



July 23, 2012

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil 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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Panetta Urges Work, Sacrifice to Honor Aurora Victims:

In a message issued July 23, Defense Secretary Leon Panetta paid tribute to the military victims of the July 20 shooting spree in Aurora, Colo., and urged Defense Department personnel to honor the victims' memory through hard work and sacrifice. *Here is the text of the message:* To all Department of Defense personnel: Flags at Department of Defense installations across the world are being

flown at half-staff to honor the victims of last week's tragedy in Aurora, Colorado. All of us in the Department of Defense community are deeply saddened by this senseless act of violence, which has hit our military family especially hard. Four of the victims served in the military -- including Air Force Staff Sergeant Jesse Childress, Navy Petty Officer 3rd Class John Larimer, Jonathan Blunk, a former Sailor, and Rebecca Wingo, a former

Airman. Other DoD personnel and family members were also injured in this cruel attack. I know that many are struggling to understand why these innocent lives were taken from us, and how such a tragedy could occur in this country. Even as we try to make sense of this evil act, we are also moved to learn more about the actions of men and women like SSgt. Childress, who



threw himself in front of his friend in the movie theater to shield her from the gunman. ([More](#))

ASC Transfer of Authority

Ceremony: ASC will host a Transfer of Authority Ceremony on Friday, **July 27**, at 9 a.m., on the lawn outside Quarters One. During the ceremony, Maj. Gen. Patricia McQuiston, commanding general of ASC, will transfer her authority as ASC's top leader to D. Scott Welker, a civilian member of the Senior Executive Service who serves as ASC's Deputy to the Commander. Maj. Gen. McQuiston will transfer to the Headquarters of the U.S. Army Materiel Command in Huntsville, Ala., where she will serve as deputy commanding general and chief of staff. Her promotion to lieutenant general has been approved by the U.S. Senate, and a formal promotion ceremony will take place next month. Brig. Gen. John Wharton, who currently serves as AMC's deputy chief of staff, has been named as ASC's next commanding general, and will take over that position later this year on a date to be determined. In the event of inclement



weather, the ceremony will be moved indoors to Bldg. 299.

DoD Will Unveil Website to Combat Stolen Valor This Week:

The Defense Department will unveil a stolen valor website Wednesday designed to help citizens see if someone is lying about military medals. President Barack Obama announced the new site as part of his speech before the Veterans of Foreign Wars national convention in Reno, Nev., on Monday. Pentagon officials would not release additional details. ([More](#))



POTUS Honors Colo. Victims With Military Ties:

President Obama has honored four victims of the Colorado theater attack who had ties to the military. Obama began his first campaign-focused trip since the Colorado shooting by remembering service members and veterans who were killed Friday when a gunman opened fire in a Colorado movie theater. In a speech to the Veterans of Foreign Wars on Monday,



Upcoming Dates

- July 23:** 65th AMVETS Birthday
- July 24:** National Tell An Old Joke Day
- July 24:** 43rd Anniversary of National League of Families of American Prisoners and Missing in Southeast Asia
- July 26:** 22nd Anniversary of Americans With Disabilities Act
- July 26:** 68th Anniversary of U.S. Army Desegregation
- July 26:** National Aunt and Uncle Day
- July 27:** National Korean War Veterans Armistice Day
- July 28:** World Hepatitis Day
- July 29:** Army Chaplain Corps 237th Birthday
- July 30:** 47th Anniversary of Medicare and Medicaid
- Aug. 1-7:** National Farmers Market Week
- Aug. 3-4:** Iowa Tax Free Weekend 
- Aug. 4:** U.S. Coast Guard 222nd Birthday
- Aug. 5:** Patriot Guard Riders 7th Birthday
- Aug. 5:** Friendship Day
- Aug. 5:** National KidsDay
- Aug. 5-11:** National Stop on Red Week
- Aug. 6:** Anniversary of Voting Rights Act of 1965
- Aug. 6:** 67th Anniversary of the Bombing of Hiroshima
- Aug. 7:** Purple Heart Day
- Aug. 7:** National Night Out
- Aug. 7:** Helsinki Human Rights Day
- Aug. 9:** 67th Anniversary of the Bombing of Nagasaki
- Aug. 9:** Smokey Bear's 68th Birthday
- Aug. 12:** National Spirit of '45 Day
- Aug. 12-18:** National Health Center Week
- Aug. 13:** Victory Day
- Aug. 13:** International Left-Handers Day
- Aug. 14:** 77th Anniversary of Social Security Act
- Aug. 18:** National Homeless Animals' Day
- Aug. 19:** National Aviation Day



Obama said, “These young patriots were willing to serve in faraway lands, yet they were taken from us at home.” Obama said the nation honors them, adding: “We stand with you as one united American family.” ([More](#))

Reminders About Political Activity — Do You Know What You Can Post On Facebook?

