# Tallahassee W.I.S.E.

Worthwhile Information from Students and Educators





#### Letter from the Vice President

Winter 2006

Mark Gutmann

2005 was a year of great accomplish-

ments and I am very proud of the commitment shown by the students, staff and faculty of Keiser College – Tallahassee. We started the nursing program, built in a new nursing lab, and moved the administrative offices.

The numerous changes to our campus are only outdone by the outpouring of compassion shown by our students and staff. The students, faculty, and staff

all came together to provide support to the victims of Hurricane Katrina as well as helping our fellow Keiser College students in Ft. Lauderdale after Hurricane Wilma. During the holidays our campus again showed commitment to the community as we collected 200 toys for the Marines' Toys for Tots program. It is accomplishments such as these that make my job so rewarding. I am truly proud of every one of my students, faculty and staff. Each day we are presented with stories of hardship and challenge. The Keiser College Family is always willing to

step up to the plate and help in any way possible.

I am very excited about the opportunities ahead in 2006. Just remember, that life's challenges and accomplishments are directed by your willingness to make each day better than the last. Everyday is an opportunity to learn or help someone else and I speak for all the Keiser College faculty and staff when I say we are excited about what this year will bring.



Jan Del Signore

and staff.

Hello everyone and welcome back to Keiser College in 2006, a year that is sure to bring exciting changes for all. From the expansion of our campus with the addition of a new nursing lab and the graduation of our first Bachelor Degree seeking students, our campus-wide participation in February's Make a Difference Tallahassee, this is sure to be a great

year for Keiser College students, faculty

You should all take pride in knowing that you attend a college that is fully accredited by the Southern Association of Colleges and Schools (SACS) to offer the Associate and Bachelor degrees; a distinction that is reserved only for those institutions that meet the highest educational standards. So as we kick off the New Year lets do it with a bang by making sure that we represent our school with the utmost professionalism:

#### Letter from the Dean's Office

Attend all classes and externships/internships sessions... and be on time!

Follow the dress code... a professional appearance and attitude goes a long way!

Take advantage of this opportunity... you have fantastic teachers offering you a wealth of information to make you into a well-rounded, employable individual! Remember the keys to success are here... it is your responsibility to take advantage of them.

Part of what distinguishes Keiser College from other SACS accredited schools is the level of personal attention offered to each student. All students are encouraged to take advantage of our open communication lines to ensure they have the tools necessary to succeed in their academic goals. We look forward to your shared experiences with us so that we can continue to provide improved programs and services that meet your needs and those of future students. As administrators our doors are always open to you and as instructors we are always available for that extra bit of help.

In addition to offering students a quality academic experience, Keiser College also wants each student to have a well-rounded experience outside of the classroom. Hundreds of students have taken advantage of these services and many have joined our Phi Theta Kappa honor society; a prestigious distinction that demonstrates academic achievement and campus/community leadership. We also have the Student Government Association that students can get involved in. Last year SGA and PTK worked together to bring to students a stress management seminar. We strongly encourage all of our students to read the Weekly Wise each week to find out what's going on at our campus and in the community... and get involved!!!!

From the office of the Dean we would like to wish you all a fruitful 2006 and remind you that we are here to facilitate your development as students, professionals and individuals so please do not hesitate to come see us if you need our assistance. We look forward to working with you in the new year!

Check out pictures from the High School Culinary Competition!









2nd Place: Gabrielle Knight



3rd Place: Joseph Hall









# Alumni and Student News

Allison Thompson- Paralegal Graduate: December 2005

Accepted a position as a Legal Assistant with Beck, Barrios, Malaney & Henderson, PA prior to her graduation!

Daniel McBrearty- Computer Networking and Security Management Student

Accepted an Information Technology Support Specialist position with the Office of Information Technology Services, Florida Legislature prior to his graduation in 2006!

Janet Egbert- Paralegal Graduate: December 2005; Bachelor of Criminal Justice Student

Went on an interview for an internship at the Governor's Office!

Timothy Adams- Computer Networking and Security Management Graduate: October 2005

Is working at Advanced Systems Design as Information Technology Desktop Support.

Charles Dicus- Computer Networking and Security Management Graduate: June 2005

Is working at Advanced Systems Design as Information Technology Desktop Support.

Susan Merlau- Paralegal Graduate: June 2005

Is working as a Paralegal for the Pennington Law Firm.

