



August 6, 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](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>



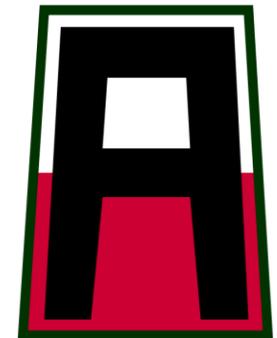
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**First Army Teams With Army North for Vibrant Response 13:** U.S. Army North and First Army have teamed up to train and mentor more than 9,000 service members and civilians in responding to natural or man-made disasters in a major incident exercise from July 26-Aug. 13 in locations throughout southern Indiana and northern Kentucky. Members of First Army, based at Rock Island, Ill., are joining the efforts of their comrades

from U.S. Army North, based at Fort Sam Houston, Texas, for Vibrant Response 13, an exercise conducted by U.S. Northern Command and led by Army North, where local, state and federal forces provide lifesaving and life-sustaining care after a simulated 10-kiloton nuclear detonation in a major Midwestern city. First Army, commanded by Lt. Gen. Mick Bednarek, advises, assists and trains Reserve Component units during pre-

mobilization periods; conducts mobilization, training support, readiness validation and deployment of alerted forces; executes demobilization of RC forces; and provides trained and ready forces in support of the Army Force Generation model. As directed, First Army provides training to



joint, combined, interagency and active Army forces. ([More](#))

**ECBC Thank You Banner:** They give their hearts, souls and even their lives for our freedom, expecting nothing in return. But, one company on the Arsenal is saying thank you in a big way. Normally, it's the soldiers thanking those who work here at the Edgewood Chemical Biological Center for all the equipment they make that's used in the field everyday. But today, it was the center taking time to give a special thanks. "It's just a personal way of saying thanks," says Nan Ramsey, site manager and supervising general engineer at Edgewood Chemical Biological Center. ([More](#))



**Net Zero: What Is It, What Does It Mean For You?** : The U.S. Army has set the goal of Net-Zero energy consumption by 2030. For an installation to be Net-Zero it must produce as much energy on site as it consumes. This includes thermal and electrical energy. Installations can still



be connected to the civilian grid, but over the course of the year the energy pulled from the grid must equal the amount supplied to it. A simple example would be if the hydro dam produced three megawatts of electricity 24 hours a day and the post used six MW for 12 hours a day and zero for the other 12 hours. ([More](#))

### **Army Releases \$7B Solicitation For Renewable Energy On Bases:**

The Army released a much-anticipated solicitation Tuesday that envisions buying \$7 billion in renewable electricity from plants the service will ask industry to build on its bases. The Army hopes to make awards under a multiple-award task order contract by the end of the year and start approving individual projects on military bases in 2013, officials said. ([More](#))



### **White House Must Share**

**Sequestration Specifics:** President Obama has signed a law that requires his administration to provide a report to Congress "relating to



## Upcoming Dates

- Aug. 5-11:** National Stop on Red Week
- Aug. 6:** Anniversary of Voting Rights Act of 1965
- Aug. 6:** 67<sup>th</sup> Anniversary of the Bombing of Hiroshima
- Aug. 7:** Purple Heart Day
- Aug. 7:** National Night Out
- Aug. 7:** Helsinki Human Rights Day
- Aug. 9:** 67<sup>th</sup> Anniversary of the Bombing of Nagasaki
- Aug. 9:** Smokey Bear's 68<sup>th</sup> 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:** 77<sup>th</sup> Anniversary of Social Security Act
- Aug. 18:** National Homeless Animals' Day
- Aug. 19:** National Aviation Day
- Aug. 20:** Stay at Home with Your Kids Day
- Aug. 26:** National Women's Equality Day
- Aug. 28:** Read Comics In Public Day
- Aug. 29:** Marine Forces Reserve 96<sup>th</sup> Birthday
- Sept. 1:** 73<sup>rd</sup> Anniversary of the start of WW II
- Sept. 2:** V-J Day
- Sept. 2:** 67<sup>th</sup> Anniversary of the Signing of the Japanese Instrument of Surrender
- Sept. 2-8:** National Suicide Prevention Week
- Sept. 3:** Labor Day (Federal Holiday)
- Sept. 8:** Federal Lands Cleanup Day
- Sept. 8-14:** National Seat Check Saturday and Child Passenger Safety Week
- Sept. 9:** National Grandparents Day
- Sept. 9-15:** National Employer Support of the Guard and Reserve Week
- Sept. 9-15:** National Assisted Living Week
- Sept. 10-14:** National No Bully Week
- Sept. 10:** World Suicide Prevention Day
- Sept. 11:** Patriot Day
- Sept. 14:** National Anthem's 198<sup>th</sup> Anniversary
- Sept. 17:** Citizenship Day



