

Jan. 18, 2011



Island Insight



IMCOM
SOLDIERS • FAMILIES • CIVILIANS



Force Protection Level – Alpha
Homeland Security Advisory System – Yellow/Elevated
Transportation Security Administration Threat Level – Orange/High
Coast Guard Maritime Security (MARSEC) Level – 1/Significant Risk



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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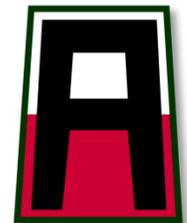
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Q-C Works to Welcome First Army:

The Quad-Cities is ready to welcome First Army as it completes the move of its headquarters to Rock Island Arsenal by mid-July. Where the more than 400 incoming personnel and their families choose to live "will depend on each individual's situation," Lester Harvey, First Army liaison to Rock island

Arsenal, said recently. Some people will live on the island. For those who don't, factors such as schools, medical care, housing options, cost-of-living and proximity to Arsenal Island are key, and the Quad-Cities is "more than adequately" prepared -- on both sides of the river, Harvey said. "All the municipalities are bending over

backwards to welcome First Army," he said. A delegation of local leaders, including members of the Rock Island Arsenal Development Group, visited Fort Gillem a few years ago to brief First Army on what the Quad-Cities had to offer. East Moline Mayor John Thodos



was part of that group. "If there is anything First Army needs, we have communicated we are here to meet their needs," he said. "We are working in unison and marketing the Quad-Cities as a whole, as it should be. I'm a mayor, not just of East Moline, but a mayor from the Quad-Cities, and that's how we have been interacting with them." [\(More\)](#) [\(First Army Marching into Q-C\)](#) [\(First Army Stone Sign Complete\)](#)

AESD Implementation in Effect – Attention All x0900 IT Support Callers:

Effective Feb. 1, 5 a.m., x0900 will no longer auto-forward your calls to the Army Enterprise Service Desk (AESD), 1-866-335-2769.



You will need to dial the AESD directly if you are still dialing x0900 for computer support. Please continue to use your specific support numbers for Operator support, SIPRNET, LMP, and your specific mission applications. You can still e-mail problems and questions to NEC-RIA at rock-helpdesk@conus.army.mil.

Lawmaker Proposes Two Weeks Unpaid Leave for Most Feds: Most federal employees would have to take

two weeks of unpaid leave in fiscal 2012 under a bill introduced Jan. 12 by Rep. Mike Coffman, R-Colo. [HR 270](#) would require civilian federal employees to take their furlough days nonconsecutively. For example, they would take one unpaid day of leave each week until they had fulfilled their furlough requirement, Coffman spokesman Joe Megyesy said. Megyesy said national security, law enforcement and public health and safety employees would not be furloughed. The bill would also cut lawmakers' pay by 10 percent and cut appropriations for legislative branch staffers' salaries and expenses in fiscal 2012. [\(More\)](#) [\(FedBlog\)](#)

LMP Up and Running in Army

Sustainment Command: What started as a room full of trained expert advisors is now nearly empty, with only a few employees waiting like Maytag repairmen.

Implementation of the Logistics Modernization Program, which began Oct. 21, has gone smoothly and no longer requires as many people to answer incoming phone calls on how to operate in LMP. "We are currently in the stabilization phase



Upcoming Dates

- [Jan. 23-29:](#) Tobacco-Free Awareness Week 📅
- [Jan. 23-29:](#) National School Choice Week 📅
- [Jan. 24-28:](#) No Name-Calling Week 📅
- [Jan. 25:](#) State of the Union Address 📅
- [Jan. 27:](#) National Eosinophilia Day 📅
- [Jan. 29:](#) Thomas Paine 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:](#) Lunar New Year 📅
- [Feb. 3:](#) National Patient Recognition Day 📅
- [Feb. 4:](#) National Wear Red Day 📅
- [Feb. 4:](#) USO 70th Birthday 📅
- [Feb. 5:](#) Army Emergency Relief 69th Birthday 📅
- [Feb. 5:](#) National Weatherman's Day 📅
- [Feb. 6:](#) Super Bowl Sunday 📅
- [Feb. 6-12:](#) Burn Awareness Week 📅
- [Feb. 7-13:](#) World Salt Awareness Week 📅
- [Feb. 11:](#) National Inventors' Day 📅
- [Feb. 12:](#) Abraham Lincoln's Birthday 📅
- [Feb. 12:](#) Darwin Day 📅
- [Feb. 13-19:](#) Children of Alcoholics Week 📅
- [Feb. 14:](#) Valentine's Day 📅
- [Feb. 14:](#) National Pet Theft Awareness Day 📅
- [Feb. 14:](#) National Donor Day 📅
- [Feb. 14-18:](#) Random Acts of Kindness Week 📅
- [Feb. 14-21:](#) Sexual Health Awareness Week 📅
- [Feb. 19:](#) 70th USCG Reserve Birthday 📅
- [Feb. 20-26:](#) National Engineers Week 📅
- [Feb. 20-27:](#) Military Saves Week 📅
- [Feb. 20-26:](#) National Eating Disorders Awareness Week 📅
- [Feb. 21:](#) Presidents' Day (*Federal Holiday*) 📅
- [Feb. 22:](#) World Thinking Day 📅
- [Feb. 22:](#) National Spay Day 📅
- [Feb. 24:](#) Great American Spit Out 📅
- [Feb. 24:](#) Introduce a Girl to Engineering Day 📅



working through various issues that commonly arise in a system deployment," said Mary Holburn, communications lead for the LMP core team. "Such as ensuring the proper functional security roles are assigned to our end-users and that data migration efforts are complete and accurate." ([More](#))

House Bill Proposes Third Year for Pay Freeze:

A bill introduced Jan. 7 would freeze federal employees' pay for a third year, cut the federal work force by 10 percent and enact several other proposals from the White House's deficit reduction commission. Rep. Kevin Brady, R-Texas, said [HR 235](#), the CUTS Act, would reduce federal spending by \$153 billion and be an important step toward balancing the budget. "Our nation's budget is out of control," Brady said in a statement. "We need to take strong actions today to get it back on track. Both Republicans and Democrats on the deficit commission agreed these cuts need to be made, so let's make a down payment on restoring our nation to a balanced budget and leaner government." ([More](#))



What Will Happen to Feds in 2011?:

In 2010, federal employees' pay and benefits came under attack by lawmakers faced with a gaping deficit. What changes are ahead for feds in 2011? Pay freeze, Government shutdown, Possible changes to health and retirement, Defense budget, Federal security ([More](#))

NSPS Employees Can Expect 2.26

Percent Pay Boost: Defense Department employees still under the National Security Personnel System will see a pay boost this month, according to Pentagon leadership. A Dec. 27, 2010, memo from Undersecretary of Defense for Personnel and Readiness Clifford Stanley clarifies the funding available for base pay increases for more than 54,000 workers and creates a salary "control point," designed to match pay limits with those that will apply when employees transition out of NSPS. Employees will receive a 2.26 percent pay boost with money traditionally spent on within grade increases, quality step increases and promotions among General Schedule grades that don't exist in NSPS. ([More](#))



Bldg. 220 Fire Alarm Testing of

Audio Visuals and Speakers: Due to fire alarm testing, please ignore short soundings of the fire alarm between 8-10 a.m. on Monday, Jan. 24. If further testing is necessary, another announcement will be sent. POC: mark.berendes@us.army.mil, (309) 782-0276

ACC Renames Contracting Centers:

The U.S. Army Contracting Command announced Jan. 19, the renaming of its major contracting centers to reflect their geographical locations. The centers provide comprehensive acquisition, contracting, business advisory, production support, and depot-level maintenance services in acquiring, fielding, and sustaining Army weapon systems, services and Soldier support. ACC Soldiers and civilians work with commercial firms to acquire equipment, supplies and services for America's Army. If a Soldier shoots it, drives it, flies it, communicates with it, wears it, or eats it -- ACC contracts for it. ([More](#))



Armed Forces Recreation Center Discounted Rates Now Available For

Survivors: In recognition of their sacrifice, the Army's Family and MWR Command is offering discounted rates at Armed Forces Recreation Centers to military Families who have lost a Family member in service to our Nation. Armed Forces Recreation Centers are full service resort hotels designed and operated by the Army to provide Soldiers, service members, DA Civilians and their Families with resort-style accommodations at affordable prices. ([More](#))



Connolly Re-Introduces Bill to Specify Lump-Sum FEGLI Payments:

Rep. Gerald Connolly D-Va., on Jan. 5 reintroduced a bill that would make lump-sum payments the default option when the Federal Employees Group Life Insurance program distributes insurance benefits. It is similar to a bill Connolly introduced in the last session that was not signed into law. The Federal Life Insurance



Transparency Act, H.R. 48, would—if signed into law—make a lump-sum payment the default option for the distribution of FEGLI benefits if no other election was made by the insured party. The current default option under FEGLI transfers benefits to a checking account known as a Total Control Account. ([More](#))

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Jan. 21, 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 **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 11**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



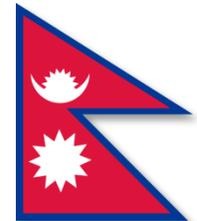
The Truth About Donating Blood! Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate.

Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 10 percent do annually.

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 see:

www.cpol.army.mil/library/permis/5012b.html

Travel Alert – Nepal: The State Department alerts U.S. citizens of the risks of travel to the Nepal. Nepal has experienced significant political violence in the past and, although there have been markedly fewer major disturbances in recent months, political tensions remain. Protests, demonstrations, and disruptions continue to occur, often without advance notice. Military and DoD employees traveling outside the United States are required by regulation to attend and Area of Responsibility briefing within 90 days of travel. To



attend a brief, contact the Garrison AT/FP officer at (309) 782-0116.

Travel Alert – Mexico: Recent information from Federal Agencies indicates that a

Mexico-based kidnapping cell operating in Central Mexico plans to target US persons visiting friends or relatives in Mexico for kidnapping and ransom this upcoming holiday season. Travel to various areas within Mexico should be deferred due to increased violence on streets and other public venues. Military and DoD employees traveling outside the United States are required by regulation to attend an Area of Responsibility briefing within 90 days of travel. To attend a brief, contact the Garrison AT/FP officer at (309) 782-0116.



Rock Island Arsenal Tax Center: The Rock Island Arsenal Tax Center will be open from **Jan. 24 thru April 15** in Bldg. 390.

We will begin setting appointments on **Jan. 17**. To schedule an appointment please call (309) 782-8076. Before scheduling an



appointment please ensure you have all needed tax records.

Augustana Basketball Invitation: All Rock Island Arsenal military and civilian employees and family members are invited to attend an Augustana basketball game on **Saturday, Jan. 22, at 7:30 p.m.** for absolutely no charge--just present a valid ID badge or card at the ticket table. For more information call (309) 794-7223.



Arsenal Attic Thrift Shop and Boutique: The Attic Thrift Shop has winter coats, scarves and gloves still available at reasonable prices. We also currently need donations or consignments of things for men, including clothing. Please visit our store's website through the MWR Home Page and see what we're all about. POC (309) 782-6977

Rock Island Arsenal Historical Society Meeting: The Rock Island Historical Society meeting will meet in Bldg. 60. Guest speakers will be Curtis and Libby Roseman, Board Officers of the Heritage Foundation. The cost is \$12.50 per person. Call (309) 796-0616

for reservations by Monday, Jan. 31. For clarification, call Kris Leinicke (309) 782-3518.