Jessica Johnston- Paralegal Graduate: August 2005

Is working as a Paralegal for Pearson & Waters.

Kesha Redding- Health Services Administration Graduate: May 2005

Is working as a medical office staff person for Southern Medical Group.

Menetta Smith-Young- Medical Assisting Graduate: May 2005

Is working at Bond Community Health Center as a Medical Assistant.

Melisha Ingram- Medical Assisting Graduate: June 2005

Is working as a Medical Assistant at Dr. Lionel Henry's Office.

Matrell Hawkins- Culinary Graduate: August 2005

She was the featured guest on "To Your Good Health", hosted by Sandy Bennett Jefferson. The broadcast aired on Tuesday, December 6th at 12:30 pm on WTAL 1450 AM Positive Talk Radio

A few reminders from the Registrar's Office...

If you have an address or phone number change, please stop by or call the Registrar's office and we will be happy to update your information in our system. Having the most up to date information can help in case of an emergency. As everyone knows your attendance is very important, so if you know you are not going to be able to attend classes please let us know. You can leave a detailed message for your instructor with our receptionist and you can also call the Registrar's Office or The Associate Dean's Office and we will be happy to help anyway we can. Plan ahead…be sure you allow enough processing time for all your transcript requests and enrollment verification letters. There are forms outside the Registrar's door you are welcome to fill out anytime and leave in the box to expedite your request.

Do you know of a graduate we should highlight in our alumni and student update section?

Are you working in your field prior to graduation?

Let us know so we can brag about you in our semester newsletter!

To submit alumni and student updates please contact:

Beckym@keisercollege.edu or call 850.906.9494 ext. 134.

# **New Library Books!**

The library has added many new books to check out in areas of criminal law, medical assisting, radiology, and culinary! Stop by

and check out the many new titles!

# www.kcsnetlibrary.org

#### Librarian

Lifeng Yu

#### Library Technical Assistant

Vickie Kyle

#### Library Hours

Monday: 7:30 am—10:00 pm

Tuesday: 7:30 am—10:00 pm

Wednesday: 7:30 am—8:00 pm

Thursday: 7:30 am—10:00 pm

Friday: 7:30 am—3:00 pm



# Why should you get involved in the

#### **SER Student Government Association?**

As a member of the SGA, you will have the opportunity to:

- ✓ Develop leadership skills
  - ✓ Impact lives
- ✓ Create lasting friendships
- ✓ Contribute to your local community
- ✓ Make connections in the community
- ✓ Improve your communication skills

#### **Current Members**

Marchesh Patel Janet Egbert Lakeisha Gardner Sherry Lockwood Iessica Hall Charika Huvler Kevin McCaleb Nicholas Brooks Dejarius Bradley Charlisa Little Barbara Lockhart Johnny Watson Kristine Wilkerson Erica Wright Karema Daniels Vivian Howard Bernikia Moore Numa Leon Allison Thompson Eric Hicks Tiwana Mutch Windy Schluck Shanomia Francis Rebecca Kelly

The purpose of Student Government is to promote the general welfare of the student body, to provide programs of educational, cultural, recreational and social value to the college community. The Student Government assists in the planning of social, fund-raising, sporting, and community-service activities.

Please plan on attending a Student Government Association Meeting and find out how you can get involved! SGA Meetings are held the 1st and 3rd Tuesday of the month at 1:10 pm and 5:30 pm. Meeting reminders are located in the Weekly WISE and with flyers around campus.

#### Membership Criteria:

- Be an active student at Keiser College
- Maintain a cumulative GPA of a 2.0
- Attend the membership meetings
- Membership is FREE!

# Phi Theta Kappa

#### Membership Criteria

- Active student at Keiser College
- Earned 12 credits at Keiser College
- Overall Grade Point Average at least 3.50
- Membership Fee \$70.00
- Minimum payment to join: \$40.00
   (Remaining \$30.00 can be paid up to 1 month after joining).
- One time opportunity join!

