



# Spartan Chronicle

pointing out the weekly news from the 2nd BCT

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Photo by Air Force Master Sgt. Andy Dunaway

A torture house was destroyed March 10 by six GBU-38s. An Air Force B-1 bomber dropped the munitions in front of an audience of members of the Sons of Iraq and other Zambraniyah residents. See page 6 for the story.



**IA unit receives trauma kits**

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**Grocery store delivers goodies**

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**Cooks compete in food contest**

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Photo by Sgt. Luis Delgadillo

Crowds of more than 350 Sons of Iraq and men from Arab Jabour gather outside of Patrol Base Hawkes to participate in an Iraqi Police Recruitment event hosted by Soldiers of the 2nd Brigade Combat Team and Iraqi Police from the Rashid District in southern Baghdad Province March 11. During the event, Iraqi Police sought to identify 300 candidates for the Iraqi Police Academy and a future IP station in Arab Jabour.

## First-ever IP recruitment drive in Arab Jabour held

**Sgt. Luis Delgadillo**  
2nd BCT PAO

Iraqi Police from the Rashid District and Soldiers of the 2nd Brigade Combat Team, 3rd Infantry Division hosted an Iraqi Police

recruitment drive March 10 to 13 at Patrol Base Hawkes.

The recruitment drive is the first chance citizens of the region have at establishing their own long-term security.

Soldiers of the 1st Battalion, 30th Inf. Regiment, jumpstarted efforts to recruit 300 Arab Jabour men for Iraqi Police Academy training. They will assist in establishing a secure

community in Arab Jabour,

The event ushered in an era of transition for some Sons of Iraq, who with the assistance

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

from Iraqi police of the Rashid District, will one day patrol their neighborhoods and maintain their hard earned safety.

Lt. Col. Ken Adgie, commander, 1-30th Inf. Reg., said the event marks a significant step toward linking the Government of Iraq, which has not had a presence in the region for more than five years, to the people of Arab Jabour and its neighboring communities.

While more than 815 men attended the event and successfully applied for the IP Academy over the four days, a week prior to the recruitment drive it was in serious jeopardy of not taking place.

The leader of the Iraqi Police in Rashid District, Lt. Col. Muhammed, had misgivings about the location of the drive due to his misperceptions about the area of Arab Jabour.

He told Adgie he would not be taking his IPs into the region because it was not secure. Adgie said he wanted to show the IP commander the area was safe, so he took him on a walking tour through the streets to see for himself the region had transformed.

Instead of being

greeted by angry mobs or al-Qaeda insurgents, Adgie said the IP commander and his security detachment were greeted by smiling businessmen and curious children who had never before seen an Iraqi Police car.

Later the two leaders met with the Arab Jabour community leaders and Muhammed decided the area was safe enough to allow his policemen to follow through with plans for the event.

While the partnership between Coalition forces and members of the SoI has proven effective at rooting out ardent insurgent fighters, the program was never considered a sustainable security solution.

GoI officials tolerated but never officially sanctioned the formation of SoI programs because they existed outside the government's influence and could clash with governmental authority.

Instead of being splintered militias opposed to the GoI, the SoI program has grown to symbolize positive change.

"It's safe now. Our challenge is to keep the security going and allow the Iraqi Security Forces

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Photo by Sgt. Luis Delgadillo

**Spc. Steven Goodwin, a combat medic of Headquarters and Headquarters Company, 1st Battalion, 30th Infantry Regiment, checks the blood pressure of a man applying to the Iraqi Police Academy during the area's first-ever Iraqi Police Recruitment drive March 11 in Arab Jabour. Goodwin of Bellevue, Ohio, assisted Iraqi doctors with the health screenings of more than 800 applicants to the IP Academy.**

to build that capacity in the area,” said Adgie, a native of National Park, N.J. “Nobody wants peace more than the people here.”

As proof of their willingness to see lasting security in their community, Sons of Iraq and men from the region showed up at the gates of Patrol Base Hawkes each day of the drive up to three hours before the day’s recruitment activities began.

Each morning of the recruitment drive, Soldiers standing guard at the gates were surprised at the crowds of more than 300 men who gathered, eagerly awaiting the opportunity to apply for the IP Academy.

“I believe as soon as they go to the IP Academy and they release them saying that they’re qualified IPs, they’ll be able to come back here and protect the streets of Arab Jabour, hopefully make it a safer place and continue what they’ve been doing as SoI,” said 1st Lt. Derrick M. Anderson, platoon leader with 1st platoon, Company B, 1-30th Inf. Reg.

While pleased with outcome, Anderson, of Fredericksburg, Va., said it was even more



Photo by Sgt. Luis Delgadillo

**A Sons of Iraq member has his identification and other documents checked by a Rashid District Iraqi Policeman during an Iraqi Police Recruitment drive at Patrol Base Hawks in Arab Jabour March 11. The event was held to identify 300 possible candidates for the IP Academy March 10 to 13.**

rewarding to see many of the SoI, who he had come to know while on patrol, come through the recruitment drive and make a concerted effort to become Iraqi lawmen.

To take the recruits through the process of applying for the IP academy were Soldiers of the 153rd Military Police Company, out of Wilmington, Del.

