



917th CSG cases colors for long journey home.
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TF Thunder & Iraqi Army cordon and knock.
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Monster Garage Jam Band packs the DFAC.
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LIFELINER WEST

"If you want it done, call the 101!"

Volume 2, No 1 Deployment Edition

Q WEST BASE COMPLEX, IRAQ

September 30, 2005

Under Construction: Battalion builds Q-West

By Sgt. Rachel A. Brune

As Soldiers work outside the berm to reconstruct the country of Iraq, other Soldiers are hard at work inside to reconstruct living and working quarters for their fellows arriving in country.

Wielding shovels, saws, mortar and other implements of construction, the Soldiers of Bravo Company, 463rd Engineer Battalion of Weirton, W.Va., are busy clearing weed choked courtyards, building doors and ceilings, painting and running electricity.

As the 101st Sustainment Brigade, 101st Airborne Division, wrapped up deployment preparations Aug. 20 at Fort Campbell, Ky., the Soldier engineers began leveling the parking lot and clearing debris from the future living quarters and office space of brigade headquarters and head quarters company.

When everything was good and clean, we started pouring concrete, said Sgt. Jeremy Kohler of Denver, Colo. As project manager for the HHC building, Kohler's main tasks are to coordinate supplies and set up work tasks.

The cleaning phase was easy, according to Kohler. He said: Everybody just grabbed a crowbar.

Soldiers leveled and compacted the floors, then covered them with concrete.

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Photo by Sgt. Rachel A. Brune

Pfc. Matthew Brudnock, Bravo Company, 463rd Engineer Battalion carpenter, cuts a piece of wood down to size for a door frame. The company is renovating the future home of the 101st Brigade Troops Battalion on Q-West Base Complex.

Regional Security Council addresses progress in Nineveh Province



Photo by Sgt. Rachel A. Brune

Duraid Kashmoula, Nineveh Province governor.

Regional leaders focused on the issues of the upcoming constitutional referendum and elections during the Regional Security Council Meeting Sept. 26 here.

Key speakers and local village leaders attending the meeting emphasized the need to maintain security and stability while participating fully in the new democratic process.

This is the era of expressing opinions, of standing in front of the ballot box and passing the test, said Brig. Gen. Ameen, commander, 3rd Brigade, 2nd Division, Iraqi Army.

The Nineveh Province governor, Duraid Kashmoula, held an open forum for questions and concerns from the region's government, tribal and religious leaders.

Typical concerns were: understaffed area medical clinics, difficulties with food ration distribution, a severe shortage of teachers and concerns over how to register for the

upcoming elections.

The governor spent some time discussing what he called the detainee problem. Addressing concerns that Iraqis were being indiscriminately arrested and held, Kashmoula explained in certain local areas the infiltration of terrorists necessitated the mass arrests.

The process should not stay much longer, God will ing, said Kashmoula. He also spoke out against some people who will use the detainee problem for political gains.

The Iraqi speakers welcomed the 172nd Stryker Brigade Combat Team, which recently took responsibility under Task Force Thunder for security in the Tigris River region. Col. Michael Shields, brigade commander, and Lt. Col. Scott G. Wuestner, 4th Battalion, 11th Field Artillery Regiment commander, both spoke to the assembly.

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The Lifeline West, Deployment Issue: Vol. 2, Na 1, is published bimonthly by the 101st Sustainment Brigade Public Affairs Office to disseminate command information throughout all subordinate elements of the brigade and units residing on Q West Base Complex, and to raise and promote the morale of the troops. Contents of this publication are not necessarily the official views of or endorsed by, the United States government or the Department of the Army. The editorial content of this publication is the responsibility of the 101st Sustainment Brigade Public Affairs Office. Articles and photos of interest to the brigade and its elements are invited and may be submitted to Sgt. Rachel A. Brune, Editor. For questions or comments, please call the PAO at DSN: 558 3648 or email: rachel.brune@us.army.mil.

Security Council

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We are here to salute the new unit who came here and are willing to work hard to serve our area, said Brig. Gen. Ali, 1st Battalion, 3rd Brigade, Iraqi Army commander.

Task Force Thunder, the Iraqi Army and the Iraqi Police will work together to maintain security in the area, said Wuestner. More than 100 joint patrols have already been conducted since the 4 11th arrived in early September.

It's all about a better future for our children, said Shields. He later added: Words, ideas and elections are swords in our hands.

More than 30 polling sites will be open this year, up from a total of seven last year, according to Wuestner. The United Nations has distributed more than 4 million copies of the proposed constitution to the region.

Through the last nine months, we were able to prove nothing is impossible under the sun if the purpose is clean and honorable, said Brig. Gen. Ahmed, Mosul Chief of Police. Each citizen must be placed first, regardless of nationality, in the eyes of the government.

Ahmed spoke of the success of the operations against insurgents in Tal Afar. For example, the industrial neighborhood is safe for anyone who would like to take his or her car to a mechanic to get it fixed.

We will put the blame on you for attacks or low turnout,



Photo by Sgt. Rachel A. Brune

With the help of an interpreter, Lt. Col. Scott Wuestner, 4th Battalion, 11th Field Artillery Regiment commander, addresses the Regional Security Council Meeting.

said Ahmed, encouraging the leaders to take responsibility for strong elections. This is history for life.

Shields affirmed the coalition's commitment to maintaining peace and security in Iraq.

We are looking forward to working with you, and if necessary, fighting [alongside] you to provide that security, said Shields.

917th CSG hands reins to 101st

The 917th Corps Support Group officially transferred authority to the 101st Sustainment Brigade in a ceremony 8 p.m. Sept. 24 at the dining facility here.

A dinner attended by Soldiers from both units preceded the short event.

This unit is the first fully transformed sustainment brigade to be deployed, said Col. James D. Scudieri, 101st Sust. Bde. Commander, in his remarks.

