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Photo by Sgt. Luis Delgadillo



Scouts patrol Baghdad street

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Cooks feed the hungry at base

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Wood working hobby fills time

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Vet practice to start in Hawr Rajab

Sgt. Luis Delgadillo
2nd BCT PAO

Coalition forces met with an Iraqi veterinarian in Hawr Rajab Feb. 26 to discuss the state of the region's farm animal care system.

The visit is a part of Maj. Deidre Stoffregen's assessments of farm animal health and Iraqi veterinarian's capacity to treat farm animals in the 2nd Brigade Combat Team, area of operation.

Stoffregen is a veterinarian

assigned to the 3rd Inf. Div, from Army Medical Materiel Research Command where she is a pathology researcher.

During the visit to Hawr Rajab, Stoffregen met with a female veterinarian, Dr. Adawea Kataa Kalefa, a graduate of Baghdad University who has been practicing medicine for more than 27 years, seventeen of those years in Hawr Rajab.

Kalefa now practices medicine

privately with the assistance of her husband and 20-year-old daughter. She occasionally works for the Government of Iraq's Ministry of Agriculture.

Kalefa's lavishly green front yard was a stark contrast to the bullet-riddled visage of her large home, which served as a reminder of the past conflicts that had taken place in her neighborhood.

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Maj. Deidre Stoffregen, of Silver Spring, Md., a veterinarian with the 3rd Infantry Division, speaks with Adawea Kataa Kalefa, a veterinarian from Hawr Rajab Feb. 26. Stoffregen is visiting with vets from the 2nd Brigade Combat Team area of operation to assess their needs and capabilities.

Photo by Sgt. Luis Delgadillo



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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

Face to face, Stoffregen in ‘full-battle rattle’ and Kalefa in her medical coat, discussed how Coalition resources could be used to better equip private practice vet clinics.

“She’s a pretty sharp individual,” said Stoffregen of her counterpart.

When asked about where she had worked in the past Kalefa said she had been working at the government-run veterinarian clinic in al Buaytha 7 km east of Hawr Rajab. Kalefa said she left the facility after she and her 19 colleagues were harassed by al-Qaeda insurgents who made threats against them prior to the arrival of Coalition forces.

Despite the threats, one veterinarian who lives near the facility stayed close and continued to provide care for citizens of the region through his own private practice.

Just one day prior, Stoffregen and members of the Baghdad-7 embedded Provincial Reconstruction Team visited the al Buaytha facility and met with Najim Jhbar Abed Al-Sada.

Abed, had given Stoffregen a tour of the facility and described the capabilities of the clinic prior to its closing.

In her conversation with Kalefa, Stoffregen learned that the man who lived in al Buaytha, Adel, was one of Kalefa’s peers from the clinic. After the clinic shut its doors, both medical professionals went their separate ways but continued providing vet services for farmers in their respective communities.

In another twist of fate,



Photo by Sgt. Luis Delgadillo

Maj. Deidre Stoffregen, of Silver Spring, Md., a veterinarian with the 3rd Infantry Division, speaks with Adawea Kataa Kalefa, a veterinarian from Hawr Rajab Feb. 26. Stoffregen is visiting with vets from the 2nd Brigade Combat Team area of operation to assess their needs and capabilities.

Stoffregen was able to relate to Kalefa the news that a former professor of theirs at Baghdad University was now serving as the bilingual-bicultural advisor for veterinary medicine at Multi-National Corps – Iraq.

During the hour-long discussion the two were able to put together a plan of action by which Kalefa could request items and services she needed in order to expand the services she offered to her customers. Among them was the need for repairs on Kalefa’s vehicle, used to conduct ‘farm’ calls.

While the MoA vet clinic is a concern to Stoffregen, she says Coalition forces are more concerned with the reestablishment of private practice clinics.

“We’re looking at the private

side and we’re trying to get them up and running again and providing services to the community,” said Stoffregen.

In both meetings with Iraqi veterinarians Stoffregen identified the needs of their private practice ventures and instructed the medical professionals to compile a list of equipment and medical supplies needed in order to improve their services. The lists will be submitted to Coalition forces and the items will be assessed to see if they would be readily available for purchase by Coalition troops or if funds could be given to the doctors.

With one more meeting set to take place Feb. 28 Stoffregen said she hopes to track down more of the doctors who worked at the clinic in al Buaytha before she returns to Camp Victory.



Photo by Sgt. James Hunter

Spc. John Koritko, of Valparaiso, Ind., and Spc. Chance Nelson, of Joshua, Texas, with the Scout platoon of Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, climb a flight of stairs while searching a home in Adil, a muhallah in western Baghdad, Feb. 7.

