Those of you sticking around next year have a lot to look forward to. It is the Maverick Battalion’s twenty-fifth birthday and several events are planned to celebrate the quarter century achievement.

There is still going to be the early semester cook-out in September and a “birthday party” held in the CSU in October. Free food at both events should be serious incentive to attend.

Veteran’s day weekend will be full of activity with us taking part in a ceremony on Friday, Nov. 10th and taking the field by force during half-time of the football game on Saturday, Nov. 11th. Alumni and current cadets will be honored and there will be a moment of silence remembering past veterans.

Instead of the traditional dining-in in December it will be a dining-out. All alumni and their families will be invited.

Finally, the culminating event will be the Commissioning Ceremony. Again, all alumni will be invited but also college staff and faculty.

It sounds like a busy year of celebration that all past and present cadets will enjoy.
Acrophobia

Acrophobia, simply put, is a severe fear of heights. Most everybody experiences this to some degree. After all, we were not designed to fly. For those with acrophobia, it’s a paralyzing fear.

The phobia part kicks in when a person feels fear in a perfectly safe environment, such as a skyscraper. It can get bad enough to prevent somebody from using an escalator at a shopping mall.

As miserable as it might feel, people do not die of a phobia. The heart rate increases and they get short of breath but those are the only affects on the body.

The only way to treat acrophobia is by graded exposure therapy. A person with this affliction needs to want to conquer this limiting phobia. Then they need to be willing to climb and be exposed to heights. This will probably be a painful process for those with Acrophobia, but a necessary evil.

These “therapy sessions” should always be done with supervision and coaching. To be successful at LDAC at Ft. Lewis, WA a cadet needs to be comfortable with heights. High obstacles are part of the three day confidence. Acrophobia should be dealt with before LDAC because refusal to at least try every obstacle is a ticket home.