#### New Members

Amy Allen Maureen Jessie Denise Baker Alyshia Kelley Sophia Brizeus Shannon Medina Bernikia Moore Cari Brown Kristin Carpenter Christopher Morgan **Johanne Mowatt** Tameka Dupont Marcheshkumar Patel Ceja Friedman Jessica Jackson Shannon Phillips

Cassie Richards
Edward Ringe
Amanda Sheppard
William Smith
Cheryl Sumner
Garnet Swofford
Jason Tubbs
Susan Williams

www.ptk.org



## February 18, 2006 8:00 am-2:00 pm

Make a Difference Tallahassee is a large-scale day of service uniting Tallahassee residents and college students. Make a Difference Tal-

lahassee is organized by a number of schools and volunteer organizations. This year's event will kick off at 8:00 am at the FAMU Ball Room, followed by service projects throughout Tallahassee from 9:00 am—12:00 pm. Over 300 volunteers are expected to participate in make a Difference Tallahassee to help local nonprofit agencies address community issues, including animal services, children and

youth, disaster services, elder care services, health services, and hunger and homelessness.

Students who participate will receive a FREE Keiser College t-shirt!

#### To Participate:

Students, faculty, staff, family and friends are encouraged to participate.
Registration is required and space is limited so long onto www.fsu.edu/~ serive for more information and to register!

# Please join us in welcoming our new Financial Aid Director-Charles Posey!

Mr. Posey came to Tallahassee from Baton Rouge, La. He was born and raised in Chicago, IL and has spent time living in Dallas, TX and Baton Rouge. He has over 12 yrs of financial aid experience. He said he is excited about the opportunity to work here in Tallahassee and is looking forward to working with everyone.



Please stop by and welcome Mr. Posey!





Thank you to everyone who donated toys for the Toys for Tots program! Our campus collected **200** toys! The Marines were thrilled with the amount of toys we collected.





#### Graduation Word Search

Find the following words associated with graduation in the word search below. Words can be found up, down, diagonal, backwards and forwards....Good luck! Solutions are available in the Student Services Office.

A	S	S	O	C	I	A	T	E	O	F	A	R	T	S	C	Y	T	W	В	N	P	O	N	Н	Н	C	Z	X	A
R	L	P	I	E	F	В	V	X	M	Q	U	T	F	K	J	I	R	C	X	P	N	H	R	A	E	A	O	C	V
C	O	M	M	E	N	C	E	M	E	N	T	S	P	E	A	K	E	R	G	W	O	X	R	V	В	K	Q	E	S
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A	W	U	I	T	R	V	H	U	E	O	E	X	D	T	A	A	R	K	S	G	D	J	I	U	R	I	S	N	M
N	N	S	T	Y	U	O	P	M	N	R	N	F	I	R	S	C	D	F	G	S	E	W	X	O	I	Y	T	Y	N
A	H	S	Y	H	E	W	O	V	D	S	A	R	C	R	R	S	P	G	N	I	N	N	I	G	E	В	E	H	T
T	T	A	R	W	E	F	F	E	X	T	I	T	T	E	G	I	R	E	E	R	A	C	W	E	N	H	K	J	R
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Family
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Hard work

Honor Cords Honor Stole New Career Phi Theta Kappa Program Salutatorian

Sigma Beta Delta Tassel The Beginning Tickets Valedictorian

# Semester Calendar

#### January 2006

01/03: Term Starts

01/05: Student Appreciation Day 10:30 am and 6:30 pm

01/09: Graduation Surveys in the library for students graduating in January and February

01/10: PTK Meeting 1:10 pm & 5:30 pm, Room TBA SGA Meeting 1:10 pm & 5:30 pm, Room TBA

01/12: Cross Functional Team Meeting at 2:30 pm in the Conference Room

01/13: Graduation Ceremony at 6:00 pm at Lawton Chiles High School Auditorium

01/16: No class in observance of Martin Luther King, Jr.'s Birthday

01/19: Graduation Seminar for students graduating in May- time and location TBA

01/24: PTK Meeting 1:10 pm & 5:30 pm, Room TBA SGA Meeting 1:10 pm & 5:30 pm, Room TBA

01/27: Term Ends 01/30: Term Starts

#### February 2006

02/07: PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

02/09: Cross Functional Team Meeting at 2:30 pm in the Conference Room

Graduation Seminar for students graduating in June—time and location TBA

02/14: Valentine's Day

02/18: Make a Difference Tallahassee from 8:00 am—2:00 pm

02/20: No class in observance of President's Day

02/21: PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

02/24: Term Ends

02/27: Term Starts

#### **March 2006**

03/07: PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

03/08: PTK Induction Ceremony, time and location TBA

03/09: Cross Functional Team Meeting at 2:30 pm in the Conference Room

Graduation Seminar for students graduating in July term—time and location TBA

03/17: St. Patrick's Day

03/20: Graduation Photos 11:00 am-2:00 pm and 5:00 pm-7:00 pm outside Student Services

