



UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Rifle team

WHAT: Tennessee State Air Rifle Postal Championship

WHEN: November 2-3, 2022

WHERE: Northwest High School 800 Lafayette Road, Clarksville, TN 37042

WHY: To work on teamwork, discipline and compete as a team. Team finished 7th in this state competition.





UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Cadets and CMCSS DAI

WHAT: Kiwanis Club of Clarksville Veterans Essay winner announcement C/CPT Lilly American Horse

WHEN: November 3, 2022

WHERE: Northwest High School 800 Lafayette Road, Clarksville, TN 37042

WHY: To motivate young people to do better as they move along in there High School pathway





UNITED STATES ARMY CADET COMMAND



WHO: Northwest
JROTC Color Guard

WHAT: Northeast
Middle Veterans Day
Assembly Color
Guard

WHEN: November 9,
2022

WHERE: Northeast
Middle School 3703
Trenton Road,
Clarksville, TN 37040

WHY: To show
support to our local
Community and
veterans!!



U.S. ARMY



UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Cadets participating in the Veteran assembly

WHAT: Northwest High School Veterans assembly

WHEN: November 10, 2022

WHERE: Northwest High School 800 Lafayette Road, Clarksville, TN 37042

WHY: To show support to all of the men and women Veterans who served for our Country



UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Cadets opening doors for veterans

WHAT: Northwest High School JROTC cadets

WHEN: November 11, 2022

WHERE: O'Charley's Restaurant & Bar
2792 Wilma Rudolph Blvd

WHY: To show support to the local community and all of the men and women Veterans who served for our Country



UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Rifle team

WHAT: Rossvie Air Rifle Postal Championship

WHEN: November 15-16, 2022

WHERE: Northwest High School 800 Lafayette Road, Clarksville, TN 37042

WHY: To demonstrate teamwork, discipline and develop precision marksmanship skills.



U.S. ARMY



UNITED STATES ARMY CADET COMMAND



WHO: Northwest JROTC Drill team

WHAT: Kenwood High School Drill Competition

WHEN: November 19, 2022

WHERE: Kenwood High school 251 E Pine Mountain Rd, Clarksville, TN, 37042

WHY: To develop discipline, teamwork, and leadership skills. Also to build comradery with local schools.



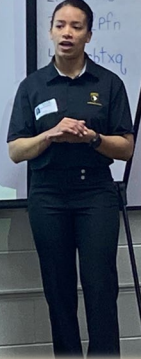


UNITED STATES ARMY CADET COMMAND



Main Recommendations

1. Eat a fruit and/or vegetable at each meal
2. Make at least half of your grains whole grain (or other high-fiber starch).
3. Eat a protein source at each meal—ideally lean protein
4. Have 2-3 servings of calcium-rich foods each day



the Great Plate
recommended plate size is 10 inches

vegetables
Fill 1/2 of your plate with non-starchy vegetables.

- Examples of non-starchy vegetables include carrots, broccoli, cauliflower, green beans, asparagus and peppers.
- Pack pre-cut vegetables for a quick snack on-the-go.
- Aim for a variety of colors.
- Veggies are low in calories and full of fiber, vitamins, minerals and antioxidants.

fruits Enjoy fruit for a snack or with meals.

- Choose whole fruits over juice.
- Enjoy a colorful variety of fruits.
- Use dried fruit in small amounts for a "grab-and-go" snack.

dairy/calcium
Plan on calcium rich foods daily for bone health.

- Calcium rich choices include milk, yogurt and calcium-fortified soy products.
- Choose fat-free, 92% or less.
- Enjoy low-fat yogurt for a snack.

fats
Use sparingly.

- Enjoy healthy fats like nuts, seeds and pressed butter in small amounts.
- Use olive oil or canola oil in small amounts.
- Choose healthy cooking methods such as baking, broiling, or grilling instead of frying.

grains/starchy vegetables
Fill 1/4 of your plate with whole grains or starchy vegetables.

- Whole grains include brown rice, whole-wheat pasta, whole-grain breads, whole-grain hot and cold cereals.
- Starchy vegetables include potatoes, corn, peas, squash and legumes.
- Make at least half of your choices per day whole grain and/or unprocessed grains.

meat/protein
Fill 1/4 of your plate with lean protein sources.

- Choose protein sources such as non-fried chicken, fish, turkey or lean cuts of pork or beef.
- Choose up to 3 eggs per week.
- Meatless protein choices include soy (tofu, tempeh, edamame) and legumes (kidney, garbanzo, black beans).

M UNIVERSITY OF MICHIGAN
healthy **GOOD CHOICE**
For more information, visit MHealthy.umich.edu
Copyright © 2008 The Regents of the University of Michigan.

WHO: Northwest JROTC & CPT Cardenas

WHAT: Nutrition Briefing by Fort Campbell post Nutritionist

WHEN: November 22, 2022

WHERE: NORTHWEST HIGH SCHOOL
800 Lafayette Road, Clarksville, TN 37042

WHY: To support the JROTC CIP by providing cadets with information on proper diet and the importance of a healthy lifestyle



U.S. ARMY