Date: **Thursday, Feb. 3**
Time: **6 p.m.**

CSRS and FERS Retirement Planning Program: CSRS and FERS Retirement Planning Program. Rock Island Arsenal Employees. Bldg. 102, 2nd floor, SW wing, Classroom 1 & 2. POC: Debra Carlson, (309) 764-8354, (888) 516-6357, Debra.Carlson@mranet.org
Date: **Tuesday, April 12**
Time: **7 a.m. - 3:30 p.m.**

Retirement Planning Program: CSRS and FERS Retirement Planning Program for Rock Island Arsenal employees. Bldg. 102, 2nd floor, SW, Classrooms 1 and 2. POC: Debra Carlson (309) 764-8354, Debra.Carlson@mranet.org
Date: **Thursday, Feb. 17**
Time: **7 a.m. - 3:30 p.m.**

Arsenal Traffic/Construction

Closure of Parking Spaces: Effective **Nov. 15**, 10 parking spaces located along the southwest perimeter of Lot 0L will be barricaded to position construction equipment and materials for renovation of the 3rd floor of Bldg.



56. Alternate parking is available in Lots 0J and 0K further west of the building. Resumption of parking expected by **Feb. 28**.

Sidewalk Closure - Main South

Entrance to Bldg. 390: A new entrance and circle drive to Bldg. 390 will be constructed and require sidewalk closures in order to perform the required work. Closure dates are: Main South Entrance to Bldg. 390, **Dec. 15 - April 11**; Sidewalk Directly South, **Dec. 15 - April 11**; Sidewalk along Rodman South: **Dec. 17 - April 11**.



Building/Space Closures



Bldg. 350 NE Corner Door Closure: Bldg. 350 NE corner door will continue to be closed until approximately **Feb. 7** to complete construction of new entrance.

Closure of Stairwell: Effective **Nov. 16**, the "southwest" stairwell of Bldg. 56 will be closed to allow for construction to extend it to the 3rd Floor. All work on the stairway including the remodeling of the 3rd Floor is scheduled to be completed by **Feb. 28**. Access to all floors in the building will continue to remain

available by the elevator and remaining stairway(s).

Restroom Closure: On **Jan. 17**, as part of the restroom renovation project at Bldg. 390, DPW and its contractor Swanson Construction will be closing the 4th floor restrooms for renovation. This closure will commence at 6 p.m. on **Jan. 17**. It is anticipated at this time that the 4th floor will be open for use on or about **March 7**. There will be closures on 3rd and 2nd floors once the 4th floor is completed and open for use. POC: terry.l.harris@us.army.mil, (309) 782-2038

Locker Room Closure Notice:

Effective Monday, **Dec. 13**, at 6 a.m., the Men's and Women's locker rooms, across from the Racquetball Courts, in Bldg. 351, will be closed for renovation. The North doorway and hallway should remain open for most of this work period with brief interruption. Closure is necessary to construct a new handicap ramp at the north entrance. The facilities are scheduled to reopen approximately **Jan. 24**. Please use caution in the area of this renovation and building expansion, and respect all caution/construction area signage during the course of this renovation.



Active Duty/Reserve Zone



Salon Offers Free Services to Families of Troops:

Capri College will offer free services to immediate family members of the actively deployed as a thank-you for the sacrifice that military families make when loved ones are overseas. Family members of the actively deployed will receive free haircuts and styles as well as half-price chemical and spa services between 10 a.m. and 4 p.m. every Tuesday. Family members are asked to provide military ID and verification of overseas deployment. To schedule an appointment, visit Capri College in Davenport at 2540 E. 53rd St., or call (563) 388-6642. For more information, visit www.capri-college.edu. ([More](#))

Tweet Away, Troops: Pentagon Won't Ban Social Media:

Using Facebook to stay connected to your friends and family while stationed in the middle of nowhere in Afghanistan? Whatever changes are underway for the Pentagon's use of social media, they're not going to stop



you from updating your Wall. “Social media tools are pervasive in the 21st century communications environment, and the department intends to fully utilize those capabilities,” Bryan Whitman, a Pentagon spokesman, assures Danger Room. ([More](#))

Army STARRS: The Army Study to Assess Risk and Resilience in Servicemembers ([Army STARRS](#)) is the largest study of mental health risk and resilience



factors ever conducted among military personnel. Carried out in partnership with the National Institute of Mental Health (NIMH), the study's goal is to identify - as quickly as possible - factors that protect or pose risks to Soldiers' emotional well-being and mental health. This study is part of the Army's commitment to promote the overall health of Soldiers and to prevent suicide across the Army. ([More](#))

Commissary Scholarship: Follow the link to read more about the scholarship program at the commissary <http://www.militaryscholar.org>

Discounted Bowling: Miller Time Bowling, 2902 E. Kimberly Road in

Davenport, is offering discounts to active military. Show your military I.D. and receive 50¢ off each game and shoes are only \$1. Normal fees: \$2.50 per game on weekdays, \$3 per game Friday at 5 p.m. through Sunday. Family fun. (563) 359-4770.

Free Credit Scores for Service

Members and Spouses: Free credit scores and reports available through ACS to active duty Service Members and their Spouses. They must have low FICO scores and are seeking ways to improve their credit rating. Contact Jon Cook (309) 782-0815, jon.c.cook@conus.army.mil

Safety Spotlight

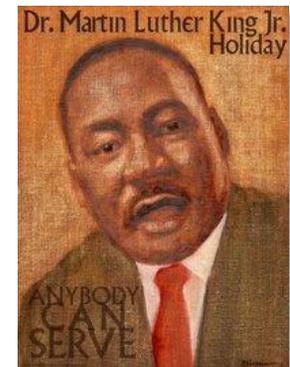
Surviving Black Ice: It's a typical mid-January Monday morning. The weekend ended too soon and the long grind of the work week looms ahead. You start your normal morning routine — making coffee, eating breakfast, taking a shower, dressing and warming up the car. The sun still hasn't peeked over the distant horizon, and the temperature dropped well below freezing last night. Looks like a good



time to try out that new winter jacket you got for Christmas. Thankfully, the winter has been rather mild this year and you haven't had to deal with the hassle of constant snowfall. You're beginning to run late, so you back out of the driveway before your car fully heats up and head down familiar roads to work. Even with the new coat on, the inside of the car is still frigid. You're fumbling with the heater knob when your car suddenly begins skidding and goes into a spin. You've just driven across one of the most perilous and often unseen hazards on winter roads — black ice. ([More](#))