If you’ve worked with the federal government for some time, you may be familiar with many of the guidelines involving your participation in political activities. For example, as a military service member or Department of Defense civilian employee, you can display a political candidate’s bumper sticker on your personal car, but not on your cube wall. When it comes to social media, though, do you know what the rules are? Here’s a quick quiz to test your knowledge. ([More](#))



OPM Unveils Proposed, Final Rules Expanding Benefits For Same-Sex Partners: The Office of Personnel Management is



planning changes to the Federal Employees Health Benefits Program, proposing to allow children up to age 26 to stay covered by their parents' FEHBP plans. The rule would also apply to children of same-sex domestic partners enrolled in the program. The proposed changes would align the FEHBP with the 2010 health care law, which allowed children to continue being covered by parents' health insurance. Expanding coverage to children of same-sex partners builds on a June 2010 presidential memo which required federal agencies to extend the same benefits to same-sex domestic partners available to opposite-sex spouses. OPM is also proposing regulations allowing children of same-sex partners to be covered under the Federal Employees Dental and Vision Insurance Program (FEDVIP). ([More](#))

Federal Pay Statistics Are Easily Manipulated, GAO Reports: The government is no closer to figuring out how federal pay stacks up to other sectors after a Government Accountability Office report. In fact, GAO's review of six reports shows that it could be risky for anyone using



the results to make decisions about future pay adjustments. GAO found dissimilar reporting methods across each of the studies leading to conflicting results. ([More](#))

Federal Employee Family Benefits Guide Issued: Many of the family-related benefits for federal employees, including health-care coverage and authority to use leave time, apply to employees with adopted or foster children as well as with biological children, according to a new benefits guide. The guide, issued by the Office of Personnel Management, does not create new benefits but instead pulls together existing policies and explains that, generally, they extend to adopted and foster children, although with differences in some cases. ([More](#))

TSP to Begin Actively Withholding Child Support Payments: The Thrift Savings Plan will begin to utilize its authority to garnish the accounts of TSP participants who are behind in paying child support, the Federal Times reports. TSP has always had the authority to garnish participants' funds for child support, but has done so sparingly,



according to the report, which notes that before 2010 it collected almost no payments for Health and Human Services' Office of Child Support Enforcement. ([More](#))

Enjoy Your Summer, Play It Safe and Return Home Alive:

Millions of Americans will visit U.S. Army Corps of Engineers and our nation's lands and waters this summer. In 2011, 197 people lost their lives while visiting Corps lands and waters, with the majority of these tragedies occurring in and around water. This year, Corps officials are working to reduce the number of fatalities at the more than 2,500 Corps-managed recreation areas nationwide. Park rangers and volunteers will be working all summer to increase visitors' awareness of the importance of practicing sensible and thoughtful activities in and around water. Additional signage will be placed at Corps recreation areas, and park personnel will be stressing the importance of water safety when talking with visitors during this summer season. ([More](#))



Free Fishing Clinic for Youth to Be Held Aug. 4:

The U.S. Army Corps of Engineers, Mississippi River Project announces that a free fishing clinic for youth between the ages 5 through 15 will be held on Saturday,

Aug. 4. The clinic will start at 9 a.m. and end at 3 p.m. All activities will be held at the Day Use Recreation Area at Locks and Dam 14, located at Pleasant Valley, Iowa. Past clinics have proven to be very eventful. Participants not only get a chance to fish but educational sessions relating to water safety, bait casting and fish identification will also be provided. A free lunch will be provided for all participants. Program presenters will consist of a Corps of Engineers park ranger and volunteers from the In-Fisherman's Club of the Quad Cities. Student volunteers from Pleasant Valley High School will also be there. ([More](#))

Community Health Promotion

Council Meeting: Dr. David Deopere, president of the Robert Young Center, and Teri Johnson, founder of Jason's Box, will be the guest speakers for the Community Health Promotion Council



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Rock Island District

event 1 p.m. Thursday, **Aug. 2**, in the Baylor Conf. Rm. The Community Health Promotion Council meeting is open for the entire installation. Dr. Deopere is head of the Robert Young Center for Community Mental Health. The center is one of the most comprehensive and successful integrated behavioral health systems in the Midwest. He has served in the position since 1985. Johnson's son, Jason Pautsch, was killed by an improvised explosive device while serving in Operation Iraqi Freedom. Johnson created "Jason's Box," an organization that provides care packages to American troops serving overseas, linking together volunteer organizations and community leaders to aid American troops in the field. For additional information about the CHPC, contact Louise Paradis at (309) 782-4797.

Hero 2 Hired Aims to Transform Heroes to Hired Civilians:

Hero 2 Hired (H2H) is a national program partner in helping Soldiers, veterans and their family members find meaningful employment. There are more than 1,400 jobs in Iowa alone listed on this board as of this morning



from patriotic employers that are looking to hire Soldiers, their Family Members and Veterans. [H2H](#) is a comprehensive employment program that contains everything a job seeker needs to find a job - job listings, career exploration tools, education and training resources, virtual career fairs, a mobile app that will be available on iOS, Android and Windows phones, along with an innovative Facebook application and a variety of networking opportunities. Get connected to your next job now! ([Website](#)) ([Army Article](#)) ([Joining Forces](#))

Holy Day Service: Father Brotherson will be conducting a Holy Day service for the Assumption of Mary. The service is open to anyone who would like to attend. It will be held in the Arsenal Club in Bldg. 60.



