



Iraqi Security Forces to take lead in elections

Staff Sgt. Julie Nicolov

MNC-I PAO

More than 190,000 Iraqi Security Forces have been trained to defend their country and impending constitution as of September 2005.

While the citizens of Iraq prepare for their constitution referendum on Oct. 15 and election day on Dec. 15, the ISF soldiers prepare to secure and protect those citizens. Coalition forces, with 138,000 troops, will merely be a contingency plan.

"It's the Iraqi face that's at the front of this, not ours," said Lt. Col. Patrick Stevens, operations planner, Multi-National Corps - Iraq.

Over the past two years, coalition forces have guided the ISF and Iraqi parliament through a "crawl, walk, run" model of leading and training. Now, like a teacher who watches a student graduate, coalition troops are stepping back while ISF troops step forward.

"It is important for Iraqis as a whole to know that their security forces are able to protect them," said Col. Tarek, civil affairs officer, Iraqi Armed Forces Command, who chooses to use only his first name. "The election is the first step. If we do a good job in the election, the people will have more faith in our ability."

ISF soldiers have started the planning and organization process so election day will run smoothly.

"They've identified a few places where they thought they might need some assistance with security," said Lt. Col. Scott Hood, chief of staff, Multi-National Force - Iraq Election Support Branch.

"In those cases, even if the Iraqi police force and Iraqi Security Force cannot provide it, it'll be the face of the Iraqi Army that will be there providing security."

Providing security during the elections is an opportunity to gain the confidence of other



courtesy photo

Iraqi Security Forces will take the lead role in protecting the polling centers across Iraq during the upcoming elections.

countries, as well as the Iraqi population.

"It shows to the rest of the world that the ISF are willing and ready to protect anything in Iraq," Tarek said. "We want to tell the world that we are in charge of securing our country."

Two battalion-sized elements from Fort Bragg's 82nd Airborne Division will deploy to Iraq for the election process. The approximately 2,000 troops will not stay longer than 120

See **ELECTIONS**, Page 3

WebSense keeps military computers running smoothly

Senior Airman Chawntain Sloan

MNC-I PAO

It's your first week in country, and the work is already piled sky-high. Determined not to spend another day chained to your desk in silence, you surf the Internet for

your favorite radio station only to find that access has been denied by WebSense.

A radio station may hardly seem like it qualifies as inappropriate content, but it can be just as damaging to the mission.

WebSense is a network tool that groups known Web sites into a series of specific categories based on content, and it not only blocks unauthorized Web sites, it also keeps the lines of communication open, said Capt. Oscar Ahumada, deputy chief of Multi-National Corps - Iraq Information Assurance.

"We are in a tactical environment out here, so we are dependent on systems that aren't equipped to handle heavy volumes of traffic. Streaming media, for instance, generates megabytes and megabytes of information, and the network will slow to a crawl just because people are listening to their favorite radio station," said Ahumada. "WebSense not only blocks prohibited Web sites but it also decreases bandwidth usage needed for mission-critical operations."

While a local commander has the authority to request certain Web sites be blocked, Ahumada said the majority of Web sites that are restricted are defined by a three-phase process outlined in the "Multi-National Force - Iraq WebSense Policies Settings and Minimize Plan Policy."

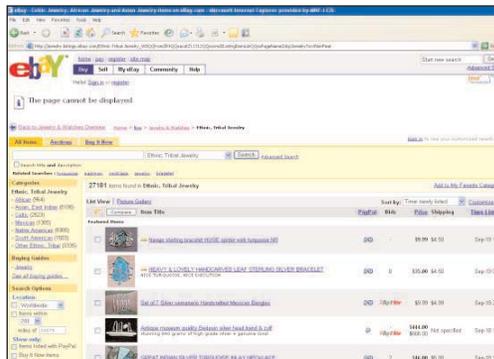
"Phase one generally outlines content like nudity or adult material, which violate General Order One or other pre-existing policies," he said. "However, we do allow lingerie and swimsuit Web sites because we understand that women have needs for certain items that cannot be purchased here."

Although prohibited sites outlined in phase one are permanently blocked, Ahumada said some Web sites that are widely accessed and have a tendency to bog down the network are periodically restricted during phase two.

"Phase two kicks in when the network usage exceeds 90 percent, so this is more of

See **WEBSense**, Page 2

Web sites like ebay.com are blocked by WebSense to protect the Camp Victory network from crashing due to excessive bandwidth usage



Preventive Points

Tips from Multi-National Corps - Iraq's Force Health Protection

Dietary Supplements

Many Soldiers, Marines, sailors and airmen are looking for competitive edges to improve their performance, so it's no surprise that dietary supplements are very popular.

Billions of dollars result from supplement sales each year. We are constantly bombarded with supplement advertisements in magazines, on television and online.

