

Feb. 14, 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](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>

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## What the Proposed 2012 Budget

**Means for Feds:** President Barack Obama sent Congress a \$3.73 trillion budget Monday that holds out the prospect of eventually bringing deficits under control through spending cuts and tax increases. In the President's proposed FY 2012 budget to Congress, Barack Obama asks federal employees to lead

the way taking cuts in government spending. "Starting in 2011, the President has proposed and the Congress enacted a two-year pay freeze for all civilian Federal workers," including those working in the Department of Defense, according to the Budget Message from the President. "This freeze does not reflect on the

performance of Federal workers; rather, it reflects the shared sacrifices we must make." The budget proposal goes on to say: "The men and women who serve their fellow Americans as civilian Federal workers are patriots who work



for the Nation often at great personal sacrifice; they deserve our respect and gratitude. But just as families and businesses across the country are tightening their belts, so too must the Federal Government." ([More](#))

## **CR May Turn Into Crisis for Defense,**

**Gates Says:** Defense Secretary Robert Gates said Monday that the Pentagon's proposed 2012 budget would preserve the military's fighting strength, while the 2011 fiscal picture represented a looming crisis. Gates made the comments at the unveiling of the Defense department's 2012 budget proposal, which requests \$671 billion in discretionary spending and nearly 6% less than the administration requested for 2011. Among its many provisions, the blueprint outlines changes to the military healthcare system, a pay increase for servicemembers and new funding for cybersecurity. ([More](#))



## **Stars & Stripes: Budget**

**Breakdown – Army:** Under pressure to hold the line on defense spending, the Army's \$145 billion fiscal 2012



budget is about as much as the service requested for this fiscal year: \$143 billion. Items the Army wants to spend more money on include communications equipment, helicopters, unmanned surveillance aircraft and some missiles, including the Patriot. Conversely, the Army is cutting some weapons systems and plans to spend less on medium tactical vehicles. Construction spending is also expected to go down significantly. The Army requested about \$71 billion on top of the base budget to fund operations in Iraq and Afghanistan, down about 30 percent from its 2011 request because all U.S. troops are expected to leave Iraq by the end of December 2011. ([More](#))

## **Military Saves Campaign Week, Feb. 20-27, Build Your Savings Arsenal:**

Military Saves is a DoD-wide financial readiness campaign to persuade military service and family members, as well as the wider military community, to reduce debt and save money thereby ensuring personal financial readiness and positively impacting the nation's personal and household savings rates. Part of the national America Saves campaign,



# Upcoming Dates

- 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. 17:** National PTA Founders' Day [📅](#)
- Feb. 19:** 70<sup>th</sup> 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. 23:** 66<sup>th</sup> Anniversary Battle of Iwo Jima [📅](#)
- Feb. 24:** Great American Spit Out [📅](#)
- Feb. 24:** Introduce a Girl to Engineering Day [📅](#)
- March 1:** 50<sup>th</sup> Anniversary of Peace Corps [📅](#)
- March 1-7:** Return Borrowed Books Week [📅](#)
- March 2:** Read Across America Day [📅](#)
- March 3:** 80<sup>th</sup> National Anthem Anniversary [📅](#)
- March 3:** 96<sup>th</sup> Navy Reserve Birthday [📅](#)
- March 4:** National Grammar Day [📅](#)
- March 6-12:** Save Your Vision Week [📅](#)
- March 6-12:** Nat. Consumer Protection Week [📅](#)
- March 6-12:** Girl Scout Week [📅](#)
- March 6-12:** Nat. Words Matter Week [📅](#)
- March 6:** 175<sup>th</sup> Fall of the Alamo Anniversary [📅](#)
- March 8:** Mardi Gras/Fat Tuesday [📅](#)
- March 10:** 131<sup>st</sup> Salvation Army Birthday [📅](#)
- March 10:** World Kidney Day [📅](#)
- March 13:** Daylight Saving Time Begins [📅](#)
- March 14:** Pi Day ( $\pi$ ) [📅](#)
- March 15:** 92<sup>nd</sup> American Legion Birthday [📅](#)
- March 17:** St. Patrick's Day [📅](#)
- March 18:** Red Nose Day [📅](#)
- March 20:** 8<sup>th</sup> Anniversary, OIF [📅](#)
- March 20:** First Day of Spring (Vernal Equinox) [📅](#)



