



TF 62 leaves its mark



Photo by Army Sgt. Abel Trevino

Army Spc. David Singleton, 62nd Medical Brigade, airbrushes the medical insignia crest onto a t-barrier mural in the unit's compound. Singleton, who learned to airbrush as a 10-year-old on remote-control rally car bodies, said he only works on the mural during his off-time and he hoped to have it completed by Feb. 20.

Food court open all day, night

Story, photo by
Army Sgt. Laura M. Bigenho
28th Public Affairs Detachment

The moment many have been waiting for has arrived. The new and improved Camp Victory Food Court is open and operational after nearly two months of construction and renovations.

The food court was originally expected to reopen at the end of January, but was delayed primarily due to the Green Beans Coffee, said Camp Victory Mayor Army Lt. Col. Samuel Riley, 58th Infantry Brigade Combat Team.

"Most of the delay has been due to getting the Green Beans in, and that's been a matter of getting the trailers up from Kuwait," Riley said.

He added that the project was more than a matter of simply moving and attaching trailers.

"The synchronization of all the other services and support that go into getting it open, such as electrical connections, having water in place and the base drainage plan all come into play," he said.

Patrons will see an array of changes including bigger shops, a rearrangement of locations and a completely new, triple-wide Green Beans Coffee. The new café features wireless Internet, a circular bar with two serving sides and plenty of indoor seating. Riley said it will be open 24 hours a day.

"In order to provide services for those civilians and military personnel who work here around the clock and are putting in long hours, it's a minimum level of service to provide those who work those hours," Riley said.

According to Riley, the entire food court project was centered around a new drainage plan that will enable Victory to provide commercial services around the clock.

Vegetarian's life can be a mixed bag

By Army Sgt. Abel Trevino
28th Public Affairs Detachment

I decided one night to stop eating meat; not permanently, just for four weeks.

I didn't think it would be a big deal to go crunchy for a month. I don't eat much meat to begin with and only rarely do I eat red meat. The real problem is that I am a picky eater — I can't eat cheese, I hate most green vegetables, I can't stand the pasta here and I love turkey. Besides, as far as I'm concerned, I'm a member of PETA. Not People for the Ethical Treatment of Animals, the more subdued People for the Eating of Tasty Animals phenomenon. The difficult part comes from making a conscious effort to abstain.

I had to keep this quiet, no one could know lest I be scrutinized — there would be questions to answer and explain, comments about health and dieting (for the record, I don't believe in dieting) and ultimately, I would have to justify what was going on to everyone.



Trevino

Day One: It's been 11 hours since I decided to go green and I almost quit. I missed dinner and fortunately, for the sake of this column, the line at Pizza Hut was too long. Coffee for dinner, to heck with the health concerns.

Day two, noon: it all ends. I'd been passing on offers to have pizza with my boss for some time now, and it was bound to happen. I was hungry, he was buying; as Zapp Brannigan of Futurama said, "The spirit is willing, the flesh is spongy and bruised."

Take two. Action.

I never set out for this to be a day-to-day journal of my experience, but so far it has been. I bring up today, day four after the reset, only because of the facts.

I didn't think it was going to be this difficult. I thought at the very least there would be a daily supply of mashed potatoes or corn. Sticking to the root of this, instead of voluntarily

starving myself, I opted to make the best of a horrible situation: 2 rolls, some refried beans, two bananas, a plum, a pear and a peach. How I long for Fridays, when I know they'll actually have corn! AARGH!

Day 12: It all goes rolling downhill.

I had my heart set on spaghetti for lunch. Unfortunately for me, my entire shop had their stomachs set on pizza. Yes, pizza seems to be my weakness. Not wanting to be alienated and ostracized, I opted to join in on the pizza fun. In hindsight, I should have stuck with the spaghetti and seen how the other half (non-meat eating half) feels when everyone around them is enjoying tasty treats and they are not able to join in the reindeer games. The past is the past, I'm starting over again.

OK, two days later. It's Super Bowl Sunday for crying out loud! How can I pass up wings?? Besides, it's not like that should even count — getting up in the middle of the night to watch the game and enjoy some traditional football feasting, it was totally optional!

