

March 4, 2013



# 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:** <https://home.ria.army.mil/sites/ii/ii.cfm>



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INCLEMENT WEATHER OPERATING STATUS

## ASC Thanks Junior ROTC Cadets for Help at New Year's Reception:

One good deed deserves another. That's how things played out as a senior leader for the Army Sustainment Command, headquartered at Rock Island Arsenal, Ill., visited a local high school Feb. 27 and thanked them for their assistance at a command New Year's reception. ASC's Command Sgt. Maj. James Spencer handed out autographed photographs, "Army Strong" pens, and

gave professional advice to Junior ROTC cadets attending Davenport Central High School, home of the Blue Devils. The photographs had Spencer, Brig. Gen. John Wharton, ASC commanding general and senior mission commander of RIA, and the cadets posing together at the reception Jan. 12. The cadets ran the coat check during the New Year's event. Visitors included community leaders, educators, elected officials, and RIA leaders. Wharton

hosted the re reception which was held in historic Quarters 1. The reception was divided into three visitation sessions. Students present included: Cadet Lt. Col. Roy Schindler, Cadet Capt. Brandon Van Winkle, Cadet Staff Sgt. Trey Anderson, Cadet Sgt. Jack Polaschek, Cadet Capt. Alexander Cluff, Cadet Capt. Josie Miller, Cadet 1st Sgt. Sterlin



Dieken, Cadet Capt. Kendal Ritchie, Cadet Command Sgt. Maj. Tylar Buck, and Cadet Sgt. 1st Class Brett Morales, who has since been promoted to the rank of cadet major. ([More](#))

## **ROTC Outreach Event Well-Received at NIU:**

In the frigid, early hours of Feb. 20, four Army Contracting Command-Rock Island officers made their way into a van bound for DeKalb, Ill. By 8 a.m., Maj. Jade Miller, Donald Smith, Dwayne Haigler, all ACC-RI contract specialists, and ACC-RI Executive Officer Capt. Timothy Godwin, met with approximately 30 Northern Illinois University Reserve Officers' Training Corps Military Science III and MS IV cadets to discuss their potential futures in the Army. ([More](#))



## **Military Appreciation Night with the Quad Cities**

**Mallards:** The Quad City Mallards celebrated their annual Military Appreciation



Night on Feb. 8 at the iWireless Center to honor those who serve in the United States armed forces. "I want to share my appreciation to the Rock Island Arsenal community for their support and participation with the military appreciation night," said Bob McNamara, Mallards' team president. ([More](#))

## **Two More Rounds of Base Closings**

**Possible:** Another round of military base closings could be in the offing. The Defense Department plans to ask for permission for two more rounds of base closings, according to Politico. If it happens, it would be yet another challenge to the Rock Island Arsenal, which lost a net 1,000 jobs from the last round in 2005 and is preparing to deal with automatic budget cuts that went into effect Friday. ([More](#))



## **Hagel Issues Message to Defense**

**Department Workforce:** On his first day at the Pentagon's helm, Defense Secretary Chuck Hagel today issued a message to the men



# Upcoming Dates

**March 3:** National Anthem Day

**March 3-9:** Illinois Severe Weather Preparedness Week

**March 3-9:** Save Your Vision Week

**March 3-9:** Patient Safety Awareness Week

**March 3-9:** Dental Assistants Recognition Week

**March 3-10:** National Sleep Awareness Week

**March 4:** Hug a GI Day

**March 5:** Illinois Tornado Drill Day

**March 8:** International Women's Day

**March 10:** Daylight Saving Time Begins

**March 10:** National Women and Girls HIV/AIDS Awareness Day

**March 10:** Salvation Army 133<sup>rd</sup> Birthday

**March 10-16:** Pulmonary Rehabilitation Week

**March 11-17:** Brain Awareness Week

**March 12:** World Kidney Day

**March 13:** Registered Dietitian Day

**March 14:** Pi Day ( $\pi$ )

**March 15:** American Legion 94<sup>th</sup> Birthday

**March 15:** International Day Against Police Brutality

**March 15:** Red Nose Day

**March 17:** St. Patrick's Day

**March 17-23:** Inhalants & Poisons Awareness Week

**March 17-23:** Health Care HR Week

**March 18-22:** Illinois & Iowa Flood Awareness Week

**March 18-24:** World Salt Awareness Week

**March 19:** 10<sup>th</sup> Anniversary of First Bombs of Iraq War

**March 25-29:** Iowa Severe Weather Awareness Week

**March 26:** American Diabetes Association Alert Day

**March 27:** Iowa Tornado Drill Day

**March 30:** International Doctors' Day



and women of the Defense Department. Here is the secretary's message: "Earlier today I was privileged to take the oath of office to become the 24th secretary of defense. I am humbled by and grateful for the opportunity that President Obama and the Congress have given me to once again serve our nation. ([More](#))"

## **Obama Issues Order Implementing Sequester:**

In the end, the long-feared sequester of federal funds came swiftly and quietly. On Friday evening, President Obama issued an order putting sequestration into effect. He was required by law to do so by the end of the day in the absence of a congressional agreement to stop the \$85 billion in across-the-board-cuts. ([More](#))



## **How the Sequester Will Affect You:**

Employees are desperate for information on how furloughs will affect them. Here is what Federal Times has learned about how they will work, based on interviews with government officials and the Office of Personnel Management's furlough guidance. ([More](#)) ([DoDLive](#)) ([ArmyLive](#))

**Pentagon Releases Further Sequestration Guidance:** Across-the-board spending reductions from sequestration will necessitate cutbacks to many Pentagon programs, including support for tuition assistance, congressional travel, bonuses for civilian employees and military entertainment, Defense Comptroller Robert Hale said Tuesday. In a memo obtained by Government Executive, Hale told senior Pentagon leaders that that the changes would be necessary to help the Defense Department cope with the cuts "levied by sequestration." ([More](#))



**First Furlough Notices Go Out:** The Army has started sending out hundreds of letters to unions -- including on Feb. 28 and March 1 to the Aberdeen Proving Ground in Gunpowder, Md., as well as the Corps of Engineers in Walla Walla, Wash. -- warning that employees will be forced to stay at home without pay one day each week from April 22 through Sept. 21. Translation: A 20%



pay cut for 5 months. Employees will stay at home on either a Monday or Friday. ([More](#))

## **Service Chiefs Ask Congress for Fiscal Help:**

The senior officers from the Army, Navy, Marine Corps and Air Force asked Congress today for more spending flexibility so they can maintain military readiness as the sequester's across-the-board budget cuts take effect. ([More](#))



## **Sequestration Tri-Signed Letter:**

As you are aware, sequestration went into effect on Friday, March 1st. Over the past several years, we have faced a lack of predictability and flexibility in our budget cycle and a series of cuts. This fiscal year alone, we face the potential of at least an \$18 billion dollar shortfall in our Operations and Maintenance accounts, due to the combined impacts of sequestration, the continuing resolution and contingency funding. ([More](#))



## **Billion-Dollar Cuts May Lead to Boarded Windows, Soldiers as Groundskeepers:**

Sequestration for the Army will mean a significant cut to facilities maintenance, a severe cut in contract services provided on installations, and a reduction in Soldier training and readiness. Total cuts to the "operations and maintenance - Army" budget, called "OMA," will leave the service with about \$2 billion to support garrisons and training for the fiscal year, which ends Sept. 30. ([More](#))

## **Sequestration to Affect DoD Schools, Commissaries:**

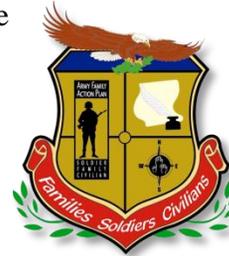
Civilian personnel at Department of Defense Education Activity schools and the Defense Commissary Agency will be affected by sequestration, Pentagon Press Secretary George Little said here today. The department will struggle to ensure Department of Defense Education Activity, or DoDEA -- which serves 84,000 students at 194 schools -- maintains an accredited school year, Little said. "We're mindful that we need to protect the education of military children," Little told reporters at the Pentagon. But teachers and support personnel at DoDEA schools will be



subject to the furlough. DoD civilian personnel will be furloughed one day a week from April through the end of September, unless Congress intervenes. ([More](#))

## **Army Family Programs to Be Cut**

**Under Sequestration:** Childcare and family support programs will be reduced under sequestration, the Army's chief of staff told members of Congress. "We don't want to reduce these, but we have no choice," Gen.



