



Debbie Dunlap, Principal
Hightower High School

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3333 Hurricane Lane
Missouri City, TX 77459

20 JUN 00

Memorandum For Nutritional Health Instruction

The purpose of this letter is to provide a strong recommendation for Mr. Michael Morningstar to provide nutritional health instruction at your facility. During the school year, Mr. Morningstar provided excellent instruction to our cadets in Army JROTC. Based on his instruction, the cadets performed admirably on parade marches, and scored higher during physical challenges.

He is articulate, and relates to students to enhance understanding. While speaking, one can visualize their mistakes, and are compelled to change negative eating habits. He also provided a helpful handout to students, and initiated a nutritional bulletin board. Because the information provided is so valuable, we videotaped the session for future reference.

I strongly recommend Mr. Morningstar to you, because the information given is vital to everyone who hears him.

Horace R. Charles
HORACE R. CHARLES
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Senior Army Instructor