



Jan. 7, 2013

Island Insight



IMCOM
SOLDIERS • FAMILIES • CIVILIANS

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <http://www.ria.army.mil/sites/IslandAnn/announcement.cfm>



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INCLEMENT WEATHER
OPERATING STATUS

Fiscal Cliff Legislation Affects

Military, Civilian Paychecks: The legislation that President Barack Obama signed Jan. 2 that postponed the fiscal cliff means changes to military and civilian paychecks, Defense Finance and Accounting Service officials said today. The legislation increases Social Security withholding taxes to 6.2 percent. For the past two years during the "tax holiday" the rate was 4.2 percent. The increase in Social Security withholding taxes affects

both military and civilian paychecks, officials said. For civilian employees, officials said, this will mean a 2 percent reduction in net pay. For military personnel, changes to net pay are affected by a variety of additional factors such as increases in basic allowances for housing, subsistence, longevity basic pay raises and promotions. Service members could see an increase in net pay, no change or a decrease, military personnel and

readiness officials said. For military members, Social Security withholding is located on their leave and earnings statement in the blocks marked "FICA taxes" -- for Federal Insurance Contributions Act. DOD civilians will see the change on their leave and earnings statement under "OASDI" -- for old age, survivors, and disability insurance. ([More](#))



Obama Signs \$633 Billion Defense

Authorization Act: President Barack Obama signed the \$633 billion fiscal 2013 National Defense Authorization Act into law yesterday. The legislation, which cleared Congress last month, authorizes the department to act in any number of instances. “There are certain things that cannot be done without [the authorization act],” said a senior defense official speaking on background. ([More](#))



Sequester Delayed for Two Months; Pay Freeze Extension Still Possible:

Federal agencies received a two-month reprieve from the across-the-board spending cuts that were scheduled to start Jan. 2 under the Budget Control Act. The House, Senate and White House agreed to delay the effects of sequestration until March under the American Taxpayer Relief Act of 2012. The Senate passed the bill Dec. 31 by a vote of 89-8, and the House followed Jan. 1 by a vote of 256-171. ([More](#))



Trio of Budget-Related Measures Could Affect Federal Workforce in Coming Months:

The penchant of Congress to govern by brinksmanship continues. The 113th Congress was sworn in Thursday and there's little reason to think it will behave any better than the 112th. That's not good for the nation as a whole and it's particularly rough on federal agencies and their workers. ([More](#))



POTUS Announces Nominees for Next Defense Secretary:

President Barack Obama today announced his nominations to serve as the next leaders of the Defense Department and Central Intelligence Agency. At a White House news conference, Obama announced his selection of Chuck Hagel to be next defense secretary and John Brennan as the next CIA director. ([More](#))



DoD Heightens Training, Prevention to Target Human Trafficking: To spark awareness and vigilance against a

Rock Island Arsenal Winter Weather Awareness



Soldiers, their Families, DA Civilians, contractors and visitors of RIA can visit the website below for information during severe winter weather. No CAC needed!

http://www.ria.army.mil/sites/inclement_weather

- The Garrison Installation Operations Center monitors current and projected hazardous weather conditions and advises the Garrison Manager.
- RIA closures, delays and early dismissals will be made by the Senior Commander, Garrison Manager and other key leaders.
- Information will be sent through command channels as soon as a decision is made and will be posted to the RIA Inclement Weather Operational Impact Page.
- Organizations are encouraged to use the RIA Inclement Weather Operational Impact Webpage to post their organizations status during inclement weather.

Post closures will include closing of all non essential garrison services (e.g. CYSS, Dining Facilities, Gym etc.)

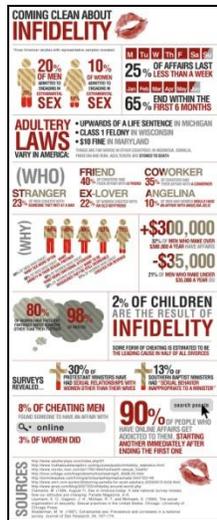


<http://readyarmy.ria.army.mil>



growing global human rights crisis, President Barack Obama has proclaimed January as [National Slavery and Human Trafficking Prevention Month](#). Linda Dixon, the [Defense Department's program manager for combating trafficking in persons](#), told the Pentagon Channel and American Forces Press Service in a recent interview that DOD has strengthened training modules and reporting avenues to combat trafficking in persons, a criminal enterprise that generates roughly \$32 billion per year worldwide. ([More](#))

Sleeping With Trouble: Extramarital Affairs and Federal Employees: The scandal surrounding CIA Director David Petraeus and his biographer, Paula Broadwell, is highlighting the threats extramarital affairs can pose to federal employees. Some federal employees who engage in extramarital affairs do not believe their personal relationships should have any bearing on their employment, even if that relationship is



of a sexual nature with someone other than his or her spouse. However, what happens in the bedroom can haunt them in the office. ([More](#))

GSA Adopts New Mileage

Reimbursement Rates: The General Services Administration recently adjusted all privately owned vehicle (POV) mileage reimbursement rates. The new rates, see table at right, were published in the Dec. 28, 2012, Federal Register and went into effect on Jan. 1. GSA and the Internal Revenue Service may not use the same rates. ([More](#))