Raymond T. Odierno told lawmakers, Tuesday, on Capitol Hill. The general and the other service chiefs testified before the House Appropriations Committee Defense subcommittee during an oversight hearing to examine fiscal challenges to the military. ([More](#))

## **Furlough Pay Calculator Released for**

**Federal Workers:** Federal workers now have a convenient way to calculate their loss in pay if planned furloughs of about 800,000 Defense Department civilians take effect. Yokosuka Naval Base has posted a furlough pay calculator in spreadsheet format, which is also available through the Commander Fleet

Activities Yokosuka Facebook page. The spreadsheet allows federal workers to plug in their hourly pay wage, along with several possible deductions. It automatically calculates the expected 20 percent pay cut they will absorb if Congress does not stop \$85 billion in across-the-board spending cuts from happening on Friday. ([More](#))

## **Sequestration and Your TSP Account:**

The Thrift Board published a fact sheet addressing some of the questions you may have about your TSP contributions if you are furloughed as a result of sequestration. It also details alternatives for accessing your TSP funds should you face financial hardship as a result of being furloughed. ([More](#))



## **Delay Provides Glimmer of Hope:**

The delay until at least April in the start of furloughs provides time for political leaders to reach some sort of agreement that would replace the sequester before employees start to lose salary. Numerous proposals are in circulation, some designed as short-term fixes and others as long-term agreements. Many of them would impact federal employees in other ways, however, such as by ordering a government-wide hiring



freeze with few exceptions—DoD already has one in place—increasing employee contributions toward retirement, using a less generous COLA index for federal retirement and other benefits, and many more. ([More](#))

## **DoD Leaders Welcome House Budget**

**Bill:** White House stops short of veto threat: A massive House Republican measure to keep the government operating would ease some of the pain of automatic spending cuts slamming the Defense Department, the nation's senior military leaders told Congress on Tuesday. Members of the Joint Chiefs of Staff painted a dire picture of construction projects on hold, limits on aircraft carriers patrolling the waters and even a delay in the expansion of Arlington National Cemetery due to the \$43 billion in across-the-board cuts that kicked in Friday. ([More](#))



## **House Budget Plan Includes Fed Pay**

**Freeze Extension:** Republicans controlling the House moved Monday to ease a crunch in Pentagon readiness while limiting the pain felt by such agencies as the FBI and the Border

Patrol from the across-the-board spending cuts that are just starting to take effect. The proposal also includes language that would eliminate a 0.5 percent pay raise proposed by President Barack Obama. The effort is part of a huge spending measure that would fund day-to-day federal operations through September -- and head off a potential government shutdown later this month. ([More](#))

## **Feds Should Expect No Raise for Rest of Year:**

Federal employees' pay scales will likely be frozen for the rest of the year, House Democratic Whip Steny Hoyer of Maryland said Tuesday. Although President Obama last year signed an order that would grant feds a 0.5 percent pay raise at the end of March — which would break the pay-scale freeze that has been in effect for more than two years — House Republicans have repeatedly proposed extending the pay freeze for the rest of 2013. On Monday, House Appropriations Committee Chairman Hal Rogers, R-Ky., introduced a continuing resolution that would fund the government for the rest of fiscal 2013 — averting a government shutdown — but would also extend the federal pay freeze. ([More](#))

## **Furlough-Caused Financial Problems Could Affect Security Clearances:**

Federal employees holding security clearances who run into financial trouble due to sequestration-caused furloughs should bring that issue to their agency's attention to help protect their cleared status, according to two military services. In guidance that could apply equally to employees of other agencies, the Navy has said its employees should notify their supervisors or their security officers in writing if the forced unpaid leave time causes financial troubles that would act as a security red flag. ([More](#))

## **FEEA Expects Surge of Applications from Furloughs:**

With sequestration now in effect, the Federal Employee Education and Assistance Fund is bracing for an avalanche of requests about furlough assistance for federal families. FEEA expects to keep its regular emergency assistance program in place through any furlough situation. Employees will still need to meet the threshold of having trouble paying for basic living needs like rent/mortgage or utilities and the maximum no-interest loan amount will still be \$1,000. No furlough loans will be made until an



employee actually receives a “short” paycheck and meets the other loan criteria. Those seeking FEEA loans will need to complete the regular Emergency Assistance application available at [www.feea.org/GetHelp](http://www.feea.org/GetHelp). ([More](#))

## **'Attitude' Survey Now Open to DA**

**Civilian Workforce:** The Army Civilian Attitude Survey, the Army's primary attitude and opinion poll of its DA civilian workforce, is open by email invitation worldwide. The online survey, which opened Feb. 3, aims to confidentially tackle tough questions on job satisfaction, performance management, and other topics. To date, more than 40,000 civilian employees have responded to the survey. ([More](#))

## **Hagel Notes Sequester's 'Particular**

**Pain' for Civilians:** Defense Department civilian employees will “particularly” feel the pain sequester will bring to the entire defense workforce, Defense Secretary Chuck Hagel said today. In his first Pentagon press briefing, Hagel outlined the steps the Pentagon and the services will take as the budget mechanism known as sequester, which takes effect at midnight, trims roughly half a trillion dollars from defense spending over the next 10 years. Along with cost-cutting

actions by the services to curtail training and maintenance, the department has already announced it will furlough civilian employees beginning in late April, cutting their work hours and pay by 20 percent for the rest of the fiscal year. ([More](#))

## **Resolution Introduced to Recognize Federal Workers, Call Attention to Impact of Sequestration:**

During the first week of sequestration, Congresswoman Eleanor Holmes Norton (D-DC) introduced a resolution to commend federal employees for their work through times of war and peace, recession and prosperity, and global instability and uncertainty. “The resolution is simply a way to let federal employees know that they are appreciated as they perform critical services despite facing the third year of pay freezes, a sequester that makes it difficult to perform their duties and the prospect of furloughs for as many as a million of the three million federal employees,” said Norton. ([More](#))

## **Will Sequestration Lead to 'Brain**

**Drain' at Pentagon?:** Hundreds of thousands of civilian defense workers are bracing for cuts in work hours and paychecks starting in late April, thanks to lawmakers who found no way to

avoid across-the-board sequestration cuts. Defense experts say that could have a lasting impact on employee morale, recruitment and retention, leading to a brain drain of the Pentagon's best and brightest. About 800,000 civilian defense employees face one-day-a-week furloughs and a 20 percent dent to their paychecks, which are set to start next month. ([More](#))

