

Jan. 14, 2013



# Island Insight



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](http://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>



## Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)

- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the O.C.](#)



INCLEMENT WEATHER OPERATING STATUS

## **Panetta: Fiscal Crisis Poses Biggest Immediate Threat to DoD:**

The “perfect storm of budget uncertainty” howling around his department is the biggest immediate threat facing the U.S. military, Defense Secretary Leon E. Panetta told reporters Jan. 10. Panetta and Army Gen. Martin E. Dempsey, chairman of the Joint Chiefs of Staff, stressed during a regular Pentagon press conference that unless Congress acts, the nation’s military readiness will be

compromised. The United States has a number of adversaries around the world, Panetta said, “but the most immediate threat to our ability to achieve our mission is fiscal uncertainty: not knowing what our budget will be; not knowing if our budget will be drastically cut; and not knowing whether the strategy that we put in place can survive.” Panetta summed up: “We’re looking at a 19 to 20 percent reduction in the base budget operating

dollars for active units, including a cut of what looks like almost 30 percent for the Army.” Panetta noted. (More)



## 8 ASC Employees Receive Award for 'Excellence':

Eight employees of the Army Sustainment Command were recognized for their contributions to the command at the Wheeler Conference Room in Bldg. 350, Jan. 10. The commanding general of ASC, Brig. Gen. John Wharton, formally announced the recipients of the 2011 ASC Commanding General Award for Excellence in a 2012 memorandum. The eight members who received awards were ... ([More](#))



## OMB Tells Agencies to 'Intensify' Sequestration Planning:

Agencies across government should "intensify" their planning for across-the-board sequestration cuts, according to a Jan. 14 memo to the heads of executive department and agencies from Jeff Zients, the acting director of the Office of Management and Budget. The memo — which reiterates that agencies should not yet take steps to implement any budget reductions — directs agencies to



continue planning for budgetary uncertainty. ([More](#)) ([FedTimes](#))

## Feds Will Not Get Paid If Debt Ceiling Is Not Raised, Obama Says:

Federal employees and military service members will not get paid if Congress does not raise the debt ceiling, President Obama said Monday. The government also would not be able to honor its contracts with small-business owners, and Social Security checks and benefits for veterans would be delayed, Obama said during a news conference. ([More](#)) ([GovExec](#))



## Hurricane Sandy Amendments Could Impact Federal Workers:

Rep. Mick Mulvaney (R-SC) has filed two amendments to the Hurricane Sandy relief bill that would impact the federal workforce if adopted. One would require cuts of 1.63% for all agencies; the other would eliminate the mass transit benefit for federal employees. The amendments are designed to offset the cost of the relief package. ([More](#))



## 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](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>



## Memo Tells DoD Components to Plan for Budget Uncertainties:

Deputy Defense Secretary Ashton B. Carter has released a memo directing the services and defense agencies to begin planning for possible upcoming budget challenges. The memo allows defense components to freeze civilian hiring, terminate temporary hires and reduce base operating funds. It also allows components to curtail travel, training and conferences and to curtail administrative expenses. ([More](#))



## Pentagon No. 2 Issues Guidance to 'Mitigate' Budget Uncertainty:

After months of near-silence on planning for sequestration, Deputy Defense Secretary Ashton B. Carter on Thursday instructed Pentagon managers to prepare specific actions in case Congress and the White House fail to enact a new budget deal. Carter's guidance memo to all top service and civilian directors authorized such steps as a hiring freeze, a review of contracts,



cessation of travel and supply purchases, as well as release of temporary employees. Near-term actions should be accompanied by "intensified" long-term planning, it said. ([More](#))

**Hatch Act Reform Signed:** President Obama has signed into law (P.L. 112-230) the first Hatch Act reform in nearly two decades, which for federal employees primarily broadens the range of potential discipline when a violation is found. Under prior law, firing was mandatory, an action that could be reduced to no less than a 30-day unpaid suspension. The new law allows for penalties as light as a reprimand, along with other actions including a civil fine of up to \$1,000 and debarment from federal employment for five years. ([More](#))



