



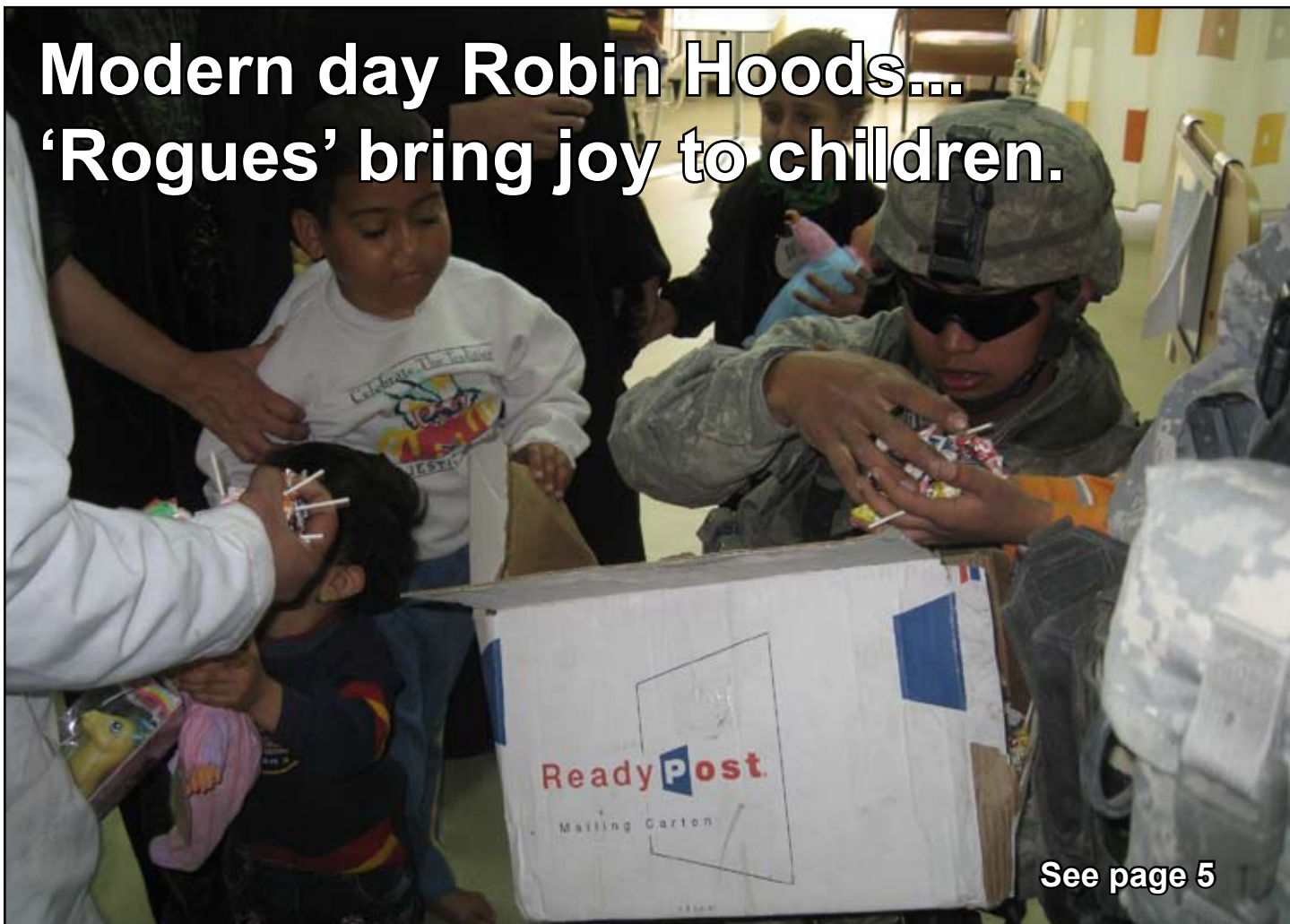
Spartan Chronicle

*pointing out the weekly
news from the 2nd BCT*

Vol. 2, Issue 16

March 9, 2008

Modern day Robin Hoods... 'Rogues' bring joy to children.



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Photo by 1st. Lt. Jeremy McCool



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NEWS

Sgt. Jason Stadel
2nd BCT PAO

Patrol Base Vanderhorn's construction began in early March near Sayifiyah, a region formerly controlled by insurgents.

The patrol base will be the home to a company from the 1st Battalion, 187th Infantry Regiment, 3rd Brigade Combat Team, 101st Airborne Division, Fort Campbell, Ky., which has started to take over the area of operations for 5th Squadron, 7th Cavalry Regiment, 1st BCT, 3rd Inf. Div., Fort Stewart, Ga. The battalion is operationally attached to 2nd BCT, 3rd Inf. Div.

PB Vanderhorn is named after Staff Sgt. Christopher Vanderhorn, a 1-187 Inf. Soldier that was killed in an improvised explosive device attack Jan. 1, 2006, during the battalion's previous Iraq deployment.