1-64 Armor keeps streets safe, residents happy

Unit Public Affairs Representative
1-64 Armor Regiment

There is no ‘normalcy’ to the daily lives of Soldiers operating throughout Iraq. Granted, Coalition forces have been patrolling Iraq for nearly five years, but each step and each breath taken is a part of a new journey.

The daily lives of the Soldiers of Scout Platoon, Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, are no different.

“We have a very diverse mission set,” said 1st Lt. Tyler Rund, the Scout platoon leader. “We execute all of the battalions targeting, arresting all high-level terrorists throughout the battalion’s [area of operations].”

They also execute patrols daily, Rund continued, interacting with the local population and gaining a good grasp on the neighborhood they are working in. “In doing so, we have a working knowledge of the entire battalion’s [area of operation], and are familiar with the atmospherics of every aspect.”

The Scouts also constitute the battalion’s reserve force, on standby 24-hours-a-day to respond to any significant event, particularly if there is a known terrorist moving through their area, Rund said.

“The best part of the job is taking criminals off of the street,” he said. “Everyone we go after, and subsequently arrest, has attacked Coalition Forces, and is truly a

terrorist. Taking them off of the street makes the area safer for both the people that live there and my friends and fellow Soldiers who patrol the streets on a daily basis.”

During a raid Jan. 29, the Scout troops apprehended an al-Qaeda in Iraq leader in east Mansour who was suspected of attacking Coalition and Iraqi Security Forces south of Baghdad in the Iskandariyah and Haswah area. This suspected insurgent was Multi-National Division – Center’s number one sought-after terrorist.

“We know as a platoon we have made it safer for every Soldier who leaves the wire,” said Spc. John Koritko, a Valparaiso, Ind. native,

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who serves as the Scout platoon medic. “The guys we grab are wanted for a lot of different crimes that resulted in attacks on Coalition Forces.”

Arresting criminals is what the Scout platoon loves to do, said Koritko. “You feel like you’ve accomplished something tangible.”

For Rund, conducting this sort of task is specifically why he joined the Army.

“I couldn’t ask for a better job during this deployment,” he said. “I feel a great sense of accomplishment leading this platoon. I know Iraq from a standpoint of knowing the people that live here and their day-to-day life, and I know the enemy, arresting more than 40 so far.”

Rund’s Scout platoon has accomplished everything put in front of them, he said. “I will go home knowing that I truly made a difference.”

In the meantime, it’s about keeping each other safe, away from the dangers that lurk around on the streets of Baghdad.

“As a medic, driver and dismount, I always prepare for the worst, actions on contact, how to treat a Soldier if he’s hit, and make them feel like they’re in good hands,” said Koritko. “I’ve put all my Soldier and medic skills to test here. My guys should feel safe with me as a medic and a shooter... I never feel like someone doesn’t have my back.”

For the platoon leader, it’s no different. These men are his responsibility.

Given the fact the criminals they are chasing have attacked Coalition Forces, “my focus is to not only

catch him, but keep my dudes safe in the process,” Rund said. “There have been several occasions where we have taken shots or rolled up on armed personnel in the area we are targeting the terrorist.”

A lot of things come into play when targeting these individuals, “[with] coordinating the vehicle support with the dismounts and identifying the individual in question,” Rund said. “It is a tricky process sometimes taking what limited info we have on some and using it to move in on a target.”

On one particular occasion while conducting a patrol, they stumbled onto the home of a known terrorist, but he was not home.

“We spent some time talking to his family and neighbors getting our [intelligence] straight for a later raid,” he said. They decided to raid the home later that night.

“We snuck into his yard and

approached his home without being spotted by either the neighbors or the occupant of the home itself,” Rund said. “Upon search, we found that the target had not returned...”

The dismounted element secured the home, patiently waiting for the man to return. At daybreak, his neighbors came to check in on him. They made them sit and wait as well. Then, just a couple hours later, they made the neighbor call the criminal to inform him his child was sick.

“Around an hour later the [terrorist] came home and walked straight into the arms of eight scouts,” Rund said. Just another successful mission for the Scouts.

They will continue to patrol Mansour daily, and react to any given situation when called upon as they continue to take the journey down the path less taken.



Photo by Sgt. James Hunter

Sgt. Sen Colon, a Madison, Wisc., native, with the Scout platoon of Headquarters and Headquarters Company, 1st Battalion, 64th Armor Regiment, pulls security in Adil, a muhallah in western Baghdad, Feb. 7. The scouts patrol through western Baghdad daily, interacting with local citizens, and stand ready to detain a known insurgent at any given time.

Sayifiyah farmers plant seeds of progress

Sgt. Kevin Stabinsky
2nd BCT PAO

A group of 16 prominent landowners in Sayifiyah gathered with members of the Baghdad-7 embedded Provincial Reconstruction Team Feb. 28 at Patrol Base Whitehouse in Sayifiyah to discuss agriculture production in the area.