funding reductions” scheduled to take place on Jan. 2, 2013, as a result of sequestration, the White House announced Tuesday. The law directs Obama to detail within 30 days where the spending cuts would take place, making the deadline for the report Sept. 6. The 2012 Sequestration Transparency Act passed nearly unanimously in both chambers of Congress in July. ([More](#))

## We Now Have Our Smallest

**Government In 45 Years:** Since the official end of the Great Recession, America's public sector has shrunk. And shrunk. And shrunk some more.



We've said goodbye to about 600,000 government jobs, handing the economy a nasty self-inflicted wound in the process. But how small has our public sector really become? Here's one way to think about it: Compared to our population, it hasn't been this size since 1968. ([More](#))

## 10 People Skills Every Government

**Employee Should Have:** It's estimated that there are now just over two million federal government employees. Despite how many there currently are, there are

always more people looking to land a government position. Plus, those who are already working for the government can benefit from brushing up on their people skills in order to get ahead. Those with solid people skills will find that they are not only happier with their time spent on the job, but they will also be the ones in a position to be promoted as the opportunities arise. ([More](#))

## Major Changes to Performance Management in OMB Budget

**Guidance:** New budget guidance from the Office of Management and Budget is making significant changes to the way agencies manage their performance goals.



The updated A-11 Circular released late last week helps agencies prepare for their fiscal 2014 budget requests due to OMB in mid-September. ([More](#))

## Will Federal Workers Be Protected In An Influenza Pandemic?:

It may sound like an unusual question, but it's one GAO was asked to look into recently. GAO surveyed 24 agencies to determine what progress agencies report they have made since 2009 on protecting against an influenza pandemic, identifying

challenges agencies face in their preparation and the extent to which oversight of progress in preparation is being conducted. ([More](#))

## **Feds Feed Families:** The "Feds Feed Families" campaign" will be **Aug. 7-28.**

All items collected will be donated locally to the River Bend Food Bank in



Moline, which services all of the Quad-Cities. The timing of this campaign is especially important during the summer months when food banks typically face shortages. This is due to an increase in demand that is compounded by decreased community donations. Items will be collected every Tuesday until the end of the campaign. Collection boxes on Arsenal Island are located in buildings 60, 68, 90, 102, 104, 110, 210, 299, 350, 390, the Clock Tower Building, Commissary, PX, Child Development & School Age Centers and all cafeterias. The donations will go a long way to assist the local food bank and the people they serve. The 2012 Feds Feeds Families co-chairs are [Louise Paradis](#), USAG-RIA, (309) 782-4797; and [Sgt. Major Keith Jones](#), ASC, (309) 782-2963.



**VIOS Schedule for August:** Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal **Aug. 14, 15 and 16.**



Appointments may be scheduled online by submitting a DA3903 Work Request using the Visual Information Ordering Site at [www.vios.army.mil](http://www.vios.army.mil) for these available times: Tuesday, **Aug. 14**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Aug. 15**, 7:20 a.m. – 3:40 p.m.; Thursday, **Aug. 16**, 7:20 a.m. – 3:40 p.m. Click on "Frequently Asked Questions" for more information. Walk-In appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, Basement, by elevator). Priority is: 1. Active Duty Soldier's DA Photos; 2. Official Government Passport Photos; 3. Official Command Photos; 4. DA Photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" Head and Shoulders-Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an Official Government Passport Photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to

Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the Passport Agent in Block 14. 3. Present that DA3903 form to the Photographer before the passport photo is taken. You will receive two 2"x2" Passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

