



Sgt. Catherine Olivarez, medic, 345th Civil Affairs Brigade looks over a toddler during a medical civil action program, July 24, at a village school in Goubetto, Djibouti. Navy and Marine Corps medical teams from the USS Tarawa Expeditionary Strike Group joined with their Army counterparts during the six-day project. On Oct. 1, the Department of Defense stood up U.S. Africa Command, or AFRICOM. AFRICOM is now responsible for managing any U.S. military activities in African countries.

## New major command stands up

Story and photo courtesy of American Forces Press Service

In a news conference at the State Department's Foreign Press Center, Army Gen. William E. "Kip" Ward said he was honored to be selected and confirmed as Africa Command first commander.

The command is based in Stuttgart, Germany, for now but will move to Af-

rica in the future. Africa has enormous historic, cultural and geostrategic significance to the United States, and the establishment of the command reinforces the U.S. commitment to the continent, Ward said.

Responsibility for operations on the African continent was divided among three combatant commands: U.S. European Command, which had responsibility for

most of the nations in the African mainland except in the Horn of Africa; U.S. Central Command, which had responsibility for Egypt, Sudan, Eritrea, Ethiopia, Djibouti, Somalia and Kenya; and U.S. Pacific Command, which had responsibility for Madagascar, the Seychelles and the Indian Ocean area off the African coast.

Egypt and Yemen will remain as part of

U.S. Central Command.

Ward served as the deputy commander of U.S. European Command. "I traveled extensively in Africa," he said at the press center. "One of my observations is our assistance to existing and emerging African security institutions is most effective when it offers African solutions to African challenges."

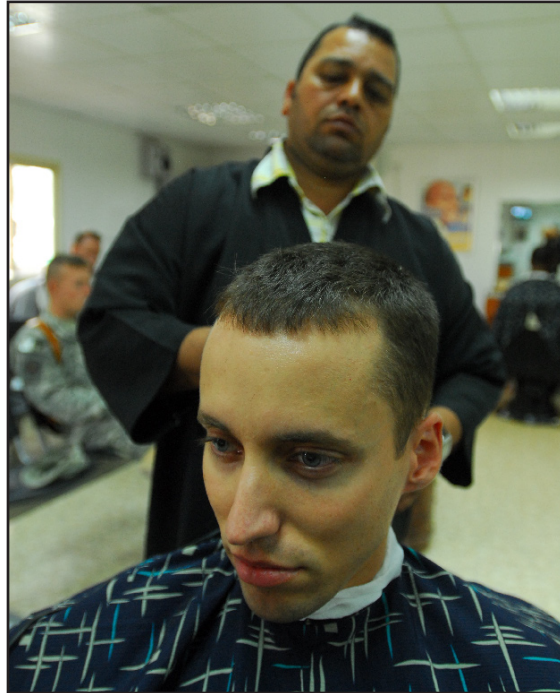
See AFRICOM, Page 3

# Life on Victory Base Complex

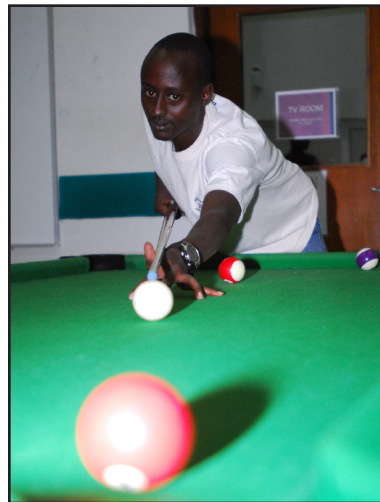
By Pfc. Eric Martinez  
13th Public Affairs Detachment



Pvt. Sam Lauhingoa, palace guard, Royal Tongan Marines, guards the entrance of Al Faw Palace, Camp Victory Iraq Oct. 15.



Sgt. Jason Janssen, system administrator, Task Force 134, receives a haircut from Kanhaiya Lal at the Camp Victory barbershop Tuesday.