“We’ve had an opportunity to observe several recruiting events before putting this one on and they (applicants) are definitely organized; they come with the proper documents and they want to be here,” said

Staff Sgt. John French, a military policeman and squad leader with 153rd MP Co.

Soldiers and IPs worked together at each of the five stations and despite a very apparent language barrier, took recruits through the application process.

The first station involved organizing paperwork and checking identification, once applicants cleared station one they moved on to a quick background check where they were vetted through a database of known insurgents and collaborators.

Applicants were

then taken through a health screening process where combat medics of Headquarters and Headquarters Company, 1-30th Inf. Reg. assisted Iraqi doctors with health screenings.

After completing their literacy test at station four the candidates went on to the final phase of their screening process a test of their physical abilities. Applicants labored through pull-ups, push-ups, a 200-meter sprint and finally, a sit-up event.

Once completing the five stations the men’s contact information was

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# Life-saving trauma kits delivered to IA unit

**1st Lt. Tabitha L.F. Hernandez**  
1-64 Armor Regiment

Six combat lifesaver trauma kits were given to an Iraqi Army unit March 8 by Soldiers in western Baghdad.

The trauma kits, provided to the 1st Company, 3rd Battalion, 5th Brigade, 6th Iraqi Army Division, were made possible by a Coalition Force Military Transition Team assigned to 1st Battalion, 64th Armored Regiment.

The kits are designed to assist the Iraqi Army in treating wounded soldiers while they are transported to the nearest medical facility. The kits contain bandages, dressings, and other trauma treating supplies.

Along with the trauma kits, soldiers of 3/5/6 IA are also receiving life saving medical training. This training, combined with proper equipment, will help save wounded soldiers.



Photo by Cpt. Jerry Jones

**First Sgt. Joseph Onove (right)** a native of Eugene, Oregon, assigned to the Military Transition Team of 1st Battalion, 64th Armored Regiment, attached to 2nd Brigade Combat Team, 101st Airborne Division (Air Assault) presents a trauma kit to the 1st Lt. Hussein of 1st Company, 3rd Battalion, 5th Brigade, 6th Iraqi Army Division on Saturday morning. The kits are to be used to treat wounded Iraqi soldiers.

## **POLICE** cont. from page 4

taken and they were told that notification of their 'pass or fail' would arrive in the coming weeks.

"Most won't make it because there aren't slots for everyone but they all want the opportunity and that's what they're getting today," said Adgie. Even knowing this, he said their efforts are not in vain.

Coalition forces are working at establishing long-term work programs for citizens of the area as well as education and vocational programs,

which will curb unemployment when the SoI programs have run their course.

Nonetheless, the high turnout for the event signals a new day for the men of Arab Jabour.

"The Sons of Iraq are motivated, they want to be police, they want to be part of the government, they want to be part of the security system that takes care of their neighborhoods," said Adgie.

"They are patriotic men and they should be



Photo by Sgt. Luis Delgadillo

**A Sons of Iraq member and candidate for the Iraqi Police Academy, strains to complete a pull-up during the first-ever Iraqi Police Recruitment drive at Patrol Base Hawks in Arab Jabour March 11. Applicants labored through pull-ups, push-ups, a 200-meter sprint and finally, a sit-up event to test their physical fitness levels.**

# Bombs make statement to al-Qaeda

Sgt. Kevin Stabinsky  
2nd BCT PAO

On March 10, Air Force bombers dropped six 500-pound bombs on a former al-Qaeda stronghold in Zambraniyah, Iraq, as area residents, Iraqi Army officials, town leaders and Coalition forces looked on.

“This removes the last remnants of al-Qaeda from this area,” said Army Lt. Col. Mark Solomon, 6th Squadron, 8th Cavalry Regiment commander.

describing how to torture people were all discovered during the initial clearing.

Terrorists have been active in the area since 2004, Jabouri said. Threats such as torturing those who opposed them kept residents from fighting back.

“We could not fight them. Everyone left instead of getting together,” he said.

Maj. Ali Salamon, a 27-year IA veteran and commander of the 2nd Battalion, 1st Brigade,

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***“We came to create peace. We are all Iraqis. We are working together to protect ourselves.”***

- Maj. Ali Salamon  
2/1/4 Iraqi Army commander

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The structure, a group of three buildings discovered by Coalition forces while clearing the area March 5, used to be a jail where terrorists would kidnap, torture and kill locals, said Jaleel Dawood Jabouri, Zambraniyah Sons of Iraq member.

“We’re happy to get rid of it,” Jabouri said.

Handcuffs on a metal window grate, electric wires with the insulation peeled away, hooks on doors and manuals

4th Iraqi Army Division working in the area, said the people were glad to finally see someone coming to their aid.

“They needed our help,” he said. “We came to create peace.”

The partnership between the IA and the SoI was a major reason for the success of the day’s events, Salamon said.

“We are all Iraqis,” Salamon said. “We are working together to protect ourselves.”