Current regulations do not prohibit the use of dietary supplements by military personnel. However, it does not change the fact that dietary supplements can cause adverse health effects and affect individual performance, including predisposing individuals to heat injuries.

- The term "dietary supplements" generalizes a variety of products such as vitamins, minerals, amino acids, proteins and other animal products. Often there are no written claims on product labels, though names imply certain effects. Many supplements provide little or none of the implied benefits. Consumers must realize that these items are unregulated, and no one is required to provide proof of effectiveness or safety to the Food and Drug Administration.

- In most cases, it is not that a dietary supplement is clearly unsafe for everyone, but that it is potentially unsafe for some individuals. For example, creatine is touted as the energy compound that fuels muscle contraction. However, taking it has inherent problems, most notably increasing the potential of dehydration. Creatine is a large, water hungry molecule. It requires more water to be stored in muscles, increasing chances of heat injuries. The MNC-I Surgeon's Office discourages the use of dietary supplements, especially in deployed settings such as Iraq, because the risks of associated heat injuries are too great.

- Individuals should tell their health care providers about any dietary supplements they are taking and let them know about any other non-prescription medications. It is also important for them to tell their health care providers if they suspect any dietary supplements may have caused adverse health reactions.

- Military personnel should be mindful, informed consumers who are knowledgeable about dietary supplements. Your health is your responsibility, so be proactive in maintaining it.

WEBSense

an effort to cut down on recreational use to preserve the availability of the system for official use," said Ahumada.

In cases where it is necessary to maximize all bandwidth for military operations, Ahumada said access to all recreational Web sites are eliminated in phase three.

"We've never had to go into phase three, but if we were experiencing an attack or the theater designator approval authority had a reason, we would block just about everything but .mil or .gov sites," he said.

Because WebSense is its own program, Ahumada said it intercepts the user's request before it even reaches the World Wide Web.

"Websense acts as a proxy, so whenever you try to log on to the Web, you are not actually accessing the World Wide Web," said Ahumada. "WebSense is actually getting your Web page request. It then looks at it and runs it against its rules. If it's permitted, it will go out to the Web and pull it down."

Aside from generating an "Access Denied" notification page, Ahumada said WebSense also formally logs the user information when someone tries to access a prohibited site.

Even though Ahumada and the IA team review the logs frequently, he said they are not necessarily looking for people who are breaking the rules.

"The logs are primarily reviewed for bandwidth usage. We have to have a justification to look for anything further. We can't just go in there saying, 'I am going to get somebody,'" he said.

"If we came across something that looked suspicious, then we would engage with the appropriate authority and let them know, but we do not have the authority to punish or disconnect anybody without express permission from the designator of approval authority, local commander, (judge advocate) or (inspector general)."

However, Ahumada said the IA team could be called to assist in a formal investigation.

"We provide those authorities with the expertise.

"For example, if your commander is investigating you for fraud, waste and abuse, then he could send us an authorization letter requesting that we provide him with information contained in the logs, and

we would pull that log and give him the information he is asking for," said Ahumada.

While he has not had to deal with any fraud, waste and abuse cases during his tour, Ahumada said there have been instances of people trying to disable or get around WebSense.

"We have other controls on the network that can easily detect if someone is trying to get past WebSense, and we will provide a report and forward it to the person's unit commander," he said.

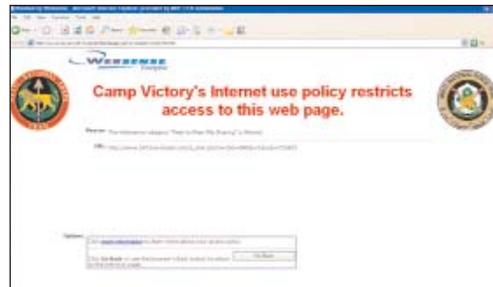
"Doing so falls under abuse of the network, and there have been instances of people losing their access to the network because of it."

Besides losing their network privileges Maj. Matthew Ruzicka, chief of MNC - I Military Justice, said service members could be subject to adverse administrative action or punishment under the Uniform Code of Military Justice, whereas Department of Defense civilians and contract employees could be subject to adverse administrative action.

"It depends on the reason they needed access, the information they accessed and the course of action their unit commander decides to take.

"They could receive an oral or written counseling, an Article 15 or even be court-martialed," said Ruzicka.

Service members who are court-martialed for disobeying the policy will likely be charged with violating Article 92 of the UCMJ, Failure to Obey Order or



Residents at Camp Victory may find some of their favorite Web sites have been blocked by a program called WebSense. Usually sites are blocked because of subject matter or excessive bandwidth use, and the command can use WebSense to block everything but .mil and .gov sites if necessary.

Regulation, Ruzicka said.

If they are found guilty at a general court-martial, they could receive a dishonorable discharge, forfeiture of all pay and allowances and possible confinement.

