



Medics conduct sick call, detainee care. Page 4



142nd CSB inducts NCOs into Corps. Page 2



Soldier-artist designs, paints battalion mural. Page 3



# LIFELINER WEST

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

## Rolling with the Renegades



Photo by Sgt. Rachel A. Brune

Pfc. David Moody, 494th Transportation Company truck driver, secures his M2 .50 cal. crew-served weapon before heading out on a mission Oct. 5. The 494th third platoon "Renegades" have clocked more than 160,000 miles during the unit's 12-month deployment in support of Operation Iraqi Freedom.

By Sgt. Rachel A. Brune

LSA DIAMONDBACK, Iraq  
How long is an Iraqi mile?

Factor in dust. Factor in night driving. Factor in improvised explosive devices, or IEDs, small arms fire and the omnipresent threat of insurgents.

Now, forget these factors. If you really want to know how long an Iraqi mile is, ask the 494th Transportation Company third platoon Renegades.

They've clocked more than 160,000 of them.

As on every mission, the Habur Gate Q West Base Complex run Oct. 4 began with a thorough check and servicing of all the vehicles. Aided by the Cold Steel maintenance platoon, Soldiers ensure their trucks can make the trip without breaking down on the streets of Iraq.

When the sun went down, the mission briefing room adjacent to the 494th motor pool began to fill. Staff Sgt. Russell Rook, truck driver, squad leader and commander for this mission, took charge of the room.

Rook is into audience participation. Calling on various Soldiers to explain how to deal with various situations they might encounter, he knew by their unhesitant answers that his troops were ready to roll.

The 494th is also into group participation. Rook announced the brief for the nine line medical evacuation. This is a set list of codes used to make a call for medevac as brief and accurate as possible.

Line one! said Rook.

Location! Spoken by 30 Soldiers, the response reverberated in the enclosed area.

*Continued on Page 2*



Photo by Sgt. Rachel A. Brune

A Korean Soldier watches a local national fuel truck download its tank to a Korean fuel truck on the first of three special supply missions from the 142nd Corps Support Battalion.

## Coalition partners: 142nd fuels Irbil

CAMP IRBIL, Iraq Sometimes completing the mission calls for flexibility, some way to roll with the punches.

For Republic of Korea soldiers stationed here, completing the mission was a matter of the 142nd Corps Support Battalion sending fuel trucks to roll with the 494th Transportation Company.

When the 3,400 Korean soldiers faced an unforeseen fuel shortfall, the 142nd CSB stepped up to supply the coalition partners with fuel and escorts from LSA Diamondback to Camp Irbil for the duration of the Muslim holy month.

The Korean army usually pays the Kurdish Regional Government to supply the camp with fuel under a local contract, according to Capt. Darisre Smith, liaison officer.

Smith, one of about 30 Americans on the compound, is assigned to Headquarters and Headquarters Company, Dragon Brigade, 18th Airborne Corps.

Due to certain seasonal events, the KRG faced difficulty fulfilling the contract. Smith then contacted the 142nd CSB.

With only a certain amount of fuel left on the Korean compound, the 494th rolled out a shipment of about 140,000 liters of fuel, or about a 10 day supply, according to Smith. The battalion sent the fuel in a regularly scheduled supply run, bringing food and mail to the camp.

The 142nd was ready to go within a day's notice, said Smith. I was very impressed with that.

*Continued on Page 2*



## LIFELINER WEST STAFF

### Brigade Commander

Col. James D. Scudieri

### Brigade Command Sergeant Major

Command Sgt. Maj.

Rodney D. Felder

### Public Affairs Officer

Sgt. 1st Class Lori Simmons

### Lifeline West Editor

Sgt. Rachel A. Brune

### Art & Graphics

Sgt. Patricia Tso

### Contributing Writers

Capt. A. Michelle Moore

James F. Jennings

Sgt. Ashly Rice

Staff Sgt. Sha-Ron Allen

Staff Sgt. Tracy Jackson

### Additional Photos

Susan "Su-Z" Cothern, MWR

*The Lifeline West, Deployment Issue: Vol. 2,*

*Na 2 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 stop by Building 6 06 or email: rachel.brune@us.army.mil.*

For questions or comments, please stop by Building 6 06 or email: rachel.brune@us.army.mil.

# Renegades

Continued from Page 1

Continuing to use joint participation, Rook covered the entire nine line sequence and the rules of engagement.

The Soldiers are pretty well trained. They react well by now, said Rook. By the time you tell them what to do, they're already doing it.

Quiet, with a reputation among his Soldiers for getting missions in on time, Rook takes turns swapping mission commander duties with Staff Sgt. Destiny Jackson, truck driver and platoon sergeant. For this mission, Jackson is assistant mission commander.

One of the reasons her Soldiers are so proficient may be that they have dealt with all of these situations in real life. The platoon has called for a medevac, reacted to small arms fire and reacted to IEDs, according to Jackson.