Supplies needed to build the base were transported by the 26th Brigade Support Battalion, 2nd BCT, 3rd Inf. Div. The 535th Engineer Company, Grafenwoehr, Germany, is continuing to build the base.

Food, water, base defense systems, and living quarters were transported to the base by Companies A and B, 26th BSB. The Challenger battalion has



Photo by Sgt. Jason Stadel
A front-end loader from the 535th Engineer Company fills Hesco barriers at Patrol Base Vanderhorn March 6.

helped to build numerous patrol bases in the 2nd BCT area of operations since their deployment began in May 2007. Building patrol bases is a much different mission than what the company saw in during their last deployment.

"Last time we were here we supported three FOBs," said Staff Sgt. Carl Beasley, Company A, 26th BSB operations sergeant, of Pensacola, Fla. "This time we've helped to build 11 patrol bases."

Building patrol bases to have Soldiers live among the local population is one of the main counter-insurgency strategies set forth by Gen. David Petraeus, commander, Multi-National Forces

– Iraq.

Once the supplies were delivered, the engineers went to work. The outer walls are made from dirt-filled Hesco barriers and are emplaced by Soldier engineers.

"We're horizontal engineers," 1st Lt. Derek Benz, 3rd platoon leader, 535th Engineer Company. "We build from the ground up."

Patrol Base Meade, which is also a 1-187th patrol base, was also built by the 535th Engineer Company. They are normally a quick-reaction engineer unit that does rapid road repair. For example, if an IED were to explode

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2nd BCT PAO
Maj. James Brownlee
1st Lt. Kalen Smith
Sgt. Kevin Stabinsky
Sgt. Luis Delgadillo
Sgt. Jason Stadel
Sgt. Randall Townsend

and create a large crater in the road, they would be called to fix the hole to prevent another IED from being emplaced, Benz said. However, with recent work, he said his Soldiers are becoming proficient at building PBs from the ground up.

“We’ve learned from success,” Benz said referring to PB Meade, which was fully operational in less than 30 days from the day work was started.

Most of the work is done by Coalition forces, but there is some Iraqi involvement.

A local crane operator, simply known as “Sammy,” was hired to move T-walls and large metal containers into place around the patrol base. Sammy worked at PB Meade and is now working at PB Vanderhorn. Benz said he is an asset to Coalition forces.

“He works and works and works,” Benz said. “He never complains; he goes until the job is done. I think he understands that we’re here to help so he works as hard as he can for us.”

In most cases U.S. troops are training Iraqis at various skills and trades, however, with Sammy the tables have turned. “This guy has even trained a couple of my Soldiers on how to run the crane,” said Benz. “He is helping our Soldiers get on-the-job experience.”

Since liberating Sayifiyah from extremists Coalition forces have started a Sons of Iraq program and held two combined-medical engagements. With the construction of PB Vanderhorn Coalition forces will be able to easier assist with Sayifiyah citizens rebuilding their community.



Photos by Sgt. Jason Stadel

Above: An Iraqi contractor uses his crane to lift military containers into place at Patrol Base Vanderhorn March 6. The contractor has been hired to help build the patrol base and was used to build neighboring PB Meade.

Below: 1st Lt. James Robinson, Company A, 26th Brigade Support Battalion, platoon leader, hooks a chain from a crane to a military container





Kareem Mohammed Alwan, a Sayifiyah business man who runs a fertilizer distribution and welding shop (center), speaks with an interpreter (right) about plans for his business. Spc. Colin Sudds, a civil affairs specialist with 415th Civil Affairs Battalion, a native of Kalamazoo, Mich., records the data March 1. These surveys help leadership decide who should receive grants and how they need to proceed for funding. Many businesses have flourished under the program, like the Butcher of Arab Jabour.

Photo by Sgt. Kevin Stabinsky

Micro-grants aid local economy

Sgt. Kevin Stabinsky
2nd BCT PAO

To help stimulate economic growth on Sayifiyah, Soldiers from the 415th Civil Affairs Battalion, Kalamazoo, Mich., began surveying area businesses March 1. The unit is supporting Spartan units.

The aim of the operation was to assess which businesses may qualify for a micro-grant and begin the process for getting them to the people, said Spc. Neal Peterson, civil affairs specialist.

Five businesses were viewed during the day: two welders, one vehicle repair shop, one electrical repair shop and one animal pharmacy.

All business owners were interested in the process and filled out an application form, stating what they plan to use the money

for. They also promised to take a Coalition sponsored business class.

While not all the interested businesses may be approved, their applications will all be forwarded up the chain of command for review, said Peterson, a native of Grand Rapids, Mich.

If approved at higher levels, a decision will be made on how much money will be granted based on the business's needs and plan for the money, said civil affairs specialist Spc. Colin Sudds, of Leamington, Ontario, Canada.

One of the business owners who filled out an application, Kareem Mohammed Alwan, said if approved the money would go a long way to improving his shop.

