

# THUNDERBOLT



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*C/Capt Jonathan Nixon  
C/3C Ashley Anderson*



# Valentine's Day



vs.

“With Valentine’s Day just around the way  
Let’s not forget about the PFA!  
Sweets may be tempting and taste swell  
Don’t forget to stay healthy so you don’t FAIL!”

The Physical Fitness Assessment (PFA) is scheduled for February 16th, just days after our annual day of Love. With an abundance of sweets being distributed during this time, it’s easy to be succumbed to temptation and indulge ourselves into these chocolate delights. Recent scientific studies show that chocolate does in fact contain antioxidants; which are substances that reduce the ongoing cellular and arterial damage caused by oxidative reactions. According to a study published in the American Journal of Clinical Nutrition, adding only half an ounce of dark chocolate to an average American diet is enough to increase total antioxidant capacity 4 percent. Enjoy your Valentine’s Day and treat yourself to some chocolate, but remember moderation is the key to Success.

## Cadets In Action



Members of CIL, APSO, and a few volunteers represented DET 592 on Wednesday, January 25th, at the Student Organizations Showcase in the Student Union. They were able to talk to a few students who were interested in Air Force ROTC, as well as provide information to juniors and seniors that were interested in Officer Training School (OTS). Despite the fact of having an unfavorable location in the room these cadets were able to distribute propaganda and have their picture taken for the school newspaper, which helps us go a step further in promoting Air Force ROTC in the community.



Cadet Randy Joseph at the CIL table.





# ROTC *Intramurals*

The cadets of DET 592 participate in the intramurals that UNC Charlotte have to offer. If you are interested in future intramurals on one of our detachment teams, contact Cadet Robinson.

You're not an athlete? That's okay! We invite you to come out and support DET 592 at the following games in the month of February listed on the right of this page.



Cadet Jonathan Wright playing Co-rec Basketball

## Upcoming Games

- Feb 7
  - 1800 Men's B-Ball
  - 1900 Co-rec DodgeBall
  - 1940 Co-Rec Dodge-ball
  - 2100 Men's Dodge-Ball
  - 2120 Men's Dodge-Ball
- Feb 12
  - 2100 Co-rec Basketball
- Feb 14
  - 1800 Men's Basketball
- Feb 19
  - 2200 Co-rec Basketball
- Feb 21
  - 1900 Men's Basketball





In 1940 President Franklin D. Roosevelt ordered the Army Corps to form an African American flying unit. Thirteen cadets were chosen to become a part of the experimental program at the Tuskegee Institute in Alabama. The Red Tails film depicts how these men were able to overcome discrimination, lack of institutional support and the belief that they lacked the intelligence for the job; and paved the way for both African American men and women to be integrated into the military. Here's what a few of our cadets had to say about the film...

As someone who saw the original Tuskegee Airmen movie, I was a little disappointed. I feel as though the film makers tried to do too much in one movie, and the development of the characters suffered. Only about three of the characters were developed to the point where I felt any sort of connection to them. It wasn't a bad movie by any means, I just feel like it had a lot of potential, and the writers didn't take full advantage of it. Maybe I just had high expectations. They did a fair enough job capturing the feel of the challenges they went through... Don't let me ruin it for you though. It was still worth the trip.

-Alette Pittman

I thought it was a very good movie. It showed what perseverance can do like the Red Tails did in the movie. They took what was given to them, worked with it, and proved themselves not only to their peers but to their superiors and "haters". Kinda sad ending though but very good movie.

-Matthew Narain

If you have an item that you would like featured in the March Edition of "ThunderBolt", please submit in email to [aander94@uncc.edu](mailto:aander94@uncc.edu) by 24 Feb 2012.