We get everyone involved, so everyone knows what to do, said Jackson.

This mission was to escort third country national trucks to Habur Gate and escort some more down to Forward Operating Base Q West.

Running at night means the missions avoid congestion. With the curfew in effect, it's a little bit safer getting in and out of the city, according to Rook.

The Renegades staged their vehicles in the movement control yard. A small local national restaurant

serves food from approved sources until the early morning hours, and several Soldiers took time for a snack and something to drink.

The mission commander finished the paperwork, the appointed time arrived and the Soldiers mounted up their vehicles to perform communications checks.

Rook checked the operations of the movement tracking system, or MTS, a global positioning satellite system that allows vehicles to communicate with each other and back to the company tactical operations center.

If this mission were a movie, some loud rock music would be cued to the sound track. Instead, the rumble of the diesel engines, a few jokes from the driver and the clanking of the turret as the gunner locked it into place filled the starting silence.

Oct. 4 turned into Oct. 5 as the trucks rolled through the labyrinthine streets of Mosul and over the straight, flat highways of the surrounding countryside. A new moon illuminated faintly the silhouettes of the passing vehicles, outshone by the headlights of the vehicles passing in the dark.

The Renegades are a veteran platoon of relatively new Soldiers. Originally mobilized for Operation Iraqi Freedom I, the 494th supported the infantry with missions inside Mosul, according to Rook.



Photo by Sgt. Rachel A. Brune

**A Renegade Soldier displays his unorthodox weapon of choice to relax during some down time.**

The company returned to Fort Campbell, Ky., in March 2004. Nine months later, the unit was mobilized again and returned to the same camp it had recently left.

The unit is scheduled to redeploy in November.

More than half of the platoon just came out of basic training, according to Jackson. Although the Soldiers are new, they have come a long way.

We train [the Soldiers] to take over if one of us goes down, said Jackson. At any point, they'll be able to take over the mission.

One of these new Soldiers is Pfc. David Moody, truck driver, who manned an M2 .50 caliber crew served weapon. Moody arrived at the unit from advanced individual training one month

before the unit deployed.

I enjoy my job, said Moody. I wouldn't miss it for the world.

From the turrets, gunners like Moody keep a sharp eye out for anything out of place that might signal an IED or an insurgent. The drivers keep their eyes on the road, and the assistant drivers keep an eye on the drivers.

The hours slipped away and the platoon finally reached the hills that signified the approach of Habur Gate. The small outpost near the Turkish border coordinates third country national supply caravans entering and leaving the country.

The 494th Soldiers grabbed some sleep, checked e-mail and got some food from the kitchen or exercised in the gym. The next night would bring the second leg of the journey back to Diamondback.

Pick a Soldier, they'll be able to tell you a story, said Jackson. We've been through a lot.

I think about home and family, said Moody, explaining how he stays motivated. I thank God I'm alive every day.

Moody added his thanks to all the people who support the troops back home.

The major reason for success is the Soldiers are smart and learn quickly, said Rook. They're well trained and keep an eye on what's going on around them.

## Fuel run



Photo by Sgt. Rachel A. Brune

**Illuminated in the headlights, a local national driver downloads his fuel truck to a Korean army truck.**

Continued from Page 1

The battalion has scheduled two more runs to continue supplying the camp with fuel.

We had nothing but Korean food for four months, said Smith of her first experience on the compound. That's a lot of kimchi.

Smith has found the Korean soldiers to be accommodating, hospitable and appreciative of American support, especially in this case.

It's a cultural experience I never expected to have in Iraq, said Smith. She added: I was truly impressed with the 142nd's response to the RoK fuel situation.

## 142nd welcomes NCOs to the Corps

**LSA DIAMONDBACK, Iraq** The 142nd Corps Support Battalion inducted 115 noncommissioned officers into the NCO Corps in a ceremony 2:30 p.m. Oct. 3 here.

The [first NCO rank] is a temporary station to endure the first challenges of leadership, said Command Sgt. Maj. Vincent Scarfo, Forward Operating Base Marez.

The inductees included sergeants and staff sergeants, as well as specialists and corporals who had assumed leadership positions in their units.

Command Sgt. Maj. Edward Johnson, 142nd CSB, invited the inductees to step over the time honored line into the corps of noncommissioned officers.

An NCO sponsor introduced each Soldier who stepped across the line, citing rank, unit and hometown. Three watches preceded the induction, or fourth watch. These were based on a tradition dating back to the army of Frederick the Great.

During the first watch, representatives of the junior enlisted ranks claimed symbolic gifts of bread and brandy. In the second watch, representatives of each NCO rank claimed symbolic gifts of near beer and tobacco.

For the third watch, 1st Sgt. Perry Williamson, Headquarters and Headquarters Detachment, claimed a glass of wine and some tobacco.