Photos by Sgt. Kevin Stabinsky

**A Son of Iraq member listens as community leaders announce the end of al-Qaeda’s influence in Zambraniyah March 10.**



**Citizens hold up a piece of rubble from an al-Qaeda torture house leveled by an Air Force B1 bomber March 10. The rubble was once part of a structure used to torture individuals in the Zambraniyah area.**

# HHC Soldiers receive recognition

Sgt. Kevin Stabinsky  
2nd BCT PAO

Seven Soldiers from Headquarters and Headquarters Company, 2nd Brigade Combat Team, were honored March 14 for their contributions to the Spartan Brigade during the current deployment in a ceremony on Forward Operating Base Kalsu.

“It is important to recognize Soldiers for their contributions to the unit,” said Capt. Shane Williams, HHC commander and native of Plant City, Fla. “It gives them a chance to be seen in front of their peers and congratulated for their achievements.”

In the ceremony, two Soldiers received Good Conduct Medals, three received Army Achievement Medals, and three received certificates of achievement.



Photo by Sgt. Kevin Stabinsky

**Seven Soldiers from Headquarters and Headquarters Company, 2nd Brigade Combat Team, pose together after an award ceremony March 14 at Forward Operating Base Kalsu. Two Soldiers received Good Conduct Medals, three received Army Achievement Medals, and three received certificates of achievement.**

***“Some of you go above and beyond.”***

- 1st Sgt. Richard Henson  
*HHC, 2nd BCT first sergeant*

“Besides being staff elements, some of you go above and beyond,” said company first sergeant, 1st Sgt. Richard Henson, of Memphis, Tenn.

The importance

of such dedication is necessary Henson said because if the brigade staff doesn’t do their job, the Soldiers performing missions outside the base can not do their mission.

## AWARDEES

### Good Conduct Medal

Sgt. Tania Nieto

(front left)

Spc. Timothy Moffit

(rear left)

### Army Achievement Medal

Sgt. Maurice Webb

(rear, second from left)

Pfc. Brandon Spivey

(rear, middle)

Pfc. Anthony Farior

(rear, second from right)

### Certificate of Achievement

Spc. Timothy Moffit

Pfc. Robert Mata

(front, right)

Pfc. Bradden Fuhrman

(rear, right)

## Safety Alert - Power strip safety

- Avoid plugging appliances with heating elements into extension cords or power strips.
- Avoid heat build-up. Completely unfold cords before use in order to allow heat to escape.
- Periodically do a visual inspection of electrical cords and power strips for melting, overheating, arcing, and frayed or cut wires.
- Ensure a working fire extinguisher is near by.



**WARNING:** The type of power strip pictured at the left is known to overheat, short out and cause electrical fires! Use caution with these plugs or avoid purchasing them altogether.

# BI-LO, Whole Foods donate groceries

Unit Public Affairs Representative  
1-30th Infantry Regiment

It may not have arrived “home-cooked,” but Soldiers at Patrol Base Murray got to experience a little taste of home thanks to the generosity of Charleston Area, S.C. grocery stores March 5.

The Mount Pleasant BI-LO and Whole Food grocery stores pooled their resources together and donated five pallets of food to the Fort Stewart Soldiers after learning of the lack of variety in their diets.

The inspiration for the donation came from MaeRe Skinner, the mother of Capt. Thomas Owens, fire support officer, Headquarters and Headquarters Company, 1st Battalion, 30th Infantry Regiment, who was turning out to be one of the best customers for both stores.

The managers at both stores, noting her purchases, asked her why she was buying her son so much food to send to him in Iraq. After letting the store know the



**Pfc. Mike Moore, fire support specialist, HHC, 1-30th Inf. Reg., unloads some donated food from the heavy expanded mobility tactical truck at Patrol Base Murray.**



Courtesy photos

**Sgt. Dustin Pratt, Sniper team leader, Headquarters and Headquarters Company, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, lays claim to some of the donated food provided by the Mount Pleasant, S.C. BI-LO and Whole Food grocery stores. Five pallets were provided by the two stores.**

troops only received one hot meal a day, the stores decided to do what they could to support the Soldiers.

Working with Skinner and retired Brig. Gen. Hugh Tant, the stores helped transport two pallets of the food to Charleston Air Force Base, where it was loaded onto a C-17 and flown into Iraq. The other three pallets were delivered via UPS, with monetary donations providing for the shipping costs.

Although the pallets may have taken different routes into Baghdad International Airport, they all found their way down to the Soldiers at PB Murray, located next to the Tigris River about 15 kilometers south of Baghdad, on the back of a Heavy Expanded Mobility Tactical Truck.

“There seemed to be an endless amount of boxes coming out of the HEMMT,” said Pfc. Mike Moore, fire support specialist,

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***“A small taste of home improves the morale multiple times over for all the Soldiers out at Patrol Base Murray.”***

**- Capt. Thomas Owens  
1-30th Infantry FSO**

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HHC, 1-30th Inf. Reg. and native of Las Animas, Colo. “It was like Christmas Day.”

The food will go along way to the boosting the morale of the Soldiers and demonstrates the generosity of the American people, Owens said.

“The Battle Boar battalion whole heartedly appreciates the food donated from the Charleston area stores,” the Mt. Pleasant native said. “A small taste of home improves the morale multiple times over for all the Soldiers out at Patrol Base Murray.”