Col. Gregory Couch, 917th CSG commander, praised his Soldiers for their hard work during the unit's 12 month deployment in support of Operation Iraqi Freedom.

After the remarks, the commanders presented each other with brigade coins.

Iraqi Army Lt. Col. Jamal Sulayman Abid and Maj. Hazim Brahim Mohmood presented Couch with an Iraqi flag. Couch spoke warmly of working with the Iraqi officers.

As an announcer read the history of the 917th CSG, Couch and Command Sgt. Maj. Douglas King slowly furled the unit's colors and covered them for the trip home.



Photo by Sgt. Rachel A. Brune

The 101st Sustainment Brigade's colors are uncased.

The history of the 101st Sust. Bde. was read aloud next as Scudieri and Command Sgt. Maj. Rodney Felder uncased the 101st's colors in preparation for its one year deployment.

The ceremony concluded with the cutting of a large cake sporting stylized crests of the two units.

463rd Engineers

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Working day and night shifts, the engineers reinforced walls with concrete blocks in accordance with base force protection standards, according to Kohler.

Shortly after the 101st Sust. Bde. arrived, Sgt. Chad Dieffenbacher, a carpenter from Fairbanks, Alaska, operated a table saw to cut lengths of wood.

We're taking doorframes and making them fit into a rough opening, said Dieffenbacher. The doors are prefabricated by local nationals, and each can take an estimated half hour to hang if all the materials are prepared beforehand.

Additional carpentry work in the building includes reinforcing ceilings and enclosing the open gable ends of the roof.

We've renovated about seven or eight other buildings [on Q West], said Dieffenbacher. This is our biggest building so far.

The Soldiers are organized into teams of five, each of which is working on a section of the building. As the small elements finish up a project, they move on to the next.

The most challenging part of the process was applying spackle to cover up the bricks of concrete that the teams mortared

into place, according to Kohler.

A lot of the walls were exposed block. We had to face them with spackling and smooth it out, said Kohler. Once the walls were covered, the painting could begin.

Right now, we're just putting primer over everything, said Sgt. Lisa Burk, of New Cumberland, W.Va., painting non-commissioned officer in charge. Burk, on her first deployment, has been with the unit for 13 years.

A small light illuminated a narrow hallway where she and her paint-spattered team used rollers to coat the walls and ceiling.

I'm glad we can help people have someplace nice to live, said Burk. When they're done with work, they can have someplace to go other than a tent.

Once the construction phase is finished, the unit has a team of electricians who will wire the building for power, said Kohler.

The Reserve unit is comprised of Soldiers originally assigned, involuntary transfers from other units and Soldiers pulled from the Individual Ready Reserve.

Maybe 20 percent of the platoon has had some [construction] experience outside of the Army, said Kohler. He did

some construction work in high school, but is now a paramedic in his civilian life.

They've all learned a lot and shown tremendous ability, said 1st Lt. Matt Slyder, from Kittanning, Pa. He is platoon leader of a vertical construction platoon the Soldiers who work on buildings, pouring concrete and doing carpentry, masonry, electricity and plumbing.

They're doing phenomenal work here, said Slyder. He later added: We've allotted over a month for this building, but we'll probably be done in three weeks.

For Soldiers who don't work construction full time, their time deployed gives them experience on the job.

I've [worked on] everything in this entire area, said Spc. James Brown, carpenter/mason from Norton, Mass. We learn the entire trade inside and out.

Other Soldiers bring their civilian knowledge to their job as a Reservist. Currently working on his second deployment, Sgt. Robert West, of Carmichaels, Pa., has 20 years of experience in all phases of construction.

The platoon sergeant, Sgt. 1st Class Brian May, works as a supply contractor in Ohio. As the day progressed, he mixed



Photo by Sgt. Rachel A. Brune

463rd carpenters use a drill to work on a section of the new ceiling.

mortar to use in creating another wall from concrete blocks.

[My Soldiers] have grown and learned so much, said Slyder. They're motivated to do the mission and get back home.

Iraqi Army, Task Force Thunder conduct combined cordon and knock op

By 1st Lt. Steven Stanearth
4 11th Field Artillery Regiment

AL HURRIAH, Iraq 1st Battalion, 3rd Brigade, 2nd Iraqi Army Division and Task Force Thunder conducted a combined cordon and knock operation leading to the arrest of 11 suspected terrorists in the town of Al Hurriah to catch Sept. 25.

The IA Battalion and elements of TF Thunder screened nearly 600 military age males in the heavily transient population of Al Hurriah.

The IA Battalion led the operation and conducted the searching of all the males coming through the screening process. They also conducted a search of homes suspected of having weapons.

The Iraqi Battalion and TF Thunder took great measures to accommodate those affected by the search. Every military age male who went through the screening process received a large bottle of water and a Halal meal, meaning it conformed to Islamic religious standards.

The men waited in the shade for the search to be completed. Brig. Gen. Ali Atala Malowh, 1st Battalion, 3rd Brigade commander, used a loudspeaker to address the crowd and inform them why they were conducting the search.

Ali also asked for their assistance in fighting terrorism. Once the operation was completed, school supplies, books and toys were handed out to the children.

The IA and TF Thunder will continue to maintain pressure against the terrorists in order to ensure a successful referendum in October and help provide a secure Iraq.



Photo by 1st Lt. Steven Stanearth

An Iraqi Army Soldier searches a male before he enters the screening area.

All in a day's work: FPS provides security presence on Q-West



Photo by Sgt. Rachel A. Brune

Hussein Ali, an Iraqi member of the Force Protection Services on Q-West, maintains security from a perimeter guardtower.

Col. Mohammed Kahamis used to own his own garage. Now, as commander of the Force Protection Services on Q West Base Complex, he oversees a workforce of about 160 employees responsible for maintaining security on base.

