Cadet Weekly September 17-23, 2007 Week 35

Dates to Remember:

Crusader Training	September 17-21
Cross Country Training Begins	September 24
Officer Call Military Dining	September 28
Refocus Day	September 28
Phone Calls	September 30
Founders' Day	October 5
France Trip	October 6-13
9 Weeks Exams*	October 9-11*
Fall Break	October 12-22
State Cross Country Meet	October 29
Expert Cadet Badge Training	November 1-3
Veterans' Day Program	November 9
Privilege Weekend	November 9-11
*Deve the share from a similar to should	

*Denotes change from original schedule.



Basic Training Awards

Iron Man: Miller Nichols (SC)

Commendation: Mike Biederbeck (AZ), Dexter Johnson (WA), Christian Simpson (AZ), Andre Jeffrey (TX)

Visit the Photo Gallery's Week 34 to see what is going on in MAJ Williams's drum and piano classes and MAJ Davis's worldview class.

Catechism Question and Bible Verse for the Week of September 17-21

Q. Which is the first commandment?

A. The first commandment is, Thou shalt have no other gods before me.

Q. What is required in the first commandment?

A. The first commandment requireth us to know and acknowledge God to be the only true God, and our God; and to worship and glorify him accordingly.

C h a m b e r l a i n - H u n t

CHRISTIAN MILITARY BOARDING

MAJ Keith Fraley Junior and Senior English

Inspiring Cadets to write a book by the end of the year? That is the challenge that MAJ Keith Fraley has imposed upon his pupils at Chamberlain-Hunt Academy. With a bachelor of theology from Oxford University and a bachelor of law and criminal justice from the Citadel, MAJ Fraley brings with him a broad spectrum of applications in his teaching of junior and senior English.



Over the past decade MAJ Fraley and his family have moved many times. They thought they might

settle down in Charleston, SC, but the Lord had different plans for them. MAJ Fraley believed that God was going to move them to a remote place and that they would make a life there. MAJ Fraley moved to Port Gibson in early August with his wife, Nikki, and three fantastic children, Abigail (9), Lydia Mae (6) and Sofie (3).

God blessed MAJ Fraley and his family with this verse to take with them: "For I know the plans I have for you, plans to give you a hope and a future. Then you will call upon me and pray to me, and I will listen to you." *-Jer. 29:11-12*

MAJ Fraley's hope is that he will be an instrument God will use to transform lives. This is a lofty desire—one not to be taken lightly—and if it happens, even in a small way, then his time here will be profitable.

Crusader Challenge Week, Part I

The time has again arrived for the Crusader Challenge. During the week of September 17-21, more than 50 Cadets will volunteer for a physically and mentally challenging event. Very few will complete the first day.

The first challenge is a test of endurance. Cadets must pass the following physical test to remain in the challenge:

- 52 Push-ups in two minutes
- 58 Sit-ups in two minutes
- 2 mile run in 14 minutes

Once the physical test has been passed, the Cadets are then led to their station in the woods for a 2 day tour. During this time, Cadets will dig foxholes, move sandbags, and prepare for the final challenge, the tactical mission. The Cadets are allowed very little sleep and a limited amount of rations during this period of 2 days.

It is not hard to see why so few pass this rigorous test of strength, will and endurance, but the reward is great and the respect that these Cadets attain is utmost.

Next week look for Part II - The Tactical Mission



The Commandant 7

The Commandant 7 is another opportunity the Cadets have to challenge themselves and the program has been developed as a precursor to the Crusader Challenge.

This includes 7 physical fitness challenges:

- Lat Pulls Pool Laps
- Seated Rows - Seated Push-outs
- Overhead dumbbells Rock Sack Hill March

Receiving Ribbons were: LTC Granville, Crusaders Callahan (AR), Whittemore (FL), and Barber (MS), and Cadets Rickels (MS), White (LA), Fulton (CA) and Bonvillian (LA).