**DoD Electric Vehicles Will Supply Power to Local Grids:** As the military continues to move away from dependence on fossil fuels, the Defense Department plans to spend \$20 million on a fleet of electric vehicles unique in their ability to export their own power and offset their cost. Camron Gorguinpour, special assistant to the

## Upcoming Dates

- Jan. 17:** 22<sup>nd</sup> Anniversary of Operation Desert Storm
- Jan. 19:** National Gun Appreciation Day
- 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 72<sup>nd</sup> 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 73<sup>rd</sup> 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



assistant secretary of the Air Force for installations, environment and logistics, said the department expects to lease as many as 500 electric vehicles at six different installations beginning later this year. All will be modified versions of electric vehicles already on the market with costs ranging from \$30,000 to \$100,000. ([More](#))

## **Seats for Soldiers - Quad City Mallards' Military Appreciation**

**Night:** The Quad City Mallards are hosting "Seats for Soldiers" – Mallards' Military Appreciation Night on Friday, **Feb. 8**, puck drop at 7:05 p.m., at the iWireless Center, as the team recognizes those who serve in our armed forces. Heading into the team's annual Military Appreciation Night, the Mallards will offer fans the chance to purchase discounted Seats for Soldiers tickets – seats that will be donated by the Mallards to military personnel and their families – for the cost of just \$5. Fans who purchase Seats for Soldiers tickets will be recognized on the Mallards' **Feb. 8** game-night roster sheet and logos of businesses that purchase 20 or more



Seats for Soldiers tickets will also appear on the roster sheet. Seats for Soldiers tickets can be purchased by stopping by or calling the Mallards' business office at (309) 277-1364. Fans will be able to purchase \$1 hot dogs and \$1 beer at iWireless Center concession stands **Feb. 8** as part of College Night co-promotion that night. ([More](#))

**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](#))



**"What's My Mission NOW?" MLK Day of Service -- Career Development Resources for Current and Prior Military Members:** On Monday, Jan. 21, 2:30-5 p.m., at the Adler Health Education Center, 1236 E. Rusholme

St., in Davenport (Lower level of the Genesis Heart Institute). Admission is free admission, but registration is requested. ([More](#))

**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. 18, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext.



119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Jan. 18**. A **3<sup>rd</sup> 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 2<sup>nd</sup> or 3<sup>rd</sup> 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



**US Army Corps of Engineers®**  
Rock Island District

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 our 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.qccaexpoctr.com](http://www.qccaexpoctr.com).

## **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.

## **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](#))

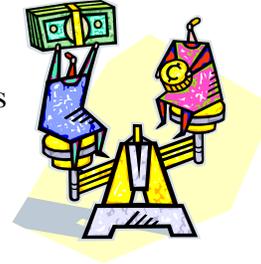


**Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming:** Thursday, **March 14**, in the Gold Room, Hotel Blackhawk, Davenport, 6-6:30

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.

## **Take the Time to Secure Your Future:**

Have you made resolutions to improve your health and/or finances in 2013? One of the reasons New Year's resolutions fail is people say they can't make room in their busy lives for daily exercise, preparing nutritious meals, developing a budget, balancing a checkbook, and other necessary activities. However, in most cases, time is exactly what is needed to successfully reach your goals. Sometimes, expert recommendations regarding recommended time commitments can sound intimidating. People hear that they need to exercise 30 to 60 minutes a day and automatically say "I'm too busy." Fitness experts say, however, that you can accumulate those minutes throughout the day. Gradual progress in 10 to 15 minute "chunks" of



time can help you big improvements your health and wealth. For additional information about small daily steps that you can take to improve your health and finances, visit [Rutgers University's Small Steps to Health and Wealth™ Web site](#). Today is the first day of the rest of your life. Take the time. - [BENEFITSINFO](#)

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

The Federal Service Labor-Management Relations Statute (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.