Before coalition forces arrived on the scene, many of Kahamis employees worked in the local area as farmers, mechanics or other local trades.

Now, the American trained unit watches the perimeter from many of the newly built towers, conducts searches at the front gate, patrols the surrounding area villages, escorts contractors and partners with Soldiers for security at the entrances to various buildings on base.

They're pretty much self sufficient right now, said Staff Sgt. Michael Frank, 1 107th Armor Battalion, 11th Armored Cavalry Regiment. Frank has worked as FPS liaison for about 11 months.

When Frank arrived in his position, the FPS was solely manning the guardtowers. He and his fellow liaisons initiated training in areas such as leadership, scheduling, ranges and entry control points,

and the duties were expanded.

The Americans also promoted Kahamis to his current position based on his initiative, according to Frank.

We have enjoyed [the training] very much, said Kahamis through a translator. We have learned about organization and putting the mission first.

Kahamis added he hopes to learn more from the Americans. He would especially like to learn some basic classes in using computers and the Internet.

Although most of the FPS members did not have much security experience before the arrival of the coalition, Kahamis sees this lack as a positive factor.

We never had any bad habits, so we were learning everything the Americans were teaching, said Kahamis. He added, his employees take their jobs very seriously, working with loyalty to keep the job with dignity.

Like many FPS employees, Sgt. Abdullah Ali Houda began at the bottom as a private and worked his way up the chain. Houda, who as a civilian used to work on generators, has worked security with the coalition for about two years.

Houda is now a noncommissioned officer in charge of the arms room.

The [FPS members] have come a long way as far as understanding their roles as base security, said Frank. He added: These guys are willing to help Americans any way they can.

The FPS is willing to train American Soldiers on the functions and operations of the AK 47 rifle, or just to talk to them about their knowledge of the local villages, according to Frank. Many of the Soldiers and FPS working together will carry an Arabic English dictionary and learn a few words of each other's language.

Kahamis is also open to teaching Soldiers about Iraqi culture and customs. There is a saying, if you want to know something, ask someone who has been there, don't ask a doctor, he said.

The future is untold, but I hope I will be here at FPS, said Kahamis.



Photo by Sgt. Rachel A. Brune

Brig. Gen. Yves J. Fontaine, 1st COSCOM commander, congratulates 917th Corps Support Group Soldiers for their meritorious service Sept. 25 during an awards ceremony at the MWR Theater shortly before the unit redeployed after a 12-month tour of duty in support of Operation Iraqi Freedom.

1st COSCOM commander honors 917th Soldiers

The 1st Corps Support Command commander presented eight 917th Corps Support Group Soldiers with the Bronze Star and recognized several others for their meritorious service in a ceremony Sept. 25 at the MWR theater here.

Brig. Gen. Yves J. Fontaine also presented Col. Gregory Couch, 917th CSG commander, with the Distinguished Order of St. Martin, an award recognizing outstanding service to the Quartermaster Corps.

The 917th CSG Wagonmasters, an Army Reserve unit from Belton, Mo., was scheduled to redeploy Sept. 26 after serving a 12 month tour of duty under 1st COSCOM in support of Operation Iraqi Freedom.

You should take time to reflect on what you've done, said Fontaine in his remarks to the assembled Soldiers. You've changed professionally and as a person.

Fontaine addressed redeployment issues that may arise in his brief speech.

As you go back, go back with an open mind and flexibility, said Fontaine.

Stage-stealing Soldiers in the spotlight for "Operation Redneck"

I don't do the whole acting thing, said 2nd Lt. Jason Wood, 622nd Movement Control Team, before proceeding onstage to steal every scene.

This is my first acting experience, said Spc. Kris Taylor, 814th Quartermaster Company, before cracking up an audience filled with his fellow Q West Soldiers.

I wanted something to keep me occupied until the end of deployment, said Spc. Brandy Vance, 917th Corps Support Group. Vance, as redneck airhead Tina, brought new meaning to the phrase rolling in the aisles.

The Soldiers, from various units on Q West, ventured onstage for the Q West Drama Club performance of Operation Redneck Sept. 14 at the Recreation Center Theater here.

The six members of the cast first saw the play, written by D.M. Bocaz Larson, about 17 days before the performance.

I went on the Internet to find something we could do and not spend money [for it], said Susan Su Z Cothorn, Q West Morale, Welfare and Recreation Coordinator and production manager for the play.

The play is a classic fish out of water comedy set in a hick town full of stereotypical rednecks.

My city slicker boyfriend is coming to meet my family. And we're rednecks, said Sgt. Michelle Allen, 917th Corps Support who played the female lead Julie.

A half hour before the show, cast mem-

bers onstage wielded power drills and moved flats to rebuild the set. Backstage, Master Sgt. Virgil Sanders, 917th Corps Support Group senior supply sergeant, pored diligently over his lines.

I don't know how ready I am, said Sanders. Although originally cast as Pa, Sanders had to drop out of the cast.

When the next Pa had to drop out as well, Sanders returned to the cast, this time with 30 hours to learn the script and perform in the play.

We approach everything with humor, said Cothorn. The real challenge is time.

Rehearsals faced a time crunch knowing the 917th Corps Support Group was scheduled to redeploy in the near future. Another challenge was working around cast members who were called away on missions, said Cothorn.

Lack of a budget was another challenge the drama club had to face.

I've done lots of things from acting to lights to scrounging, said Cothorn, who has 15 years of experience in community theater.

Things that are easy to acquire in the States are often hard to find in Iraq, according to Cothorn. When one of the Soldiers needed a cowboy shirt, she borrowed one from a Kellogg, Brown & Root contractor she happened to see.