Date: **Wednesday, Aug. 15**
Time: **11:30 a.m. - 12:15 p.m.**

Transportation Office New Customer Service Hours: In order to better service Rock Island Arsenal customers and the surrounding region the Transportation Office customer service hours will be

Monday - Friday from 8:30 a.m. to 2 p.m. To schedule a HHG's or Do it Your Self Move please call (309) 782-1378.

A Black Eye Affair (Benefiting the USO of Illinois): The Quad City Rollers invite you to a roller derby Black Eye Affair, **Aug. 4**, at the RiverCenter, 136 East 3rd Street, in Davenport. Doors open at 6 p.m., bout starts at 7 p.m. Tickets available at Mellow Blue Planet and Ragged Records; \$10 in advance, \$12 at the door; kids 6-12 are \$6; kids 5-under are free. The bout will pit the Quad City Rollers against the Oskaloosa Mayhem. \$250 of bout proceeds plus 50¢ of every ticket sold will be donated to the USO of Illinois.



Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Aug. 10, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 24**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on July 27**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor.



Donation Has It's Rewards!
With Memorial Day, 4th of July and Labor Day holidays, summer can be an especially challenging time in terms of keeping our blood supply stable. To create awareness of this need, and to thank donors who take the time to donate during the summer season, the Mississippi Valley Regional Blood Center will be holding a daily drawing for a \$50 gas card starting Monday, May 21 and running through Saturday, Sept. 8. Any donor who gives at Arsenal Island Blood Drives May 25 - Aug. 31 will automatically be entered into the daily drawing..

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone



marrow, and organ donor/transplant programs. For additional information [click here.](#)

Mississippi Valley Regional Blood Center Donor Loyalty Program: You can log on to our Donor Loyalty program at www.bloodcenterimpact.org. Each time you donate blood, you earn points. (Hint: you can earn 100 more points by clicking on the button to learn more about the Donor Loyalty program.) And with those points, you can shop for items like t-shirts, mouse pads, insulated cups, fleece pull-overs, blankets and more. Some items can be ordered with 200 to 300 points, other bigger items require more points. You can save and accumulate your points to order bigger items. Another great feature of the Impact Donor Loyalty Program – you can track your health indicators. By clicking on the health check up, you can see what your blood pressure, iron count; etc has been at the time of previous donations. You can also keep track of total donations, and how many times you have donated in a single calendar year. Please check out our donor loyalty program. Your password is your birth date with the /'s in between: example: 09/18/1960. Shop with your points (items are sent directly to your home at no cost), save points for

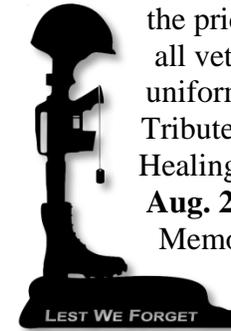
bigger items, and track your blood pressure and other health indicators. If you have questions, feel free to call (563) 823-4128.

New First Aid APP Brings American Red Cross Safety Tips to Smart

Phones: The American Red Cross today launched its official first aid app, putting free and simple lifesaving information right in the hands of smart phone users. This app is the first in a series to be created by the American Red Cross, the nation's leader in first aid and emergency preparedness information. It's also the only first aid app created or endorsed by the American Red Cross for use on both the Android and iPhone platforms. It gives instant access to information on how to handle the most common first aid situations, and includes videos and interactive quizzes. Users who take quizzes can earn badges they can share with friends through social media to show off their lifesaving knowledge. The app takes critical first aid information normally stored on bookshelves and in pamphlets and places it at the fingertips of tens of millions of individuals - which will save lives. The Red Cross app includes trusted Red Cross disaster preparedness information for a number of common situations. ([More](#))

Tribute to Our Fallen (formerly Healing Fields):

To honor our brave military men and women who have paid the price for our freedom, and all veterans who have worn the uniforms of this Great Nation. Tribute to Our Fallen (formerly Healing Fields) will take place **Aug. 24–26** at Davenport Memorial Park Cemetery



(behind Runge Funeral Home/Crematory). Opening ceremonies

begin at 7 p.m. on Friday, **Aug. 24**, with closing ceremonies beginning at 4 p.m. on Sunday, **Aug. 26**. As the Tribute to Our Fallen field is open continuously around the clock from Friday afternoon through Sunday afternoon, there is ample time for visitors to tour the site and talk with veterans and others on hand or just quietly reflect. ([More](#))

Colonel's Croquet Party:

Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine



tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#))
www.davenporthouse.org
Date: **Saturday, Aug. 18**
Time: **3-7 p.m.**

Thomson Causeway Photo Contest

Returns: The Annual Mississippi River Project Photo Contest is returning for its 21st year. Effective May 25 amateur photographers were eligible to submit photos in three separate categories: Wildlife, Recreation, or Landscape. Photos must be taken on pools 11-16 of the Mississippi River. Participants have until Friday, **Aug. 24**, to submit photos to the Thomson Ranger Office. If you would like more information regarding the contest, contact the Thomson Ranger Office at (815) 259-3628.