## **After the Sequester, Government**

**Shutdown Looms:** Congressional leaders are already shifting their focus to the next spending battle after the automatic budget sequester takes effect on Friday -- how to keep the government running -- but the Democratic strategy on this fight is far from set. House Republicans are gearing up for a bill spearheaded by Appropriations Committee Chairman Harold Rogers, R-Ky., which would keep the government funded for the rest of the fiscal year at the post-sequester spending levels of \$974 billion. That bill is expected to be brought to the House floor as soon as next week. ([More](#))

## **DoD Implements Secure Program for**

**Mobile Devices:** The Defense Department is rolling out a program that will allow users of a range of mobile devices -- working anywhere from



remote battlefields to the Pentagon to rapidly share classified and protected data across all components. More than 600,000 DoD employees, from soldiers on the front lines to Joint Staff planners, use government-issued mobile devices, mostly BlackBerry phones. Several thousand of the mobile devices in use in DoD are capable of handling classified data. ([More](#))

## **Rock Island Arsenal Celebrates 15<sup>th</sup> Annual National Consumer Protection Week**

Looking to protect yourself from fraud, identity theft, and scams? Maybe you're wondering about the best way to use credit, how to shop for a used car, or maximize your security online. The National Consumer Protection Week is being observed **March 3-9**. Rock Island Arsenal is celebrating National Consumer Protection Week along with other government agencies, advocacy organizations and private sector groups nationwide. Go to [www.ncpw.gov](http://www.ncpw.gov), your Information Destination, for free educational resources and read blog posts from national consumer protection experts. Also check out the [Federal Trade Commission's web site for](#)



**Consumer Protection.** For additional information please contact Army Community Service at (309) 782-0815 or [Jon Cook](#).

## **Arsenal Attic Thrift Shop &**

**Boutique:** Now available at the Thrift Shop: Couch and love seat, reasonable and like new. Plus coffee tables, end tables, and lamps. Many items half off. Open every Tuesday, Thursday and 3<sup>rd</sup> Saturday, 9 a.m. – 3 p.m. Located in Bldg. 60 Basement. Visit Arsenal Attic on Facebook. POC: (309) 782-6977.

## **Official DA Studio Photography:**

Official DA Studio Photography (DA, government passport and command photos) will be offered at Rock Island Arsenal **March 12, 13 and 14.**

Appointments may be scheduled online by submitting a DA3903 Work



Request using the [Visual Information Ordering Site](#) for these available times: Tuesday, **March 12**, 7 a.m. – 3:40 p.m.; Wednesday, **March 13**, 7 a.m. – 3:40 p.m.; Thursday, **March 14**, 7 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.

**Blood Drive:** The Mississippi Valley Regional Blood Center is hosting a blood drive in the [Arsenal Club](#) (First Floor, Bldg. 60), on **Friday, March 8, 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 March 22**. A **3<sup>rd</sup> shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on May 10**. 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. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



**Charlie Corpuscle Says,** "We will have a drawing for a hooded sweatshirt. Any donors giving on the Arsenal during the month of March will be included in the drawing. Winner will be allowed to specify their size preference."

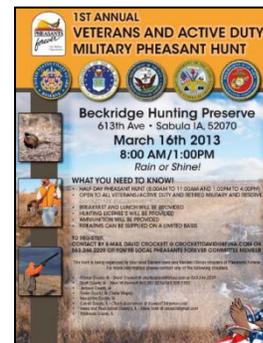
**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

**Jason's Box Save the Date – Treating Today's Servicemen & Women: Understanding Deployment, the War Zone Experience and Homecoming:** Thursday, **March 14**, in the Gold Room, Hotel Blackhawk, Davenport, 6-6:30

p.m.; registration, buffet dinner, cash bar from 6:30-8:30 p.m. The presentation will be presented by John Mundt, Ph.D., licensed clinical psychologist and national trauma-informed treatment expert with special guest speaker U.S. Army Maj. Jeffrey Hall, PTSD Survivor. For more information, contact Stephanie Burrough at (309) 779-3077.

### **Inaugural Veterans and Active Duty Military Pheasant Hunt:** The

Beckridge Hunting Preserve in Sabula, Iowa, will hold at pheasant hunt for veterans and active duty military on **March 16** at 8 a.m. / 1 p.m. Our goal is to give back to our military men, women, and veterans and thank them for all they have done by providing a fun day of camaraderie and pheasant hunting. Open to all veterans, active duty, retired and reserve military men and women in the greater Quad Cities area. This day is meant to bring together those who have served and are currently serving, to share their experiences and honor them as a community. What you need to



know: • Veterans hunt for free (no charge) • Half day pheasant hunt (your choice, 8-11 a.m. and 1-4 p.m.) • Open to all veterans, active duty, retired military and reserve. Disabled are encouraged to attend • Breakfast and lunch will be provided • Hunting licenses will be provided • Ammunition will be provided • Firearms can be supplied on a limited basis. ([More](#))

### **Army War College Speakers to Visit**

**Campus:** Students of the U.S. Army War College and members of the Eisenhower National Security Series will speak on current social issues and the impact on America's Armed Forces on Wednesday, **March 20**, at 7 p.m. in Centennial Hall (3703 7th Ave.). The event is free and open to the public. This is an opportunity to hear high-ranking military officers discuss the military and how they help solve world problems of diplomacy. In addition to the lecture, members of the Eisenhower National Security Series will visit classes throughout the day. Each member serves as the team's specialist on specific national public policy issues such as defense transformation, stability, operations,



peacekeeping, future threats, information warfare, international terrorism, weapons of mass destruction, cyber-attacks, the Wounded Warrior program and other topical issues. ([More](#))

**Garrison Employment Event:** The Rock Island Arsenal-Garrison will host an Employment Event in Heritage Hall, Bldg. 60, **April 17**, 9 a.m. – 1 p.m. In support of this effort, the Garrison asks that our RIA organizational leaders, commanders and first sergeants encourage our transitioning Soldiers, civilians and Family members to attend this important job opportunity event. Come and meet with employers from the Social Security Administration, Business Franchise Consulting, Inc., Genesis Health Systems, APAC Customer Services, Inc., Black Hawk College and others. Most of these organizations have vacancies and are looking for our good candidates. In addition to the potential employers, we are also anticipating representatives from several educational institutions who will be available to talk with individuals looking to resume or continue their education or change career fields. Hope to see you there!



## **Review Your Official Personnel**

**Folder Before June 1:** The CPAC reminds Arsenal Island employees that there is a need for you to access your eOPF (electronic Official Personnel Folder) record in order to ensure your records are correct and complete in advance of the destruction of the hard-copy OPF, currently scheduled for June 1. Effective Oct. 31, employees should have had access to their Official Personnel Folder electronically. Please review the information and follow the instructions to gain access to view your eOPF in the links at the end of this announcement, which link to a packet that also contains a welcome letter for new eOPF users, a screen-shot guide to access, FAQs as well as password reset information. For questions or concerns with the eOPF system, please contact eOPF by calling the Help Desk at 1-866-275-8518 or by contacting them via email at [eOPF\\_hd@telesishq.com](mailto:eOPF_hd@telesishq.com). ([eOPF Welcome Letter & Packet](#)) ([Additional information on eOPF](#))



## **CID Warns of Email Scam, Criminals**

**Posing as Police:** The U.S. Army Criminal Investigation Command,

commonly referred to as CID, is warning both the Army community and the public about a new Internet phishing scam where criminals are attempting to pose as Army CID officials. Cyber-criminals are attempting to impersonate members of the U.S. Army Criminal Investigation Command via email, stating that they are from the "Office of the Division of Criminal Investigation, or DCI," when no such organization exists within Army CID. ([More](#))

## **Terrorists, Spies Are on the Web ... Do Not Become an Easy Target:**

Computer automation is the wave of the future; large aspects of our daily lives are already automated. Imagine how drastically your life would be changed if you no longer had access to the Internet at home, or if your laptop computer was stolen, or your email was blocked? The conveniences that modern technologies bring into our daily lives are significant; unfortunately, criminals also know how the value of accessing your internet connection; your home computer; your data. It is absolutely vital for you to protect yourself, and your family, in a 21st century cyber world - otherwise, your



identity can be stolen, your bank account(s) drained, and your life turned upside down. ([More, pg. 12 of this link](#))

## **Pure Element Arsenal Island**

**Discount:** [Pure Element](#), a local health and wellness shop serving nutritional smoothies/shakes in Rock Island, is offering an exclusive discounted price to Arsenal Island employees. For \$5.75 Arsenal patrons will receive their meal and a 10 percent discount on their products through **April 15**.