In addition to learning blocking and lines, the actors made props and dressed the set with Elvis memorabilia and mail, such as a George Strait fan club newsletter.



Photo by Sgt. Rachel A. Bruner

Spc. Brandy "Tina" Vance, 917th Corps Support Group, and 2nd Lt. Jason "JJ" Wood, 622nd Movement Control Team, strike a pose during the performance of "Operation Redneck" at the Q-West Recreation Center Theater Sept. 14.

We actually found one online, said Allen. Look, I wrote some of my lines in here.

The audience responded favorably to the performance, laughing at key moments and applauding at others.

It made me forget where I was for a short time, said Sgt. Patricia Tso, 101st Sustainment Brigade multimedia illustrator.

Until I go home, it gives me something to do, said Pfc. Kendel Haycock, 2nd

Battalion, 101st Aviation Regiment, who played the character of Beth, the sarcastic best friend. Otherwise I'd just sit in my trailer and watch movies I've seen before.

They're troopers in the field, and they're troopers in here, said Cothorn. I have great admiration for our Soldiers.

Soldiers on Q West who wish to participate in future performances of the drama club as cast or crew can sign up at the MWR Recreation Center, or attend one of the meetings every Friday at 7 p.m.

Ramadan: A time of prayer and fasting

By Sgt. Ashly Rice
101st Sustainment Brigade

Different cultures have specific ways to worship their particular spiritual figures. For example, Christians celebrate Christmas acknowledging the birth of Christ.

Although some American Soldiers may not have experienced a different type of spiritual celebration outside of their own, they will be able to have a look into one of the practices of Islam, Ramadan.

Ramadan is a practice of Islam that occurs during the ninth month of the Muslim year and begins with the sight of the new moon over Mecca.

This year Ramadan starts Oct. 5 and lasts till Nov. 3. A majority of Muslims practice this Islamic tradition, working towards a goal of spiritual asceticism, or dryness.

But what should an American Soldier expect during this time?

During the month of Ramadan, Muslims read the Koran, the sacred book of Islam, refine their behaviors and conduct charitable works. There may also be celebratory gunfire, and during the last ten days shopping becomes a major pastime.

There are five pillars of Islam, which act as a foundation of Muslim life: faith, or belief in the Oneness of God and the finality of the prophethood of Muhammad, establishment of the daily prayers, concern for and almsgiving to the needy, self purification through fasting and the pilgrimage to Mecca for those who are able.

Fasting is one of the most important pillars that occurs during Ramadan. Muslims endure a total fast, which means between sunrise and sunset they cannot consume food or drink.

Muslims do, however, eat a predawn meal called Suhoor, and a meal after sundown, called Iftar. The Iftar meal usually consists of dates and sweet drinks as a quick energy boost after a whole day of fasting.

According to the Commander of the Force Protection Services, or FPS, Col. Mohammed Kahamis, the most important thing American Soldiers can do during



Photo by Sgt. Ashly Rice

Col. Mohammed Kahamis

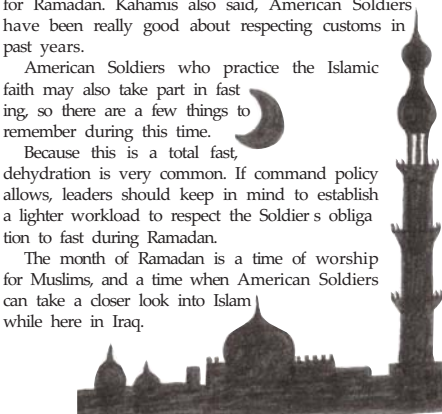
Ramadan is to respect the Islamic customs and traditions.

One way to respect the Islamic customs and traditions is to remember not to eat in front of anyone who is fasting for Ramadan. Kahamis also said, American Soldiers have been really good about respecting customs in past years.

American Soldiers who practice the Islamic faith may also take part in fasting, so there are a few things to remember during this time.

Because this is a total fast, dehydration is very common. If command policy allows, leaders should keep in mind to establish a lighter workload to respect the Soldier's obligation to fast during Ramadan.

The month of Ramadan is a time of worship for Muslims, and a time when American Soldiers can take a closer look into Islam while here in Iraq.



Chaplain's Corner

By Maj. A. Steven Turner
Chaplain, 101st Sustainment Brigade

The brigade's deployment speeds ahead daily. We have completed the relief in place and the transfer of authority, or RIP/TOA.

The calendar indicates that almost 40 days have ticked off since that day when we departed Fort Campbell. Time flies when you're having fun!

My experiences tell me that when Soldiers are gainfully employed, they are focused, happier and less likely to be as lonely.

We all miss our families, loved ones and friends regardless of the work load. But when we work harder, smarter and more hours the lonely times get squeezed into a more manageable box.

God provides all we need to do our mission. He gives moment by moment leadership, comfort, confidence and courage.

David the Psalmist wrote these words after a great military campaign:

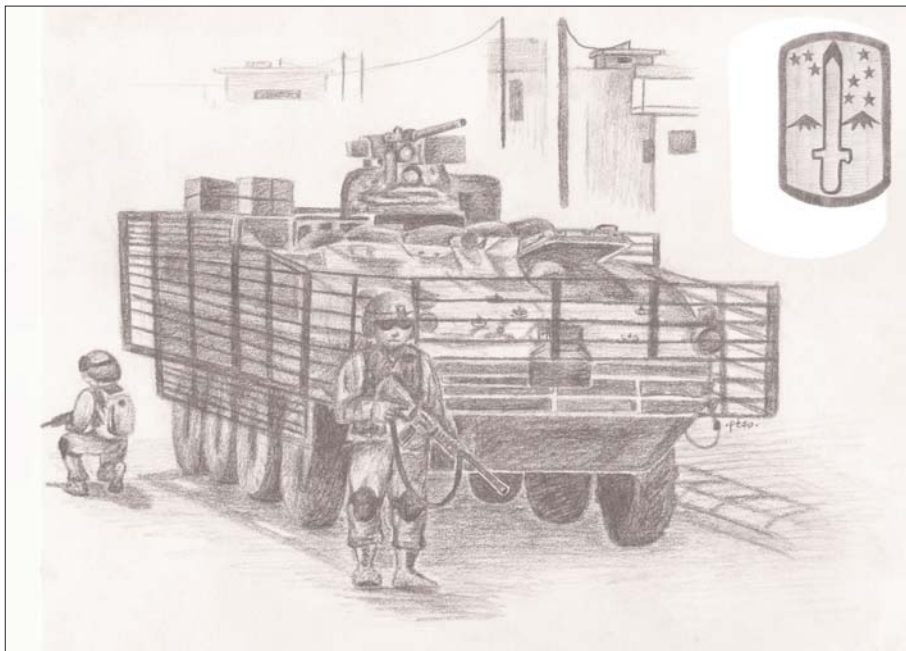
I will love you, O Lord, my strength.
The Lord is my rock and my fortress and my deliverer;
My God, my strength, in whom I will trust;
My Shield and the horn of my salvation, my stronghold.
I will call upon the Lord who is worthy to be praised.
So shall I be saved from my enemies.
(Psalm 18:1-3)

Those words apply to Soldiers, spouses, children and loved ones during deployment. Grasp them for your day to day dealing with deployment.

The Art of War

SAFETY FIRST!

By James F. Jennings
Safety Officer, 101st Sustainment Brigade



“PULLING SECURITY” By Sgt. Patricia Tso, Multimedia Illustrator

Each day in Iraq, thousands of American Soldiers clear their weapons. We've all done it before entering the dining facility, buildings, during missions and at the front gate of every forward operating base in country.

It becomes automatic and all too frequently a procedure we may perform in a sloppy, haphazard manner. Stand beside a DFAC entrance before a meal and watch how many soldiers actually look into the weapon chamber to ensure it's clear.

You may be surprised to see that quite a few simply go through the motions. This column would be nothing more than a gentle reminder if not for the fact that five American Soldiers are dead because someone failed to clear a weapon properly.

Since the beginning of Operation Iraqi Freedom, five of our comrades have gone home in flag draped caskets because a fellow Soldier didn't follow a known, published standard taught in basic training.

Think for a moment about the five people who pulled the triggers and sent bullets into those five Soldiers. Each one must live with the incredible burden that his or her carelessness and inattention killed another human being.

Perhaps these Soldiers will have an opportunity to look into the eyes of the shattered spouse, maybe they'll see the sadness in the eyes of the devastated children, and perhaps they will be able to deal with the knowledge that one lapse in judgment had consequences that cannot be measured.

So the next time you're tempted to clear your weapon in a sloppy, unprofessional manner, think of the cost of a momentary slip and devote the proper amount of attention to this critical task.

Health Talk: Lower Back Pain, Part I

By Capt. A. Michelle Moore, M.D.
Brigade Surgeon, 101st Sust. Bde.

WHAT IS LOWER BACK PAIN?

Lower back pain is pain and stiffness in the lower back. It is one of the most common reasons Soldiers go to sick call and receive profiles.

Lower back pain is usually caused when a ligament or muscle holding a vertebra, or bone of the spine, in its proper position is strained.

WHAT CAUSES LOW BACK PAIN?

Lower back pain can occur if your job involves lifting and carrying heavy objects, or if you spend a lot of time sitting or standing in one position or bending over.

It can be caused by a fall or by unusually strenuous exercise. It can be brought on by the tension and stress that cause headaches in some people.

Wearing heavy rucks or equipment such as individual body armor can cause back pain in Soldiers whose back muscles are not conditioned to handle the weight.

Also, added body weight in people who are overweight may lead to back pain due to the added stress on their backs.

WHAT ARE THE SYMPTOMS?

The pain may occur in only one spot or may spread to other areas, most commonly down the buttocks and into the back of the thigh. Pain just to the buttock or thigh is usually just a muscle strain.

Pain past the knee into the calf or foot is usually not due to lower back strain. Tingling or numbness in the calf or foot may indicate a herniated disk or pinched nerve.



Go to Sick Call if
Pain goes down your leg below your knee.

Your leg, foot, groin or rectal area feels numb.

You have fever, nausea or vomiting, stomachache, weakness or sweating.

You lose control over going to the bathroom.

Your pain was caused by an injury.

Your pain is so intense you can't move around.

Your pain doesn't seem to be getting better after two to three weeks.

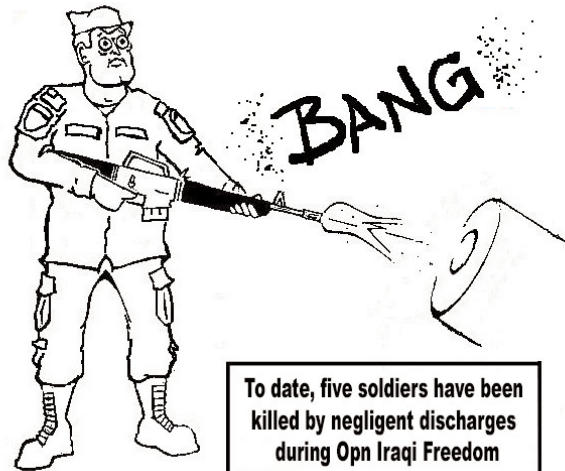
HOW IS IT DIAGNOSED?

Your doctor can usually diagnose the cause of your pain with a history and exam. X rays are not often needed. MRI is usually reserved for severe cases which may need surgery.

My next articles will address treatment and prevention of lower back pain.