Equal Opportunity Focus

Martin Luther King Jr. Holiday
Observance: Thursday, Jan. 20, 10 a.m. - 11 a.m.; Rock Island Arsenal, Bldg. 103, 3rd floor, Baylor Conf. Rm.; The US Army Sustainment Command EO Office invites the Arsenal workforce to its Martin Luther King Jr. Holiday



Observance. Guest speaker is Dr. Cyrus M. Ellis, Civil Rights Advocate. RIA Army Civilians can register for the event through [TEDs](#) using the keyword MLK Holiday Observance. Any additional information or accommodations please contact [Sgt. First Class Tammy Theis](#) at (309) 782-3021 ([More](#))

The EEO Initiative: The January issue of "The EEO Initiative" has hit the street and is available to download at  https://home.ria.army.mil/docs/the_eoo_initiative.pdf. This month's issue features the following articles: Disability Committee Strikes Gold with VA, Public Dressing Down Doesn't Rise to the Level of Discrimination, Category Rating, and What is Priority Placement Program (PPP) and How Does It Work? ( [More](#))

Prevention of Sexual Harassment Training (POSH) for New Hires:

Prevention of Sexual Harassment Training will be offered by the Garrison EEO Office for new hires. The location will be the Blackhawk Conf. Room, Bldg. 108, 3rd Floor, new hires at 8:30 a.m. on the following days: **Jan. 11, April 13, July 12, and Oct. 11.** To sign up for this



mandatory training, please register through [TEDs](#); key word: "posh for new hires." POC for POSH training (or to receive special accommodations) is mary.gale@us.army.mil at (309) 782-5024.

Garrison EEO Interactive Customer Evaluation:

The Garrison Equal Employment Opportunity office Interactive Customer Evaluation (ICE) is now available by clicking [HERE](#) to go to their website to complete the Ice survey. If you are commenting on a Special Emphasis Program select the program from the drop down menu provided.



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.

Golf Fitness Training Class: This class, led by PGA Professional Todd Fowler teaches students the basic concept of a proper golf swing and how

these fundamentals are related to golf specific flexibility and strength. The course is low impact and will focus on improvement regardless of current ability, flexibility, or strength. Course will be held on Mondays and Wednesdays from **Jan. 31 to March 14.** Cost is \$35/student and is payable when you sign up at the Fitness Center. Call (309) 793-1604 for more info.

RIA Fitness Center's 2011 Health

Fair: Together We Achieve Stronger, Healthier Lives; **Feb. 9, 10 a.m.** to 2 p.m. at the Fitness Center. There will be more than 70 exhibitors offering a mind boggling array of health and fitness information, products and services. Call (309) 782-6789 for more info or check out the [flyer here](#).



MWR Outdoor Ice Rink: The MWR Outdoor Ice Rink is open for the season. The rink is located next to the Moline Gate. Bring your own skates or check out skates for a small fee from Outdoor Recreation. For more info contact (309) 782-8630.



Public Ghost Hunters' Dinner at the Arsenal Island Golf Course:

The Arsenal Island Golf Course announces an open invitation to the public to attend our 5th "ghost hunters'" dinner on **Friday, Feb. 4.** You will hear from the Rock Island Paranormal Society on their investigation of the historical Quarters One built in 1871 as well as the Colonel Davenport home. George Eaton, Arsenal historian, will tell you the history of Quarters One. Following dinner we'll all make our way to Quarters One to search for the ghosts using the equipment of the paranormal society. Many of us may choose to go to the Col. Davenport home instead. Please bring a small flashlight to help light the way. Cocktails are at 6 p.m. with dinner at 6:30 p.m. Reservations are required; please call (309) 793-1601. Cost is \$30 inclusive per person. The Arsenal Island Golf Course is located at 1838 Gillespie Street.



Nominations of Performers and Technicians for the 2011 Army Soldier Show:

The U.S. Army Soldier Show requests nominations annually for performers and technicians. To access

the details of the nomination process, please click on the AKO link:

<https://www.us.army.mil/suite/files/25765315>.

Auto Skills Shop Fee Increases: To better serve our customers the following changes took place effective **Jan. 1.** A \$1 shop fee will apply to every repair ticket, retail part prices will increase slightly, appointment hours will increase to include Wed. & Thur. mornings from 8:30 am - 12 pm Please call (309) 782-8631 for more info.



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,

anna.winters@us.army.mil.

<http://riamwr.com/BusPgms/special.htm>

Cirque du Soleil:Darlion: Performing at the iWireless Center for two nights. It's a mix of the occidental and the oriental circuses, horoscopes and symbols from both worlds, Dralion is a fusion between the dragon and the lion. Discounted adult price tickets only \$45.75 & \$31.75. On sale until **March 21.**

Date: **Tuesday, April 19**

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

Armed Forces Vacation Club:

Discounted vacation stays for Military Personnel, Active or Retired, DoD and their families. Great choices, access to more than 200,000 accommodations in 100 countries. Installation #90. Contact the Leisure Travel Office for more details.