## **Arsenal Traffic/Construction**

**North Avenue Repair & Closures Update:** Directorate of Public Works is postponing storm sewer and paving work on the intersection of North Avenue and Gillespie until **March-May** due to weather concerns. Minor work on Phases 1 and 2 is expected to be completed within the next two weeks. Please avoid walking through the newly backfilled areas, as these areas are soft and pose a potential safety hazard. POC: Joe Gumpert, (309) 782-1389.

## **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**

**SMA Calls for Soldiers to Maintain Professionalism:** Sgt. Maj. of the Army Raymond Chandler spent the day touring the Joint Readiness Training Center and Fort Polk, Feb. 21, getting a first-hand glimpse of training and visiting with Soldiers. "I've come down to see what our Soldiers are doing on the rotation here, to see what the folks from the Joint Readiness Training Center and

Ops Group are doing to help them prepare for their next mission, and then to spend some time with the Soldiers and families here," Chandler said. "I want to get a pulse for how things are going and what is on their minds." ([More](#))

## **Budget Cuts May Spur Involuntary**

**Separations:** While the Pentagon's military personnel budget accounts are exempt from sequestration, the automatic cuts could force the acceleration of already planned personnel reductions and increase the likelihood that the services have to make some of those cuts involuntary, the services' personnel chiefs said Wednesday. Testifying before the House Armed Services Committee's military personnel panel, defense and service personnel officials said decisions on troop strength could be made within 30 to 60 days after sequestration happens. ([More](#))

## **Sequester Could Mean Longer Wait**

**at Clinics:** Service members, families and retirees who receive care at military hospitals and clinics are likely to feel the sting of sequestration if civilian workers — roughly 41 percent of the nearly 140,000 Military Health System workforce — are furloughed, Pentagon



officials said Tuesday. Addressing the impact of the budget cuts for the first time, Assistant Secretary of Defense for Health Affairs Dr. Jonathan Woodson said in a statement posted on the MHS website that the cuts will hamper research, delay maintenance and slow equipment purchases. ([More](#))

### **CSA: Sequestration to Have**

**Cumulative Impact:** One of the effects of sequestration, which went into effect March 1, could be the reduction of the Army's end strength by 100,000, including some Guard and Reserve, the Army's chief of staff told members of Congress. Gen. Ray Odierno testified to the House Committee on Appropriations today during an oversight hearing on force structure issues by the Military Construction and Veterans Affairs subcommittee. ([More](#))

### **Egg Hunt & Day of Learning:**

Through the sponsorship of the Moline Foundation, the USO of Illinois Discovery Kids program would like to extend a very special invitation to military families to attend an Egg Hunt & Day of Learning at the Bettendorf Family Museum on Sunday, **March 24**. The



Egg Hunt is for children ages 0-6 and starts at 12:30 p.m. The Egg Hunt for children ages 7-12 starts at 1:15 p.m. Following the Egg Hunt, families are welcome to explore the museum until 4 p.m. Musician Jim Gill will also be performing from 2-2:45 p.m. in the Great Hall. Free entrance to the special event is reserved for active duty, National Guard, Reserve military personnel, and their families only. Ticket reservations are to be made in good faith. Upon receiving your RSVP via this system, your attendance is expected. Barring extreme circumstances, a 'no-show' at an event will place you on lock-out status from USO of Illinois event ticket reservations: 1st time = 30 days; 2nd time = 90 days. This restriction is in place to help insure that those who wish to take advantage of ticket offers have the opportunity to do so. Thank you for your understanding. [For more information and to register for this event click on this link.](#) The USO lifts the spirits of America's troops and their families. The mission of the USO is to enhance the quality of life of the U.S. Armed Forces personnel and their families and to create a cooperative relationship between U.S. military communities and involved or supporting civilian communities. The USO of

Illinois is a civilian 501(c)(3) registered non-profit that is not government funded but is supported solely by the generosity of the American people.

### **RIA Tax Center is Here for You This Tax Season:**

The Rock Island Arsenal Tax Center is here to assist you with your Federal and State returns. The Internal Revenue Service has implemented the 2013 American Tax Relief Act and is now accepting the great majority of returns, to include those including educational credits and rental property deductions. The Tax Center is scheduled to remain open through **April 10**. Against the backdrop of potential sequestration and evolving fiscal risk mitigation policies, individuals are strongly encouraged not to delay filing. If in doubt, contact the Tax Center today. As in years past, the Tax Center principally uses a drop off service. Drop off and follow-up appointments should be coordinated with [Laura McSparin](#), (309) 782-8327. The Tax Center hours of operation are Mon.-Fri., 9 a.m.-4 p.m. If your circumstances necessitate special accommodations, we're happy to adjust our standard operations try to



accommodate you but this requires prior coordination. In order to assist you with your tax returns, you will need to obtain and provide documents detailing all sources of income, as well as, those necessary to support eligible deductions and credits. You should be on the lookout for W-2s, 1099s and interest and dividend statements, which should show up in your mailbox or your online accounts. Required documents are outlined in greater detail in the "[RIA Tax Client Letter](#)." In addition to required substantiating documentation, clients will need to complete the "[RIA Tax Center Client Intake](#)." If this is your first time using the RIA Tax Center, please make sure you have your social security number or your tax identification number, the social security cards for any claimed dependants, and a copy of your last year's tax return and all accompanying documents. If you are an Iowa resident and intend to file a state return, we cannot complete your return unless we have your 2011 federal and state return into order to complete this year's tax return for you. If you intend to claim the American or Lifetime Learning education credits for yourself or a dependant, a recent change suggests you will need to provide a copy of your 2011 and 2012 1098E showing amounts paid and any scholarship funds received.

These can be downloaded from most college or university websites. You will also need the name and complete mailing address for each college and university attended. The Tax Center is located in Bldg. 390, first floor, Suite 102 / Room 102B. If you are unfamiliar with Bldg. 390, please note that it is a controlled access facility. If you do not have access to Bldg. 390, you will need to call the Tax Center upon arrival using one of the access phones located at the East, South, and West entrances (dial extension 2-8327; alternate extensions 2-8076/ 2-6978).

