



Troops become United States citizens

Story by Pfc. Mark B. Matthews
MNC-I PAO

The U.S. was founded by immigrants, and since the time of its discovery men and women from all walks of life have braved the treacherous waters in pursuit of a life away from the hostilities and tyranny of their home countries. Today the U.S. is still a melting pot and continues to welcome those who wish for a better life.

The Multi National Corps – Iraq held a naturalization ceremony and 66 service members received their U.S. citizenship at the Al-Faw Palace on Camp Victory Tuesday.

Presiding officer Lt. Gen. John R. Vines, Multi National Corps – Iraq commander, spoke to the group of newly naturalized citizens and seemed to be very proud of each and every one of them.

“Perhaps the most coveted title in the world today is not that of president, prime minister or general but that of an American citizen,” Vines said. “It is ironic that the men and women who are about to receive that title are dedicated to a nation and have spent a portion of their lives defending it before they were ever citizens.”

Although each of the service members had gone through all of the necessary paperwork and steps to become citizens, there was still one last thing that had to be done.

Each service member was asked to stand and John M. Bulger, district director for the U.S. Citizenship and Immigration Service, led the group in the Oath of Citizenship. Each service member was then recognized, given a certificate and a folded U.S. flag.

“The National Anthem has taken on a new meaning for me today,” Bulger said. “This is my first opportunity to be in a combat zone, and after hearing your stories I realized America really is the land of the free and you all are the brave.”

As the U.S. moves into the future and continues to fight the war on terrorism, these men and women who helped contribute to its success can now truly say they are proud to be Americans.



photo by Spc. Jeremy Crisp/ MNC-I PAO

Troops await their chance to stand and receive their certificates making them U.S. citizens at the naturalization ceremony Tuesday on Camp Victory.

Troops participate in marathon

Story and photos by Pfc. Mark B. Matthews
MNC-I PAO

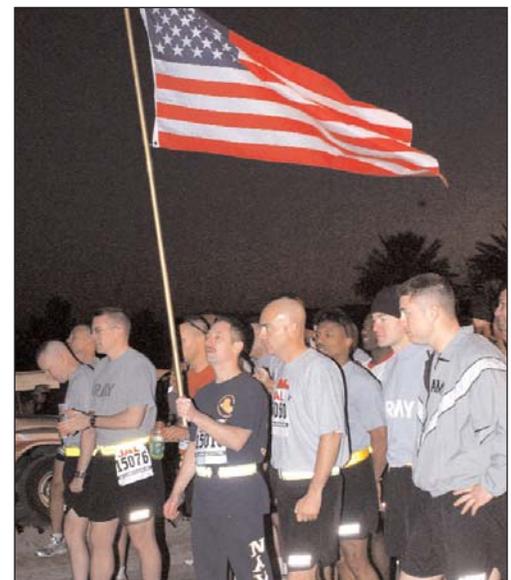
Endurance is a key element for anyone serving his country overseas. Whether it's enduring the heat of summer or the months away from loved ones, it's a mental and physical feat that can only be achieved with the proper preparation and the right mind set. A number of service members and civilians had their opportunity to test their endurance levels and prove to themselves exactly what they are capable of.

More than 180 service members and civilians competed in a satellite marathon on Camp Victory Monday, in conjunction with the Honolulu Marathon that was held on Friday.

Competitor and organizer Lt. Col. James O'Donnell, Multi-National Corps – Iraq Staff Judge Advocate chief of detainee operations, has run the Honolulu Marathon a few times prior to this year's marathon. He felt it was still important for the race to go on for him even though he was unable to attend the mother marathon.

“I registered for the marathon several months before I found out I was coming over here,” O'Donnell said. “After I was notified of my deployment, I contacted the Honolulu Marathon Association about a satellite run in Iraq.”

After the approval from the Honolulu Marathon Association, O'Donnell spoke with the garrison commander and planning moved forward and ultimately became a race where everyone who crossed the finish line was a winner.



Soldiers lined up with the U.S. flag held high. The race began at 6:30 a.m. Monday on Camp Victory. Run times ranged from 2:59:00 to 6:20:00.