Pfc. Derrick Davis read the Soldier's Request,



Photo by Sgt. Rachel A. Brune

**Command Sgt. Maj. Edward Johnson inducts Sgt. Alike Aguiar, 494th Trans. Co., into the NCO Corps.**

reminding the newly inducted NCOs of their duties to their subordinates.

Sgt. Rodrick Jordan, assistant battalion S 1 noncommissioned officer in charge, led the inductees and NCO audience members in a recitation of the Noncommissioned Officer Creed. The creed details the many responsibilities and duties of an NCO.

The rewards of being an NCO are moral and spiritual awards based on the Army values, according to Scarfo.

When you receive those rewards, you will know you have succeeded as a noncommissioned officer.

# Eagle's Rest open for visits



Photo by Sgt. Rachel A. Brune

**Capt. John Smith, 142nd Corps Support Battalion chaplain, describes the new spiritual fitness center to Multinational Forces Iraq Command Chaplain Col. Lilton J. Marks. Marks visited the center Oct. 4.**

**LSA DIAMONDBACK, Iraq** The top chaplain in Iraq visited the new spiritual fitness center, Eagle's Rest, Oct. 4 here.

Capt. John P. Smith, 142nd Corps Support Battalion chaplain, conducted the tour for Col. Lilton J. Marks, Multinational Forces Iraq Command chaplain.

The center, which opened Sept. 17, is a one stop shop for holistic and creative wellness, according to Smith. The unit ministry team offers programs through the center that target at risk personnel facing major issues that would eventually stop them from accomplishing their missions.

This is a very good center and concept, said Marks.

Chaplains usually handle emergencies, but the unit ministry team wanted to find a way to resolve issues before they reach that stage, according to Smith.

We consider this a proactive approach to reaching out to Soldiers, said Smith.

The center, located next to the local national Internet café across the street from battalion headquarters, contains three

computers for Internet access, shelves of paperback books, couches, a popcorn maker, magazines and a projector for watching movies.

The most important asset is the multi faith prayer room, designed to provide for the free expression of all religions, according to Smith. If a Soldier is not religious, he or she can use the room for meditation.

A short, heavy rainfall the night before flooded the courtyard with debris. The unit ministry team worked with rakes and brooms to clean before Marks visit.

The enlisted Soldiers on the team worked just as hard to get the center running, get the programs up and draw Soldiers in, said Smith.

The spiritual fitness center is part of Smith's overall ministry of presence. He visits each company on a weekly basis and sometimes accompanies the units on missions outside the forward operating base.

[You have] instant success when you go out in ham's way with [the Soldiers], said Smith.



Photos by Sgt. Rachel A. Brune

## Artists at Work...

**Pvt.(2) Joseph Hackett, Bravo Company, 2-5 Field Artillery, touches up a pencil sketch for the 142nd Corps Support Battalion mural outside battalion headquarters Oct. 7. Pfc. Jason Johnson, 494th Transportation Company, assists in painting the mural.**

Several Soldiers from various companies under the battalion have left their mark on LSA Diamondback in the form of colorful barriers displaying their units' crests and mascots.

**Lt. Col. Ronald Green, battalion commander, tasked Hackett to create the battalion's mural.**

Hackett designed the mural on his computer, then transferred the design to the wall with a projector.

Johnson drew the design freehand for the 494th's barrier.



# Student-Soldiers: Take advantage of continuing ed ops

**By Sgt. Ashly Rice**  
**101st Sustainment Brigade**

*The next best thing to knowing something, is knowing where to find it*

*Samuel Johnson, 18th century English critic and poet.*

For some, the time after high school is a wonderful goodbye to schoolwork, activities and commitments. For others it is a time to embark upon new horizons and make their own impression in the world.

Whether it is going straight to work, joining the military or attending college after high school, choices were made and stones were set.

But can you go back to those choices and overturn their directions? Yes you can, to some extent.

If the military was your choice after high school and now college seems like a far fetched dream, that is not the case. With the Army Continuing Education System, or ACES, Soldiers can continue their education while in the Army.

ACES helps Soldiers keep on striving towards their academic goals. The programs established through ACES focus on promoting the importance of a lifelong learning experience and opportunity while completing a successful Army career.

Taking part in the Army Continuing Education System is a golden opportunity, according to Capt. Craig Ruzicki, Headquarters and Headquarters Company commander, 101st Brigade Troops Battalion. So far he has



Photo by Sgt. Ashly Rice

**Although deployed to Iraq, Spc. Barry Jenkins, 101st Sustainment Brigade personnel clerk, continues to work long-distance on his criminology degree.**

signed five Tuition Assistance forms.

It is not an option for all Soldiers. Staff Sgt. Phillip Bryant, HHC, 101st BTB, feels that he will not have enough time to work towards a degree plan and fulfill his duties here in Iraq.