With security returning to the region, much of the focus of Coalition Forces is on restoring the agriculturally-based economy in Sayifiyah. Doing so requires a combined effort to restore the poultry and beekeeping industries, increasing the productivity of area vegetable farms, and creating new industries like fish farming and chicken slaughterhouses.

All of these plans of action were discussed at the meeting, the third gathering of the participants involved.

"We're here to restore the area to the farming community it once was," said Mike Stevens, agricultural advisor, Baghdad-7 ePRT, of Alexandria, Minn.

Enough seeds for 350 farmers were distributed to eight of the landowners whose primary business is vegetable farming.



Photo by Sgt. Kevin Stabinsky

Mike Stevens, Baghdad 7 embedded Provincial Reconstruction Team agricultural advisor, shakes hands with Sayifiyah landowners as he distributes seeds to them after the third farmer's union meeting in the area on Feb. 28 at Patrol Base Whitehouse. The seeds, imported from Turkey and Spain, were: tomatoes, cucumbers, green peppers, egg plant and were enough for 350 farmers. The seeds were meant to help the farmers increase their products, allowing them to make more profit, profit which can be reinvested by the union to help the local economy and community.

Tomato, cucumber, green pepper, and eggplant seeds imported from Turkey and Spain will be given to the numerous farmers who work the fields, Stevens said.

He called it a self-starter, self-sustainability package that will help the farmers gain bigger returns on their goods because the ePRT absorbs the initial cost of jumpstarting their farms.

Future investments will continue to target the top five areas of need in the area, which Steven

said are vegetables, poultry, irrigation, veterinarian services, and herds of cattle and sheep.

The farmers' increased profits were also a key point.

Under the Saddam Hussein's reign, Stevens said farmers would receive supplies from the government to run their farms. In turn, the farmers owed the government up to 50 percent of their crops.

Now, under the democratic government, farmers will have the

power to keep all their produce and set the prices and areas of market for their goods. This will eventually allow the economy to grow stronger in the region, by allowing farmers to bring in more money.

Stevens said he hopes to build a strong union amongst the farmers, so they can pool the profits to buy goods and services, such as more seeds, animals and machinery for the

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common good of all involved.

To help achieve this, part of the meeting focused on teaching the landowners at the conference to understand the democratic and capitalist way of thinking.

As part of this understanding, the farmers were also encouraged to bring forth their own issues to help work out solutions amongst themselves and the ePRT.

Some issues raised were repairing tractors, procuring more tractors and distributing pesticide to kill off insects that damage the citrus trees in the area. It was here that Stevens reiterated the need for the farmers to work together and take advantage of the zero start-up cost being offered to them from Coalition programs in order to increase their collective profits.

While work still needs

to be done in getting the concept to grow, some signs of progress are beginning to take root. Fadil Fawaz Hamed and other land owners have already begun to take an interest in how they can strengthen productivity. Hamed has 124 farmers working his vegetable producing land.

“It is about strength in numbers,” Stevens said. Working as a group the farmers can reduce the cost burden of fixing the problem and at the same time all enjoy the benefits of the solution.

In the meantime, the group will continue to focus on existing structures and restoring them to their former pre-war production levels before leaning into new ventures.

One of the local farmers said there are a total of three chicken coops in the area, each of which can contain 6,000 chickens.