Military Saves' strategies include "The Saver Pledge," a commitment to exercise good financial habits and encourage other Americans to do the same. Savers who enroll online receive electronic newsletters and e-Wealth Coach advice. Who is eligible to join? Active duty, National Guard and reserve servicemembers, DoD civilians, retirees, veterans, defense contractors, and family members of all ages. Need more information or assistance? Contact Jon Cook, Army Community Service, (309) 782-0815, [e-mail](#); [website](#) ([More](#))

## **OPM Explains Lower Annuity**

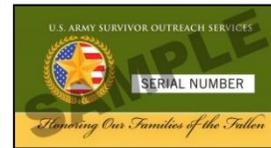
**Checks:** Many retirees opened their most recent annuity check and were surprised to find it was less than expected. Bill Zielinski, the associate director for retirement services at the Office of Personnel Management, said his office received countless calls from concerned feds. "For a lot of individuals, when they receive a statement that describes what the new amount of their annuity is, when they see these changes, they do call us," said Zielinski in a recent phone interview. "They want to make sure they understand what those changes are, why



those changes took place and what options they may have about those." ([More](#))

## **Army Recognizes Families of Fallen With Vehicle Decal, Easier**

**Installation Access:** During a Survivor Outreach Services working group meeting last year, several participants expressed difficulty in gaining access to military installations to take part in SOS programs and support services. Survivors, including parents of fallen Soldiers, do not always have a DoD identification card, and are frequently required to obtain a visitor or temporary vehicle pass to enter garrisons. Soon survivors will be able apply for a Survivor Decal, much like the standard installation access decal-for their vehicle, greatly improving their ability to access the programs designed to support them. "My intent is to implement access control procedures making it easier for survivors to enter Army garrisons," said Lt. Gen. Rick Lynch, commander of the Army Installation Management Command and Assistant Chief of Staff for Installation Management. *✂ Survivors serviced by*



*the Rock Island Arsenal SOS program* may contact Dollie Carpenter, SOS Coordinator, at (309) 782-8253 or toll free (877) 882-0523 for additional information. Carpenter is putting together the plan for decal distribution. ([More](#))

## **FEHB Smoking Cessation Benefits:**

There has never been a better time to quit smoking. This year Federal Employees Health Benefits (FEHB) Program enrollees have 100 percent coverage and full access to treatments that are proven to help them quit smoking. In the plan year 2011, all FEHB plans must cover: four tobacco cessation counseling sessions and all seven FDA-approved medications. For more information, [click here](#); or go to [www.opm.gov/quitsmoking](http://www.opm.gov/quitsmoking).



## **Women In Defense Leadership**

**Training:** Annual Women in Defense Leadership Training, Thursday, **March 10**, Waterfront Convention Center, Bettendorf. Theme is "Leadership: The Road to Success". The Keynote speaker is

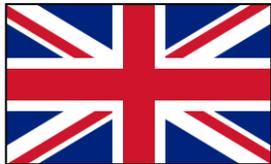


Tina Savas, Author of "Women of True Grit". For additional information contact Chris Weatherspoon, (563) 271-5903 or their [website](#).

Time: **7 a.m. - 4:10 p.m.**

**Rock Island Arsenal Tax Center:** The Rock Island Arsenal Tax Center will be open from **Jan. 24 thru April 15** in Bldg. 390. To schedule an appointment please call (309) 782-8076. Before scheduling an appointment please ensure you have all needed tax records.

**Travel Alert – United Kingdom:** The Department of State has issued a Travel Alert to inform U.S. citizens traveling to the United Kingdom (UK) of the continuing high level of terrorist threat, including the potential for terrorists to attack public transportation systems, aviation and other travel infrastructure in the UK. 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 – Egypt:** The State Department alerts U.S. citizens of the risks of travel to Egypt due to political and social unrest. Violent demonstrations are taking place in several areas of Cairo and other parts of the country, disrupting road travel between city centers and airports. 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.



