



Spartan Chronicle

pointing out the weekly news from the 2nd BCT

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Photo by Sgt. Mark Matthews

Sgt. James Resha, a native of Nashville, Tenn., ground guides an M1-A1 Abrams tank to the fuel point at Joint Security Station Sadr in Baghdad April 4. The tanks patrolled the Sadr City district of Baghdad and provided security for the local citizens who live there. Resha serves as a tanker with Company D, 1st Battalion, 30th Infantry Regiment.



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Photo by Sgt. Mark Matthews

Tankers roll back out on patrol after refueling at Joint Security Station Sadr in Baghdad April 4. The tankers of Company D, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, returned to their patrols mere minutes after their arrival. The Soldiers were sent to patrol the Sadr City district of Baghdad and provide security for the local citizens who live there.

General recognizes 1-30th Inf. Troops

Sgt. Luis Delgadillo
2nd BCT PAO

Soldiers of Company D and Co. A, 1st Battalion, 30th Infantry Regiment, 2nd Brigade Combat Team, 3rd Infantry Division were recognized by Maj. Gen. Rick Lynch at Patrol Base Red in Arab Jabour April 12 for their actions in Sadr City.

Capt. Joe Inge, commander of Co. D, led two of his tank platoons and a platoon of Infantrymen from Co. A into Sadr City March 27 after the 1-30th Inf. was called for support.

The Soldiers were dispatched to Sadr City to support the 3rd BCT, 4th Inf. Div. who were seeing a rise in attacks against

Iraqi Security Forces and Coalition forces.

Rocket attacks against the International Zone in Baghdad had also increased. Company D was also supporting operations designed to reduce these attacks.

“The motivation of the Soldiers was extremely high. I knew we were going into a

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2nd BCT PAO
Maj. James Brownlee
Sgt. Jason Stadel
Sgt. Kevin Stabinsky
Sgt. Luis Delgadillo
Sgt. Jay Townsend

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dangerous area but I also knew that I had a team that could go and accomplish any mission that we were given,” said Inge, of Richmond, Va.

Soldiers of this company have already been to Sadr City during 2005, Soldiers of the 1-30th Inf. Reg. were ideal for the mission but even the seemingly simple task of arriving at their destination proved difficult.

“We got hand selected by the battalion to go out there and do this mission. We have a lot of noncommissioned officers who knew Sadr City,” said Staff Sgt. Frank Kurucz referring to his platoon of infantrymen.

The drive to Sadr City was

“The motivation of the Soldiers was extremely high. I knew we were going into a dangerous area but I also knew that I had a team that could go and accomplish any mission that we were given.”

- Capt. Joseph Inge
Co D, 1-30th Inf. Regt., commander

quick, but once the unit arrived they were in for a rude welcome, Kurucz said.

As they reached the northeast side of Sadr City they hit a deep-buried improvised explosive device and encountered a rocket-propelled grenade contact.

“We had to go in, start firing, and engaging the enemy,” said Kurucz.

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Photos by Sgt. Mark Matthews

Spc. Michael Shiver, a native of Las Vegas, signals to Sgt. James Resha, a native of Nashville, Tenn., that the fueling process for the M1-A1 Abrams tank is complete at Joint Security Station Sadr in Baghdad April 4. Shiver and Resha both serve as tankers with Company D, 1st Battalion, 30th Infantry Regiment. The company returned from two weeks of patrolling the Sadr City district of Baghdad and providing security for the local citizens who live there after being called to augment forces from the 3rd Brigade Combat Team, 4th Infantry Division, Multi-National Division – Baghdad.



Shiver refuels an M1-A1 Abrams tank before a mission.

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Initially the company-sized element was tasked to block routes at strategic traffic circles, but after about 15 minutes in position, the Soldiers were given orders to move into the city.

“Once we came into contact, all hell broke loose; IEDs were going off on the

ground as dismounts were trying to go up and recover the casualties in the Bradley,” Kurucz said. “We recovered the casualties and got them back to safety. In the meantime while the casualty was being (evacuated) out we had to leave the Bradley, which was down.”

Using the immobile

tank, the two Soldiers inside the Bradley were able to attack enemy forces and provide fire support.

During the IED strike and the ensuing casualty recovery, Kurucz said three Soldiers who stood out in his mind were Sgt. Ovite Lepou, Staff Sgt.

Jonathan Price and Spc. Curtis Monroe.

Kurucz said Lepou was the first to inform him of a precision dismounted IED, which targeted Soldiers attempting to recover casualties. The IED wounded no one.

Next Kurucz said Price’s actions under intense conditions were worthy of special recognition. Also performing to the height of his abilities was combat medic Monroe.

Thanks to the medical efforts of Monroe and other combat medics, despite injuries sustained by several Soldiers during the fight and the subsequent time spent in Sadr City, none of the injuries were fatal.