03/21: Graduation Photos 11:00 am-2:00 pm and 5:00 pm-7:00 pm outside Student Services

PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

03/24: Term Ends

03/27: Term Starts

#### **April 2006**

04/04: PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

04/05: Art Show (tentative)

04/13: Graduation Seminar for students graduating in August term—time and location TBA

Cross Functional Team Meeting at 2:30 pm in the Conference Room

04/14-17: No class in observance of Good Friday and Easter Monday

04/18: PTK Meeting 1:10 pm & 5:30 pm, Room TBA

SGA Meeting 1:10 pm & 5:30 pm, Room TBA

04/21: Term Ends 04/24-28:Spring Break



# Writing the Essay

By Hal Shows, English Instructor

As an Instructor I would say that, without a doubt, nothing strikes more fear into the heart of the average student than writing the essay, or facing an essay question on an exam. It's an easy reaction to understand. You can't be definitively "right" or "wrong" in an essay, only good or bad, convincing or unconvincing, literate or illiterate. Unlike other forms of gauging a student's mastery of material multiple choice, short answer~ the essay does not rely on memorized sound-bites. Instead, the essay measures the student's ability to organize related ideas in service of a point he or she wishes to make. Thus the essay involves facts and evidence, certainly, but it also involves imagination. You can't write an essay unless you venture an idea. That's what makes it scary for students raised in the right/wrong tradition of testing. Consider two questions: 1) When was the Battle of Hastings? 2) Why was the Battle of Hastings important? Answering the first requires only some short-term memory; answering the second needs memory too, but it also requires imagination and organization; in fact it requires the essay.

This is precisely why the essay is important. Memorizing facts and terms and dates has its place in any curriculum, but true mastery of any subject can only be demonstrated by the sound use of facts in effective writing. This is as true in the work-world as it is in academia. How far will you go in any field without an ability to convey your ideas forcefully in writing? Can you evaluate an employee, put together a business proposal, or write an effective press release without the ability to write the essay?

This leads us to the most fundamental reason that students are daunted by the essay: from late elementary school on, they have been asked to write "essays," but never taught what an "essay" is, or how one is constructed, or what makes one essay "good" and another one "bad." The essay is a bit like electricity in that way: everybody uses it but very few know how it works. Perhaps we can demystify the process. Anyone who can write a good

sentence can write an effective, if not an immortal, essay, if he only adheres to a few basic points:

#### 1) Make sure you address the question

Essay questions, or prompts, as they are sometimes called, are usually quite specific in indicating their answers. Read the question carefully; if you have a choice of questions, choose, obviously, the one you feel most comfortable with. In any case, determine as completely as you can what the question is asking you to do. For example, take this typical question (my apologies to Mr. Ortiz): In a brief essay, discuss the causes of the American Civil War.

This question does not ask for the dates of the Civil War, or for broad description of its action, heroes, casualties, or social costs; it asks you to address the war's causes. Make sure you devote your effort to that subject, or you'll run the risk of annoying your instructor, which is bad policy on any exam.

#### 2) Make some choices, and stick to them

The causes of the American Civil War have been the subject of, at least, hundreds of thousands of pages of rich, critical prose. You, the student, cannot possibly hope to address all aspects of the subject in the "brief essay" you have been asked to write. Therefore, you must make some broad choices of focus, and, if you are writing a time-limited in-class essay, you must make them quickly. Make these crucial choices *before* you start to write. This will help you avoid false starts, and wandering sentences in search of your subjects. You do not want to "think out loud" in an essay; think before you write, and your essay will display order and organization. Time spent thinking up front will ultimately save you time in composition. Let's assume you have done the requisite thinking, and have arrived at three causes of the American Civil War you would like to discuss. They are, let's say, economic differences, divisions over representation in the congress, and the moral issues surrounding slavery. A large part of your work is now done: these areas of focus will provide the paragraphs comprising the

body of your essay. Now all you have to do is begin and end.