**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Feb. 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 **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning



at **2:15 a.m. on Feb. 18**. 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.

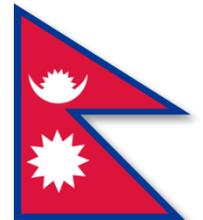


***The Truth About Donating Blood!** Excuse: Plenty of people donate, they don't need my blood. Truth: The fact is that plenty of people don't donate. Every two seconds, someone in the U.S. needs blood. Unfortunately, of the 38 percent of the U.S. population that is eligible to donate blood, less than 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](http://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

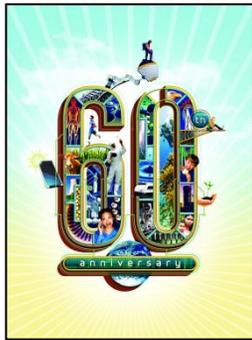


recent months, political tensions remain. Protests, demonstrations, and disruptions continue to occur, often without advance notice. Military and DoD employees traveling outside the United States are required by regulation to attend and Area of Responsibility briefing within 90 days of travel. To attend a brief, contact the Garrison AT/FP officer at (309) 782-0116.

## **49<sup>th</sup> Annual QCESC Banquet:**

Thursday, Feb. 24, at the Putnam Museum, 1717 W 12<sup>th</sup> St., Davenport. Featured Speaker: Denise Bulat, Bi-State Regional Commission;

Key Transportation Projects in the Quad Cities; News on the I-74 Bridge Project, Amtrak Expansion,



Bike Trails & more ... The QCESC Banquet is open to the general public. Everyone is encouraged to attend this premier event celebrating science, engineering and education. 5-6:30 p.m. Social with cash bar, complimentary Hors d'œuvres, silent auction, and displays; 6:30-7:30 p.m. Dinner Buffet with Desserts and Beverages to be

included. ([Details on website](#)); 7:30–8:45 p.m. Program with Awards, Scholarships, and Featured Speakers. Banquet: \$35 per person, \$20 for full-time students with proof of status. Advance reservations and payment are required by **Feb. 18** – no late reservations. ([Flyer](#))

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

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

**Executive Women Golf Association Meet & Greet:** Open House Come learn about our leagues, educational clinics, social/golf events. If you join that night at the Classic level you receive \$20 off. Free admission. The Phoenix, 1500 3<sup>rd</sup>

St., Davenport. Win tickets to Cirque Du Soleil at iWireless. There will be other drawings every 10 minutes.

Date: **Thursday, Feb. 24**  
Time: **5:30-7:30 p.m.**

**Midwest Sluggers '97 Trivia Night:**  
Where: Sam's Fargo 4204 Avenus of the Cities, Moline, Ill. When: Doors open at 6 p.m. and game play to start at 7 p.m. Cost: \$10 per person Why: Fundraiser for the Midwest Sluggers '97 ASA softball team Host: Comedian Louie Naab Extras: 50/50 Raffle, Silent Auction, Mulligans and more. POC: Justin Culps (309) 235-0058  
Date: **Friday, Feb. 25**  
Time: **6 p.m.**

**Promoting Arc Business Supply:** [The Arc of Rock Island County](#) provides

employment, care, and services to individuals with developmental disabilities. Here on the Rock Island Arsenal, Arc provides opportunity and skill training to individuals at the supply store located in Bldg. 104. We have a well stocked store of AbilityOne products and we deliver at no charge.



## Arsenal Attic Thrift Shop and Boutique:

The Arsenal Attic Thrift Shop and Boutique is located in Bldg. 60 Basement. The Attic will be open on Saturday, Feb. 19 from 10 a.m. until 2 p.m. in addition to our regular days. Visit our [website](#) for consignor forms and more information. POC: (309) 782-6977.