Women In Defense Golf Tournament:

11th Annual WID Golf Tournament, Friday, **Aug. 3**, at Glynn's Creek Golf Course. Shotgun tee times, continental breakfast and lunch included. Contact Brenda Hanes at (309) 794-0115 or see [WID website](#) for registration form.
Time: **8 a.m.**

St. Alban's Trivia Aug. 11: St. Alban's Trivia celebrates its fourth year of

summer trivia. Come play with us at 7 p.m., **Aug. 11**. Teams of up to 8, \$10 per person. Winnings, door prizes, 50-50 raffle. 3510 W. Central Park, Davenport. BYOB and snacks. Goodies for sale. POC: is George Eaton
Time: **7-10 p.m.**

Arsenal Attic Thrift Shop &

Boutique: Thrift shop is now open; welcome back all shoppers and consignors. Attention consignors, new 2012-2013 consignment forms are available on the MWR website under Thrift Shop. Get your items consigned and make some extra money. Volunteers are ready to assist you. Everyone, visit the Attic on Facebook. POC: (309) 782-6977

Red Cross of the Quad Cities Annual Golf Outing at TPC Deere Run:

Hit the greens on one of the Quad Cities' premier golf courses on **Sept. 17**. Enjoy lunch and 18 holes of golf at TPC Deere Run while supporting Red Cross services in our community. Space is limited - sign up is required by Sept. 10. Contact Allison at (309) 277-4005 for more information.
Time: 11:30 a.m.

2012 Cards for the Troops: 5th Annual Cards for the Troops, Arsenal Island

Golf Club - join us for a fun evening of stamping cards for our deployed troops to mail home to loved ones. RSVP-mssipple1@gmail.com. No stamping experience necessary. Please bring one roll of Scotch double-tape. Optional dinner at 5 p.m.; request with RSVP.
Date: **Tuesday, Sept. 25**
Time: **6:30 p.m. - 9 p.m.**

Arsenal Traffic/Construction



Evening Closure(s) - Government Bridge; Daytime Intermittent Lane Closures - All Arsenal Bridges:

Intermittent Lane Closures - All Arsenal Bridges: Weekdays 8:30 a.m. to 2 p.m. (non-peak traffic hours) - Weekends 6 a.m. to 6 p.m. - Friday, **July 20** through Sunday, **July 29**. Evening closure of the Government Bridge has been scheduled on the dates/times listed below to accomplish inspections, repairs and maintenance. Daytime intermittent lane closures during non-peak traffic hours (8:30 a.m. to 2 p.m.) are also scheduled to perform annual bridge inspection of the Rock Island Viaduct and Moline Arsenal Bridge. Barricades, signs, cones, and flaggers, will be used as necessary to provide warning and notice of the closures and to direct traffic. Government Bridge "evening closure,"



Monday, **July 23** through Saturday, **July 28**. Nightly 6 p.m. to 3 a.m. Closed to vehicular traffic only. Government Bridge "evening closure," **July 30** through Saturday, **Aug. 4**. Nightly 6 p.m. to 3 a.m. Closed to vehicular traffic only. Daytime Intermittent Vehicular Lane Closures, Arsenal bridges, Friday, **July 20** through Sunday, **July 29**. Weekdays 8:30 a.m. to 2 p.m., Weekends 6 a.m. to 6 p.m. (Government Bridge, **July 20-25**; R.I. Viaduct, **July 26-27**; Moline Bridge, **July 28-29**).

Various Weekend Closures - Government Bridge: July 20 – Aug. 5: Due to recent inclement weather and initialization of a contractual option the back-up closure periods will be used to complete the painting project for the Government Bridge. Those closure periods are as follows ... Friday, **July 20**, beginning at Noon through Sunday, **July 22**, at Midnight; Friday, **Aug. 3**, beginning at Noon through Sunday, **Aug. 5**, at Midnight.

Davenport River Drive Closure: On Tuesday, May 29, Davenport Public Works closed River Drive from Iowa Street to Oneida Ave to begin underground utility improvements and re-surfacing. This is Phase I of a three

Phase project. Phase I will close River Drive until **mid to late August**. Phase II and III are not expected to close the road completely. We expect to have one lane open in each direction. Those phases will not start until Phase I is complete. Overall, River Drive is not going to be a commute of choice for several months and detours will be in place.

Building/Space Closures

☉
There are no building/space closure announcements at this time.