Onesmus Matainda, security guard, EODT, plays pool at Camp Victory's MWR 51 Tuesday.



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# Proper supplement use can improve fitness, protect health

Story by

Spc. Chistopher Gaylord

13th Public Affairs Detachment



Courtesy photo

Dietary supplements can be used to improve physical performance during exercise, build muscle, change body composition and delay fatigue. If used unwisely, however, they can adversely affect overall health.

Dosage is one key concern that should be taken into account with supplement use. Servicemembers and civilians can largely harm their health with a “more is better” attitude.

“We have an idea of how people react to dietary supplements at the dosages used in clinical studies, but many servicemembers may decide to increase the dosage above and beyond what the manufacturer recommends, increasing their chances of suffering adverse reactions,” said Lt. Col. Martha Davis, theater dietician,

115th Combat Support Hospital.

Supplements may cause different reactions in a deployed environment and even affect troops’ overall mission readiness.

“Servicemembers may experience a different reaction to the dietary supplement due to the climate or stress,” Davis said. “The heat and stress of a deployed environment may result in a change for troops’ tolerance for certain dietary supplements.”

In hot and humid environments like Iraq, supplements can greatly increase the risk of injury, especially since most of them require the user to increase fluid intake.

“The risks of dehydration and heat injury increase dramatically in hot, humid environments,” Da-

vis said. “When temperature and humidity are both high, there is a very high risk of heat illness.”

Overall, supplements can often do more harm than good, and servicemembers should consult a qualified healthcare professional before taking any supplements, Davis said.

Some may cause dangerous side effects such as increased heart rate and blood pressure, muscle breakdown, depression, agitation, and increased risk of having a heart attack.

Weight loss, muscle gain, strength and endurance are all important to the improvement of physical fitness, but when taking supplements, users should always take the proper precautions to mitigate the risk of adverse affects.

### AFRICOM, from Page 1

He said the command will be committed to helping African nations and regional African organizations, like the African Union and the Economic Community of West African States, develop and maintain security, allowing effective development.

The command will work with nations of the continent to develop exercises, humanitarian programs, training events and support to peacekeepers.

Africa Command offers a chance to “harmonize

U.S. government efforts in the region especially with (the Department of) State and the Agency for International Development and other agencies,” Ward said.

Second, Ward said officials want to add value to ongoing efforts on the continent. The command will focus on helping African nations build security structures that work for Africans. These will include military, police, border guards and other services nations require to protect their citizens.

“Third, we believe AF-

RICOM will enable African solutions,” he said.

The general said the command will continue to strive to build bilateral relationships and work to build multinational working groups. “We will take time to listen and collaborate with partners,” he said, adding that the command will work with African nations to provide for their own security and export security across the continent.

Ward stressed that the command is not just a Defense Department organi-

zation. Senior State Department officials will be included, and the deputy to the commander -- a three-star equivalent -- will be a senior Foreign Service officer. “As we develop as an organization, we will be trying something for the first time,” Ward said. “It’s an evolutionary construct, and when things aren’t achieving the things we want to achieve, we will change it. The collective work of us all is for stability. That’s what we need to move towards.”

## Announcements

### Legal Services

Cooley Law School is offering servicemembers free legal consultations via video-conference with an attorney regarding answers to civilian legal matters from 8-11 p.m. the first Wednesday of each month. For more information contact Kathryn D. Hudacek at khudacek@freedomcalls.org or (973) 290-7886

### 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 Pariante at 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 being offered for interested military and civilian personnel. Contact Michael Kahler at 822-2002.

### Toastmasters

Improve your public speaking skills while having fun with creative – goal oriented people. No speaking experience necessary. Capt. Armin Reyes 318-822-7627 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 here in Baghdad. The October edition of the newscast will feature stories on the Task Force 62nd Medical Brigade transfer of authority, 9/11 memorial 5k run, Armenian end of mission ceremony and Air Force birthday, 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, Black Forge Conference Room)	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 Book of Matthew Bible Study (Victory Mayor's Cell, Black Forge Conference Room)	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 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