**Volunteers Needed:** Rock Island Arsenal will be conducting a full scale emergency exercise to test the Arsenal's ability to respond to an emergency situation. To make this event meaningful, the Garrison Manager is asking for 50 volunteers who wish to participate as role players. Volunteers will need approval from their Chain of Command. Anyone interested in volunteering please contact Edmund Peterson, RIA-JMTC Security Specialist, (309) 782-1756 or by email at [Edmund.r.peterson.civ@mail.mil](mailto:Edmund.r.peterson.civ@mail.mil). Volunteer safety/in-brief, Tuesday, **Aug. 28**, 10-11 a.m.; Exercise, Thursday, **Aug. 30**, 7 a.m. - 2 p.m.



**Open Season Dates Announced:** The annual federal benefits open season will run **Nov. 12 – Dec. 10** this year. During

that time, FEHB enrollees can change plans or change types or levels of coverage, and those eligible who are not enrolled can join. Plan brochures this year will have a separate section on deductibles, copayments, coinsurance, out-of-pocket limits and other costs; covered services, examples of covered services, and excluded services; and rights to continue coverage and grievance and appeal rights. OPM also is revamping its own brochure to make it more concise and easier to understand. The open season also allows enrollments or changes in the FEDVIP vision-dental insurance plan; as with FEHB, if a FEDVIP enrollee makes no changes, current enrollment will continue in the upcoming calendar year, subject to any coverage or cost changes. However, a new enrollment is required every year during the open season under the flexible spending account program.

**Applying for Army, Other Federal Jobs:** USAJobs and Application Manager are the two new systems everyone is getting used to using when applying on Department of Army (and many other federal agencies) job announcements. There are good resources available to help you through this transition. We've included two links below for your reference. The first is the



USAJobs "Resource Center" main page (<https://usajobs.gov> tab at the top-center). The second is the Application Manager Quick Start Guide, which is available through the "help" section on <https://applicationmanager.gov> (button in the top left corner of webpage). This Quick Start Guide is also included here as an attachment, in a printer friendly version. It contains active links to more detailed and specific help topics within the document. Both links include a lot of helpful information to guide you through the new application process. They include detail and instruction on such areas as how to create your account(s), how to apply, eligibility categories, special hiring programs, tutorials on completing specific sections of your account, how to create/edit your resume, and many others. Applicant inquires can be submitted to the following email address: [applicanthelp@conus.army.mil](mailto:applicanthelp@conus.army.mil) or you may call (410) 306-0137.

**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](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2<sup>nd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:15 p.m. on Aug. 24**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Sept. 21**. 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.



***Donation Has It's Rewards!***  
*With Memorial Day, 4<sup>th</sup> 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](#).**

## **Week 2 Antiterrorism Theme: Training and Education:**

The Department of the Army declares August 2012 as the Army's Anti-terrorism Awareness Month. During this month, our Army will reinforce the DA's anti-terrorism strategic plan by instilling heightened awareness and vigilance to prevent and protect our communities and critical resources from acts of terrorism. Antiterrorism integrates risk management, planning, training, education, awareness, exercises, resource generation, comprehensive program review and random antiterrorism measures into a holistic security program to protect against an act. All Soldiers and civilians entering the Service (IET, Officer/Civilian accessions) receives antiterrorism Level I (individual) training by a certified antiterrorism officer. The training includes individual protective measures for Soldiers, other personnel, family members, units and equipment from



terrorist attacks. In addition, all Army personnel must receive annual refresher training usually which is also offered through online portal (<https://atlevel1.dtic.mil/at>). If you have questions concerning AT level I training please, contact your organizations Antiterrorism Officer (ATO) or the Garrison ATO at (309) 782-4577. Remember, See Something ... Say Something! Report all suspicious activity by calling the RIA Central Dispatch at 911. Advise the dispatcher you are calling from RIA. ([StandTo!](#))

**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 Cemetary (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](#))

**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.**



**Pet Vaccine Clinic**: The Great Lakes Veterinary Treatment Facility will be hosting a pet vaccination clinic on Thursday, **Sept. 6**, 1-6:30 p.m.; and Friday, **Sept. 7**, 8-11:30 a.m., at the Rock Island Arsenal Fire Station Fire Station. For more information [click here](#). POC: [corinn.hardy@us.army.mil](mailto:corinn.hardy@us.army.mil), (515) 450-2447

**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](http://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 21<sup>st</sup> 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.