# Patrol discovers IED, improves security

**1st Lt. Anthony Zito**  
1-9 Field Artillery Regiment

The dismounts moved quietly through the orchards as they searched for the triggerman. Second Platoon of Alpha Battery, 1st Battalion, 9th Field Artillery Regiment, had been tasked with an early morning patrol on March 1 in the area near Logistical Support Area Anaconda.

The primary task for this platoon is to counter the indirect fire from insurgents by denying them key terrain, as well as munitions.

The platoon has had much success searching for munitions in the area surrounding the LSA since their arrival last May. The day prior to this mission, the platoon discovered a 57 mm rocket in an orchard that was being improvised for use by the enemy. The platoon cordoned the area and called for an explosive ordinance disposal team. This was a relatively routine patrol for the men of Second Platoon. The following morning proved to be more interesting.

The platoon left the LSA around dawn on a mission that was planned to deny the enemy its freedom of maneuver. Upon reaching a Sons of Iraq Checkpoint, the vehicles were waved down by a guard. After a few moments conversing with the guard, the team learned that there was a possible improvised explosive device along the route they had planned to take.

The team moved forward and then began dismounted operations into the surrounding area. The area was known to be an IED hotspot, so it was likely that someone had



Photo by Sgt. Jason Stadel

**A road guard vest marks the location of a potential improvised explosive device during a patrol Dec. 20. Each IED find adds to the security of Iraq. Although the 2nd Platoon, Alpha Battery, 1st Battalion, 9th Field Artillery Regiment's primary task is to counter the indirect fire from insurgents, the platoon conducts patrols on occasion. On March 1, one patrol discovered an IED outside Logistical Supply Area Anaconda.**

recently placed one.

The team, though small, made quick work of the orchards and the surrounding area. While searching, voices could be heard near their location. The team maneuvered toward the voices. As the team moved, Spc. Peters, a gunner for the section, told everyone to stop. Pfc. Abel Gerardo, a driver, had observed what soon was identified to be a command wire near his leg. The team followed the wire to an initiation point nearly 600 meters away, but the enemy was gone.

Upon retracing the wire to the source, the team discovered what appeared to be an explosive fromed penetrator, the first of which had been seen in the area.

The team called up the report to the Battalion Tactical Operations Center and EOD moved out to the scene. Upon arriving, EOD

confirmed the presence of what has was actually an anti-armor IED.

Several minutes later all that was left of this improvised EFP was a crater in the ground and some fragments.

The team continued completed their site exploitation and proceeded with their primary mission.

“It was a good day,” remarked Sgt. Travis Smallegan, the dismounted non-commissioned officer with the section. “Any day you encounter an IED and go home without a casualty is a good day.”

For the past ten months, 1-9 Field Artillery has executed an area defense and security mission to defeat enemy attacks against LSA Anaconda and the surrounding area. The BattleKings continue to fight the insurgency and assist in the rebuilding of Iraq.

# Phalanx gun arrives at Anaconda

Unit Public Affairs Representative  
1-9 Field Artillery Regiment

It looks like an R2 unit from Star Wars, but unlike the little astromech droid, this gun packs a punch.

A Phalanx Gatling gun, most often used by naval ships to defend against incoming missiles and rockets, was installed at Logistical Support Area Anaconda to add a little extra punch to the base's defense system.

The gun, modified to be land based, was installed on the western side of the base late February.

Although very complex, having the ability to destroy incoming artillery, rocket and mortar rounds in the air before they hit their targets on the ground, the gun is still only as good as the Soldiers manning the defense system. The Soldiers upon who this task falls are from Alpha Battery 5/5 Air Defense Artillery, 2nd Infantry Division.

As the only Army counter rocket, artillery and mortar Intercept Battery deployed in Iraq, the job was a natural fit for the air defense Soldiers. Still, preparing for the mission was a time consuming process, one which involved preparing the new gun site and coordinating its arrival and all the logistical support needed to accomplish these goals.

Many other agencies, including Multi-National Corps - Iraq and the base Mayor's Cell, got involved, helping streamline the process.

"It was amazing how the different agencies came together to cut a lot of the red tape," said



Courtesy photos

**Above: Gun 7, a new Phalanx Gatling gun, arrives off the plane from Basrah at Logistical Support Area Anaconda on March 4. The gun will help add to the base's force protection, helping defend both Soldiers and civilians working at the supply base.**



**Left: The Assassin Soldiers of 2nd Platoon worked hard to get the site for Gun 7 ready for installation.**

Capt. Andrew Cornwell, 5/5 ADA commander.

The help allowed the group to complete all the necessary preparation work before the gun arrived. Preparation involved placing more than 50 T-Walls to secure the area, the construction of a guard shack, and running power and fiber optics to the gun site.

"I'm surprised at how fast the fiber got laid and was ready to go," said Staff Sgt. Paul Yuhas, Battery A shift non-commissioned officer.

Although the task of preparing

and installing the gun are complete, there is still a lot of hard work left to be done by the Soldiers of the Assassin battery. The responsibility of manning the gun station will fall on these Soldiers for the remainder of the deployment, causing many long hours for the Soldiers.