## Safety Spotlight

**Safety Message - Hemp Vodka:** *Caution all Soldiers to the following information* – A new alcoholic product is now available on the commercial market, and in some cases, available in PX's. It is a vodka product called "Purgatory Vodka." It is somehow being distilled with Hemp Seed. Now the argument is that there is no "THC" in this product, but it is currently making its rounds around the Army Safety Channels. Consensus is that [AR 600-85](#) (Army substance Abuse Program) specifically prohibits the use of Hemp. Until further guidance is received, it is

highly encourage all to avoid this type of alcoholic beverage. If this vodka becomes available on the market, and it is determined to contain THC, the potential risk to service members careers and safety would be in jeopardy. ([More](#))

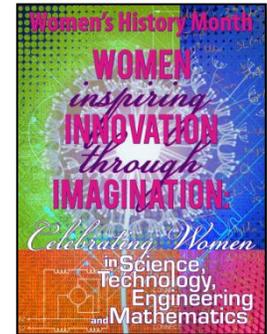
## Equal Opportunity Focus

### **Women's History Month Observance:**

Rock Island Arsenal's 2013 National Women's History Month Observance will be held

**March 11, 11 a.m. – 12 p.m.**, at Heritage Hall, in Bldg 60. Every member of the Island is invited to attend the presentation. Our guest speaker will

be Dr. Kristi Mindrup, assistant vice president, Western Illinois University–Quad Cities. Mindrup will be speaking on this year's theme, "Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics." National Women's History Month is an opportunity to honor and celebrate historic achievements of women. By 1986, 14



states had already declared March as Women's History Month. This momentum and state-by-state action was used as the rationale to lobby Congress to declare the entire month of March 1987 as National Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity. A special presidential proclamation is issued every year which honors the extraordinary achievements of American women. Each year National Women's History Month employs a unifying theme and recognizes national honorees whose work and lives testify to that theme. For 2013, the theme is "Women Inspiring Innovation Through Imagination: Celebrating Women in Science, Technology, Engineering and Mathematics." [For more information on this year's theme please visit the National Women's History Project click this link.](#) Also, observance is available in [TEDs](#) for registration using keyword "2013 Women's History Month." ([StandTo!](#))



## 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.

**New Twitter Account for the Arsenal Island Golf Course:** Although it may be hard to believe with the recent snow, golf season is right around the corner. Come follow us on Twitter [@golf1897](#) for course updates and interesting golf commentary from our pro.

### **Arsenal Island Golf Course**

**Clubhouse Reopening:** Due to the ongoing construction at the Arsenal Island Golf Clubhouse we will not reopen for lunch service on **March 5** as previously announced. The new reopening date is unknown at this time but an announcement will be made as soon as possible. All previously scheduled events and bookings in the Clubhouse will not be affected by this delay. We thank you for your patience as we improve our facility and hope that when you visit us for lunch after we reopen you'll agree that it was worth the wait. Please call (309) 782-6319 with any questions or concerns.

**Trivia Night at the Arsenal Club (Bldg. 60):** Join us Thursday, **March 7,**

at 6 p.m., for our monthly trivia night presented by Mixx Master Entertainment. This new, fun multi-media format will test your knowledge on a variety of topics ranging from world history and literature to pop culture and sports. The cost is \$5/player or \$30 for a table of eight, maximum of eight players/team. Prizes for winning teams and lots of other door prizes and drawings as well. Call (309) 782-6319 for more info or to sign up. ([Flyer](#))

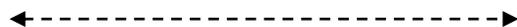
**MWR Garden Plot Signups:** The sign up dates for this year's Garden Plots are: Active Duty Military **March 4**, Retired Military **March 11**, RIA Civilians **March 18**. Cost is \$25 per plot and a \$100 cleaning deposit per household. For details contact Outdoor Recreation at (309) 782-8630.

**Ghost Hunters Dinner & Tour of Historic Quarters One:** Join us, Friday, **March 22**, at 7 p.m. at the Arsenal Island Golf Clubhouse for a gourmet prime rib dinner followed by a tour of Historic Quarters One led by the Rock Island Paranormal Society. During the tour the Paranormal Society representatives who have spent countless hours searching the residence for signs of paranormal



activity will regale you with stories and accounts of the mansions' haunted history. Cost is \$40 per person. Please call (309) 782-4372 for more info and to make a reservation. ([Flyer](#))

**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](#))

**Caged Aggression – Return of the Champions:** Two nights of fights, 58 fighters, all nine championship titles, female titles, all during this first ever two-night event ... **March 8-9** at the QCCA Expo Center. Save \$5 off the general admission tickets at the Leisure

Travel Office. \$25 tickets on sale until **March 7.** ([Flyer](#))  
Time: **6 p.m.**

**BranDisa Tour (Brandon Heath & Mandisa):** Collaborating to bring their celebrated sounds into one highly anticipated live experience, Dove Award winners and Grammy®-nominated artists Brandon Heath and Mandisa will perform at the Adler Theatre on Thursday, **March 21.**  
Time: **7 p.m.**

**A Mighty Fortress Is Our Basement -- Circa '21 Dinner Playhouse:** In the latest installment, A Mighty Fortress Is Our Basement, the year is 1960 and a reformation is underway. The Church Basement Ladies are once again required to face change head-on. With more crazy antics, more great new songs and more lessons reluctantly learned. Seats on sale until **April 6** at \$43.50.  
Date: **Saturday, April 20**  
Time: **5:45 p.m.**

**Cast of Impractical Jokers Live!:** You have seen the cast of Impractical Jokers on TV. Now come and see them live at the Adler Theatre. This interactive comedy show features never before seen videos, audience question and answer,

stand-up comedy and more. On sale until **March 7** for \$36.50. ([Flyer](#))  
Date: **Friday, April 26**  
Time: **7:30 p.m.**

**Monster Jam:** Monster Jam returns to the iWireless Center. Leisure Travel has discounted tickets for **April 27** at 7 p.m. and **April 28** at 2 p.m. Adult tickets lower bowl are \$20.50/upper bowl \$17.50. Children under 12 only \$12.50. Discounted seats on sale until **April 1.**

**Gordon Lightfoot:** Legendary singer-songwriter Gordon Lightfoot will bring his "50 Years on the Carefree Highway Tour" to the Adler. Lightfoot celebrates 50 years of masterful songwriting, multi-platinum albums and international hit songs. Leisure Travel has floor seats for \$46.  
Date: **Tuesday, April 30**

**Shedd Aquarium/Field Museum:** Leisure Travel has planned a bus trip to Shedd Aquarium or the Field Museum in Chicago. We will provide round trip transportation on a chartered motor coach; ½ hour stop to and from destination. Bring snacks and beverages (no alcohol permitted) along for the ride. Cost is \$41 for transportation only.  
Date: **Saturday, May 11**  
Time: **6:30 a.m. - 9 p.m.**



## **Movie Night Gift Cards at Leisure**

**Travel:** Stop by the Leisure Travel Office and pick up a gift card for \$26 that is redeemable at the Regal Moline Stadium Theater for two adult movie tickets and \$10 in concessions. These make great for a present for that special someone in your life. The Leisure Travel Office also is once again selling discounted single movie tickets for \$8.50. Call (309) 782-5890 for more info. ([Flyer](#))

## **MWR Outdoor Recreation:**

Remember Outdoor Recreation for all of your winter outdoor recreation activities. Downhill skis, Cross country skis, snowboards, ice skates, snowshoes and many other items are available for you to check out and enjoy this winter season.

Time: **8 a.m. - 4 p.m.**

## **MWR RV Storage and Storage Units:**

MWR has several openings for RV storage and Indoor Storage units. For more information or to sign up, please contact Outdoor Recreation at (309) 782-8630.

Time: **8 a.m. - 4 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.

## Child, Youth & School Services



### **Army Certified Family Child Care**

**Provider:** Would you, or someone you know, be interested in becoming an Army Certified Family Child Care provider for the Arsenal? We are always looking to bring more FCC providers into our program. You would be doing childcare out of your home with access to our lending closet for borrowing supplies, as well as certified training provided through the Arsenal. For questions or more details contact our FCC director Nancy Lawson at (309) 782-0813.