For more information visit these web sites <http://www.sportsmedbuffalo.edu> or <http://familydoctor.org/117.xml>

DON'T LET THIS HAPPEN TO YOU!



To date, five soldiers have been killed by negligent discharges during Opn Iraqi Freedom

Clear your weapon carefully. Know the proper clearing procedure and do it properly every time.

WANTED: HOMETOWN HEROES

For more information on the Hometown News Program, contact your public affairs office, DNV: 558-3648.

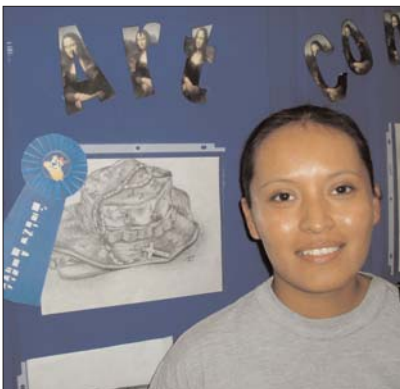


Art Contest Winner

Sgt. Patricia Tso, 101st Sustainment Brigade

Photo Contest Winner

Sgt. Chris Dixon, 101st Sustainment Brigade



Photos of contest winners by Susan "Su-Z" Cothorn, Q-West MWR Coordinator.

POETRY CONTEST WINNER

Sgt. Ashly Rice, 101st Sustainment Brigade

"We Will Be"

Hush, hush baby,
 I will let you know when
 I want your gifted words to flow.
 Like rivers running wild
 in the winter frosted mountains,
 broken down by the cold of the
 December wind.

We re so tired of even trying
 to hear the sounds
 we once spoke before.
 Engulfed in desperation and pain,
 with sullied souls
 and aspirations
 to know each whisper
 a little more.
 Finding knowledge
 that was already at our door.
 Years down the road
 our voices will speak
 All the truths we held,
 The ones that begin
 in our feet
 and found their way
 through winding blood streams
 to beat eternally,
 deep within confusing hearts.
 Calm, calm baby,
 And I will let you hear
 My trusted soul speak
 Full of I loves
 And I hopes
 dreams and wishes.
 Soon enough our free beings will be.
 Forever fly over those mountain tops
 of emotional security
 and intellectual prosperity
 twisted in the spiritual
 beauty that you bring to me.
 With all insecurities
 lost in a world of cynicism,
 They will let us be.



Sgt. Ashly Rice



Dinner & A Show: Jam band dazzles DFAC diners

In addition to steak and lobster, diners received an additional treat Sept. 25 as the Monster Garage Jam Band performed at the dining facility here.

The band, which performs a variety of songs from oldies to current rock and roll, played for about an hour during the evening meal.

The concert was the third performance for the band, which debuted at the Morale,

Welfare and Recreation Center Theater and followed up with a recent performance at a pool party on base.

Members of the band took turns singing, and several switched off playing various instruments as they made their way through the set.

Sgt. Octavia Nickle, 818th Maintenance Company stock control sergeant, crooned a duet with Sgt. Toby Hoffman, 818th

Maintenance Co. communications equipment inspector, on country artist Brad Paisley's "Whiskey Lullaby." She then took control of the microphone to belt out Aerosmith's rock anthem "Crying."

It's a great bunch of people. We're doing what we love, said Pfc. Luis Aponte, 16th Signal Battalion switchboard operator. Aponte contributed vocally on Creed's "Had a Bad Day" and other songs.

Jamming on the drums, Spc. Wyatt Clark, 4 11th Field Artillery, kept the beat steady through the second half of the set.

The night began with a rendition of Jimi Hendrix's version of "The Star Spangled Banner," played by Spc. Dean Olson, 245th Aviation Detachment air traffic controller.

The song was followed by a smooth segue into "Purple Haze," led on vocals by Pfc. Erick J. Rodas, 360th Transportation Company mechanic, who also contributed lead guitar on several songs.

The jam band is the brainchild of Jerry Yomko, MWR supervisor, who sang and played rhythm guitar. He created flyers inviting musicians and singers to the nightly rehearsals held at the Monster Garage, next to the Post Exchange.

Yomko led with his vocals on crowd-pleasing covers of "Johnny Be Good" and "Last Kiss."

Yomko is in the process of acquiring more equipment. Instruments are available



Photo by Sgt. Rachel A. Brune

Sgt. Toby Hoffman takes the microphone for a duet with Sgt. Octavia Nickle on Brad Paisley's "Whiskey Lullaby" during a Monster Garage Jam Band performance at the dining facility.

to Soldiers wishing to participate, but on a very limited basis, according to Yomko.

We've got so much talent on this base, said Yomko. The band gives Soldiers a forum to share music with the rest of the residents on Q West.

The band is available to play parties or other functions on base. The next scheduled event is a performance at the Haunted House and Monster Bash Oct. 31.

Any musicians or singers on post wishing to become involved with the band can contact Yomko at the MWR Recreation Center.

We're always anxious to have people come share their talent with us, said Yomko.