#### 3) Think of some intriguing way to begin

In a pinch, you might start your essay with a simple restatement of the question or prompt you are addressing:

The chief causes of the American Civil War were economic differences, divisions over representation in the congress, and the moral issues surrounding slavery.

However, this is a bit like giving a dinner party without appetizers. A better way to begin is with some introductory comments designed to grab the reader's attention and lead him willingly to your main points. This may be accomplished in any number of ways. Here's one example, which moves from a broad view of "civil war" in general to a specific focus on the one we fought in America:

Of all the varieties of the bloody human institution called war, civil war, war that divides one people against itself, is perhaps the most difficult to understand. In the 17th Century, England fought a civil war that redefined the rights of "the people" in relation to those of "the throne." The French Revolution was in essence a civil war fought over similar turf. The 20th Century witnessed civil wars mirroring the geopolitical struggle of vast totalitarian systems, with the triumph of fascists in Spain and communist cadres in Russia and China. The American Civil War, 1861-65 -one of the first modern wars, and a proving ground for 20th Century conflict—was the perhaps inevitable result of several everwidening rifts between the North and South. Chief among these were economic differences, divisions over representation in the congress, and the moral warfare surrounding slavery.

It is always well worth the time it takes to compose a good introductory paragraph for an essay. The introduction above delivers to the reader a sense of historical authority and perspective that pre-

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# Recipe Corner

## Portobello Pizza

Submitted by: The South Beach Diet Online Yields: 2 servings

#### **INGREDIENTS:**

1 teaspoon extra virgin olive oil

1 clove garlic, diced

6 ounces portobello mushroom caps, cleaned

Pinch salt

Pinch freshly ground black pepper

12 ounces mozzarella cheese, sliced or shredded

10 fresh basil leaves

2 fresh tomatoes, sliced, roasted, or grilled

Oregano leaves (optional)

#### **DIRECTIONS:**

1. Combine the oil and garlic in a small bowl and rub the mushroom caps on all sides with the mixture. Place the caps, top side down, in a circle on an oiled baking sheet. Season with the salt and pepper. Arrange the cheese, basil, and tomato slices alternately in a circle on top of the mushrooms. Sprinkle with the oregano, if using. Bake at 450 degrees F until the cheese melts, about 3 minutes.

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pares him to take what you have to say seriously. It has helped you gain his attention and respect, and at the same time demonstrated your credibility as a writer on the subject at hand. In short, it has given him some good reasons to want to read on.

Supporting paragraphs – the "body" of your paper—should always follow the "plan" of your introduction.

Following your introduction, devote a substantial paragraph to each of the issues mentioned in the last sentence of your introduction (economics, congress, slavery). Be sure to start each supporting paragraph with an effective topic sentence. Here's an example: From the start, economic issues divided the North and South.

Be sure to provide plenty of supporting

detail –think of it as evidence—to back up the topic sentence. Of course, you can do this only if you have prepared properly, done your research and reading, and been good students; hey, nobody said this would be easy! Now you're ready for supporting paragraph #2. When you move from paragraph to paragraph, try to do so smoothly: use effective transitions. Here's how you might accomplish this in the topic sentence of your second supporting paragraph, the one that, following your plan, should be about congressional representation:

These economic differences were constantly aggravated by issues regarding the congressional representation of the Northern and Southern states.

Again, be sure to provide plenty of support for your topic sentence, then follow suit in your third supporting paragraph. At this stage of the game you should have an introductory paragraph and three supporting paragraphs, a total of four so far. Now all you have to do is conclude.

# Conclude in a separate paragraph; keep it brief and on-point, or speculate!

There's more than one way to skin a cat, which I've never tried, and more than one way to conclude an essay, which I have. You may want to briefly reiterate the main points you have discussed in your essay; this is a good way of reminding the reader that you have in fact done what you said you would do in your introduction. The problem with this method is that it tends to sound repetitive –after all, you've just finished discussing in detail the points you are now, in essence, repeating in brief. A more

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# Websites that work for Culinary Graduates

By Robert Rose, Cross Country Chef

Graduating? Beyond graduating? Food for thought. Years of study, hard work and an impressive resume may not be the only recipe you need for finding the right job in a highly competitive land-scape. Websites with all the right ingredients can not only speed up your job search, but can result in more lucrative offers and greater job satisfaction.

