



## Proper disposal of issued gear key to safety

Story and photo by Pfc. Eric J. Glassey  
13th Public Affairs Detachment

Uniforms are a sense of pride for all military services. Servicemembers wear them with honor to show their loyalty and service to their country. However, uniforms become unserviceable, at which point they must be disposed of properly.

Proper procedure is for a servicemember to use the supply channel to get a replacement for uniforms. This replacement policy is not limited to uniforms; any military-issued personal equipment can be replaced through supply.

"If it is beyond serviceability, such as being stained beyond cleaning, torn or worn out, it needs to be given to the supply sergeant for replacement," said Maj. Terry Livingston, property officer, Central Issue Facility, Multi-National Corps - Iraq. "That goes for all equipment, such as a Soldier's vest, boots, helmet, gloves and all that stuff."

Uniforms are considered a controlled item, and accountability must be maintained for them.

"A lot of servicemembers are throwing away uniforms," said Master Sgt. Willoughby Mercer, sheriff, 2145th Garrison Command. "It is very easy to put them in a bag and give them to your supply sergeant. You get a one-for-one swap. The system does work."

"What we are finding is that when people get ready to leave Iraq, they just dump their uniforms they don't need into the trash," Livingston said.

Throwing uniforms away is more than just a breach of policy; it endangers operational security.

"It jeopardizes operational security because of the potential of the enemy getting hold of the uniforms and disguising themselves," Mercer said. "It plays on OPSEC because of possible infiltration and sabotage by the enemy."

Each servicemember should protect his own assets and do the right thing to ensure everyone's safety.

"It comes down to



Uniforms that are no longer serviceable are processed by supply sergeants and sent to the incinerators at Camp Liberty on a weekly basis.

protecting one's area of operation," Mercer said. "Using proper procedure to dispose of uniforms can help prevent the enemy from disguising themselves in order to cause harm to coalition forces or civilians."

Uniforms are not the only thing that can jeop-

ardize operational security. Thumb drives and identification cards are also highly controlled.

"One of the biggest problems we have is the pockets," Mercer said. "We have to do personal inventory on all the pock-

See UNIFORMS, Page 2

## Muscle fitness, lean muscle vital to healthy body

Story by

**Spc. Christopher Gaylord**

*13th Public Affairs Detachment*

Muscle fitness and development is important to a healthy and physically fit body, and though the road to such a body is demanding, the outcomes are largely beneficial. Some simple guidelines can make the process easier.

First of all, anyone trying to build muscle must take in a great amount of protein.

“Protein intake is essential to muscle development, and your body will require more protein to build new muscle,” said Chief Warrant Officer Zyon Gooden, information systems analyst, Task Force 44th Medical Command, and an avid weightlifter who has studied bodybuilding for several years and participated in various body building competitions in Hawaii and Afghanistan. “You should consume at least two protein shakes a day; one immediately upon waking up in the morning, as your body goes through a catabolic state as you sleep, and

one pre-workout and post-workout.”

Most important to building lean muscle and increasing muscle strength is a person’s training regimen and the way in which he conducts his lifts. Form is vital to success in the gym.

“Most novice lifters believe they must stack the bar to look big or gain size,” Gooden said. “You do not have to lift ungodly weight to gain muscle. The most important thing during your sets is form. Lift a weight in which your form is almost perfect and your muscle fibers will definitely react to it.”

“Do not jerk the weights when lifting,” said Lt. Col. Joanna Reagan, senior dietician, TF 44th MEDCOM. If you have to jerk the weight to lift it, strains and sprains can result.

Gooden said muscles should never be worked two days simultaneously, and anyone building muscle should conduct a split, working a different muscle group each day for three days.

“Maintain a 30-60 second rest period between sets with a 2-3 minute

rest period between exercises. Split your workouts to maximize your body’s potential,” Gooden said.

Gooden said cardiovascular training three times a week for 45-60 minutes will help burn body fat between lifting workouts.

As with any workout or training schedule, a person’s diet directly affects his success. Anyone working to burn fat should eat more meals of smaller portions throughout the day, as opposed to three solid meals.

“Eat about five small meals a day,” Gooden said. “This will put your metabolism into full overdrive, which will help to burn fat faster.”

Overall, lean muscle is important for troops to maintain, allowing them maximum effectiveness as military members.

“The benefits of having more lean muscle benefits the servicemember with performing his daily missions, passing physical fitness tests and maintaining desired body weight,” Reagan said.

Before starting any training program, it is best to consult a medical expert or licensed personal trainer.

### UNIFORMS, from Page 1

ets. A lot of thumb drives and ID cards are being left in the uniforms when they are turned in to the laundry. If you throw away a uniform which has a thumb drive in

it, you just intensified the potential of an operational security breach.”