Still, the protection provided by the gun to the Soldiers and civilians living on the base is a motivating factor for them to continue to do their job and show the Air Defense Branch's commitment and key fighting position in Iraq.



Stock photo

A fish farm as viewed from a helicopter. The thousand year industry helps fisherman build a stock of fish for export. Currently, Iraq has a larger demand for fish than supply can meet. The Baghdad-7 embedded Provincial Reconstruction Team, attached to the 2nd Brigade Combat Team, is working on restoring the fish farms in the region south of Baghdad. Currently 26 fish farms are being targeted for renewal.

## Aquaculture: fish farming in Iraq

**Sgt. Kevin Stabinsky**  
2nd BCT PAO

To help the Iraqi people, both agriculturally and economically, the 2nd Brigade Combat Team is striving to revitalize the fish farming industry throughout Arab Jabour and Hawr Rajab.

Although Iraqis have been practicing “aquaculture” for thousands of years,

there has been a severe decrease in the number of farms since the 1980s. A private sector growth and employment project report published by the Iraq Izdihar on May 15, 2006 citing 2,000 farms. Current assessments have reported a mere 500 total.

While the supply has decreased, the demand has remained constant. Baghdad fish markets routinely sell out of fish

well before closing time.

To meet the demand for fish, the Baghdad-7 embedded Provincial Reconstruction Team, attached to the 2nd BCT, is focusing much of its efforts onto the market.

Besides the favorable conditions caused by the demand for the fish, other conditions are also making it a ripe time to begin working on the industry, said

Mike Stevens, ePRT agricultural advisor.

“Now we got the canals working, and the Yusifiyah pump station, so Iraqis can draw water (from the Tigris),” he said. Drawn water can be used to fill earthen ditches stocked with the fish, allowing them to breed and create a profitable business,

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Steven said.

According to the Business Models for Aquaculture in Iraq publication, the potential return of investment for fish farms is astronomical. Ponds that need to be dug can net a return of up to 17.7 percent, but existing natural ponds could see up to a 61.7 percent profit.

Besides being good for breeders, others will also benefit from the business. Consumers will have a cheaper source of protein, as pound for pound fish is much less expensive in Iraq than poultry, beef or lamb.

Crop farmers will also benefit from the water supply because the pump station will provide cleaner water in the area, Stevens said.

Water from the Tigris

is salty, and the fish act as a filter to the salt, Stevens said. Thus, water drawn from the fish farms has a smaller salt content, which is better for growing crops.

Currently the ePRT is working on introducing 26 fish farms. The initial project is focused on Arab Jabour, with future farms to be developed in the Hawr Rajab and Adwaniyah area once pumps there are fixed.

Once up and running, the farms should help generate jobs and create favorable trade between the area and Baghdad, Steven said.

Getting the farms up and running should also be a fairly simple process. Baby carp, or fingerlings, are inexpensive and the initial cost can easily be absorbed by the fish farmers. For business



Courtesy photos

**Fingerlings, or baby carp, are readily available in Baghdad for a small price. The fingerlings can then be raised in fish farms to help meet the high demand for fish meat in Iraq.**

without the necessary start up capital, micro-grants will be made available, Stevens said.

Fingerlings are also readily available in Baghdad, and carp breeds available are regular carp, silver carp and grass carp, which are all hearty fish and are able to survive and thrive in the Iraqi climate, Stevens said.

The addition of fish

farms will be the second large project undertaken to restore the fishing industry in the area.

On March 8, a portion of the Tigris River was reopened to fishermen from 7 a.m. through 5 p.m. each day. The permissive fishing zone is the first time fishers will be permitted on the river since Coalition surge forces came into the area.



**A school of grass carp swim in a stream. Grass carp are one of three types of carp that can survive and thrive in the Iraqi climate. Silver carp and regular carp are also grown in the country. Although farmers have been raising fish for thousands of years, the amount of farms has decreased by 75 percent since the 80's. Despite the drop in supply, demand has remained high, with Baghdad fishmarkets constantly running out of fish. The Baghdad-7 embedded Provincial Reconstruction Team, attached to the 2nd Brigade Combat Team, is working on restoring the fish farms in the region.**

# SPORTS & GAMES

## All muscles are not created equal

**Maj. James Wilburn**  
2nd BCT, chief of operations



**Wilburn**

Three Soldiers decide to start a weight lifting program. This program is identical in every way, to include dietary restrictions and

nutritional supplementation.

After six months of training what do you think the results will be? Well unless they are identical triplets, the results will be different for each Soldier. Why? Because muscle fiber composition, which is genetically determined, is unique to each individual and responds differently to training.

Some of the most commonly discussed differences in muscle fibers consist of contractile speed, motor unit size and number of fibers activated, oxidative capacity, glycolytic capacity, and response to strength training.