Photo by Sgt. Rachel A. Brune

With Sgt. Octavia Nickle on the mic, the Monster Garage Jam Band plays at the dining facility Sept. 25. The band is the brainchild of Jerry Yomko, third from left.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2005 MWR Schedule

October 2005 MWR Schedule							1 Country & Western Night 2000 Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey
2 Unofficial Army 10 Miller 0700 Movies starting at 1800	3 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 **Open Court Basketball**	4 Archery 1400 Movies starting at 1800 Judo 1930 Open Court Dodgeball	5 Aerobics 2000 Movies starting at 1800 Soccer Beginner Guitar Lessons 1900 Open Court Basketball	6 MOVIE MARATHON Judo 1930 Open Court Volleyball	7 La Onda 2000 Aerobics 2000 Friday Night Lights Drama Club 1900 Open Court Basketball	8 Dart Tournament 2000 Karaoke 2000 Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey	
9 Dominoes Tournament 2000 Movies starting at 1800	10 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	11 Movies starting at 1800 Judo 1930 Open Court Dodgeball	12 Aerobics 2000 Movies starting at 1800 Soccer Beginner Guitar Lessons 1900 Open Court Basketball	13 MOVIE MARATHON Judo 1930 Open Court Volleyball	14 Aerobics 2000 Friday Night Lights Drama Club 1900 Open Court Basketball	15 Texas Hold 'Em 2000 Club Unique 2000 Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey	
16 Spades Tournament 2000 Movies starting at 1800	17 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	18 Tattoo Contest Deadline Archery 1400 Movies starting at 1800 Judo 1930 Open Court Dodgeball	19 Aerobics 2000 Movies starting at 1800 Soccer Beginner Guitar Lessons 1900 Open Court Basketball	20 Poetry & Art Contest Deadline MOVIE MARATHON Talent Show Rehearsal 1900 Judo 1930 Open Court Volleyball	21 Talent Show 2000 Aerobics 2000 Friday Night Lights Drama Club 1900 Open Court Basketball	22 Remote Control Car Race 2000 Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey	
23 Ping Pong Tournament 1900 Movies starting at 1800	24 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	25 Photo Contest Deadline Movies starting at 1800 Judo 1930 Open Court Dodgeball	26 Aerobics 2000 Movies starting at 1800 Soccer Beginner Guitar Lessons 1900 Open Court Basketball	27 MOVIE MARATHON Judo 1930 Open Court Volleyball	28 Karaoke 2000 Aerobics 2000 Friday Night Lights Drama Club 1900 Open Court Basketball	29 Haunted House Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey	
30 Haunted House Movies starting at 1800	31 Haunted House & Monster Bash! Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	**All open court games: 1900-2300** Activity signups in MWR Recreation Center Beginning Oct. 1, MWR Center & Gym will be open 24 hours. Aerobics are now offered Mondays, Wednesdays and Fridays at 8 p.m. New in October! Beginner guitar lessons, judo and Train Club.					




Q-West Worship

Prayer, Service, Study

Worship Service	Day	Hour	Chapel
Catholic Mass	Sat	1800	Oasis
Contemporary Protestant	Sun	0900	Oasis
Inspirational Gospel	Sun	0900	MWR
Protestant	Sun	1100	Oasis
Evangelical Episcopal	Sun	1300	Oasis
Contemporary Protestant	Sun	1800	Oasis
Latter Day Saints	Sun	1900	Oasis
Prayer Services	Day	Hour	Location

Noon Prayers M Sat Noon Oasis
(Communion on Wednesday)

Prayer Warriors M Sat 0600 MWR
Islamic Each Day Daylight Mosque

COB Q-West Unit Ministry Teams		
Unit	Chaplain	Assistant
101st SBDE	CH Turner	SSG Jackson 
101st BTB	CH Mosteller	vacant
4-11th FA	CH Dabek	
2-101 AVN	CH Dillard	SPC Garrett
Catholic	CH Vasquez	vacant
1225th CSB	CH Willis	SGT McConaquil

IN CASE OF EMERGENCY CONTACT
COB Q-West (101st SBDE TOC): 558-3656

Weekly Events

Weekly Events	Day	Hour	Locations
Library for Christian Books/Videos	Sun	1500	59th QM Bldg 4-04
Relationship Seminar	Sun	1700	MWR Theatre
Know What You Believe	Mon	1800	Oasis Chapel
Worship Dance Rehearsal	Mon & Fri	1900	MWR Aerobic Rm
Bible Study	Mon	1930	59th QM Bldg 4-04
Inspirational Choir Rehearsal	Tue & Sat	1800	725th Con Rm
Women's Bible Study	Tue	1830	Oasis Chapel
How to Study the Bible	Wed	1730	Oasis Chapel
Soldiering from a Biblical Perspective	Wed	1900	Oasis Chapel
Bible Study	Wed	1930	MWR Theatre
Women's Bible Study	Thur	1930	MWR
AA Meeting	Thur	1930	Oasis Chapel
After-Glow	Fri	1930	1225th BN Con Rm

HELP WANTED

The Lifeliner West invites all writers, artists and photographers to contribute to this newspaper.

Especially Needed:

Sportswriter

Cover MWR Tournaments, fun runs and new physical training offerings on base. No experience necessary. Must be knowledgeable about and enjoy sports.

Sports Photographer

Take digital photos of various events on base. Experience preferred, but not necessary.

To Apply:

Contact the Editor at: rachel.brune@us.army.mil

GO THE DISTANCE

Reenlistment looming?

Got career questions?

Just planning ahead?

Let the 101st Sustainment Brigade career counseling office help. Just drop by our TOC, Building 6 06, and ask to speak to Master Sgt. Hester or Staff Sgt. Andreas. Open to all Soldiers on Q West.

YOUR AD HERE

To find out how you can utilize this space for announcements and events, email: rachel.brune@us.army.mil or call: 558-3648.

OFF THE WIRE: News from the American Forces Press Service

IED Kills Marine; Coalition, Iraqi Forces Kill al Qaeda Leader

WASHINGTON, Sept. 27, 2005 A Marine assigned to the 2nd Marine Division, 2nd Marine Expeditionary Force (Forward), was killed by an improvised explosive device Sept. 24 in Khalidiyah, Iraq, military officials reported today.

The Marine's name is being withheld pending notification of next of kin.

In other developments, Iraqi security and coalition forces killed the second most wanted al Qaeda terrorist in Iraq, Abdallah Najim Abdallah Muhammad al Juwari, other wise known as Abu Azzam, the al Qaeda in Iraq "emir of Baghdad," during an early morning raid Sept. 25 in Baghdad.