Soldiers improve GT scores

Story and photo by Pfc. Mark B. Matthews
MNC-I PAO

Soldiers spend their down time in many different ways. Some go to the gym, some watch movies and some just try to relax and prepare for the next day. However, some Soldiers found that their downtime was the perfect opportunity to take their careers to the next level.

Soldiers who took the General Technical Improvement Course graduated Friday at the Camp Victory Chapel. New doors have opened for these Soldiers who will now be able to re-class into a more desirable military occupational specialty, take the flight exam or be eligible for Officer Candidate School.

Guest speaker Col. Darryl Pattillo, Task Force Dragon deputy commander, had a few words of advice for the Soldiers on how to improve their positions and get the most out of their military careers.

"You always need to be prepared for the next step and that is what you Soldiers are doing," Pattillo said. "Some people will say that others are just lucky. Well, I believe that luck is just when opportunity meets preparation and that is exactly what you Soldiers are

doing - preparing."

Although the course was only three weeks, the Soldiers who participated put many hours of hard work and dedication into it.

"These Soldiers spent many hours both in and out of the classroom studying and doing homework," said Pfc. Jaime Perkins, GT Improvement Course instructor. "All of the Soldiers should be very proud of themselves for taking the steps necessary to complete their personal and professional goals. The military is lucky to have Soldiers like these with such ambition."

Instructors are the heart and soul of the program, and hours of dedication are involved in ensuring the success of the Soldiers willing to do whatever it takes to better themselves as Soldiers and people, said Pattillo.

"I am a strong believer in lifetime learning, and I am grateful that I am able to provide these things for so many Soldiers," Perkins said. "When I see the look on a Soldier's face when he has accomplished a goal, I have accomplished my goal."

For some instructors, a simple thank you and the knowledge of being part of such a



The guest speaker, Col. Darryl Pattillo, Task Force Dragon deputy commander, gave advice to the Soldiers and instructors during the ceremony.

beneficial program is all the payment needed.

"Throughout the three classes I have taught I have had many Soldiers come up to me and say thank you," said Master Sgt. Clyde Honaker, volunteer instructor. "Now these students have the opportunity to go to flight school, OCS or re-enlist and that is what this is all about, just helping Soldiers."

Toward the end of the ceremony each graduate was presented a certificate. These Soldiers are now armed with knowledge to take hold of their military careers and the opportunity for a brighter future.

Prevent hazards by properly disposing of waste

Story by Maj. Hugh Bailey
Chief, Preventive Medicine,
MNC-I

If service members do not put their trash in the right place they risk their health and the health of all the troops on the Victory Base Complex.

Municipal Solid Waste (MSW), otherwise known as trash, is made up of a lot of different things, including package-wrappings, food scraps, grass clippings, furniture and plastics. A subset of MSW, known as household hazardous waste includes paint cans, refrigerator coolant units, pesticides, rat bait/poison and cleaning chemicals.

The U.S. produces about 235 million tons of MSW per year, with paper products comprising 35 percent and yard and food products comprising 24 percent.

If taken care of properly, trash put in sealed trash bags and rigid,

covered collection bins, presents a minimal health hazard. However, if it's left on the ground it presents many risks and potential vector control issues. This includes animals and insects such as dogs, cats, cockroaches and sand flies.

Trash can also represent a direct threat to human health through disease transmission. The most common problem is an increase in

gastrointestinal problems due to unsanitary practices.

What can service members on the Victory Base Complex do to protect themselves from the health hazards associated with trash? The answer is simple.

- o Minimize your trash output through re-use and substitution. Basic trash volume can be reduced by simple things like re-

using your water bottles as pen holders and using draft paper as scratch pads.

- o Collect and dispose of trash in approved containers. Trash should be collected in sealable plastic bags and then ultimately be disposed. Most billeting areas have plastic trash cans with flip-top lids, and most offices have large municipal containers nearby.

- o Rather than throwing that water bottle on the ground, take those few extra steps and throw it in a trash can. Also, report any overflowing trash containers to KBR for collection and disposal.