Although the programs may seem easy and efficient, some Soldiers such as Spc. Ajeenah Ansari, 1225th Corps Support Battalion secretary, do not participate in any

online or distance learning courses during deployment because none of the classes needed are offered online. If they were available, she would have jumped at the chance, she said.

ACES is a perfect way to focus on a degree or attain promotion points, according to Spc. Barry Jenkins, 101st Sustainment Brigade personnel clerk, who is majoring in criminology. It is easily assessable with tests available online and books delivered right to your doorstep.

Tuition Assistance, the Montgomery GI Bill and eArmyU are programs within the Army Continuing Education System that assist in forming an accomplished Soldier and student.

Some Colleges that offer online or distance learning courses will accommodate to your needs, whether in the states, overseas or deployed.

If you would like to begin working toward an associate's, bachelor's or master's degree, or are new to the whole online and distant learning experience, don't worry. Any apprehensions you may have may be cured with just a click.

Visit the U.S. Army Education Web site at <https://www.armyeducation.army.mil/>.

For additional information, visit eArmyU at: <http://www.eArmyU.com> or the Servicemembers Opportunity Colleges Army Degrees at <http://www.soc.aascu.org/default.html> to understand your full potential to higher learning in the Army.

# Soldier-docs staff detention facility, sick call

**LSA DIAMONDBACK, Iraq**  
A language barrier is not some thing Army medics may see regularly in their military careers.

For the medics of Bravo Company, 101st Brigade Troops Battalion, the language barrier is something to deal with on a daily basis at the Mosul Detention Facility here.

The 16 Soldier detachment takes turns rotating through duty at the facility, as well as running sick call at the 228th Combat Support Hospital, according to Sgt. Jeffery Imel, detachment noncommissioned officer in charge.

The mission at MDF is health maintenance, making sure the detainees stay healthy and keeping track of those needing medications to manage various medical conditions, according to Sgt. Christopher Williamson, the detention facility medical care NCOIC.

With the help of a translator, the medics perform initial medical screenings of all new detainees. The Soldiers make a medical folder for each detainee, recording vital signs and other pertinent information.

The physicians in the detachment perform a physical on each detainee within 24 hours of intake, according to Williamson. After drawing blood, taking blood pressure

and administering intravenous fluids if needed, the physician makes a judgment of any further needed care based on the initial assessment.

The MDF medics conduct a daily sick call, visiting each cell to offer medical care, whether the detainees request it or not, according to Williamson. At this time, the medics hand out needed medications to those detainees requiring them.

With the beginning of Ramadan Oct. 4, the medics adjusted their schedule to meet the needs of detainees whose religious fasting requirements prohibit them from taking medication or having blood drawn during daylight hours, said Williamson.

The 194th Military Police Company, from Fort Campbell, Ky, provided the medics with the list of those detainees observing Ramadan. The company is winding up a one year deployment taking care of the detention facility.

Bravo Co. medics staff the detention facility 24 hours a day. In an emergency, the Soldiers can always reach one of the detachment's physicians on the radio.

The facility can hold about 350 detainees, according to Williamson. It currently holds about 150.

As an added precaution for the detainees protection, the medics screen their charges



Photo by Sgt. Rachel A. Brune

**Pfc. Nan Shih, Bravo Company, 2-5 Field Artillery medic, assists Pvt.(2) Jose Vargas, Bravo Company, 101st Brigade Troops Battalion medic, as he runs an intravenous line during the Soldiers' sick call shift.**

before and after military intelligence screenings. They check for bruises, scrapes or other indications of abuse to make sure the detainees are treated properly, according to Williamson.

The medics who rotate through here are doing a pretty good job, said Williamson. Although the Soldiers rotate between the facility and sick call at 228th CSH, he works solely at the facility.

The interpreters have been doing this job for the past three years, said Williamson, when asked about the language barrier. He added: I'm going to try to learn some Arabic.

Elsewhere on the camp, detachment Soldiers run sick

call at the hospital under the watchful eye of Spc. Jason Hale, sick call noncommissioned officer in charge.

We are medics. We do see a lot of trauma, said Imel. It's teaching the Soldiers quite a bit up there.

As detachment NCOIC, Imel coordinates support for Soldiers at outlying camps and makes sure the paperwork gets routed where it needs to go.

I think the Soldiers are doing an excellent job out here, said Imel. Even with long weeks of 12 hour days, the Bravo Co. medics are keeping their morale up.

Everyone's been working together and working pretty hard, said Imel.

## That rainy day await\$

By Sgt. Ashly Rice  
101st Sustainment Brigade

The opportunity to save up to \$10,000 with a 10 percent interest rate is right at your door.

The Army Savings Deposit Program is a way for Soldiers serving in a combat zone to save money with a set return on their investments.