Stevens said he hopes

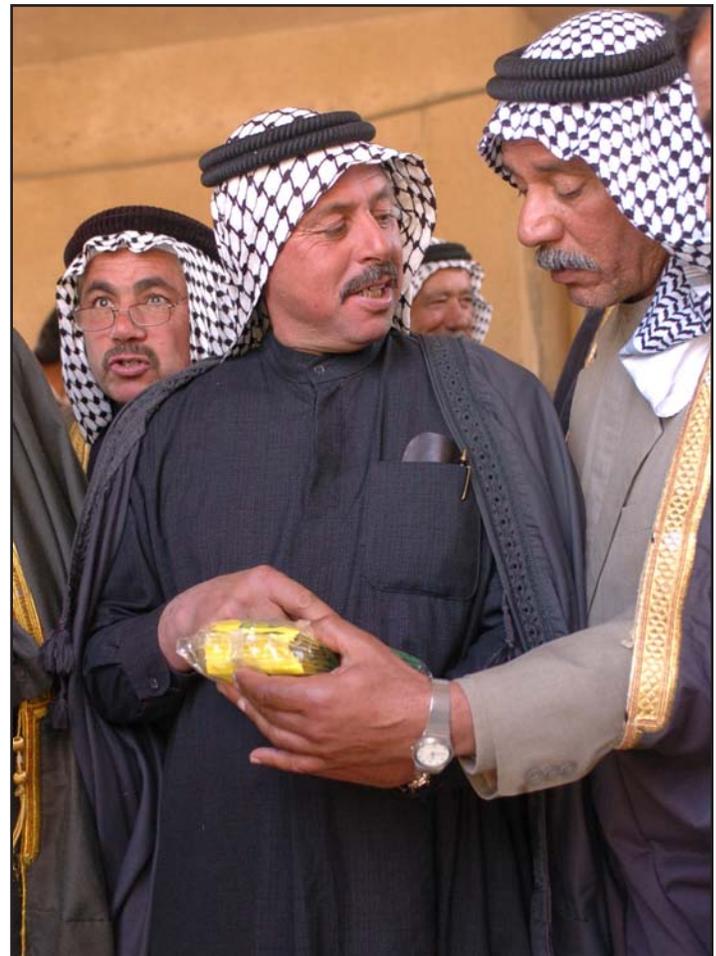


Photo by Sgt. Kevin Stabinsky

Sayafiyah landowners pass out seeds amongst themselves Feb. 28 at Patrol Base Whitehouse at the third farmer's union meeting in the area.

to have chickens in the area by the end of March, chickens which will be purchased from the Yusufiyah area.

“We’re off to a good

start,” Stevens said. “We can’t provide everything, but if people can work together we can promise to work hard to help them achieve their goals.”

Safety Alert - Vehicle fire prevention

- **Ensure PMCS is performed to standard in accordance with appropriate technical manual.**
- **Make sure all electrical connections and lines are secure and free of nicks or cuts.**
- **Check all fuel lines and connections to ensure there are no leaks.**
- **Clean air filters and radiator fins daily when operating under extreme**

temperatures.

- **Repair any electrical or mechanical problems and conduct services to standard.**
- **Rehearse emergency crew fire drills to ensure proficiency.**
- **Ensure on-board fire suppression systems are tested and fully operational.**
- **Clean the fire sensors daily.**



USDA visits Arab Jabour, Al Buaytha

Sgt. Jason Stadel
2nd BCT PAO

The agricultural gains made in Arab Jabour and Al Buaytha have attracted the attention of United States Department of Agriculture. Two representatives from the USDA visited the two farm based areas Feb. 29 to assess progress.

Mike Stevens, the Baghdad – 7 embedded Provincial Reconstruction Team agricultural advisor, wanted the his “bosses” from Washington, D.C. to see the progress being made and hoped they could help to open the channels of information flow faster between his office and Washington.

“We need funding to be prioritized to these areas where the kinetic fight has taken place,” Stevens said.

Al-Qaeda in Iraq was in Arab Jabour and Al Buaytha reeking havoc and forced many people from their jobs and homes. The threat of AQI is eliminated and the citizens are looking for employment.

“It’s not always about planting seeds, we need to help these people get jobs in the agriculture processing plants as well,” Stevens said.

Grant Pettrie, the



Photo by Sgt. Jason Stadel

Capt. Bryan Albertson, 1st Battalion, 30th Infantry Regiment civil affairs team, Mike Stevens, Baghdad-7 ePRT agriculture advisor, and Mike Yost, United States Department of Agriculture foreign agriculture service administrator tour the Arab Jabour governance center Feb. 29.

USDA Development Resources and Disaster Assistance Division director, said visiting the area gives him a first hand look at the progress being made and what needs to be done to continue the progress.

“I’m very happy to see the people out and about,” Pettrie said. “What we want to see more than anything is our people helping the Iraqis so they can do all of this themselves.”

Stevens said to keep the progress moving in Washington faster funding channels are

needed to help the ePRTs help the Iraqis.

“I’m one man that oversees four different farmers unions,” Stevens said. “Hopefully the (United States Agency for International Development) will open channels to help get us more expeditious funding.”

Pettrie and Yost were also given a tour of the Arab Jabour rice and poultry plant by Lt. Col. Ken Adgie, the 1st Battalion, 30th Infantry Regiment, commander.

Most of the factory is not working and in need

of numerous repairs. Adgie said if the plant were to be opened it would provide more than 200 jobs. The USDA officials were briefed on what is being and what needs to be done to reopen the plant.

Stevens said the key to the future of Arab Jabour and Al Buaytha is employment and tapping into the area’s agriculture is the way to do that. “They need jobs, we don’t want them to go back to planting (improvised explosive devices) for money,” he said.

Food for hungry: cooks fed Soldiers

Sgt. Kevin Stabinsky
2nd BCT PAO

In order to be fit to fight, Soldiers need to be fed to fight.

To ensure Soldiers in the 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 3rd Infantry Division are fed to fight, the regiment's cooks are pulling long hours at Patrol Base Meade.