Motown Legends: For 50 years they've been entertaining America, now see them live. One unforgettable night at iWireless featuring the greatest hits of the Four Tops and the Temptations. Discounted seats on sale until **Jan. 19.** \$56.50 and \$35.50

Date: **Wednesday, Feb. 2**

Time: **7 p.m.**

World's Toughest Bulls & Broncs:

World's Toughest Rodeo promises all the family entertainment of rodeo including bareback bronc riding, saddle bronc riding and bull riding. Fans will also be treated to the action of women's barrel racing and the wild antics of the rodeo clowns. \$30, \$20, \$13 seats on sale until **Jan. 25.**

Date: **Friday, Feb. 25**

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



Outdoor Recreation Ski Outing: Join Outdoor Recreation for an evening of affordable skiing at Ski Snowstar. Participants must preregister and pay at the Leisure Travel Office in Bldg. 60. Phone (309) 782-8630 for more details. Date: **Friday, Jan. 21**
Time: **5-9 p.m.**

Outdoor Recreation Snow Tubing: Join Outdoor Recreation for the last snow tubing event of the season at Ski Snowstar. The cost is \$12 per person. No cost to sit and watch by the bonfire. Participants must preregister and pay at the Leisure Travel Office in Bldg. 60. Phone (309) 782-8630 for more info. Date: **Friday, Feb. 18**
Time: **5-9 p.m.**

2011 Chicago Auto Show: First staged in 1901, the Chicago Auto Show is the largest auto show in North America and has been held more times than any other auto exposition on the continent. Exhibitions include a complete range of domestic and imported passenger cars and trucks, sport utility vehicles; and experimental or concept cars and competition vehicles. Date: **Saturday, Feb. 12**
Time: **6:30 a.m. - 5 p.m.**

Circa 21 Presents: All Shook Up: Set in Smalltown, USA around 1955, a rolling roustabout with a song in his soul and an eye for the ladies rumbles into town shakin' up new attitudes. This rockin' musical features hilarious comedy, heartwarming romance, and over 25 legendary Elvis hits. Seats on sale until **Feb. 18**. Cost is \$43.50 per person. Date: **Saturday, Feb. 26**
Time: **5:45 p.m.**

Moline Great Escape Theatre Tickets: Need some stocking stuffers or last minute gift idea, let Leisure travel help. We have discounted Great Escape unrestricted movie tickets for \$8 each.

Disney Military Salute: America's military personnel will have opportunities to make memories through special offers on theme park tickets. Contact the Leisure Travel office for more details.

Child, Youth & School Services

Summer Day Camp: The School Age Center offers a 10 week Summer Day Camp Program for children who have completed Kindergarten thru 7th grade.

This program is open to all AD Military and DoD Civilian and DoD Contractor employees. Participants must be registered with Child, Youth and School Services by Feb. 28, in order to participate in this program. For more information please call (309)782-5019.

Part Time Care Now Available at CYSS: Child, Youth and School Services (CYSS) is now proud to offer part time care for children who need regularly scheduled care for 25 hours or less per week. Call (309) 782-6806 for more info or to reserve your space.

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our ACS website at riamwr.com/ACS/acsnew.htm 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

Free Credit Scores for Service Members and Spouses: Free credit scores and reports available through



ACS to active duty Service Members and their Spouses. They must have low FICO scores and are seeking ways to improve their credit rating. Contact Jon Cook (309) 782-0815, jon.c.cook@conus.army.mil

Get Out of Debt with PowerPay: Get out of debt and plan your credit pay-off for free at www.powerpay.org (sponsored by the Utah Extension Service). For information and assistance contact Jon Cook, Army Community Service, (309) 782-0815 jon.c.cook@conus.army.mil

AER Scholarships 2011 Applications Available Online: The Army Emergency Relief Scholarship Applications 2011 are available on line at www.aerhq.org. Scholarships are for dependent children and spouses of Army personnel and retirees. For more information contact Jon Cook at (309) 782-0815.

AER Expands Categories of Assistance: HQ AER announced Dec. 1, these new areas of assistance: Travel Funds for Relocation; Repair of HVAC (Heating, Ventilation, and Air Conditioning); Purchasing and Repairs of Stove or Refrigerator; Child Car Seats; and Cranial Helmets when Tri-

care requests are denied. For more information, contact Jon Cook at (309) 782-0815.

Employee Assistance Program

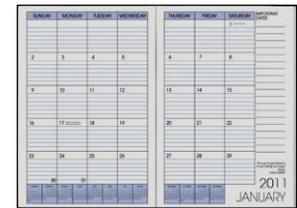
Employee Assistance Program: For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are 7 a.m. – 4:30 p.m. Monday through Friday. For additional information on the Employee Assistance Program, go to www.riamwr.com

New AA and Al-Anon Meetings: The EAP is starting two new meetings on Rock Island Arsenal. Alcoholics Anonymous, which is a support group for people struggling with addiction, and Al-Anon, which is a support group for those affected by a loved one's drinking problem. If you would like more information on these two meetings, please call the EAP at (309) 782-HELP (4357).



Anonymous Online Mental Health Screening - January: Beat the post-holiday blues this month by helping your community and yourself. The King Day of Service on Martin Luther King Day, Jan. 17, 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 taking a free screening offered by the Rock Island Arsenal Employee Assistance Program. ([More](#))

Log Books: There may not be such a thing as a free lunch, but there is such a thing as a free 2011 log book planner. The Army Substance Abuse Program / Employee Assistance Program is giving away free log books to RIA civilian and military personnel. Just print off the voucher on the ASAP/EAP website by [clicking HERE](#) and clicking on the "Date Log Voucher" link on the right hand side. Print off your voucher and bring it to the ASAP/EAP, Bldg. 110, first floor, SE



Wing, and receive your free planner. Feel free to cruise our new website when you're done printing off the voucher and look at what the ASAP/EAP has to offer.

EAP Offers Grief Group: The RIA EAP is now offering a new service – Grief Group. This group discusses the latest research on bereavement and coping with loss. Topics include divorce, aging, deployment, retirement, and much more. The group meets every Wednesday from 3-4:30 p.m. at the EAP office, Bldg. 110, 1st Floor, SE Wing.

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: Why not make a New Year's resolution to quit smoking. The Employee Assistance Program offers an ongoing educational support group for people who would like to quit smoking. The group meets each Wednesday from 3-4 p.m. at the EAP

office located in Bldg. 110, 1st floor, SE wing.

Education/Training Review

◀-----▶

Women in Defense (WID) Scholarship: WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking [HERE](#). Application submission must be post marked no later than midnight **April 28**. For more information, call (309) 792-4102.

