

Dec. 3, 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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## Flurry of Activity During the 2012 Illowa Bi-State Combined Federal Campaign:

During the initial weeks of the 2012 Illowa Bi-State Combined Federal Campaign, federal government employees have seen a flurry of activity in their work areas. Employees have been donating to CFC charities to make a lasting difference in people's lives in the Quad City Area and beyond. In addition, volunteers in various agencies have been holding fundraisers to

generate additional donations to CFC. "The campaign is going very well," said Matthew Kopel, this year's CFC chairman. "There is a high level of awareness about the campaign and people have really gotten involved with special fundraising events." Federal agencies have jumped on the bandwagon with unique events such as: • Letters to Santa, taco dinner, cutest pet contest, chili cookoff (Transportation Security Agency) • Flamingo flock,

silent auction, scoops and squares, silent auction (Civilian Human Resources Agency) • Pumpkin carving, parking space auction, pancake flip breakfast (Joint Manufacturing and Technology Center) • Gobbler clobber, salsa contest, bake sale (Joint Munitions Command) "I hear that CHRA's sundae sale was a big hit with its bacon bits topping. Go figure!" said Kopel. ([More](#))



## Improvements Under Construction at Arsenal Island:

On Rock Island Arsenal, construction is replacing and improving sidewalks, gutters and street curbs in the vicinity of North Avenue, buildings 350, 360, 390 and 391. Joe Gumpert, Directorate of Public Works, one of the approval authorities for Arsenal Island's work projects, approved the work order for workers to place a concrete base and walkway around Bldg. 391, also known as the flagpole, in Constitution Square to assist the flag detail in carrying out its duties. ([More](#))



## ASC Road March Offers Reservists, Military Explorers, Boy Scouts

Historical Information On RIA: The Army Sustainment Command historian led a group of 20 deploying Soldiers, four Military Explorers and 11 Boy Scouts on a Rock Island Arsenal historical road march Nov. 10. George Eaton, a retired Army officer, led a 5-mile road march that took participants to many points of interest, where Eaton presented



historical facts about the Arsenal.

([More](#))

## ACC-RI Arsenal Employee Wins

Award: A Rock Island Arsenal employee is being recognized for her work in creating jobs for the blind. Joan Wysoske was honored today with the Performance Excellence Award from the National Industries of the Blind. She was chosen because of her work with a contracting program at the Arsenal that creates positions for the blind. Wysoske says they are no different than any other employee.



([More](#))

## 67 Years Later, a Big Thank You for Wartime Service:

About eight months ago, Phillip Clong's heart was failing and his son Mark discovered his World War II Purple Heart was also broken. On Saturday morning, the Clong family's hearts were full as the 86-year-old Kewanee native (a Private First Class who served in the Army's Second Infantry Division)



# Upcoming Dates

- Dec. 2-8:** Nat. Handwashing Awareness Week
- Dec. 2-8:** National Influenza Vaccination Week
- Dec. 3:** International Day of Persons with Disabilities
- Dec. 7:** 71<sup>st</sup> Anniversary of Pearl Harbor Day
- Dec. 7:** International Civil Aviation Day
- Dec. 8:** Wreaths Across America
- Dec. 8:** 113<sup>th</sup> Army-Navy Game
- Dec. 9:** National Children's Memorial Day
- Dec. 10:** 114<sup>th</sup> Anniversary of the Treaty of Paris
- Dec. 10:** Human Rights Day
- Dec. 10:** Green Monday
- Dec. 13:** 376<sup>th</sup> Army National Guard Birthday
- Dec. 13:** 9<sup>th</sup> Anniversary of the Capture of Saddam Hussein by US Army Troops
- Dec. 15:** Bill of Rights Day
- Dec. 15:** Gold Star Wives Day
- Dec. 16:** 68<sup>th</sup> Battle of the Bulge Anniversary
- Dec. 17:** Wright Brothers Day
- Dec. 21:** First Day of Winter (Winter Solstice)
- Dec. 21:** National Lights On For Life Day
- Dec. 21-23:** National Holiday Lifesaver Weekend
- Dec. 24:** Christmas Eve ([Fed. Holiday Unknown](#))
- Dec. 25:** Christmas (*Federal Holiday*)
- Dec. 28:** 103<sup>rd</sup> Anniversary of the Army Chaplain Assistant
- Dec. 31:** New Year's Eve
- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 5:** U.S. Army All-American Bowl
- Jan. 13:** AMBER Alert Awareness Day
- Jan. 16:** Martin Luther King, Jr. Day (*Federal Holiday*)
- Jan. 17:** 21<sup>st</sup> Anniversary of Operation Desert Storm
- Jan. 27:** National Eosinophilia Day
- Jan. 27-Feb. 2:** Tobacco-Free Awareness Week
- Jan. 28-Feb. 1:** No Name-Calling Week
- Jan. 29:** Thomas Paine Day
- Feb. 1:** National Wear Red Day



received a new Purple Heart Medal, among 11 awards in a ceremony at First Army headquarters. ([More](#))

## **Rock Island Arsenal Provides Trees for Troops:**

More than 120 Christmas trees are being given away by the Trees for Troops organization, and organized through Rock Island Arsenal FMWR, to service members and their families at Rock Island Arsenal beginning Dec. 3. Trees are being handed out on a first come, first serve basis to active-duty service members. Families began arriving at 9 a.m. to the Memorial Park Pavilion on Arsenal Island to pick out their trees, which will be available to active-duty troops Dec. 3-7 at the location 9-11 a.m. and 1-3 p.m. ([More](#))