Bill to Grant Federal Employees Citizenship Heads to the White

House: Congressman Charlie Dent sponsored a bill which will make it easier for foreign born federal employees to gain U.S. citizenship, and it has passed the U.S. House and Senate. H.R. 6223 would allow certain employees who are legal permanent U.S. residents to count their employment abroad toward meeting residency requirements for



Upcoming Dates

- Jan. 13:** AMBER Alert Awareness Day
- Jan. 17:** 22nd Anniversary of Operation Desert Storm
- Jan. 21:** *Martin Luther King, Jr. Day (Federal Holiday)*
- Jan. 21:** Inauguration Day
- Jan. 27:** National Eosinophilia Day
- Jan. 27-Feb. 2:** Tobacco-Free Awareness Week
- Jan. 28-Feb. 1:** No Name-Calling Week
- Jan. 28-Feb. 3:** National Drug Facts Week
- Jan. 29:** Thomas Paine Day
- Feb. 1:** National Wear Red Day
- Feb. 1:** National Freedom Day
- Feb. 1-7:** National Patient Recognition Week
- Feb. 2:** Groundhog Day
- Feb. 2:** National Junior Achievement Groundhog Job Shadow Day
- Feb. 3:** Super Bowl Sunday (Super Bowl XLVII)
- Feb. 3-9:** Burn Awareness Week
- Feb. 4:** USO 72nd Birthday
- Feb. 4:** World Cancer Day
- Feb. 4-10:** World Salt Awareness Week
- Feb. 4-11:** Congenital Heart Defect Awareness Week
- Feb. 5:** Army Emergency Relief 73rd Birthday
- Feb. 5:** National Patient Recognition Day
- Feb. 5:** National Weatherman's Day
- Feb. 7:** National Black HIV/AIDS Awareness Day
- Feb. 10-16:** Children of Alcoholics Week
- Feb. 11-15:** Random Acts of Kindness Week
- Feb. 12:** Mardi Gras (Fat Tuesday)
- Feb. 12:** Darwin Day
- Feb. 14:** Valentine's Day
- Feb. 14:** National Donor Day
- Feb. 14:** National Pet Theft Awareness Day
- Feb. 17-24:** Military Saves Week
- Feb. 17-24:** Eating Disorders Awareness Week
- Feb. 18:** *Presidents' Day (Federal Holiday)*
- March 10:** Daylight Saving Time Begins



naturalization as American citizens.
([More](#))

Weingarten Rights – Employees Rights to be Represented by an Exclusive Union in an Appropriate Bargaining Unit:

The Federal Service Labor-Management Relations Statue (5 USC Chapter 71) gives employees in units represented by an exclusive labor organization the right to request union representation at any examination by a representative of the agency in connection with an investigation if the employee believes that the examination may result in disciplinary action. Section 7114(a) of 5 USC Chapter 71 states that: An exclusive representative of an appropriate unit in an agency shall be given the opportunity to be represented at any examination of an employee in the unit by a representative of the agency in connection with an investigation if the employee reasonably believes that the examination may result in disciplinary action against the employee and the employee requests representation. If you have any questions or concerns, please contact



your Labor Relations Specialist or Ombudsman.

ACS-USO Open House:

Join Army Community Service and USO for the exciting grand re-opening of our newly renovated and expanded facility at our ACS-USO Open House, **Jan. 31**, 12-5 p.m., in Bldg. 110, 1st floor (SE Wing). The event will include door prizes drawn every hour, refreshments, an official program and ribbon cutting at 1 p.m., and USO Discovery Kids featuring Figge Art Museum 4-5 p.m. Call (309) 782-0829/3896 for more information. ([Flyer](#))



Quad City Bald Eagle Days: The U.S. Army Corps of Engineers Mississippi River Project would like to invite you to the Annual Quad City Bald Eagle Days, **Jan. 11-13**, at the [QCCA Expo Center](#). Come see a live eagle presentation given by the World Bird Sanctuary of St. Louis or check out one



of the other live animal shows presented by the Pella Wildlife Company and Niabi Zoo. This is a family friendly event that can last all day with many booths to see and hands on activities for the kids. An of course don't miss out on your chance to view these beautiful birds in the wild on one of the guided bus tours along the Mississippi. These outdoor eagle viewing tours will take you on a trip around the Quad City area and show you the many places to see these majestic birds. For more information call (309) 788-2543. ([Bald Eagle Watches in Illinois and Iowa during January](#))

Arc-BSC Holidays and Inventory: The Base Supply Center, Arc, will be closed on **Jan. 21** for Martin Luther King Jr. Day. Contact Store with any questions, (309) 782-1666.