Active Duty/Reserve Zone

☉
Army Medicine: Supporting Readiness, Families and Health of the Force: Army Medicine provides comprehensive healthcare and support services for our Soldiers and families. We've been taking care of the force since 1775. Our vision is to continue to set the standard in providing the best medical care to become America's premier healthcare team. Our unrelenting drive and medical expertise helps more than 95 percent of our Soldiers survive their wounds and either

return to the fighting force or transition to civilian life. We are dedicated to saving lives and producing a healthy and resilient Army family. ([More](#))

Safety Spotlight

☉
Midsummer Drowning Checkup: 90 Child Drownings Nationwide since Memorial Day: New information released today by the U.S. Consumer Product Safety Commission's (CPSC) [Pool Safely](#): Simple Steps Save Lives campaign, shows that 90 children younger than 15 were reported to have drowned in swimming pools since Memorial Day. According to media reports, an additional 106 children of that age required emergency response for near-drowning incidents. These incidents provide a sobering reminder of how a fun day at the pool can quickly turn tragic. The figures show that young children and toddlers are especially vulnerable to drowning because 72 percent of the children reported to have drowned since Memorial Day were younger than 5 years old. ([More](#))

Burlington Coat Factory Recalls Power Strips Due to Fire Hazard: The U.S. Consumer Product Safety Commission, in cooperation with the



firm named below, today announced a voluntary recall of the following consumer product (Lush Life® power strips). Consumers should stop using recalled products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product. ([More](#))

Equal Opportunity Focus

Screening - Too Important to Fail - Tavis Smiley Reports: "With the high school dropout rate among black boys approaching 50 percent, this program examines the obstacles these boys confront and put a very human face on the statistics." A back-to-school presentation hosted by members of the Afro-American Heritage Center of Rock Island. Originally aired on PBS Sept. 13. [POC:](#) (309) 786-8698
Date: **Monday, Aug. 13**
Time: **6-7:30 p.m.**

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.

Free Zumba, Bootcamp, and Yoga:

The RIA Fitness Center will be offering a free week of Zumba and Bootcamp classes the week of **July 30 through Aug. 3**. If you've ever wanted to test out the two classes, now is the perfect time. The Monday Yoga class will also be offered for free this week, so come in and check out what you've been missing.

New Session of Fitness Classes: New session of all Fitness Classes starts on Aug. 6. Please call (309) 782-6787 or stop by the front desk at the Fitness Center for more information.

Additional Zumba Session Beginning:

Due to the popularity, we have added another session of Zumba classes at the Fitness Center. Come join the party on Thursdays from 11:15 a.m. - 12 p.m. Call (309) 782-6787 for more info.

Electronic Marquee Outage: The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests

for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

Time for Bootcamp: The Fitness Center will be offering an exciting new class called bootcamp every Monday, Wednesday, and Friday, 6-7 a.m. This military inspired strength and conditioning class focuses on total body fitness. Exercises and conditioning drills used by the U.S. Army and the National Academy of Sports Medicine are the basis of this program as well as short distance running, sprints, free weights, kettle bells, resistance bands, TRX, ropes and other exercise equipment. Not only will this class get you into shape, it will reinforce teamwork, camaraderie and communication amongst class members. This class is led by a retired U.S. Army Master Sergeant who is a NASM Certified Personal Trainer. Call (309) 782-6787 for more info.

Outdoor Grill 350: The Grill in front of Bldg. 350 will be open on Mondays and Wednesdays, 10:30 a.m. to 12:30 p.m., effective Wednesday, June 6, weather permitting.



MWR Leisure Travel Office

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

Circa 21 Presents: Dixie Swim Club:

Five Southern women, whose friendship began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. This hilarious and touching comedy focuses on four of those weekends and spans a period of thirty-three years. Seats on sale until **Aug. 1** for \$42.50
Date: **Saturday, Aug. 11**
Time: **5:45 p.m.**

Circa 21 Presents: Smokey Joes Café:

The timeless songs of the golden age of rock 'n' roll come alive in this electrifying production. You will laugh, shout and sing along to more than 40 of the greatest songs ever recorded. Revisit the neighborhoods of the 1950s, 60s and 70s. Seats on sale until **Oct. 1** for \$43.50.
Date: **Saturday, Oct. 13**
Time: **5:45 p.m.**

Six Flags Great America: Leisure Travel has 2012 Six Flags Great America one-day general admission tickets now in stock. Two big parks for one low price; all the thrills your nerves can handle with 14 roller coasters ... 20 acres with 30 waterslides. Discounted tickets are \$38, children under two are free.

Ghost Hunters' Dinners at Historic Quarters One:

The ever-popular Ghost Hunters' Dinners are back for 2012. Enjoy a gourmet meal at the Clubhouse followed by a presentation by the Rock Island Paranormal Society on the haunted history of Historic Quarters One. After the presentation, armed only with flashlights, guests are invited to search this beautiful building for evidence of the paranormal. The dates planned for 2012 are: **Aug. 17, Oct. 1, Oct. 13, and Oct. 31.** Cost is \$45/person and reservations are strongly recommended as these fill up fast. Call (309) 793-1601 for more info and to reserve your spots. ([Flyer](#))



Ringling Bros and Barnum & Bailey

Circus: The circus is coming to the iWireless Center Labor Day weekend.

Leisure Travel has discounted tickets on sale now. Adults tickets are \$16 and children under 12 are \$12. We have different times and dates of shows.
Date: **Saturday, Sept. 1.**

Noah's Ark Waterpark: Wisconsin Dells America's largest water park, with 49 water slides and dozens of other various attractions. Leisure Travel has discounted one-day admission tickets for \$30.