## 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 3<sup>rd</sup> floor and Bldg. 62 3<sup>rd</sup> floor, East and South Wings, **Sept. 10 - 3<sup>rd</sup> 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

### Increase In Social Security

### Withholding Will Little Affect Soldier

**Pay:** This year, Soldiers and most civilians will see an increase in the amount of their pay withheld for Social Security. The withholding has increased from 4.2 percent to 6.2 percent. The change comes with the expiration in legislation that was passed in 2010. Back then, that legislation actually decreased the withholding from 6.2 percent to 4.2 percent. Now that the legislation has expired, the withholding jumps back up to 6.2 percent. Soldiers can see the effects of the change by looking at the line marked "FICA" on their leave and earnings statement. Civilians will look under the line marked "OASDI." Soldiers are also seeing an increase in pay this year of 1.7 percent. In addition, there are changes to the basic allowance for housing and basic allowance for sustenance. So for Soldiers, the change in Social Security withholding may not have a noticeable effect on their take-home pay. ([More](#))

### Troop Pay Threatened by Debt-

**Ceiling Standoff:** Federal employees and military service members will not



get paid if Congress does not raise the debt ceiling, President Obama said Monday. The government also would not be able to honor its contracts with small-business owners, and Social Security checks and benefits for veterans would be delayed, Obama said during a news conference. Obama reiterated his stance that he will not negotiate with Republicans — who are demanding spending cuts in exchange for raising the debt ceiling. ([More](#))

**Rock Island Arsenal Tax Center:** It's that time again, as the New Year begins so does tax season. The Rock Island Arsenal Tax Center is here to help. In preparation for tax season you are encouraged to begin gathering your records. In order to assist you with tax preparation and returns, you will need to obtain and provide documents detailing all sources of income as well as those necessary to support eligible deductions and credits. You should be on the lookout for W-2s, 1099s and interest and dividend statements, which should show up in your mailbox or your online accounts. If you previously used the Rock Island Arsenal Tax Center, we should have your information in our system, but we will still need proper identification. If this is your first time filing with us, please make sure you

have your social security number or your tax identification number with you and bring a copy of your last year's tax return and all accompanying documents. We can prepare your state tax returns for you; but we must have all of your state tax information. If you are an Iowa resident, we must have your 2011 Federal and State return in order to complete this year's tax return for you. Due to the delayed passage of the American taxpayer relief Act, the Internal Revenue Service has postponed and recently modified their filing acceptance date until **Jan. 30**. Information concerning opening of the Rock Island Arsenal Tax Center will be forthcoming contingent on confirmation from the Internal Revenue Service accepting returns. The Rock Island Arsenal Tax Center looks forward to assisting you with tax preparation and filing. POC: (309) 782-4801/8646 or [email](#).

**Troops Discharged Under 'Don't Ask, Don't Tell' Gain Full Severance Pay:** Gay and lesbian service members discharged from the military on or after Nov. 10, 2004, under the Pentagon's "don't ask, don't tell" policy will be entitled to full severance pay, according to the settlement from a court case. The settlement ends a class action lawsuit

brought by the American Civil Liberties Union on behalf of service members discharged under DADT. Military members who were involuntarily and honorably discharged under DADT after six years of service were only entitled to half of their severance pay. DADT officially came to an end in September 2011, but the pay policy was separate. ([More](#))

**New Device Can Help Those With Tinnitus:** A medical company wants veterans and people in the military to know they have a new device on the market to treat tinnitus — a condition marked by ringing in the ears — that may help where other treatments have failed. The department of Veterans Affairs recently approved Sound Cure's new device, the Serenade, to treat tinnitus, which plagues many people who have been exposed to explosions in war zones or have spent time working around large aircraft or with loud weapons. "We're seeing lots of providers that are having very good success with patients," said Jeff Carroll, director of clinical services and engineering at Sound Cure and one of the Serenade's creators. ([More](#))