- o Empty your "hooch" and office trash on a regular basis. Don't wait until the trashcan is overflowing, stinky and swarming with flies. Take it out on a daily basis, depending on how much you produce.

If everybody picks up and does their part, we will all lead safer, cleaner and healthier lives.



courtesy photo

Some residents do not take the time to properly dispose of waste.

MARATHON

Since O'Donnell put the wheels in motion so quickly, the command had an opportunity to reach a lot of people throughout theater.

"Because we had such an early start in the planning of the marathon, we were able to put word out three or four months ago," said Col. Daniel Ragsdale, 17th Field Artillery Brigade deputy commander. "We got a great response from service members and civilians all over Iraq."

Apart from the diversity amongst service members and civilians, there were also runners from countries like South Africa.

The course was 26.2 miles and consisted of a loop that competitors had to run around four times.

This was quite an exhausting track according to the winner who had a time of a little under three hours, Sgt. 1st Class Joseph Williams, 1st Brigade Special Troops Battalion, 1st

Brigade Combat Team, 10th Mountain Division.

"Credit goes to everyone who finished the race," Williams said. "With the four big loops it's easy to give up after the third loop, but those who finished really dug deep."

The other competitors who placed were Maj. Brady Moore, Headquarters and Headquarters Company, 1st Brigade, 2nd Battalion, 22nd Infantry Regiment, who placed second for the males with a time of 3:32:00.; placing first for females was 1st Lt. Lauren Koban, 2nd BCT, 101st Airborne Division, with a time of 3:38:30; and placing second for the females was Cpt. Katie Nash, MNC-I SJA, with a time of 3:38:39.

Everyone who competed in the event received a T-shirt and seashell necklace.



Competitors received a t-shirt, a seashell necklace and a hug for a job well done.

Those who had never run in a marathon before may have found a new confidence within themselves of what they can accomplish given the right amount of determination and commitment.

PIGSKIN PICK'EM
WEEK 16

SSG St. Clair

PFC Clifton

PFC Matthews

Schedule	This Week's Picks		
Giants at Redskins	Giants	Giants	Giants
Cowboys at Panthers	Panthers	Panthers	Cowboys
Falcons at Buccaneers	Buccaneers	Buccaneers	Falcons
49ers at Rams	Rams	Rams	Rams
Titans at Dolphins	Dolphins	Titans	Dolphins
Lions at Saints	Lions	Saints	Saints
Bills at Bengals	Bengals	Bengals	Bengals
Jaguars at Texans	Jaguars	Jaguars	Jaguars
Steelers at Browns	Steelers	Steelers	Steelers
Chargers at Chiefs	Chargers	Chargers	Chiefs
Eagles at Cardinals	Eagles	Eagles	Eagles
Colts at Seahawks	Seahawks	Colts	Seahawks
Raiders at Broncos	Broncos	Broncos	Broncos
Bears at Packers	Bears	Bears	Bears
Vikings at Ravens	Vikings	Vikings	Vikings
Patriots at Jets	Patriots	Patriots	Patriots
<hr/>			
Last Week's Results:	9 - 7	10 - 6	10 - 6
Overall:	140 - 84	135 - 89	141 - 83

Notes

Since all but one game was picked across the board last week, the standings saw little movement. Too bad for Staff Sgt. St.Clair, who ended up losing that game and falling into second behind the guests. Again. Unfortunately for Indy, perfection was too large of an aspiration, and now they'll probably bench their starters until the playoffs. So much for the regular season game of the year with the 12 - 2 Seahawks (Which ties the 1984 franchise record for victories, by the way). Seattle should be coming to play, with playoff homefield advantage still on the line and the possible rushing and TD titles for TB Shaun Alexander.

This week's guest picker is Pfc. Mark Matthews, photojournalist, 27th Public Affairs Detachment, 10th Mountain Division.

There are no more chances to guest pick. Week 17's been spoken for. The Pick'em staff would apologize, but what good would that do?