Historic Clock Tower and Eagle Watch Tours:

The U.S. Army Corps of Engineers Mississippi River Project announces that the Visitor Center at Locks and Dam 15 is inviting guests to come participate in a Historic Clock Tower and Eagle Watch Tour. Relive the early



days of the Rock Island Arsenal as you climb your way up the historic corridor of the Clock Tower Building which has been a Quad City landmark for more than 100 years. Waiting at the top is a spectacular view of the Mississippi River where you could have the opportunity to see bald eagles who visit our area during the cold winter months. Visitors are invited to join these tours every Saturday and Sunday beginning **Jan. 19**, and running through **Feb. 10**. There will be two tours offered each day that will begin at 9 a.m. and 12:30 p.m. The tour will be approximately 1½ hours long and be guided by a Visitor Center park ranger. The tour will begin at the Mississippi River Visitor Center, located on the west end of Arsenal Island at Locks and Dam 15. This program is free of charge and everyone is invited to attend. Advance registration is recommended. An adult must accompany children under 12 years of age. All persons over age 16 must carry a photo ID to enter the island. Vehicles are subject to search and participants should allow 15 minutes extra to ensure proper arrival time for the tour. For more information or to sign up for the program, please contact the Visitor Center at (309) 794-5338. ([Eagle Watching on the Mississippi River](#))

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Jan. 11, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Jan. 18**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 16**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



***Charlie Corpuscle Says,** "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"*

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information click here.

Augustana Basketball Night: All RIA employees and their families are invited to attend Augustana basketball games on Saturday, **Feb. 9**, at the Carver Center. The women's game begins at 5 p.m. with the men's game to follow at 7 p.m. Just show your ID card for free admission for up to four people.



Corps of Engineers' Park Rangers at Outdoor Show and RV Camping Shows:

If you have a love for the outdoors and winter is keeping you from participating in your favorite recreational activities then come visit with our ranger staff at the QCCA Expo Center in Rock Island, and get geared up for summer while the cold air is still blowing outside. The Outdoor Show will be held **Feb. 14-17** and our rangers will be on hand to provide information on all the recreational opportunities our project has to offer. We will even have annual day use passes available for sale so that boaters can get ready for the season by purchasing their boat ramp sticker early. The RV Camping Show will be the following weekend **Feb. 22-24** and



US Army Corps of Engineers®
Rock Island District



rangers will be on site to answer questions and provide information on all our camping and recreational areas. For more information on these shows check out the website www.qccaexpoenter.com.

my Social Security: The Social Security Administration has new “my Social Security” online services. If you currently receive benefits, you now can get a benefit verification letter; change your address and phone number; and start or change your direct deposit. That’s in addition to accessing your earnings record and viewing benefit estimates if you do not currently receive benefits. People age 18 and older who are not receiving benefits can sign up for a my Social Security account to get a personalized online Social Security Statement. The online Statement provides eligible workers with secure and convenient access to their Social Security earnings and benefit information, and estimates of future benefits they can use to plan for their retirement. In addition, the portal also includes links to information about other online services, such as applications for retirement, disability and Medicare. For



more information, go to www.socialsecurity.gov/myaccount.

Telework Week: Now Is Your

Chance: If you have not been part of the teleworking crowd, this year’s annual Telework Week may provide you with an opportunity to try it out. In its third year, Telework Week 2013 runs from **March 4 to March 8**. The event is sponsored by Telework Exchange, a public-private partnership that works to increase the use of telework and development of a more mobile workforce. It promotes Telework Week to encourage greater adoption of telework by asking agencies, organizations and individuals to pledge to telework for any period of time during that work week. ([More](#))



Jason's Box Save the Date – PTSD/TBI in the Church: Wednesday, **Jan. 9**, 1-3 p.m., in the Jardine Auditorium, at Trinity Medical Center, located at 2701 17th Street, in Rock Island. The free event will be presented by Rev. Scott Fluegel (Army Chaplain). For reservations contact [Stephanie Burrough](#) at (309) 779-3077 to reserve your spot. Reservations are required as seating is limited. ([More](#))

Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming:

Thursday, **March 14**, in the Gold Room, Hotel Blackhawk, Davenport, 6-6:30 p.m.; registration, buffet dinner, cash bar from 6:30-8:30 p.m. The presentation will be presented by John Mundt, Ph.D., licensed clinical psychologist and national trauma-informed treatment expert with special guest speaker U.S. Army Maj. Jeffrey Hall, PTSD Survivor. For more information, contact Stephanie Burrough at (309) 779-3077.

VIOS Schedule for January: Official

DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **Jan. 8, 9 and 10**. Appointments may be scheduled online by submitting a DA3903 Work



Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **Jan. 8**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Jan. 9**, 7:20 a.m. – 3:40 p.m.; Thursday, **Jan. 10**, 7:20 a.m. –



3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by the elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders-command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA3903 form to the photographer before the passport photo is taken. You will receive two 2"x2" Passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Attic Thrift Shop &

Boutique: Attention Attic consignors, you can now bring in unlimited items to sell again. Attic shoppers, we have great items, great prices, come visit us. Arsenal Attic Thrift Shop & Boutique

open Tuesday, Thursday and Saturday, Jan. 19, 9 a.m. – 3 p.m. Visit us on Facebook, search for Arsenal Attic. POC: (309) 782-6977.

Arsenal Traffic/Construction



North Avenue Repair & Closures

Update: Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

Rock Island Gate Officer Stations:

Effective Dec. 24, at 7 a.m., the Directorate of Public Works (DPW) will begin a project to replace the two officer stations for the vehicular entry lanes at the Rock Island Gate. In order to minimize impact on the workforce, work will be completed in a phased approach, shutting down only one inbound lane at a time. Signage and safety barriers will be positioned at the appropriate locations during the designated lane closure(s). The right hand lane (South)

officer station will be replaced first. Replacement began Dec. 24 and was completed Jan. 4. The left hand lane (North) officer station is now being replaced effective **Jan. 7**, with completion scheduled for **Jan. 18**. Dates are weather-dependent and any necessary adjustments will be publicized. DPW POC for this action is Joe Gumpert at (309) 782-1389.

