely by Air Force with 705.5. Wyoming was third with 691.5, Grand Canyon was fourth (544.5), Bakersfield was fifth (370.5), North Dakota was sixth (257.5) and Seattle was seventh (191).

The final day started with three Falcons reaching the 1650 free final. Junior Kevin Jackson placed second with an NCAA "B" standard of 15:14.56 followed by

sophomore Andrew Faciszewski in fourth (15:27.51) and Alex Strom in sixth (15:30.37).

Junior Michael Barnosky won the WAC title in the 200 breaststroke with an NCAA "B" time of 1:56.89. Sophomore Kevin Fanter was sixth with a time of 2:00.55.

Sophomore Kris Tillery placed fifth in the 200 backstroke with a time of 1:47.29. In the 100 free, sophomore Jordan Dahle was sixth with an NCAA "B" time of 44.29.

In the 200 butterfly, junior Sean Ledford placed seventh with a time of 1:48.44.

UNLV locked up the team title by winning the 400 free relay. The Falcon team of Ryan Dunne, Michael Hannigan, Devon Davis and Jordan Dahle took third with a time of 2:55.11.

FOOTBALL

Air Force 2015 football schedule released

Athletic Communications

Air Force's 2015 football schedule was released Monday by the Mountain West Conference office.

The schedule features nonconference games against Morgan State, at Michigan State and Navy and at home against Army.

The conference slate features home games against San Jose State, Wyoming, Fresno State and Utah State and road games at Colorado State, Hawaii, Boise State and New Mexico.

The Falcons open the 2015 season by hosting Morgan State, Sept. 5, on Parents' Weekend at the Academy. The team opens conference play the following week against San Jose State in Falcon Stadium Sept. 12. The team travels to Michigan State, Sept. 19, before an open date Sept. 26.

Air Force begins its quest for a fourth Commander-in-Chief's Trophy title in the last six years by traveling to Navy, Oct. 3. The Falcons return to conference play when Wyoming comes to Falcon Stadium, Oct. 10. The Falcons head up Interstate 25 to play at Colorado State Oct. 17. Fresno State comes to Falcon Stadium, Oct. 24, featuring head coach Tim DeRuyter, a 1985 Academy graduate and former player and assistant coach at Air Force.

The Falcons continue the conference slate at Hawaii, Oct. 31, before closing the non-conference schedule at home against Army, Nov. 7. The team's final home game is with Utah State, Nov. 14. The Falcons close the regular season with back-to-back road trips, starting at reigning Mountain West champion, Boise State, Nov. 21 and at New Mexico, Nov. 28.

GYMNASTICS

Falcons claim 5 event titles in win over Illinois-Chicago

By Valerie Perkin
Athletic Communications

CHICAGO, Ill. — Backed by five first-place finishes, the 10th-ranked Air Force men's gymnastics team picked up an eight-point victory over No. 18 Illinois-Chicago Sunday.

After three weeks off team competition, the Falcons defeated the Flames 416.250-408.250 in the first five-up, five-count meet of the season.

Sophomore Tim Wang picked up two event titles, earning first-place finishes on the pommel horse (14.750) and vault (14.850). Classmate Chase Cannon finished first on the high bar (14.900), while freshmen Fletcher Braunton and Arinn Wade won the still rings (14.850) and parallel bars (14.200).

Along with their event titles, that quartet accounted for four of the top-five scores on the pommel horse at the UIC Pavilion. While Wang won the event by nearly a half-point, Braunton finished third with a 14.200 and the duo of Cannon and Wade tied for fourth with matching marks on 14.000.

Air Force claimed the top three scores on the high bar, and three of the top-four marks on the still rings. Cannon moved into fifth on the Academy's all-time list to win the high bar, while senior Josh Ramos placed second (14.350) and sophomore Aaron Nubine tied for third (13.700). With a 14.650, junior Denis Aurelius finished second to Braunton on the rings, while Nubine added a fourth-place score of 14.150.

Senior Nick Gaudlip finished second to Wade on the parallel bars with a score of 14.100, while freshman Jonathan Fornoff placed fifth behind a score of 13.500. Junior Josh Pyne and Ramos joined Wang in the top-five of the vault, as the pair finished fourth (14.550) and fifth (14.500), respectively. Wang also paced the Falcons on the floor exercise, tying for second with a mark of 14.500. Ramos also finished within the top half of the field on that event, as he placed fourth with a score of 14.150.