Commissary Scholarship: Follow the link to read more about the scholarship program at the commissary <http://www.militaryscholar.org>

Rock Island Arsenal Welcome Club 2011 Merit Scholarship: Applications for the 2011 High School Senior and Continuing Education Student Merit Scholarships are available. Download applications will be available to download from the RIAWC website <http://riawc.org>. Hard copies can be picked up at the School Liaison Office and the Arsenal Attic. Deadline is **March 15**.

NDIA 2011-2012 Scholarships: The Iowa Illinois Chapter of NDIA announces its scholarship program for academic year 2011-2012. High school senior children of all Arsenal Island employees are eligible to apply. Applications can be found at www.ndia-ia-il.org. Call (563) 650-3252 if additional information is desired. Date: **Monday, March 21, 2011**

Rock Island Women's Club 2011 Merit Scholarship: Applications for the 2011 High School and Continuing Education Merit Scholarships became available **Jan. 1**. Applications will be available to download from the Rock Island Arsenal Women's Club website <http://riawc.org> (programs & events tab) and hard copies can be picked up at the School Liaison Office and the

Sgt. Paul Fisher Scholarships: The Iowa Illinois Chapter NDIA announces that applications for two \$1,500 scholarships for academic year 2011-2012 are now being accepted. Applications and eligibility criteria may be found at www.nida-ia-il.org. Call (563) 650-3252 for additional information. Date: **Monday, March 21, 2011**



2011 Scholarships for Military

Children: Applications for the 2011 Scholarships for Military Children are now available at the commissary or online at militaryscholar.org. For more information on the scholarship program call us (309) 782-4614 or stop in and see us.

Defense Commissary Agency /PX

The [Rock Island Commissary](http://www.commissaries.com) 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

Commissary Scholarship: Follow the link to read more about the scholarship program at the commissary <http://www.militaryscholar.org>

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 Tuesday through Friday, 10 a.m. to 4 p.m. and Saturday and Sunday, Noon to 4 p.m. The museum is closed on Mondays and major holidays. Admission is free.



Rock Island Arsenal Historical Society Meeting: The Rock Island Historical Society meeting will meet in Bldg. 60. Guest speakers will be Curtis and Libby Roseman, Board Officers of the Heritage Foundation. The cost is \$12.50 per person. Call (309) 796-0616 for reservations by Monday, Jan. 31. For clarification, call Kris Leinicke (309) 782-3518.
Date: **Thursday, Feb. 3**
Time: **6 p.m.**

This Week in Rock Island Arsenal History – Jan. 17-23: Col. Adelbert Rinaldo Buffington assumed command of RIA on Jan. 21, 1892.

Healthbeat

Cervical Cancer: The Preventable

Gynecologic Cancer: All women are at risk for cervical cancer. It occurs most often in women over age 30. Cervical cancer is highly preventable because screening tests (such as the Pap test) and vaccines to prevent HPV infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. The main cause of cervical cancer is human papillomavirus (HPV), a common virus that can be passed from one person to another during sex. ([More](#))

Overweight Young Adults Often Have Overweight Friends, Sweethearts:

Young adults who are overweight or obese tend to befriend and date people who are also overweight or obese, new research indicates. The finding echoes previous research that found health behaviors, and their results, "cluster" within social networks, said study author Dr. Tricia M. Leahey, an assistant professor of psychiatry and human behavior at Brown Medical School and Miriam Hospital's Weight Control and Diabetes Research Center in Providence, R.I. ([More](#))



Health Clinic Announcement: Sick Call Hours, 7-8 a.m. Clinic closed Jan. 28 at 12 a.m. for staff meeting and training.

Notes for Veterans

Enhanced VA Health Care Enrollment Opportunity Closing for Certain Combat Veterans: Certain combat Veterans who were discharged from active duty service before Jan. 28, 2003 have until Jan. 27, 2011 to take advantage of their enhanced health care enrollment opportunity through the Department of Veterans Affairs (VA). "While there is no time limit for Veterans to apply for the VA health care they earned with their service, I highly encourage this group of combat Veterans to take advantage of the enhanced enrollment window to use their health care benefits through this simplified process," said Secretary of Veterans Affairs Eric K. Shinseki. "VA has health care eligibility specialists online and at every medical center eager to help Veterans take advantage of this opportunity." ([More](#))

Car Pooling Announcements

Submit car pooling announcements via the [Island Announcements](#) page. Please use that page to contact ROCK-RIA-PA to take your announcement off once you have found a ride.

Car Pool:

- **Carpool/Ride:** Commuter living in downtown Davenport looking for a ride across the bridge to Bldg. 350. Employee works anytime between 6-8 a.m. Willing to pay for ample gas. POC is Tom: (563) 650-3540.
- **Carpool:** Looking to carpool with someone from Fulton/Albany area to Bldg. 390. Contact Carole at Carole.Mitchell@us.army.mil or (309) 782-1892.
- **Carpool:** Ride needed from East Davenport to Arsenal. Time is flexible. Will share cost. Please call (563) 271-8873.
- **Carpool:** Looking to carpool with anyone from the Western Illinois University Macomb Campus for the 2010/2011 school year. Call Nicole Suthard at (815) 345-1360, nicole.suthard@us.army.mil.
- **Carpool:** Current carpool looking for additional driver/rider with reliable vehicle. Commuting from

Galesburg/ surrounding areas along Interstate 74 to RIA. Contact (309) 782-5688 for details.

Around the Q.C.