To keep Soldiers from having to endure Meals Ready to Eat all the time, the cooks of Troop D, 3rd Brigade Support Battalion, are putting their talents to use to feed dining facility quality, nutritious meals.

Staff Sgt. Brian Bean, non-commissioned officer in charge of food service operations, said it is a blessing to be able to do what he does.

Besides knowing he is providing a vital service to the troops, it is also a blessing because unlike many cooks at larger bases, where food is cooked by civilian contractors, here he gets to continue doing what he loves.

Approximately 11 of the 14 months deployed have been spent cooking in field conditions.

Although working in the field increases the difficulty, such as the need for extra attention to sanitation, it is a job the Soldiers wouldn't trade.

"I love to cook," said Sgt. Dana Lovett, Troop D, food service specialist, who gets to cook twice a day: breakfast and dinner.

She also said she enjoys seeing the look on people's faces when they eat her meals, which include turkey cutlets, steak and egg



Photo by Sgt. Kevin Stabinsky

Sgt. Julius Geter, a food service specialist with Troop D, 3rd Brigade Support Battalion, 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 3rd Infantry Division, stirs a large pot of corn Feb. 28 at Patrol Base Meade. Geter is one of the many cooks working to provide dining facility quality meals to Soldiers in the field at patrol bases operated by the 5-7 Cav. Reg.

breakfasts, and varieties of chicken dishes.

Still, there are challenges inherent in the role. Bean, of Hampton, Va., said it takes a strong mind to be a cook, performing long hours cooking enough food to serve the roughly 600 Soldiers the dining facility serves twice a day. Soups are also prepared for lunch.

"You have to stay motivated, remember your purpose for troops," he said.

Lovett, of Fort Lauderdale, Fla., also said another challenge is having to multi-task. Cooks need to be able to do all sorts of jobs and work in all the areas of food service specialization, from cooking and baking, to serving, cleaning and properly storing food items.

It is often a tough menu to fill, but one the cooks realize they need to do to keep their fellow Soldiers'

bellies full.

"Without food service, there is a limited selection for Soldiers to eat," Bean said of the importance of Army cooks as well as reasons why the Army should not entirely phase out food service.

It is a sentiment the Soldiers who eat on the base would seem to agree with.

"Seeing smiles as they pass through the lines warms me," Lovett said.

Bean also said though he has received accolades from the command, the best compliments he's given occur when Soldiers say thanks for a great meal.

It is a service the cooks relish being able to provide.

"We're going to keep feeding the troops," Bean said. "As long as Soldiers need to be fed we'll be here to do it."

Iraqi NCOs leave to lead troops

Sgt. Jason Stadel
2nd BCT PAO

For two consecutive weeks Iraqi Security Force Soldiers and policemen conducted foot patrols, humvee combat patrols, rifle ranges and classroom lectures to increase their Soldier skills and ability to lead in combat. The training was held at the Task Force Marne Noncommissioned Officer Academy at Forward Operating Base Kalsu and concluded with graduation Feb. 25.

The focus for the more than 80 Soldiers and policemen was to learn how to teach and lead other Soldiers and policemen in their units.

“You must now ‘leave and lead,’” said Command Sgt. Maj. Gabriel Berhane, 2nd Brigade Combat Team, command sergeant major, echoing a motto at the 3rd Inf. Div. NCO Academy at Fort Stewart, Ga. “As you return to your units you must constantly remind yourself about what being a leader is about,” he said.

Building a sense of leadership and a strong NCO corps in the ISF is one of the main goals of the academy.

“They want to learn the leadership skills,” said Staff Sgt. Mark Hooks, a 10th Mountain Division military policeman that has been assigned as an instructor at the academy. “The NCO part of them is starting to come out.”

The challenging curriculum of the academy has been welcomed by the eager Iraqi troops, which is modeled after the Army’s Warrior Leaders Course.



Photo by Sgt. Jason Stadel

Iraqi Army troops find cover during a training exercise at FOB Kalsu Feb. 23. The Soldiers were part of the second class to graduate from the Task Force Marne Non-Commissioned Officers Academy at Forward Operating Base Class. Overall, a total of 80 students, made up of both IA Soldiers and Iraqi Police, graduated on Feb. 25.

“There are times when we have to beef up the training,” Hooks said. “A lot of times they don’t want to take breaks, they just keep asking for more.”

Sgt. 1st Class Christopher Fowler, a senior NCO academy senior instructor, said the Soldiers and policemen realize the benefits of the course and try to learn as much as they can while they have the opportunity.

“They’re very receptive in the classes,” said Fowler, from Romeo, Mich. “If they don’t understand something they never hesitate to ask.”

The academy students said the team building environment taught at the academy is important against their country’s enemies.

“It’s good to work as one team,”

said Iraqi National policeman Fadhel Hakum. “One group means more power and we can work against our enemy.”