Is there a catch to this remarkable savings plan? Well, you can't begin making deposits until you have served 30 days in a designated area; i.e. a combat zone, qualified hazardous duty area or on certain contingency operations.

Soldiers cannot withdraw the funds while in a combat zone. Soldiers serving in these areas are able to place all or part of their pay into a Department of Defense savings account by going to their servicing finance unit.

Considering that this is a guaranteed 10 percent return without the normal risk of other investments, the Army Savings Deposit Program is a very good deal, believes Col. James D. Scudieri, 101st Sustainment Brigade commander.

So what are you waiting for? Go ahead and save already, so you can at least buy yourself an umbrella for that rainy day.

More details on the Army Savings Deposit Program can be found at: <http://www.dod.mil/dfas/money/milpay/savingsdeposit.htm>

**Q-West Finance Hours:**  
Tuesday, Wednesday, Thursday  
9 a.m. - 12 p.m.  
1 p.m. - 4 p.m.  
Located next to the Post Exchange.



## Chaplain's Corner

*Being a team player...*

By Capt. John P. Smith  
Chaplain, 142nd Corps Support Battalion

In the military community, teamwork is one of the essential components to building a cutting edge organization. Building a winning team is not easy. It takes intentionality. What I mean by that is, team work begins with individuals who know the success of their endeavor depends on how well they work together for the common good and final outcome. John Maxwell, author of *The 17 Indisputable Laws of Teamwork* says that teamwork is birthed when you concentrate on me more than me. I believe there are several distinct qualities of a team player.

\* A team player is committed to the cause. Instead of doing your own thing or fostering your own agenda, team members are focused on the goals of the group at large. Philippians 22 tells us to be like minded, having the same love, being one in Spirit and purpose.

When everyone on a team is intent on the same purpose, that team will do great things.

\* A team player is committed to resolving relational conflict. If each team member owns the responsibility for team unity, the team will remain intact. Conflict is

inevitable whenever people are gathered together in community and deepening their relationships. The determination to resolve the conflict is the key to success.

\* A team player encourages and supports the other team members. Most people have no difficulty encouraging someone whose gifts pose no threat to their place on the team. Your character is truly proven when you can root for those who have the same gifts you have.

\* A team player tries to bring a healthy self to the team. A physically, emotionally and spiritually healthy person is ready to be an active member of a team.

\* A team player doesn't care who gets the credit or the glory. It's more important the work gets done than to steal the show.

\* A team player sees his/her role as valuable, no matter how small. Some roles are more behind the scenes than others, while some are more prominent. The mature team player knows that a team cannot function without all members pulling their own weight.

I realize that this list is not exhaustive. However, if each member of the team takes personal responsibility in integrating these basic techniques in his/her own life then the final outcome of the team will be WIN WIN. Be blessed, and have a Super fantastic month.



## Editorial: Iraq Birthday

By Staff Sgt. Tracy Jackson  
101st Sustainment Brigade

Oct. 2, 2005: Today, Spc. Bruce Burrus, Spc. Amy Clement and Pfc. Drew Seifert brought me a birthday gift and a card with some candy attached.

I thank them from the bottom of my heart, just for them thinking of me on my birthday. I hope what they did is because of what I do for them.

I care for my Soldiers, and I look out for them as much as I can. I just hope and pray that the leadership and friendship that I provide will pull them through our trials over here, fighting for our country and a free nation's way of life.

We are doing for others what others have not cared to do or provide, so this nation people may be free to do what they wish. These Soldiers also depend on others, myself included, to give them strength and courage and to pull through these tough times being away from friends, family and loved ones.

As I sit here, I think about my Soldiers, my family, friends and my wife Vera, and the things they do for us, small and large.

What these Soldiers did today, touches me deeply in my heart and soul. I didn't expect anything in return for being their

friend and leader.

I hope that what these Soldiers have done for one person, myself, may blossom, bringing people together, doing for others things that mean a lot to one another.

We as leaders have to be strong; we have to show our men and women that we can be there for them to help them with their troubles, families and anything that may come their way.

But we also have to learn that we have compassion for each other. There is a soft part in everyone.

Sometimes I would just like to sit and weep, thinking of what I missed while deployed all these years away from my family. I have been gone away from them, time and time again. I return to them each time with a greater appreciation of what they do for me while I am not there.

We do what must be done to ensure that others will not suffer and for others to enjoy what we always take for granted to have freedom!

The Lord watches over our families, caring for them and giving them spiritual guidance and acceptance for what we do. We do what must be done. We will continue to do what must be done in order to give others what we have: Freedom.

Thank you Burrus, Clement and Seifert for thinking of me on my birthday.

# The Art of War



“COUNCIL MEETING” By Sgt. Patricia Tso, Multimedia Illustrator



## Letter From the Editor

By Sgt. Rachel A. Brune  
Lifeline West Editor

Welcome to the second deployment edition of the 101st Sustainment Brigade/Q West Base Complex newspaper.