The Falcons return to action Saturday when they host Washington.

BASEBALL

Falcons Baseball takes Freedom Classic Series

Nicholas Arseniak
Athletic Communications

KINSTON, N.C. — Air Force baseball split a doubleheader with Navy, losing the opener 5-3 before winning game two 6-2, Sunday, at the Freedom Classic at Grainger Stadium.

Along with its win Saturday, the Falcons (3-7) took the series for the second-straight season over the Midshipmen (6-4).

In the opening game, Air Force couldn't hold its early 3-0 lead as Navy rallied with five unanswered runs.

The Falcons scored two runs in the third and one in the fifth to lead 3-0. The Mids scored two in the fifth and took the lead with two more runs in the sixth. Navy added a run in the eighth.

Sophomore Jacob DeVries (1-2) took the loss in the start for Air Force, allowing four runs, three earned in 5.1 innings pitched. The lefty struck out four. Junior Steven Trojan relieved DeVries and allowed one unearned run over the remaining 2.2 innings.

The Falcons had 10 hits in the game. Sophomore centerfielder Adam Groesbeck went 3-for-4 with a run scored. Senior first baseman Tyler Saleck and sophomore designated hitter Bradley Haslam added two hits.

Navy reliever Jett Meenach (2-0) picked up the win with 4.1 scoreless innings of relief. Starting pitcher Stephen Moore went 4.2 innings, allowing

three runs. The Midshipmen had eight hits in the game. Rightfielder Connor Deneen had two hits and two runs to lead Navy.

In game two, a four-run fourth inning highlighted Air Force's 6-2 win in the seven inning game. Junior LHP Trent Monaghan (1-1) and senior RHP Ben Yokley combined to hold Navy to five hits, while striking out 13, in the win.


Monaghan struck out six in 4.1 innings, allowing two runs, one earned in the win. Yokley pitched 2.2 scoreless innings for the save, striking out seven of eight batters faced.

The Falcons had seven hits in the game, led by Groesbeck, who went 2-for-4. Groesbeck, of Turlock, Calif., batted .583 (7-for-12) in the series. Junior rightfielder Spencer Draws added a two-run single.

After Navy plated a run in the top of the fourth, the Falcons responded with four runs in the bottom of the inning. The Falcons took the lead on a bunt single by freshman shortstop Shaun Mize that scored Saleck from third. Draws capped the inning with his two-run base hit.

Navy starting pitcher George Coughlin (1-1), of Arvada, took the loss, allowing three runs in 3.2 innings pitched. Leftfielder Sean Kamhoot had two hits to lead the Mids.

The Falcons return to action Friday for a three-game series at San José State.



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Leadership

From Page 1

now and beat the ‘you know what’ out of you, I would. All because I was changing how women felt about themselves in the Air Force.”

What will you do? Hickey asked cadets.

“What will it mean when it’s about changing Air Force visions, missions, resources and doctrines?” she asked. “How will you react to your uncomfortable feelings?”

Change will always make some feel uncomfortable, Hickey said.

“Doing the right thing doesn’t mean you’re doing everyone a favor,” she said. “At that time, speaking for women, brand new to the Academy, didn’t win me a whole lot of fame and fortune. Nevertheless, it was the right thing to do. Don’t listen to hecklers and don’t be a heckler.”

You will have to speak about difficult subjects as you lead people, Hickey said.

“Such as on drug and alcohol addictions, PTSD, suicide and sexual assault to name a few,” she said. “If you think it won’t happen to people sitting in this room today, it will. Those uncomfortable conditions

can happen to anyone regardless of their rank and experience.”

Hickey referred to the HBO documentary, “Crisis Hotline, Veterans Press 1,” as a great resource to guide veterans and educate others on the struggles of today’s military veterans.

“Of the crisis phone calls we receive, half are from anonymous active duty service members,” she said. “Between Thanksgiving and New Year’s day, a particularly sensitive time for suicide, I received about a dozen suicide notes directly in my email box and in my email box alone. That’s a very uncomfortable conversation. So what do you do when you’re the one who receives that? First, you need to be very real and authentic. Directly ask them, ‘Are you okay? Do you plan on hurting yourself or someone else? Don’t dance around it and never ever set it aside and say, ‘They don’t mean it — they’re just frustrated.’”