“The class is good because it helps me when I serve my country and my people,” said Saed Atyaa, Iraqi National Police. “We can help to pick up our country if we are down.”

The NCO academy course teaches basics but a team-oriented military will keep the extremists on the run, Atyaa said.

Berhane encouraged the students to keep working hard and to train the Soldiers in their units the tasks they learned. He stressed they should always be ready to take the fight to the enemy. “The enemy is still out there ready to strike,” he said.

FEATURE



Photo by Sgt. Kevin Stabinsky

Spc. Barbara Benedict, a civil affairs specialist with Company A, 415th Civil Affairs Battalion, Kalamazoo, Mich., prepares for a convoy Feb. 27 with her unit from Forward Operating Base Kalsu to Patrol Base Meade in Sayifiyah. Benedict serves as a gunner with the unit, performing a duty often filled males.

Sgt. Kevin Stabinsky
2nd BCT PAO

At a petite 5'2, 114 lbs, with light green eyes and a youthful, slender face framed by shoulder length black hair, Spc. Barbara Benedict doesn't look like a typical gunner. But as her fellow company mates will tell you, she is one hard-core trooper and a fine gunner.

"I was really impressed with her," said Spc. Daniel Sanders, a

civil affairs specialist with Company A, 415th Civil Affairs Battalion, Kalamazoo, Mich., adding she defies all expectations.

Despite her small stature, Benedict, of Lansing, Mich., walks tall and carries a big gun.

In addition to her civil affairs duties, Benedict serves as a gunner for her team, expertly handling crew-served weapons with ease.

"Most people are surprised because I'm a small, short female gunner."

- Spc. Barbara Benedict
415th Civil Affairs Team gunner

"Most people are surprised because I'm a small, short female gunner," she said.

Despite not fitting the stereotypical mold of a crew-served weapons operator, it is a role she seemed poured into

throughout her life.

"I'm daddy's little girl. I did everything he did."

That 'everything' encompassed a lot of weapons training.

See GUNNER page 12

Her father, Sgt. 1st Class Louis Benedict, US Army Recruiting Battalion, Operations noncommissioned officer, is a 31-year veteran in the Army, and took her out shooting often.

“My dad taught me to shoot when I was young; first a BB gun, then a .22 rifle,” Benedict said of her marksmanship training.

While teaching his youngest girl - Benedict has two older sisters, Kathy Rasmussen, 26 and Jenny Benedict, 23 - how to aim at a target, Louis was also inadvertently aiming her to follow in his footsteps.

Benedict said her father was her inspiration to join the Army.

Since enlisting she has had ample opportunities to capitalize on her decision.

In one weapons training class taught by a master gunner, Benedict said she was amazed at the lessons being taught.

She soon began talking with the master gunner, learning all she could about various weapons used by the Army, picking his brain for knowledge.

“I spent as much time as I could with him,” she said.

The work paid off. She soon knew more

about weapon systems than anyone else on her team. She then passed the knowledge and skills of crew-served weapons such as the M-240-B and .50-caliber machine guns to her fellow Soldiers.

Sanders, a native of Grand Rapids, Mich., got to see some of that skill first hand while qualifying on the M-240-B machine gun range at Fort Bragg, N.C. while preparing for deployment.

The pair would qualify expert on the weapon, a distinction Benedict also holds for the M-4 rifle.

Although some people find it odd to see her in a traditionally male role, Benedict sees no problem. To those who dismiss her because of her gender, she says they are wrong.

“You do what you’re good at. I did what I wanted to do. I wanted to be here (serving as a gunner).”

It was a desire borne not out of only the camaraderie she shares with her fellow Soldiers, but also in knowing that despite what some might think, women play an integral part in the military, especially in Iraq.

“There are certain things you can’t do without females, especially over here,” she



Photo by Sgt. Kevin Stabinsky
Spc. Barbara Benedict, a civil affairs specialist with Company A, 415th Civil Affairs Battalion, Kalamazoo, Mich., straps her helmet on in preparation for a mission. Despite serving in a role normally filled by males, her fellow Soldiers feel safe under her watchful eye. Benedict learned much of her marksmanship skills from her father, a 31-year Army veteran.

said, noting that cultural norms in the Arabic world prevent a lot of male-female interaction. “If we can keep up with the guys there’s no reason why we shouldn’t be here.”

So far, she hasn’t

given any, a quality Sanders said has endeared her to the unit. “If we didn’t have her we’d have to bring along another female,” Benedict said. “And there are not many females who can match up with her caliber.”

SPORTS & GAMES

Periodization, training go hand in hand

Maj. James Wilburn
2nd BCT, chief of operations

In a previous article we defined a personal fitness program as a realistic, flexible program of exercise with a clear performance goal. This plan guides your training efforts throughout the year or season. In order to construct the training plan, the following aspects must be known: training objectives,

current fitness level, resources available, training time available, and the date the program will end. Once known, we can use the method of periodization to get the most out of our personal fitness program.