LA Angels vs. Chicago

White Sox: Let us provide the transportation to and from the game at Chicago's U.S. Cellular Field on a charter bus. This will be an evening game. Cost per person is \$86. For more information please contact LTO at (309) 782-5890.
Date: **Saturday, Aug. 4**
Time: **6:10 p.m.**



Downtown Chicago Shopping Bus

Trip: Join MWR for a fun day of shopping on Michigan Ave. and the magnificent mile in beautiful downtown Chicago. Price is \$39/person and includes transportation only. Call (309) 782-5890 for more info and to sign up.
Date: **Saturday, July 28**



Child, Youth & School Services

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

Army Community Service (ACS)

☉ ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. Find us on Facebook [click](#)



[here](#). 24/7 Sexual Assault Hotline: (309) 229-8412

Music as Therapy: Did you know you can use music for therapy and sound for healing? Do you have a favorite song or genre of music that you enjoy listening to that helps you relax and brings back wonderful memories? That is the basis of Music Therapy! That positive effect that music has on people in general is also tied to healing and is now being used to help with pain management, to help ward off depression and increase mental well-being, to promote movement, to calm patients, to ease muscle tension, and for many other benefits that music and music therapy can bring. Music therapy has been used to help wounded Soldiers since at least World War I, and is currently used at Walter Reed as an effective rehab tool, stress reliever, and to alleviate boredom for our wounded veterans returning from the Iraq and Afghanistan combat zones. Music Therapy is an accredited and nationally certified college degree program offered at numerous colleges and universities throughout the U.S. The Quad Cities is lucky to have vibrant music therapy programs offered at different agencies, group homes, hospitals, and other facilities serving individuals with special needs. GiGi's

Playhouse offers a music therapy program each [Tuesday](#). West Music also offers various music therapy services that can be [catered to fit your needs](#). These programs are not an endorsement of the organizations providing these services, but are provided only as information and community awareness. For more information on programs, services, or activities for our Special Needs Families or the Exceptional Family Member Program, contact Jan Saito, Army Community Services, at (309) 782-4736 or Janice.n.saito.civ@mail.mil.

Employee Assistance Program

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

Anonymous Online Mental Health Screening – July 2012: Summer is here and your commute to work is filled with



sites of pretty gardens, sunny sidewalks and children playing. You cannot help but smile, but after a few seconds you start thinking about the risk that the kids will become dehydrated, sunburned or get hit by a car. Do you go through the day filled with exaggerated worry and tension? Do you anticipate disaster and are overly concerned about health issues, money, family problems, or difficulties at work? A little dose of daily worrying is merely human, but if your worry becomes uncontrollable or disproportionate to the problem, you may be suffering from an anxiety disorder. This summer, breathe a little easier. The Rock Island Arsenal Employee Assistance Program invites you to take advantage of free, anonymous online mental health self-assessments. If you are concerned that you or someone you know may be depressed or suffering from an anxiety disorder visit www.mentalhealthscreening.org/screening and enter keyword ASAP to complete a simple online questionnaire. You will receive immediate, customized feedback as well as the opportunity to schedule an appointment for further evaluation if necessary.

PTSD Support Groups: You don't have to go through this alone. 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: Need help to quit smoking? The Employee Assistance Program offers an ongoing educational support group for people who would like to be smoke-free. The group meets each Wednesday, 3-4 p.m., at the EAP office located in Bldg. 56, 1st floor, East Wing.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

Service Members: Save Time and Money Getting College Credit for What You Already Know: Did you know CLEP and DSST tests can award you college credit in more than 30 areas of study at thousands of different

colleges and universities? The College-Level Examination Program and the DANTES Subject Standardized Test exams allow service members, eligible spouses, and (in some cases) DoD civilian employees to earn college credit by attaining qualifying scores on college subject exams. In many cases, the Defense Activity for Non-Traditional Education Support program funds the exams for Soldiers. CLEP and DSST exams are available through the on-base National Testing Center, located in Bldg 56, 1st Floor, Room 121. Free study materials are available or accessible through the National Testing Center or Army Education Center. For more information:

<http://clep.collegeboard.org/military>
www.getcollegetcredit.com POCs: Army Education Center, (309) 782-2065,
<https://home.ria.army.mil/apps/garrisonhr/aces.cfm> National Testing Center, (309) 558-6444, JA-Holan@wiu.edu

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 ([Facebook](#))

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

Arsenal Archive

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

Colonel's Croquet Party: Teams of two are encouraged to don their croquet whites (not required) for the casual, round robin tournament at Quarters One to play the same game of croquet you play in your backyard. Hors d'œuvres and wine



tasting included. Tickets: \$25 adults; \$11 kids. Support the historic Colonel Davenport House. ([More](#)) ([Site](#)) www.davenporthouse.org
Date: **Saturday, Aug. 18**
Time: **3-7 p.m.**

RIA 150 History Break: Think about taking a "History Break" to celebrate Rock Island Arsenal's 150th Anniversary, **Aug. 9**, 12-1 p.m., Benny Wild, will present

