Detachment 195 Zoom Workout
Written by C/3C Franchi

Have you been concerned about your physical fitness levels due to the closing of gyms? Good news, C/Lt Col Siegele and I will be holding a Zoom workout session! During this session all cadets are invited to participate with us for a full body, optional workout. During this time all you will need is a large enough space to workout in, where you can move safely and freely. The session will be held on 7 Aug, at 1100. No need for PTG`s, so wear whatever is most comfortable. If you have any questions about the session you can contact me at franchi.nicholas@afrotc.iit.edu. I look forward to seeing everyone there! ICE COLD!

Topic: ZOOM WORKOUT AFROTC!
Time: Aug 7, 2020 11:00 AM Central Time (US and Canada)
https://us04web.zoom.us/j/4742181141?pwd=aVRZL1JFWmJHQ1ZoSFNVYmVKaVhoQT09
Meeting ID: 474 218 1141
Passcode: 150838
Greetings from sunny San Diego! Despite all the negative things that led up to the semester getting abruptly cut short, coming home early gave me the opportunity to get back into my favorite outdoor hobbies. I love surfing. It has been a long held childhood passion of mine that really allows me to enjoy the environment around me while exercising. Furthermore, surfing has proven to be one of the best quarantine physical activities due to its social distancing nature. There has been a clear rise in popularity since March as people leave their cooped up bedrooms and see what the ocean has to offer. It really is an experience like no other and I hope everyone has the opportunity to do it at some point. Nevertheless, there are plenty of other activities such as hiking and bike riding that allow you to both exercise and enjoy nature. It is important to find a time to maintain physical fitness, as well as get plenty of vitamin D and nutrition to support a healthy immune system. It’s not hard to say that I have been having fun in these abnormal times. Although, I believe it isn’t what you are doing or where you are, but who you choose to spend your time with that really makes it enjoyable.

It’s not too late!
Submit an article for the next summer newsletter to share your summer adventures or make an announcement! Please send the written submission and pictures in a google document to jakubowski.elise@afrotc.iit.edu by 2359 8 August for the first August 2020 edition.
Logic Puzzle

Shoutout to C/Lt Col Siegele for being the first to solve the Mind-Melting Maze from the July 2020 Edition 1 Newsletter in 12 minutes! The first Cadet to solve this logic puzzle and send a picture to jakubowski.elise@afrotc.iit.edu will receive a *special prize*.

Four travelers are waiting for their flights at the New York airport. Who will depart at 4:00 PM?

1. Only the person leaving at 7:00PM is at the gate with the same initial of his name.
2. Only the person at Gate D is going to a destination with the same initial of his name.
3. The initial of the destination is never the same letter of the Gate.
4. The flight to Detroit will leave 1 hour after the flight from Gate D.
5. Julian and the person leaving at 6:00PM are not going to Chicago.
6. Among Carl and the person going to Jackson, one is at Gate D and the other is leaving at 7:00PM.
7. The flight from Gate P is going to Chicago or will depart at 6:00PM. However, it is not going to Jackson.
8. Julian will depart 1 hour before the flight from Gate J.
Announcements:

- C/Bird, C/Ballano, & C/Basrawi are currently at FT, and it's not too late to send them a letter! See the June 20 Edition 2 Newsletter for details on address formatting.

- We are still unsure how training will look this Fall amidst COVID-19, please standby for more details. Flexibility is the key to Air Power!

- Stay safe, Stay healthy, Stay active & Stay ICE COLD