**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:** Visit the attic ... the Thrift Shop is packed with great merchandise for sale. Open Tuesday and Thursday, 9 a.m. – 3 p.m., and Saturday, **Aug. 18**. Attention consignors: Sorry about the website difficulties. You can pick up the new forms on disc at the store until the problem is resolved. POC: (309) 782-6977

## Arsenal Attic Thrift Shop &

**Boutique:** On sale at the Attic: High chairs, play pens, wagons, bikes, strollers, baby clothes, toys, floor and table lamps, Boyd Bears, Isabelle Bloom, framed artwork, purses, sandals, jewelry, fine vintage collectibles, small kitchen appliances, dish and glassware, men's, women's, boys and girls clothing. Come shop at the Attic.

## 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.**

## Quad City Phoenix Festival:

Free Family Music & Arts Festival at Schweibert Park, downtown Rock Island, Sunday, **Aug. 26**, to raise awareness/funds for domestic violence victims in the Quad Cities. Includes food & merchandise vendors, music concerts, silent auction, 50/50 raffle, bounce house, kid's activities, prizes, Zumba, martial arts & self defense demonstrations, face painting, caricature, and much more. ([More](#))  
Time: **12-6 p.m.**



## Kickin' It Old School Retro-theme

**Dance Party:** A dance party was held at Riverview Music Experience on Aug. 4 in downtown Davenport.

**The Island Insight incorrectly**

**reported the date of the event as Aug. 26. Please correct your calendars, as the event has already taken place.**

Garrison Public Affairs apologizes for the misprint. The event was held to raise awareness of the [Quad City Phoenix Festival](#), which raises awareness and



funds for domestic abuse victims. POC: Christy Krmptic (309) 737-7599

**2012 Cards for the Troops:** 5<sup>th</sup> 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](mailto: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

**First Army Run:** On **Aug. 10**, First Army will be conducting a physical fitness run from 6:30-7:30 a.m. They will run from behind the Arsenal Island Golf Course clubhouse on Gillespie north to Blunt Road, returning on King Drive, to East Street (southbound) to North Street to head back to the golf clubhouse. Motorists can expect short delays along these routes while the run is underway, but no road closures are anticipated at this time. ([POC](#))

## Beck Avenue and Rock Island Gate

**Closure:** The Directorate of Public Works will close Beck Avenue between



Sylvan Drive and the Rock Island Gate from 5:30 p.m., **Aug. 8**, until 5:30 a.m., **Aug. 13**, to make repairs. Traffic will not be allowed to enter or exit via the Rock Island Gate during closure so the Davenport Gate will be open during this period. Signage and barricades will be positioned at appropriate locations. Attached are two detours maps that outline traffic flow for morning and afternoon traffic. Due to safety concerns at the Davenport Gate intersection, outbound traffic through the Davenport Gate will remain right turn only. ([POC](#))

**Notice to Workforce Regarding Temp Closures of Hillman Street:** For the safety of workers and drivers alike, we will be implementing intermittent road closures along Hillman Street in the V-Area (vicinity of buildings 332, 333, 336, 337, 340, 341, 343, 345 and 355) when workers are loading or unloading trucks. These closures will occur as necessary and the section of road that is closed will be dependent on where work is being performed. The closures will use large barricades with "Road Closed" signs attached. There will also be warning signs posted in advance of the closure area to ensure that drivers have an opportunity to take a different route. The use of barricades to close the roads will begin in the near future. Another

notice will be sent to remind employees prior to implementation. At this time, we would also like to remind everyone that road closures are in place for good reason and that driving around or moving barricades to go through the road closure is not only unsafe, it is illegal and you can be issued a \$140 ticket for failure to obey a traffic control device.