Building/Space Closures



Closure of Third Floors in Bldg. 61, Bldg. 62:

The Directorate of Public Works plans to close Bldg. 61 3rd floor and Bldg. 62 3rd floor, East and South Wings, **Sept. 10 - 3rd week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be marked with signage and barriers to prevent entry.

Active Duty/Reserve Zone





Defense Authorization Act Boosts Pay, Requires Special Training:

President Barack Obama signed the National Defense Authorization Act for fiscal year 2013 into law, Jan. 2. Among other things, the act authorizes a 1.7-percent increase in Soldier pay, effective Jan. 1, as well as funds for Army procurement, operations, maintenance, and research and development for both the generating force as well as for the operational force engaged in overseas contingency operations. ([More](#))

Commanders, Others Can Ask Troops About Privately Owned Guns:

Commanders, chaplains and health professionals are now specifically authorized to ask troops they think are at risk for hurting themselves or others about privately owned firearms. The authorization is part of the 2013 National Defense Authorization Act, which contains provisions dealing with numerous new or amended policies concerning, among other things, sexual assault, abortion, detainee operations and suicide. ([More](#))

Deadline Nears to Nominate

Employers for Recognition: Reserve-component service members have until Jan. 21 to nominate their employers for

a 2013 Secretary of Defense Employer Support Freedom Award. Employer Support of the Guard and Reserve, a Department of Defense agency, manages the program, which recognizes employers who go beyond what the law requires in supporting the National Guardsmen and reservists who work for them in their civilian lives. ([More](#))

Navy Cautions Sailors After

Legalization of Marijuana: Although the state of Washington has recently updated the law on the use of marijuana, essentially decriminalizing use for civilians, zero tolerance drug policy regulations remain unaffected for sailors. The zero tolerance drug policy was implemented after a fatal crash of an EA-6B Prowler on board USS Nimitz in 1981, killing 14 crew members and injuring 45 others. ([More](#))

DoD Offers Non-medical Counseling to Troops, Families:

The Defense Department continues to ensure the well-being of service members and their families through no-cost, short-term, non-medical counseling in the interests of military and family readiness, a defense official said. Jena M. Moore, program analyst for counseling in the Office of Military Community and Family Policy, explained the program

during an interview with The Pentagon Channel and American Forces Press Service. “The Military and Family Life Counseling program ... offers short-term, non-medical counseling,” Moore said. “And it’s confidential for our service members and family members.” ([More](#))

Deal Restores Severance Pay for Military Gays:

Dozens of gay and lesbian former military service members who were discharged due to their homosexuality will receive the rest of their severance pay under a settlement approved Monday by a federal court. The American Civil Liberties Union said the \$2.4 million settlement covers more than 180 veterans who received only half of their separation pay under a policy that went into effect in 1991, two years before “don’t ask, don’t tell” became law. ([More](#))

U.S. Army Capstone Concept:

The Army Capstone Concept provides a framework to help Army leaders think about future war, guide Army modernization and describe what the Army must do as part of the joint force to achieve the nation's strategic objectives. This description is based on the Army's enduring missions and the operational environment. ([More](#))



Safety Spotlight



Tips for Staying Army Safe This

Winter: Private vehicle accidents are the No. 1 killer of soldiers, according to the Army, and no time of the year is more dangerous for driving than winter. In fact, cold temperatures, snowy weather and icy ground create the perfect conditions for all kinds of mishaps. The Army Combat Readiness/Safety Center's annual Army Safe Winter Campaign lays out some tips for staying accident- and injury-free during the chilliest months of the year. ([More](#))

Smoke Detectors Save Record

Number of Lives in Iowa: Smoke detectors saved a record high number of lives in Iowa last year. Alarms alerted more than two hundred people to fires in their homes, so they were able to get out safely. Most were sleeping when the smoke was detected. Firefighters say smoke detectors are an extremely important investment because they can save your family and your property. "We don't like responding to fires, especially fires with people inside. We'd like to avoid that most of our job is prevention and that's an awesome way to

prevent a lot of damage that occurs from fires and life loss," says Lt. Nick Carlson, Clinton Fire Department. ([More](#))

Equal Opportunity Focus

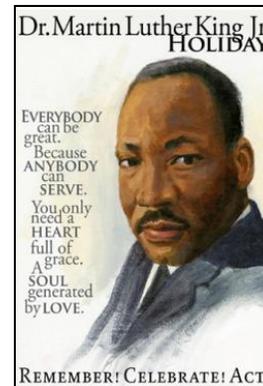


Dr. Martin Luther King Jr. Birthday

Observance: First Army and the Army Sustainment Command's Equal

Opportunity Office invite you to our Dr. Martin Luther King Jr. Birthday Observance on Thursday, **Jan. 17**, at 11 a.m., in Bldg. 60 (Heritage Hall). The guest speaker will be New York Times best-selling author Omar Tyree.