Ahumada said the bottom line people need to remember is that they "are in a deployed environment, so all the rules about operational security and fraud, waste and abuse still apply."

"This is not the same access you have from your DSL or cable modem at home. The (Non-secure Internet Protocol Router Network) is an official government system, and the computers and routers are for official use," Ahumada said.

"The policy is actually very liberal when it comes to allowing people to use it for personal reasons, but the government does have the right to impose restrictions on what you can and cannot do on the network."

Avoid a volatile situation.

Stay in the middle of the road.

0077 IEDs KILL

ELECTIONS

days, according to Army officials.

"We have prepared a contingency plan in case we need to, but this is totally an Iraqi-led effort," Stevens said.

An increase in troop strength is a precautionary measure taken regularly during elections in the areas of Operation Iraqi Freedom and Operation Enduring Freedom.

"We, of course, in each instance, have increased the number of forces that we have in country in Afghanistan and Iraq in anticipation of elections," said Secretary of Defense Donald Rumsfeld, during a press brief at the Pentagon Aug. 23.

Although troop strength will increase slightly and an emergency plan has been prepared, coalition troops will continue their duties as they would any other day.

"It's good for us to know that this is really an Iraqi process, and we just happen to be in the country while it's going on," Hood said.

For the Iraqi citizens, however, Oct. 15 and Dec. 15 will be days for the history books.

"We are literally seeing the evolution of democracy in this country," Stevens said. "It is almost like we're working with the Thomas Jeffersons and Benjamin Franklins of America."

Donate your used bikes

Second Battalion, 299th Infantry Regiment would like to gather your used bicycles and give them to Iraqi children near Camp Victory. Donating a bike can assist in improving the community's opinion of the Coalition forces.

If you would like to donate a bicycle, contact Sgt. 1st Class Thomas Odoardi at thomas.odoardi@iraq.centcom.mil



Schedule

Bengals at Bears
Falcons at Bills
Browns at Colts
Buccaneers at Packers
Jaguars at Jets
Raiders at Eagles
Titans at Rams
Panthers at Dolphins
Saints at Vikings
Cardinals at Seahawks
Cowboys at 49ers
Patriots at Steelers
Giants at Chargers
Chiefs at Broncos



SSG St.Clair



PFC Clifton



SPC Greene

This Week's Picks

Bengals	Bengals	Bengals	Bengals
Bills	Bills	Falcons	Falcons
Colts	Colts	Colts	Colts
Packers	Packers	Packers	Packers
Jets	Jets	Jets	Jets
Eagles	Eagles	Eagles	Eagles
Titans	Titans	Titans	Titans
Panthers	Panthers	Dolphins	Panthers
Vikings	Vikings	Saints	Vikings
Seahawks	Seahawks	Seahawks	Seahawks
Cowboys	Cowboys	Cowboys	Cowboys
Steelers	Steelers	Patriots	Patriots
Giants	Giants	Chargers	Chargers
Chiefs	Chiefs	Chiefs	Chiefs

Week Three Bye Teams:
Texans, Lions, Ravens, Redskins

Last Week's Results:	7 - 9	7 - 9	2 - 14
Overall:	15 - 17	14 - 18	14 - 18

Notes

The byes start Sunday, so for the next two months there are only 14 games per week and less margin for error, which is unfortunate since we're two weeks into the season and everyone has a losing record.

Staff Sgt. St.Clair has a narrow lead over Pfc. Clifton and the guest pickers but in no way feels good about it. The real story is last week's guest going 2 - 14. What in the world? How is that possible? Perhaps he was picking based on head coach waist size or which mascot would win in a 32-way wrestling match. If he can pick losers like that regularly there's money to be made.

This week's guest picker is Spc. Norman Greene, Company A, 290th Signal Battalion, Delaware Army National Guard.

If you would like to be a guest picker, call 822-1414 or e-mail mark.st.clair@iraq.centcom.mil.



IRAQ REFERENDUM AND ELECTION INFORMATION SPOTLIGHT

Referendum and Election guidance

Do:

1. Follow Unit Referendum and Election Public Affairs guidance
2. Follow published Rules of Engagement (RoE)
3. Report all political gatherings to your chain of command

DEMOCRATIC TIMELINE



Don't:

1. Gather near polling sites unless directed to do so by your chain of command
2. Do anything that could be seen as influencing the Referendum or the Election
3. Hinder the work of the IECI

If you have any questions regarding the Referendum or Election then speak to your unit Public Affairs Officer:

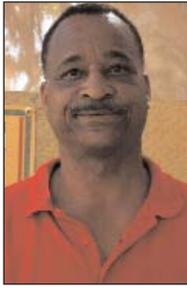
Victory Base Open Circle

Spiritual philosophy and practice of Wicca

"Celebration of Mabon and Harvest Home"

Camp Liberty Chapel, Sunday 6:30 p.m.
Located on Camp Liberty in Tigerland behind the phone center
For more information, visit
http://groups.yahoo.com/group/VBOC_Baghdad

Voices of Victory: *What is the most important thing you've done since you got to Camp Victory?*



"Taking care of Soldiers by providing them with what they need and what I can get for them."

