



July 20, 2015

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 Garrison Internet page under "Information" and on the installation website at www.usagria.army.mil under "News" and then "Local News."

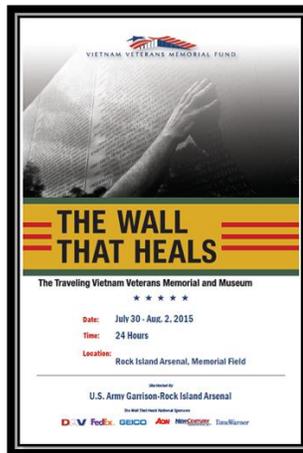
Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

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The Wall That Heals

As part of events commemorating the 50th Anniversary of the Vietnam War, Rock Island Arsenal will play host to "The Wall That Heals," a 50-percent scale replica of the National Vietnam Memorial in Washington D.C., from Wednesday, **July 29** to Sunday, **Aug. 2**. The display will be available 24 hours a day during that time period, with volunteers staffing the Wall at all times. The Wall will arrive at 2 p.m. Tuesday, **July 28**, escorted by the Patriot Guard Riders.



It will be assembled and then go on display Wednesday, **July 29**. The official ceremony dedicating the display will be at 10 a.m., Thursday, **July 30**, at Rock Island Arsenal's Memorial Field. Members of the Vietnam Veterans of America No. 776 and 299 Honor Guard will post colors for the ceremony. Bill Albracht, three-time Silver Star recipient and president of the Vietnam Veterans of America No. 299, will be the keynote speaker at the event. The Wall That Heals is presented by the Vietnam Veterans Memorial Fund. It will be displayed along with a mobile

Upcoming Dates

- July 27:** 62nd Anniversary of the Korean War Armistice Wreath Laying Ceremony, Rock Island National Cemetery, Memorial Walkway, 11 a.m.
- July 29-Aug. 2:** The Wall That Heals, Memorial Park
- July 28:** BRC-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.
- July 29:** JMC Organizational Day
- July 29:** Paintless Dent Repair, Auto Skills Shop, 9 a.m.
- July 30:** BRC2-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.
- July 28:** BRC-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.
- July 29:** JMC Organizational Day
- July 30:** BRC2-Motorcycle Riding Course, Motorcycle Range, 7:30 a.m.
- July 30:** Discovery Time Playgroup, Milan Splash Ground, 9:30 a.m.
- Aug. 6:** Date Safe, Teen Dating Violence Class, CYSS, Bldg. 350, 4:30 p.m.
- Aug. 6:** 3rd Annual Freedom Run, 733 15th Ave., East Moline, Ill.
- Aug. 7:** ASC Organizational Day
- Aug. 7:** Advanced Résumé Class, Baylor Conf. Rm., Bldg. 103, 1:30 p.m.
- Aug. 7:** First Friday Social, Quarters One Lawn, 4 p.m.
- Aug. 11-13:** DA Photography, Bldg. 90, Basement, Rm. B11, 7:20 a.m. – 3:40 p.m.
- Aug. 16:** Spirit of '45 Ceremony, 70th Anniversary of the end of WWII, Rock Island National Cemetery
- Aug. 17-21:** Financial Fitness Week, ACS, Bldg. 110, 12-1 p.m.

information center. Although guests cannot take "rubblings" from the Wall, a procedure allows them to fill out a form, and the Fund will mail them a rubbing of the selected name from the Memorial Wall in Washington D.C. Rock Island Arsenal leaders would be honored to have your organization participate in this historic event to commemorate the 50th Anniversary of the Vietnam War by visiting the display and by having members of your organization volunteer to stand vigil.

Volunteers being sought: The VVMF requires volunteers to stand vigil at the event site 24-hours a day to provide short information briefs to visitors and to locate names of fallen warriors on the wall. Volunteers must be at least 18-years of age. Vigil shifts will be divided into three hour shifts. For additional information or to volunteer, please contact Kris Leinicke at 309-782-3518 or Jeremiah Cowgill at 309-782-2241.

Senate Appropriations Oks 10-Year Credit Monitoring For Feds, But Not Extra OPM IT Funding

The Senate Appropriations Committee approved an amendment today to give victims of the Office of Personnel Management data breaches no less than 10 years of identity and credit-monitoring services and \$5 million in liability protection for related damages. But committee members rejected OPM's request for an additional \$37 million for technology upgrades in fiscal 2016. Sen. Barbara Mikulski (D-Md.), vice chairwoman of the Appropriations Committee, offered both amendments. The liability protection amendment received limited debate, but ended up passing unanimously. ([More](#))



OPM Retroactively Hikes Cost of Background Checks

The Office of Personnel Management will be charging agencies extra to cover higher costs of background investigations, both moving forward to the end of the fiscal year and retroactively back to October of last year. In a memo Tuesday, OPM informed agencies that, due to higher prices associated with background checks since last year, they will be billed for cost adjustments for orders placed between October 2014 and June 2015. The higher costs will also be applied going forward through the end of September. ([More](#))



2016 Pay Raise One Step Closer to Becoming a Reality

A pay raise for 2016 is wending its way through the annual budget process (the budget process occurs in most years anyway) in Congress. In the latest iteration, the Senate Appropriations Financial Services and General Government Subcommittee has approved its fiscal 2016 spending bill. Perhaps of most importance to many readers, the bill does not address the federal employee pay raise for 2016. And, in the perverse logic that sometimes accompanies these events, this is probably good news for most federal employees. By not addressing the subject, the president's recommendation of a 1.3% annual pay raise is more likely. The bill does address the pay issue for the Vice President and senior political appointees by denying them any raise. This bill that has just been approved by the subcommittee is normally where changes or provisions for a pay raise in the coming year would be addressed by the Senate. ([More](#))



