

**Honor Platoon**

**4th Platoon**

**Directors Award**

David Turner of Kanawha County

**Leadership Award**

Davon Watkins of Kanawha County

**Physical Training Award**

Malachi Adkins of Greenbrier County

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**3rd Progress Report Award Winners**

**Overall Most Improved**

Malachi Adkins

Charles Canada

Kyle Ellison

Ryan Rowley

Jordan Sales

Andrew Staley

**Academic Most Improved**

Ashley Smith

Glenn Buckingham

Zavian Conway

**PT Most Improved**

Natacha Ortiz

Nolin Swartzel

**Cadre Distinction Award**

- Elizabeth Ball
- Jacob Hoke
- Charles Canada
- Justice King
- Joshua Chaney
- Barry Peggs
- Dakota Evans
- Trevour Ratliff
- Tanner Hart
- Gavin Wilken
- Kaiden Hayes
- Emily Winegardener
- Logan Helmandollar
- Mike’o Wooton

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**Cadet of the Day**

- 09/04: Alyssa Davis
- 09/05: Matthew Slack
- 09/06: Brandon Johnson
- 09/09: Tysen Rhodes
- 09/10: Lucas Keith
- 09/11: Jovy Doty
- 09/12: Zackary Hadley
- 09/13: Johnathon Landers
- 09/16: Gabrielle Williams
- 09/17: Danilla Merida
- 09/18: Andrew Whitt
- 09/19: Aithon Dotson

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**Leaderboard by Platoon**

**Level One PT**

- Malachi Adkins
- Nolin Swartzel
- Charles Canada
- David Turner
- Kyle Ellison
- Davon Watkins
- Ryan Rowley
- Mical Wesley
- Jordan Sales
- Braxton Westmoreland
- Andrew Staley

**Honor’s List**

- Charles Canada
- Dylan Love
- Jackson Greaser
- Jayme Simmons
- Logan Helmandollar
- Sara Thomas
- Jacob Hoke
- David Turner

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**Instructor’s List**

- Elizabeth Ball
- Jonah Dyer
- Brandon Johnson
- Kyira Roush
- Denise Bragg
- Caleb Evans
- Bethanie Kimble
- Ryan Rowley
- Jason Burford
- Jackson Greaser
- Dylan Love
- Matthew Slack
- Charles Canada
- Oriana Hale
- Benjamin McQuaid
- Ashley Slack
- David Collins
- Kaiden Hayes
- Natacha Ortiz
- Sara Thomas
- Alyssa Davis
- Logan Helmandollar
- Angela Piper
- Emilee Ward
- Alexandra Dreyer
- Brett Jacobs
- Tristan Proctor
- Davon Watkins

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**Fairness Ribbon**

All Cadets who completed the Third Progress Report received the Fairness Ribbon. The orange ribbon represents the need to play by the rules, be open minded, do not take advantage of others and do not blame others carelessly. Treat all people fairly. Do what is right not what your friends do. Be a leader not a follower.

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**Leadership Appointments**

**Corps Commander:**

David Turner

**Assistant Corps Commander:**

Davon Watkins

**Platoon Leaders:**

Charles Canada

Alexandra Dreyer

Oriana Hale

Johnathon Landers

Ryan Rowley

Emilee Ward

**Assistant Platoon Leaders:**

- Denise Bragg
- Jackson Greaser
- Brandon Johnson
- Tristan Proctor
- Kyira Roush
- Sullivan Wilson

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**Highest Academic Points**

Oriana Hale

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Brandon Johnson

Kyira Roush

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Bethanie Kimble

Ryan Rowley

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- Davon Watkins
Did You Know?

- Cadets are served poultry, fish and/or beans nearly every day to ensure they get an adequate dose of protein. Protein is essential for healthy growth, muscle building and strong immune systems.
- Cadets often have the option to grab a kiwi with their lunch or dinner. Kiwis are a good source of potassium, which keeps Cadets' hearts beating strong.
- Sweet potatoes are served to the Cadets in a variety of ways. Sweet potatoes have twice the amount of fiber as regular potatoes. Fiber aids in digestive health.
- The Cadets completed a Nutrition Class, in which they learned details of each food group, how to read a nutrition label and tips on living a healthy, fit lifestyle after MCA. Check out www.myplate.gov to learn more.

Important Information

1. Cadets get nervous and stressed at test time. Encourage them to work in their workbooks. This is a positive way to focus their energy. TASC Tests are just around the corner.
2. Keep your Cadets supplied with stamps.
3. Do NOT encourage your Cadet to become involved in a “romantic” relationship with another Cadet. It only leads to broken hearts and D-Squad.
4. Graduation for Class 2 will be held in the Multi-Purpose Building at Camp Dawson. Cadets are limited to SIX (6) guests. No exceptions. Graduation Guest List forms are to be returned by Sunday, December 1, 2019.

NOTE: Children of any age are to be counted as part of the 6 guests. One Mentor only will be allowed to attend that will not be counted as part of the 6 guests.

MCA Requests Your Help

Now is the time for Cadets to formulate their Post Residential Action Plan. They have been developing S.M.A.R.T. goals for their year following MCA graduation. Goals must be Specific, Measurable, Attainable, Realistic, Time Bound. (See your handbook for more details).

How can you help? Talk to your Cadet about these details. Are they Realistic? Can you support these goals? It's time for a reality check.

This is a team effort. Parents, family members, Mentors, MCA Staff and Cadets all want MCA Program Graduates to be successful, contributing members of society as a student, volunteer or member of the workforce. Help us validate the PRAP's by talking to your Cadet or their RPM Assistant.

SCHEDULE OF EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>10/10</td>
<td>4th Grading Period Ends</td>
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<td>10/15</td>
<td>Class 2-19 Orientation</td>
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<tr>
<td>10/16</td>
<td>Class 2-19 Orientation</td>
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<td>10/18</td>
<td>PR 4 Awards Ceremony</td>
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<td>10/21</td>
<td>TASC Testing - Writing</td>
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<td>10/22</td>
<td>Blood Drive</td>
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<tr>
<td>10/23</td>
<td>Blood Drive</td>
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<tr>
<td>10/29</td>
<td>Class 2-19 Orientation</td>
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<tr>
<td>10/30</td>
<td>Class 2-19 Orientation</td>
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<tr>
<td>10/31</td>
<td>Mock Interviews</td>
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</tbody>
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DO YOU KNOW A TEEN WHO COULD BENEFIT FROM THE MCA?

Class 1-20 is now forming!
Tell them or their family member to call 1-800-529-7700