

The ChallengeNGer★

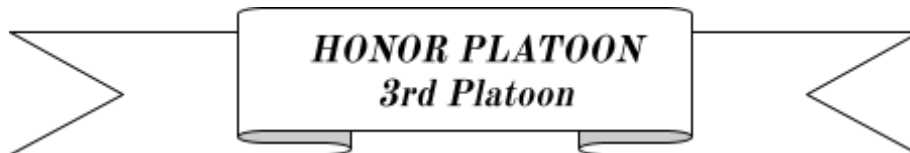
Class 1-2023, Issue 1

4/24/2023-5/12/2023



1st PROGRESS REPORT AWARD WINNERS

www.wvchallenge.org



DIRECTOR'S AWARD	Joseph Jordan
LEADERSHIP AWARD	Matthew Vanskike
PHYSICAL TRAINING AWARD	Aiden Saunders

LEADERSHIP APPOINTMENTS

Corps Commander

Joseph Jordan

Assistant Corps Commander:

Matthew Vanskike

Platoon Leaders:

Christian Arbogast

Angelo Hurtte

Isaac Parker

Chase Ragland

Belen Carrasco

Assistant Platoon Leaders:

Tyler Duvall

Dylan Gonyo

Ashton Kamits

Andrey Ruley

Adrianna Rodriguez

Cadre Distinction Award

Angelo Hurtte

HONOR'S LIST

Angelo Hurtte
Matthew Vanskike

Level One PT Award

David Jones
Aiden Saunders
Chase Ragland
Joseph Jordan
Coleman Day

INSTRUCTOR'S LIST

Landon Casto
Chase Ragland
James Camp
Dylan Gonyo



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 letters 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!

RESPECT RIBBON

Yellow

All Cadets who completed the First Progress Report received the Respect Ribbon. Treat others the way you want to be treated. Respect the dignity, privacy, and freedom of all individuals. Value and honor all people, no matter what they can do for you or to you. Respect others, the Academy, yourself and follow the 'Golden Rule.' Self-respect leads to self-discipline. Self-Discipline is the art of resisting the temptations of life.



Highest Academic Points

Brooklyn Freeman
Kiara Hearn
Donna Rakes
Maegan Thomas
Christian Arbogast
James Camp
Landon Casto
Tyler Duvall
Jeremiah Evans
Russell Evans
Joshua Gardner
Dylan Gonyo
Jordan Haught
Matthew Vanskike
Angelo Hurtte
Isaac Ormandy
Isaac Parker
Chase Ragland
Aiden Saunders
Andrey Ruley

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



SCHEDULE OF EVENTS

6/8 Award Ceremony
6/30 Pickup for leave
7/7 Return from leave



MEMORIAL

★ ★ ★ DAY ★ ★ ★

— REMEMBER AND HONOR —