Alwan, who runs a fertilizer distribution and welding shop, said since security has improved, his

business has picked up. As farmers return to work, he said he has been called to do more metal repair on their equipment.

The extra money he said would allow him to purchase new tools to better provide his vital service to area farmers.

While few businesses exist in the mainly agricultural based region, Peterson said he has high hopes for the few he did survey.

These high hopes he said will hopefully translate into self-sustaining businesses, which will in turn produce additional jobs and a strong economy.

"Rebuilding the economy is what we do," Sudds said. "If they're busy working they ain't doing other things. If we get them back to work the AQI threat will take care of itself."

Rogues visit children's hospital cancer ward



Photo by Staff Sgt. James Slayton

Sgt. Christopher Henesy, 1st Platoon, 1st Battalion, 64th Armor Regiment, makes a new friend at the Iskan Children's Hospital. The platoon, lead by 1st Lt. Jeremy McCool and Sgt. 1st Class Andrew Deunger, often take their Soldiers to visit the cancer ward to deliver toys and candy to the children. The platoon has visited the hospital multiple times this year and has developed a strong, positive relationship with the hospital staff and patients, who are always ready and eager to receive the gifts and candy from the 1st Platoon Soldiers.



Photo by 1st. Lt. Jeremy McCool



Photo by Staff Sgt. James Slayton

Spc. Adam D'Andrea (above) and Sgt. Jeeear Rufino (left) spend time with their new friends at the hospital. They, and other 1st Platoon Soldiers, do their part to improve community relations by trying to cheer up children at the hospital.

Medics train Ugandan troops for duties

Unit Public Affairs Rep.
1-9 Field Artillery Regiment

To assist in the security of Logistical Support Area Anaconda, Coalition force Soldiers trained 36 Special Operations Command Ugandan officers on the proper techniques and procedures for providing security around the LSA.

To assume the duty of being a tower guard the Ugandan troops were given the basics of reacting to indirect fire, basic marksmanship drills and how to use the individual first aid kit.

Soldiers from the 1st Battalion, 9th Field Artillery, trained the Ugandans.

"It is a good thing that we can have other elements to be able to conduct the tasks and being able to handle all situations," said Staff Sgt. Blandon Green, Headquarters and Headquarters Battery, 1-9 FA.

In the fall of 2007 1-9 FA coordinated with the LSA mayor's cell to have the Ugandan troops help in providing LSA security.



Courtesy photo

Staff Sgt. Green, medical platoon, platoon sergeant, Task Force 1-9 Field Artillery Regiment, shows a Ugandan student medical equipment while instructing him and his fellow the Ugandan Soldiers at Logistical Support Area Anaconda. Thirty-six Ugandan Soldiers were trained by the medics to prepare for guard duty.

"Coalition forces have been working with SOC officers for a few years now," said Capt. John Swaray, HHB, 1-9 FA, commander.

"The SOC officers are known to be competent existing duties. The

validation exercise has only served to confirm our confidence in the abilities and we are certain they will do a good job."

LSA Anaconda is a key transit point for supplies coming into Iraq.

Safety Alert - Sleep schedules

Tips for Soldiers

- Don't sleep in areas with regular activity or in or under any vehicle.
- When sleeping, minimize exposure to noise and light by wearing earplugs and blackout shades.
- Avoid over-the-counter "sleep aids," which cause grogginess, not actual sleep.
- Sleep whenever possible; even a little sleep is better than none. Several "catnaps" can add up



quickly.

Tips for Leaders

- Develop a unit sleep management program that allows your Soldiers at least 6,

and preferably 7 to 8, hours of sleep every 24 hours.

- Soldiers trying to sleep during the day require longer or more frequent opportunities to sleep.

These extended periods compensate for the body's normal reaction to sleep cycle disruption.

- Avoid putting your Soldiers in a position where they must choose between sleep and something else they'd enjoy.
- Arrange sleep schedules so your Soldiers can sleep at consistent times.

Village of hope takes shape

Sgt. Jason Stadel

2nd BCT PAO

Hawr Rajab is coming back to life. After months of oppression from al-Qaeda in Iraq, the southern Baghdad community's schools are in session, shops are open and a women's initiative group has been started.

The focus is now firmly planted on building the economy, which is helping build employment. As a means to that end more than 50 students began class at 'The Village of Hope', a vocational school designed to train Hawr Rajab citizens in the basics of construction.

Soldiers from the 6th Squadron, 8th Cavalry Regiment, 4th Brigade Combat Team, 3rd Infantry Division provide security at the construction sites and the classes are being taught by U.S. Air Force Airmen.

The builders, plumbers and electricians turned teachers are from the 557th Expeditionary Red Horse Squadron, headquartered at Balad Air Base with a mix of active duty and Air Force reserve troops. The Village of Hope team has about 30 members.

