



Term: Spring | April 2019 | By: MSG Rubi Herrera (P.A.O) & PFC Christalyn Woodson (Assistant P.A.O)

# April Fitness Month:))

April 1, 2019

## Lets whip these bodies into shape

### UPCOMINGEVENTS

-Saturday , April 13, 2019 National Women of Achievement, Inc.

Saturday, April 27, 2019, Final Review

-STAAR Testing

-Laptop Turn-in, May 20 seniors May 23rd-24th (9th-11th)

-Cinco De Mayo, May 4th, 2019

April is here and that can only mean one thing... CADET CHALLENGE HAS ARRIVED!!! This month we as a battalion will focus on challenging the body and acquiring strength and self discipline. We will practice group warm-up and workouts like the mile run, shuttle run, push-ups , curls ups and pull ups. With the new building and the facilities available for our use we will be allowed to change and shower in the locker rooms if a cadet would like. We only ask that they come prepared with shower shoes , a towel and a change of fresh clothes. With this month being our cadet challenge month, we will not be wearing uniforms on uniform days. I look forward to see our growth within this month and may we keep pushing forward towards the end of this semester.



- COLONEL Allison Velasquez, Battalion Commander



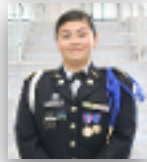
Any questions regarding the Chain of Command, In-Rank Questions, etc. Refer to the 'HSLJ Garrison' section at:

<http://lecjrotc.com/>

## COMMAND GROUP AND STAFF CORNER



**BATTALION COMMANDER**  
C/ COLONEL Allison Velasquez



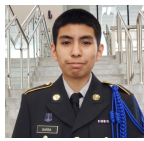
**BATTALION EXECUTIVE OFFICER**  
C/1LT Cecilia Marengo



**BATTALION COMMAND SERGEANT MAJOR**  
C/ CSM Katherine De La Torre



**BATTALIONS-1**  
C/1LT Shahzab Zaman



**BATTALIONS-2**  
C/PVT Javier Barba



**BATTALIONS-3**  
C/MSG Shania Reddick



**BATTALIONS-4**  
C/2LT Rubi Turrubiartes



**BATTALIONS-5**  
C/2LT Rubi Herrera



**BATTALIONS-6**  
C/1LT Leslie Garcia

## NATIONAL CHAIN OF COMMAND

### **Commander-in-Chief**

Honorable President Donald J Trump

### **Secretary of Defense**

**\*NEW\*** Honorable Patrick M. Shanahan

### **Acting Secretary of the Army**

Honorable Mark T. Esper

### **United States Army Chief of Staff**

Honorable Mike M. Miley

### **Commanding General,**

### **U.S. Army Training and Doctrine Command General**

General Stephen J. Townsend

### **Commanding General,**

### **U.S. Army Cadet Command**

Maj. General John R. Evans, Jr.

### **Commander, Fifth Brigade**

Colonel Chris Alfeiri