For all the groups’ accomplishments during their tasking, which began March 27 and lasted for two weeks, Lynch gave much praise and congratulations.

Besides overall praise for the group, several individuals were also recognized. Nine Soldiers received coins from the commander, two Soldiers received their Combat Infantryman Badge and a medic earned his Combat Medic Badge.



Photo by Sgt. Luis Delgadillo

Soldiers of Company D and a platoon of Infantrymen of Co. A, 1st Battalion 30th Infantry Regiment, receive praise from Maj. Gen. Rick Lynch, 3rd Inf. Division Commander, at Patrol Base Red, south of Baghdad April 12. The Soldiers of the 1-30th Inf. Reg. were operationally controlled by the 1st Squadron, 2nd Cavalry Striker Regiment, in Sadr City for two weeks beginning March 27.

April is sexual assault awareness month

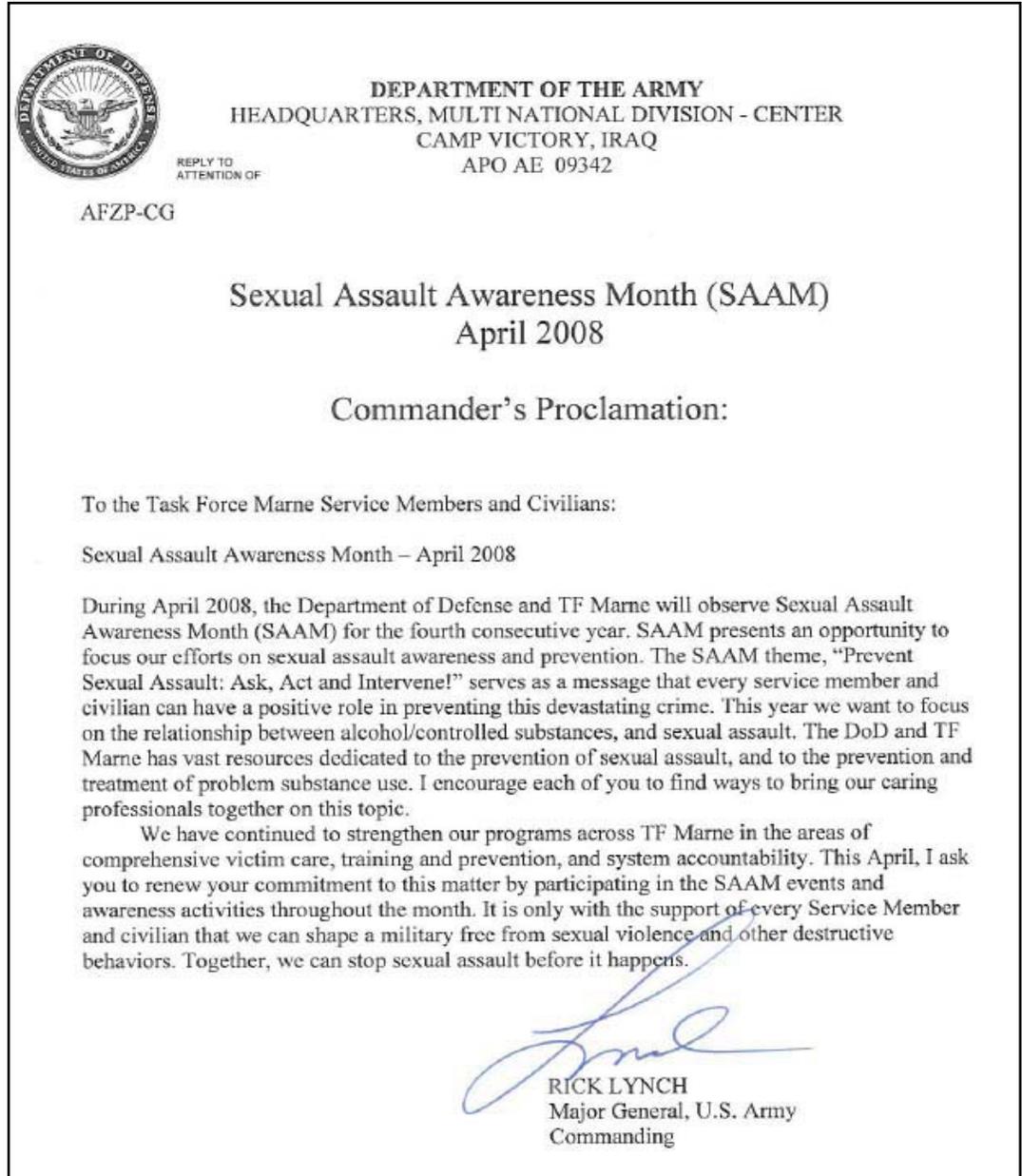
Spartan Chronicle Staff
2nd BCT PAO

To raise awareness of the causes and consequences of sexual assault, the Department of Defense, Task Force Marne and the 2nd Brigade Combat Team are holding town hall meetings throughout the month of April. April is designated as sexual assault awareness month.

