Detachment 590

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**Expeditionary LLABS**

In preparation for Operation Eaglenest, cadets participated in expeditionary LLABs where they learned various skills such as low crawl, high crawl, self aid buddy care, salute reports, medical evac, UXO and IED 9-lines.
Operation Eaglenest

Cadets participated in a simulated combat mission created by the POC. They had to apply what they learned in the previous 2 expeditionary LLABS to achieve their mission of taking over the enemy force, "ARCONS", headquarters.
Lt Gen Anthony J. Cotton

We had the pleasure of having Lt Gen Cotton, the Air University Commander, and Command Chief Master Sergeant Todd M. Simmons, visit our Detachment and speak to our cadets.

"Be the person they want to follow not have to follow"
- Lt Gen Cotton

General Hostage Distinguished Alumni Ceremony

Cadets traveled to Duke University to watch Lt General Cotton give General Gilmary H. Hostage the Air University Distinguished Alumni Award.
2nd Lt Fontalvo

Det 590 had the pleasure of inviting back alumni 2nd Lt Fontalvo to talk to cadets about her transition into active duty and as a Public Affairs Officer.

Retreat
Cadets of the Month

AS100: Matthew Pinto

C/Pinto cleaned the lounge for Lt Gen Cotton's visit, encourages cadets to accompany him at the gym or on a run, organized a foosball tournament and a GMC movie night, received an A on all Warrior Knowledge quizzes, improved his PFT by over 6 points to a 97.8, volunteers for PFO and had a Jody prepared for the campus runs. He consistently shows initiative and the drive to raise esprit de corps.

AS 200: Rachel Nguyen

C/Nguyen produced a monthly highlight video, continuously attends flight time and has readily increased her presence in ROTC. She has logged 28 outside workout hours during October, increased her PFT by over 3 points, averaged 99% on October Warrior Knowledge quizzes, is always highly responsive to last minute requests, and displays excellent warrior spirit and attitude.

AS 300: Shannon Efird

C/Efird organized driving rosters for all necessary LLABs, attends all color guard events, made a uniform item order sheet, coordinated the checkout, cleaning, and return of paintball guns with Army ROTC, and oversaw reveille and retreat practices to ensure events went smoothly.
October Month Highlights

Halloween PT

Intramural Soccer Team
A Message From the Publisher

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C/3C Rose

I want YOU to send me any comments or concerns about the newsletter

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