Translators, linguists, civilian contractors and U.S. Armed Forces personnel must, at all

times, keep track of and properly dispose of all controlled items that might be of use in the enemy’s hands, thus endangering their lives and others’ as well.



The Victory Times Online is an authorized electronic publication for members of the Department of Defense. Contents of this electronic publication are not necessarily the official views of or endorsed by the U.S. Government or the Department of Defense. The editorial content of this publication is the responsibility of the Public Affairs Office of Multi-National Corps-Iraq.

**MNC-I Commanding General:** Lt. Gen. Lloyd J. Austin III  
**MNC-I Public Affairs Officer:** Col. Billy J. Buckner  
**MNC-I PA Sergeant Major:** Sgt. Maj. Sharon Opeka  
**MNC-I Command Info Chief:** Staff Sgt. Joy Pariente  
**Editor:** Spc. Christopher Gaylord  
**Staff:** Staff Sgt. Jeremy D. Crisp, Cpl. Frances Goch, Pfc. Eric J. Martinez and Pfc. Eric J. Glassey

The Victory Times online welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to [joy.pariante@iraq.centcom.mil](mailto:joy.pariante@iraq.centcom.mil). The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.



# Troops enjoy selves around base



Photo by Pfc. Eric J. Glassey, 13th Public Affairs Detachment

From left: Max, explosive detective dog, enjoys a Halloween party at Hope Chapel Oct. 31 with his handler, Sgt. Gloria Gonzalez, canine handler, Victory Canine Unit, 4th Infantry Division and Sgt. Elisa Delvalle (right), canine handler, Victory Canine Unit, 4th Infantry Division.



First Lt. Daniel Christison, C3 operations, Joint Operations Center, Multi-National Corps - Iraq, works his forearms Nov. 3 at the Paul R. Smith Fitness Center on Camp Victory.

Photo by Spc. Christopher M. Gaylord, 13th Public Affairs Detachment

Spc. Chris Henson, light-wheeled vehicle mechanic, Headquarters Support Company, Special Troops Battalion, 4th Infantry Division, meets professional mixed martial arts fighter Hermes Franca at the Liberty Field House Nov. 1 during a mixed martial arts meet and greet.



Photo by Spc. Christopher M. Gaylord, 13th Public Affairs Detachment

# COMMUNITY

## Announcements

### Online marketplace

An online marketplace is now available for troops and civilians across Iraq to buy, sell or trade accumulated creature comforts such as refrigerators, televisions, furniture and microwaves, at [libertyswap.com](http://libertyswap.com). Personnel can find items gently used, while saving time and money, and can post community events. POC is 2nd Lt. Aldo Aguirre at [aldo.aguirre@mnd-b.army.mil](mailto:aldo.aguirre@mnd-b.army.mil).

### Story ideas for Victory Times

Do you know of a good story on Camp Victory that you think should be covered for the Victory Times? Please submit your ideas to Staff Sgt. Joy Pariente at [joy.pariante@iraq.centcom.mil](mailto:joy.pariante@iraq.centcom.mil). Please include any interesting facts about the topic and point of contact information.

### R&R Briefings

Reunion and Suicide Intervention Briefings are at the Victory Chapel, Monday at 3 p.m., Wednesday at 9:30 a.m., Saturday at 3 p.m. All servicemembers going on leave or redeploying must attend this briefing.

### ISC (2) Exams offered

CAP, SSCP, CISSP, ISSAP, ISSMP, and ISSEP exams are offered for interested military and civilian personnel. Contact Michael Kahler at 435-2265.

### Toastmasters

Improve your public speaking skills while having fun with creative, goal-oriented people. No speaking experience necessary. Capt. Armin Reyes 485-3968 [Armin.reyes@iraq.centcom.mil](mailto:Armin.reyes@iraq.centcom.mil).

## The Corps Report

“The Corps Report” is a 15-minute monthly television newscast highlighting the stories and events happening in the Multi-National Corps – Iraq area of operations. The program airs Sunday at 8:15 pm and Monday at 11:15 a.m. on the Pentagon Channel in Baghdad. The October edition of the newscast features stories on the Task Force 62nd Medical Brigade transfer of authority, 9/11 memorial 5k run and the Armenian end of mission ceremony, to name just a few. Be sure and catch the latest edition of “The Corps Report” and contact the broadcast team at MNC-I if you have a story idea at 485-4652.