The theme of this year's training is "Prevent Sexual Assault: Ask Act and Intervene."

Training will be conducted at the battalion level, with a heavy focus on the relationship between alcohol/controlled substances and sexual assault, said Sgt. 1st Class Montoya Jones, 2nd BCT equal opportunity advisor.

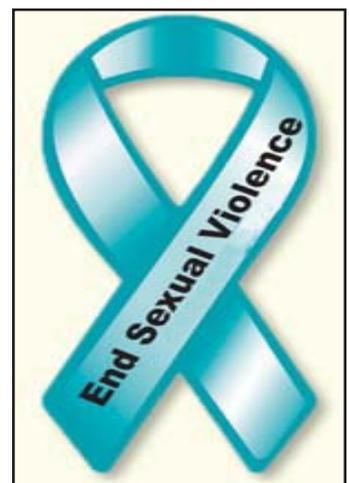
"SAAM presents an opportunity to focus our efforts on sexual assault awareness and prevention," wrote



Maj. Gen. Rick Lynch, 3rd Infantry Division commander, in a memo to his troops (see photo above). "The SAAM theme, 'Prevent Sexual Assault: Ask Act and Intervene!' serves as a message that every service

member and civilian can have a positive role in preventing this devastating crime."

Soldiers with additional questions about the event or how to report sexual assault can contact Jones at 855-3185 or 670-7083.



Micro-grants transform Iraqi lives

Sgt. Luis Delgadillo
2nd BCT PAO

Soldiers of the 2nd Brigade Combat Team are distributing microgrants to help fledgling businesses west of the Tigris River and south of Baghdad.

With the assistance of Soldiers from Company C, 415th Civil Affairs Battalion and members of the Baghdad-7 embedded Provincial Reconstruction Team, 2nd BCT Soldiers have given Iraqis much-needed financial aid.

“With the microgrants what we try to do is re-establish a business which has fallen on hard times, either due to the al-Qaeda insurgency or other reasons,” said Staff Sgt. Charles Michael Patrick Howell, a combat medic with 415th CA.

After removing al-Qaeda from a majority of their area of responsibility, beginning with their arrival in June 2007, 2nd BCT Soldiers opened a dialogue with residents of the communities they now operate in.

Coalition forces began projects focusing on rebuilding infrastructure and boosting the local farming economies.

Now, many areas south of Baghdad have a steady supply of electricity, schools are re-opening, water purification



Photo by Sgt. Kevin Stabinsky

Kareem Mohammed Alwan, a Sayifiyah business man who runs a fertilizer distribution and welding shop (center), speaks with an interpreter (right) about his plans for his business if he received a microgrant while Spc. Colin Sudds, a civil affairs specialist with the 415 Civil Affairs Battalion, Kalamazoo, Mich., records the data March 1. With the assistance of Soldiers from Company C of the 415th Civil Affairs Battalion and members of the Baghdad-7 embedded Provincial Reconstruction Team, Soldiers of the 2nd Brigade Combat Team have spent a total of \$213,340 in micro-grants to help fledgling businesses.

“With the micro-grants what we try to do is reestablish a business, which has fallen on hard times.”

- Staff Sgt. Charles Howell
415th CA Battalion medic

and farm irrigation systems are being restored and GoI officials have opened up a dialogue with leaders from the communities .

While much infrastructure has been repaired, Soldiers here still recognize a need for the average entrepreneur to have

the tools he or she needs to be successful.

Howell, who is responsible for consolidating information from microgrant applicants, said the extra money injected into the rural farming communities south of Baghdad has the potential to boost local economies.

He said, throughout the 2nd BCT’s operational environment, microgrants are being considered for businesses

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like fish and bee farms, convenience stores and various other agricultural-related businesses.

While the business owners do receive free money from Coalition forces, Howell says there is no free ride.

“A lot of these ... we have to scrutinize to make sure that they did have a prior business and they’re not using the money for something else,” said Howell, a native of Louisville, Ky.

To keep track of businesses and their endeavors, Howell says units at patrol bases conduct assessments and give him and the civil affairs team progress reports.

Capt. Gregory E. Curry, commander of Troop A, 6th Squadron, 8th Cavalry Regiment, 4th BCT, 3rd Inf. Div., and his Soldiers have

been working with community leaders in Hawr Rajab to restore peace and establish stability since their arrival in November.

He says the more successful businesses are ones which produce items needed by the community.

“However, I think that any business is successful when they use the money given to them wisely and can put it back into the business ...to make a profit,” said Curry, from Walnut Creek, Ohio.

Curry said even he and his fellow Soldiers shop at the business outside their patrol base, PB Stone.

