



THE CITADEL FAMILY ASSOCIATION

All in the Family

MATRICULATION 2014

CHARLESTON SC

Welcome to The Citadel, Class of 2018!

Nicole & Michael Givens, CFA Co-Chairs

Your son/daughter is about to begin a new chapter in their life that will lay a strong foundation for their future as well as an unbreakable bond with their fellow classmates that will last a lifetime. As parents, you will be a part of their successes and challenges as they share their experiences with you. In just a few short weeks, you will see them grow as young men and women. It will be an exciting time for all!

From your knob's first day, you gain membership in a support system that is just a phone call or email away—The Citadel Family Association. Your membership in the CFA is automatic, free, and provides you with support and information so that you in turn can support your Citadel cadet. Our goal is to provide a forum for discussion as well as to answer any questions you may have about the student experience. In short, we are here to help you.

On Matriculation Day you will see many of our "blue shirt" volunteers present to assist you. These are the upper-class parent volunteers who make up the heart of The Citadel Family Association. It's important to know that these parents have cadets who do not return to The Citadel until a week later. Many of these CFA volunteers have traveled from great distances to be present on Matriculation Day because they too experienced this organization's support and now feel moved to "pay it forward". This is an affirmation of the critical role The CFA plays in assisting first year parents through to Recognition Day.

On a personal note, Michael and I have a son who is a rising sophomore at The Citadel, so we completely understand the excitement and nervousness of dropping your son/daughter off for their first year of The Citadel. Rest assured that we, and all members of the CFA, will be there to support you and answer any questions that you may have.

We look forward to meeting and assisting you on Matriculation Day and working alongside of you in the future!

For information regarding Matriculation Day, visit:

www.citadel.edu/root/matriculation2014.

CFA Matriculation Day BBQ Luncheon!

Saturday, August 16 1:00-2:30pm

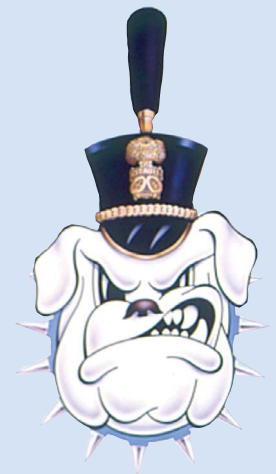


Don't miss the CFA's complimentary luncheon in Coward Hall following General Rosa's address. You will be seated according to your child's company and have the opportunity to meet other knob parents within that company as well as share contact information for staying in touch throughout the year.

MATRICULATION DAY SCHEDULE

Saturday, August 16

- 7-9:30am **Fourth Class Reports**
Holliday Alumni Center
- 9-10:45am **Academic Support Services drop-in**
Thompson Hall 117
- 9-11:40am **Information Fair**
McAlister Field House
- 10:00am **Parents depart barracks**
- 11:45am **President's Address to Parents**
McAlister Field House
- 1-2:30pm **CFA Lunch**
Coward Hall



CFA BATTALION AND COMPANY REPRESENTATIVES 2014-15

Company	Name	Class	Telephone
1st Battalion	Wayne & Betty Boulware	2016	W# 803-924-3206 B# 803-924-2899
Alpha	Ashley Gess	2015	803-507-6249
	Erika Marshall	2015	843-592-2781
	Dena Benedict	2016	864-414-6672
Bravo	Lilly Grimm	2016	708-244-8270
	Devon & Debbie Blackwell	2016	843-756-5100
	Gina Devlin	2016	
Charlie	Ann Emmrich	2015	815-577-8650
	Lynn & Tommy Baker	2015	843-834-3255
	Vince & Christine Tryer	2015	910-452-5967
	Vicki & Harvey Aikman	2015	V#956-519-8947 H# 956-778-8947
Delta	Don & Jan Gillespie	2015	D# 803-389-5614 J# 843-984-5022
	Leslie Francis	2016	803 240-4710
2nd Battalion	Lori Cook	2016	850-686-5951
Regimental Band	Phyliss Stoker	2015	518-399-6464
	Catherine Gorman	2017	812-577-6667
	Chenay Clark	2017	201-657-8122
	Michele Adames	2017	215-206-1210
	Cynthia Dils	2017	850-450-8111
	Lori Cook	2016	850-686-5951
Echo	Ruth Haynie	2015	843- 870-4732
	Kathy & Daniel Greco	2015	843-863-0255
	Vicki Bates	2017	803-446-7354
	Anna Gray	2015	864-621-9707
F-Troop	Julie and Chuck Ashburn	2015	501-664-0340 ext 368
	Dori Breeden	2017	704-804-0967
	Penny Broach	2015	864-903-0469
Golf	Marie Duncan	2015	864-621-7902
	Vicki Bourckel	2017	410-661-9351 (H)
	Bonnie Shaver	2017	864-556-6332
Hotel	John & Pamela Hoyt	2017	J# 864-9791224 P#864-423-2894
	Cindy Rickenbaker	2017	843-901-7502
	Michelle Brumble	2017	803-417-6916