What the AtHoc-BlackBerry Deal Means For Feds

BlackBerry Ltd. announced Wednesday the acquisition of a crisis communication company that works with a number of military and civilian agencies. The Canadian telecom company acquired AtHoc, a California-based software company that provides a secure communication platform to connect large enterprises during emergencies. The platform alerts any device — including iOS, Android, PC and Mac desktops, digital displays, radios, IP phones, and endpoints such as sirens, fire panels and speakers — to help organizations connect and share information in crises. AtHoc is currently used at 1,500 locations across the Defense Department, as well as outposts for agencies under the Department of Homeland Security, including Immigration and Customs Enforcement, Customs and Border Protection, the Coast Guard and the Transportation Security Administration. ([More](#))



62nd Anniversary of the Korean War Armistice Wreath Laying Ceremony

Korean War Veterans Association Quad Cities Chapter 168 is holding a ceremony to commemorate the 62nd Anniversary of the Korean War Armistice and National Korean War Veterans Armistice Day on Monday, **July 27**, at 11 a.m., at the Memorial Walkway, at the Rock Island National Cemetery. The keynote speaker will be Maj. Gen. Kevin O'Connell, commanding general, Army Sustainment Command. The ceremony will include a wreath laying, rifle salute, and Taps. The Korean War, which began June 25, 1950, with the North Korean army's invasion of South Korea, officially ended July 27, 1953, a day now officially recognized as Armistice Day. The signing marked the end of the longest negotiated armistice in history: 158 meetings spread over two years and 17 days. Last year's presidential proclamation stated, "More than six decades ago, courageous Americans joined Korean patriots as they defended their right to decide their own fate. They fought through mud, snow, and heavy fire. As they stood firm against the tide of Communism, nearly 37,000 Americans gave their last full measure of devotion. Thanks to all who served and all who died, allied forces pushed invading armies back across the 38th parallel, and on July 27, 1953, they secured a hard-earned victory. On National Korean War Veterans Armistice Day, we honor the men and women who sacrificed so a people they had never met would know the blessings of liberty and security." ([DoD Korea Armistice Day 60th Anniversary Special Report](#)) ([Army Korean War page](#))



2015 Antiterrorism Awareness Message

August marks the Army's sixth annual observance of Antiterrorism Awareness Month. The terrorist threats we face today are as complex as they have been at any time in our Nation's history. These threats are persistent and constantly evolving as evidenced by the fight against the Islamic State of Iraq and the Levant. The purpose of Antiterrorism Awareness Month is to instill Army-wide heightened awareness and vigilance to protect Army critical assets and personnel by preventing acts of terrorism. Awareness of terrorist threats and an understanding of personal protective measures remain paramount. The four focus areas planned for this year include (1) recognizing and reporting suspicious activity, (2) participating in antiterrorism training, (3) countering insider threats and (4) becoming familiar with the risks associated with the use of social media. As part of this observance, leaders at all levels should continue to emphasize the importance of suspicious activity reporting in support of our



collective national security. Recent activities around the world, which have included the use of social media as a threat mechanism against Soldiers and their Families, emphasize the need for sustained antiterrorism awareness. We encourage all leaders to make continuous improvements within our antiterrorism plans and programs in order to guard our communities against persistent terrorist threats. Leaders should leverage resources and expertise from throughout their formations to strengthen the security and protection of Army communities. Working together, we present a unified defense for the strength of our Nation. Army Strong!

10th Annual Shoes for Veterans Drive

IowaWORKS – Eastern Iowa's Davenport Center is holding its 10th Annual "Shoes for Veterans" Drive **July 1 through Sept. 11** leading up to the bi-annual Quad Cities Bridging the Gap: One Day "Stand Down" for Homeless Veterans. All donations will be distributed to our veterans at the "Bridging the Gap" Quad City Homeless Veterans "Stand Down" Sept. 17-19 at the Quad City Expo Center in Rock Island. All monetary donations for footwear are tax deductible and will be graciously accepted. Donations can be dropped off at IowaWORKS – Eastern Iowa, 902 W. Kimberly Road from 8:30 a.m. - 4:30 p.m., Monday-Friday, or can be picked up by veterans representatives [Jennifer Toenjes](#), 563-445-3200 ext. 43348, or [Craig Norris](#), 563-445-3200 ext. 43307.

3rd Annual Freedom Run

Join us for the Quad Cities only military-themed run on Thursday, **Aug. 6**, at 5:45 p.m., at the Quad Cities Running Club HQ in East Moline (733 15th Ave.) for the 3rd Annual Freedom Run – A Tribute and Appreciation Event for Those Who Serve(d). Proceeds will once again benefit AUSA and USO emergency relief grant programs that support military and military families in need in the Q.C. community. Participants will receive a military themed t-shirt, drawstring bag, and dog tags. Division roster for the Freedom Run will include: • 5K Run/Walk; • Double Time; • Frontline Chiropractic Mile; • Ground Pounder Fun Run; • MIA Division. The first 500 to "enlist" will also receive silencers for their dog tags. Register online at getmeregistered.com. Packet pick up and registration will take place at the Running Club HQ on Wednesday, **Aug. 5**, 2-6 p.m.; and on Thursday, **Aug. 6**, 2-6 p.m. ([Flyer](#))



Unique Project Will Benefit Genesis We Honor Veterans Program

Participants in the Quad-City Times Bix 7 can support veterans in a special and unique way at the annual Bix 7 Expo on **July 23-24**. By donating unwanted and gently used shoes, veterans at the end of life will benefit from the Genesis We Honor Veterans program. Gently used footwear that is donated at the Genesis We Honor Veterans booth at the Expo will be recycled. For each 5,000 pounds of shoes donated, the Genesis We Honor Veterans program will receive a donation of approximately \$2,000. ([More](#))

Blood Drives

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Aug. 13 & 20, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Aug. 13 & 20**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg.