Tyree will speak on Martin Luther King's Dream - Is the Dream Still Alive?; The Journey Continues; The Impact of Barack Obama as the First African American President; Dream with a Vision, Live with a Purpose. Martin Luther King Jr. Day is a United States federal holiday marking the birthday of Rev. Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, around the time of



King's birthday, Jan. 15. This year, the Martin Luther King Jr. Day of Service will be recognized Jan. 21. King was the chief spokesman for nonviolent activism in the civil rights movement, which successfully protested racial discrimination in federal and state law. He was assassinated in 1968. President Clinton signed the Martin Luther King Jr. Federal Holiday and Service Act on Aug. 23, 1994, expanding the mission of the holiday as a day of community service, interracial cooperation and youth anti-violence initiatives. The national recurring theme of this holiday is "Remember! Celebrate! Act! A Day On. Not A Day Off." It calls upon the American people to engage in public service and promote nonviolent social change. King's unfinished movement toward equality can be achieved by our united, enduring efforts. Please register in [TEDs](#) using keyword "MLK Observance" in the search. Thank you for your time and hope to see you there. For additional information or accommodations please contact Sgt. First Class Evadne Benson at (309) 782-9060, or Sgt. Raymond Gonzalez at (309) 782-3021. ([MLK Day](#))

Save the Date: There will be an African-American Heritage Month observance on Thursday, **Feb. 7**, at 11



a.m., in Bldg. 60 (Heritage Hall). Information about the speaker and other details will be forthcoming.

Save the Date: There will be a Women's History Month observance on Thursday, **March 7**, at 11 a.m., in Bldg. 60 (Heritage Hall). Information about the speaker and other details will be forthcoming.



Morale, Welfare & Recreation (MWR)



Morale, Welfare & Recreation

(MWR): Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook and stay up to date on all the great MWR offerings here at the Arsenal.

Football Party at the Arsenal Island Golf Clubhouse:

Whether you watch the big game for the hard hitting football action or all the great commercials, get your friends together and get down to the Arsenal Island Golf Clubhouse on **Feb. 3**. There will be a \$5 all-you-can-eat chili bar and lots of



drink specials. Doors open at 3:30 p.m. for a 5:30 p.m. kickoff. Call (309) 782-4372 for more info. ([More](#))

No More Great Escape Theater

Tickets from Leisure Travel: The Leisure Travel Office has sold the last of their supply of discounted movie tickets to Moline's Great Escape movie theater (now the Regal Moline Stadium 14) and due to new management policies at the theater will not be receiving any more in the foreseeable future. All previously purchased tickets will still be honored.

Saturday, Dec. 22 Through Thursday, Jan. 31, Arsenal Island Golf Clubhouse Closed:

During the above period the Golf Clubhouse will close for regular lunch operations to make building renovations. All pre-booked functions will be unaffected by the closure. Call (309) 782-6319 for more info.



Yoga Now Offered in 6-Week Session:

The RIA Fitness Center will now be offering yoga in a six-week session format like the rest of the class schedule. Price will be pro-rated for partial sessions and as always, you have the option of paying for single classes. Price

is \$45 (6 weeks) or \$8 (single). Call (309) 782-6787.

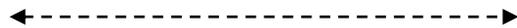
Tuesday Pasta Bar Lunch Special at the Island Oasis Café: Have your pasta just the way you like it every Tuesday from 11 a.m. to 1 p.m. at the Island Oasis Café located inside the Fitness Center (Bldg. 67). Chef James will whip up your choice of pasta, sauce, veggies and meat into a pasta bowl sure to make your taste buds dance with delight. All this plus a side salad and a breadstick for only \$6.95.

New MWR Website: Come check out our new and improved MWR website at www.riamwr.com for information on all things MWR. We hope that this new layout will make it easier for you to navigate to the information that you need. Please bear with us as we continue to transition all of the files and links from the old web server. If you cannot find the information that you are looking for or just need help navigating the new layout please feel free to call the MWR marketing office for assistance at (309) 782-4420.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and



inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

MWR Outdoor Recreation:

Remember Outdoor Recreation for all of your winter outdoor recreation activities. Downhill skis, Cross country skis, snowboards, ice skates, snowshoes and many other items are available for you to check out and enjoy this winter season.

Time: **8 a.m. - 4 p.m.**

MWR RV Storage and Storage Units:

MWR has several openings for RV storage and Indoor Storage units. For more information or to sign up, please contact Outdoor Recreation at (309) 782-8630.

Time: **8 a.m. - 4 p.m.**

World's Toughest Rodeo: The World's Toughest Rodeo is coming to the iWireless Center **Jan. 25 & 26**. Stop by the Leisure Travel Office to purchase your tickets by **Jan. 14**. Call (309) 782-5890 for more information. ([Flyer](#))

Scooby-Doo LIVE! Musical Mystery

(Adler Theatre): A trouble-making ghost is haunting a local theater and Shaggy, Fred, Daphne, Velma and Scooby-Doo are on their way to help solve it! This hilarious live theater show brings everyone's favorite animated series to life. LTO has limited discounted seats at \$27 on sale until **Feb. 15** or while supplies last.

Date: **Saturday, March 2**

Time: **2 p.m.**

Gabriel Iglesias Stand-up Revolution

Tour (Adler Theatre): Gabriel Iglesias high-octane show is a sure-fire hit: a mixture of storytelling, parodies, characters and sound effects that bring all his personal experiences to life. Gabriel's unique and animated comedy style has made him popular among fans of all ages. Discounted seats on sale until **Jan. 15** at \$42.