## **A Last-Minute and Very Real Pension Threat:**

Could feds get a major surprise hit as Congress flounders toward a solution to the looming fiscal cliff problem? Could inflation-protected Social Security and federal retirement benefits be part of the



solution? Yup! Like people in the popular TV series, Doomsday Preppers, individual feds and groups representing them have been stockpiling political ammo to fend off a batch of worst-case scenario cuts in the federal benefits package. ([More](#))

## **House Continues to Push Federal Employee Pay, Benefits Reforms:**

House GOP leaders on Monday reiterated their belief that reductions to federal employees' compensation should be part of a deal to decrease the deficit. Speaker John Boehner, R-Ohio, sent President Obama a counterproposal to reduce the deficit and in an accompanying letter, mentioned federal compensation reforms included in the House budget resolution. That resolution, which House lawmakers approved in the spring, would extend the federal pay freeze, shrink the government workforce by 10 percent through attrition, and require feds to contribute more to their pensions. ([More](#)) ([WashPo](#))



## **Provision Slashing Up to 36,000**

**Defense Jobs Stays Alive:** The Senate defeated an amendment to the Defense

authorization bill that would have halted an effort to cut the department's civilian and contractor workforces by an estimated 5 percent through fiscal 2017. The failure of the amendment, offered by Sen. Ben Cardin, D-Md., means a provision that could slash up to 36,000 Defense jobs will remain in the Senate's fiscal 2013 bill. The reduction in military personnel resulting from the end of the Iraq war and the drawdown in Afghanistan prompted Sen. John McCain, R-Ariz., to include the language directing the Defense secretary to also shrink the civilian workforce and contractors by a rate that is at least equal to the percentage of funding saved from planned troop reductions. Defense is reducing the active-duty and reserve force by 31,300 between fiscal 2012 and fiscal 2013. ([More](#))

## **Senate Unanimously Passes Hatch Act**

**Update:** The Senate passed the Hatch Act Modernization Act of 2012 (S. 2170) by unanimous voice vote Friday, Nov. 30. "I am pleased the Senate approved this important legislation, which will allow more Americans the right to run for public office and serve their communities, and



treat federal employees and employees of the District of Columbia more fairly," said Sen. Daniel K. Akaka, in a press release. Akaka introduced the bipartisan bill, which was co-sponsored by Sens. Joe Lieberman (I-Conn.) Carl Levin (D-Mich.) and Mike Lee (R-Utah). S. 2170 updates the Hatch Act, a 1939 law that curtails the political activities of employees of the federal government. Congress has not updated the act since 1993. The Hatch Act also restricts the political activities of state and local employees whose jobs are linked to federal funds and government employees of the District of Columbia. ([More](#))

## **Senate Passes Revised Stolen Valor Act**

The Senate moved Monday to make sure nobody profits from lying about being a military hero. The Stolen Valor Act of 2012, sponsored by decorated Vietnam War veteran Sen. Jim Webb, D-Va., passed the Senate as an amendment to the 2013 defense authorization bill. Webb's proposal makes it a federal crime to make a false claim about having served in the military or having received a military



decoration if the object of the lie is personal gain. ([More](#))

## **Do You Want Christmas Eve Off This Year?**

Will federal employees receive an extra day off in 2012? Christmas Eve, December 24th, falls on a Monday this year. A few readers have written us to ask if most federal employees will receive that day off as an extra paid holiday this year.



While there is no government-wide order from the White House (as of the time of this writing), there is also a possibility that federal employees will be given an extra day or half of one day off (with pay) in addition to the regular holiday which is on Tuesday, December 25th. Federal employees do, on occasion, receive an extra day off whether the administration currently in power is Democrats or Republicans. Presidents can (and often have) granted extra time off by issuing an executive order. ([More](#))

**Holiday Closures:** Physical Security, the Visitor Control Building and Lock & Safe will be closed on **Dec. 24 & 25** for

Christmas Eve and Christmas Day. They will also be closed on **Dec. 31 & Jan. 1** for New Years Eve and New Years Day.

**Water Taste, Odor Issues:** Rock Island Arsenal and other Quad Cities communities are experiencing taste and odor issues with their water systems. The water in all of these areas continues to be suitable for drinking, cooking or other applications. The filtration and disinfection processes used continue to produce water with no issues relative to EPA water quality guidelines. The cause of the problems are low river flows and pool heights combined with seasonal temperature inversion ("turning over"). DPW is raising the application rate of the method used to counter taste and odor which is powder activated carbon (similar to the material used in commercial filters). DPW hopes that this diminishes the taste and odor issues that are currently occurring. Also the causes described above are usually short term in nature and the issues should be resolved within the next week or two.



**Arc-BSC Holidays and Inventory:** The Base Supply Center, Arc, will be closed on the following days: **Dec. 24 & 25** - Closed for Christmas; **Dec. 26 & 27** -



Closed for Inventory; **Jan 1** - Closed for New Years Day; **Jan. 21** - Closed for Martin Luther King Jr. Day. Contact Store with any questions, (309) 782-1666.