“The way we see it, if others see us buying items from the stores then it will help their business,” he said. “It is getting better and you see more and more people on the streets



Photo by Sgt. Kevin Stabinsky

A Sayiyfiah business man signs a statement stating what his business is and what he would do for his business if he received a microgrant. Such statements help assess who deserves a micro-grant and for how much money.

trying to make a living the right way.”

Leaders of the 2nd BCT have plans to distribute more than 150 additional grants in the area.

Safety Alert - Humvee Hot Weather Operation Tips

- Wear gloves when handling metal surfaces or steering wheels exposed to long durations of direct sunlight.
- Ensure battery and radiator fluids are properly serviced.
- Clean air filters and radiator fins daily when operating under extreme temperatures.
- Keep air conditioner fins free from dirt and sand.
- Ensure tires are serviceable and inflated to correct psi.
- Humvee grills must remain clear of items to help prevent the vehicle from overheating.
- Allow engine to idle prior to shut down to allow cool down time with extreme heat.



CHAPLAIN'S CORNER

“How is this going to help _____?”

Maj. Jay Hearn
2nd BCT Chaplain

Notice how sometimes little things stick in your mind even if you forget much of the larger details? I received a Master's Degree in Marriage and Family



Hearn

Counseling and of all the training I received in my fifteen months, I remember one little thing as being the most significant. I would like to

share this simple thing with you that can change your marriage, your relationship with your children, your parents and even your co-workers.

This little thing is to learn to answer this simple questions before you say or do anything: “How is this going to help _____?” and fill the blank in with any relationship. I am going to use marriage as my example but let me say again this principle applies to all relationships.

“How will this help my marriage?” is a great question for me to ask before I say or do something with my wife Karen. I wish I would “practice what I teach” more often too.

Unfortunately too often I say or do something that is selfish or is designed to “put Karen in her place”. This quickly became a “lose-lose” situation. Learning how to stop doing this can change your



Photo illustration by Sgt. Kevin Stabinsky

Asking oneself “How will this help _____?” and then filling in the blank can save people lots of heartache and trouble in their relationships, be they those with their spouse, friends or co-workers.

marriage in a very positive way.

“How will this help my marriage?” is designed to help you put the relationship first, which is what is really important. When I realize my relationship with Karen might suffer if I say something to her, I have the power to decide not to say it. If something is not going to help us it is not worth saying. I began practicing this as much as I can and I truly believe if we put this into day-to-day practice it will change our relationships.

Yes, we all are at the root selfish and you may stumble like I do and not practice this simple technique every time. However, I truly believe if we are able to slowly make this a part of our dealings with other people it will transform our relationships.

I am not saying we should bury our feelings deep inside and let them come exploding out at a later

date. This practice simply discards a comment or action that is not helpful and moves on.

I also am not saying we should say to our loved one, “I was going to say something, but since it is not helpful to our marriage I am going to stay quiet”. That also defeats the purpose of oneness in a relationship.

I challenge you to put this simple practice into action sometime soon and after a short while notice the difference it can make in your relationships. I hope my words help your relationships!

Editor's note: With redeployment fast approaching for the 2nd BCT, Chaplain Hearn will be contributing articles to help Soldiers with questions they may have about reitigration, as well as give advice to avoid common pitfalls in the process.



Photo by Pfc. April Campbell

Citizens in Old Adhamiyah sit in an introductory computer software class at the Al Najah Employment Center, in northern Baghdad. The center teaches this class in addition to coordinating jobs for the area's unemployed.

Agency helps Adhamiyans find jobs

Pfc. April Campbell
3rd BCT, 4th Inf. Div. PAO

Individuals filled the chairs of the dimly lit classroom. All sit quietly, studying their material, intent on the day's lesson.

These were not children, but adults, and they were not studying books and handwritten notes, but computers with

Windows and Microsoft Office software.

These were citizens of Adhamiyah searching for better job opportunities.

The Al Najah Employment Center is one way the benefits of a more secure environment here are carrying over into the economic development of this Baghdad neighborhood.

“Job creation and professional development are ... necessary for a stable local economy.”

- Maj. Darryl Perry

Civil Affairs Team 5025 team leader

“Job creation and professional development are ... necessary for a stable local economy,” said Maj. Darryl Perry, a Baltimore native.

Perry is a team leader

with Civil Affairs Team 5025, Company B, 450th Airborne Civil Affairs Battalion, 360th Airborne Civil Affairs Brigade.

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He is currently serving as a civil affairs officer with the 3rd Squadron, 7th Cavalry Regiment, 2nd Brigade Combat Team, which is currently attached to the 3rd Brigade Combat Team, 4th Infantry Division, Multi-National Division – Baghdad.

Khailed Hassien is a trainer at the center, located in the Noor building on Raash Alhooash Street in Old Adhamiyah.

“We opened our office here in November of 2007, and, since then, we have found jobs for between 600 and 700 people,” said Hassien through an interpreter.