### AFN Freedom Radio

Al Asad ..... 107.3	Fallujah ..... 105.1	Taji ..... 107.3
Ali Base ..... 107.3	Kirkuk ..... 107.3	Tal Afar ..... 107.3
Ar Ramadi... 107.3	Kirkush ..... 107.3	Taqqadum... 107.3
Baghdad .... 107.3	Mosul ..... 105.1	Tikrit ..... 100.1
Balad ..... 107.3	Q-West ..... 93.3	All stations are FM

### Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women’s Bible Study 7 p.m. Bldg 24F; Gospel Protestant Bible Study 7 p.m. Hope Chapel	Women’s Bible Study 7 p.m. Bldg 24F 7:30 p.m. Purpose Driven Life Bible Study (Victory Mayor’s Cell)	Young Adult Bible Study 5:30 p.m. Hope Chapel	Men’s Bible Study 7 p.m. Victory Chapel; Spanish Bible Study 7 p.m. Bldg 24F 7:30 Bible Study (Victory Mayor’s Cell)	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	

Do you have an announcement about an event of interest to the Camp Victory community? Contact Spc. Christopher M. Gaylord at [chris.gaylord@iraq.centcom.mil](mailto:chris.gaylord@iraq.centcom.mil) with the information. Information for community announcements needs to be submitted at least two weeks prior to the event to allow for timely publication.

### Operating Hours

- Coalition Cafe
- Breakfast 5:30 - 8:30 a.m.
- Lunch 11:30 a.m. - 2 p.m.
- Dinner 5 - 8 p.m.
- Midnight Dining 11 p.m. - 1 a.m.
- Sports Oasis
- Breakfast 5:30 - 8:30 a.m.
- Lunch 11:30 a.m. - 2 p.m.
- Dinner 5 - 9 p.m.
- Education Center
- 8 a.m.-midnight
- Camp Liberty Post Exchange
- 8 a.m. - 10 p.m.
- Fitness Center
- Open 24 Hours
- Victory Main Post Office
- Monday-Sunday 7:30 a.m.-5:30 p.m.
- Saturday 8 a.m.-5 p.m.
- Sunday 9 a.m.-3 p.m.
- MNC-I STB Mailroom
- 9 a.m. - noon
- 5 - 7 p.m.
- Al Faw Palace Post Office
- Wednesday and Sunday
- 1-6 p.m.
- Golby Troop Medical Clinic
- Sick Call
- Monday - Friday 7:30 a.m. - noon
- Saturday & Sunday 9 a.m. - noon
- Dental Sick Call
- Monday - Friday 7:30 - 10:30 a.m.
- Saturday 9 - 10:30 a.m.
- Mental Health Clinic
- Monday - Friday 9 a.m. - 4 p.m.
- Saturday 9 a.m. - noon
- Post-Deployment Health Briefings
- Monday, Wednesday and Friday 1 p.m.
- Pharmacy
- Monday - Friday 7:30 a.m. - noon;
- 1 - 4:30 p.m.
- Saturday & Sunday 9 a.m. - noon
- Legal Assistance/Claims
- Saturday-Monday 9 a.m. - 5 p.m.

### Worship Hours

- Victory Chapel (Bldg. 31)
- Thursday
- 7:30 p.m. .... Latter Day Saints Seminary
- Friday
- 6:30 p.m. .... Jewish Shabbat Service
- Saturday
- 11 a.m. .... Seventh Day Adventist Service
- 8 p.m. .... Catholic Mass
- Sunday
- 7 a.m. .... Liturgical Protestant Service
- 2 p.m. .... Latter Day Saints Service
- 4 p.m. .... Episcopal/Lutheran Service
- Mini Chapel (Bldg. 24F)
- Tuesday
- 7:30 p.m. .... Latter Day Saints Service
- Wednesday
- 7 p.m. .... Men’s Fellowship
- Tuesday, Thursday, Friday
- 11:30 p.m. .... Roman Catholic Mass
- Friday
- 1 p.m. .... Muslim Prayer Service
- 8 p.m. .... Women’s Fellowship
- Sunday
- 8 a.m. .... Eastern Orthodox Service
- 10 a.m. .... Protestant Sunday School
- 3 p.m. .... Church of Christ Service
- 7:30 p.m. .... Latter Day Saints Service
- Hope Chapel (Bldg 24B)
- Monday
- 12 p.m. .... Charismatic Prayer Meeting
- Sunday
- 8:30 a.m. .... Collective Protestant Service
- 10 a.m. .... Roman Catholic Mass
- 12 p.m. .... Gospel Service
- 6:30 p.m. .... Contemporary Protestant Service
- Warrior Chapel (Camp Liberty)
- Friday
- 6:30 p.m. .... Victory Base Open Circle

MNC-I Chaplain’s Office:  
485-3743