210) beginning at **2:15 a.m. on Aug. 28**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **DMC** will host a blood drive **1-4:30 p.m., on Aug. 13**, in the MVRBC Donor Bus parked at Bldg. 350. To donate, please Sgt. First Class Jared Clapper at 309-782-5485 or visit www.bloodcenterimpact.org and use code 1554 to locate the drive.



July & August Blood Drive Hours Extended, Trial Basis: "The Mississippi Valley Regional Blood Center drives at Rock Island Arsenal will feature extended hours from 10 a.m. – 3 p.m. for the months of July and August. This is taking place as a trial to see if the extended hours will facilitate and enable more Arsenal Island employees to give who may not otherwise have the time in their schedule.



Summer Blood Donors Entered into Drawing for a 2015 Jeep Patriot: "This summer, you could win a 2015 Jeep Patriot by giving blood with Mississippi Valley Regional Blood Center! It's part of the "Made in the USA" promotion to support the blood supply through the difficult summer months, when the rate of blood donation drops by about 20 percent..

Also, a slight change in that every donor must present photo ID or a blood donor card to be eligible to donate blood. Arsenal badges are acceptable. 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](#).

VIOS Schedule for August & September

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Aug. 11, 12, & 13** and **Sept. 8, 9, & 10**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). 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. All scheduled dates can be found on the [RIA VIOS website](#).

Walking Tours of Locks & Dam 15 in July, August

The U.S. Army Corps of Engineers' park rangers from the Rock Island District at the Mississippi River Visitor Center, located at Locks and Dam 15 at the west end of Arsenal Island, will conduct two walking tours of Locks and Dam 15 every Saturday and Sunday; one at 10 a.m., and another at 2 p.m. Each tour will last approximately 30 minutes and is weather dependent. Tour size is limited and proper footwear is required. No open toe shoes, sandals or high heels will be permitted. Call 309-794-5338 for information or to register.

Tribute to Our Fallen

Since its inception in the summer of 2004, one year after the onset of Operation Iraqi Freedom, a small group, now known as the Mississippi Valley Patriots, has put together a special event to honor those brave souls who had made the ultimate sacrifice. Today Tribute to Our Fallen annual event, held at the Davenport Memorial Park, has grown



exponentially. The first few years were dedicated solely to the military in Iraq, Afghanistan, the first responders and civilians lost on 9/11. Since 2008's event, veterans of all eras have been included in this very special remembrance. The event this year is **Aug. 21-23** and is free to the public. Tribute to Our Fallen is staffed around the clock from the opening ceremony, Friday, **Aug. 21**, at 7 p.m., to the closing ceremony, Sunday, **Aug. 23**, at 4 p.m. There are several events scheduled throughout the weekend. The key note speaker is Debbie Lee, GSM/mother of Marc A. Lee, U.S. Navy SEAL, KIA, Aug. 2, 2006. Please invite a friend. Volunteers are always welcome to join on Friday, **Aug. 21**, for setup. ([More](#))

Croquet Tournament Fundraiser to Help Historic House

Step back in time for the fourth annual Colonel's Croquet Party on Sunday, **Aug. 23**, on Arsenal Island at 2 p.m. Dress in your croquet whites (not required) to play the same game of croquet you play in your backyard. Croquet courts will be set up on the lawn of the historic Quarters One, next to the Arsenal Golf Club. Teams of two can play in the fun round-robin tournament. Or there will be courts set up to just join in the fun and play croquet with other enthusiasts in the Quad Cities. We are going to have shorter courts for faster play this year. The championship court will still be full-size. Teams in the tournament portion are awarded a point for each wicket they pass through. There will a review of nine-wicket rules before play begins. Players will compete for the coveted Colonel Davenport trophy. Tickets are \$25 for adults; and \$10 for children 11 years and younger to attend the Colonel's Croquet Party. Hors d'oeuvres, croquet play, wine tasting, and tours of the house are included. This is a rain or shine event. For more information or to purchase tickets, contact Jessica Waytenick at 309-737-4280 or purchase tickets online at www.davenporthouse.org.