I get to hear veterans’ stories every day that would make you cringe, cry and break your heart, Hickey said.

“They would keep you awake at night,” she said. “Uncomfortable right? I want to wake you up. Why now? Because you’ve got time to learn how to respond before you are there.”

According to Hickey, more than two million veterans have served in Iraq and Afghanistan over the last decade and a half. She said 52 percent of Veteran Affairs employees are veterans.

“I am honored to give a voice to 22 million veterans today,” she said. “Now, 4.8 million are receiving compensation for their injuries and illnesses. Currently 50,000 veterans are homeless, four to five years ago the number was at 150,000, but we’ve been able to get that number down. No one who has worn a uniform like yours should be worrying about where they’re going to sleep each night. We’re committed to driving that down.”

Hickey presented the audience with more veteran statistics and stories on feeling uncomfortable at a high level in her career.

“The uncomfortable never goes away,” she said. “In scenarios where you’re really uncomfortable, I would advise you to talk it through with someone you trust, pray it through, or run it through—just don’t “addiction” it through. Do what you’ve got to do to stay in the fight. Especially if you know you’re doing something right.”

Air Force Academy Superintendent Lt. Gen. Michelle D. Johnson thanked over 100 cadets and the 60 faculty and staff who were dedicated to running NCLS smoothly despite snowstorms.

“I hope you felt the passion, dedication and moral courage Secretary Hickey showed,” she said. “We’re honored to have so many distinguished scholars and thinkers among our speakers who joined the conversation on character and leadership development. I want to thank cadets and other participants for encouraging this conversation by asking thoughtful questions. We’re richer for all of your contributions and we must keep the conversation going.”

Lt. Gen. Johnson said the Academy hopes to host a ribbon-cutting ceremony for the new CCLD building near September.

“Next year, NCLS is going to look a little different and have a different venue to share,” she said. “The building represents our Air Force’s commitment to the Academy and its character and leadership mission. We’ve been doing NCLS for 22 years and been doing it well but are ready to take it to the next level.”

Lost Boy

From Page 1

could,” Dau said. “In 1987, they got to my village.”

Until then, life in his village of Duk Payuel had been serene for Dau, who tended to the community’s sheeps and goats.

“My village was not concerned about politics — we were happy,” he said. The Republic of South Sudan was in some ways good. It was tranquil. There were no schools and no hospitals but we were happy. But in 1987, bullets ripped through my village at night.”

Dau joined a group of neighbors and began a three-month journey to Ethiopia, hunted by government militias and wildlife, wrestling with disease, thirst and starvation.

“We chewed grass like cows and ate fruit from trees like the birds,” he said. “We looked for frogs and birds to find water.”

The group reached an Ethiopian refugee camp and lived there for four years, until the Ethiopian government was overthrown in 1991.

“The new government wanted us to go back to South Sudan,” Dau said. “There were about 27,000 refugees.”

When the refugees returned to South Sudan,

they found themselves hunted again, sometimes by Russian helicopters.

In 1992, the group crossed into Kenya, and that’s where the rest of Dau’s life began.

“I started school at the age of 17,” Dau said. “Education became my mother and father because it replaces all those people I lost.”

In 2001, Dau was one of almost 4,000 Sudanese refugees brought to the U.S. and among 140 refugees to begin a new life in Syracuse, NY.

He worked several jobs, including a stint at McDonalds and UPS Inc., but began to wonder, “What am I doing here? I must go to school,” he said. “When I came to the U.S., I came with nothing. I thought, ‘How am I going to give back?’”

Dau went to school.

Before graduating from Syracuse University with a degree in Policy Studies in 2011, he founded three nonprofit organizations. The most well-known is the John Dau Foundation.

Formed in 2007, the foundation works to develop and sustain medical clinics in South Sudan, according to the foundation’s website.

Dau encouraged the audience of cadets to take advantage of any and all forms of education, work hard to reach their potential and never give up.

“It never crossed my mind that I would ever give up,” he said. “If I still have life in me, I will never give up. I knew I would survive the wild animals, the starvation and the threat of attack by fellow human beings.”