## 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

**Army Family Team Building:** Army Family Team Building, an educational program that teaches knowledge of the military, personal growth and resiliency, and leadership skills, is once again being offered at Rock Island Arsenal.



AFTB is offered to the entire military family: military members, family members, civilians and contractors who live and work within the military community. AFTB Level 1: **March 27-28**, 9 a.m. – 2:30 p.m.; AFTB Level 2: **April 10-12**, 8:30 a.m. – 2:30 p.m.; and AFTB Level 3: **May 15-17**, 9 a.m. – 2:30 p.m. Classes will be held at Army Community Service, Bldg. 110, 1<sup>st</sup> Floor, SE. To register for these free classes, please call ACS at (309) 782-0829.

### **National Consumer Protection Week**

**2013:** The National Consumer Protection Week for 2013 will be



observed **March 3-9**. Learn ways to be a better consumer and protect yourself and your loved ones. Visit [www.ncpw.org](http://www.ncpw.org) for more information. Also visit the Federal Trade Commission's web site for consumers at [www.consumer.gov](http://www.consumer.gov).

## 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.

**PTSD Support Groups:** You don't have to go through this alone. The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

**Smoking Cessation Group:** Spring is right around the corner. What better time to kick the habit. The Employee

Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1<sup>st</sup> floor.

### **National Sleep Awareness – March 2013:** Did you sleep well last night?

Your answer to this question could tell others much about your mood and energy level today. It has been found that the emotion centers of the brain are over 60 percent more reactive after missing a single night's sleep ([ScienceDaily, 2007](#)). To anyone who has suffered a sleepless night, these results probably aren't surprising. However, they do offer insight into the link between depression, anxiety, and sleep problems. If you find that you have more than an occasional poor night's sleep, or if you feel exhausted during the day despite sleeping through the night, it may be a sign that you are suffering from depression, anxiety or another mental health condition. Because sleep is so important to your mental health, Rock Island Arsenal Employee Assistance Program is



honoring [National Sleep Awareness Week, March 3-10](#). Contact the EAP at (309) 782-4357 for free and confidential counseling and referral assistance. Don't let depression or another mental health condition get in the way of your good night's sleep.

**Stress Management:** The Rock Island Arsenal EAP is offering classes on Stress Management. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-11:30 a.m., on the following dates: **March 5, April 9, May 7, June 11, July 9, and Aug. 13**. Class size is limited. Call (309) 782-4357 to enroll.

**Understanding PTSD:** The RIA EAP is offering educational classes on Post-Traumatic Stress Disorder. Classes will be held in Bldg. 56, 1<sup>st</sup> floor, Room 122, 10:30-11:30 a.m., on the following dates: **March 19, April 23, May 21, June 25, July 23, and Aug. 27**. Call (309) 782-4357 to enroll.

**Grief Support Group – For Individuals Mourning the Death of a Loved One:** Beginning Tuesday, **March 5**, the Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group will meet on Tuesdays, 3-4 p.m., in Bldg. 56,



1<sup>st</sup> floor, Room 122. Each individual grieves in their own unique way. Every loss is different in some way but the grief process shares common features such as isolation and loneliness. Through support groups, individuals can find validation and feel like they are not alone in their journey. For more information contact Rita Baugh, EAP counselor, at 782-2552.



## 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.**

**In-state Tuition Approved for Out-of-state Veterans:** Helping to eliminate financial hardships faced by military veterans seeking new career paths, the University of Central Missouri will allow out-of-state veterans to pay in-state tuition, effective for the fall 2013



semester. The new Military Veteran In-State Tuition Policy was approved by the UCM Board of Governors when it met on campus Feb. 22. "Many veterans leave the military hoping to begin new careers, but that usually means additional education will be needed to achieve that goal," said UCM President Charles Ambrose. "As a military friendly institution, UCM's commitment to those who serve this country includes seeking innovative ways to remove financial obstacles that keep veterans from attending the university. This new initiative will basically cut tuition in half for all service men and women who qualify." ([More](#))

### **Post-9/11 GI Bill Transferability of Benefits Policy:**

The transferability option under the Post-9/11 GI Bill allows service members to transfer unused benefits to their spouses or dependent children. The Army's Post-9/11 GI Bill provides financial support for education and housing to all members of the active Army, the Army National Guard (ARNG), and the U.S. Army Reserve (USAR) with at least 90 days of aggregate service after Sept. 10, 2001, or individuals discharged with a service-connected disability after 30 days. ([More](#))

### **Get Ready, Get Set, Go-Go-Go To School!:**

Seeking or Pursuing a College Degree? Have Questions? The Army Education Center welcomes visits from the following schools. • **March 13:** Kaplan University • **March 20:** St. Ambrose University • **March 7:** Eastern Iowa Community College (Scott, Clinton, and Muscatine, IA). Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Augustana College, Black Hawk Community College, and Trinity College of Nursing and Health Sciences representatives are available by appointment only at this time. 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.

### **Rock Island Army Education Center Publishes Newsletter:**

The latest edition of the Rock Island Army Education Center's quarterly newsletter is available through their [RIA Intranet site](#). This quarter's edition of the newsletter features a listing of the upcoming school visits to the center, information about the ACES Education Fair coming up on **March 21**, and articles about the Blong Technology Center's job opportunities March 1 and "Making Careers More 'Portable,' Achievable for Spouses."



## **SAME Engineering & Construction**

**Camp:** The Rock Island Post of the Society of American Military Engineers is looking to send high school students (currently in grades 9-11) to one of three engineering and construction summer camps. Applications are due by **March 29**. [For application and POC details click HERE.](#)



**NDIA Scholarships:** The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship applications and eligibility criteria may be found at [www.ndia-ia-il.org](http://www.ndia-ia-il.org) under Scholarships. Applications must be postmarked NLT **March 31**. For more information, call (563) 650-3252.

**Sgt. Paul Fisher Scholarship:** The Iowa Illinois Chapter NDIA is now accepting applications for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking [www.ndia-ia-il.org](http://www.ndia-ia-il.org). Application submission must be postmarked NLT than midnight **March 31**. For more information, call (563) 650-3252.

**Women in Defense Scholarship:** WID is now accepting applicants for its scholarship program. Scholarship application and eligibility criteria may be found under Scholarship by clicking <http://wid.ndia.org/chapters/IowaIllinoisChapter/Pages/default.aspx> Application submission must be post marked no later than midnight **April 13**. For more information, call (309) 792-4102.



## 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](#))**

## **Penguins Abound in Your**

**Commissary This Month:** Commissary frozen food sections are decorated in March for National Frozen Food Month, just one of many special promotional savings offered throughout the store, according to Joyce Chandler, DeCA's acting sales director. "Commissaries all over the world are celebrating Frozen Food Month in March," Chandler said. "Shoppers will discover everything from greater savings on frozen foods to product demonstrations and high-value coupons 'bundled up' with participating products throughout their store." DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries in March to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs. ([More](#))

**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.

**RIA Museum Website:** The Army's second oldest museum, the [Rock Island Arsenal Museum](#), has a new website created in conjunction with the RIA Historical Society. The Museum first opened to the public on July 4, 1905, and continues its primary mission to collect, preserve, and interpret the history of Rock Island Arsenal and Arsenal Island by focusing on "People, Processes, and Products." Immerse yourself in history and celebrate the heritage of Fort Armstrong, Rock Island Arsenal, and the Quad



Cities here on Arsenal Island via its new home, [here on the Internet](#).