**Make Your Voice Heard!** Interactive Customer Evaluation (ICE) is the Army's web-based application for receiving and responding to customer feedback and is your direct link to the Garrison Management Team here at Rock Island Arsenal. Your voice can make a difference today. The USAG-Rock Island Arsenal staff is actively using ICE program feedback to drive continuous improvement of programs and services. The Garrison is dedicated to improving customer satisfaction by using the information that is provided by your input. Our objectives are to use ICE to identify systemic issues, develop solutions, and to improve our services and programs leading to enhanced quality of life for Soldiers, Families and civilian. Thank you for giving us the opportunity to serve you better. Go online to <https://ice.disa.mil>, select - USAG-Rock Island Arsenal, where more than 100 services can be rated.



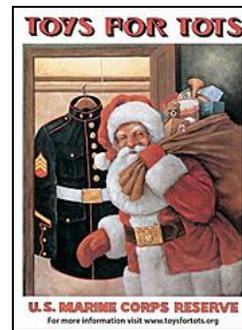
## **Benefits Open Season Under Way:**

The annual federal benefits open season has now started and will run through **Dec. 10**. 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. ([More](#))



## **Toys for Tots on Arsenal Island:** 2012

Toys for Tots RIA-box locations will be at the following locations: • Child Development Center (Bldg. 16); • MWR-ITR Office (Bldg. 60); • RIA Credit Union (Bldg. 62); • Medical Clinic (Bldg. 110);



and • Exchange (Bldg. 333). Toys will be collected through **Dec. 7**. Anyone interested in displaying a box please contact [Maria Kobelenske](#) at (563)528-3533. ([More](#))

## **VIOS Schedule for December:** Official

DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal **Dec. 11, 12 and 13**. 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, **Dec. 11**, 7:20 a.m. – 3:40 p.m.; Wednesday, **Dec. 12**, 7:20 a.m. – 3:40 p.m.; Thursday, Dec. 13, 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.

**Angel Tree - Christmas Caring:** The 23<sup>rd</sup> annual Christmas Caring Angel Tree is up and ready for the "angels" to be adopted. Visit Room 425 in Bldg. 350 on a break or during lunch to adopt an angel this year. Gifts are due back by **Dec. 14.**

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 14, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



[SHoegerl@myrbc.com](mailto:SHoegerl@myrbc.com) with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 7.** To sign up for a blood drive held on either the 2<sup>nd</sup> or 3<sup>rd</sup> shift, donors should contact their shift supervisor.



***Charlie Corpuscle Says,** "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"*

**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here.](#)**

**Arsenal Attic Thrift Shop & Boutique:** Don't forget Fran Riley of KWQC Channel 6 at the Thrift Shop on Thursday, **Dec. 6,** at 10 a.m. All are cordially invited to attend this event to cheer the Volunteers on and meet some of the scholarship winners. POC: (309) 782-6977.

**Rock Island Arsenal Historical Society Meeting:** Kathy Carey, National

Society Daughters of the Revolution, will speak about "D.A.R.--Let's Take a Look," at the Arsenal Golf Club. If you join us for dinner advanced reservations must be made with Linda at (563) 359-6165, by **Dec. 3.** The 7 p.m. program is free and open to public.

Date: **Thursday, Dec. 6**

Time: **6 p.m. Dinner, and 7 p.m.**

Speaker

**Operation Family Timeout:** The next Operation Family Timeout will take place on Saturday, **Dec. 8,** 1-5 p.m., at the Davenport YMCA on 606 W. 2<sup>nd</sup> St. Four hours of free childcare will be available to military families and families of deployed civilians with children ages six-weeks to 12-years-old. Pre-Registration is required by Friday, Nov. 30. Parents – join us afterwards for Family Fun Night from 5-7 p.m. Free pizza, pop, arts/crafts, swimming and the gym will be open during this time. Parents are required to stay with their children during the Family Fun Night events. RSVP online or by calling the Rock Island County Extension. You can [register your child for either or both events online HERE.](#) Scroll down to



Operation Family Timeout or call the Rock Island County Extension office. For more information call the Rock Island County Extension office at (309) 756-9978. Operation Family Timeout upcoming events include **Jan. 12** at Moline Two Rivers YMCA; **Feb. 9** at Bettendorf YMCA; **March 9** at Moline Two Rivers YMCA; and **April 13** at Davenport YMCA. Operation Family Timeout is provided by these Quad City Community Sponsors: Modern Woodmen of America and Rock Island Chapter of the American Society of Military Comptrollers. ([Flyer](#))

**End of Year Donations:** For those desiring to donate annual leave to another federal employee in a personal or family medical emergency, please complete Leave Donor form (RIA 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. Reminder – in any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. End of year donations must

be received in the CPAC no later than **Dec. 11** in order to be processed within this calendar year. The POC is Janine Couppee at (309) 782-1278.

**Winter Weather Awareness:** The weather is getting cooler and almost all the leaves have fallen from the trees. It is important to prepare for winter now before it arrives. Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain. For information on how the RIA handles severe winter weather we have attached the basic RIA Winter Weather Plan. One of the primary concerns is the winter weather's ability to knock out heat, power and communications services to your home or office, sometimes for days at a time. Heavy snowfall and extreme cold can immobilize an entire region. The National Weather Service refers to winter storms as the "Deceptive Killers" because most deaths are indirectly



related to the storm. Instead, people die in traffic accidents on icy roads and of hypothermia from prolonged exposure to cold. It is important to be prepared for winter weather before it strikes. While the majority of the RIA workforce is already aware of this, those who are new to the area may not be. It's always good to review, [please click HERE](#) and take the pledge to prepare today, because you never know when it is the day before a disaster. For more [information, videos and presentations that you can use for your organizational winter weather preparedness efforts](#).