Dau said cadets will face regular challenges while they serve as officers.

“Tough times will come to you, but push harder,” he said. “If you want to succeed as a leader, you must accept the struggle. Ask yourself, ‘Can I fight a bit harder?’ There is nothing so difficult that you cannot overcome it. Helping others is the way forward,” he said. “Think about all you can do in that gap (between your birth and your death). You live forward — you don’t live backward.”

Cadet 2nd Class Agnes Mutoni met with Dau after his NCLS presentation to ask how she could help Africans reach their full potential.

Mutoni’s family fled Rwanda during the country’s civil war, escaping a genocide carried out by the Rwandan military and police forces that would claim more than 500,000 lives.

“Remind them of all the opportunities they have,” Dau said. “Remind them to go to school. Remind them of all they can accomplish just by seeking out education.”

Gazzaway

From Page 9

with delayed post-traumatic stress disorder.

“There’s not a cure for it,” she said. “You have to be an active participant in your diagnosis.”

Billy began to notice the positive effects of counseling.

My ‘aha’ moment probably didn’t happen until I was at Beale,” he said. “At Tyndall, I kind of went through the motions. At Beale, I gave all my trust to (the behavioral health clinician) and told her my complete story.”

Billy said the mental health clinicians provided the best atmosphere he could have hoped for.

“The ambience was perfect,” he said. “The only uncomfortable aspect was when I actually had to put an imaginary mirror in front of my face and actually tear myself down and breakdown all the walls

I’d built over the years to protect myself from pain. The reality is that those walls only hurt us in the end.”

Billy shares details of his story with Airmen to let them know how beneficial counseling was for him and Emily.

“I would relate my story to theirs if I could, and tell them how much the mental health services helped me, my life, marriage and career,” he said.

Billy and Emily keep Kadin’s memory alive by sharing his legacy with Avery.

“I tell her, ‘Your brother was sick for a long time; he had leukemia and passed away,’” Emily said. “He was a brave little boy and he was always happy.”

Billy regularly tells Avery about her brother.

“I let her know he enjoyed reading, movies and the toys he played with,” he said. “I tell her about his

illness and what cancer is. Most importantly, I try to just keep his memory alive for her with videos of Kadin. She loves watching them. Most of the time, I don’t have to initiate the dialogue. Avery is always asking questions about Kadin.”

Inspired by Kadin’s life, Billy and Emily stay involved in Relay for Life and the Leukemia and Lymphoma Society activities. Both organizations promote finding a cure for cancer. The Gazzaways are also active with local children’s hospitals.

“Since 2006, we’ve raised money or asked for donations to purchase toys for local children’s hospitals,” Billy said. “Most of the time, we collect or purchase enough toys for the entire Oncology ward kids and their siblings. It’s been a blast. I love watching the faces of children and parents when we walk into

their room with gifts. This is our way of paying it forward. That still keeps Kadin with us.”

To reach an Academy mental health clinician, call 333-5177 or call the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury Outreach Center at 866-966-1020 or.

Service members, civilians and family members can be reached at Vet4Warriors peer support representative at 855-838-8255.

For confidential assistance, call Military OneSource at 800-342-9647.

Editor’s note: This is the second of two stories published to highlight the experience of Academy Airmen who have taken advantage of Air Force mental health services. The first, “Taking care of Airmen: How Air Force mental health services helped an Academy leader,” was published Nov. 24 at <http://11.usa.gov/1EfWpSS>.



Daylight savings time

Daylight Savings Time Begins 2 a.m. Sunday so check your clock and change your smoke and carbon monoxide detector's batteries.

Changing smoke detector batteries at least once a year is a simplest and effective way to reduce death or injury.

Inoperable smoke detectors disarm residents of the protection fire safety devices can provide. The most common of inoperable smoke detectors are dead or missing batteries.

Recently, a local house fire caused \$250,000 damage. The inoperable smoke detectors did not give the residents a warning to leave.

DeCA seeks new deli, bakery contractor

Deli and bakery services at 22 commissaries in eight states, including Colorado, could be temporarily suspended while the Defense Commissary Agency seeks a new contractor. Sixteen of the 22 commissaries have sushi bars that could also be temporarily suspended.

DeCA is looking at long-term and interim solutions to offer deli and bakery services. Using an expedited contracting process, DeCA expects to have a new contract in May.