Tech. Sgt. Jacob Wilcock, a structural class instructor, said he had to adjust his mind set from pounding nails to teaching. "As builders we are more attuned to seeing a completed structure or physical progress at the end of a work day," he said. "Teaching is very rewarding, the reward is seeing the students understand the lesson and do well on a practical exercise," added Wilcock, of



Courtesy photo

Master Sgt. Fernando Ginette, teaches Hawr Rajab block makers how to install batter boards March 4 at the Village of Hope training site at Patrol Base Stone.

Phoenix, stationed at Royal Air Force Mildenhall, Suffolk, England.

In addition to learning the basics of building over the three month course, the students will rebuild homes that have been damaged and destroyed by extremists. The rebuilding of the homes will be part of the lesson plans and as an added incentive students at the school will receive payment for attending.

"The students are very receptive, ecstatic and happy about the school," said Capt. Josh Aldred, Village of Hope project manager. "They are very grateful and fully understand we're here to help," said Aldred, who is stationed at Malmstrom Air Force Base, Mont.

"Many come up to say that this is the best thing that has ever happened here," Aldred said.

Local businesses will also benefit from the Village of Hope project. When class room instruction ends and hands on

training begins, building materials available locally will be purchased from Hawr Rajab vendors.

To ensure a steady supply of building materials was available, a brick and concrete block maker from Hawr Rajab was awarded a Baghdad-7 embedded Provincial Reconstruction Team micro-grant to help improve his business.

"He's been making blocks for a long time and does good work," said Air Force Master Sgt. Richard Kapp, the liaison between the Army and Air Force on the project. "We just showed him how to improve the products he puts out."

Airmen also see the rewards coming from their work.

"I've deployed five times but I've never had the chance to help someone change their life," said Tech. Sgt. Christopher Collins, plumbing class instructor, who is stationed at Minot Air Force Base, N.D. "This training will help them for the rest of their lives," said Collins of Fort Walton Beach, Fla.



Photo by Staff Sgt. Michael Paredes

Capt. Ken S. Guglielmina (left) and Spc. Janus P. Perez (right), former teacher and student, met by chance in Iraq in early January 2008 at the Forward Operating Base Falcon dining facility after 12 years. Coincidentally, the two Soldiers met again at Patrol Base Stone, in Hawr Rajab Feb. 22. The two shared photos of family and caught up on memories and common acquaintances from the Sacramento area. Guglielmina is a member of an Army Civil Affairs Team supporting Perez's unit, Troop A, 6th Squadron, 6th Cavalry Regiment. He was Perez's health class teacher in 5th Grade, in 1996.

Teacher, student reunite in Iraq after 12 years

Staff Sgt. Michael Paredes
6-8 Cavalry Regiment

Two Soldiers were reminded how small the world really is during a chance January meeting in a dining facility halfway around the world.

Despite leaving Capital Christian School in 2001, Spc. Janus P. Perez, a reconnaissance scout with Troop A, 6th

"I remember James as a good boy and a good student. ... It was a pleasant surprise to see him again and of all places, here."

- Capt. Ken Guglielmina
412th Civil Affairs Team

Squadron, 8th Cavalry Regiment, 4th Brigade Combat Team, 3rd Infantry Division, still carried good memories of the school with him.

One of those memories was of his 5th grade health teacher, "Mr. G."

"I sat down and I was like, that's him, I know

that guy! That's my 5th grade health class teacher, Mr. G," said Perez, of Carmichael, Calif., describing the moment when he saw Capt. Ken Guglielmina.

Despite the gut feeling that Guglielmina, a member of Army Civil Affairs Team 11, 412th

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CA battalion, supporting Perez's unit, was Mr. G.; Perez was cautious on his approach.

He walked toward the oddly familiar looking Army officer and tapped him on the shoulder.

"Are you Mr. G, and did you teach 5th grade teacher at Capital Christian School in Sacramento, Calif.," he asked. Confirming Perez's gut feeling, Guglielmina said yes.

Although the two hadn't seen each other for nearly 12 years, Perez said Guglielmina looked the same way he did twelve years ago teaching 5th grade.

Guglielmina remembered a little bit about Perez, too.

"I remember Janus as



Photo by Staff Sgt. Michael Paredes

Capt. Ken S. Guglielmina (left) and Spc. Janus P. Perez (right), former teacher and student, met by chance in Iraq in early January 2008 at the Forward Operating Base Falcon dining facility after 12 years. Guglielmina had been working with Perez's unit until his redeployment in February.

a good boy and a good student. He never gave me any problems that I can remember," said Guglielmina, of Elk Grove, Calif.

Through the years the good boy grew up. At a

second chance meeting at Patrol Base Stone, the two got to discuss these changes, catch up on some memories and compare notes on former classmates and teachers from Capital Christian

School, some of whom both keep in touch with.

The two discussed their lives; Perez is now married with a 1-year-old daughter, while Guglielmina is married with an 8-year-old daughter and 5-year-old son.

Although not teaching, Guglielmina, who is set to retire from the Army before the end of March, 2008, said he plans to return to teaching as soon as he redeployes which is early March, 2008.