**TSP Contribution Limit Increases for 2013:** Thrift Savings Plan maximum contribution amounts for regular/Roth TSP is \$17,500 and \$5,500 for TSP Catch-Up. It is important to remember that TSP contributions are based on the calendar year in which the pay is received. The first 2013 contribution will be on pay date **Jan. 10** (**Jan. 4** for DCMA). Therefore, those wishing to spread their contributions over the full 26 pay periods, should make TSP and TSP Catch-Up elections during the pay period that begins on **Dec. 2**. TSP Catch-Up elections must be renewed each year. Eligibility for TSP



Catch-Up are: 1) age 50 or older during the calendar year, 2) currently employed and in pay status and 3) regular contributions to civilian or military TSP account or equivalent employer plan that will equal the maximum allowed by the Internal Revenue Code (\$17,500 for 2013). Charts to assist with planning the amount of TSP contributions to reach the maximum for 2013 will be available on the ABC-C website beginning **Dec. 2**.

**New Coffee Shop on RIA:** There is a new coffee shop on Arsenal Island in Bldg. 60 serving all of your favorite Starbucks drinks that opened on Nov. 5. The shop, dubbed Káva Café, will be open Monday – Friday, 6 a.m. – 3 p.m. Stop in and warm up with a pumpkin spice latte or caramel macchiato today. There will also be an official grand opening on Wednesday, **Dec. 13**, at 10:30 a.m., with giveaways, food, and we will be unveiling our full breakfast, lunch and desert selections, food tastings, and entertainment. Mark your calendars!



## Arsenal Traffic/Construction

☉ **Hillman Street Closure:** Hillman Street, between Rodman Avenue and North Avenue, is closed until further notice for an emergency firewater line repair. This repair will not affect drinking water.

**Repair North Ave-New Entrance to Parking Lot 3K:** Beginning Friday, **Nov. 30** (weather dependent), the Directorate of Public Works will begin work to add a new entrance at the Southwest corner of Lot 3K. Lot 3K is northwest of the intersection of North Avenue and Gillespie. The new entrance is required in support of the North Avenue construction project. During the construction of the North Avenue and Gillespie intersection, the East entrance to Lot 3K will be closed and motorists will use this new entrance. The attached drawing depicts the intended changes to the lot configuration. The addition of the new entrance results in a net loss of four auto parking spaces and a gain of six motorcycle spaces. The motorcycle spaces allow for required sight distances when exiting the parking lot. The construction of the new entrance is scheduled to last approximately 10 days depending on the weather. Please use caution when traveling around the

construction area, which will be clearly marked.

**North Avenue Construction Update: 2<sup>nd</sup> and 3<sup>rd</sup> Street Detour:** Effective Nov. 21, the Directorate of Public Works will begin work on the intersection of North Avenue and 2<sup>nd</sup> street. This work is part of the overall North Avenue project. During the construction of the new intersection the detour of 3<sup>rd</sup> street traffic north of Bldg. 66 traveling east towards East Avenue will remain in place. The traffic flow will remain one way only. Traffic flow on 2<sup>nd</sup> Street from North to Rodman will not be available until construction is complete. The parking spaces directly between buildings 62 and 64 will not be available. The very southern parking spaces on 2<sup>nd</sup> Street will be available using the frontage road on the south side of Bldg. 64. Traffic signs and barrels will be placed. The attached drawing depicts the intended changes to the traffic flow. The construction of the new interchange is expected to last 10 to 14 days depending on the weather. Please use caution when traveling around the construction area.

**Next Phase -- Repair of North Avenue - 3<sup>rd</sup> Street Detour:** Effective Nov. 19, the Directorate of Public Works will



begin work on the intersection of North Avenue and 3<sup>rd</sup> street. This work is part of the overall North Avenue project. During the construction of the new intersection there will be a detour of 3<sup>rd</sup> street traffic around the North of Bldg. 66 traveling east toward East Avenue. The traffic flow will be one way only. Traffic signs and barrels will be placed. The attached drawing depicts the intended changes to the traffic flow. The construction of the new interchange is expected to last 10 to 14 days depending on the weather. Please use caution when traveling around the construction area.

## **North Avenue Repair & Closures:**

Effective Sept. 19, the Directorate of Public Works began a project to repair North Avenue between East Avenue and Gillespie Street. The repair includes the replacement of the paving, sidewalk and adjoining intersections. The project is scheduled to be completed by **Jan. 12**. Work will be completed in a phased approach to minimize the effect on traffic flow and parking. Signage, safety barriers, and temporary pedestrian crosswalks will be positioned at appropriate locations. Doing the work in phases to ensure that we maintain as much access to parking lots and loading areas as possible throughout the duration of the project. The majority of parking

in the courtyards and along the North Avenue frontage road will not be affected in phase 1, however, the courtyard of buildings 66 and 68 will be affected. During phase 2, access to the western courtyards will be from the Gillespie Road driveway in the vicinity of Bldg. 60. Parking spaces to the north of Bldg. 61 will be closed to allow construction of a bus turnaround point for the RIA Museum. During phase 3 employees will be able to use the new access points along North Avenue. Access to parking lots north of North Avenue will be through Gillespie Street. Employees should cross North Avenue at the designated pedestrian crosswalks.