**This Week in Rock Island Arsenal History – Feb. 25 - March 3:** During the first week of March 1918, Col. L. T. Hillman assumed command of the RIA. In March 1875, RIA Commander Maj. D. W. Flagler ordered 288,000 lbs. of old horseshoes be salvaged as scrap iron. The recycled iron was used for the construction of some of the shop columns. In March 1932, Col. Herman Schull assumed command of the RIA.

## Healthbeat

**National Brain Injury Awareness Month:** Traumatic Brain Injury (TBI) is a disruption of brain function resulting from a blow or jolt to the head or a penetrating head injury. Causes of TBIs may include falls, motor vehicle crashes, injuries to the head during sports, and combat-related events such as blasts. Medical providers classify TBI as mild, moderate, severe, or penetrating primarily based on neurological status at the time of injury. The overwhelming majority of TBIs are mild, also known as "concussions." Early identification and receiving prompt medical care is

essential to maximizing recovery. [\(More\)](#)

**Rollin' Colon:** The Rollin' Colon will be rolling into the atrium in front of the Genesis Cancer Care Institute on **March 15** from 9 a.m.-3 p.m. The Rollin' Colon is a walk through, 20-foot-long, 12-foot-high inflatable colon with colorectal health features and information inside. There will be colorectal health fact sheets and brochures available from cancer institute staff. March is National Colorectal Cancer Awareness Month. If you are 50 years old, or have a family history of colon cancer, ask about a colonoscopy. [\(More\)](#)



**The STD You Haven't Heard Of:** You probably consider yourself pretty well versed in STDs—you use condoms, you schedule regular appointments with your gyno, and you take care of your sexual health. But there's one super-common infection you may not even know about. Only 1 in 5 women have ever heard of the sexually transmitted infection trichomoniasis, but there are an estimated 7.4 million cases diagnosed in the U.S. each year, according to a new



survey by the American Sexual Health Association (ASHA). ([More](#))

**Obesity Makes Fat Cells Act Like They're Infected:** The inflammation of fat tissue is part of a spiraling series of events that leads to the development of type 2 diabetes in some obese people. But researchers have not understood what triggers the inflammation, or why. In Cell Metabolism this month (cover), scientists from The Methodist Hospital report fat cells themselves are at least partly to blame—high calorie diets cause the cells to make major histocompatibility complex II, a group of proteins usually expressed to help the immune system fight off viruses and bacteria. In overweight mice and humans the fat cells, or adipocytes, are issuing false distress signals—they are not under attack by pathogens. But this still sends local immune cells into a tizzy, and that causes inflammation. ([More](#))

**Eat Right, Your Way, Every Day:** Whenever you think about eating a healthy, well-balanced diet, you may think that you have to give up foods and restaurants you enjoy and that you must eat a boring regimen of meals every day. That can be discouraging, especially if you have certain cultural, ethnic and

lifestyle practices that you include in your eating habits. However, eating healthy does not mean you must give up your preferences and tastes in foods; you can make small adjustments to your diet while still enjoying the foods you love. March is National Nutrition Month and the theme for the month is "Eat Right, Your Way, Every Day." This theme encourages everyone to continue following their food preferences, lifestyle, culture and health practices, but to make healthy food choices within those preferences and practices. ([More](#))

**Can't Sleep? Ways to Help You Feel Rested When Traveling:** Do you ever find yourself struggling to fall asleep at night, yet falling asleep during briefings after a day of traveling? You are probably experiencing jet lag. Jet lag is a common sleep disorder that occurs when crossing time zones and disrupts the body's natural "biological clock" that tells you when to sleep and when to stay awake. Jet lag is a significant concern for Soldiers, civilians and retirees that travel often for temporary duty assignments deployments or permanent change of station moves. It can take several days to several weeks to adjust for jet lag's effects, leaving the traveler feeling fatigued and prone to accidents related to insufficient sleep. ([More](#))

## **Preventing Tick Bites Prevents**

**Serious Diseases:** Ticks are better at finding you than you are at finding them. Ticks must have a blood meal (you) to live. They are aware of you, so, in order to prevent tick bites, you must learn to be aware of them! Ticks in the United States can carry many diseases including Lyme disease, Rocky Mountain spotted fever, ehrlichiosis, anaplasmosis, babesiosis, viral diseases and others. But most ticks are not infected with human diseases, and infected ticks have to attach to you and remain on you for a long period of time (one to three days) in order to transmit most diseases, including Lyme. ([More](#))

**Health Clinic Announcement:** Sick Call hours 7-8 a.m. For any issues or concerns with the RIAHC clinic please call our customer support line (309) 782-0721.

## Notes for Veterans

### **Illinois Secretary of State Writes**

**Veterans:** As a former member of the U.S. Army's 101<sup>st</sup> Airborne Division, the Army Reserve and the Illinois National Guard, I know firsthand the sacrifices our men and women in



uniform have endured. I would like to take this opportunity to welcome you home and let you know that I am forever grateful for your service to this great country of ours. As Secretary of State, one of my goals is to make Illinois roads the safest in the nation. Therefore, I want you to be aware of some recent changes in motor vehicle laws in Illinois that may have been enacted while you were on your tour of duty. ([More](#))

**Changes to Veterans' Preference:** The Office of Personnel Management has issued new guidance to agencies on applying Veterans' Preference. On Aug. 29, 2008, the Hubbard Act was enacted as Public Law 110-317. The Hubbard Act, which was passed in August 2008, amended the eligibility categories for veterans' preference purposes. It establishes a new veterans' preference eligibility category for veterans released or discharged from active duty from the armed forces, after August 29, 2008, with a "sole survivorship discharge." ([More](#))

**First Lady Asks Governors to Aid Certification for Veterans:** As the war in Afghanistan winds down and more than 1 million veterans return to civilian life, the nation's responsibility to help them in that transition will ramp up,

First Lady Michelle Obama told the National Governors Association at the White House today. Obama and Dr. Jill Biden, wife of Vice President Joe Biden, spoke to the nation's governors to seek their help with the "Joining Forces" initiative to foster support for service members and their families. ([More](#))

## Carpooling Announcements

Submit carpooling 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.

### **Carpool:**

- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9<sup>th</sup> & 53<sup>rd</sup>, (Franklin School area) (309) 757-5755.
- **Carpool:** Commuter traveling from Rio, Ill. on Route 150. Meet in Alpha, Ill. each day. If interested contact me at (309) 782-5472 or [email](#).
- **Carpool:** Looking to join a carpool from Albany or south along Illinois 84 southbound to Bldg. 102. If

interested contact me at (309) 782-0841.

- **Carpool:** Looking to join a carpool or ride and pay. IL-84 southbound Fulton/ Albany/ Cordova area. Interested text me at (563) 650-8791.