**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

☉  
**Mandatory Reverse Boot Camp Will Prepare Troops to Leave Military:**  
Troops leaving the military will go through a five- to seven-day reverse boot camp covering job skills, personal finances and veterans benefits under a new initiative to be announced by President Barack Obama on Monday. At a speech before the Veterans of Foreign Wars national convention in Nevada, Obama will outline the program -- dubbed Transition Goals Planning Success, or Transition GPS -- as part of a wider effort to help curb veterans unemployment and the difficult integration into civilian life for many troops. ([More](#))

**School Bus Registration:** Military parents located on Rock Island Arsenal who would like to have their children ride the school bus for the 2012-2013 school year to the following schools Franklin Grade School, Wilson Middle School and Moline High School registration is open contact the Rock Island Transportation Office, Clint Bostick at (309) 782-1355/1351.



## Safety Spotlight



**Area Schools Back in Session:** The following dates are provided as useful information for Arsenal parents, as well as to inform the Island workforce when to expect children and teens to be once again populating walkways and roads in their communities and neighborhoods on their way to school. Area public school start dates: [Sherrard, Ill. – Aug. 2](#); [Rock Island/Milan, Ill. – Aug. 3](#); [Davenport, Aug. 13](#); [North Scott, Iowa – Aug. 14](#); [Moline – Aug. 14](#) (freshman 8-11:30 a.m.); [Geneseo, Ill. – Aug. 15](#); [Orion, Ill. – Aug. 15](#); [Bettendorf – Aug. 15](#); [Pleasant Valley, Iowa – Aug. 15](#); [Moline – Aug. 16](#); [East Moline, Ill. – Aug. 21](#). Remember drivers – look out for children and teens. "Children get caught up in the excitement of the back-to-school season and often forget to look out for cars," said Rose Rougeau, spokesperson for AAA. "Many children have trouble making accurate judgments about traffic speed and distance, so drivers have to be particularly aware." One-fifth of all children 14 years of age and younger who die in motor vehicle crashes are pedestrians, according to the National Highway Traffic Safety Administration. These pedestrian fatalities are more likely to happen in the afternoon hours, when school is

letting out. Don't take children's safety for granted. Recent studies have shown that more than one-third of motorists in school zones or neighborhoods just "roll through" intersections with a stop sign. Don't be that way. Slow down in school and residential areas, and be sure to come to a complete stop at all intersections. Drivers should look out for children who may dart out into the street near school zones, playgrounds, bus stops, and in residential neighborhoods. School-age children can be especially vulnerable in areas with heavy traffic volume, parked vehicles on the street, higher posted speed limits, and few pedestrian control devices. Look for clues such as crossing guards, bicycles, and playgrounds that indicate children could be in the area.



## Equal Opportunity Focus



**DoD Hiring More People With Disabilities:** More people with disabilities are working at the Defense Department than almost every other agency. DoD says 14 percent of its civilian workforce is disabled. The governmentwide average is 11 percent. Stephen King, DoD's director of disability programs, says part of the reason for the uptick is the emphasis on

hiring wounded warriors. King says the military is taking advantage of special hiring rules, wounded warrior job fairs and the governmentwide veterans hiring initiative. In addition to hiring more people with disabilities, the Pentagon wants to make sure those with disabilities can become integrated into development and leadership programs. ([More](#))

**Federal Legal Corner: EEOC Revises Federal Sector EEO Regulations:** On July 24, the Equal Employment Opportunity Commission (EEOC) issued a final rule modifying, for the first time since 1999, various aspects of the EEO complaint process utilized by federal employees who file complaints of discrimination. Key among the revisions to 29 CFR §1614 is a requirement that a federal agency, which has not completed its EEO investigation in a timely manner, provide the complainant a written notice that the investigation is not complete, an estimated date of when the investigation will be completed, and a notice that the complainant has the right to request a hearing or file a lawsuit. Previously, the agency was only required to notify a complainant of the right to request a hearing within 180 days from filing a complaint. ([More](#))



## 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.

### **Flag Football & Kickball Leagues**

**Now Forming:** Coed kickball and flag football leagues will start on **Aug. 29**, at the East and West Fields of the Sports Complex. Both leagues are to be held on Wednesday nights and will run six weeks with a single elimination tournament to follow. Rosters are due Monday, **Aug. 20**. Cost is \$100 per kickball team and \$200 per football team. Kickball is a coed league and each team will need at least four female participants. Adult females may play flag football, but there is no required number of females per team. Call the Fitness Center at (309) 782-5124 for more info. ([Kickball Flyer](#)) ([Flag Football Flyer](#))