See VEGGIES, page 6

Chaplain's Corner

Intermediaries open doors

Army Chaplain Mark A. Frederick
MNC-I Ops and Plans Chaplain

During the American Civil War, a young Soldier in the Union Army lost his older brother and his father in the battle of Gettysburg. The soldier decided to go to Washington to see President Lincoln and ask him for an exemption from military service so he could help his sister with the spring planting on the family farm.

When he arrived in Washington, after receiving a furlough to go and plead his case, he went to the White House, approached the front gate and asked to see the president.

The guard on duty told him, "You can't see the president, young man! Don't you know there's a war going on? The president is a very busy man! Now go away, son! Get back out there on the battle lines where you belong!"

So the young Soldier left, very disheartened, and was sitting on a park bench not far from the White House when a little boy came up to him.

"Soldier, you look unhappy," the

lad said. "What's wrong?"

The Soldier told the lad about the loss of his father and brother and the desperate situation at home.

The little boy said, "I can help."

He led the Soldier past the White House Guards, past generals and high-ranking officials and no one said a word. Finally, they reached the Oval Office — where the president was working. The little boy didn't even knock on the door and went straight in. There behind the desk was Abraham Lincoln and his secretary of state, looking over battle plans.

See PRESIDENT, page 6

The Victory Times 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. Bill Buckner
MNC-I PA Sergeant Major: Sgt. Maj. Sharon Opeka
MNC-I Command Info Chief: Staff Sgt. Jacob Boyer
Editor: Sgt. D.A. Dickinson
Staff: Sgt. Laura M. Bigenho, Sgt. Abel Trevino

The Victory Times welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to derron.dickinson@iraq.centcom.mil. The editorial staff reserves the right to edit for security, accuracy, propriety, policy, clarity and space.

MPs maintain order, keep troops safe

Story, photo by
Army Sgt. D.A. Dickinson
28th Public Affairs Detachment

While military police are a common sight on city streets in Iraq, many MPs don't get to experience the law and order aspects of the job.

"Ninety-five percent of our job is combat support," said Army Staff Sgt. Joe Cassidy, senior desk sergeant with the 506th Military Police Detachment. "Only five percent is law and order."

Members of the Washington National Guard detachment said they felt fortunate to experience the law and order aspect of the military police mission.

"I feel lucky," said Army Staff Sgt. Billy Climer, a patrol supervisor with the unit. "We've got some really good Soldiers here in the 506th. We've got some really good leadership. Lt. Col. Donnelly is a Soldier's leader, very hands on."

With thousands of occupants, Victory Base Complex has its share of problems and social disturbances, said Army Sgt. James Taylor, a patrolman with the 506th.

"Just like any town back home, we have our problems," Taylor said.

The mix of various cultures and languages that make a demanding job even more challenging. Climer said overcoming the language barrier and cultural differences was one of the most challenging aspects of the mission.

"As an MP, you always stay cool and respectful in all situations, so you apply the same dignity and respect



Army Sgt. James Taylor, patrolman with the 506th Military Police Detachment, explains a traffic violation to a driver on Camp Victory Feb. 17.

to all people," he said.

The unit's efforts have had a dramatic impact on reducing crime and improving security on VBC.

"When we first got here, we were doing a lot of cases," Cassidy said. "We were reducing crime, being proactive. When we started, we had big, long blotters. The longest we had was 14

pages. They would average around four to six. Now, they are down to one to two pages."

Violations of General Order 1A are also a big concern for the patrolmen.

"The majority of our cases that we deal with at night are alcohol related," said Army Staff Sgt. John Antonetti, night shift patrol supervisor.

"It is a concern, especially where we are. There is no set time to be alert. You wonder why somebody can't just hold off."

"I like it because I'm out here helping my brothers," Antonetti said. "Sometimes finding someone who's doing something they shouldn't — it's heartbreaking. But you've got to look at the big picture of what things would be like if there was no law and order."

Probably the most visible part of the patrolmen's job is traffic enforcement — a workaday duty that often gives the officers other leads, said Antonetti.