## Power Outage in Bldg. 56:

There will be a power outage in all of Bldg. 56, on Monday, **Feb. 21**, President's Day, 8 a.m. - 12 p.m., for equipment installation. POC is [E-mail](#), (309) 782-0276.



## 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 3<sup>rd</sup> 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**.

## Government Bridge - Intermittent Lane Closures/Test Turns:

There will be intermittent lane closures and test turns of the Government Bridge from 7 a.m. to 7 p.m., **Saturday, Feb. 19 through Tuesday, March 1**. The lane closure(s) are necessary to facilitate repair of the turn mechanism for the Swing Span and test turns. All test turns during the work week will be conducted during "non-peak" traffic hours (8:30 a.m. - 2:15 p.m.). Very minimal interruption to traffic is anticipated. Flagmen will be present to direct and maintain bi-directional traffic at all times. POC: [E-Mail](#), (309) 782-2446

## 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

**Restroom Closure:** DPW has received a request of intent to close the women's restroom, Bldg. 110, 3<sup>rd</sup> floor, Room

100-3-2 from 5 a.m. on **Feb. 19** - 5 p.m. on **Feb. 27**. Closure is required to facilitate work relating to the Swing Space Renovation project, Bldg. 110, 3<sup>rd</sup>, West wing.

**Bldg. 350 Door Closure:** The Bldg. 350 northeast corner door will remain closed until further notice due to inclement weather at the beginning of the month and the cold weather last week. The contractors were unable to pour concrete, set safety bollards, and place the card reader outside the building. Further delays are possible due to a backlog of work with communications, (PSGS), programming the simplex card reader. POC: [E-Mail](#), (309) 782-2440

**Closure of Stairwell:** Effective **Nov. 16**, the "southwest" stairwell of Bldg. 56 will be closed to allow for construction to extend it to the 3<sup>rd</sup> Floor. All work on the stairway including the remodeling of the 3<sup>rd</sup> Floor is scheduled to 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 commenced at 6 p.m. on **Jan. 17**. It is anticipated at this time that the 4<sup>th</sup> floor will be open for use on or about **March 7**. There will be closures on 3<sup>rd</sup> and 2<sup>nd</sup> floors once the 4<sup>th</sup> floor is completed and open for use. POC: [terry.l.harris@us.army.mil](mailto:terry.l.harris@us.army.mil), (309) 782-2038

## Active Duty/Reserve Zone

**Exploring Egypt – Military Family Day at the Putnam Museum:** The USO of Illinois and Operation Military Kids invite you on Saturday, **Feb. 26**, 10:30 a.m., to "Mysteries of the Nile" on IMAX. Private showing for military families at 11 a.m.; pizza provided for lunch; hands-on sessions beginning at 12:45 p.m.: - Preparing to reunite with your service member, - Exploring the culture of Egypt—hands-on activities, - Exploring Ancient Egypt—with special activities in the popular museum exhibit area. Military Family Resource Fair: Learn about resources for military families— USO of Illinois, American



Red Cross, Army Community Service, Operation Military Kids—Military Kids Camp and Operation Family Time Out and more. Just \$3 per person for the entire day (also includes admission to the entire museum). Register now at: [www.extension.uiuc.edu/rockisland](http://www.extension.uiuc.edu/rockisland). For more details, contact: Diane Baker, (309) 792-8151, [bakerd@illinois.edu](mailto:bakerd@illinois.edu)

**Great Lakes Satellite Vet Clinic:** Great Lakes VTF will be hosting a satellite vet clinic on **March 17**, 1-7 p.m., and **March 18**, 8:30-11 a.m., at the Rock Island Arsenal Fire Station. The Vet Clinic will be open to all active duty ID holders/dependents and retirees. Questions? Please call (847) 688-5740 or go to this [website](#). Services will include ... Canine: Heartworm/Lyme test, fecal, vaccines (Rabies, Distemper, Bordetella, Lyme), flea/tick, heartworm prevention; Feline: FIV/FelV test, fecal, vaccines (Rabies, FVRCP, Leukemia), flea/tick prevention.