### Response to Strength Training

If I asked any Soldier why they lifted weights, the number one answer would be “to get bigger.” Not stronger but bigger. Muscle fiber type plays a significant role in hypertrophy, the scientific term used to describe the increase in muscle size. Bottom line – if you have a predominance of slow twitch (ST) muscle fibers, it is likely that you will not be on the cover of Muscle Magazine anytime



Courtesy photos

**Athletes with an abundance of slow twitch fibers, muscle fibers that tend to be more resistant to increasing in size, are better suited for more endurance oriented events like long distance running. All muscles are not created equal and genetics plays a large role in how a person’s body will develop and what type of athletic events they will excel at.**

soon. ST muscle fibers do not increase in size at the same rate as fast twitch (FT) muscles fibers.

Recall that the smaller cross sectional area of the ST muscle fiber actually enhances the endurance of the muscle because of its efficiency at allowing oxygen and carbon dioxide to diffuse across the cellular wall. Increasing size would decrease the rate of diffusion which would decrease the oxidative capacity of the muscle.

As a result, ST fibers tend to be more resistant to increasing in size. FT muscle fibers have a much greater response to strength

training and increases in size and strength can occur as early as four to six weeks into a training program. Body builders have a very high concentration of FT muscle fibers (nearly 80 percent in some studies).

So how do you find out what type of muscle fiber you have? In the absence of a laboratory, the best way to identify your muscle fiber type is by monitoring performance and response to exercise.

If you are lean, perform well on longer distance running events, and

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have a problem putting on weight and increasing muscle size, odds are you have a predominance of ST muscles. If strength training results in large increases in muscle size, force generation, or you find that you perform well at explosive actions such as jumping up for a basketball or spiking a volleyball then it is likely that you have large concentration of FT muscle fibers. Most of us have a balance of ST and FT fibers. Note however that the percentages of ST and FT fibers are not the same in all the muscles of the body. Generally, a person's arm and leg muscles have similar fiber compositions but other muscle groups may be different explaining why you may get great results when working your chest muscles in the gym but have a problem making your bicep or tricep muscles respond. It's not necessarily a fault of your training. As stated earlier, muscle fiber type is genetic. This one you can blame on your parents.

## Contractile Speed

Most of us have heard of the two general categories for muscle fibers - slow twitch and fast twitch. Both derive their name from their speed of contraction. That is, the length of time it takes for the muscle fiber to go from a relaxed state to maximum tension.

ST fibers take approximately 110 milliseconds to reach peak tension when stimulated. FT fibers, on the other hand, can reach peak tension in about 50 milliseconds. As a result, the power of a FT fiber is three to five times greater than that of a ST fiber. This explains in part why individuals that have a



Courtesy photos

**Fast muscle fibers have a much greater response to strength training and increases in size and strength more readily. Slow twitch fibers tend to be more resistant to increasing in size and are better for more endurance oriented events like long distance running.**

predominance of FT fibers in their legs tend to be better sprinters than those that have a predominance of ST fibers.

## Unit Size, Number of Fibers

When the body wants to move, the brain sends electrical signals through the nervous system to the muscle. The point at which electrical impulses are translated into muscle stimulation is at the motor unit.

A motor unit consists of a motor neuron and the muscle fibers it controls. ST motor units have small cell bodies and innervate a cluster of 10-100 muscle fibers. In contrast, FT motor units have a larger cell body and innervate 300-800 muscle fibers. When a single ST motor neuron fires, far fewer

muscle fibers contract than when a single FT motor neuron fires.

It is also important to note that ST motor units are activated easier than FT motor units. Consequently, FT motor fibers reach peak tension faster but are only recruited when high intensity work is needed.

## Oxidative Capacity

ST muscle fibers are very efficient at producing ATP from the oxidation of carbohydrates and fats. The smaller physiological cross sectional area (PCSA) of the ST muscle fiber allows for the diffusion of oxygen into the muscle and carbon dioxide out of the muscle more efficiently in comparison to FT muscle fibers

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SPARTAN FITNESS PROGRAM							
<b>Mission Statement:</b> 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.							
<b>Phase (Mesocycle):</b> 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.						<b>Week (Microcycle):</b> Week 5 of 20/ Microcycle 1	
WEEK	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	16-Mar-08	17-Mar-08	18-Mar-08	19-Mar-08	20-Mar-08	21-Mar-08	22-Mar-08
<b>Cardio</b>	Easy Run: 20 min run at a comfortable pace; Do not exceed 75% of your max heart rate (150 bpm)	St. Patrick's Day 10km Fun Run	Rest	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
Total Distance	2 - 2.5 miles	6.25 mi		2 - 2.5 miles		3.5-4 miles	
Intensity	Easy/75% of MHR	Race		Easy/75% of MHR		Easy/75% of MHR	
Time/Location	Road	AM or PM/Kalsu Gym		Road		AM or PM/Kalsu Gym	
<b>Strength Training</b>	Rest	CHEST (MS): 4 sets x 6 reps DB Press; 3 set x 6 reps Incline DB Press; 3 sets x 6 reps Machine Fly; 2 sets 6 reps DB Pullover; 2 sets Push up to max	SHOULDERS (MS): 4 sets x 6 reps DB Press or Military Press; 3 sets x 6 reps front raises; 2 sets x 6 reps lateral raises; 2 sets x 6 reps Low Pulley Lat raise	LEGS (MS): 4 sets x 6 reps Squats; 3 sets x 6 reps Leg Extensions; 3 sets x 6 reps Leg Curls; 3 sets x 6 reps Calf Raises	BACK (MS): 4 sets x 6 reps T-Bar Row; 3 sets x 6 reps Lat Pull Down; 3 sets x 6 reps DB Row; 3 sets x 6 reps Close Grip Pulldown; 2 sets x fatigue Pull Ups	ARMS (MS): 5 sets x 6 reps DB Curls; 4 sets x 6 reps barbell curl; 3 sets x 6 reps machine curls; 2 sets x 6 reps concentration curls; 4 sets x 6 reps cable push-downs; 3 sets x 6 reps tricep extensions; 2 sets x fatigue dips; 90 sec rest between all sets	ABS (MS): 4 sets x 15 reps crunches w/ :15 sec RI; 2 sets (ea side) x 15 reps oblique crunches w/ 15" RI; 3 sets x 12 rep hanging knee raises; 3 sets x 10 reps w/ weight Roman Chair side bends
Time/Location	PM / Kalsu Gym	PM / Kalsu Gym	PM / Kalsu Gym		PM / Kalsu Gym		
<b>WEEKLY GOALS:</b>	This week has some major restructuring to the strength training. We will now spend the next six weeks focussing on one body part per day to completely overload the muscle group. Low reps with heavy weight will assist in building the strength required to meet our training goal. We've also added the MWR's 10km run as a work out. The intent is to race the event but maintain a consistent pace throughout the entire run.						
<b>LEGEND:</b> 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							