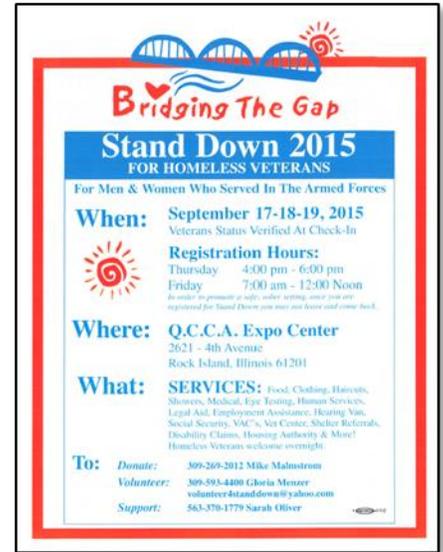
NDIA & WID Sponsor Free Day at Putnam Museum

The Iowa-Illinois Chapter members of the National Defense Industrial Association, as well as Women In Defense, are inviting you to a free day at the Putnam Museum, including a free showing of the D-Day movie narrated by Tom Brokaw, on Saturday, **Sept. 12**, 9 a.m. – 1 p.m., to celebrate the NDIA chapter's 70th birthday. Included in the events for the day are: • Early entry to the museum for a private viewing of the Arsenal of Innovation exhibit. An exhibit that describes the inventive and innovative spirit of Rock Island Arsenal. • Showing of the movie D-Day Normandy 1944 in 3D. Discover a new perspective on how D-Day changed the world. • Enjoy a lunch of pulled pork, smoked chicken and hot dogs with all the fixings on the balcony overlooking the Quad Cities. • Enjoy all the Putnam exhibits after the official events have been completed. All these events and more are free to Iowa-Illinois Chapter members to celebrate our 70th anniversary of promoting national security. The event is free for up to five immediate family members and all children must be accompanied by a parent or guardian. You can sign up for this event by going to the [Iowa-Illinois web site](#) starting Saturday, **Aug. 1**. Further questions regarding this event may be addressed to Bob Radkiewicz at 309-798-8574.



"Stand Down" Bridging the Gap Hosts Event for QC Homeless Veterans

Bridging The Gap-QCA will be holding a Stand Down for homeless veterans **Sept. 17, 18, & 19**, at the QCCA Expo Center in Rock Island. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. Thirty-plus Quad-City area agencies are expected to attend the event to offer services to homeless veterans to include food, clothing vouchers, haircuts, VA medical, human services, mental health services, legal aid, VA employment assistance, Social Security, VAC's, Vet Center, and goodwill employment services. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect to inspire the hope and strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Iowa Workforce Development "veterans representatives" have ensured that our veterans are well equipped to weather the harsh winter months with winter boots, shoes, coats and clothing donated by residents and businesses of the Quad Cities area and of surrounding communities in Eastern Iowa. The point of contact for the event is [Craig Norris](#), 563-445-3200 ext. 43307.



U.S. Navy Seabees' 6th Annual Spaghetti Dinner

The U.S. Navy Seabees' 6th Annual Spaghetti Dinner, this year commemorating the 50th Anniversary of the Vietnam War, will be held on Saturday, **Sept. 19**, at 5 p.m., at American Legion Post 26, 702 W. 35th St., Davenport. The dinner is hosted by U.S. Navy Seabees Veterans of America, Island X-2 Davenport, Vietnam Veterans of America 776, Davenport American Legion Post 26, and Eldridge American Legion Post 639. The cost of the dinner is \$10 and the evening will feature door prizes, raffles and a 50/50 drawing. Proceeds go to the Seabees unit who will donate the money to other organizations. Tickets are available at American Legion Post 26 or by calling [Bruce Cheek](#) at 563-349-4129.



Save the Date – 8th Annual Cards for the Troops

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8th Annual Cards for the Troops. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to: mssipple1@gmail.com. Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **The Venue:** Located at 1405 5th Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island

military and civilian employees will receive a 10 percent discount off its services located at 2500 18th Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3rd St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



Arsenal Traffic/Construction

Extension of Road and Parking Closures on Baumbeck Avenue North of Bldg. 210

During **July 20-24**, the Directorate of Public Works closed Baumbeck Avenue north of Bldg. 210 to all vehicular traffic, parking and pedestrian travel. Due to unforeseen piping locations/conditions this closure will be extended **July 27-31**. Barricades will be set up at both east and west ends of the road of the affected areas. North doors of Bldg. 210 Annex will also be closed. Entrance to that office suite will need to be directed through Bldg. 210. Closure is required to install new water mains/fire hydrants in the affected area. All traffic/parking/etc. will be reopened once install is complete and testing acceptance is completed. Closure may require extension if rain events cause delays in the schedule. More short closures of these areas will be required in the near future when making the connections to the buildings and making permanent repairs to the road and parking spaces.

Building Demolition Notification

The Rock Island Arsenal Garrison will begin demolition of eight structures starting around Monday, **July 27**, and lasting until Sunday, **Jan. 31**. Buildings 82, 105 and 157 will have temporary fencing with warning signs around the site perimeter during demolition. The other buildings are remote or away from public encroachment and will not be fenced, but signs will be installed warning of the demolition. Demolition of Bldg. 82 will occur approximately Monday, **Aug. 17-28**. Demolition of Bldg. 157 is planned for Monday, **Aug. 31**, through Friday, **Oct. 2**; during this building demolition the east section of Parking Lot 1K will be closed. Reserved parking impacted by this project will be relocated as close to the entrance of Bldg. 110 as possible. Specific dates for demolition of other buildings are not known at this time. Pedestrians and drivers should not enter demolition zones and should be vigilant of extra traffic and equipment during demolition.

Parking Lot Closures

The Directorate of Public Works plans to close parking lots 1D and 1E for repairs. Closure of lot 1D began June 15, with completion expected in six weeks. Closure of Lot 1E would immediately follow with completion expected in six weeks. These lots are located along Rodman Avenue in front of buildings 108, 109, and 110. Physical changes to the lot configuration will include the addition of curb and gutter and closure of the East Street access point to Lot 1E. Striping changes include removal of all southern parking spaces in order to create a fire lane and the conversion of northern parking spaces to perpendicular parking in order to optimize the remaining parking spaces.