## Safety Spotlight

**AmerTac Recalls Night Lights Due to Fire and Burn Hazard:** The U.S.

Consumer Product Safety Commission, in cooperation with the firm named below, Feb. 9 announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. ([More](#))

### **Hoover Recalls WindTunnel Canister Vacuums Due to Fire and Shock Hazards:**

The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, Feb. 9 announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. ([More](#))

### **Motorcycle Class Registration Now On-Line:**

The U.S. Army Installation Command Registration system (AIRs) is a web-based scheduler and tracking tool for the Army Traffic Safety Training Program. AIRs allows military and civilian personnel to electronically register for traffic safety courses (Motorcycle Safety Classes and Intermediate Driver



Training Classes) conducted at IMCOM garrisons. The tool requires each Garrison Safety Office to create their own training schedules for everyone's viewing on the AIRs website. The tool makes it easier for military and civilian employees to find and register for the required traffic safety courses they need, and helps Garrison Safety personnel manage course registrations, fill classes, and track training statistics. Statistical reports offer commands, regions, and garrisons analyses of training registrations, cancellations, completions, and no-shows. ([More](#))

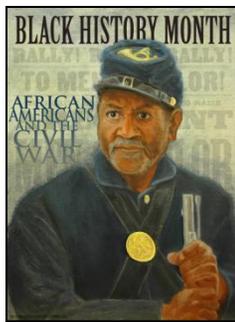
## Equal Opportunity Focus

### African American/Black History

**Month Observance:** The Army Sustainment Command Equal

Opportunity Office cordially invites you to attend the African American/Black History Month Observance, **Feb. 24**, in Heritage Hall, Bldg. 60, 10–11 a.m.

Keynote speaker is Dr. Cyrus Ellis, Doctor of Philosophy and award



winning social justice advocate. Come sample some of the delicious cuisine provided. Registration is available in [TEDs](#), key word Black History. Please contact Sgt. 1<sup>st</sup> Class Tammy Theis, (309) 782-3021 for any special accommodations or additional information.

### National African American History

**Month:** *Presidential Proclamation –*

The great abolitionist and orator Frederick Douglass once told us, "If there is no struggle, there is no progress." Progress in America has not come easily, but has resulted from the collective efforts of generations. For centuries, African American men and women have persevered to enrich our national life and bend the arc of history toward justice. ([More](#)) ([StandTo!](#))



### 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, 3<sup>rd</sup> Floor, new hires at 8:30 a.m. on the following days: **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](mailto:mary.gale@us.army.mil) at (309) 782-5024.

## 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.

### MWR 2011 Garden Plot Signups:

Signups for this season's Garden Plot Program will begin on **March 7** for active duty military, **March 14** for retired military, **March 21** for RIA civilians. The fee is \$25 per plot and a \$100 cleaning deposit per plot or active duty military family. For details phone (309) 782-8630.



**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.

**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.



## 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](mailto:anna.winters@us.army.mil).

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

**Barney Live!:** Celebrate with Barney on his birthday at this 'super-dee-duper' live stage concert featuring more than 25 fun and upbeat sing-along tunes. Seats on sale now. Military rate \$17/\$12; DoD \$19/\$15.

Date: **Tuesday, March 1**

Time: **6:30 p.m.**

**Books Are Fun:** Come visit the New Books Are Fun Book Fair here for two days. Children's story books, cookbooks, general interest books, New York Times best sellers, stationery & scrapbooking, music collections, gifts for all ages, early-learning products, and children's educational products.

Date: **Wednesday, Feb. 16**

Time: **9 a.m. - 2 p.m.**

**WID What Not to Wear:** "What Not to Wear" at Four Seasons is back! Join us **Feb. 17, 5:30-6:30 p.m.**, to see looks for business and formal occasions. All ages represented and there's time to shop. A great time at Four Seasons located at 2205 E. Kimberly Road, Davenport. Please RSVP to (309) 530-5273.