The process of periodization allows the athlete to divide the training plan into periods of shorter, more manageable lengths of

time. This enables you to establish more specific training objectives, and to train with greater focus.

Each period or phase has its own distinct time frame and objectives. The phase is then broken down into smaller cycles called “microcycles.”

For this training program we will use a 20 week training plan broken down into four phases: preparation (2 wks), base (8 wks), build (6 wks), and peak (4 wks). The longer phases will consist of either two four-week or three-week microcycles.

The first phase of training will focus on preparing the body to train and allows you to get accustomed to the workouts and training schedule. We will allocate two weeks of training to this phase.

Training intensity does not exceed 75% of maximum heart rate (MHR) and the duration of exercise is relatively short. Developing proper technique in both strength and endurance training is important during this phase as this will carry forward into the next phase. Athletes starting

a strength training programs may start to notice an increase in performance in as little as two-weeks, however, this strength gain is due to neuro-muscular adaptations rather than physiological adaptations. Physiological adaptations tend to take at a minimum 4 weeks to manifest themselves. Translated, this means that your body is becoming more efficient at using those muscles groups rather than increasing the size of the muscle.

Phase two focuses on building the endurance of the athlete, and gradually increases the volume of training, while keeping the intensity low (no greater than 85% MHR).

Most athletes call this the “Base” phase because it establishes the training base on which the remaining phases will build. The base phase is typically the longest phase due to the amount of time it takes to improve the “oxidative capacity” of the muscles. Endurance workouts are extended but the intensity remains constant.

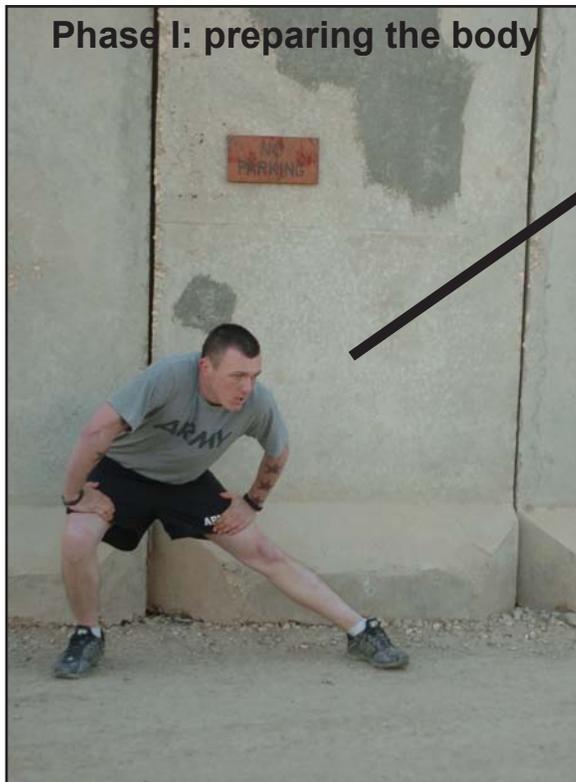


Courtesy photos

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.

See **WORKOUT** page 14

An example of periodization



Phase I prepares the body to train and allows someone to get accustomed to workouts and training.



Phase II builds the endurance of the athlete by gradually increasing volume while keeping intensity low.



Phase III uses high intensity, shorter volume and training specified toward the specific event being trained for.

The two base-phase-microcycles for our training plan will use a staircase volume increase for three consecutive weeks followed by a fourth week of recovery.

After endurance is established in the base phase, volume will drop slightly (15-20%) and the intensity will increase as we transition to the build phase. Hill training, race-pace, speed training, fartleks, and interval training are introduced. Heart rates can climb as high as 95% of maximum. Were we back in Savannah, early season races or competitions would be scheduled

to assess fitness levels. Here at Kalsu this may be bench press competitions or fitness challenges. The management of recovery is critical during this phase as athletes are most prone to injury and overtraining during this phase.

The final phase of training is called the peak phase or competition phase. Training intensity is high, training volume may be decreased slightly, and workouts become more specific to the event being trained for.

Competitive efforts are scheduled as workouts every 72 to

96 hours. For the most important competition, volume is gradually dropped in the last weeks leading up to the event, while high-intensity is maintained.

The duration of the peak phase will vary but very rarely lasts longer than 6 to 8 weeks.

This phase culminates with the most important race or competition of the training plan followed by a much needed recovery phase. Then it's time to assess the results of your training plan, set new goals, build a new plan, and continue training.



