Five weeks down, ten to go. The semester is a third of the way finished though it feels like we’ve just begun. Sometimes it’s important to take a step back and reflect on the progress we’ve made both as a detachment and an individual. New cadets can fall in on time and march as a flight. Returning GMC have made strides in their abilities since last year and are making the push to prep for field training while new POC are learning how to adjust to their new responsibilities. For myself and other 400s, our AFROTC careers are slowly coming to an end while glimpses of our Air Force careers are just starting to be seen. The point is, “Life moves pretty fast. If you don't stop and look around once in awhile, you could miss it.” #FerrisBueller Appreciate the time you’ve committed to this program and the effort you’ve made to be better than you were, even if it’s only been five weeks. Keep improving. Keep making the most of your opportunities. Keep on keeping on.

 Now to the actual “why we train” part of this message. LLAB 6 is the Patriot Games. Better known as the most important competition you will ever be a part of this week. It’s not crucial that we win, but it will be a failure if we don’t compete and enjoy ourselves. Like several of our recent LLABs, this week is about morale and, more importantly, competition. On the surface we will be competing to put UNC and Det 590 on a pedestal - #1 detachment in the state...or at least #1 at a few sporting events. Really, beating Dook and NC State would be a win in my book but let’s try not to settle. Regardless, beyond the surface there is greater benefit to healthy competition like this. It brings people together, gives us something to work hard for, and fills us with pride. It’s fulfilling and rewarding, especially when we give it our all. Furthermore it creates lasting memories with people who will be in your life long into your cadet and Air Force careers. People who will mentor you and be mentored by you. People who will have your back and make you better. People who you’ll go to field training with and maybe even deploy with. And people who will help make our Air Force better and our world safer. We are competing as separate detachments but ultimately each of us, no matter the school, represents the same Air Force. This week you should aim to compete wholeheartedly, make great memories, and remember the united front we represent as cadets.

 Make the most of this week Det 590.

Inspirational quote: “If you ain’t first, you’re last.” - Ricky Bobby