## Around the Q.C.

- March 16:** [St. Patrick's Day Parade](#) (downtown Rock Island to downtown Davenport)
- March 22-24:** [Flower & Garden Show](#) (QCCA Expo Center)
- March 23:** [Quad-Cities Comic Book Convention](#) (Ramada Inn, Bettendorf)
- April 6:** [Bandits Race to Home 5K](#) (Modern Woodmen Park)
- April 7:** [Gilda's Run for Laughs](#) (Waterfront Convention Center, Bettendorf)
- April 20:** [Earth Week Fair](#) (QCCA Expo Center)
- April 27:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 4:** [Derby Day Party](#) (Arsenal Island Golf Course Clubhouse)
- May 4:** [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
- May 11:** [11<sup>th</sup> Annual Miles for Melanoma](#) (Augustana campus)
- May 11-12:** [Beaux Arts Fair](#) (Figge Art Museum plaza, Davenport)
- May 25:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)
- May 27:** [Quad Cities Criterium](#) (Downtown Rock Island)
- June 1:** [Mel Foster Color the Quads 5K](#) (Cumberland Square, Bettendorf)



**June 1-2:** [QC Pridefest 2013, Bursting With Pride](#) (Mary's on 2nd, 832 West 2nd Street, Davenport)

**June 7-8:** [Gumbo Ya Ya - Mardi Gras in The District](#) (The District, Rock Island)

**June 8:** [Quad Cities Cruisers Open Run Car Show](#) (SouthPark Mall, Moline)

**June 12-15:** [Rally on the River](#) (Centennial Park, Davenport)

**June 14:** [Greek Cultural Festival](#) (Assumption Greek Orthodox Church, East Moline)

**June 16:** [Ride the River Bike Ride](#) (Davenport to Moline)

**June 22-23:** [27<sup>th</sup> Annual Quad City Air Show](#) (Davenport Municipal Airport)

**June 23:** [Blossoms at Butterworth](#) (Butterworth Center, Moline)

**June 25-29:** [Rock Island County Fair](#) (Fairgrounds, East Moline)

**June 27-29:** [Antique Automobile Club of America Grand National Show](#) (John Deere Commons, Moline)

**July 3:** [Red, White & Boom!](#) (The District, Downtown Davenport)

**July 4-6:** [Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)

**July 8-14:** [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)

**July 13:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**July 19-21:** [USA BMX National Championships](#) (East Moline BMX Speedway)

**July 19-20:** [Heartland Jam](#) (Centennial Park, Downtown Davenport)

**July 26-27:** [Downtown Street Fest](#) (Downtown Davenport)

**July 27:** [Bix 7 Run/Walk](#) (Downtown Davenport)

**July 30-Aug. 4:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)

**Aug. 1-4:** [Bix Beiderbecke Memorial Jazz Festival](#) (LeClaire Park and RiverCenter)

**Aug. 8-10:** [Tug Fest](#) (LeClaire, Iowa and Port Byron, Ill.)

**Aug. 9-10:** [Ya Maka My Weekend](#) (The District, Rock Island)

**Aug. 10:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**Aug. 10-17:** [ISC Men's Fastpitch World Tournament](#) (Greenvalley Sports Complex, Moline)

**Aug. 16-17:** [River Roots Live](#) (Downtown Davenport)

**Aug. 17:** [Floatzilla](#) (Sunset Marina, Rock Island)

**Aug. 24:** [Quad Cities Irish Festival](#) (Rock Island)

**Aug. 22-25:** [World Series of Drag Racing](#) (Cordova Dragway)

**Aug. 31-Sept. 1:** [Rock Island Grand Prix](#) (Downtown Rock Island)

**Sept. 7:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)

**Sept. 7:** [¡VIVA! Quad Cities](#) (Isle Casino Hotel Bettendorf)

**Sept. 7-8:** [Beaux Arts Fair](#) (Downtown Davenport)

**Sept. 14:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**Sept. 21:** [Brew Ha Ha](#) (LeClaire Park, Davenport)

**Sept. 21:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)

**Sept. 21-22:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)

**Sept. 22:** [Quad Cities Marathon](#) (Downtown Moline)

**Sept. 27-29:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)

**Oct. 12:** [Trinity Quad Cities Classic Regatta](#) (On the Mississippi River in Moline)

**Oct. 12:** [Quad Cities Cruisers Cruise-In](#) (SouthPark Mall, Moline)

**Oct. 24:** [Fright Night](#) (The District, Rock Island)

**Oct. 26:** [Witches Walk](#) (Downtown LeClaire)

**Oct. 26:** [Lagomarcino's Cocoa Beano 5K Race](#) (Sylvan Island)

**Oct. 26-27:** [Boo at the Zoo](#) (Niabi Zoo, Milan)

**Nov. 15-24:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

**Nov. 16:** [Festival of Trees Parade](#) (Downtown Davenport)

**Nov. 16:** [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

**Dec. 1:** [19<sup>th</sup> Century Christmas](#) (Butterworth Center, Moline)



## Island Insight



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

*he 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*



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A vibrant, multi-colored graphic celebrating Women's History Month. The background is divided into four quadrants: top-left is green with a grid pattern, top-right is blue with mathematical formulas, bottom-left is orange with a circuit board pattern, and bottom-right is pink with a floral pattern. The text 'Women's History Month' is at the top in pink. Below it, 'WOMEN' is in large pink letters, followed by 'inspiring INNOVATION through IMAGINATION:' in a mix of pink and white. At the bottom, 'Celebrating Women in Science, Technology, Engineering and Mathematics' is written in white and pink.





## OFFICE OF THE SECRETARY OF STATE

JESSE WHITE • Secretary of State

August 15, 2012

Dear Fellow Veteran,

As a former member of the U.S. Army's 101<sup>st</sup> Airborne Division, the Army Reserve and the Illinois National Guard, I know firsthand the sacrifices our men and women in uniform have endured. I would like to take this opportunity to welcome you home and let you know that I am forever grateful for your service to this great country of ours.

As Secretary of State, one of my goals is to make Illinois roads the safest in the nation. Therefore, I want you to be aware of some recent changes in motor vehicle laws in Illinois that may have been enacted while you were on your tour of duty.

- **Military Deferrals for Driver's Licenses and Identification Cards:**

My office has the authority to defer the expiration of the driver's license of a person serving on active duty in the Armed Forces of the U.S. outside of the state of Illinois, as well as the spouses and dependent children living with the service member. Those who take advantage of this deferral must renew their driver's licenses within 120 days of returning to Illinois. This military deferral is not automatic and must be requested. To obtain a Military Deferral Certificate, mail a copy of your current Illinois driver's license, a copy of the front and back of your Military Identification Card and your out-of-state address to the Secretary of State, License and Medical Review Unit, 2701 S. Dirksen Parkway, Springfield, IL 62723.

- **No Texting While Driving and No Cell Phone Use in a School or Construction Zone:**

It is a violation of Illinois law to text while operating a motor vehicle. The maximum fine is \$1,000. Talking on a hand-held cell phone is prohibited when you are in a construction area or in a school zone while school is in session. The maximum fine is \$1,000. Be sure to check with your municipality to find out if talking on a hand-held cell phone is banned in your area.

- **Seatbelts Required:**

All occupants of a vehicle, including the backseat, now are required to wear their seatbelts. The fine for the person not wearing the seatbelt is \$25.

- **New Disabled Veteran License Plate:**

This new plate will be available to veterans who have at least a 50% disability, but whose disability is not the type of physical disability that would qualify for the current disabled veteran license plates. Qualifying veterans will be entitled to one free set of these plates. These plates, which do not entitle the holder to free parking, should be available for purchase in approximately 90 days.

- **Veteran on Driver's Licenses and ID Cards (COMING IN 2015):**

- Legislation allowing the Secretary of State to put the word "Veteran" onto the Illinois Driver's license/Identification card will be implemented in 2015.

If you have any questions regarding these changes, your driver's license or state identification card, please visit our website at [cyberdriveillinois.com](http://cyberdriveillinois.com) or call our veterans liaison, Greg Curran at 217-782-8895. Once again, thank you for serving and protecting our homeland.

Sincerely,

A handwritten signature in black ink that reads "Jesse White".

Jesse White  
Illinois Secretary of State