As you can probably tell by the datelines, I had the chance to spend a good deal of time at LSA Diamondback in the company of various units of the 142nd Corps Support Battalion. Many thanks to Staff Sgt. Randy Guice, battalion S 1 NCOIC, and his great Soldiers for acting as my liaisons and assisting me during my unexpectedly prolonged time with the unit.

Here at the Public Affairs Office, we are always looking to travel to units and cover stories on Soldiers. As you can see by our many advertisements in this issue, we want people to get in touch with us and let us know what's going on.

The PAO is currently recruiting Soldiers to act as battalion public affairs representatives, or stringers. If you would like to volunteer, or would like to know more about what is involved, please contact Sgt. 1st Class Lori Simmons at: lori.gilchres@us.army.mil, or stop by Building 6 06 on Q West.

**X** Your column here!  
For more information, contact the 101st Sustainment Brigade PAO

## SAFETY FIRST!

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

Electricity is all around you. From the crack of a lightning bolt, to the PowerPoint briefing you're working on, to the tiny impulse that causes your heart to beat - we can't live without the movement of electrons.

Our most common interaction with electricity is plugging and unplugging items like our DVD players, computers, coffee pots and microwave ovens. It would be easy if we could just plug in these everyday items without a care.

But it doesn't work that way. The standard voltage flowing through electrical circuits in the United States is 110 volts. Here in Iraq, the standard voltage is 220.

Some of our appliances can handle either voltage. Look at the small black box on the power cord attached to a laptop computer.

The small print will normally read 100-240V. If you see that, the power cord can be plugged into any outlet. If you look at the back of your desktop computer, you'll often see a small red tab you can slide up and down. One position reads 115, the other 230.

If you have the red tab in the 115 position,



and you plug into a 220 volt circuit, an internal fuse will blow. You'll smell it as it burns. Since replacement fuses can be hard to obtain in Iraq, be careful when you plug in your desktop computer.

You'll also notice that U.S. plugs are shaped like a tab rather than the European style round, thin prong.

Here in Iraq, you will find a three tab

## Health Talk: Lower Back Pain, Part II

By Capt. A. Michelle Moore, M.D.  
Brigade Surgeon

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. My last article discussed the causes of lower back pain. This article will discuss how you can prevent it.

**Keeping fit is the best way to prevent lower back pain.** Being overweight and having an inactive lifestyle can contribute to lower back pain.

**Other tips for preventing back pain:**

Don't lift by bending over. Lift an object by bending your hips and knees and then squatting to pick up the object. Keep your back straight and hold the object close to your body.

Avoid twisting your body while lifting. Get help lifting heavy or bulky objects.

Push rather than pull when you must move heavy objects.

If you must sit at your desk or at the wheel of a car or truck for long hours, break up the time with stops to stretch.

Build up your back muscles gradually to tolerate the heavy weights of IBA or Rucks. Start by wearing just your IBA for short amounts of time, gradu-

ally increasing the time you tolerate pain free. Then add a SAPI plate, gradually increasing the time worn until pain free. Then add the next SAPI and so on. Remember, you may have to do this on your own time.



Proper sitting and standing can help prevent back pain.

**What's the best way to sit?**

Sit in chairs with straight backs or lower back support. Keep your knees a little higher than your hips. Adjust the seat or use a low stool to prop your feet on. Turn by moving your whole body rather than by twisting at your waist.

**What's the best position for standing?**

If you must stand for long periods, rest 1 foot on a low stool to relieve pressure on your lower back. Every 5 to 15 minutes, switch the foot you're resting on the stool. Maintain good posture: Keep your ears, shoulders and hips in a straight line, with your head up and your stomach pulled in.

My next article will discuss treatment of lower back pain.

For more information visit: <http://www.sportsmed.buffalo.edu>, or <http://familydoctor.org/117.xml>

configuration.

There are adapters that allow you to plug in to get electricity no matter which type of plug that you have. And that's when you can get yourself into trouble. Just because you can string together two adapters, it doesn't mean you're protected from destroying your equipment.

You may need a transformer. These handy devices transform the 220 volt service from your wall socket down to 110 volts. This makes it usable for U.S. manufactured electrical appliances.

To summarize:

Don't plug in unless you know the voltage in the circuit and what your appliance can handle. Check the data plate.

Just because you can make the adapters fit doesn't mean the appliance can handle higher voltage.

Check for a switch that allows you to go from 220 to 110 volts.

This is not a complete guide for electrical safety, but it's a start. Future columns will discuss other key concepts. But following these simple rules of thumb will keep you from frying your equipment.



## WANTED: HOMETOWN HEROES

For more information on the Hometown News Program, contact your public affairs office: rachel.brune@us.army.mil.