### **Outdoor Recreation Basic Open**

### **Water Scuba Certification Class:**

Class meets on **Feb. 28, March 12, 19 & 26**. Sign up now at the LTO Office in

Bldg. 60. For complete details please call (309) 782-8630.

Time: **6 p.m.**

### **iWireless Presents – Thomas &**

**Friends:** This 90-minute live musical adventure is based on the stories of the famed Thomas & Friends brand that has been enjoyed by millions of children in the popular television series, home video programs, books and a complete line of preschool toys. Seats are on sale until Feb. 1. \$28.50, \$20.50 & \$12.50.

Date: **Wednesday, Feb. 16**

Time: **6 p.m.**

**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.

## **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.**

## **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 7<sup>th</sup> 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)**

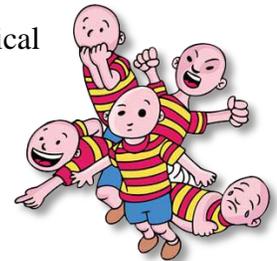
ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; Visit our ACS website at [riamwr.com/ACS/acsnew.htm](http://riamwr.com/ACS/acsnew.htm) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412

**Scholarship Searching Information:** Scholarship search information available

from Army Community Service. Getting ready to go to college in the fall? Receive free access to scholarship database plus get a list of scholarship sources, plus scholarship searching advice. [E-mail](#) to receive the information electronically, or call (309) 782-0815.

## **Special Needs Forum on ADHD:**

The group will have a presentation on ADHD by Roxanne Nash, Licensed Clinical Social Worker from the Robert Young Mental Health Center. The location is Bldg. 150, School Age Center. Please call for more information. You must RSVP for child care by **Feb. 16** to (309) 782-6515/3049 Date: **Thursday, Feb. 24**  
Time: **5:30-7:30 p.m.**



## **Military Saves Lunch & Learn – Feb.**

**23, 11: 30 a.m.:** Military Saves Lunch & Learn jointly sponsored by RIAFCU and ACS at the Arsenal Club, Bldg. 60 NW. Learn how to build your wealth arsenal. Free box lunch, priority to Military and Family Members. RSVP (309) 782-0815; [ROCK-ACS@conus.army.mil](mailto:ROCK-ACS@conus.army.mil).



## **Rock Island Fire Station Tour:**

Attention Military Dads – join us on **Feb. 17** for fun at the fire station! The firefighters will be cooking some chili and hot dogs plus treating the kids and Dads to a tour of the station. RSVP is required to the Family Advocacy Program at (309) 782-3049 or e-mail [jenny.kerr1@us.army.mil](mailto:jenny.kerr1@us.army.mil).  
Time: **5:30-7:30 p.m.**

**Coping with Stress:** Stop by the Café 4 Parents table in Heritage Hall to pick up some information on this topic that affects us all! Learn some tips to keep the stress levels manageable in the long winter months.

Date: **Wednesday, Feb. 16**  
Time: **11 a.m. – 12 p.m.**

## **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](mailto: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](http://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](mailto: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](http://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.



## 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](http://www.riamwr.com)

## **EAP on Social Media:**

The Rock Island Arsenal Employee Assistance Program has a [new Facebook page](#). Login and "Like" us in order to receive



updated news regarding new EAP services, health and wellness information, and upcoming events.

## **Anonymous Online Mental Health**

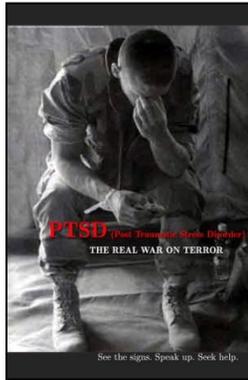
**Screening -- February:** We've all seen the ads, if only you had this diet pill, exercise device, or meal plan you would feel attractive and happy. It can be tempting to think that changing your weight can solve the problems in your life. However, for the millions of people who struggle with eating disorders each year their initial diet or weight loss tricks spiraled out of control into a mess of isolating rituals, despair, and medical complications. ([More](#))

**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).



**PTSD Support Groups:** We are here to help. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through the difficult challenge of Post-Traumatic Stress Disorder. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more information. (Additional resource: [T2 Virtual PTSD Experience](#))



**Smoking Cessation Group:** As part of a comprehensive plan to quit smoking, the Employee Assistance Program offers an ongoing Smoking Cessation educational support group that meets each Wednesday from 3-4 p.m. at the EAP office located in Bldg. 110, 1<sup>st</sup> floor, SE wing.