It is a story he can share along with lessons to his new students, that fate can reunite people in the strangest places.

"It was a pleasant surprise to see him again and of all places, here," Guglielmina said.



Capt. Jeffrey Brizek (left) passes the guidon of his former company, Company B, 2-3 Brigade Troops Battalion, to Battalion Commander Lt. Col. David Kennedy March 7 during a change of command ceremony on Forward Operating Base Kalsu. Capt. Fred Hair (above) assumed control of the Lightning Troops.

Photos by Sgt. Kevin Stabinsky

SPORTS & GAMES

Spades game passes time at MWR

Sgt. Kevin Stabinsky
2nd BCT PAO

It was a friendly gathering, with nothing on the line, but from the competitive energy displayed by the competitors, one would think it was a matter of life and death.

Ironically, the game takes its name from the suit of cards often associated with death, yet in playing the game, Soldiers say it helps bring life into their deployment.

With a set up time of seconds and the only requirement being a deck of cards, Spades is a popular downtime activity on the base.

In addition to holding periodical tournaments, every Friday night the Forward Operating Base Kalsu Morale, Welfare and Recreation Center hosts a Spades game night.

"It helps take your mind off the stress of the day," said Staff Sgt. Lasheeka Lee, Headquarters and Headquarters Company, 2nd Brigade Combat Team.

Besides freeing her from strains she may encounter in her job at the 703rd Support Battalion, 4th BCT, 3rd Infantry Division aid station, the game has also given her some notoriety at the center. Since deploying in May, she has claimed five tournament victories.

Her partner for those victories, Sgt. Myron Malone, 2nd Battalion, 69th Armor Regiment, 3rd BCT, 3rd Inf. Div., joined her that night. However, the taste of victory went to her opponents.



Photo by Sgt. Kevin Stabinsky

Staff Sgt. Lasheeka Lee (right) leans in to express her disgust at losing a book, or set of cards, at spades, while book winner Sgt. 1st Class Luther Bradley (left) plans his next move. The two are avid spades players, gathering every Friday night at the Forward Operating Base Kalsu's Morale, Welfare and Recreation Center to hone their skills for future tournaments. Since the beginning of the deployment, Lee has won five tournaments and Bradley two.

One of those opponents, Sgt. 1st Class Luther Bradley, motor control section non-commissioned officer in charge, HHC, 2-3 Brigade Troops Battalion, like Lee, is an avid spades player.

"It's something I do Sundays," the Washington, Ga., native said.

Like Lee, Bradley also has several tournament wins this year: two. However, more important than the wins is just having fun, a major reason why he has continued to play the game since learning how to play it from his parents 30 years ago.

Besides the quick set up time and simplicity of equipment needed to play, Lee said a great appeal is the simplicity of the game.

"Anyone can pick it up real quick," the Brooklyn, N.Y. native said. "It is like gin rummy."

In the game, the deck is divided evenly among the four players, who are paired up into teams. Once players have their hand, they bet how many books they and their partner can win. A book is composed of four cards and is made when each player plays a card. The top value card takes the book, although a spade card trumps any other suit.

Standard scoring gives a player ten points per book they bet they could win, with one point for each additional book won. For example,

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if the player's bid six and he makes seven tricks, the score would be 61: 50 points for their bid, and a point for the additional book.

Conversely, overbidding can cost points. If a player bids six and wins only five tricks, he would lose 60 points; the amount of his bid is multiplied by ten.

Thus, despite its simplicity of rules and set up, the game requires a lot of strategy for both the individual and team, trickier for the latter as players cannot discuss what cards they have with their teammate.

Some people try to win books instantly throwing out their high cards first, while others wait and try to manipulate the play, playing cards not necessarily based on their individual strength, but on what other players are currently playing or already played. And like other



Photo by Sgt. Kevin Stabinsky

Sgt. Myron Malone studies his hand in preparation for a round of spades March 7 at the Forward Operating Base Kalsu's Morale, Welfare and Recreation Center.

games of chance, lady luck can also play a role, Lee said.


Lady luck seemed to lie with Bradley during the March 7 game, but Lee attributed it to something else.

"He cheats. He always cheats,"


she said jokingly after the match.

Cheating or not, one "C" word Bradley definitely had with him was confidence.

"All I need is a partner to hold the cards," he said of his winning strategy. "I'm just that bad."



ST. PATRICK'S DAY SHOUT OUTS



FOR WTOC: SAVANNAH, GA



WHO: You can come alone or bring a buddy and send a shout out together.

WHEN: 7 MARCH - 13 MARCH

WHERE: IN THE PAO STUDIO (ALOC)

WHY: WTOC is covering the annual St. Patrick's Day Parade and wants shout outs from Soldiers to air during the commercial breaks. Plus the first 10 Soldiers to come do a shout out gets free NEAR BEER!!!