Reserved parking changes in the lots include the addition of 10 accessible parking spaces to lot 1E, six short term parking spaces in lot 1E, and four motorcycle parking spaces in lot 1D. All remaining spaces would be open parking. One lane of access to Rodman directly north of Bldg. 109 will remain open to facility parking when the lot is not closed. Drivers are encouraged to use Lot 10 (south of Memorial Field) as an alternative parking lot for the duration of construction. Barricades and signs will be posted to warn and control traffic.

JMC Organizational Day Parking

JMC is hosting an "Organization Day" at Memorial Field on **July 28**. JMC is using 15 spaces that will be blocked off near the pavilion (marked on attached) for the entire day to accommodate vendors, handicap personnel, etc. Parking passes may be issued for the people needing reserved spaces and have them display the pass in their windshield for the duration of the event. Please note, JMC will not be blocking the road off to people who want to use the ATM.

Rock Island Viaduct Sidewalk Closed to Pedestrians

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



Building/Space Closures



Elevator Closures in Bldg. 390

Commencing Monday, **July 27**, the U.S. Army Corps of Engineers, Louisville District, will be taking the freight elevator out of service in Bldg. 390. Closure is required to install new upgrades which will allow the elevator to be used as both a freight and passenger elevator. Duration of work is expected to last approximately two months. Upon completion of work, the freight elevator will be placed back into service and the passenger elevator will then be taken out of service to allow for upgrades and modernization. Completion of work on the passenger elevator is expected to be complete by the end of October. ASC Pamphlet 690-2 provides the policies and procedures to be used when the elevators are out of service.



Active Duty/Reserve Zone



Future Army Nanosatellites to Empower Soldiers

One Army project is making the future of satellite communications more responsive to Soldiers' needs. The U.S. Army Space and Missile Defense Command/Army Forces Strategic Command's Nanosatellite Program, or SNaP, will be a small satellite communications, or SATCOM, constellation. This will allow communication across great distances using existing UHF tactical radios. "SNaP is a technology demonstration with the goal of showing the military utility

nanosatellites can provide to the disadvantaged user," said Thomas E. Webber, director, SMDC Technical Center Space and Strategic Systems Directorate. "The primary uses are beyond line of sight communications and data exfiltration. SNaP is a natural fit for the command since we are the Army proponent for space and also the SATCOM provider." ([More](#))

Final Rule Puts More Teeth Into Military Lending Act

The Defense Department today closed loopholes to protect U.S. men and women in uniform from predatory lending practices, President Barack Obama said this morning at the 116th Veterans of Foreign Wars National Convention in Pittsburgh, Pennsylvania. The heightened level of financial and consumer-rights protection against unscrupulous practices, called the final rule of the Military Lending Act, covers all forms of payday loans, vehicle title loans, refund anticipation loans, deposit advance loans, installment loans, unsecured open-end lines of credit and credit cards, DoD officials explained. "We're going to keep fighting to give our troops and veterans a chance to enjoy the American freedom you helped defend," the president told the veterans. ([More](#))

Military Family Fun Night

Attention military families – round up the kids and bring the whole family out for a night of fun and food Saturday, **Aug. 22**, at 3 p.m., at Longview Park & Whitewater Junction, courtesy of Army Community Service and our sponsor, the Rock Island Arsenal Chapter of the Association of the United States Army. The picnic starts at 3 p.m. and will include lots of fun games and activities followed by swimming at Whitewater Junction from 6-8 p.m. All of this is free to military and their families but you must register by **Aug. 16** by calling 309-782-3049 or emailing jennifer.a.kerr10.civ@mail.mil. ([Flyer](#))

Putnam Museum is a Blue Star Member Institution

The Putnam is now one of more than 2,000 museums across America to offer free admission to military personnel and their families this summer in collaboration with the National Endowment for the Arts, Blue Star Families, and the Department of Defense. Any active duty military personnel including National Guard and Reserve, and up to five family members, receive free admission to the Museum and Science Center **Memorial Day through Labor Day**. "We are honored and excited to be able to bring this program to our Quad Cities Military families," said President and CEO Kim Findlay. "Through our participation in the Blue Star Museums program, we are able to show our continued support for all our active military and thank them for their hard work and sacrifices." Leadership support has been provided by MetLife Foundation through Blue Star Families. The program provides families an opportunity to enjoy the nation's cultural heritage and learn more about their new communities after a military move. The complete list of participating museums is available at arts.gov/national/blue-star-museums.



Military 4-H Scrapbooking SPIN Club

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3rd Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). [Register online today!](#) Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.

Battle for the Rock

The Battle for the Rock - Modern Army Combatives Program Tournament, sponsored by Army Sustainment Command and First Army, will take place **Sept. 12** at the Rock Island Arsenal Fitness Center kicking off at 8 a.m. Championship bouts starting will be 2-4 p.m., with the awards presentation immediately following last bout. Participants should include Soldiers and teams on Rock Island Arsenal and in the general area. (Team size will not exceed 14 Soldiers; teams can have a maximum of two fighters per weight class). Registration forms must be received no later than **Sept. 10**. Weigh-ins will be **Sept. 11**, 10 a.m. - 12 p.m., at the Fitness Center. All registrations must be scanned and emailed to david.r.stephenson8.mil@mail.mil or mailed to United States Army Sustainment Command, WODA USA SUSTAINMENT CMD, 390 / Rm HHC Command Suite Basement SW, Rock Island, IL 61299, ATTN: SFC Stephenson. For more information call 309-782-3234.



Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



For Your Safety – Around Wildlife

The Rock Island Arsenal offers an abundant of wildlife sighting opportunities. However, for your safety and the health of the animals, we offer the following safety tips: • Observe wildlife from a distance. Do not follow or approach them. • Do not touch, get close to, or pick up wild animals. It is stressful to the animal, and it is possible that the animal may harbor rabies or other diseases. • Young animals removed or touched by well-meaning people may cause the animals parents to abandon them. • Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers. • Avoid wildlife during sensitive times: mating, nesting, raising young, or winter. • Sick or wounded animals can bite, peck or scratch and send you to the hospital. If you observe a sick animal or animal in trouble, notify the Public Works Help Desk at 309-782-2387. The installation has a wildlife expert on staff that will address these types of issues. We hope that the above safety tips will keep you and our wildlife safe. Learn more at <http://web.extension.illinois.edu/wildlife/about.cfm>



Motorcycle Riding Courses

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal

must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

- Basic Motorcycle Riding Course: **July 28-29** (two eight-hour days)
- Experienced Rider Course: **July 30** (one eight-hour day)
- Military Sport Bike Riding Course: **Sept. 22** (one eight-hour day)
- Basic Motorcycle Riding Course: **Sept. 23-24** (two eight-hour days)

Registration for courses is through the web-based "AIRS" system at

<https://imc.army.mil/airs/default.aspx>

Note: Each course is limited to 12 riders. If a minimum number of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If the need exists for additional classes or you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email

nancy.l.carlson.civ@mail.mil or michael.j.chaplin.civ@mail.mil, respectfully.

Equal Employment Opportunity Focus



Pentagon to Lift Military Ban on Transgender Service

The Pentagon is setting in motion a plan to lift the longstanding prohibition on allowing transgender men and women to serve openly in the military. Defense Secretary Ash Carter announced the plan Monday and said the individual services will have six months to prepare for the historic policy change. "The Defense Department's current regulations regarding transgender service members are outdated and are causing uncertainty that distracts commanders from our core missions," Carter said in a statement. Under current Defense Department regulations, transgender individuals are considered medically unfit for service and can be separated honorably if diagnosed with "psychosexual conditions, including but not limited to transsexualism, exhibitionism, transvestism, voyeurism, and other paraphilias," according to Defense Department Instruction 6130.03. ([More](#))

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

Visit the MWR website at www.riamwr.com for information on all MWR programs.

Paintless Dent Repair Service Available

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **July 29**, 9 a.m. - 7:30 p.m., at the Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

First Friday Social

Join your Island colleagues Friday, **Aug. 7**, 4-7 p.m., on the lawn of Quarters One (inclement weather location will be inside the golf clubhouse) for a fun evening of appetizers, drinks, networking, and socializing and karaoke. This event is open to the entire RIA workforce and the general public so bring your friends, family, neighbors, mail man... whoever, just come out and have fun with us. Call 309-782-4372 for more info. ([Flyer](#))

MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

Bus Trip to the 2015 Chicago Air & Water Show

Join MWR Saturday, **Aug. 15**, with a 6:30 a.m. departure, for a bus trip to see this one of a kind show on the shores of Lake Michigan. The Chicago Air and Water Show presented by Shell Oil Products U.S. and the City of Chicago is the largest free show of its kind in the United States. The show can be viewed along the lakefront from Fullerton to Oak Street, with North Avenue Beach as the focal point. Cost for the trip is just \$41 which covers transportation there and back. [Sign up online](#) or call 309-782-5890 for more info and to reserve your seats, this bus will fill up fast so don't delay, call today. [Check out the city of Chicago webpage for more info on the show.](#) ([Flyer](#))

Cubs vs. Cardinals Bus Trip

MWR Leisure Travel has a Cubs vs. Cardinals bus trip scheduled. Cost will be \$99 per person to include transportation and ticket to game. Seats are located in Upper Deck Box Outfield. Departing from RIA at 6 a.m. from the COL Davenport Pavilion. Limited alcohol permitted on chartered bus. Coolers must fit under the seats and not block the aisle. No glass bottles. No smoking permitted on motor coach. Estimated return time will be 8 p.m. ([Flyer](#))

Date: **Saturday, Sept. 19**

Time: **12:05 p.m.**

Discount Amusement Park Tickets and More at Leisure Travel

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

Disney LIVE! Three Classic Fairy Tales

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family.

Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.
Date: **Friday, Oct. 16**

2015 Adventureland Tickets

Leisure Travel has discounted 2015 admission tickets on sale. Gate price for Adult is \$40; Child is \$35; MWR is \$32. Two years and under free admission.

Davenport Cinemark 53rd 18 + IMAX Theatre

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services



NFL Punt, Pass & Kick Competition

CYSS is hosting a local NFL Punt Pass and Kick competition Saturday, **Aug. 22**, 10 a.m., at the Cannon Flats Rec. Area (Moline Gate), for children ages 6-15. This is a free event for all children, military and civilian. Participants must [register online](#) or stop at the School Age Center in Bldg. 150 to fill out a paper form. The top finishers in each age group will advance to a sectional competition. Call 309-782-0511 for more info. ([Flyer](#))

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

Mindful Eating

A discussion on "Mindful Eating" by guest speaker Kristen Bogdonas, University of Illinois Extension Center, will take place Tuesday, **July 28**, 4-5 p.m., in the Army Community Service Conference Room, Bldg. 110. We'll talk about mindfulness and how to use that concept during mealtime so we don't over eat. We'll do an activity to practice mindful eating. We'll also discuss the

importance of reading labels and ingredient lists which will enable us to be conscious consumers. To RSVP call [Jenny Kerr](mailto:Jenny.Kerr@usag.acs) at 309-782-3049. Those registered with CYSS will receive two participation points. This event is sponsored by the Family Advocacy Program, Families First, and Child, Youth & School Services.