Photo by Sgt. Kevin Stabinsky

Staff Sgt. Mathew Lynd, maintenance shop foreman for Troop A, 5th Squadron, 7th Cavalry Regiment, works on a sign Feb. 27 for the Fiddler's Green dining facility outdoor deck at Patrol Base Meade, in southern Arab Jabour. The desk was built with help from Sgt. Derek Roseman, a food service specialist with D Troop, 3rd Brigade Support Battalion, 5-7 Cav. Reg. Lynd, a self-taught handyman, has used his skill to help improve his fellow Soldiers' quality of life by building bed frames, clothes racks, shelves, TV stands and rooms such as the dining facility.

Handyman's hands builds up Soldier morale

Sgt. Kevin Stabinsky
2nd BCT PAO

Like Bruce Wayne, Staff Sgt. Mathew Lynd has one identity during the day, and another at night.

By day, Lynd, a maintenance shop foreman for Troop A, 5th Squadron, 7th Cavalry Regiment, 1st Brigade Combat Team, 3rd Infantry Division, works on Bradley fighting vehicles. By

night, he trades one set of tools for another: the mechanic's tool box for the carpenter's tool box.

"It just helps pass time," said the Caldwell, Idaho native.

Most of the things he constructs are for Soldiers to use between missions while relaxing. Shelves, bed frames, clothing racks, benches and tables are all common items the self-taught handyman has made for his fellow 3rd Inf. Div.

Soldiers.

Other items include the Troop A Morale, Welfare and Recreation building at Combat Out Post Viking, Fallujah, the unit's previous base before moving into Patrol Base Meade, in southern Arab Jabour.

While the change of location caused the Soldiers to leave behind

See CARPENTER page 16

their former home for much of their deployment, one thing Lynd didn't leave behind was his passion, nor his reputation for being the man to go to for carpentry needs.

"Almost daily Soldiers ask me for stuff," he said.

Despite the daily taskings, Lynd, who initially became interested in carpentry so he could make repairs on real estate he owned, said he doesn't mind. The labor helps pass the time and he said the thanks he gets from Soldiers are worth their weight in gold.

"I'm just trying to help improve Soldiers' quality of life by making their areas a little more comfortable," the 12-year Army veteran said.

His passion also has the benefit of linking him with others who share the same interest.

Sgt. Derek Roseman, a food service specialist with Troop D, 5-7 Cav. Reg., first learned of Lynd's skills while at COP Viking. When his unit began to lift a tent to house a dining facility for Soldiers at PB Meade, the Hickory, N.C. native knew exactly who to seek out for help.

Together they began improving the area, constructing a deck for the cook's barbecue racks as well as an outdoor eating room for Soldiers.

"The deck was our biggest thing," said Roseman, who before joining the Army worked in construction for eight years.

Although a daunting task, it was one that left the two with a deep sense of satisfaction.

For Lynd, the satisfaction comes from seeing the smiles on Soldiers'



Photos by Sgt. Kevin Stabinsky
The Fiddler's Green dining facility outdoor deck gives Soldiers at Patrol Base Meade, in southern Arab Jabour, a place to eat their meal and enjoy the sunshine

"I'm just trying to help improve Soldiers' quality of life by making their areas a little more comfortable."

**- Staff Sgt. Mathew Lynd
5-7 Cav. Reg.**

faces as they eat in the room, knowing that in building a room he has helped build Soldiers' morale.

For Roseman the satisfaction came from seeing the final project, knowing that his hands helped create something great, something that will leave good memories in Soldiers' minds when they return from Iraq.

In the process of constructing the various projects Lynd also took time to reflect on the sacrifices made by 5-7 Cav. Reg. troops.

He constructed a dedication sign for the dining facility dubbed Fiddler's Green, after the legendary resting place of all fallen cavalry Soldiers. The dining facility is dedicated to all the unit's fallen



Staff Sgt. Mathew Lynd, maintenance shop foreman for Troop A, 5th Squadron, 7th Cavalry Regiment, works on a sign Feb. 27 for the Fiddler's Green dining facility outdoor deck at Patrol Base Meade.

Soldiers from Operation Iraqi Freedom III and V.

Although a small token for such a great sacrifice, it illustrates that hard work and sacrifice is never in vain if the result is creating a better life for someone else.

Word on the street

“With the brigade scheduled to be back late summer, what summer blockbuster do you hope is in theaters when you get home?”



“Batman.”

Staff Sgt. Edward Williams
2nd BCT intelligence



“Batman.”

Chief Ronald Hatfield
2nd BCT intelligence



“None really. I’m not a movie guy. I’d rather spend time with my family.”

John Schaefer
Law enforcement official



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 <i>Kalsu Idol @ DFAC, 7 p.m.</i> Spades	15 T Texas Hold'em Hip-hop music
16 <i>Talent Show @ MWR, 9 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>.				