## **Building/Space Closures**

**Closure of Third Floors in Bldg. 61, Bldg. 62:** The Directorate of Public Works plans to close Bldg. 61 3<sup>rd</sup> floor and Bldg. 62 3<sup>rd</sup> floor, East and South Wings, **Sept. 10 - 3<sup>rd</sup> week in May** to execute projects. Closure is to prevent individuals from entering the work area and to preclude any potential accidents. Plastic enclosures will be installed from the passenger elevator in Bldg. 62 to the eastern most stairwell in Bldg. 61 so employees in Bldg. 62/3/W have an entry/exit pathway. Entries will be

marked with signage and barriers to prevent entry.

## **Active Duty/Reserve Zone**

### **Troops, Retirees Get a Pay Boost In**

**2013:** Active-duty troops, reserve-component members and military retirees will get a 1.7 percent pay boost at the end of the year in a rare confluence of separate pay formulas. The increases in basic and retired pay are virtually assured unless Congress returns to work in a post-election session and unexpectedly decides to resolve the nation's budget crisis by reducing or eliminating pay raises that are calculated under permanent law. That seems highly unlikely, as the House of Representatives has passed a fiscal 2013 defense budget that endorses the 1.7 percent military raise and a federal budget that assumes a 1.7 percent cost-of-living adjustment. ([More](#))

### **New Reference Guide Highlights**

**Training Basics:** The first few weeks of Basic Combat Training can be disorienting for new Soldiers. If changes in environment and responsibilities weren't confusing enough, there's also a battery of new skills and disciplines to



be learned in a short amount of time. Drill sergeants often find themselves answering the same questions throughout the day, said Lt. Col. Patrick Crosby, commander of the 2nd Battalion, 13th Infantry Regiment. Earlier this year his staff began looking for ways to condense the fundamentals of Basic Combat Training into a portable brochure. Titled, "The Soldier Book," the short reference guide highlights some of the most important elements of Soldier training. There are pages devoted to the M16A2 rifle, marksmanship advice and sections that allow Soldiers to keep track of their progress. ([More](#))

## Safety Spotlight

☉ **December is National Safe Toys, Gifts Month:** The holiday season is upon us and for some it means the stress and anxiety of battling last minute crowds at the mall, frantically cleaning for visiting in-laws and agonizing over preparing the perfect holiday meal. But not you, you are a holiday planning superstar, and your perfectly planned holiday checklist has been finished for weeks. Your halls are decked, your stockings are hung by the chimney with care and all of your gifts follow the U.S.

Consumer Product Safety Commission's (CPSC) recommendations for safe toys and gifts. ([More](#))

### **CPSC & CBP Working at U.S. Ports to Protect Families This Holiday Toy Shopping Season:**

U.S. Consumer Product Safety Commission (CPSC) Chairman Inez Tenenbaum and U.S. Customs and Border Protection (CBP) Deputy Commissioner David Aguilar announced at Port Elizabeth, N.J. that more than 2 million units of dangerous or violative toys and children's products were seized in 2012 and were prevented from reaching the hands of children. CPSC investigators and CBP inspectors are working arm-in-arm at ports across the United States to keep families safe during this holiday toy shopping season. ☉ A new report released by CPSC today estimated 193,200 toy-related, emergency department-treated injuries to children younger than 15 years of age occurred in 2011. Many of the incidents were associated with, but not necessarily caused by, a toy. For children younger than 15-years-old, non-motorized scooters continued to be the category of toys associated with the most injuries. Frequently, these injuries involved lacerations, contusions, and abrasions to the child's face and head. ([More](#))

## Equal Opportunity Focus

☉ **Nation Honors Contributions of Native Americans:** The Army has always embraced the philosophy that the strength of our nation comes from the diversity of its people. That's why it's important for Soldiers of all backgrounds to take time to note the contributions of others. Since the beginning of November, we have been recognizing the historical contributions of Native Americans, the original people of our land. Native Americans have distinguished themselves in the past couple of centuries. They have contributed immensely to our history, guiding our understanding of becoming responsible stewards of land, humility and honor. ([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.



**Holiday Tree Lighting:** Join MWR as we ring in the holiday season with our annual Holiday Tree Lighting Ceremony on **Dec. 6** at 11 a.m. in Heritage Hall (Bldg. 60). There will be hot cocoa, coffee, cookies, prizes and giveaways and a visit from Santa Claus. Everyone who brings a new, unwrapped toy for our Toys for Tots collection will be entered into a drawing for lots of fabulous prizes including the grand prize: a night on the town package including dinner, movie tickets and a one night hotel stay. This year's Holiday Tree Lighting Ceremony is sponsored by Stoney Creek Inn and Conference Center, RIA Federal Credit Union, Massage Envy Spa, and Johnny's Italian Steak House. Call (309) 782-5890 for more information. ([Flyer](#))



**MWR Gift Certificates Make Great Stocking Stuffers:** Looking for that last minute stocking stuffer? How about a gift certificate to the Arsenal Island Golf Course & Clubhouse for the golfer on your list? A gift certificate to the Fitness Center can be used for one of our great

fitness classes to help your loved one get a good start on those New Year's resolutions. With the colder temperatures and all the salt on the road who wouldn't want a reloadable gift card for the Auto Shop's carwash? Movie ticket coupons for the Moline Great Escape Theater are available at the Leisure Travel Office and last but not least, remember Outdoor Recreation for all your winter outdoor rec. equipment needs. From skis and snowshoes to ice skates and snowboards, we are your one-stop winter gear shop.