which tend to be larger in size.

Remember that ATP is required to produce the energy for muscle action and relaxation. As long as oxidation occurs, ST fibers continue producing ATP allowing the fibers to remain active. The ability to maintain muscular activity for prolonged periods is called muscular endurance.

So ST fibers have high aerobic endurance. Because of this they are recruited most often during low intensity aerobic training and the marathon.

**Glycolytic Capacity**

FT muscle fibers have relatively poor aerobic endurance. They are more suited to perform anaerobically than ST. This means that in the absence of adequate oxygen, ATP is generated through anaerobic pathways.

The upside of energy production through glycolytic pathways is that energy becomes available much more rapidly because the primary fuel source is carbohydrates (fats can not be broken down in the absence of oxygen). The downside

of energy production through glycolytic means is the rapid depletion of glucose and glycogen stores and the production of lactic acid which disrupts numerous enzymatic processes in the body, one of which is energy generation for activity.

In short, FT muscles generate considerably more force faster than ST muscles but they fatigue easily so they tend to be used more for short duration, higher intensity events such as the 200-meter swim or 1-mile run.

## Cooks' comraderie creates top-rate cuisine

Sgt. Kevin Stabinsky  
2nd BCT PAO

Having a good battle buddy is a recipe for success during deployment. And for two cooks with the 26th Brigade Support Battalion, a close friendship was also pivotal in their success at the Forward Operating Base Kalsu Iron Chef competition.

The competition, held March 11 and 12, pitted six teams of two against each other, with teams representing different units, KBR and Gulf Coast Catering, which cooks meals in the base dining facility.

For Spc. Kenton Fuller and Mike Sobat, both Headquarters and Headquarters Company, 26th BSB, the competition was a chance to get back to their first love: cooking.

Due to current strains on the Army, many military occupation specialties are having their jobs contracted out to civilian agencies. For both Fuller and Sobat, this meant getting pulled out from behind the stove and behind the wheel or gun on one of



Photo by Sgt. Kevin Stabinsky

**Spc. Mike Sobat (left) and Spc. Kenton Fuller, both cooks with Headquarters and Headquarters Company, 26th Brigade Support Battalion, hold up their dishes they prepared for the Forward Operating Base Kalsu cooking competition on March 12. The two prepared citrus and garlic chicken alfredo with homemade noodles as their main meal with shortcake for dessert. The competition, held March 11 and 12, pitted six teams of two against each other, with teams representing different units, KBR and Gulf Coast Catering, which cooks meals in the base dining facility. The duo won best taste for their dish, second place for their display, and second place in the overall competition.**

the battalion's personnel security detachment's vehicles.

For the deployment, the two have served on the Top Flite Security team, a group of Soldiers who act as a security element for the battalion's command. Despite being out of their natural element, the two maintained their friendship developed back at Fort Stewart where they cooked

together in one of the base's dining facilities. When they learned of the chance to compete and relive those days cooking back in the States, the two took the chance.

It was a chance that despite their credentials - both have attended culinary schools - lead to some apprehension and nervousness at first. Fuller, a native of Lincoln, Neb., said at first, being in a new

kitchen was strange, but once the competition kicked in he was back in his element. "We were kind of lost at first," Sobat said. "We didn't know where anything was. We had to root to find things. It was pretty much free reign."

Describing the competition as the "Junkyard Wars of cooking," Sobat said

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teams were brought into the kitchen, given their main choice of meat, and told to have at it. Over two days, two hours each day, the teams had to prepare a main course meal and a dessert to be judged on its display and taste.

While the team had limited time to work their plan, they did have plenty of time to plan.