**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, 1<sup>st</sup> Floor, SE Wing.



## Education/Training Review



### **Earn College Credit By Testing Out of Courses:**

Available on Rock Island Arsenal are exams from College Level Examination Program (CLEP) and DSST (formerly DANTES). These exams are free to active duty military personnel. The total cost of each exam is under \$100 for most government civilian employees, retired military, veterans and adult family members of civilian employees. Most colleges award at least three credits provided your score meets the minimum required by that college. Credits earned via these exams may apply to your civilian job related minimum business credit requirement (discuss with Testing Center administrator). The [Western Illinois University-Rock Island Arsenal National Testing Center](#) for CLEP and DSST is located in Bldg. 56, Rm. 103, and administered by Advisor Jacquelyn Holan. Questions may be directed to



Jacquelyn at (309) 558-6444 or via email at [JA-Holan@wiu.edu](mailto:JA-Holan@wiu.edu). It's advisable to schedule exams at least two weeks before your desired testing date.

### **Engineering & Construction Summer Camp for High School Students:**

The Rock Island Post of the Society of American Military Engineers (SAME) is looking to send high school students (currently in grades 9-11) to one of two Engineering and Construction Summer Camps. Applications are due by **March 25**. For application and POC details [click here](#).



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

**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.



**This Week in Rock Island Arsenal History – Feb. 14-20:** Construction of the second phase of Project REARM began in February 1986.

## Healthbeat





## **Teen Drinking Brews Adult Trouble:**

Older teenagers who are heavy drinkers are more likely than those who aren't to develop drinking problems as adults, including alcoholism, new research indicates. The researchers who analyzed the results of 54 studies, half of them done in the U.S., say more work is needed to determine the long-term consequences of drinking, and especially heavy drinking, by older teens aged 15 to 19. The study is published in the journal PLoS Medicine. ([More](#))

**Health Clinic Announcement:** Sick Call Hours, 7-8 a.m. Clinic closed **Feb. 21**, holiday; and **Feb. 25** at 12 p.m. for staff meeting and training.



## Notes for Veterans



### **VA Announces 2011 Industry**

**Innovation Competition:** The Department of Veterans Affairs (VA) today announced the opening of the 2011 Industry Innovation Competition to identify, fund and evaluate promising innovative technology proposals to improve the quality of health care for Veterans. "VA has a long history of being an innovator and early adopter of

health technology," said Secretary of Veterans Affairs Eric K. Shinseki. "This competition continues that legacy and provides VA with a powerful tool to utilize the best and brightest within the industry to improve care and services for our Nation's Veterans, their families and survivors." This competition is part of VA's Innovation Initiative (VAi2), a department-wide program that solicits the most promising innovations from employees, the private sector, non-profits, and academia to increase Veterans' access to VA services, improve the quality of services delivered, enhance the performance of VA operations, and reduce or control the cost of delivering those services. Up to \$100 million in awards could be made in this innovation competition. ([More](#))

### **New VA Support Line Provides Important Assistance to Caregivers:**

The Department of Veterans Affairs (VA) is increasing its support to caregivers with a new, toll-free telephone line for the caregivers of Veterans of all eras. "The families and loved ones who care for severely injured Veterans deserve the highest level of support," said Secretary of Veterans Affairs Eric K. Shinseki. "At VA, we consider them important partners in our efforts to care for and rehabilitate our

nation's heroes." The National Caregiver Support Line -- 1-855-260-3274 -- will serve as the primary resource and referral center to assist caregivers, Veterans and others seeking caregiver information. ([More](#))