Army Sgt. James Taylor, a patrolman with the 506th, explained why traffic enforcement was so important to him.

"I like to emphasize traffic because it's preventative," Taylor said. "Preventable accidents are the number-one cause of deaths and accidents in the Army. The more we emphasize traffic, the more we make people responsible when they're driving. The more we prevent accidents, the more people go home in one piece to their families."

Taylor said getting troops home in one piece is his goal.

"When you're on a mission outside the wire, you've got to keep your guard up at all times. The same goes for here," he said. "You've got to watch out for your buddies everywhere you go."

"It's all about safety," Taylor said. "If I'm going to go home in a body bag, it's not going to be because of a stupid traffic accident."

FOOD, from page 1

"The idea is to be able to provide services that are uninterrupted by weather or time of day, and to provide an opportunity for these folks who work long hours to get a cup of coffee, have a quick meeting and continue their mission," Riley said.

Future improvements include widening the road between the food court and 3rd Infantry Division Band Headquarters, paving the nearby post exchange, and placing a covered pavilion

in the center of the food court. Work has begun on the PX parking lot and footing for the pavilion is in place.

"It is going to be a nice congregating area for the troops," said Army Chief Warrant Officer William DeLancey, Camp Victory Department of Public Works OIC, 58th IBCT. "It will be a good place for them to get out of the sun or seek shelter from the rain."

"This is all part of the overall plan to avoid a shutdown of Camp Victory's operations in the instance of a heavy rainfall," Riley said. "It will also allow

those on the go to grab a bite to eat or coffee to drink when the dining facility is closed."

Riley said the barber shop is the only facility that is not in its new location yet due to the high demand for haircuts. Although it remains open in its original trailer, Riley said it will eventually close and reopen as a double-wide in order to accommodate more patrons.

"There are a lot of people who congregate here, so we're trying to make it a nicer place where people can assemble," DeLancey said.



A Soldier passes by the renovated Green Beans Coffee house at the Camp Victory food court Feb. 20. The coffee house attracts many of Camp Victory's residents for coffee and serves as an unofficial meeting place.

Recruits arrive at Furat Training Center

Story, photos by
Army Sgt. Daniel D. Blottenberger
18th MP Brigade PAO

More than 1,000 Iraqi recruits moved through a security checkpoint near the front entrance of the Furat Training Center Feb. 10.

"We are here to become Iraqi police officers, to get a good job and we are here for our country," said Jabbav Mitir, one of the more than 1,000 Iraqi police recruits who arrived to begin his training to become an Iraqi policeman.

Mitir, like some of his fellow recruits, was formerly a part of the Sons of Iraq, a citizen security program, and said he now wants to give more back to his country by becoming a shurta, a policeman who will protect its citizens.

"These are citizens who wanted to stop crimes in the past. Now they will be allowed to do that," said Capt. Mohamad, training commander, Iraqi Police Forward Unit.

The Sons of Iraq who are now training to become Iraq police, are part of the Iraqi Police Expansion Program. This program is aimed at training more than 12,000 new Iraqi police recruits from the surrounding provinces.

During the first day, the recruits were signed in, provided quarters where they will live during Basic Recruit Training, and given instructions of what was expected in the two-week training cycle.

During the course, a typical training day includes learning basic law enforcement techniques such as weapons training, combatives, structure-clearing techniques, first-aid and defensive maneuvers against small-arms attacks.

IP candidates also learn basic understanding of democratic law enforcement and policing skills while incorporating values, ethics, human rights, crime scene preservation and detention procedures.

The 18th Military Police Brigade Police Transition Team and the 35th Engineer Brigade worked for several weeks planning and executing the preparation of the Furat facility, which became operational during a ribbon cutting ceremony Feb 9.

The facility opening is part of a Multi-National Division-Baghdad strategy to support the IP Expansion Program.

"This is an additional opportunity to train police forces to protect the Iraq people," said Army Maj. Gen. Jeffery Hammond, commanding general for the 4th Infantry Division and MND-B, to reporters following the ribbon cutting ceremony.

This class of recruits is the first of many that will flow through the new Furat Iraqi Police Training Center in the upcoming months.