Many of the jobs found are with the Adhamiyah Public Service Corps and focus largely on increasing the essential services in and repairing the area. This includes such jobs as picking up trash and painting.

The Al Najah Employment Center also ensures the people they help find jobs are paid fairly.

“Before, when the people were given jobs, sometimes the contractor did not pay them the full amount. They took some (of the money) for themselves,” Ahmed



Photo by Pfc. April Campbell

Citizens in Old Adhamiyah follow the instructors example on the projected computer screen while learning basic computer software skills at the Al Najah Employment Center in northern Baghdad. The center teaches an introductory software class in addition to coordinating jobs for the area’s unemployed.

Yeyha, manager of the Al Najah Employment center, said through an interpreter.

“Now, because this agency follows the payment,” added Ahmed, “We can make sure (the

employees) get all the money (owed to them).”

Raad Janjon and his friend used the agency to find temporary jobs as painters. After their jobs were finished, they returned to the

employment center to find new jobs.

“The agency gave us a general idea of how to paint and how to deal with the contractor and

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“We did not have money before; we were struggling to live. Now we don’t want.”

**- Raad Janjon
painter employed through the center**

the contract,” Janjon said through an interpreter.

They were able to address any problems they had with their jobs or contracts at the employment agency, added Janjon.

While most of the jobs coordinated through the center are temporary jobs connected to the APSC, roughly 100 are long-term jobs on the open market, said Capt. Thomas Connor, an Arlington, Va., native.

Connor is the team leader for Civil Affairs Team 5024, Co. B, 450th Abn. Civil Affairs Bn., and also serves as a civil affairs officer with the 3rd Sqdn., 7th CAV.

As more people begin to bring home paychecks, the quality of life in Adhamiyah continues to improve.

The employment agency is making a big difference because many of these people did not have money before, said



Photos by Pfc. April Campbell

Lt. Col. Jeff Broadwater (right), a Radcliff, Ky., native, and Capt. Thomas Connor, an Arlington, Va., native, greet Ahmed Yeyha, manager of the Al Najah Employment Center, at the center in Old Adhamiyah in northern Baghdad. The center helps find jobs for the area’s unemployed.

Hassein.

Janjon and his friend had struggled to find a job for nearly two years. They have better lives now that they found

work, said Janjon.

“We did not have money before; we were struggling to live,” he said. “Now we don’t want.”



Col. John Hort (left), commander of the 3rd Brigade Combat Team, 4th Infantry Division, Multi-National Division – Baghdad, and Broadwater pass by a car lot, which was aided by the micro grant program. The 3-7 Cav. Regiment is working at creating jobs through the micro-grant program and giving citizens the skills to work in those jobs through projects like the Al Najah Employment Center.

Female athletes raise fitness bar

Sgt. Kevin Stabinsky
2nd BCT PAO

When not busy in their daily missions, 1st Lt. Charmain Lett and Sgt. Jennifer Alvery are most

likely building better bodies.

Although pumping iron in the gym is typically associated with men, these two

women are serving as an inspiration to other females in their units to reach their physical fitness potential.

“Lots of Soldiers come up to ask to work out with me,” said Alvery, a member of the Top Flite security detail, 26th Brigade Support Battalion.

Much of the pair’s fame comes from photos of their accomplishments, like winning their respective weight classes in bench press competitions, which hang on the walls of the FOB Kalsu gym.

Their original motivation came from a desire to self-improve. Both said they were heavily involved in sports and working out enhanced their talents.

Lett, assistant supply and logistics officer and property book officer, Headquarters and Headquarters Company, 2nd Brigade Combat Team, said lifting helped her swimming. She earned an athletic scholarship to the University of Florida for her skill.

Avery said she began lifting in high school.

“I had weightlifting as a regular class - weightlifting for athletes,” said the Navarre, Fla., native. “You need strength in every sport. It helps tremendously.”

A competitive lifter for the past seven years, Lett, from Pensacola, Fla., is aiming to gain an International Federation of Bodybuilding and Fitness card, allowing her to compete in professional bodybuilding and fitness events. She has already competed in one event and plans to compete again in the Show of Strength Oct. 8 in Atlanta.

“I got into fitness from watching shows,” said Lett, who took 2nd place overall in the women’s heavyweight division in a June 2006 Southern Isles bodybuilding competition. She also credits her three older brothers and three older sisters, all athletes in their own right, for motivating her.

“You (women) don’t need to be scared about bulking up,” Alvery said. “Most people



Photo by Sgt. Kevin Stabinsky

Sgt. Jennifer Alvery, Top Flite security detail, 26th Brigade Support Battalion, prepares to perform a dead lift in the Forward Operating Base Kalsu gym March 30. Alvery has been lifting since high school and holds several female-lifting records on the base.

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don't realize how hard those guys (in fitness magazines) work at it."