**Now Booking Holiday Parties at the Golf Clubhouse:** Although it's probably

tough to think about holiday season with all this hot weather, it's time to start considering where you'll be holding your holiday get-togethers this season. Let our experienced and professional banquet and catering staff help plan your event to ensure that your party is the one that everyone will talk about for years to come. Call Damen at (309) 782-4372 for more info and to reserve your dates.

### **Want a Free Bucket of Range Balls?:**

All you have to do is 'like' the [Arsenal Island Golf Course Facebook page](#) between now and Labor Day (**Sept. 3**) and we'll give you a free bucket of range balls! ([Flyer](#))

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

**Electronic Marquee Outage:** The operating system used to update the outdoor marquee signs on either side of the Island has become obsolete and inoperable. Consequently no requests for messages can be fulfilled and the signs have been shut off at this time. The Garrison is working towards a solution and a future message will be sent out as information becomes available about whether the signs can be repaired or replaced.

**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., 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](#))

### **Northern Iowa vs. Iowa Football:**

Leisure Travel has 20 seats to the Northern Iowa Panthers vs. the Iowa Hawkeyes football game at Kinnick Stadium in Iowa City. Cost is \$65 per person.



Special Promotions at the stadium on gameday include "Varsity Club Day" and "Be Bold, Wear Gold"

Date: **Saturday, Sept. 15**

Time: **2:30 p.m.**

### **Central Michigan vs. Iowa Football:**

Leisure Travel Office has 20 seats to the Central Michigan

Chippewas vs.

the Iowa

Hawkeyes

football game at Kinnick Stadium in Iowa City. Seats are \$65 each.

Date: **Saturday, Sept. 22**

Time: **TBA**



### **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.**

### **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.

**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.

### **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.

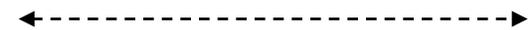
Date: **Saturday, Sept. 1.**

### **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.**



## Child, Youth & School Services



**School Bus Registration:** Military parents located on Rock Island Arsenal who would like to have their children ride the school bus for the 2012-2013 school year to the following schools Franklin Grade School, Wilson Middle School and Moline High School registration is open contact the Rock



Island Transportation Office, Clint Bostick at (309) 782-1355/1351.

**How to Help Your Child Sleep Safe and Sound:** Join us Thursday, **Aug. 16**, 11-11:45 a.m., in Bldg. 110, 1st Floor, in the CYSS Training Room (Abel Conf. Rm.) for cookies & milk as our CYSS Nurse, Karol Tubbs, helps us understand why sleep is so important, how to keep your child safe while sleeping, and gives you ideas on how to get your child to sleep in their own beds. She will discuss the latest research on sleep and how it affects your child's health, SIDS & sleep positions, as well as our own CYSS policies on sleep positions. We hope you will join us for this great discussion about sleep ... and some yummy cookies! RSVP by **Aug. 9** to (309) 782-2165.

## Army Community Service (ACS)

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



**here.** **24/7 Sexual Assault Hotline:** (309) 229-8412

## Employee Assistance Program

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

**Summer Depression – August 2012:** You have probably heard of seasonal affective disorder affecting people as the seasons shift towards fall and winter. Did you know some people experience symptoms of depression in response to the longer, warmer days of spring and summer? This reverse seasonal affective disorder (also known as summer depression) has physical symptoms that are the opposite of the winter version such as poor appetite, insomnia, agitation and anxiety. You may be surprised to learn about summer depression as everyone seems so happy this time of year. Vacations are in full

swing, workloads are often lighter, and kids are spending their days playing outside. Do you feel like you are the only one who is not caught up in the fun? Whether it is due to the weather change or the expectations of the season many times people feel depressed, anxious, or restless during the summer months. For this reason the counselors at the Rock Island Arsenal Employee Assistance Program invite you to take advantage of your free and confidential benefit. EAP services include brief, solution-focused counseling and referral assistance to community providers if indicated. The EAP office is located in Bldg. 56, 1<sup>st</sup> floor, East wing. You may schedule an appointment by calling (309) 782-4357. Office hours are from 7:30 a.m. until 5 p.m. Monday through Friday. The staff at Rock Island Arsenal EAP wants you to enjoy this last month of summer. If you aren't feeling your best making an appointment to talk to an EAP counselor is the first step to feeling better.