Following the training, the recruits will be assigned to Iraqi police stations around Baghdad and the surrounding provinces.



Iraqi police recruits arrive for their first day of training at Furat Training Center. More than 1,000 Iraqi police recruits arrived at the center prepared to begin their basic recruit training. The BRT provides two weeks of basic law enforcement techniques training.



Iraqi police recruits report during the first day of Basic Recruit Training at the new Furat Iraqi Police Training Center Feb. 10.

VEGGIES, from page 2

Don't judge me!

Next day. What else could I do? I was being a gracious American on this one and extended the warm courtesy of enjoying traditional Iraqi dishes of chicken, lamb and goat. That I happened to thoroughly enjoy it is beside the point. Did you expect me to be rude and say, "Oh, no, I can't eat that. Despite the fact that you've seen me enjoy every one of these entrees, I'm going to pass today because I suddenly stopped eating meat."

I ate it all and I liked it!

Twenty-eight days later: after all

the time spent trying to go green-ish, these are a few of the things I've noticed.

I do actually feel much healthier. I mean, there is a certain side effect that my roommate can attest to that comes with eating copious quantities of things not easily digested by the body, but aside from that, I feel lighter and slimmer.

If I had the foresight, I would have recorded some physiological changes and included them for data.

Even eating salads (meh!), it's really difficult to be a vegetarian out here. The menu at the dining facility is heavily geared for the carnivorous and

eating the same stuff day in and day out gets old. If you think it's repetitious as a meat eater, try doing it *sans* meat.

I discovered that the spaghetti here isn't all that bad. Maybe it falls into the old axiom "any port in a storm," but it has grown on me.

I cannot really say when it happened, but at some point I started to completely overlook meat items. I know this is more psychological, but skipping directly to the veggies became natural. The crazy craving for pizza in the evening just vanished and as enticing as the smell of turkey is, I just didn't feel the usual pang for it.

PRESIDENT, from page 2

The president looked at the boy and then at the Soldier and said, "Good afternoon, Todd. Can you introduce me to your friend?"

And Todd Lincoln, the son of the president, said, "Daddy, this Soldier needs to talk to you."

The Soldier pled his case to the president, and right then

and there he received the exemption he desired.

Just as Todd intervened on behalf of the Soldier, we also have one who intervenes on our behalf and gives us access to the creator of the universe, our heavenly Father.

During this season of Lent, I want to encourage you to pray to our God for refreshing and cleansing. God is always in the forgiving business. He loves you. If you need spiritual support while deployed here, see your chaplain.

Listening in



Photo by Army Spc. Samuel Phillips

Army Lt. Gen. Clyde Vaughn (center), the director of the Army National Guard, tells a joke during breakfast with a group of Active Guard and Reserve Soldiers Feb. 17 at the Joint Visitors Bureau Ballroom. Vaughn explained his views on where the Army National Guard stands today and where he sees it headed.

Announcements

IMO training

Training for information management of-ficers is held Sundays at 3 p.m. in the Euphrates Conference Room in Al Faw Palace.

Tae Kwon Do

Take lessons from Grand Master Sung Bok Nam 8th Degree Blackbelt, Tuesdays, Thursdays and Saturdays from 8 - 9 p.m. at Camp Victory Gym Bldg 24M.

Nam coached the 1993 United States Tae Kwon Do Team and the 2003 Iraqi National Olympic Tae Kwon Do Team. All are invited to attend.

Tobacco Cessation

Victory Combat Stress Center offers a tobacco cessation class Saturdays at 10 a.m. For more information, call 822-2781.

5k Race

The First Class Petty Officer Association will host the Anchors Aweigh Navy Day 5k March 2. The start and finish point is the Camp Victory Stage.

The race begins at 7 a.m.

The race is open to all. Prizes will be awarded to the top male and female finishers.

For more information, contact Petty Of-

ficer 1st Class Anton Fitz at 822-4234 or anton.fitz@iraq.centcom.mil

BJJ/Mixed Martial Arts

Victory's Mixed Martial Arts class meets at the SFC Paul R. Smith Gym every night except Friday from 9-11 p.m. Wednesday night classes begin at 9:30 p.m.