HOW: Write us at e-mail 2BCT3ID.PAO@2BCT3ID.ARMY.SMIL.MIL AND SCHEDULE A TIME, OR JUST STOP BY IF YOUR IN THE NEIGHBORHOOD AND WE'LL TAKE CARE OF YOU.



2BCT B-ball team takes pre-season gold

Spartan Chronicle Staff
2nd BCT PAO

Congratulations to the Preseason Basketball Champions -Dem Dudes and Her. The team, composed of Staff Sgts. Tre'maine Melendez and Timothy Eye, Sgts. Mickey Campbell and Peter Broussard, and 1st Lt. Tiffany Allen, went undefeated in the tournament, defeating two other teams.

The next big challenge for the team is overcoming 11 other teams in the Forward Operating Base Kalsu March Madness Tournament. Look in future editions of the Spartan Chronicle for updates as the tournament progresses.



Courtesy photos

A Soldier shoots a free throw during a March 1 pre-season basketball game on Forward Operating Base Kalsu. The tournament was a warm up for the March Madness tournament later in the month. The 2nd Brigade Combat Team team, "Dem Dudes and Her," won the tournament, going undefeated against two other teams.



Above: First Lt. Tiffany Allen, 2-3 Brigade Troops Battalion, unmanned aerial vehicle platoon, platoon leader (right), puts defensive pressure on an opponent to keep him from driving into the lane. Aggressive play by her team, (left) caused them to go undefeated in the pre-season.

To supplement or not that is the question

Maj. James Wilburn
2nd BCT, chief of operations

To supplement or not to supplement - that is the question. Over the years, nutritionists and physiologists have argued against the need for supplementing protein for optimal performance. It was generally believed that the RDA of 0.4 grams per pound of body weight each day would adequately meet the demand of hard training. Recent studies, however, have shown that the overall protein and specific amino acid requirements are higher for individuals in training than for normally active individuals.

Protein accounts for approximately 5 to 15 percent of the total calories consumed per day in the United States.

Protein serves numerous functions in our body:

- It is the major structural component of the cell.
- It is used for growth repair and maintenance of the body tissue
- Hemoglobin, enzymes and many hormones are produced by proteins.
- It is one of three primary buffers in the control of acid-base balance.
- Normal blood osmotic pressure is maintained by



File photo

Protein serves numerous functions in the body. One of the most vital is rebuilding muscle torn down by exercise. Athletes training to build strength need about .8 grams of protein per pound of body weight to maintain their strength and build their body.

protein in the plasma.

- Antibodies for disease protection are formed by protein.
- Energy for activity can be produced by protein.

Twenty amino acids have been identified as necessary for human growth and metabolism - 11 for children and 12 for adults are termed non-essential amino acids meaning our body can synthesize them so we don't rely on dietary intake for their supply.

The remaining 8 or 9 are termed essential amino acids because our bodies can not synthesize them and thus they are an essential part of our daily diet. Absence of

one of these essential amino acids from the diet precludes the formation of any protein that contains the amino acid and thus the tissue that requires that protein can not be maintained.

A dietary protein source that contains all the essential amino acids is called a complete protein - fish, meat, poultry, eggs and milk are examples.

The protein found in vegetables and grains are called incomplete proteins because they do not supply all of the essential amino acids. This concept is important for individuals on vegetarian diets.

Protein Intake and Performance

Amino acids are the body's building blocks. Protein is essential for the growth and development of body tissue. The role of protein differs for strength training and endurance training athletes.

It appears that strength training individuals need up to 2.1 times the RDA or about 0.8 gram of protein per pound of body weight per day where as athletes engaging in endurance training need 0.6 to 0.7 grams of protein per pound, per day. Where as endurance

See **WORKOUT** page 14

Spartan Fitness Program Week 4

Mission Statement: This program was designed for an individual that would like to add about 15 lbs to their weight without significantly increasing their body fat level. Additionally, the Soldier would like to improve his overall body strength and reduce his two mile run time to his predeployment time of 12:45.

Phase (Mesocycle): Base Phase-During this phase we will focus on building endurance during our cardio sessions and progress into a maximal strength building phase during our resistance training.