### **Arsenal Island Army-Navy Game Celebration:** Join us on **Dec. 8** for the 113<sup>th</sup> Army-Navy Game. Come watch at the Arsenal Island Golf Clubhouse and enjoy free wings provided by AUSA and food and drink specials. Doors open at 12:30 p.m., game starts at 2 p.m. ([Flyer](#))



**Trivia Night:** Join MWR in Heritage Hall (Bldg. 60) for our monthly trivia night. Our trivia night format features a wide variety of multi-media questions including audio and video clues. Cost is

\$10/person, with a maximum of eight players per team. Please call (309) 782-6319 for more info or to sign up. Date: **Thursday, Dec. 6** Time: **6:30-8:30 p.m.**

**Yoga Now Offered in 6-Week Session:** The RIA Fitness Center will now be offering yoga in a six-week session format like the rest of the class schedule. Price will be pro-rated for partial sessions and as always, you have the option of paying for single classes. Price is \$45 (6 weeks) or \$8 (single). Call (309) 782-6787.

**Christmas Bunco:** It's back! Join us for Bunco: Christmas edition, on **Dec. 6**, in Heritage Hall (Bldg. 60). Cost is \$5/player. There will be a special drawing if you bring a new unwrapped toy for Toys for Tots. Please call (309) 782-5890 for more information and to RSVP. ([Flyer](#)) Date: **Thursday, Dec. 6** Time: **6 p.m.**



**Tuesday Pasta Bar Lunch Special at the Island Oasis Café:** Have your pasta just the way you like it every Tuesday from 11 a.m. to 1 p.m. at the Island Oasis Café located inside the Fitness



Center (Bldg. 67). Chef James will whip up your choice of pasta, sauce, veggies and meat into a pasta bowl sure to make your taste buds dance with delight. All this plus a side salad and a breadstick for only \$6.95.

**Now Booking Holiday Parties at the Golf Clubhouse:** The holiday season is upon us ... 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.

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

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



## MWR Leisure Travel Office



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

**Bldg. 350 Vendor Day:** MWR Leisure Travel Office has made arrangements to have four vendors visit for last Christmas shopping. Vendors who will be there are LeClaire Kettle Corn, Perfectly Posh, Pampered Chef and Mary Kay. For more information contact LTO at (309) 782-5890.  
Date: **Thursday, Dec. 13**  
Time: **9 a.m. - 1 p.m.**

**Downtown Chicago Shopping Trip:**  
Let the Leisure Travel Office handle the

transportation and you concentrate on the shopping. Cost is \$41 per person ... sign up now.

Date: **Saturday, Dec. 15**  
Time: **6:30 a.m.**

**Harlem Globetrotters (iWireless Center):** The Harlem Globetrotters "You Write the Rules" 2013 World Tour is right around the corner. For the first time ever, you, the fans, will have the opportunity to vote on the rules the Globetrotters will play with that could affect the outcome of the game. Discounted seats on sale until **Dec. 17**, Lower bowl seats \$29; Upper bowl seats \$22. Please call (309) 782-5890 for more information.  
Date: **Saturday, Jan. 5**  
Time: **7 p.m.**

**West Side Story (Adler Theatre):** From the first note to the final breath, West Side Story soars as the greatest love story of all time and remains as powerful, poignant and timely as ever. Leisure Travel has discounted floor seating for \$62. On sale until **Dec. 21**.  
Date: **Monday, Feb. 18**  
Time: **7:30 p.m.**

**Scooby-Doo LIVE! Musical Mystery (Adler Theatre):** A trouble-making ghost is haunting a local theater and



Shaggy, Fred, Daphne, Velma and Scooby-Doo are on their way to help solve it! This hilarious live theater show brings everyone's favorite animated series to life. LTO has limited discounted seats at \$27 on sale until **Feb. 15** or while supplies last.

Date: **Saturday, March 2**

Time: **2 p.m.**

### **Gabriel Iglesias Stand-up Revolution Tour (Adler Theatre):**

Gabriel Iglesias high-octane show is a sure-fire hit: a mixture of storytelling, parodies, characters and sound effects that bring all his personal experiences to life. Gabriel's unique and animated comedy style has made him popular among fans of all ages. Discounted seats on sale until **Jan. 15** at \$42.

Date: **Thursday, March 7**

Time: **8 p.m.**

**Free Universal Military Only:** Active duty and retired members of the military can receive a free three-day, park-to-park ticket with valid military identification. Admission is valid for up to 14 days from first use. Tickets are available for pick up until **March 31** and must be redeemed by **June 30**. Contact LTO at (309) 782-5890.

**Rock of Ages (Adler Theatre):** In 1987 on the Sunset Strip, a small town girl met a big city rocker and in LA's most famous rock club, they fell in love to the greatest songs of the '80s from Journey, Night Ranger, Styx, Poison, Pat Benatar, Twisted Sister and many more. On sale until **Feb. 26** for \$59.50

Date: **Wednesday, April 24**

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

### **Bill Cosby – 50 Years of Making You Laugh Smile and Feel Good Tour**

**(Adler Theatre):** One of America's most beloved comedians of all time, Bill Cosby, has captivated generations of fans. His comedy transcends age, gender and cultural barriers. Discounted seats on sale for \$60 until **Jan. 15**.