Camp Striker Poetry Experience

Camp Striker's MWR North will host the Poetry Experience Wednesdays at 8:30 p.m.

Steel Beach Picnic

An invitation is extended to all Sailors to attend the Steel Beach Picnic March 2 at MWR 124 from 1-4 p.m.

For more information, e-mail Petty Officer 1st Class Anaesthesia Jackson at anaesthesia.jackson@iraq.centcom.mil.

Foreign disclosure training

Those in need of foreign disclosure training can call 822-2262 or go to mnci.intranet.iraq.mil/C12/FDO/default.aspx.

RCIA Classes

Right of Catholic Initiation for Adults class meets Friday at 7 p.m. in the MNC-I Chaplain's office, Bldg. 24.

Black History Month Observance

A presentation for African-American History Month, "Carter G. Woodson and the Origins of Multiculturalism," will be presented Feb. 27 from 7-8 p.m. in the Al Faw Palace rotunda. The guest speaker will be Command Sgt. Maj. Marvin Hill, MNF-I command sergeant major.

Camp Victory Bible Studies

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Women's Bible Study 7 p.m. Bldg 24F	Smoke & Joe Bible Study 12 p.m. Victory Chapel Porch	Young Adult Bible Study 5:30 p.m. Victory Chapel	Spanish Bible Study 7 p.m. Mini Chapel	Foundations Bible Study, Mini Chapel 6:30 p.m.	SeventhDay Adventist 10 a.m. Victory Chapel	Men of the Bible Study 5 p.m. MLB Room, Oasis DFAC

Do you have an announcement about an event of interest to the Camp Victory community? Contact Sgt. D.A. Dickinson at derron.dickinson@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-Friday 7 a.m.-5 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)
Sunday
7 a.m. Collective Protestant
8:45 a.m. Collective Protestant
10 a.m. Catholic Confession
10:30 a.m. Catholic Mass
noon Gospel Protestant
2 p.m. Latter Day Saints
4 p.m. Episcopal/Lutheran
6:30 p.m. Contemporary Protestant
Saturday
11 a.m. Seventh Day Adventist
8 p.m. Catholic Mass

Mini Chapel (Bldg. 24F)
Sunday
8:00 a.m. Eastern Orthodox Divine Liturgy
9:30 a.m. Breaking of Bread
3 p.m. Church of Christ
7:30 p.m. Latter Day Saints
7 p.m. Knights of Columbus (1st & 3rd Sundays)
Monday-Friday
11:30 p.m. Daily Mass
Friday
6:30 p.m. Jewish Service

AFN Freedom Radio

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

All stations are FM

Victory lifters press for title

Photos, story by Army Sgt. Jeremy D. Crisp
MNC-I PAO

The Camp Victory Morale, Welfare and Recreation held a bench press competition Feb. 17 at the Sgt. 1st Class Paul Ray Smith Gym – one which saw males and females gather to compete for post bragging rights. Only one would take the heavy lift of the day however, and that 425-pound lift belonged to Adrian Cornwall with Task Force Hurricane. Cornwall, who is in the Men's 200-pound and up category, was closely followed by Rob Sanchez with a lift of 385, and Michael Morehead at 375.



Louis Ramirez (right), who works with the Multi-National Corps-Iraq Office of the Staff Judge Advocate, talks with Allen Miller, coordinator with the Camp Victory Morale, Welfare and Recreation, during the Camp Victory MWR Bench Press Competition.

Men 150 – 199 pounds

1st Place: Darryl Stovall – 340 pounds

2nd Place: Korey Carter – 335 pounds

3rd Place: John McNeelly – 310 pounds

Women 160 pounds and above

1st Place: Jacqueline Thomas – 135 pounds

2nd Place: Jennifer Collins – 115 pounds

3rd Place: Tamara Wright – 100 pounds



Chad D. Hale, a signal warrant officer with the 3rd Infantry Division from Philadelphia, attempts a lift of 315 pounds during the Camp Victory Morale, Welfare and Recreation Bench Press Competition held Feb. 17 at the Sgt. 1st Class Paul Ray Smith Gym.