- **Jan. 15-Feb. 20:** [Eagle Watch/Clock Tower Tours](#) (Mississippi River Visitor Center)
- **Jan. 20-21:** [Big Brothers Big Sisters Putt-A-Round](#) (RiverCenter, Davenport)
- **Jan. 21-23:** [Rod and Custom Show](#) (QCCA)
- **Jan. 22:** [QC Parrot Head Club 7th Annual Havana Daydreamin'](#) (RiverCenter, Davenport)
- **Jan. 22:** [Girlfriend Getaway Spa Day](#) (Moline Public Works)
- **Jan. 23:** [Hobby Fair](#) (Duck Creek Lodge, Davenport)
- **Jan. 23:** [Learn to Skate Day](#) (The River's Edge, Davenport)
- **Jan. 28:** [Family Carnival Night](#) (Coolidge Gym, Moline)
- **Jan. 28-30:** [Big Brothers Big Sisters Snowbird Softball Co-Ed Classic](#) (The Dugout, Davenport)
- **Jan. 29:** [Hand In Hand Chili Cook Off](#) (Hand In Hand, Bettendorf)
- **Jan. 29:** [Muscatine Bald Eagle Watch](#) (Muscatine Riverside Park, Muscatine)
- **Jan. 29:** [Davenport Jaycees Bridal Expo](#) (RiverCenter, Davenport)
- **Jan. 29-30:** [Bald Eagle Trolley Tours](#) (Mississippi Valley Welcome Center, LeClaire)
- **Jan. 29-30:** [LeClaire Bald Eagle Watch](#) (LeClaire, Iowa)
- **Jan. 30:** [5th Annual Chocolate Festival](#) (Quad City Botanical Center, Rock Island)



Feb. 5: [22nd Annual Wendy's Chili Golf Open](#) (Credit Island, Davenport)
Feb. 5: [Healthy Living Day](#) (iWireless Center)
Feb. 5: [Make A Wish 11th Annual Riverbend Gala](#) (RiverCenter, Davenport)
Feb. 8: [Waking Woodchucks](#) (Vander Veer Conservatory, Davenport)
Feb. 10: [Accessory Swap Meet](#) (Quad City Botanical Center, Rock Island)
Feb. 10 & 15: [Dad & Daughter Sweetheart Date Night](#) (Deere-Wiman House, Moline)
Feb. 11: [Mom & Son "Night Out"](#) (The Cellar, Moline)
Feb. 11-13: [Big Brothers Big Sisters Snowbird Softball Men's Classic](#) (The Dugout, Davenport)
Feb. 12: [Princess Valentine Party](#) (Hauberg Civic Center, Rock Island)
Feb. 11-13: [Iowa/Illinois Regional Auto Show](#) (RiverCenter, Davenport)
Feb. 12: [Valentines Indoor Fun Run/Walk](#) (Life Fitness Center, Bettendorf)
Feb. 12-14: [QC Home Builder's Show](#) (QCCA)
Feb. 17-20: [Hunting, Fishing and Outdoor Show](#) (QCCA)
Feb. 20: [Daddy Daughter Dance](#) (RiverCenter Miss. River Hall, Davenport)
Feb. 20: [Hockey Weekend Across America](#) (The River's Edge, Davenport)
Feb. 21: [Holiday Sports Day](#) (The River's Edge, Davenport)
Feb. 25-27: [RV, Camping & Travel Show](#) (QCCA)
Feb. 26: [Family Fun at Shedd Aquarium](#) (Moline Public Works, Moline)
March 5: [KWQC Women's Health and Lifestyle Fair](#) (RiverCenter, Davenport)
March 8: [Mammal Mayhem](#) (Vander Veer Conservatory, Davenport)

March 11: [Henry Farnam Dinner](#) (Radisson Quad City Plaza, Davenport)
March 17: [St. Patrick's Day Parade](#) (Rock Island to Davenport)
March 18: [St. Patrick's Dance](#) (Bettendorf Comm. Center)
March 19: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
March 25-27: [Flower & Garden Show](#) (QCCA)
March 26-27: [Annual Pelican Watch at Locks and Dam 14](#) (LeClaire)
March 27: [Mother Son Formal Dance](#) (River Center Miss. River Hall, Davenport)
April 1: [Gallery Hop!](#) (The District, Rock Island)
April 2: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
April 9: [Hershey's Track & Field Games](#) (Browning Field, Moline)
April 11-13: [Iowa Park & Recreation Assoc. Spring State Conf.](#) (RiverCenter Radisson Hotel, Davenport)
April 16: [5th Annual City Moline Parks & Rec. Easter Egg Hunt](#) (Riverside Park Field, Moline)
April 16: [Spring Egg Hunt](#) (Lincoln Park, Rock Island)
April 16: [Earth Week Fair](#) (QCCA)
April 16: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
April 23: [23rd Annual Easter Egg Hunt](#) (Mississippi Valley Fairgrounds)
April 23: [Disc Golf Skills Challenge](#) (Grand Pavilion, Moline)
April 23: [12th Annual Eddy Awards](#)
April 29-30: [Village Spring Fling](#) (Village of East Davenport)
April 30: [Gone-to-the-Dogs Egg Hunt](#) (Moline Dog Park)

April 30: [Spring Community Garage Sale](#) (Upper Longview Park, Rock Island)
April 30: [Venus Envy](#) (BucktownCenter, Davenport)
April 30: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
May 5: [Mystery Club Fiesta Follies](#) (Hauberg Civic Center, Rock Island)
May 7: [Derby Day Party](#) (Arsenal Island Golf Course)
May 7: [Downtown Clean Up Day](#) (The District, Rock Island)
May 7-8: [Beaux Arts Fair](#) (Figue Art Museum, Davenport)
May 12: [Princess Enchantment Ball](#) (Hauberg Civic Center, Rock Island)
May 14: [MLB Pitch, Hit & Run](#) (Stephens Park Diamond, Moline)
May 14: [Corps of Engineers' Boat Safety Class](#) (Clock Tower Complex)
May 21: [Armed Forces Day](#) (Brady Street Stadium, Davenport)
May 21: [Bugles Across America](#) (Rock Island National Cemetery)
May 21: [Start! Heart Walk](#) (Great River Plaza, Rock Island)
May 21: [American Girl Little House Party on the Prairie](#) (Stone House at Saukie Golf Course, Rock Island)
May 30: [Memorial Day Ceremony](#) (Rock Island National Ceremony)
May 30: [46th Annual Modern Woodmen Bank Quad Cities Criterium](#) (The District, Rock Island)
June 3: [Trivia Night](#) (Schwiebert Riverfront Park, Rock Island)
June 4: [QC Pride Fest](#) (LeClaire Park, Davenport)
June 4: [Spring Pops](#) (Adler Theatre, Davenport)