Date: **Thursday, March 7**

Time: **8 p.m.**

Free Universal Military Only: Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military identification. Admission is valid for up to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30**. Contact LTO at (309) 782-5890.

Rock of Ages (Adler Theatre): In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50

Date: **Wednesday, April 24**

Time: **7:30 p.m.**

Bill Cosby – 50 Years of Making You Laugh Smile and Feel Good Tour

(Adler Theatre): One of America's most beloved comedians of all time, Bill Cosby, has captivated generations of fans. His comedy transcends age, gender and cultural barriers. Discounted seats on sale for \$60 until **Jan. 15**.

Date: **Saturday, April 27**

Time: **7:30 p.m.**

MWR Outdoor Recreation Seasonal Entrance Change: With the end of the



summer season, Outdoor Recreation patrons are asked to use the South Entrance to the Equipment Checkout Center in Bldg. 333.

Child, Youth & School Services

Covenant Cottage Child Development Home: [Covenant Cottage Child Development Home](#) is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call (309) 782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-



0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412

NCMA's New Years Lunch n Learn:

The National Contract Management Association will be offering a Lunch n Learn on Thursday, **Jan. 10**, at the Arsenal Club in Bldg. 60, First Floor, Northwest wing, 11 a.m. – 1 p.m. Presentations will include "Roth IRAs and the New TSP Roth" by Jon Cook, Army Survivor Outreach Services, financial counselor, Army Community Service; "Multiple Generations in the Workplace" by Thomas Havercamp, CPS, prevention coordinator, Army Substance Abuse Program; "How to Become What You Want to Be When You Grow Up" by Joan Wysoske, CPCM, chief, Reachback Closeouts. Sign up in [TEDs](#) by searching "NCMA" and then select "Without Lunch," as the time period to select lunch has elapsed. Those not partaking in lunch cannot bring in outside food or drink. POC for this training [is Michelle Breitbart](#).

Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Martin Luther King Day of Service – January 2013:

Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, **Jan. 21**, offers you the opportunity to spend a day helping your community in a direct way. The social connection and sense of shared purpose that one gains from community service can often help one feel better. However, if you haven't been feeling well lately and nothing seems to help, consider scheduling a free, confidential counseling session offered by the Rock Island Arsenal Employee Assistance Program. Master-level counselors provide short-term counseling and referral assistance. Call the EAP at (309) 782-4357 to schedule an appointment. The EAP is located in Bldg. 56, 1st Floor, East Wing and convenient hours are available 7:30 a.m. – 5 p.m., Monday through Friday. The



Rock Island Arsenal EAP hopes you have a great start to the New Year. If you would like to learn more about King Day of Service please visit www.mlkday.gov.

PTSD Support Groups: Help is available if you or a loved one is experiencing symptoms of Post-Traumatic Stress Disorder. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Smoking Cessation Group: Do you want to learn effective ways to kick the habit? The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East wing.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday.

Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

NDIA Scholarships: The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship applications and eligibility criteria may be found at www.ndia-ia-il.org under Scholarships. Applications must be postmarked NLT **March 31**. For more information, call (563) 650-3252.

Sgt. Paul Fisher Scholarship: The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking www.ndia-ia-il.org. Application submission must be postmarked NLT than midnight **March 31**. For more information, call (563) 650-3252.

Women in Defense Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later

than midnight **April 13**. For more information, call (309) 792-4102.

Commissary / Exchange

The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Your Commissary Rings in 2013 With Super Savings: A new year allows commissary patrons to resolve to save more by taking advantage of special in-store promotions and coupons, according to the Defense Commissary Agency's director of sales. "Your commissary is always here to help you



eat healthier and also save even more on all your favorite name-brand products," said Chris Burns, DeCA's sales director. "It's also football playoff season, and your local commissary offers the greatest savings for party snacks, beverage mixers and fresh U.S. Department of Agriculture Grade-A Choice beef. Everything you need for a Super Bowl party!" Throughout January, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. "The Defense Commissary Agency sends out New Year wishes to all of our military shoppers to have a healthy, safe and prosperous 2013," Burns said. "Your commissary is always there for the military and their families year-round, providing the very best savings possible. Your commissary is worth the trip!" ([More](#))

Food Safety Alerts: For information about the latest food-safety alerts and product recalls affecting military commissaries, visit www.commissaries.com and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit

the website and choose Food Safety at the bottom of the page.

Sales Flyers: Patrons can visit the [AAFES website](#) and sign up to receive free online sales flyers.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free.

This Week in Rock Island Arsenal History – Jan. 7-13: On Jan. 8, 1917, private contractors erected seven nitrate and eight ammunition storehouses on Rock Island. The mission of the RIA was significantly expanded in Jan. 11, 1962, when several of the tool and equipment engineering and assembly functions formerly performed by Rossford Ordnance Depot were transferred to the Rock Island Arsenal. Initially the Rock Island Ordnance Depot received this mission, but in May 1962 the RIA established a Tool and Equipment Division that assumed

responsibility for tool and equipment engineering activities. In January 1976, Army Management Engineering Training Agency (AMETA) personnel took possession of Storehouse "K" (Bldg. 56). The remodeled building became the AMETA Annex, housing offices, and classrooms.