To avoid disruption of services, the agency is

considering temporary employees to ensure delivery of limited services until a new contractor can be brought on board.

If a break in deli and bakery services does occur, customers can purchase cold cuts, potato and macaroni salad, fruit and vegetable trays and similar items in their commissary grocery and produce aisles. Store management increased product quantities and will bring in new items to fill in a short-term void.

USAFA Tax

Center hours

The USAFA Tax Center is open until April 15. Tax returns are prepared by appointment 8-11 a.m. and 1-3 p.m., Mon.-Fri. This free service is available to enlisted service members and captains and below, their dependents, cadets and retirees, if space is available. The Tax Center will process returns if your gross income is less than \$100,000, or if you do not have more than one rental property and do not own a business. Clients need to bring their military or dependent ID cards; copy of their 2014 tax return; W-2s, 1099s, and 1098s; Social Security cards for the service member and dependents; birth dates for the service member and all dependents; copies of court orders for divorce, child custody, and child support and Form 8332, if post-2008 divorce; and a blank

or cancelled check.

Call 333-3920 to make an appointment.

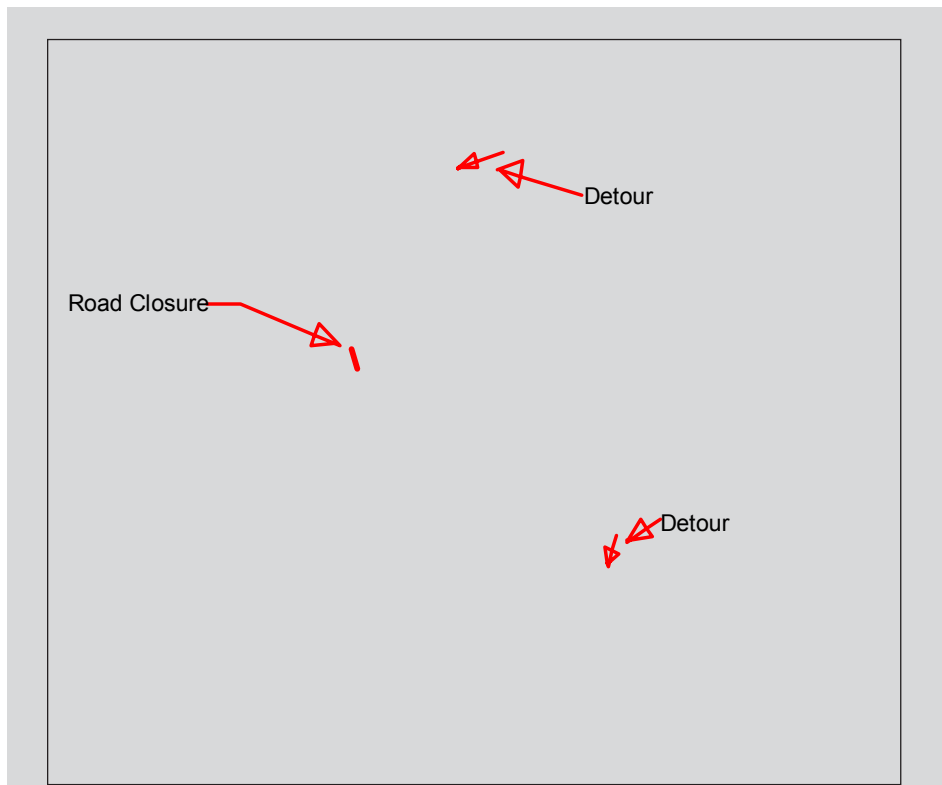
Hoops for Troops

Service members and cadets can receive a discounted ticket price for the Denver Nuggets vs. Utah Jazz game March 27.

Upper-level tickets are \$12 and lower and club level tickets are \$42.

Call 303-405-1196 for more information.

Visit www.nuggetstix.com/hoopsfortroops15 to purchase tickets.



Academy Drive construction project

Academy Drive will closed until March 23 for utility line installation under the road. Academy staff will be able to access the Falcon Club and the U.S. Air Force Academy Association of Graduates building, but not the 10th Communications Squadron, Building 4199; Fire Station 2, Building 4198; or the 10th Medical Group Clinic, Building 4102.