Date Safe: Teen Dating Violence Class

This class, Date Safe: Teen Dating Violence Class, will take place Thursday, **Aug. 6**, 4:30-6:30 p.m., in the School Age Center (Bldg. 150), and is for parents and teens (ages 12-17) that will be taken together. We will be learning about the dynamics of teen dating violence. We will discuss awareness, prevention and intervention aspects, and what healthy relationships look like. Part of the class time the parents and teens will be separated to foster open discussion and customized presentation. For more information and to RSVP please e-mail: chassity.r.morse.ctr@mail.mil or call: 309-782-3773. ([Flyer](#))

Advanced Résumé Class

This free class taking place Friday, **Aug. 7**, 1:30-3:30 p.m., in the Baylor Conference Room, will help you touch up your resume and get it into the format used for federal employment. The class is intended for spouses but is open to all Service Members, DA civilians (APF & NAF), retirees and family members of all the above. RSVP by July 1 by calling 309-782-0829 or usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil ([Flyer](#))

Financial Fitness Week Classes

Join us, Monday-Friday, **Aug. 17-21**, 12-1 p.m., in the ACS Training Room, for a week of free lunch time financial classes with your Accredited Financial Counselor®. For more information or to RSVP call 309-782-0829 or email usarmy.RIA.imcom-central.mbx.usag-acs@mail.mil. Check out the flyer for more info on class topics. ([Flyer](#))

Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1st floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

Summer Blues – July 2015

School's out and the kids are home enjoying the long days of summer; or maybe not. While July is considered by some to be the happiest month of the year, sometimes the change in routine or expectations of the season can lead you or your children to feel depressed. Depression in children or their parents is a concern as either can negatively affect a child's wellbeing. Children who are depressed may miss out on being with their peers and enjoying activities. It is also more likely for children who grow up with a depressed parent to be depressed in adulthood (*Weissman, Wickramaratne, Nomura, Warner, Pilowsky & Verdeli, 2006*). The good news is that treatment can help. A study reported in the Journal of the American Medical Association found that when mothers

achieved remission of their depression symptoms through treatment their children also became less likely to be depressed ([National Institute of Mental Health, 2006](#)). Because treatment for mental health conditions can improve not only your life but also your children's, the Rock Island Arsenal Employee Assistance Program invites you to take advantage of the free and confidential counseling and referral services that the program has to offer. Schedule an appointment with an EAP counselor by calling 309-782-4357. Master-level counselors can provide information, short-term counseling, and referral services. If you have any concerns about depression, talk it over with a trained professional at the EAP. You can also access an anonymous screening at www.militarymentalhealth.org.

Education/Training Review



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

DSST Retest DSST Is Offering a Limited Time Cost Savings for Eligible

Service members who would like to retake their exam as a self-funder. Test takers will save \$10 when they retake an exam and use the promotion code W15TENOFF, through **July 31**. The code can be used to retake as many exams as needed by the deadline. The \$10 off promotion cannot be combined with any other DSST offers and the 90-day DSST exam retake policy applies. Students can find the full DSST exam list at www.GetCollegeCredit.com.

Annual Commencement Recognition Ceremony

Save the date! The Rock Island Arsenal Army Education Center will host an Annual Commencement Recognition Ceremony to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. Where: Heritage Hall, Bldg. 60, Rock Island Arsenal. Time: 1-3 p.m.; the ceremony begins at 1 p.m. with a reception to follow. Any Soldier who has graduated in the last year and would like to participate is encouraged to contact us.

Date: **Thursday, Sept. 10**

Area Schools to Visit RIA

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Eastern Iowa Community College, **Aug. 6** and **Sept. 3**; • Kaplan University **Aug. 13**; • Trinity College of Nursing & Health Sciences, **Aug. 20**; • Upper Iowa University **Aug. 12**.

Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for 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 ([Facebook](#))

Commissaries Host Healthy Lifestyle Festivals This Summer

Most commissaries worldwide are once again hosting the Healthy Lifestyle Festival this summer, featuring our ever-popular farmers markets. In addition, morale, welfare and recreation services will offer a variety of fitness events for children and adults, and the exchanges will offer their popular sidewalk sales with fitness shoes and apparel specials, sports equipment and bicycles. Please [click here](#) to view the Healthy Lifestyle Festival on our website. We hope you'll bookmark this page and check it often for additions or changes.

148 Years of Commissary Excellence

This month marks the 148th anniversary of the modern commissary benefit! In July 1867, Congress authorized the Army to begin selling food items – called "commissary goods" – at cost to soldiers of all ranks. This began the modern era of retail food sales on military installations. 148 years later, we are still proud to serve you! [To learn more about the history of the commissary benefit, read our news release.](#)

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. ([website](#))

This Week in Rock Island Arsenal History – July 20-26

The RIA War Service Band was formed on July 20, 1918, with the approval of the RIA Commander. The band was organized to assist in Liberty Loan Campaigns. Probably at that time the largest band formed in the Tri-Cities. On July 23, 1865, the Rock Island Prison Barracks officially closed. On July 23, 1918, Civil War veterans visited the RIA Shops. By July 1898, the RIA was conducting final inspection and delivery to the Army of finished ordnance products manufactured by 46 different private contractors. Army arsenals could not meet the urgent war demand for equipment and weapons by themselves during the Spanish-American War.