**Cricket Tournament**  
8 Oct 05

SFC Dixon  
101<sup>st</sup> Sust Bde  
2<sup>nd</sup> Place

SSgt Smith  
382nd  
1<sup>st</sup> Place

**10-Miler Champs!**  
Maj. Frank Sobchak  
Capt. Sarah Mardes  
557th ERHS

**COME STRUT YOUR STUFF**

**TALENT SHOW**  
21 OCTOBER @ 2000  
REHEARSAL 20 OCTOBER @ 1900

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

September 29th, 2005

**Domino Tournament Winners**  
9 October 05

SSgt Maynard  
557<sup>th</sup> ERHS  
2<sup>nd</sup> Place

SFC Kinnear  
2-101 AVN  
1<sup>st</sup> Place

SSgt Henry  
557<sup>th</sup> ERHS  
3<sup>rd</sup> Place

# Freak Your Friends: MWR to host haunted house

By Staff Sgt. Sha Ron Allen  
101st Sustainment Brigade

It's time for kooky. It's time for spooky. It's Thriller Night.

During the Halloween weekend, Oct. 29 to 31, Morale, Welfare and Recreation will host a Haunted House.

The Haunted House will be located in Building L 65, from 6 p.m. to 10 p.m. each night.

MWR encourages each unit to participate in decorating and manning its own Haunted Room. The rooms will be judged and prizes will be awarded for first, second and third place. The first place unit will receive a private party.

Units are responsible for all costs involving the planning and decorating of



their haunted rooms.

MWR will sponsor the Monster Mash Oct. 31. This is an opportunity for Soldiers to dress up in their scariest and craziest costumes.

The Monster Mash will feature a live performance by the Monster Garage Jam Band.

Costumes will be judged, and prizes will be awarded for first, second and third place.

Units interested in participating in decorating a Haunted Room in the Haunted House can contact Carla Stenger or Dawn Ford at the main MWR facility, or via email: [dawn.ford@halliburton.com](mailto:dawn.ford@halliburton.com).



**Soccer Champions**

**52nd G Company**

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

# October 2005 MWR Schedule

1 Country & Western Night 2000 Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey						
2 <b>Unofficial Army 10 Miller 0700</b> Movies starting at 1800	3 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 <b>**Open Court Basketball**</b>	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 <b>MOVIE MARATHON</b> 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 <b>Dominoes Tournament 2000</b> 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 <b>MOVIE MARATHON</b> 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 <b>Spades Tournament 2000</b> Movies starting at 1800	17 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	18 <b>Tattoo Contest Deadline</b> 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 <b>Poetry &amp; Art Contest Deadline</b> <b>MOVIE MARATHON</b> <b>Talent Show Rehearsal 1900</b> Judo 1930 Open Court Volleyball	21 <b>Talent Show 2000</b> 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 <b>Ping Pong Tournament 1900</b> Movies starting at 1800	24 Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	25 <b>Photo Contest Deadline</b> 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 <b>MOVIE MARATHON</b> Judo 1930 Open Court Volleyball	28 Karaoke 2000 Aerobics 2000 Friday Night Lights Drama Club 1900 Open Court Basketball	29 <b>Haunted House</b> Judo 1930 Flea Market 0800-1600 Open Court Floor Hockey
30 <b>Haunted House</b> Movies starting at 1800	31 <b>Haunted House &amp; Monster Bash!</b> Aerobics 2000 Movies starting at 1800 Soccer Train Club 1900 Open Court Basketball	<b>**All open court games: 1900-2300**</b> 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. Deadlines! Poetry & Art contest: Oct. 20. Photo Contest: Oct. 25.				



## 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 Contact your unit chaplain.

### 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

### Iraqis Respond to Attack; U.S. Forces Hunt Terrorists

WASHINGTON, Oct. 11, 2005

The deputy secretary general of the Arab League was among a group of delegates who came under attack Oct. 10 from small arms fire in northwest Baghdad, military officials reported.

After hearing the gunfire, Amr Moussa and other Arab League delegates sought refuge in a nearby mosque.

Two platoons of Iraqi army soldiers responded to the incident and, despite coming under small arms fire themselves, were able to safely evacuate the trapped delegates from the mosque.

In other developments, Task Force Baghdad aviation and ground forces combined efforts to defeat terrorists in southern Baghdad Oct. 9.

UH 60 Black Hawk helicopters assigned to 4th Battalion, 3rd Aviation Regiment (Assault Helicopter), and soldiers from 1st Battalion, 184th Infantry Regiment, flew to the area for cordon and search missions at more than 30 houses.

One terrorist was killed and 15 others were detained during



Photo by Spc. Jennifer D. Atkinson, USA

**A UH-60 Black Hawk helicopter from 4th Battalion, 3rd Aviation Regiment (Assault Helicopter), departs from Forward Operating Base Falcon carrying soldiers from 4th Brigade Combat Team, 3rd Infantry Division, in a hunt for terrorists Oct. 9.**

the combat operations.