Week (Microcycle): Week 4 of 20/
Microcycle 1

WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	9-Mar-08	10-Mar-08	11-Mar-08	12-Mar-08	13-Mar-08	14-Mar-08	15-Mar-08
Cardio	Long Run: 5 mi run at a comfortable run; Do not exceed 75% of your max heart rate (150 bpm)	Easy Run: 20 min run at a comfortable pace; Do not exceed 75% of your max heart rate (150 bpm)	Rest	Fartlek Intervals Pyramid: 10 min easy run; Then do 1'-2'-3'-2'-1' at a comfortably fast pace to with the same rest interval; C/D 5' Easy and stretch; Do not exceed heart rate (170 bpm)	Rest	Easy Run: 20 min run at a comfortable pace; Do not exceed 75% of your max heart rate (150 bpm)	Rest
Total Distance	5 miles	2 - 2.5 miles		3.5-4 miles		2 - 2.5 miles	
Intensity	Easy/75% of MHR	Easy/75% of MHR		Easy/75% of MHR		Easy/75% of MHR	
Time/Location	AM / Kalsu Perimeter Road	AM or PM/Kalsu Gym		AM or PM/Kalsu Gym		AM or PM/Kalsu Gym	
Strength Training	Rest	UPPER BODY (MS): 3 sets x 6 reps DB Bench Press; 2 set x 6 reps Incline DB Press; 3 sets x 6 reps DB Row; 2 sets x 6-10 Pull Ups; 3 sets x 6 reps Military Press; 3 sets x 6 reps Preacher Curls/Triceps Pull Down (SS);	LOWER BODY (MS): 3 sets x 6 reps Squats (use smith machine for form); 3 sets x 6 reps Leg Extension; 3 sets x 6 reps Leg Curl; 3 sets x 6 reps /Calf Raises; 3 sets x 6 reps DB Side Bends; 2-3 min Rest Between All Superset	Rest	UPPER BODY (MS): 3 sets x 6 reps DB Bench Press; 2 set x 6 reps Incline DB Press; 3 sets x 6 reps DB Row; 2 sets x 6-10 Pull Ups; 3 sets x 6 reps Military Press; 3 sets x 6 reps Preacher Curls/Triceps Pull Down (SS);	Rest	LOWER BODY (MS): 3 sets x 6 reps Squats (use smith machine for form); 3 sets x 6 reps Leg Extension; 3 sets x 6 reps Leg Curl; 3 sets x 6 reps /Calf Raises; 3 sets x 6 reps DB Side Bends; 2-3 min Rest Between All Superset
Time/Location	PM / Kalsu Gym	PM / Kalsu Gym	PM / Kalsu Gym		PM / Kalsu Gym		
WEEKLY GOALS:	This week throws in two new types of work-outs. The fartlek interval pyramid is our first aerobic interval session. It is not meant to be too taxing but does inject some faster running into your program. Pace should be comfortably hard during the interval. The second concept is in our strength training. We begin our maximal strength phase of training which now focuses on overloading the muscles each time you go into the gym. The third set should require a spotter to complete all 6 reps. Ensure you maintain proper form throughout the workout and adequately warm up before.						
LEGEND: MHR (Max Heart Rate); W/U (Warm Up); C/D (Cool Down); AA (Anatomical Adaptation); MS (Maximal Strength); TT (Time Trial); RI (Rest Interval); 1RM (1 rep max); Super Set (SS)-go straight to the next exercise with no rest							

exercises places greater demand on protein as an auxiliary fuel, strength training requires additional amino acids as the building blocks for muscle development.

Is it necessary to supplement athlete's diets to optimize their intake of protein? Because most athletes consume a large number of calories per day it is possible to obtain the additional protein by consuming as little as 10 percent of total calories as protein. Despite the belief that if a little extra

protein is good then diets extremely high in protein must be better, there is no scientific evidence that protein diets in excess of 0.8 g/lb/day provide an additional advantage. Some health risks might be associated with excessive protein intake because of the increased demand on the kidneys to excrete unused amino acids.

A diet containing 10 or at most 15 percent of calories from protein should be adequate for most athletes.



Editor's note: Maj. Wilburn is a two-time all Army triathlete and holds a Master of Science in Kinesiology. He will continue to provide workout tips for Soldiers weekly.



Photo by Sgt. Kevin Stabinsky

Pfc. Jessica Faamu, Company B, 26th Brigade Support Battalion, 2nd Brigade Combat Team, 3rd Infantry Division, sings “No Scrubs” by TLC during the second round of Kalsu Idol March 7 at the Forward Operating Base Kalsu dining facility. The round featured the seven remaining contestants singing R&B songs.

Kalsu idols wow crowds in second showdown

Sgt. Kevin Stabinsky
2nd BCT PAO

The seven remaining Kalsu Idol contestants, down from nine last week, tried to show spectators and the judges they had soul March 7 during the second round which they sang R&B.

Like the hit show American Idol, Kalsu Idol, is a singing competition where contestants vie not for a recording contract, but one of three prizes offered to the

third through first place winners: a Nintendo DS game system, a digital camera and an iPod Nano with car and wall charger.

The desire for one of these prizes was the driving motivation for supply specialist, Pfc. Jessica Faamu, Company B, 26 Brigade Support Battalion.

Faamu, whose previous singing experience was limited only to singing for fun and karaoke, sang “No Scrubs” by TLC.

“I thought the song fit my vocals,” the Ewa Beach, Hawaii native said.

The song seemed like a good choice, as the judges were mainly complimentary on her skills. Likewise, she said she thought she did okay, but still feels she could do better.