←-----→  
**Safety Spotlight**





**Army Safety 2012- A Year in Review and the Year Ahead:** The significance of safety is one of many critical lessons our Army has learned after 11 years at war. We have learned that lesson well as demonstrated by a 9 percent annual decline in Soldier accidental fatalities. Fiscal 2012 was our third safest year on record. This is a great accomplishment for every member of our Force, and one that will sustain us as we transition to the Army of the future. We can improve upon that performance in 2013 by treating safety as an imperative, not just a priority. As the mission changes, priorities may shift in importance. Safety, however, is nonnegotiable in all that we do, both on and off duty. It must be at the center of every function throughout the chain of command for the proper care of our Soldiers, Civilians, and Families. By focusing on several key actions, leaders at all levels can contribute to the safety of our personnel. First, commanders should evaluate unit safety culture and the degree of organizational risk by scheduling their individual formations for the Army Readiness Assessment Program (ARAP) (more information on ARAP is available at <https://safety.army.mil>). ([More](#))



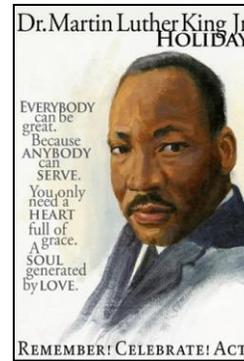
## Equal Opportunity Focus



**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](http://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](#))



**2013 Health Fair:** Stop by the Fitness Center on **Feb. 13**, 10 a.m. – 2 p.m., to

visit the various exhibitors who will have a myriad of information on a wide spectrum of health related topics including cardiology, chiropractic and cancer treatment to name just a few. Call (309) 782-6789 for more info. ([Flyer](#))

### No Limit Texas Hold 'Em Deep Stack Tournament:

See if you can bet, bluff and win to the top. Doors open at 4:30 p.m. and the tournament starts at 6:30 p.m. The cost is \$50 with a \$20 add-on. First place is guaranteed to walk away \$1,000 and payouts to the rest of the top 10 percent. Call (309) 782-4372 to register. ([Flyer](#))

Date: **Saturday, March 2**

### 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.



### 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.

**New MWR Website:** Come check out our new and improved MWR website at [www.riamwr.com](http://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](#))

**Hank Williams-Lost Highway:** Follow Williams' rise from his beginnings on the Louisiana Hayride to his triumphs on the Grand Ole Opry to his eventual self-destruction at twenty-nine. This show serves up classic country with the edges raw and the energy hot. Seats on sale until **Feb. 9** at \$43.50. ([Flyer](#))

Date: **Saturday, Feb. 23**

Time: **5:45 p.m.**

### 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.**

**How I Became a Pirate:** Aaaaaaaarr you ready for fun on the high seas? Based on the acclaimed children's book of the same name, How I Became a Pirate is a new musical adventure about a young boy named Jeremy Jacob who gets recruited by the friendly Captain Braid Beard and his mates. Seats only \$8. On sale until **March 3**. ([Flyer](#))

Date: **Saturday, April 13**

Time: **10 a.m.**

**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.**

**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.

**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

☪  
**Army Certified Family Child Care Provider:** Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training

provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

**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, 1<sup>st</sup> 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

## 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, 1<sup>st</sup> 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, 1<sup>st</sup> 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.mlkdav.gov](http://www.mlkdav.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, 1<sup>st</sup> floor, East wing.



## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> 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](http://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](http://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](http://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

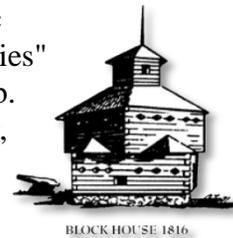
product recalls affecting military commissaries, visit [www.commissaries.com](http://www.commissaries.com) and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit the website and choose Food Safety at the bottom of the page.

**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.**

**Rock Island Arsenal Historical Society Meeting:** Dr. Curt Roseman will talk about "Historic Bridges of the Quad Cities" at the Arsenal Golf Club. If you join us for dinner, advanced reservations must be made with Linda at (563) 355-



6165, by **Feb. 4**. The 7 p.m. program is free and open to the public.  
Date: **Thursday, Feb. 7**  
Time: **6 p.m. Dinner, and 7 p.m. Speaker**

**RIA Museum Website:** The Army's second oldest museum, the [Rock Island Arsenal Museum](#), has a new website created in conjunction with the RIA Historical Society.