Lett agreed, stating much of a person's result tends to reflect their body type. Most people will never gain the large amounts of muscles seen on the covers of fitness magazines.

Body type excluded, they said all people can benefit from hitting the weights.

"I wish more women would get into weightlifting," Alvery said.

For those looking to slim down and tone up, weightlifting is very helpful, as muscle burns more calories than fat. By utilizing a system of light weights and high repetitions, Lett said a person can tone up. For her own toning, Lett uses a system of four sets of 15 - 20 repetitions.

Using light weights can also be beneficial as lifting weights that are too heavy can cause joint and muscle injuries, Lett said.

Alvery said a great way to learn how to use machines, weights and exercises is to find a mentor. She found a mentor in fellow 26th BSB Soldier Sgt. Chris Johnson, and in turn tries to mentor others who ask to work out with her.

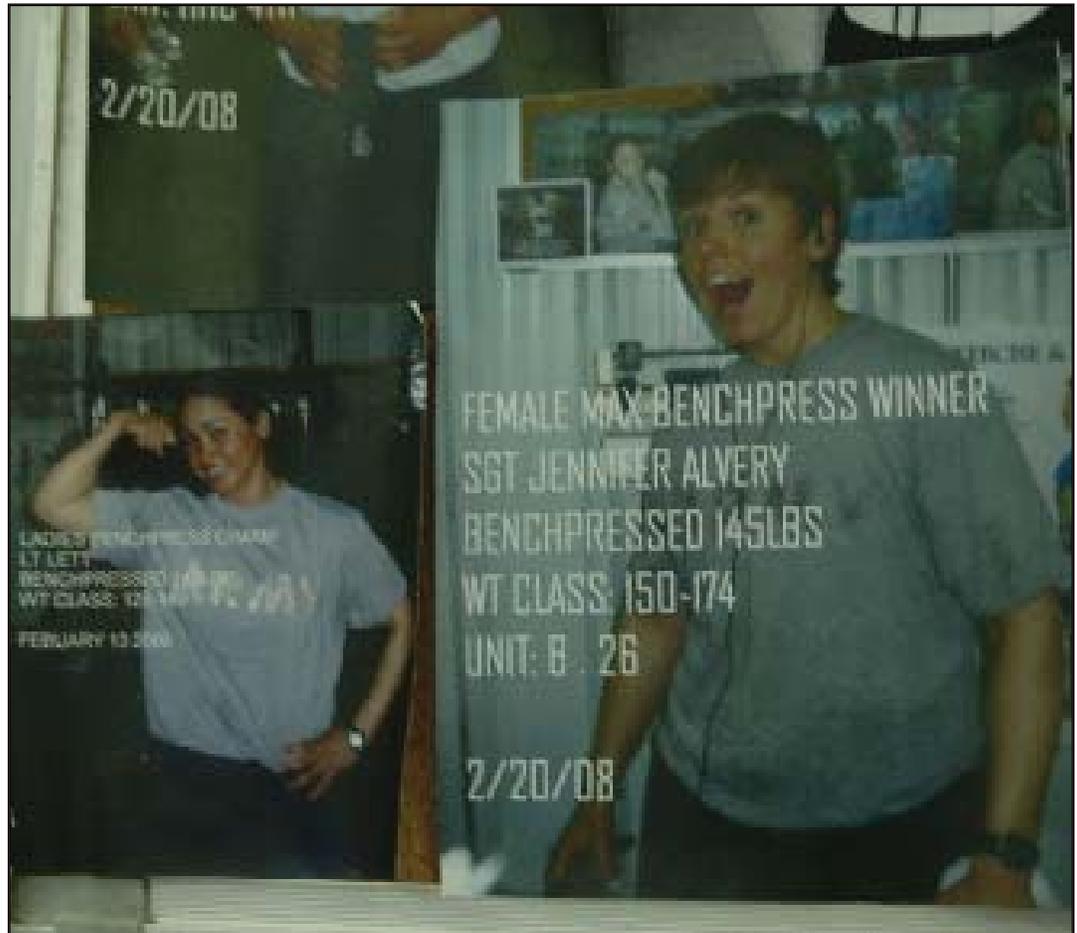


Photo by Sgt. Kevin Stabinsky

Both 1st Lt. Charmain Lett, assistant S4, property book officer, Headquarters and Headquarters Company, 2nd Brigade Combat Team (left) and Sgt. Jennifer Alvery, Top Flite security detail, 26th Brigade Support Battalion, have several photos of themselves in the Forward Operating Base Kalsu gym documenting their accomplishments.

Besides having someone to help you through lifting sessions and teach new exercises, a mentor can also serve as an accountability partner, Alvery said, motivating you to work out.

For both Lett and Avery, working out is an almost daily activity. Lett said she works out Monday through Saturday, twice a day, devoting two hours in the morning to lifting and another hour at night for cardio.