CrossCountryChefs.com and their sister site, CrossCountryHospitality.com, are the premier culinary and hospitality sites of their kind. They help people in both industries find the best jobs and match independent restaurants, chain restaurants, hotels, high end resorts, private clubs, hospitals and even yacht owners with your aspirations and skill sets.

The right ingredients are essential for the job seeker and employer alike. For the job seeker, CrossCountryChefs.com and Cross-CountryHospitality.com provide free, unlimited access to their data base of job postings nationwide. Both are industry specific, can deliver your resume to thousands of employers and don't try to be the sites that meet the needs of all job seekers in all industries. They allow you to customize your profile to receive general job offers or job offers based on your specialty, experience or geographic preference. Job seekers can also view the latest job postings and employer profiles categorized by company. Their "Burning

Optics" search engine saves you time by quickly yielding results based on your search criteria and profile to deliver job postings to you via email.

A recruitment site's ability to meet the needs of their employers is just as essential as their ability to meet the needs of the job seeker. Both sites do just that by searching their resume data base with Burning Optics search engine technology which uses statistical natural language processing to match your objectives, specialties, experience and geographic preference to the needs of the employer and what the employer is specifically seeking in terms of education, specialties needed, experience, ability to relocate and candidate goals. Employers, then, are able to search for industry specific talent, review printable resumes and contact job seekers directly ....all at a fraction of the cost of traditional print media and other internet job sites. Employers are also reluctant to select new, start up sites to fill their hiring needs and prefer well established ones in order to avoid risks and obtain results quickly. Both sites were launched in 2001 and have been sourcing qualified people for some of the country's largest and most prestigious employers.

If you haven't already, and you're in either industry, post your resume, let it simmer awhile and choose from a menu of career choices.

(Continued from page 10)

interesting way to conclude an essay is to speculate in regard to the subject you have examined. Here's how you might want to conclude an essay like the one we've been working through in this exercise:

Could there ever be a second American Civil War? The great civil strife that tore America apart in the middle of the 19<sup>th</sup> Century resulted from the inability of the Union to resolve its differences politically. The war resolved many of these issues: slavery was abolished, for instance, and the notion of secession from the Union was effectively rendered obsolete. Much remains to be done, however, before we become a unified people. Ever-widening economic differences separate class from class in our country. Slavery is gone, but racism, its direct descendent, rears its head in the body politic everywhere. And only four years ago, the political inequities inherent in our electoral system were laid bare to the world. It remains to be seen if our leaders have the determination to address and resolve such problems politically. We can only hope they do so before civil strife once again provides its own brute resolutions.

There you have it: the five-paragraph essay. It's not easy, but almost nothing worth doing is. With a little practice along these lines, you should be able to address any kind of writing assignment you face, as long as you've done your homework.

#### Sources:

Foote, Shelby. The Civil War. New York: Vintage, 1986

Langen, John. English Skills with Readings. Boston: McGraw-Hill, 2002

# Culinary Opportunities in the Army

By Sergeant Robert Leader

Attention Culinary Arts Majors. Are you looking for a challenging career in a wide variety of specialties within your career path? Did you know that more than a million meals are prepared every day in Army kitchens. As an important member of the food service team, the Food Service Operations Specialist prepares all types of food according to standard and dietetic recipes, as well as ordering and inspecting food supplies and preparing meats for cooking.

The Food Service Operations Specialist is primarily responsible for the preparation and service of food in field or garrison food service operations. Some of your duties as a Food Service Operations Specialist may include:

- Performing preliminary food preparation procedures
- Performing specific cooking methods as prescribed by Army recipes
- Performing preventive maintenance on garrison and field kitchen equipment
- Ordering, receiving and inspecting meat, fish, fruit and vegetables
- Preparing standard cuts of meat using cleavers, knives and band saws
- Cooking steaks, chops and roasts
- Baking or frying chicken, turkey and fish
- Preparing gravies and sauces
- Baking breads, cakes, pies and pastries

Other areas of emphasis is in the Army's own Culinary Arts Competition which is held annually. During the competition the Army's Top Chefs will compete in a variety of areas such as Artful Creations, Creative Displays and Preparation of meals. If you would like to find out more on an Exciting Career as an Army Food Service Specialist please contact Jonathan Denton @ 1-877-302-4833.

# Check out these beautiful creations from the Baking and Pastry class

# Highlights from the Annual Job Fair—October 11, 2005