MEAO 20 de ceMber - 6 jaNUary

TOUR de FORCE 4

ANGry ANderson

beCCy Cole

ROYal AUstrALian NAVy Band

haYley jeNSEN

beSSie bardot & geoff barker

LeHM0

STAGE NEXT TO THE SPORTS OASIS DFAC
1930 TO 2130 WED 28 DEC

APPEARING AT:
Royal Australian Navy Band Jazz Group appearing 27 Dec at the Al Faw Palace 1300-1500 and the Sports Oasis DFAC 1800-1900

Before you do it. THINK.

Is it really worth it?
Shoplifting is a crime.

**Report
Crime
24/7**

DSN:
822-4790
OR
Iraqna:
0790-
193-2481

Victory Weekly welcomes columns, commentaries, articles and letters from our readers. Send submissions or comments to laura.ruscio@iraq.centcom.mil. We reserve the right to edit for security, accuracy, propriety, policy, clarity and space.

Voices of Victory: *What was the best Christmas gift you ever received?*



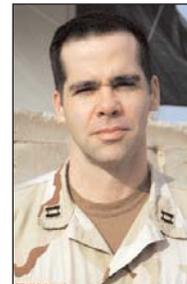
"I killed a deer on my first hunting trip, so my parents had it mounted for me. That meant a lot."

Pfc. Jared W. Nelson
cable technician
72nd Interim Theater Sig. Bn.



"My best gift so far was gold earrings I received from my mother."

Pauline Jasim
cultural advisor
SY Coleman



"Having the opportunity to spend the holidays with outstanding airmen is a great gift."

Capt. Hamilton Underwood
combat camera
US Air Force, JCCIMT

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 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.

Eastern Orthodox services:

Saturday:

Vespers 5 p.m.

Confession 5:30 p.m.

Bible Study 7 p.m.

Sunday:

Divine Liturgy 9 a.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:

Monday - Friday 7:30 a.m. - noon

Saturday & Sunday 9 a.m. - noon

**Your equipment
can't save your
life if it's not
turned on.**



STAY ALIVE

0009

IEDs KILL



photo by Cpl. Laura E. Ruscio/MNC-I PAO

A little quality time

Sgt. Maj. of the Army Kenneth O. Preston, right, joined Soldiers for lunch Tuesday as part of the SMA's Hope and Freedom USO Tour 2005.

Victory MWR Events for December 20 - December 26

Today: Ping Pong Tournament at Bldg. 51; Spades Tournament at Bldg. 124 at 8 p.m.; At the Gym: Tae Kwon Do from 6 - 7 p.m. and Fencing from 7:30 - 9 p.m.

Wednesday: Bit Whist Tournament at Bldg. 51; At the Gym: Aerobics from 5-6:30 a.m. and 6:30 - 7:30 p.m.; Boxing from 8 - 9 p.m.

Thursday: Country Night 8 p.m. Bldg. 124; Dominoes at Bldg. 51; At the Gym: Tae-Kwon-Do from 6 - 7 p.m.

Friday: Latin Dance Night at 9 p.m. at Bldg. 51; At the Gym: Aerobics from 5 - 6:30 a.m. and 6:30 - 7:30 p.m.; Fencing

from 7 - 9 p.m. Santa Bowl Football Tournament (thru Sunday)

Saturday: College Football at Bldg. 124 and Bldg. 51; At the Gym: Tae-Kwon-Do from 6 - 7 p.m.; Boxing from 8 - 9 p.m..

Sunday: NFL Football at 9 p.m. at Bldg. 124; NFL Football at Bldg. 51; At the Gym: Fencing from 7:30 - 9 p.m.; Self Defense from 6:30 - 7:30 a.m..

Monday: Chess Tournament at Bldg. 124; At the Gym: Aerobics from 5 - 6:30 a.m. and 6:30 - 7:30 p.m.; Boxing from 8 - 9 p.m.

MNC-I Commanding General: Lt. Gen. John R. Vines
MNC-I Public Affairs Officer: Col. Billy J. Buckner
MNC-I PA Sergeant Major: Sgt. Maj. John E. Brenici

27th PAD NCOIC: Sgt. 1st Class Jennifer K. Yancey
MNC-I Production Chief: Cpl. Laura E. Ruscio
Victory Weekly Staff writer: Pfc. Mark B. Matthews

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