Abu Azzam was the operational commander for fugitive Jordanian terrorist Abu Musab al Zarqawi's al Qaeda in Iraq network, and he was responsible for the upsurge in violent attacks in the city since April, officials said.

Multiple intelligence sources and corroborating information from a close associate of Abu Azzam led coalition and



Photo by Lance Cpl. Matthew Hutchison, USMC

U.S. Marines with Mobile Assault Platoon Red, Weapons Company, 2nd Battalion, 2nd Marine Regiment, question local residents of Kharma, Iraq, about suspicious activity after a recent improvised-explosive-device attack during a patrol Sept. 24.

Iraqi security forces to the terrorist safe house where he was hiding. The mission was designed to capture him, but Abu Azzam fired on the forces, and their return fire killed him, officials said.

"We continue to decimate the leadership of the al Qaeda in Iraq terrorist network and continue to disrupt their operations," said Army Maj. Gen. Rick Lynch, Multinational Force Iraq spokesman. "By taking Abu Azzam off the street, another close associate of

Zarqawi, we have dealt another serious blow to Zarqawi's terrorist organization."

In other news from Iraq, Iraqi and coalition forces found and seized two weapons caches Sept. 26 west of Rawah.

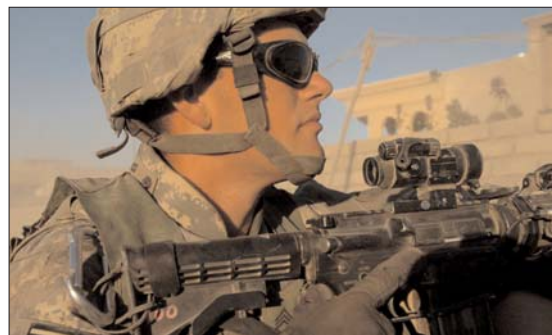
Troops from the 3rd Battalion, 1st Brigade, 1st Iraqi Intervention Force, were conducting a combined area reconnaissance mission with coalition forces when the caches were detected. The stashes were located within 600 meters of each other.

Views from Tal Afar



DoD photo by Petty Officer 1st Class Alan D. Monyelle, U.S. Navy

U.S. Army and Iraqi soldiers cross an intersection during a routine security patrol in downtown Tal Afar, Iraq, on Sept. 11, 2005. Iraqi Army security forces, with assistance from the 3rd Armored Cavalry Regiment, are providing security for the region of Tal Afar in order to disrupt insurgent safe havens and to clear weapons cache sights in the area of operation.



DoD photo by Staff Sgt. James L. Harper Jr., U.S. Air Force

A U.S. Army infantryman scans nearby buildings during a convoy in Tal Afar, Iraq, on Sept. 14, 2005.



AMERICAN FORCES INFORMATION SERVICE

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DoD Wants to Study Lessons from Katrina Before Proposing Changes

By Jim Garamone

American Forces Press Service

WASHINGTON, Sept. 27, 2005

The Defense Department wants to wait for after action reviews of operations following Hurricane Katrina before making recommendations on changing laws or policies, Defense leaders said today.

President Bush has said the idea of DoD taking a lead role in domestic disasters is a decision Congress must make. Defense Secretary Donald H. Rumsfeld said it is too early to say how DoD would respond. "The president has made some statements that he is interested in discussing lessons learned in the executive branch, and then thinking about how our country can best be arranged to best serve the American people," Rumsfeld said.

Typically, local and state governments provide first responders to disasters. Hurricane Katrina hammered the Gulf states, and first responders were victims themselves "and, as such, somewhat overwhelmed by the catastrophic nature of the Hurricane Katrina and the floods that followed," Rumsfeld said.

Katrina created a situation distinctly different than the normal, he said.

"The president's point was that there are some things that are of sufficient magnitude that they require some thing to substitute for the overwhelmed first responders at the state and local level," Rumsfeld said. "And that is the issue that he's thinking about."

The Posse Comitatus Act forbids active duty military

personnel from engaging in law enforcement activities.

However, Myers pointed out, the National Guard has law enforcement capabilities when called up as part of a state mission.

"There were over 50,000 National Guard troops involved with Katrina operations, and 22,000 active duty, if you will," said Myers. "And so it does beg the question, do you need that kind of authority? And that's going to have to be part of the long discussion."

Active duty personnel can still provide medical help, deliver supplies, provide potable water, and rescue trapped citizens without running afoul of the law. "The reality is that the Department of Defense has capabilities," Rumsfeld said. "Now, we're not organized, trained or equipped or resourced to step in and do domestic events of that type."

"On the other hand, because we are organized, trained and equipped to do a vast variety of other things, there is a certain parallel capability that can be brought to bear, as we've seen in Katrina and Rita," he added.

One aspect that would argue against a direct role for active duty forces is the excellent relationship forged between National Guard and active duty personnel. Myers said there was "unity of effort" in the Gulf region if not unity of command.

The state adjutants general and Joint Task Force Katrina commander Army Lt. Gen. Russel Honore have worked together very well. But there is always room for improvement, Pentagon officials said.



DoD photo by Petty Officer 2nd Class Michael B. Watkins, U.S. Navy

U.S. Navy, Royal Dutch, and Mexican sailors work alongside American Red Cross personnel to hand out water, food and relief supplies on Sept. 12, 2005, to residents in Biloxi, Miss. The Dutch and Mexican personnel have joined the Department of Defense units mobilized as part of Joint Task Force Katrina to support the Federal Emergency Management Agency's disaster relief efforts in the Gulf Coast areas devastated by Hurricane Katrina.

"What we're going to do is assess, in a very thoughtful way, the whole range of responsibilities properly assigned to DoD when dealing with a high end disaster or catastrophic event," Pentagon spokesman Army Maj. Paul Swiergosz said.