"You need strength in every sport. It helps tremendously."

**- Sgt. Jennifer Alvery
26 BSB Top Flite security detail**

She normally focuses on one body part a day during weight lifting, utilizing supersets three times a day. A superset is when you work two opposing muscles back to back, such as biceps and triceps or quadriceps and hamstrings in order to better stimulate blood

flow to the area and promote growth. Her cardio consists of running every other day, with alternate days divided into three 16-minute bursts on the treadmill, stationary bicycle and stepper machine.

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Alvery exercises slightly less, training five times a week, with each training session averaging 90 minutes. Each session focuses on one muscle group - biceps and triceps; shoulders; chest; back; or legs – with abdominal and cardio mixed in.

Besides exercising her body, such sessions are also therapeutic for Alvery, “If I’m having a bad day or problems, my mind deals with it better when I work out.”

Alvery said it’s also a good way to improve one’s physical fitness score.

“Any exercise you do helps with the PT test,” Alvery said, even those not necessarily similar to the push-up and sit-up events. For example,

Alvery said any exercise for arms also helps a Soldier do push-ups.

The two also agree that eating right is an important part of maintaining those skills. Alvery said Soldiers can eat well in theater despite limited food choices by following three pieces of advice: limiting food from the short-order line, adding a lot of color to one’s plate with vegetables and fruit and maintaining portion control.

Although a tough order to fill, it is one that creates a recipe for healthy living and is well worth the investment, as both Alvery and Lett hope their accomplishments show.

“It is just part of being healthy,” Alvery said.



Photos by Sgt. Kevin Stabinsky

Above: 1st Lt. Charmain Lett, assistant S4, property book officer, Headquarters and Headquarters Company, 2nd Brigade Combat Team, flexes her muscles for the camera. Lett hopes to turn her hard work into becoming a fitness competitor.



Left: Lett and Sgt. Jennifer Alvery, Top Flite security detail, 26th Brigade Support Battalion, stand together while waiting for a bench to open up to allow the two to work on their bench pressing skills.



Photo by Sgt. Kevin Stabinsky

A laundry facility worker on Forward Operating Base Kalsu browses through a stack of laundry April 10 looking for a Soldier's laundry. The facility does laundry for all personnel on the base, washing up to 1,000 loads a day.

Laundry service keeps Soldiers clean

Sgt. Kevin Stabinsky
2nd BCT PAO

It is not easy being a Soldier. This is motivation for Nagendra Bangera, Forward Operating Base Kalsu laundry facility administration assistant, whenever he finds himself in a “stinky” situation. And with an average of 1,000 loads of laundry a day, it isn't an uncommon occurrence.

Knowing how difficult it can be for Soldiers motivates him to ensure that despite any hardship,

at least Soldiers can count on clean clothes and bedding while on base.

Bangera, originally from India, has been working as a laundry facility specialist for 28 months, managing the daily routines of 41 other workers, including three maintenance technicians to repair washers and dryers. His work also includes keeping track of supplies like laundry detergent, loads cleaned daily and tracking the storage of Soldiers' laundry.

Although much of his work

goes on behind the counter, obscured from the eyes of his customers, the results can be seen in every clean uniform on the post.

In addition to cleaning for Soldiers, KBR Inc. laundry foreman, Alma Imamovic, also said the facility cleans for contractors, bedding for the Kalsu billeting office, the aid station and towels for the Morale, Welfare and Recreation gym.