"Everyone had the choice between chicken and fish," Sobat said, who added they learned of that choice two months before the actual competition date, when the contest was being worked out. "With the fish we couldn't really present any good options."

The chicken, Fuller added, was also easier to work with than fish. The chicken breast presented more options as it is versatile, able to be cooked in several different ways and formed into different shapes.

In addition to shaping their chicken breast, the two also shaped up a plan to win over the judges. Going with the theme of southern tradition, the two researched recipes online, choosing three recipes total, and combining them into one final recipe for citrus and

garlic chicken alfredo with homemade noodles. In keeping with the theme, the two decided to make peach shortcake for their desert.

"Southern peach," Fuller explained. Likewise, many of the seasonings used in the chicken preparation, citrus, garlic and other fruits, were of a southern variety. The two entered the competition ready to test if their skills were still on target and show off their stuff.

A little bit of rivalry also motivated the two. "I wanted to kick KBR's butt," Sobat, a native of Seminole, Fla, said. "The Army can make better food than KBR or GCC."

It was a statement that proved true. Although they received second place in both the display and overall categories, losing to GCC in both events, they did beat the contractor cooks, KBR and the other three Army teams in the taste test.

"We won where it counted," the two agreed. Motivating them was their battalion mates, whose expectations drove them to do their best.

In choosing their dish, they decided to go with what a Soldier would want, not necessarily a judge. "Sometimes simple



Photo by Sgt. Kevin Stabinsky  
**Spc. Mike Sobat and Spc. Kenton Fuller display took second place for the display judging portion of the competition and 2nd overall at the Forward Operating Base Kalsu cooking competition on March 12. The two did manage to win first in the taste competition though, the most important category.**

is best," said Sobat.

It also helped in preparing the dish, as keeping their display and recipe simple let them focus more time on their cooking, something the two needed since most of their food was made from scratch.

It was a luxury that their missions outside the wire made possible. "Nobody else had fresh eggs," said Fuller, who prepared the deserts and cut up the vegetables used.

The eggs were courtesy of the Iraqi Army at Patrol Base W1, who the duo visited a few days prior to the competition. The fresh eggs let them make their noodles, desert cake and sauces from scratch, a factor that the two said helped them claim the top

taste.

Such a claim helped validate one of the hopes of one of the competition organizers, Sgt. 1st Class Aaron Bennett, food service non-commissioned officer in charge.

"It shows the Army has great food service personnel," the Greenwood, S.C. native said. "Even in war time they can still maintain their skills."

Such skills may be put to the test again. Based on the morale boost provided from the competition, a second competition may take place again before the 2nd Brigade Combat Team redeploys.

It is a challenge that Sobat and Fuller are willing to take on again. "Next time things will run smoother," Sobat said.

# Word on the street

“Who or what would you like to see the Kalsu MWR office bring in to entertain the troops?”



“Some actors, Carlos Mencia; the people who come to Kuwait but never get to come here.”

**Master Sgt. Eduardo Falu**  
2nd BCT Fire Support Effect Cell



“A magician, so that they can make you (Sgt. Kevin Stabinsky) disappear. Poof!”

**Sgt. Ana Hernandez**  
2nd BCT Supply



“More cheerleaders.”

**Sgt. Joel Ortiz**  
2nd BCT ADAM cell



SUN	MON	TUES	WED	THUR	FRI	SAT
<b>2</b> <i>Talent Show @ MWR, 9 p.m.</i>	<b>3</b> <i>Kalsu Idol @ DFAC, 7 p.m.</i>	<b>4</b> Foosball Spades	<b>5</b> Halo 2: 2 vs 2 Darts	<b>6</b> Pool Chess	<b>7</b> <i>Kalsu Idol @ DFAC, 7 p.m.</i> Spades	<b>8</b> Texas Hold'em Hip-hop music night
<b>9</b> <i>Island Night @ MWR, 9 p.m.</i> Strongman	<b>10</b> Ping Pong Dominoes	<b>11</b> Foosball Spades	<b>12</b> Halo 2: 2 vs 2 Darts	<b>13</b> Pool Chess	<b>14</b> Spades	<b>15</b> T Texas Hold'em Hip-hop music
<b>16</b> <i>Kalsu Idol @ DFAC, 7 p.m.</i> Benchpress	<b>17</b> <i>Shamrock Shuffle 10K @ 8 a.m.</i>	<b>18</b> Foosball Spades	<b>19</b> Halo 2: 2 vs 2 Darts	<b>20</b> Pool Chess	<b>21</b> Spades	<b>22</b> Texas Hold'em Hip-hop music night
<b>23</b> <i>Kalsu Idol @ DFAC, 7 p.m.</i>	<b>24</b> Ping Pong Dominoes	<b>25</b> Foosball Spades	<b>26</b> Halo 2: 2 vs 2 Darts	<b>27</b> Pool Chess	<b>28</b> Spades	<b>29</b> Texas Hold'em Hip-hop music night
<b>30</b> <i>Kalsu Idol @ DFAC, 7 p.m.</i> Max benchpress	<b>31</b> Ping Pong Dominoes	<b>Unless otherwise stated, all events begin at 1930. Times and events are subject to change. Special events are in <i>red italics</i>.</b>				