Words Of Wisdom From The Wing Commander...

Detachment 590 is on a journey to excellence; from Physical Training (PT) standards to customs and courtesies, we will not settle for second rate. With only 7 more Leadership Labs (LLAB) left in the semester, it is imperative to have goals and expectations to help shape the course of the Cadet Wing. Goals provide a clear destination for us to achieve as individuals and as a cohesive unit. They are simple statements that reflect a highly concentrated mission at the core. The AFROTC mission is to “develop quality leaders for the Air Force.” By establishing goals, we help ensure this mission is achieved.

Our goals for the semester are:

1. Exemplify all AFROTC and US Air Force standards
2. Foster warrior ethos
3. Provide all cadets with opportunities for leadership and followership

Cadet Ingram,

Cadet Wing Commander
Expectations can be considered a compass for reaching goals; they set a standard that guides our decisions and consequently, our actions. Although they can be ubiquitous, expectations are often targeted toward specific groups to further clarify what is anticipated of them. Our expectations for the semester are:

1. AS100s to take *initiative*
2. AS200s to take *advantage*
3. AS300s to take *charge*
4. AS400s to *leave a legacy*

Both the goals and expectations for the semester are simple and attainable. As future officers in the United States Air Force, cadets are being prepared to provide leadership that will impact our nation for the short and long term. As Carolina students, they are guaranteed to undergo this preparation in a challenging yet fun environment. There is one crucial component in our journey I must mention—*motivation*. Motivation is the fuel necessary to empower us to reach our goals; with it we succeed in completing any assigned mission. I can assure you that as a cadet and UNC senior, completing the journey to excellence is a lot more memorable, honorable, and fun when you and those around you are motivated to go the distance.

Cadet Ingram
During our first week back at the detachment, we were given quite a special opportunity. Part of Leadership Lab that week was a trip to see the Chairman of the Joint Chiefs of Staff give a special talk to a group of cadets. Unfortunately, we had to go to that terrible dark blue school to do it, but other than that the experience was incredible. Because he is the chief military officer in the entire nation, General Dempsey was able to speak on a much more broad range of topics than anyone else could, and because he is an Army General, his perspective was different from that of an Air Force General. The main points of his talk were very relevant to a group of young men and women who are on the verge of being Soldier, Sailors, and Airmen. Because of the immediateness of their impact, training and budget reductions were the most frequent talking points covered. General Dempsey emphasized that, even though less money will be available to the armed forces, America will not lose its place as a premier military power. Personally, I think the best part of the whole day was
not necessarily what Gen Dempsey said, but how he said it. He did not speak as if he were talking to a group of children, or even a group of college students. He spoke in a way that made me, as a future member of the armed forces, feel respected for what I will do in the future, and that is definitely what will stick with me the most.

Cadet Kirkwood

The Most Important Meal Of The Day...

Everyone knows that getting up before the sun rises is part of military life, and that it takes discipline. What most people don't realize is that, in addition to working out, a great deal of bonding goes on during those early hours. The calisthenics, adrenaline, and endorphins are all part of feeling accomplished at 7am, but the best part is what follows: the breakfast at Rams or Lenoir. For those of us enrolled in the
Breakfast Club, a program designed to raise PT scores across the board, we get to enjoy that camaraderie twice a week. We all share a common goal: 96 or above on the Physical Fitness Assessment (PFA), and a hearty breakfast before starting the rest of the day wouldn't hurt. I can say that I have gotten to know more cadets as a result of these meals together. If you are in the Breakfast Club, stay true to your name and join us next time! Swipes provided.

Cadet Pujals

*Drop and Give Me 96!*

This semester PT is going to be taken to the next level. The goal is to get all cadets throughout the wing up to a standard that allows them to be physically competitive with cadets across the nation. Ideally, by the end of the semester DET 590 will be one of the premier detachments nationwide in the area of physical fitness. For this reason PT this semester will be difficult and challenging, but it will also be
motivating and producing obvious results in DET 590 cadets. The physical fitness program that has been put together entails all aspects of the PFA while also addressing an overall fitness level that goes beyond just taking the PFA. Cadets this semester, with hard work and motivation, will find that they not only are getting higher PFA scores, but are also becoming more fit and having more energy throughout the day!

Cadet Hunter

More Soup For You!

College students are continually moving and perpetually busy. This high speed lifestyle is not conducive to maintaining a proper, balanced diet. Students are often deficient in vitamin C, vitamin D and calcium. These nutrients can be found in common foods; and with a little dietary moderation, deficiencies in these nutrients can be avoided. While possible nutrient deficiencies experienced by college students are not always noticeable and certainly not deadly, a balanced diet will lead to healthier body function and increased mental health.

Vitamins are organic compounds, which are vital for organismal function. Vitamin C is used as an antioxidant and is used in the production of collagen, which is a major component of joints. The North American Dietary Reference Intake recommends that people consume 90 mg of vitamin C per day, which is easily attainable by eating fruits. Vitamin C can be found in
almost all fruits including bananas, apples, and strawberries. The fruit with the highest level of vitamin C is the kiwi. The body easily synthesizes Vitamin D when adequate sun exposure is obtained. Five minutes is all required to synthesize the amount of vitamin D required for one day. Physical activity and being outdoors provide many other health benefits other than vitamin D production. Calcium is one of the most important nutrients because it is used to build bones and keep bones strong. People deficient in calcium are prone to bone stress fractures and poor blood clotting. Dairy products and almonds are good sources of calcium and are easily attainable.

Balanced diets are doable with a small amount of effort. Eating right leads to an overall healthier lifestyle and a happier life. If you have any questions about dietary information, please contact C/Willey.

Cadet Willey
Monthly Quiz!

Answers on page 9

1.) Name that Aircraft!

2.) What are the Air Force Core Values?
In Other News...

SPORTS:
The Air Force Intramural Indoor Soccer Team is 0-2, yet Coach Willey has hopes for late season turnaround! Available cadets are still welcome to join! Contact Coach Willey for details.

STOCKS:
New food recently restocked, but rapidly running low. Corn Dog prices are up, Air Head prices are down.

WORLD NEWS:
American Airlines saved $40,000 by eliminating one olive from each salad in first class.

WEATHER:
Winter forgot to come.