

The Challenge

Happy
New
Year

Class 2-21, Issue 3

11/26/21-12/17/21



www.wvchallenge.org

Being Unique Is What This Class Is All About

3rd PROGRESS REPORT AWARD WINNERS

CADET OF THE WEEK

Individuals chosen as Cadet of the Week are selected from the Platoon of which they are a member. The Squad Leaders will inspect the Platoon. Platoon winners compete for the title of "Cadet of the Week" by answering questions related to MCA, State of WV, or TASC topics.

Cadet Elijah Cooper

Cadet Kenneth Teter

Cadet William Barrett

CADRE DISTINCTION AWARD

Cadet Austin Bostic

HONOR LIST

Cadet D'Mikal Payton

Cadet Tristan Milligan

DIRECTOR'S AWARD

Cadet Zachary Dickenson

LEADERSHIP AWARD

Cadet Madalyn Brodbeck

HONOR PLATOON

3rd Platoon

HIGHEST ACADEMIC POINT

Ian Lowthorp

LEADERSHIP APPOINTMENTS

Corps Commander

Cadet Zachary Dickenson

Assistant Corps Commander

Cadet Madalyn Brodbeck

Platoon Leaders:

Cadet Andrew Booth

Cadet Antonio Ellis

Cadet Ian Lowthorp

Cadet Adan Willis

Cadet Aniamya Durham

Assistant Platoon Leaders:

Cadet Austin Bostic

Cadet Shariz Geiger

Cadet Skylar Newman

Cadet D'Mikal Payton

Cadet Rhya Knox

COMMANDANT'S CUP

Cadet Elijah Cooper

Cadet Kenneth Teter

Cadet William Barrett

MENTORSHIP LIST

Cadet Andrew Booth

Cadet Gary Cobb

Cadet Ethan Gore

Cadet Sebastian Jones

Cadet Trevor Lilly

Cadet Aydin Morton

Cadet Conner Shade

Cadet Jakob Jones

Cadet Hunter Hastings

Cadet Aaron Shamblyn

Cadet Antonio Ellis

S2C AWARD

Cadet Madalyn Brodbeck

Cadet Gavin Riser

Cadet William Barrett

Cadet Ethan Gore

Instructor's List

Cadet Alma Graves

Cadet Zachary
Dickenson

Cadet Shariz Geiger

Cadet William
Barrett

OVERALL MOST IMPROVED

Cadet Antonio Ellis

Academic Award Most Improved

Cadet Gary Cobb

PHYSICAL TRAINING MOST IMPROVED

Cadet Aydin Morton

Physical Training Award

Aniamya Durham

Physical Training Most Improved

Cadet Aydin Morton



Fairness Ribbon -Orange

FAIRNESS-The Fairness Streamer and Ribbon is orange. 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. Congratulations on receiving your Third Progress Report Completion Streamer and Ribbon

IMPORTANT INFORMATION

If you have questions or concerns regarding your child's medical care or medications – please call the MCA Medical Office at 304-981-0031. You may leave a message at any time.

Cadets may receive packages in the mail. Only items that were listed on the lettered supplied at orientation are accepted.

When writing to Cadets, please make sure your complete name and return address is included on the front of the envelope. Please pass this on to all family and friends!

SCHEDULE OF EVENTS

1/7 END OF 4TH GRADING PERIOD
1/13 PR 4 Awards Ceremony
1/28 End of 5th Grading Period
2/03 PR 5 Awards Ceremony

Christmas Parade

On Friday, December 3, 2021 and Saturday December 4, 2021, the Cadets marched in the Montgomery and Gauley Bridge, WV parade. We are so excited to announce the cadets and staff received second place in both the Montgomery and Gauley Bridge Parade second best float.



Stay safe during your break: Happy New



YEARS!!!

CADETS WILL RETURN January 3 COVID TEST AND DRUG TEST WILL BE GIVEN; PLEASE DO NOT DO ANYTHING OVER BREAK THAT YOU WILL REGRET!!! WE WANT YOU ALL TO RETURN AND FINISH THIS PROGRAM. YOU HAVE MADE IT THIS FAR "FINISH STRONG"!!!!

DO YOU KNOW A TEEN WHO COULD BENEFIT FROM THE MCA?

Tell them or their family member to call
1-800-529-7700

December was a busy month

Cadets were busy in the classroom with the following test ASVAB, Practice test Hi-Set and 25 cadets completed Ready to Work (WIN) Certificate.

As well as serving the community: Food Pantry, Animal shelter, wrapping and delivery toys.

The staff at MCA also decorated their doors and had each cadet vote on the best door.

Cadets participated in their first competition: Fayette Institute of Technology JROTC.

Did You Know?

- **Mountaineer ChalleNGe Academy offers a salad with every lunch and dinner.** *Vegetables are an important source of fiber. Fiber helps keep blood sugar stable throughout the day, preventing the peaks and crashes that have us craving sweets.*
- **Cadets carry canteens and are encouraged to drink eight 8-ounce glasses of water a day.** *Staying hydrated improves all bodily functions at the cellular level and helps your heart and kidneys work more efficiently. Water carries nutrients and antioxidants to our tissue, resulting in an energy boost.*
- **Cadets are offered unsweetened iced tea with meals.** *Unsweetened tea is a zero-calorie beverage that may promote heart health by improving blood vessel function.*
- **Daily physical training helps Cadets stay fit and happy.** *Because of the calming effect of exercise, active people are less depressed and depressed people often feel better after they start exercising.*
- **Cadets eat more whole grain products than white, like brown rice and wheat bread.** *Higher in protein and fiber, whole grain foods keep your blood sugar in check and keep you feeling full longer. Whole grains are versatile, inexpensive, and surprisingly easy to prepare.*

Source: The Biggest Loser Simple Swaps 100 Easy Changes to Start Living a Healthier Lifestyle