Healthbeat

Deployment Health Assessments for Soldiers, Civilians: The Deployment Health Assessment Program (DHAP) demonstrates the Army's commitment to the health and well-being of deploying and redeployed Soldiers and Department of Army (DA) civilians. Through a series of self assessments and one-on-one confidential conversations with a healthcare provider, the DHAP enables personnel to identify and receive care for deployment-related health conditions such as TBI, PTSD, depression, suicidal ideation, substance abuse, combat-related injuries and complications associated with environmental exposures. The Army DHAP works with commanders to identify Soldier care needs early on and promote a ready and resilient force. ([More](#))



Navy Medicine Rolls Out New Campaign to Deter Use of 'Bath Salts':

Navy Medicine announced the launch of a new informational video and poster regarding the health risks and dangers of the synthetic amphetamine known as "bath salts" and other designer drugs, Dec. 20. The public service announcement video and poster will be distributed for display throughout the fleet and are available for download [here](#). ([More](#))

CDC Wants Baby Boomers Tested for Hepatitis C:

Ask the average American about hepatitis C, and there's a good chance you'll get a blank or befuddled stare. It's the sort of disease someone's heard of, but can't quite recall how it spreads or what it does. What's worse, upwards of 3 million Americans—75 percent of whom are baby boomers—have the virus but don't know it. That's because this population was likely infected in the 1970s and 1980s, amid high rates of hepatitis C infections, but may not be showing any symptoms—yet. The leading cause of liver cancer and liver transplants, hepatitis C can become fatal if it progresses to liver disease. ([More](#))

The Secret to Losing Weight: It's the start of a new year and you are

determined to make this the year you stick to your resolution to lose those extra pounds. But with so much information out there, where should you start? If one does a quick Google search for "weight loss," more than 500,000 results appear, headlined with advertisements for the latest and greatest diets, all claiming to have the new secret to weight loss. So which do you choose? The Atkins, Baby Food, Cabbage Soup, Caveman and Grapefruit diets promise quick and easy results—not to mention the abundance of weight loss pills, equipment and centers that claim to deliver the body of your dreams (for a small fee). Would you believe that the BEST thing you could do to achieve your goals is to avoid all of these fads? Dawn Jackson-Blatner, a spokesperson for the American Dietetic Association says, "Don't be fooled into thinking it is because of some magical food, pill or potion. Crazy, unbalanced diets cause weight loss because they are basically low-calorie diets." ([More](#))

Folic Acid--Essential for a Healthy

Baby: One of the most important things you can do to help prevent serious birth defects in your baby is to get enough folic acid every day. The U.S. Public Health Service and the Centers for Disease Control and Prevention

recommend that all women of childbearing age consume 400 micrograms of folic acid daily to prevent birth defects. Folate (folic acid) is a B-vitamin needed for cell division and blood cells. It is also known to help prevent neural tube birth defects that affect 3,000 pregnancies a year in the United States. Folic acid is essential for the development of the neural tube that encloses the spinal cord. When the neural tube fails to close properly, infants suffer disabilities such as paralysis of the lower body and learning disabilities or are still-born. ([More](#))

Kick Radon Out!: January is National Radon Action Month. The Environmental Protection Agency has launched the "Living Healthy & Green Campaign" to educate the public about how easy it can be to kick radon out before and after a home, school or worksite is built. The EPA estimates that nearly one out of every 15 homes in the United States has elevated radon levels. Although radon is a naturally occurring gas, it is radioactive. According to the EPA, exposure to radon in the home is responsible for at least 21,000 lung cancer deaths in the United States each year. Radon is colorless, odorless and tasteless. This invisible enemy can only be detected by testing. ([More](#))



Health Clinic Announcement: Sick Call hours 7-8 a.m. Clinic closing **Jan. 21**, Martin Luther King Jr. Day. Training holiday military, **Jan. 18**. Clinic closed. Staff meeting/training **Jan. 25** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

VA's Claim System Facing Technical Issues: Last month, a technical issue with the Veterans Affairs Department's disability claims processing system caused a dramatic showdown, affecting claims examiners' ability to process claims, Nextgov reports. The Veterans Benefits Management System, a \$491 million Web-based application used by 18 out of 57 regional offices that accesses files stored on remote servers, experienced technical issues in December as examiners trying to perform simple tasks, such as "search," "update" and "save," caused the system to come to a slow crawl, according to the report. Only a small percentage of the examiners were using the system at the time, the article stated. Officials from the Office of Information Technology said limiting performance of

non-essential tasks through the system will speed up the program, but they will work to resolve a permanent fix the problem before usage of the system is expanded nationwide. ([More](#))

Eligible Veterans Receive CDL Training, Pay Zero Tuition, Plus Gain Employment With CR England's Service to Semis Program: C.R. England is offering ZERO TUITION through their partner truck driving schools PLUS employment upon completion* to qualified veterans meeting our hiring criteria! C. R. England is the nation's largest refrigerated trucking company. They move more temperature sensitive freight like fresh produce, meat, dairy products, beverages, and chemicals than anyone else in the nation. To keep our freight cold and our trucks moving, they are looking for drivers to join our fleet. Whether you are new to trucking and looking to get your start as a driver or you're an experienced driver with thousands of miles under your belt, C.R. England can get you in a truck and put you to work. ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Car Pool:

- **Car Pool:** Looking to join a car pool from Albany or south along Illinois 84 southbound to Bldg. 102. If interested contact me at (309) 782-0841.
- **Car Pool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.
- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.

