The ChalleNGert

Class 1-24 Issue 3

03/01/2024-03/21/2024



MENTORSHIP AWARD

Landon Alley Daymyon Bowman Allen Bush Christopher Compton Cameron Croson Maddox Efaw Malea Fleming Clinton Greaver Donavin Helmick Jayson Hutchinson George Junkins Braydon Klinger Kevin LaRue Devon McDonald Anthony Porterfield Audrie Starkey Tysaac Sword Isaiah Tiller Javon Vanscov Aidan Wheeler

Kasey Baker Kaylee Brown Dawson Carroll Bella Cost Kailub Davis Jonathan Facemire Johnathan Gifft Gunner Haller David Henderson Sebastian Jandres Andrew Keaton April Kuhn Quintin Martin Alex Nidy John Pritt Rueben Swartzel Shyanna Taylor Haley Todd Llenaj Watts MaKayla White

Benjamin Barbour Ashton Burns Jacob Compton Isaiah Crockard Kazun Dvorcek Jayden Ferguson Daniel Gillenwater Dareon Hart Elizabeth Horton Era'jai Jewett Cayleigh Kinder Treven Lambert Ethan McCarty Chad Platt Olivia Ray Tyler Sweeney River Templon Garrett Toth Isiah Wharton Maliky Whitmer

IMPORTANT INFORMATION

- Cadets get nervous and stressed at test time. Encourage them to work in their workbooks. This is a positive way to focus their energy. GED Tests are just around the corner.
- 2. Keep your Cadets supplied with stamps.
- Do NOT encourage your Cadet to become involved in a "romantic" relationship with another Cadet. It only leads to broken hearts and D-Squad.
- Graduation for Class 1-2024 will be held in the Multi-Purpose Building at Camp Dawson. Cadets are limited to EIGHT (8) guests. No exceptions. Graduation Guest List forms are to be returned by Tuesday, May 28, 2024. Look for these forms and more information with Progress Report 4 mailing.

NOTE: Children of any ages are to be counted as part of the 8 guests. Mentors will be allowed to attend and will not be counted as part of the 8 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.

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 opened 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.



SCHEDULE OF EVENTS

04/04 Trout For Cheat (S2C) 04/06 James Isaac House (S2C) 04/08 GED Pretest Starts

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

Class 2-24N is now forming! Tell them or their family to call 1-800-529-7700

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.