Access to these facilities will be via detour on Pine Drive, Parade Loop and North Gate Boulevard to Academy Drive. Traffic reaching the road from the east will be able to turn around in the AOG parking lot. Access to the Clinic will be via Community Center Drive or Pine Drive. Traffic reaching the road from the west will be able to turn around at the Interior Drive intersection



Cadet Chapel

BUDDHIST

Service: Sunday, 10 a.m.
Meditation: Thursday, 6:20 p.m.

PROTESTANT

Traditional, Sunday, 9:30 a.m.
Contemporary, Sunday, 11 a.m.

CATHOLIC

Mass: Sunday, 10 a.m.
Daily Mass: Mon. - Thurs., 5:30 p.m.
Confession: Sunday, 9 a.m.
Adoration Confession, Wednesday, 4:30-5:20 p.m.

JEWISH

Shabbat, 7 pm., Kiddush dinner, 7:45 p.m.

MUSLIM

Jumah Prayers, Friday, 12:30 p.m.

Community Center Chapel

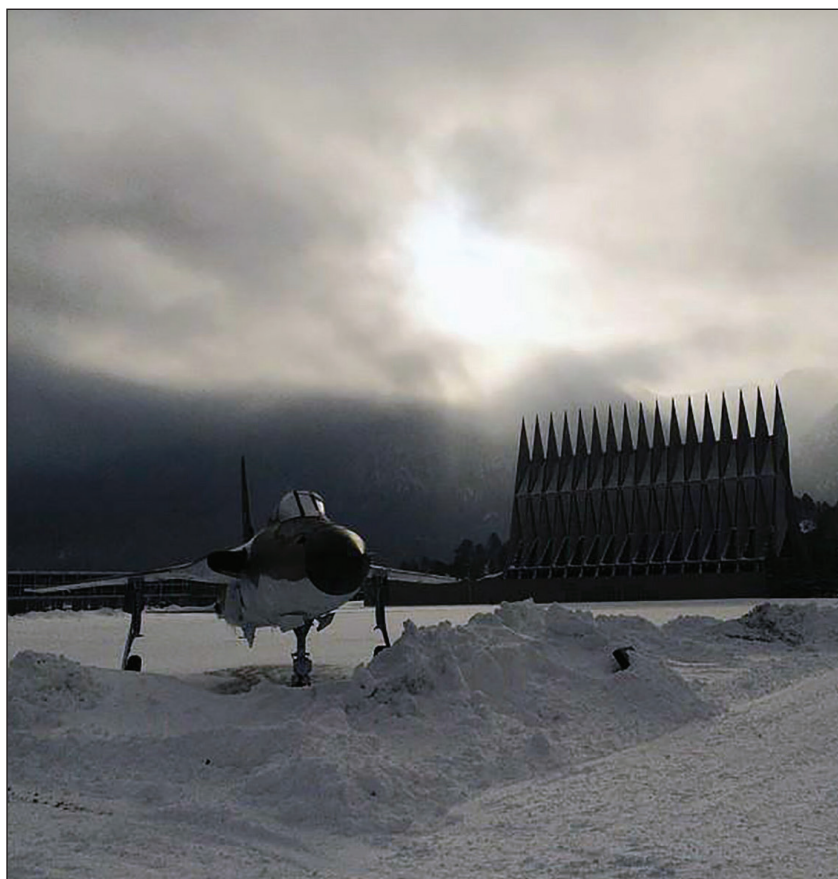
CATHOLIC WORSHIP

Mass: Saturday, 4 p.m., Sunday, 9 a.m. Tuesday - Friday, 11:30 a.m.
Reconciliation: Saturday, 3 p.m.
Formation Classes: For students in grades K-8. Sunday, 10:15-11:30 a.m., September-May.

PROTESTANT WORSHIP SERVICE

Sunday, 10:30 a.m.
Religious Education: Sunday, 9 a.m., pre-school through adults.

Instagram photo of the week



User @af_life shared this Instagram and posted: "The clouds and the temperatures staying low - frigid beauty at your Air Force Academy." We look forward to highlighting your Instagram photos in upcoming editions of the *Academy Spirit*. If you would like to have a photo published, upload it to Instagram using #YourAcademy.

@ AFA_LIFE