Around the Q.C.

Jan. 11-13: [Bald Eagle Days](#) (QCCA Expo Center)
Jan. 11-13: [Quad City Boat & Vacation Show](#) (RiverCenter, Davenport)
Jan. 12: [Quad Cities Birth Conference](#) (Villa Montessori School, Moline)
Jan. 13: [Chocolate Fest](#) (Quad City Botanical Center)



Jan. 18-21: [Be a Tourist in Your Own Backyard Weekend](#) (Quad City Visitors Center)

Jan. 20-22: [QC Farm Equipment Show](#) (QCCA Expo Center)

Jan. 21: ["What's My Mission NOW?" - Career Development Resources for Current, Prior Military](#) (Adler Health Education Center, 1236 E. Rusholme St., Davenport)

Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)

Feb. 14-17: [2013 Outdoor Show](#) (QCCA Expo Center)

Feb. 22-24: [RV & Camping Show](#) (QCCA Expo Center)

Feb. 24: [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)

March 1-3: [Antique Spectacular](#) (QCCA Expo Center)

March 16: [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)

March 22-24: [Flower & Garden Show](#) (QCCA Expo Center)

March 23: [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)

April 7: [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)

April 20: [Earth Week Fair](#) (QCCA Expo Center)

April 27: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

May 4: [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)

May 4: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)

May 11-12: [Beaux Arts Fair](#) (Figge Art Museum plaza, Davenport)

May 25: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

May 27: [Quad Cities Criterium](#) (Downtown Rock Island)

June 1-2: [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)

June 7-8: [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)

June 12-15: [Rally on the River](#) (Centennial Park, Davenport)

June 14: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

June 16: [Ride the River Bike Ride](#) (Davenport to Moline)

June 23: [Blossoms at Butterworth](#) (Butterworth Center, Moline)

June 25-29: [Rock Island County Fair](#) (Fairgrounds, East Moline)

June 27-29: [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)

July 3: [Red, White & Boom!](#) (The District, Downtown Davenport)

July 4-6: [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

July 8-14: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

July 19-21: [USA BMX National Championships](#) (East Moline BMX Speedway)

July 19-20: [Heartland Jam](#) (Centennial Park, Downtown Davenport)

July 26-27: [Downtown Street Fest](#) (Downtown Davenport)

July 27: [Bix 7 Run/Walk](#) (Downtown Davenport)

July 30-Aug. 4: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

Aug. 1-4: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

Aug. 8-10: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

Aug. 9-10: [Ya Maka My Weekend](#) (The District, Rock Island)

Aug. 10-17: [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

Aug. 16-17: [River Roots Live](#) (Downtown Davenport)

Aug. 17: [Floatzilla](#) (Sunset Marina, Rock Island)

Aug. 24: [Quad Cities Irish Festival](#) (Rock Island)

Aug. 22-25: [World Series of Drag Racing](#) (Cordova Dragway)

Aug. 31-Sept. 1: [Rock Island Grand Prix](#) (Downtown Rock Island)

Sept. 7: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

Sept. 7: [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

Sept. 7-8: [27th Annual Quad City Air Show](#) (Davenport Municipal Airport)

Sept. 7-8: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 21: [Brew Ha Ha](#) (LeClaire Park, Davenport)

Sept. 21: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

Sept. 21-22: [Riverssance Festival of Fine Arts](#) (Village of East Davenport)

Sept. 22: [Quad Cities Marathon](#) (Downtown Moline)

Sept. 27-29: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

Oct. 12: [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)

Oct. 24: [Fright Night](#) (The District, Rock Island)



Island Insight

Oct. 26: [Witches Walk](#) (Downtown LeClaire)

Oct. 26: [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

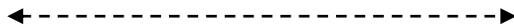
Oct. 26-27: [Boo at the Zoo](#) (Niabi Zoo, Milan)

Nov. 15-24: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 16: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 16: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)



Island Insight

Joel Himsl, Garrison Manager; **Eric Cramer**, Public Affairs Officer; **Mark Kane**, Editor

The Army publication, *Island Insight*, is an unofficial publication authorized under [AR 360-1](#) to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processor software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal Garrison Public Affairs Office. Contents of *Island Insight* are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the

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**YOU AND YOUR WEAPON:
NEVER HAVE BOTH LOADED
AT THE SAME TIME**

Never handle a weapon under the influence.
Alcohol was identified as a factor in many fatal off-duty privately owned weapons handling accidents.

RANGE & WEAPONS SAFETY TOOLBOX

CHECK IT OUT TODAY!

<https://safety.army.mil/rangeweaponssafety>

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ARMY SAFE IS ARMY STRONG
A BAND OF BROTHERS & SISTERS

The discipline to disconnect.

Is your battle buddy overly dependant on a mobile device?

**Know what's right
I know the signs
Do what's right**

The signs are all around. It's up to YOU to recognize and act on them.

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The U.S. Army
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