Date: **Saturday, April 27**

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

### **MWR Outdoor Recreation Seasonal Entrance Change:**

With the end of the summer season, Outdoor Recreation patrons are asked to use the South Entrance to the Equipment Checkout Center in Bldg. 333.



## Child, Youth & School Services



**Registration Deadline for Summer Day Camp 2013:** If you are interested in having your child participate in the 2013 Summer Day Camp Program, all active duty military, DoD civilians, and contractor employees must have their child registered with CYSS by COB on **Dec. 21**. For more information about the Summer Day Camp program, please call (309) 782-7544.

### **ASC Holiday Social Child**

**Care:** CYSS will offer hourly child care during the ASC Holiday Social on Friday, **Dec. 14**. RSVP is required by COB **Dec. 4**. Call (309) 782-2165 or [email](#) for more information. Space is limited. Time: **5:30-11 p.m.**



### **Covenant Cottage Child Development Home:**

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



We encourage you to call as far in advance as possible because spaces fill quickly.

## Army Community Service (ACS)

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



### Families in Waiting Hearts Apart Program:

Hearts Apart program is for Military and Department of Defense Civilian Family Members who are going to be or have been separated because of military commitments (deployments, extended temporary duties, remote tours). The Hearts Apart group is currently meeting on a weekly basis. Contact ACS for information (309) 782-0829  
Time: 9:30 a.m.



### Special Needs and Special Occasions:

#### Minimizing Holiday

**Stress:** The Special Needs Informational Forum is having a presentation on ways to cope with holiday stress, focusing on families with individuals with special needs. The location is Bldg. 150, School Age Center. Free snack dinner. Limited child care is available. You must RSVP for child care by Dec. 1 to (309) 782-4736/6515. For more information email [Janice.n.saito.civ@mail.mil](mailto:Janice.n.saito.civ@mail.mil)  
Date: **Thursday, Dec. 6**  
Time: **5:30-7:30 p.m.**



## 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.

### National Drunk and Drugged Driving

**(3D) Prevention Month:** The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This Holiday Season, don't put your life, or anyone else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life. [Click on this link to view a powerful reminder to be responsible](#) and to "stop thinking like a child." ([Army News Article](#))



**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.



## **Don't Let Drugs Darken Your Future**

**– Free Date Log Planners:** There may not be such a thing as a free lunch, but there is such a thing as a free 2013 date log planner. The Army Substance Abuse Program / Employee Assistance Program are giving away free date log planners to RIA civilian and military personnel. Just come to the ASAP/EAP, Bldg. 56, first floor, east wing, and receive your free planner. Plan for tomorrow, and don't let drugs darken your future.



## **Keep Your Mental Health in Check During the Holidays – December**

**2012:** Another year will soon be coming to a close, but not without the big rush of the holiday season.

Relatives to visit, meals to prepare, presents to buy ... whether it is the most joyous time of year is up for debate but it might certainly be the busiest. The holiday season is a happy time for many; however, the



stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues may be a sign of an underlying mental health condition the Rock Island Arsenal Employee Assistance Program offers free, confidential services with Master's-level counselors. The EAP is located in Bldg. 56, 1<sup>st</sup> floor. Call (309) 782-4357 to schedule an appointment. Make sure you give yourself a gift this holiday season. If you have been feeling down or stressed lately please contact the EAP today.

**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 EAP office located in Bldg. 56, 1<sup>st</sup> floor, East.

## **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.**

**Get Ready, Get Set, Go-Go-Go to School!:** Seeking or pursuing a college degree? Have questions? The Army Education Center will be hosting on a monthly basis the following schools: **Dec. 17:** Trinity College of Nursing & Health Sciences **Dec. 12:** Kaplan University **Dec. 19:** St. Ambrose University **Dec. 6:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA) **Dec. 11:** Black Hawk College. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary, unless specified. All scheduled times are 10 a.m. – 2 p.m. in Bldg. 56, 1<sup>st</sup> Floor, Room 120.



Education Center POC: [Stephanie Allers](#), (309) 782-5895.

## Commissary / Exchange

☺  
The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only, with the exception of select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

**Food Safety Alerts:** For information about the latest food-safety alerts and product recalls affecting military commissaries, visit [www.commissaries.com](http://www.commissaries.com) and click on the Food & Product Recalls under the Quick Links box on the front page. For general food-safety information, visit

the website and choose Food Safety at the bottom of the page.

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

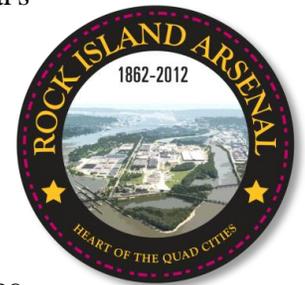
## Arsenal Archive

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

**This Week in Rock Island Arsenal History – Dec. 3-9:** On Dec. 3, 1863, the first confederate prisoners arrived at the RIA Prison Barracks. On Dec. 3, 1918, the newly constructed cafeteria, situated behind the fire station, was opened for RIA employees. The cafeteria was divided into a large men's dining room, a women's dining room, and a room for officers. On Dec. 5, 1905, Secretary of War William H. Taft signed a license granting the RIA Golf Club continued use of the links and permission to erect a new club house. In December 1944, the new post restaurant

opened in Shop B (Bldg. 60). Japanese air attack on Pearl Harbor on Dec. 7, 1941, was the incident that brought the United States into World War II. William Baumbeck, Chief Superintendent of Production at the RIA since 1926, was presented the Emblem for Exceptional Service by Secretary of War Henry Stimson in Washington D.C. RIA Commander Col. Leroy Hillman issued an order on Dec. 9, 1918, that required all RIA employees to wear masks while traveling on Arsenal street cars as a preventative measure against the spread of influenza.