Hopefully, she will have that opportunity in the next round,

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Photo by Sgt. Kevin Stabinsky
Staff Sgt. Donnell Raby, Headquarters and Headquarters Company, 703rd Brigade Support Battalion, 4th Brigade Combat Team, 3rd Infantry Division, uses props to add a little more Barry White to his performance of "Practice What You Preach" March 7.

scheduled for March 16. Before that day's show, cuts, one or two people, will be made.

Soldiers will have to sing a rock and roll song, a little bit of a worry for Faamu, who said she doesn't know many rock songs.

Still, even without such knowledge, she, and other contestants, still have a chance to move on.

Stella Medina, an employee with Kellogg Brown and Root, and native of Hinesville, Ga., said voice is just one of the criteria Soldiers are based on.

Medina, who mimics Paula Abdul from the hit reality show *Kalsu Idol* is based on, said

she also looks at a contestant's confidence, rhythm, posture, knowing the song's lyrics and ability to get the crowd going.

So while each contestant is bound to have some weakness in one of these areas, they can still make up for it in the other areas.

"Just keep practicing. If this is your passion, go for it," she said.

While the nature of the competition will only lead to one winner, Medina reminded everyone, even those who may get cut for the next round, that they should be proud of volunteering to take it to the stage.

"At least they came up and tried."

Congratulations 2BCT KLV award winners

The MG Keith L. Ware Journalism Awards Competition Ceremony recognizes military and civilian-employee print and broadcast practitioners for journalistic excellence in furthering the objectives of the Department of the Army internal-information program.

The Office of the Chief of Public Affairs conducts judging with a goal of ensuring the best

internal information efforts receive recognition for professional excellence and outstanding achievement.

Maj. Gen. Keith L. Ware was born in Denver on Nov. 23, 1915. His military career began on July 9, 1941, and he served in the 3rd Infantry Division from 1942 to 1945.

He served as Deputy Chief and Chief of Information for the

Department of the Army from September 1964 through November 1967.

On June 18, 1945 he was awarded the Medal of Honor. He was killed in Vietnam when his helicopter was shot down Sept. 13, 1968.

His Medal of Honor is currently on display at the National Infantry Museum at Fort Benning, Ga.

2BCT 2008 Award Winners

Print

Story Series - 2nd Place
 "Kalsu Idol"
 Sgt. Kevin Stabinsky

Photojournalism - 1st Place
 "Patching relations: I-30 Inf. hosts MEDOP, Iraqi doctors take lead"

Sgt. Luis Delgadillo,
 302d MPAD

FORSCOM Journalist of the Year - 2nd Place
 Sgt. Kevin Stabinsky

Field Newspapers - 2nd Place
 Spartan Chronicle

Broadcast

Television News Report - 3rd Place
 "Cleaning up the Streets"
 Sgt. Jay Townsend,
 302d MPAD

Word on the street

“What do you normally do for St. Patrick’s Day?”
“How are you compensating here?”



“I usually go to River Street. This year we’ll paint the Col.’s PSD vehicles green and hand out St. Patrick’s day beads in Mahmudiyah.”

Master Sgt. Eric Olson

2-3 BTB Operations NCO



“I usually enjoy relaxing at the house with family. To compensate I’ll relax with fellow Soldiers and co-workers if possible.”

Chief Ronald Hatfield

2-3 BTB Maintenance Tech



“Last year I went to River Street in Savannah. I’ll probably have DFAC guard this year.”

Spc. Derek Cox

HHC 2nd BCT Postal Operations



SUN	MON	TUES	WED	THUR	FRI	SAT
2 <i>Talent Show @ MWR, 9 p.m.</i>	3 <i>Kalsu Idol @ DFAC, 7 p.m.</i>	4 Foosball Spades	5 Halo 2: 2 vs 2 Darts	6 Pool Chess	7 <i>Kalsu Idol @ DFAC, 7 p.m.</i> Spades	8 Texas Hold'em Hip-hop music night
9 <i>Island Night @ MWR, 9 p.m.</i> Strongman	10 Ping Pong Dominoes	11 Foosball Spades	12 Halo 2: 2 vs 2 Darts	13 Pool Chess	14 Spades	15 T Texas Hold'em Hip-hop music
16 <i>Kalsu Idol @ DFAC, 7 p.m.</i> Benchpress	18 Ping Pong Dominoes	19 Foosball Spades	20 Halo 2: 2 vs 2 Darts	21 Pool Chess	22 <i>Kalsu Idol @ DFAC, 7 p.m.</i> Spades	23 Texas Hold'em Hip-hop music night
23 <i>Talent Show @ MWR, 9 p.m.</i>	24 Ping Pong Dominoes	25 Foosball Spades	26 Halo 2: 2 vs 2 Darts	27 Pool Chess	28 <i>Kalsu Idol @ DFAC, 7 p.m.</i> Spades	29 Texas Hold'em Hip-hop music night
30 <i>Talent Show @ MWR, 9 p.m.</i> Max benchpress	31 Ping Pong Dominoes	Unless otherwise stated, all events begin at 1930. Times and events are subject to change. Special events are in <i>red italics</i>.				