CFA BOARD OF DIRECTORS

CHAIRMAN

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CFA BATTALION AND COMPANY REPRESENTATIVES 2014-15

3rd Battalion	Lisa Kelly	2017	443-562-4446
India	Mike & Tammy Hopkins	2016	843-383-9444
Kilo	Judith Ann Faile	2017	864-608-2983
	Cindy Griffin	2016	803-547-7590
Lima	Mike & Misty Grubb	2015	843-863-9869
	Cindy & Mike Willimon	2016	864-918-9332
	Karen Bedenbaugh	2017	704-678-5807
Mike	Jay & Joy Hope	2016	864-580-9324
	Maria Faulkner	2017	843-287-1782
4th Battalion	Bridget Foley	2015	864-275-1311
November	Donna & Jerome Pinckney	2017	910-264-6136
	Danny & Lisa Brown	2017	L#864-304-5651 D#864-704-7525
	Jill Williams	2017	864-430-5916
Oscar	Linn Richardson	2017	803-840-9246
	Deb Bednar	2017	412-377-6607
Romeo	Tracy Meyers	2016	803-238-3014
	Gary & Carrie Worner	2015	330-808-0537 (Carrie)
Tango	John & Amy Drew	2015	J# 803-624-0490 A# 803-624-0489
	Jeannine Rodgers	2017	864-350-5940
	Debbie Finley	2016	828-638-9285
	Denisse Spade	2017	828-638-1174
5th Battalion	Cindy & Ken Waterlander	2016	843-708-7587
Papa	Pauline Meyer	2016	843-607-4814
	Sherry Knotek	2015	518-580-9396
	Karen & Paul Willis	2016	843-460-5169
Palmetto Battery	Rosy Cass	2015	803 389 0359
	Terry Murphy	2017	843-270-9127
	Kelly Wisheart	2017	321-759-3745
Sierra	Lt.Col Patrick & Melanie Maes	2016	843/501-0602
Victor	Don & Tracy Blagburn	2016	843-525-6421
	Ken & Kim Ford	2017	ken 703-864-0208 kim 703-867-6389
	Suzanne Nelson	2017	630-779-6213

Knob Foot Care and More

Craig P. Cleveland, M.D.



Once my son was accepted to The Citadel, we moved to preparation mode to allow him to arrive in August in the best shape possible. Having gone through the preparation for Scouting and the 70 miles at Philmont, I thought we had the system down. The Citadel website (<http://www.citadel.edu/root/admissions-physical-fitness>) is the source to review the fitness standards. *(Please review to understand what your Knob will need to be able to do during physical training.)* Your cadet's training has to be daily so that he or she will be easily able to handle the physical stress of the first year.

During our early visits to The Citadel, we purchased the dress black shoes and his military boots. Since there are no choices in style, all you have to concentrate on is fit. Poorly fitting shoes WILL lead to foot problems. Both the shoes and the boots were worn regularly to begin breaking them in. Boots were worn for walking and for about half the daily runs. It is imperative to get both the shoes and boots to conform to your feet and to soften the shoe material to allow the greatest comfort when you'll need it.

Finally, we stressed foot preparation to prevent injuries, primarily blisters, and skin breakdown.

1. Start with the toenails. Cut them straight across, do not follow the contour of the toe. The margins of the nails, if too short, will grow, putting pressure of the skin, possibly

developing into ingrown nails. In addition, not cutting the nails back enough may allow the end of the nail to rub the boot eventually causing the loss of the nail from repeated pressure. The nail may progressively lift from the nail bed from rubbing inside the boot.

2. Inspect the skin daily or prior to and after each PT session. Keep the skin dry - moisture and friction WILL lead to blisters and callous formation. Prior to your PT session, dry the feet, apply a foot powder, and then don the polypropylene with the wool sock over that. After your PT, again inspect the feet, wash and dry. Using rubbing alcohol on the feet will help dry them since the alcohol will absorb any remaining water and will evaporate more quickly. Leaving your feet open to air will also help insure they have dried well.

3. Any hot spots or early blisters can be treated with moleskin. DO NOT apply a bandage directly over the spot by itself. It will build up that spot and cause greater pressure when in the shoes. Use moleskin cut to easily cover the area but with the center cut out so the hot spot is exposed. This will allow pressure from the footwear to be distributed around the spot rather than directly on it. Callous pads are already cut but may be too thick.

4. Fungal infections, athlete's foot, are caused by persistent moisture. As stated above, keep the feet dry at all times. Allow your shoes to dry out prior

to putting them on again. Moisture and rubbing of the toes allows a breakdown of the skin letting the fungal infection take hold. Remember the skin is the first barrier to infection so treat it well. If an infection develops, clean and dry the feet then apply an antifungal ointment. This should be done twice a day until the infection is gone PLUS 7 to 10 days. The fungus lives in the hair follicles and though it may be gone on the surface, you need to treat for the additional time to get the deeper sites.

Shoes will start to smell, usually from a fungus, if you do not allow the moisture to clear after each use. If you have a problem keeping the feet dry, consider a second pair of shoes, never wearing the same shoes 2 days in a row. DO NOT spray Febreze® or other similar sprays in the shoes to control the smell. These chemicals may remain and lead to further foot problems such as a contact dermatitis. If possible, replace the old shoe inserts with new ones. Similarly, never put on wet or moist socks. Always be sure, anything that goes on your feet is dry.



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Special Thanks to South Carolina Federal Credit Union for their generous contributions to the Citadel Family Association, and their support of this newsletter.