**RIA 150 History Break:** Think about taking a "History Break" to celebrate Rock Island Arsenal's 150<sup>th</sup> Anniversary, 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?](#)" 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.



## Healthbeat

**A Soft Drink a Day Raises Prostate Cancer Risk, Study Finds:** Men who drink one normal-sized soft drink per day are at greater risk of getting more aggressive forms of prostate cancer, according to a Swedish study released Monday. "Among the men who drank a lot of soft drinks or other drinks with added sugar, we saw an increased risk of prostate cancer of around 40 percent," said Isabel Drake, a PhD student at Lund University. The study, to be published in the upcoming edition of the American Journal of Clinical Nutrition, followed over 8,000 men aged 45 to 73 for an average of 15 years. ([More](#))



## Notes for Veterans

**Website Informs Employers Seeking to Hire Veterans:** The Labor Department, in concert with two other federal agencies, has provided a tool to guide potential employers seeking to hire disabled veterans, a Labor Department official said today. John K. Moran, deputy assistant secretary of labor for veterans' employment and training service, said the "America's Heroes at Work" website provides resources to organizations looking to hire veterans with or without disabilities. "What it does for the employer is it gives them some information about -- and demystifies, quite frankly -- a lot of the issues around the disabilities that many veterans might have -- particularly, traumatic brain injury [and] post-traumatic stress disorder," he said. "It advises and helps an employer understand what those issues are, what they're not, and how they can effectively recruit and hire veterans who may have those issues into their workforce without any particular problems." ([More](#))

**Senate Oks Measure to Improve VA Mental Health Services:** The Senate last week approved an amendment to the defense authorization bill that would

improve mental health and suicide prevention services provided through the Department of Veterans Affairs. The Senate passed the amendment, offered Nov. 28 by Sen. Patty Murray (D-Wash.), on a voice vote. Murray, chairwoman of the Senate Veterans' Affairs Committee, derived the amendment from a bill she sponsored earlier this year, the Mental Health ACCESS Act of 2012. The amendment would require the VA to create a comprehensive, standardized suicide prevention program; expand eligibility for mental health services; improve training and education for health care providers; and establish accurate and reliable measures for mental health services, among other improvements. ([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.

**Dec. 1-14:** [Season of Light-Star of Bethlehem](#) (Augustana College Planetarium)

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

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

**Dec. 16:** [5<sup>th</sup> Annual River Bandits Indoor Frost Fest](#) (Modern Woodmen Park)

**Feb. 24:** [CBRC Chili Chase 4 Mile Run/Walk](#) (Duck Creek Park Lodge, Davenport)

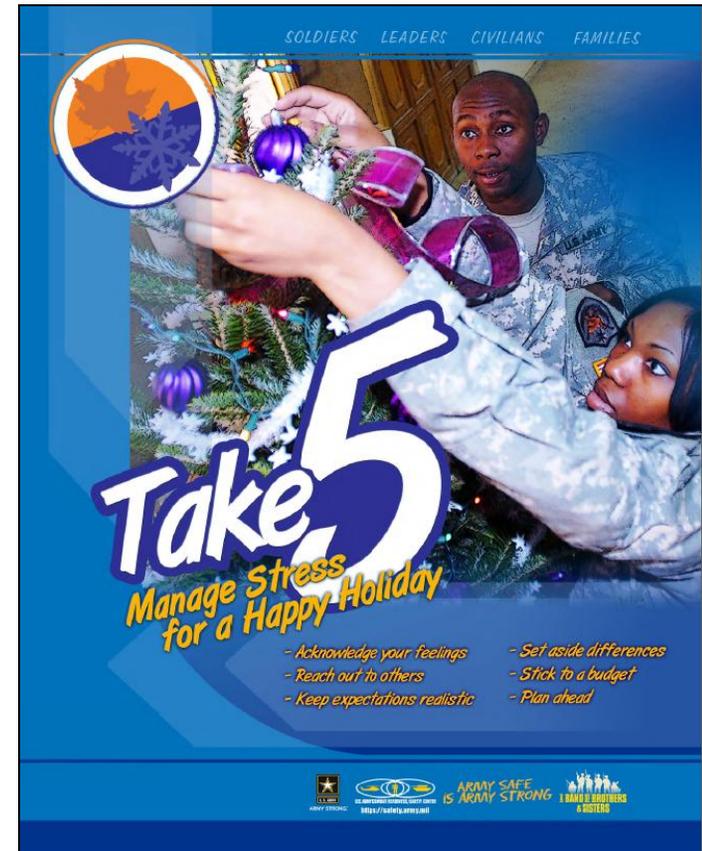
**April 7:** [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)

# 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 responsibility of the Rock Island Arsenal Garrison Public Affairs Office. Submission of [announcements](#), articles, photos, letters, and graphic art of interest to the general readership is encouraged. All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMNE-RIA-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); [usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil); Phone: (309) 782-1121. The Island Insight is [available on-line](#).*



# GEAR UP! FOR THE BIG GAME!



## SAFE CELEBRATING

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

ARMY SAFE  
**FallWinter**  
NO TIME TO CHILL



ARMY SAFE IS ARMY STRONG