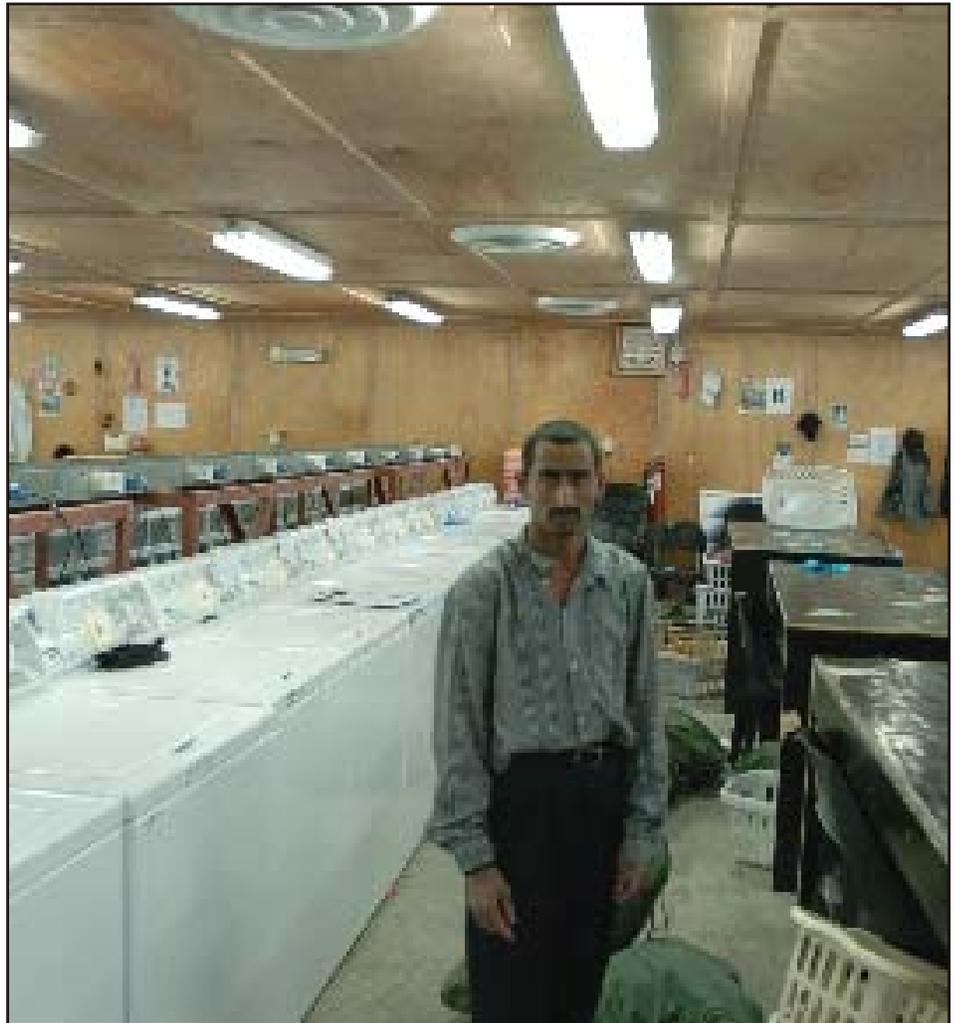
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To handle the load, which at a minimum is about 700 bags a day, Imamovic, a native of Zivinice, Bosnia, said the facility has 144 washers and 144 commercial-size dryers. Six additional industrial size dryers are used to handle large loads such as the gym's towels and billeting linen.

Even with all the hardware, sometimes the crew is forced to run a night shift, especially when generator maintenance shuts down the washing machines during the day, Imamovic said. Such shut-downs usually occur once a month, she added.

While a nightshift can be a strain on the workforce, it is a sacrifice that the crew is willing to take to ensure that Soldiers get their laundry quickly, on average 48 hours after turn-in.

"We're professionals," Bangera said. "We know how important our job is with Soldiers as our customers."



Photos by Sgt. Kevin Stabinsky

Above: A Forward Operating Base Kalsu laundry facility worker prepares to empty a bag of laundry April 10 into one of the 136 washers in the facility. The facility washes up to 1,000 loads a day.



Left: Sgt. Lucas Anderson, 2nd Brigade Combat Team, personal security detail, smiles after dropping off his laundry April 10 at the Forward Operating Base Kalsu laundry facility.

Word on the street

“What team are you rooting for this baseball season?”



“The (Atlanta) Braves.”

Spc. Jody Alverson
2nd BCT CPOF operator



“Got to go with the Braves until they start messing up and I get mad at them.”

Sgt. Maj. David Alexander
2nd BCT safety office



“The (Oakland) Athletics. Or anyone that 1st Sgt. (Travis) Bean (my first sergeant) hates.”

Capt. James Harvey
Incoming HHC commander, 2 BCT



May FOB Kalsu MWR Calendar



SUN	MON	TUES	WED	THUR	FRI	SAT
Unless otherwise stated, all events begin at 1930. Times and events are subject to change. Special events are in <i>red italics</i> .				1 Pool Chess	2 Basketball Spades Movie night	3 Texas Hold'em Hip-hop music night
4 <i>Talent show @ MWR, 9 p.m.</i> Halo 2: 2 vs 2	5 Ping Pong Dominoes	6 Foosball Darts Spades	7 Basketball Strongman comp.	8 Pool Chess	9 Basketball Spades Movie night	10 Texas Hold'em Hip-hop music night
11 Halo 2: 2 vs 2	12 Ping Pong Dominoes	13 Monopoly Darts Spades	14 Basketball Bench press comp.	15 Pool Chess	16 Basketball Spades Movie night	17 Texas Hold'em Hip-hop music night
18 <i>Talent show @ MWR, 9 p.m.</i> Halo 2: 2 vs 2	19 Ping Pong Dominoes	20 Foosball Darts Spades	21 Basketball Max Bench press comp.	22 Pool Chess	23 Basketball Spades Movie night	24 Texas Hold'em Hip-hop music night
25 Halo 2: 2 vs 2	26 Ping Pong Dominoes	27 Risk Darts Spades	28 Basketball Deadlift comp.	29 Pool Chess	30 Basketball Spades Movie night	31 Texas Hold'em Hip-hop music night