June 10-11: [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)
June 14: [Flag Day Ceremony & Celebration](#) (Moline Memorial Cemetery)
June 15-18: [Sturgis Mississippi River Motorcycle Rally](#) (Mississippi Valley Fairgrounds)
June 16-22: [Quad Cities Navy Week](#) (throughout the QC) 🏠
June 17-18: [Rock The District](#) (The District, Rock Island)
June 17-18: [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)
June 18: [Juneteenth](#) (LeClaire Park, Davenport)
June 18: [12th Annual Quad Cities Triathlon](#) (West lake Park, Davenport)
June 18-19: [Quad City Air Show](#) (Davenport Municipal Airport)
June 19: [Ride the River](#)
June 26: [QC Jewish Feast-ival](#) (Tri-City Jewish Center, Rock Island)
July 1-3: [IH Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 2: [Red, White, and Boom](#) (Rock Island & Davenport)
July 4-10: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 6: [John Deere Classic Pro Exhibition](#) (Arsenal Island Golf Course)
July 9-10: [Village Summer Stroll](#) (Village of East Davenport)
July 17: [Classic Car Show](#) (Village of East Davenport)
July 19-24: [Rock Island County Fair](#) (East Moline)
July 21-24: [Train Festival 2011](#) (Schwiebert Riverfront Park, Rock Island)
July 29-30: [40th Annual Wells Fargo Street Fest](#) (Downtown Davenport)

July 30: [Quad-City Times Bix 7 Race](#) (LeClaire Park)
Aug. 2-7: [The Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 4-7: [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)
Aug. 11-13: [25th Annual Great River Tug Fest](#) (Port Byron, Ill. & LeClaire, Iowa)
Aug. 12-13: [Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 19-20: [River Roots Live](#) (LeClaire Park, Davenport)
Aug. 26-28: [All Era Veterans Healing Field of the Quad Cities](#) (Davenport Memorial Park Cemetery)
Aug. 27: [Quad Cities Irish Festival](#) (Downtown Rock Island)
Sept. 3-4: [17th Annual Rock Island Grand Prix](#) (The District, Rock Island)
Sept. 10-11: [Beaux Arts Festival](#) (Figge Plaza, Davenport)
Sept. 10: [¡Viva Quad Cities!](#) (Bass Street Landing)
Sept. 10: [Quad-City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 17: [WQPT Brew-HaHa](#) (LeClaire Park, Davenport)
Sept. 17: [Celtic Highland Games of the Quad Cities](#) (Centennial Park, Davenport)
Sept. 17: [Taming of the Slough](#) (Sylvan Slough & Island)
Sept. 17: [VanderVeer Park Fall Festival](#) (VanderVeer Park, Davenport)
Sept. 17-18: [Riverssance Festival of Fine Art](#) (Lindsay Park, Davenport)
Sept. 23-25: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Sept. 24-25: [Quad Cities Kite & Family Fun Festival](#) (Centennial Park, Davenport)
Sept. 25: [Quad Cities Marathon & Festival](#) (John Deere Commons, Moline)

Oct. 8-9: [Four Kingdoms Renaissance & Pirate Fest](#) (Camelot KOA Campgrounds, Rock Island)
Oct. 9: [Mississippi Valley Welcome Center's Apple Festival](#) (LeClaire)

Island Insight

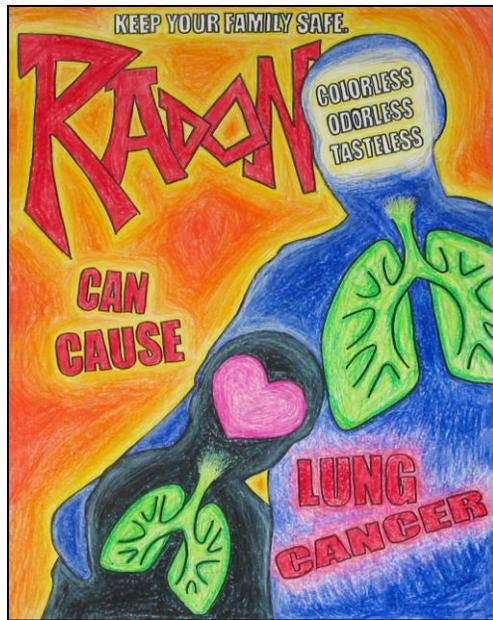
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Joel Himsl, Garrison Manager; Eric Cramer, Public Affairs Officer; Mark Kane, Editor

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 Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission



Island Insight

of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For submission of announcements to the Island Insight: www.ria.army.mil/sites/IslandAnn/announcement.cfm, E-mail address: ROCK-RIA-PA@conus.army.mil, Phone: (309) 782-1121. The Island Insight is available on-line at www.ria.army.mil/sites/news.



JANUARY IS
NATIONAL
RADON
ACTION MONTH

gear UP!

FOR SNOWY WALKS

- Never assume drivers can see you or will stop for you.
- Make eye contact with drivers to ensure they see you.
- Don't take a walk signal, a green light or a driver for granted. Look both ways to be certain.
- Crossing safely is your responsibility.



ARMY SAFE
FallWinter
NO TIME TO CHILL



ARMY SAFE
IS ARMY STRONG



GEAR UP! FOR THE BIG GAME!



SAFE CELEBRATING

- Be a good host and have plenty of healthy snacks, low-alcohol and alcohol-free drinks available.
- If you plan to drink, have a designated driver.
- Have a fire extinguisher nearby when cooking or using a grill in case there's a flare-up.

ARMY SAFE
FallWinter
NO TIME TO CHILL



ARMY SAFE
IS ARMY STRONG