**PTSD Support Groups:** Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact



Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Smoking Cessation Group:** Want to join a supportive group of individuals with a common goal to quit smoking? The Employee Assistance Program offers an ongoing educational support group. The group meets each Wednesday, 3-4 p.m., at the new EAP office located in Bldg. 56, 1<sup>st</sup> floor, East wing.



## Education/Training Review



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



## 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](#))**

**Save on School Lunches, Snacks at Your Commissary:** Before their children return to the classroom, military parents can check their commissary for sales events offering contests, coupon booklets, giveaways, shopping sprees and overall discounts on all their "Back to School" meals, said the Defense Commissary Agency's director of sales. "Your commissary is the place to be for all your back-to-school essentials!" said Chris Burns, the agency's sales director. "There are specials on everything you need for hearty family breakfasts, healthy 'pack-a-lunch' and snacks for school, and easy-to-fix, 'good-for-you' snacks for after school with friends." Now through September, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings.

**Food Safety Alerts:** For information about the latest food-safety alerts and product recalls affecting military

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

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



## Arsenal Archive



**Information for the *Arsenal Archive* is made available by the [Rock Island Arsenal Museum](#). The Museum is open to the public, Tuesday through Saturday, 12-4 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](http://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 150<sup>th</sup> 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 – Aug. 6-12:** In Sept. 1866, excavation began for Shop C (Bldg. 104). Congress established employee compensation for accidents that occurred on the job on Sept. 7, 1916. In September 1841, Congress asked for a thorough examination of potential sites for an armory in the west. Rock Island was included in the survey. In September 1814, Major Zachary Taylor led an American military expedition to Rock Island to avenge the defeat that Black Hawk's British Band had inflicted on Lt. Campbell's early expedition. Major Taylor's troops were defeated in

the Battle of Credit Island, an island just below Rock Island, by British artillery and hostile Indians.

## Healthbeat

**Immunizations Vital to Keeping Children Safe In School:** For many, the month of August symbolizes the end of summer and the start of a new school year for most of the nation's children. Parents, eager to ensure their child has a safe and successful school year, scramble to fulfill school supply lists and face long lines at the mall to purchase new school clothes. Immunizations are a vital piece to children's safety and protection at school. One might think, "How are immunizations important in keeping a child safe?" Immunizations (also called vaccines or shots) help protect individuals from serious diseases. Immunizations can prevent infectious diseases like measles, diphtheria and rubella. People in the U.S. still die from these and other vaccine-preventable diseases. It's extremely important to know which shots your child and you need and when to get them. ([More](#))

**Sports Injuries in the Army: Don't Get Sidelined:** Injuries are the biggest



health problem in the United States Army and are the leading cause of non-battle injuries and medical evacuations. About 60 percent of Soldiers are injured each year, resulting in a little over 1 million medical visits annually due to musculoskeletal injuries. Roughly half of the Soldiers experiencing an injury were injured due to participation in sports, exercise and recreational activities. As an indicator of the impact of these injuries on Soldiers and unit readiness, 72 percent of Soldiers with an injury had two or more days of limited duty, and nearly 40 percent had 15 or more days of limited duty. ([More](#))

## **PTSD: The Dreaded Four Letters You Don't Have To Fear:** PTSD.

These four little letters have been the source of much confusion, misunderstanding, pain, and now hope. Yes, you read that correctly, hope. PTSD, which stands for Post-Traumatic Stress Disorder, is a reaction to experiencing or witnessing one or more terrible events. The one, sure-fire way to prevent PTSD is to avoid seeing or being involved in any horrible event or scene that may cause you distress. This is easier said than done, especially for service members in times of war. Although you may not be able to avoid all stressful and disastrous situations,

there are things that you can do to help prevent PTSD. These things include creating a strong social support network, getting enough sleep, maintaining mental and physical health, and engaging in activities that make you feel good--physically, emotionally and mentally. ([More](#))