The Museum first opened to the public on July 4, 1905, and continues its primary mission to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island by focusing on "People, Processes, and Products." Immerse yourself in history and celebrate the heritage of Fort Armstrong, Rock Island Arsenal, and the Quad Cities here on Arsenal Island via its new home, [here on the Internet](#).



**Colonel Davenport Historical Foundation Annual Meeting:** The Colonel Davenport Historical Foundation invites the public to their Annual Meeting on Sunday, **Jan. 27**, at the Arsenal Island Golf



Club. The program begins at 2 p.m. and there is a catered dinner buffet afterwards. Elizabeth "Beth" Carvey will talk about Sauk and Meskwaki life and her new book *Twelve Moons: A Year with the Sauk and Meskwaki, 1817-1818*. Carvey partnered with artist and cartographer Tom Willcockson who designed and illustrated the look at life of local Native American tribes. Carvey has been director of the Hauberg Museum at the [Black Hawk State Historic Site](#) in Rock Island since 1981. The cost to attend the CDHF Annual Meeting is \$20 per person and advanced reservations are required. Call Jessica Waytenick at (309) 737-4280 by Tuesday, **Jan. 22**. For more information on CDHF events, membership, volunteer opportunities, and the Colonel Davenport House, [visit their website](#).

**This Week in Rock Island Arsenal History – Jan. 14-20:** 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. The Secretary of War approved on Jan. 16, 1906, the transfer of RIA land from the Ordnance Department to the Engineering Corps for the construction of the Moline

Locks. When Locks and Dam 15 opened in 1934, the Moline Locks were abandoned.

## Healthbeat



**Cervical Health Awareness Month 2013:** Cervical Health Awareness Month is observed in January of each year. Formerly known as Cervical Cancer Awareness Month, the name was updated a few years ago to recognize women diagnosed with non-cancerous cervical diseases that still require follow-up and, in some cases, treatment. In the years I've been working in ASHA's HPV and cervical cancer programs we've seen HPV vaccines come to market that are effective and recommended for routine use with all adolescent females and males; the emergence of HPV DNA tests as a standard of care for women 30 and older; and even political tussling over policy and practice in the field. So much progress, but many challenges remain. ([More](#))

**False-Negative Results Found In HPV Testing:** More than 12,000 women in the United States will be diagnosed with cervical cancer this year. Hundreds more may go undiagnosed because of the

widespread use of a screening test that the Food and Drug Administration has not approved for detecting the human papillomavirus, or HPV, which causes nearly all cervical cancers. Some of the largest national labs have for a decade routinely used test kits that contain a preservative, BD SurePath, that is approved for Pap tests but not HPV testing. The labs continue to use the tests despite an FDA warning June 8 that HPV tests using SurePath can produce false negatives and national guidelines that call for using only FDA-approved tests, an Arizona Republic investigation has found. ([More](#))

**HPV Cases Remain High Despite Vaccine:** The Annual Report to the Nation on the Status of Cancer shows the U.S. is making progress in controlling some tumors, but rates of human papillomavirus-related cancers remain stubbornly high. Overall, the report shows lower cancer rates in the U.S. among all genders and racial and ethnic groups for the most common cancers, including lung, colon, anal, breast and prostate. But rates of HPV-related cancers, like cervical cancer, are elevated despite the fact that a vaccine exists to prevent the viral infection that can trigger the disease. ([More](#))



## **Diet Soda Linked to Depression in NIH Study:**

Millions of people reach for an afternoon diet soda as a pick-me-up to make it through the rest of the day. But new research suggests sodas and other sugary drinks — especially artificially sweetened ones — could be related to depression. According to the research, which will be officially released at the American Academy of Neurology's annual meeting in mid-March, people who drink four cans or more of soda daily are about 30 percent more likely to be diagnosed with depression than people who don't drink soda. Coffee drinkers are about 10 percent less likely to develop depression than people who don't drink coffee. ([More](#))