### **New and Enhanced VA Benefits Provided to Caregivers of Veterans:**

The Department of Veterans Affairs (VA) is launching the first of a series of new and enhanced services supporting family caregivers of seriously ill and injured Veterans. In May 2010, President Obama signed the Caregivers and Veterans Omnibus Health Services Act of 2010 legislation authorizing VA to establish a wide range of new services to support certain caregivers of eligible Post 9/11 Veterans. "Caregivers make tremendous sacrifices every day to help Veterans of all eras who served this nation," said Secretary of Veterans Affairs Eric K. Shinseki. "They are critical partners with VA in the recovery and comfort of ill and injured Veterans, and they deserve our continued training, support and gratitude." ([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:** Looking for someone to carpool with from the Sterling-Rock Falls area, 3<sup>rd</sup> shift, 10:15 p.m.-6:15 a.m., [john.b.mitchell1@us.army.mil](mailto:john.b.mitchell1@us.army.mil)
- **Carpool/Ride:** Looking to carpool with someone from Fulton area along Rte. 84 to Bldg. 390. Contact [Carole.Mitchell@us.army.mil](mailto:Carole.Mitchell@us.army.mil) or (309) 782-1892.
- **Carpool:** Commuter will be moving to Iowa City area. Looking to organize car pool with someone in Iowa City area or along I-80 to RIA. Will share cost. Contact [Brad](mailto:Brad) (563) 447-0548
- **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 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](mailto: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)
- Feb. 11-13:** [Iowa/Illinois Regional Auto Show](#) (RiverCenter, Davenport)
- Feb. 12:** [Valentines Indoor Fun Run/Walk](#) (Life Fitness Center, Bettendorf)
- 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. 24:** [QCESC Engineers Week Banquet](#) (Putnam Museum, 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 5:** [American Red Cross' Family Safety Day](#) (RiverCenter, Davenport)
- March 8:** [Mammal Mayhem](#) (Vander Veer Conservatory, Davenport)
- March 11:** [Henry Farnam Dinner](#) (Radisson Quad City Plaza, Davenport)

- March 12:** [Liverpool Legends](#) (Moline High School Auditorium - proceeds benefit Moline High School Music Dept.)
- March 17:** [St. Patrick's Day Parade](#) (Rock Island to Davenport)
- March 18:** [St. Patrick's Dance](#) (Bettendorf Comm. Center)
- March 19:** [World Catfish Eating Championship](#) (Rhythm City Casino, Davenport)
- 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:** [5<sup>th</sup> 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:** [23<sup>rd</sup> Annual Easter Egg Hunt](#) (Mississippi Valley Fairgrounds)
- April 23:** [Disc Golf Skills Challenge](#) (Grand Pavilion, Moline)
- April 23:** [12<sup>th</sup> 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](#) (Figge 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:** [46<sup>th</sup> 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:** [12<sup>th</sup> 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:** [40<sup>th</sup> 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:** [RIA-JMTC Industry Day](#) (Rock Island Arsenal)

**Aug. 4-7:** [Bix Beiderbecke Jazz Festival](#) (Hotel Blackhawk, Davenport)

**Aug. 11-13:** [25<sup>th</sup> 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:** [17<sup>th</sup> 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

**Joel Himsel, 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 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](#); [ROCK-RIA-PA@conus.army.mil](mailto:ROCK-RIA-PA@conus.army.mil), Phone: (309) 782-1121. The *Island Insight* is [available on-line](#).



# FEBRUARY

is American Heart Month

Make a Date with Your Heart.

6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22				
27	28					

Plan a heart healthy month...

- Be physically active
- Eat healthy
- Be tobacco and smoke-free
- Get a check-up

Women and Heart Disease Prevention  
[www.cdc.gov/women/heart/index.htm](http://www.cdc.gov/women/heart/index.htm)

Centers for Disease Control and Prevention  
Office of Women's Health





U.S. OFFICE OF PERSONNEL MANAGEMENT

# YOU CAN AFFORD TO QUIT SMOKING

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January 2011