Joddy Hayes,
Army and Air Force Exchange
Service,
Vilseck, Germany



"Being able to be here for the Soldiers and support the people in my unit by providing an ear to hear them and a shoulder to lean on."

Pfc. Ashley Ramirez,
14th Psychological
Operations Battalion,
Moffet Federal Airfield, Calif.



"I won Noncommissioned Officer of the Quarter for my unit."

Sgt. Joel Romo,
Charlie Company, 327th Signal
Battalion, Ft. Bragg, N.C.

Operating Hours

Coalition Cafe

Breakfast 5:30 - 8:30 a.m.
Lunch 11:30 a.m. - 2 p.m.
Dinner 5:30 - 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 5:30 - 9 p.m.

Shopette

Open 24 Hours

Camp Liberty Post Exchange

Everyday 8 a.m. - 10 p.m.

Fitness Center

Open 24 Hours

Chapel (Bldg. 31)

Sunday:

Protestant Service 7 a.m. and 8:45 a.m.
Catholic Mass 10:30 a.m.
Gospel Service Noon
Mormon (LDS) 2 p.m.
Episcopal 4 p.m.
Full Life Service 6 p.m.

Saturday:

7th Day Adventist 11 a.m.
Catholic Mass 8 p.m.

Mini-Chapel (Bldg. 2)

Friday:

Jewish Service 6:30 p.m.

Post Office

Monday - Friday 9 a.m. - 5 p.m.
Saturday 9 a.m. - 4 p.m.
Sunday 1 - 5 p.m.

Golby Troop Medical Clinic

Sick Call Hours:

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 8 a.m. - 4:30 p.m.
Saturday 9 a.m. - noon

Post Deployment Health Briefings:

Monday - Friday 1 p.m.

Pharmacy:

Over the counter prescription refills
Monday - Friday 7:30 a.m. - noon
Saturday & Sunday 9 a.m. - noon



photo by Pfc. Laura M. Bigenho/MNC-I PAO

Paying respects

A Soldier from 108th Military Police Company, 503rd MP Battalion, Fort Bragg, N.C., pays his last respects to a fallen comrade. Sgt. Jeremy Campbell was killed Sept. 11 when his vehicle was struck by an improvised explosive device.

Victory MWR Events September 20 - 26

Today: Spades at 8 p.m. at Bldg. 124; Nine-ball at 8 p.m. at Bldg. 51; At the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Fencing from 7:30 - 9 p.m.; Football Coaches Meeting at Bldg. 51 at 12:30 p.m.

Wednesday: Dominoes at 8 p.m. at Bldg. 124; Spades at 8 p.m. at Bldg. 51; At the Gym: Aerobics from 6:30 - 7:30 p.m.; Boxing from 8 - 9 p.m.; Kickball Tournament meeting at 12:30 p.m. in Bldg. 51.

Thursday: Country Night at 7 p.m. at Bldg. 124; Ping-Pong at 8 p.m. at Bldg. 51; At the Gym: Tae-Kwon-Do from 6 - 7 p.m. Power Lift at 7:30 p.m.

Friday: Austin Powers Movie Marathon at 3 p.m. at Bldg. 124;

Pictionary at 8 p.m. at Bldg. 51; At the Gym: Aerobics from 6:30 - 7:30 p.m.; Fencing from 7:30 - 9 p.m.; Kickball tournament.

Saturday: Hip Hop Night 7 p.m. at Bldg. 124; Checkers 8 p.m. at Bldg. 51; At the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Boxing from 8 - 9 p.m.; Kickball tournament.

Sunday: Slow R&B and Jazz at 6 p.m. at Bldg. 124; Chess at 8 p.m. at Bldg. 51; At the Gym: Fencing from 7:30 - 9 p.m.; Volleyball All Star game.

Monday: Chess at 8 p.m. at Bldg. 124; Halo at 8 p.m. at Bldg. 51; At the Gym: Aerobics from 6:30 - 7:30 p.m. Boxing from 8 - 9 p.m.

MNC-I Commanding General: Lt. Gen. John R. Vines **MNC-I Production Chief:** Staff Sgt. Mark St.Clair
MNC-I Public Affairs Officer: Col. Billy J. Buckner **Victory Weekly Editor:** Sgt. David Foley
MNC-I PA Sergeant Major: Sgt. Maj. John E. Brenci

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Victory Weekly welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to david.foley@iraq.centcom.mil

We reserve the right to edit for security, accuracy, propriety, policy, clarity and space.