## **Multistate Fungal Meningitis**

**Outbreak Investigation:** The Centers for Disease Control and Prevention, in collaboration with state and local health departments and the Food and Drug Administration, is investigating a multistate outbreak of fungal meningitis and other infections among patients who received contaminated steroid injections. This form of meningitis is not contagious. The investigation also includes fungal infections associated with injections in a peripheral joint

space, such as a knee, shoulder or ankle. ([More](#))

**Health Clinic Announcement:** Sick Call hours 7-8 a.m. Clinic closed, **Jan 21**, Martin Luther King Jr. Birthday. Training holiday military, **Jan.18**. Clinic closed staff meeting/training **Jan. 27** 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

### **DoD Official Lauds Veterans**

**Commercial License Effort:** Maryland has joined 33 other states in agreeing to waive the skills test for veterans and service members who have military training that would entitle them to a commercial driver's license, a senior Defense Department official said today. Frank C. DiGiovanni, director of training, readiness and strategy in the office of the deputy assistant secretary of defense for readiness, joined Maryland Lt. Gov. Anthony Brown and officials from the Maryland Department of Transportation, veterans' organizations, and federal, state and local offices to announce two new services available to veterans through

the Maryland Motor Vehicle Administration, or MVA. ([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:

- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **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 9<sup>th</sup> & 53<sup>rd</sup>, (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. 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. 8:** [Quad City Mallards Military Appreciation Night](#) (iWireless Center)

**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 6:** [Bandits Race to Home 5K](#) (Modern Woodmen Park)

**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:** [27<sup>th</sup> 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)  
**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:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)

# Island Insight

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

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## HOW TO STICK TO YOUR 2013 NEW YEAR'S RESOLUTION

It's the New Year and once again you've created a list for shaping the new you. But statistics show that only 8% of U.S. Population achieves their resolution. If you want to be part of the 8%, try these tips to success.

- 1. Give your resolution a shorter time frame**  
 Resolutions rarely last a year. If you make your resolution to June 1st, you are more likely to keep it all year.  
 75% JANUARY, 64% FEBRUARY, 46% JUNE  
\*Percent of people that keep their resolutions
- 2. Get started and commit already!**  
 The number one resolution is to get fit. But a lot of people fail because they never even get started. And one reason is that they feel they can't afford a gym membership. Before you make that decision, though, see if there are monthly expenses you can eliminate or reduce.  
 THE AVERAGE COST PER MONTH:  
 At two packs a week, average \$4.82 a pack: \$52.90  
 At one cup per day, \$2.29 a cup, Seven days a week: \$64.12  
 At four drinks per week, \$6 per drink (including tip): \$96.00  
 THE AVERAGE GYM MEMBERSHIP IS \$55.00
- 3. Don't give up**  
 Most people give up after the first resolution slip-up. Instead of giving up your diet after one late-night slice of pizza, jump on the treadmill for an extra 10 to 15 minutes.
- 4. Reward yourself**  
 Set monthly milestones. And if you reach them, treat yourself to something fun. Just try to make it healthy and cheap.
- 5. Get help**  
 Fortunately we now live in a time when it's easier than ever to keep track of how you're doing, set reminders, and share your weekly progress with your friends and family. Studies show that people are more likely to achieve a long-term goal when they get some help.

**APPS TO SUCCESS**

<b>Fitocracy</b>  Fitocracy is an app that can help you stick to your health goals with a community angle. The core of the app is social networking. Price: Free Available for iPhone, Android, BlackBerry and Windows	<b>MyFitnessPal</b>  MyFitnessPal is an app that aims to help you lose weight by having you set health goals, then follow up by logging your dietary intake and exercise regimen. The app then computes whether this pattern will allow you to reach your goals. Price: Free	<b>MapMyRUN</b>  MapMyRUN+ tracks your pace, live position on a map, distance traveled, calories burned, elevation, nutrition, and vital stats (with accessory purchase). Price: Varies by version (free or \$2.99) Available for iPhone, BlackBerry, and Android
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by: crobles **HealthCentral**