"Historical Modernization of Rock Island Arsenal Buildings." Sponsored by the Rock Island Arsenal Historical Society, these lunch and learns will be held the second Thursday of each month in 2012. Join us in the Caisson Room, Bldg. 60, first floor, south wing, 12-1 p.m. As these presentations occur during lunchtime, you may bring a brown bag lunch or purchase food at the adjacent food court. Employees can sign up for these professional development opportunities in [TEDs](#) (Search Term "History Breaks"). If you don't have access to [TEDs](#), please call Kris Leinicke at (309) 782-3518 to make a reservation. Due to the size of the Caisson Room,



participation is limited to 50. Upcoming presentations include: On **Sept. 13**, George Eaton, ASC Historical Office, will present "Battles of Credit Island and Campbell's Island, War of 1812." On **Oct. 11**, Kris Leinicke, Rock Island Museum, will present "Rock Island Barracks." On **Nov. 8**, John Punkiewicz or Lou Ann McCracken, Rock Island District, U.S. Army Corps of Engineers, will present "Mississippi River Navigation History." On **Dec. 13**, Ron Deiss, Rock Island District, U.S. Army Corps of Engineers, will present a Heritage Documentaries video, "[The Rock Island Civil War Prison: Andersonville of the North?](#)"

This Week in Rock Island Arsenal History – July 23-30: On July 23, 1865, the Rock Island Prison Barracks officially closed. On July 23, 1918, Civil War veterans visited the RIA Shops. By July 1898, the RIA was conducting final inspection and delivery to the Army of finished ordnance products manufactured by 46 different private contractors. Army arsenals could not meet the urgent war demand for equipment and weapons by themselves during the Spanish-American War. On July 28, 1937, Col. Norman Ramsey assumed command of the RIA. He was



appointed Brigadier General on Oct. 25, 1940. He was RIA CO until 1944.

Healthbeat

Family Matters: Tackling Obesity, for Security's Sake: It's not often there is a national call to action over a matter of national security, but that is what's happening over America's obesity problem. Luckily, there is no shortage of resources for all of us to do our part in addressing it. Concerns about the quick rise in obesity – some call it an epidemic -- and its potential to harm military readiness are not new. Ever since 100 retired generals and admirals formed the nonprofit organization "Mission: Readiness" and released its landmark 2010 report "Too Fat to Fight" to convince Congress to mandate healthy school lunches, federal officials, at least, have known of the military imperative to reverse the fat trend. The report included the services' assessment that 75 percent of the nation's 17- to 24-year-olds do not qualify for military service – mostly due to obesity. ([More](#))

5 Foods That Can Trigger a Stroke: Few things feel more terrifying and random than a stroke, which can strike without warning. And fear of stroke—

when a blood vessel in or leading to the brain bursts or is blocked by a blood clot, starving brain cells of oxygen and nutrients—is well founded. After all, stroke is the number-three killer in the U.S., affecting more than 700,000 people each year. Here are five foods that cause the damage that leads to stroke. ([More](#))

Health Clinic Announcement: Health Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **July 27** at 11:30 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

Notes for Veterans

Obama Memo Bolsters Protections For Vets Reentering Workforce: President Barack Obama issued a memorandum Thursday to the heads of executive agencies and departments aimed at increasing the employment of veterans by the federal government. The memorandum seeks to bolster The Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA), which ensures members of the uniformed services will not be discriminated against when they seek to reenter the civilian workforce. "The

Administration strongly believes that every man or woman who has served in our country's uniformed services deserves the full protection of our employment laws, including USERRA," Obama states in the memorandum. "No discrimination or unfair treatment based on one's service will be tolerated. We must do our utmost to ensure that all service members' employment and reemployment rights are respected." ([More](#))

Car Pooling Announcements

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

Car Pool:

- **Car Pool:** Looking to join a car pool or ride and pay. IL 84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.
- **Carpool:** Looking for members to join carpool along the Hwy. 61 corridor from Dubuque to Rock Island Arsenal, 2nd shift 2:15-10:30



p.m. Starting in the middle April.
[Email](#) or call (815) 651-4624.

- **Carpool:** Commuter living in Rio, Ill., looking for someone to carpool with from Galesburg/Alpha area. Employee works 6 a.m. - 3:30 p.m. w/RDO 1st Friday of Pay period.
[Email](#) or call (309) 782-5472.

Around the Q.C.



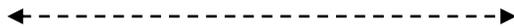
July 27-28: [41st Annual MVRBC Downtown Street Fest](#) (Downtown Davenport)
July 27: [Cardiology at the Bix](#) (Radisson Quad City Plaza, Davenport)
July 28: [Bix 7 Run/Walk](#) (Downtown Davenport)
July 31-Aug. 5: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 2-5: [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park & Hotel Blackhawk)
Aug. 3: [Flamingo Fling Art Auction & Party](#) (Quad City Botanical Center)
Aug. 4: [14th Annual Martin Luther King Center Drill Team Showdown](#) (Rock Island High School)
Aug. 6-9: [Children and Adult's Vacation Bible School](#) (510 E. 15th Street, Davenport)
Aug. 9-11: [Great River Tug Fest](#) (LeClaire, Iowa / Port Byron, Ill.)
Aug. 10-11: [Ya Maka My Weekend](#) (The District)
Aug. 11: [Xstream Cleanup](#) (Quad Cities)
Aug. 11: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Aug. 11-12: [11th Annual Illinois Renewable Energy & Sustainable Lifestyle Fair](#) (Oregon, Ill.)