**Health Clinic Announcement:** Health Sick Call hours 7-8 a.m. Clinic closed Staff Meeting/Training **Aug. 31** 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



### **Veterans' Risk of Developing ALS**

**Might Be Higher:** A small number of studies have suggested military veterans may be at a higher risk for developing ALS. It's enough evidence that, in 2008, the U.S. Department of Veterans Affairs began setting aside benefits specifically for anyone who had been in the service and developed the disease. Although benefits vary depending on service time and other factors, ALS was categorized as a "presumptively compensable illness." In other words, veterans diagnosed with ALS are eligible for monthly disability pay and funds to

modify their homes, vehicles to transport them, insurance for dependents and survivors' benefits. ([More](#))

### **HHS Grants to Help Veterans Get**

**Jobs as Physician Assistants:** Health and Human Services Secretary Kathleen Sebelius today announced \$2.3 million in grants to train primary care physician assistants and help veterans transition from the military to civilian physician assistant careers when they return home. Funded under the Physician Assistant Training in Primary Care Program, the five-year grants aim to increase the number of physician assistant graduates who become primary care clinicians and teachers, officials said. Funding priority was given to grantees that have strong recruitment, retention, and education programs for veteran applicants and students, including academic recognition of medical training and experience gained during military service. ([More](#))

### **VA Program Offers Vets Between Ages 35-60 New Education**

**Opportunities:** Unemployed veterans between 35 and 60 years old have an opportunity to begin a new career in one of more than 211 high-demand occupations by applying for enrollment in the Veterans Retraining Assistance Program launched as part of the Vow to



Hire Heroes Act of 2011. Sponsored by the Veterans Administration and the Department of Labor Veterans Retraining Assistance Program, or VRAP, offers up to 12 months of educational assistance to veterans enrolled in a VA-approved program of education offered by a community college or technical school. ([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, 2<sup>nd</sup> 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 1<sup>st</sup> Friday of Pay period. [Email](#) or call (309) 782-5472.

## Around the Q.C.



- Aug. 6-9:** [Children and Adult's Vacation Bible School](#) (510 E. 15<sup>th</sup> Street, Davenport)
- Aug. 9:** [Living Lands & Waters 11<sup>th</sup> Annual Barge Party](#) (Lake Davenport Sailing Club at Oneida Avenue and River Drive, Davenport)
- Aug. 9-11:** [Great River Tug Fest](#) (LeClaire, Iowa / Port Byron, Ill.)
- Aug. 10:** [7<sup>th</sup> Annual Doggie Dip](#) (Fejervary Family Aquatic Center, Davenport)
- 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:** [11<sup>th</sup> 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 3<sup>rd</sup> 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 Cemetery)

- Aug. 25:** [Quad Cities Irish Festival](#) (Rock Island)
- Aug. 25:** [RIBCO's 3<sup>rd</sup> Annual River City Beer Festiv-ale](#) (The District)
- Aug. 26:** [Quad City Phoenix Festival](#) (Schweibert Park, Downtown Rock Island)
- Aug. 28-Sept. 5:** [ASA Girls 12U Fastpitch Tournament](#) (Greenvalley 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 18<sup>th</sup> Annual Run with Carl 5K](#) (Life Fitness Center, Bettendorf)
- Sept. 6:** [13<sup>th</sup> 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:** [17<sup>th</sup> 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 3<sup>rd</sup> 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:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)

**Dec. 7:** [Gallery Hop!](#) (The District)

**Dec. 8-9:** [131<sup>st</sup> Annual Performance of Handel's Messiah](#) (Centennial Hall, Augustana College)

## Island Insight



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

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

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# Take 5

for Sports and  
Fitness Preparation

- Minimize injuries with proper planning before physical activities.
- Sports and physical training produce the most injuries.
- Proper gear and equipment play a role in injury prevention.
- Clothing should be light, loose and comfortable.
- Don't go out in extreme heat; stay indoors for activities.

*Take 5 ... then take action.*



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