The mission was focused on capturing terrorists believed to be responsible for improvised explosive device attacks last month, officials said.

Elsewhere, soldiers from Task Force Baghdad continued to deny terrorists access to unexploded ordnance during operations Oct. 9. In a sweep of a junkyard in Jisr Diyala, soldiers from 3rd Squadron, 7th Cavalry, 2nd Brigade Combat Team, collected more than 135 rounds of unexploded ord

nance ranging in size from small mortars to heavy artillery shells.

"We have conducted five of these junkyard sweeps in the last two months and have collected about 1,500 rounds," said Army Pfc. Brandon Hoffpauir, a member of the team that specializes in finding ordnance.

Missions to clear areas of unexploded ordnance are often based on information gained through interaction with the local population.

### Beginner diplomacy



DoD photo by Norris Jones, U.S. Army

**U.S. Army Sgt. Charles Hummer hands out Iraqi flags in downtown Baghdad, Iraq, as he talks to residents about their hopes and concerns on Oct. 5, 2005.**



DoD photo by Lance Cpl. Matthew Hutchison, U.S. Marine Corps

**U.S. Marine Corps Cpl. Ross Casey with the 6th Civil Affairs Group attempts to communicate with local children with the assistance of an Arabic dictionary in Kharma, Iraq, on Oct. 2, 2005.**



#### AMERICAN FORCES INFORMATION SERVICE

Stories and photographs reproduced on this page were compiled from information released through AFIS. For more information, or for news released by the Department of Defense, visit: <http://www.defenselink.mil/news>.

### Coalition, Iraqis round up Baghdad suspects, net terror caches

WASHINGTON, Oct. 11, 2005 Iraq and coalition forces netted 98 terror suspects and several weapons caches in separate operations Oct. 9, 10 and today in Baghdad, military officials reported.

More than 600 Iraqi and U.S. forces responded to reports of terrorists operating in southern Baghdad and conducted multiple cordon and search operations in the early morning hours today.

U.S. soldiers from 3rd Squadron, 3rd Armored Cavalry Regiment, linked up with Iraqi special police commandos to take the terrorists by surprise. AH 64 Apache helicopters soon arrived to engage in the firefight.

The forces acted on a report that two men were on a roof overseeing a group of terrorists emplacing improvised explosive devices. Troops detained 57 terror suspects and killed two others.

On Oct. 10, Iraqi soldiers conducted two pre dawn cordon and search operations against known terror organizations in central and western Baghdad, capturing four men believed to be active members in the cells. Two of the suspects taken into custody were known for their activities in terror cells.

Soldiers from 1st Battalion, 2nd Brigade, 6th Iraqi Army Division, carried out the first search operation by themselves in central Baghdad and detained two suspects thought to be involved with the Sunnah terrorist group.

The second search was conducted by Iraqi soldiers from 2nd Battalion, 1st Iraqi Army Brigade, with Task Force Baghdad soldiers providing backup.

Fifteen minutes after the U.S. forces established the outer cordon around the targeted safe houses, the Iraqi soldiers entered the first building and seized the suspect they were after. Another suspected terrorist was also detained during the operation.

In other early morning combat operations, coalition forces seized three more terror suspects in two separate cordon and search operations in western Baghdad.

Two of the detainees, captured in the Ghazaliyah district, are thought to be vehicle suppliers for a car bombing cell. A third suspect captured in western Baghdad is believed to have planned and participated in roadside bomb attacks against civilians, Iraqi security forces and coalition forces.

All seven of the suspects were taken into custody for further questioning.

On Oct. 9, Iraqi and coalition forces aggressively pursued terrorists in the Iraqi capital, capturing 34 terror suspects and seizing bomb making materials and weapons caches during more than 50 raids and searches.

Iraqi army and police units completed seven of the combat operations independently and took the lead on two others, working side by side with coalition forces.

1st Battalion, 184th Infantry Regiment, 4th BCT conducted one of the largest combat operations. The soldiers entered a southern Baghdad neighborhood in mid morning and quickly cordoned off the area around their targets. Within an hour, the team searched 15 buildings, detained 15 suspected terrorists.



Army photo

**A Task Force Baghdad soldier keeps digging in search of more weapons in a cache discovered in western Baghdad on Oct. 10. Soldiers from B Troop, 1st Squadron, 11th Armored Cavalry Regiment, uncovered their seventh weapons cache in October during cordon-and-search operations.**

Later in the day, Task Force Baghdad soldiers captured four terror suspects at a safe house in western Baghdad. A search of the house revealed seven AK 47 assault rifles, 8,000 rounds of ammunition and two bomb detonating devices.

Iraqi security forces and Task Force Baghdad soldiers also carried out more than 470 patrols and manned more than 350 traffic control points all over the city.