Aug. 15: [Quad Cities Pink Heals Tour](#) (Faye's Field, Bettendorf)
Aug. 17-18: [River Roots Live](#) (Downtown Davenport)
Aug. 18: [Inaugural Colonel's Croquet Party](#) (COL Davenport House, RIA)
Aug. 18: [River Action's 3rd Annual Floatzilla](#) (Lake Potter)
Aug. 23-26: [World Series of Drag Racing](#) (Cordova Dragway)
Aug. 24-26: [Tribute to Our Fallen](#) [formerly known as 'All Era Veterans Healing Field Of The Quad Cities'] (Davenport Memorial Park Cemetary)
Aug. 25: [Quad Cities Irish Festival](#) (Rock Island)
Aug. 25: [RIBCO's 3rd Annual River City Beer Festiv-ale](#) (The District)
Aug. 28-Sept. 5: [ASA Girls 12U Fastpitch Tournament](#) (Greenville Sports Complex, Moline)
Aug. 30-Sept. 2: [Antique Motorcycle Swap Meet](#) (Mississippi Valley Fairgrounds)
Sept. 1: [8th Annual Labor Day Ride For Non-Hodgkin's Lymphoma](#) (The District)
Sept. 1-2: [Quad City Air Show](#) (Davenport Municipal Airport)
Sept. 1-2: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 3: [Bettendorf Rotary 18th Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)
Sept. 6: [13th Annual Senior Golf Cart Tour of RiverWay Trails](#) (Multiple Locations)
Sept. 7-16: [East West Riverfest](#) (Quad Cities)
Sept. 8: [Quad City Symphony Riverfront Pops](#) (LeClaire Park)
Sept. 8-9: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 15: [Taming of the Slough](#) (Sylvan Island)
Sept. 15: [Brew Ha Ha](#) (LeClaire Park)
Sept. 15: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 15: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Sept. 15-16: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 19-21: [Upper Mississippi River Conference](#) (TBD)
Sept. 21-22: [Our Big Fat Greek Festival](#) (St. George Greek Orthodox Church, Rock Island)
Sept. 22-23: [Quad Cities Kite Festival](#) (Centennial Park, Davenport)
Sept. 23: [Quad Cities Marathon](#) (Downtown Moline)
Sept. 27-29: [Mississippi Valley Quilters Show](#) (Mississippi Valley Fairgrounds)
Sept. 28-30: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Sept. 29: [17th Annual Killer Bee 5K Run/Walk](#) (Rogalski Center Lawn, St. Ambrose Campus)
Oct. 5-6: [Midwest Clown Association Convention](#) (Clarion Hotel Conf. Center, Davenport)
Oct. 6: [Hilltop Campus Village 3rd Annual Fall Music Festival](#) (Hilltop Park, Davenport)
Oct. 7: [Nancy Kapheim Memorial Classic Gone Running 5K Run/Walk](#) (Schwiebert Park, Rock Island)
Oct. 13: [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
Oct. 13-14: [Gun Show](#) (Mississippi Valley Fairgrounds)
Oct. 23-28: [FLW National Guard Walleye Tournament](#) (Centennial Park, Davenport)
Oct. 25: [Fright Night](#) (The District)



Oct. 26: [Bucktown's Deadstock](#) (Bucktown)
Oct. 27: [Witches Walk](#) (Downtown LeClaire)
Oct. 27: [Daiquiri Factory's Boneyard Boogie](#) (The District)
Oct. 27-28: [Rock and Gem Show](#) (Mississippi Valley Fairgrounds)
Nov. 11: [Doll Show](#) (Mississippi Valley Fairgrounds)
Nov. 16-25: [Quad City Arts Festival of Trees](#) (RiverCenter)
Nov. 17: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 17: [Lighting on the John Deere Commons & Holiday Pops Concert](#) (Downtown Moline)
Dec. 1-14: [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)
Dec. 2: [19th Century Christmas](#) (Butterworth Center, Moline)
Dec. 7: [Gallery Hop!](#) (The District)
Dec. 8-9: [131st Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)



Island Insight



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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

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Children's health experts warn that on a breezy day with the outside temperature only in the low 70s, a closed automobile can heat up to 125 degrees within 15 minutes. Even with the windows cracked, a small child can dehydrate within minutes. The result can be deadly. "Left alone in a vehicle for a short time, a child is in danger of dehydration, injury, abduction and death," said Iowa Medical Society Alliance member, Barbara Savage. "It is imperative that we raise the level of public awareness, that children should not be left alone in automobiles ... Not Even for a Minute."



SOLDIERS LEADERS CIVILIANS FAMILIES

Take 5

for Vacation Safety

- Maintain your vehicle so it's ready for the road.
- Wear sunscreen protection and reapply as directed.
- Stay hydrated.
- Never operate a watercraft while under the influence.
- Always wear a life jacket.

Take 5 ... then take action.



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