Healthbeat

Innovative Treatments Offer Hope for Burn Victims

Conflicts in Iraq and Afghanistan brought a surge in burn and blast wound injuries from improvised explosive devices. Many who sustain such injuries endure years of rehabilitation and countless surgeries. Finding innovative strategies to heal these complex wounds more quickly, with fewer complications and less long-term impact from scarring, contractures and disability is a high priority for military medicine. In 2008, the Department of Defense established the Armed Forces Institute of Regenerative Medicine, or AFIRM, led by the Wake Forest Institute for Regenerative Medicine and Rutgers University. AFIRM was designed as a partnership between academia, industry and the government to deliver regenerative medicine therapies with the goal of restoring form and function to the most critically-injured wounded warriors. ([More](#))

Stand Up For Your Health!

You've heard it all before: You need to get at least 30 minutes of moderate to intense exercise each day to help prevent chronic disease and improve your health. But what do you do for the other 23½ hours? If the answer is sitting (or sleeping), then you might have what is known as "sitting disease." It sounds like a joke. Unfortunately, it's not. If your typical day is spent sitting at a desk, sitting while commuting, sitting down for dinner and TV afterwards, and then going to bed, you're putting yourself at a greater risk for chronic diseases such as heart disease, diabetes, high blood pressure, and even cancer. Studies consistently show that the more time you spend sitting or lying down, the greater your risk for chronic disease and early death. The simple act of standing up has even more physiological benefits when compared to sitting. The "active couch potato" phenomenon shows that even people who are relatively fit and meet the minimum requirements for daily exercise still exhibit risk factors for metabolic syndrome and other chronic diseases as sitting time increases. Sure, you might take the dog out for his morning walk, or maybe you even did PT before work; but the truth is that the more time you spend sitting the rest of the day, the greater the risk for disease. You can see from the infographic below (from the American Institute for Cancer Research) that even those who engage in moderate amounts of exercise and physical activity are still at risk for cancer if 12 or more hours in the rest of their day is spent seated or lying down. The risk gets lower as people move more and sit less during the day. ([More](#))

Notes for Veterans

VA Urges Congress to Act, Transfer Funds for Veterans' Care

The Department of Veterans Affairs (VA) today urged Congress to act expeditiously and approve its pending request for fiscal year 2015 budget flexibility. The request, formally transmitted on June 23, seeks the transfer of funds from the Choice Program to continue VA's efforts to increase Veterans' access to care and life-saving pharmaceuticals. "It is essential that Congress pass legislation to provide the requested budget flexibility by the end of July 2015," Deputy Secretary Sloan Gibson wrote. "This is necessary to replenish critical operations funding that VA had to reallocate from other medical services programs to sustain Care in the Community, after those funds

were depleted. If these program funds are not restored, VA will face shutting down hospital operations during August 2015. ([More](#))

Around the Q.C.



©

- July 24-25:** [Downtown Street Fest](#) (2nd Street in downtown Davenport)
- July 25:** [Bix 7 Run/Walk](#) (Downtown Davenport)
- July 30-Aug. 2:** [Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
- Aug. 4-9:** [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
- Aug. 6:** [Freedom Run 5k](#) (Moline)
- Aug. 7-8:** [Ya Maka My Weekend](#) (The District, Rock Island)
- Aug. 13-15:** [Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
- Aug. 15:** [Graduation Destination, Take the Journey, Finish It!](#) (River's Edge, 700 W. River Drive, Davenport)
- Aug. 15:** [Floatzilla](#) (Sunset Marina, Rock Island)
- Aug. 21-23:** [Tribute to Our Fallen](#) (Davenport Memorial Park)
- Aug. 22:** [2nd Annual LIVEFIT with Lupus Golf Outing](#) (Palmer Hills)
- Aug. 28-29:** [River Roots Live](#) (Downtown Davenport)
- Aug. 28-30:** [World Series of Dragracing](#) (Cordova Dragway, Cordova, Ill.)
- Sept. 5-6:** [Rock Island Grand Prix](#) (Downtown Rock Island)
- Sept. 5-7:** [Labor Day Weekend Pow Wow](#) (Black Hawk State Historic Site, Rock Island)
- Sept. 11:** [Salute to First Responders - featuring Singer/Songwriter Rissi Palmer](#) (Col Ballroom, 1012 W 4th St, Davenport)
- Sept. 12:** Battle for the Rock (RIA Fitness Center)
- Sept. 12:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)
- Sept. 12:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
- Sept. 12-13:** [Beaux Arts Fair](#) (Downtown Davenport)
- Sept. 18-19:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
- Sept. 19:** [Brew Ha Ha](#) (LeClaire Park, Davenport)
- Sept. 19-20:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
- Sept. 27:** [Quad Cities Marathon](#) (downtown Moline)
- Sept. 25-27:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
- Oct. 3:** [Gigi's Run](#) (Veteran's Memorial Park, Bettendorf)
- Oct. 4:** [SmokeEater Scramble](#) (Riverdale, Iowa)
- Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)
- Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)
- Oct. 29:** [Fright Night](#) (The District, Rock Island)
- Oct. 24:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
- Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)
- Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)
- Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)
- Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; 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 processing 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: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight](#); usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil; Phone: 309-782-1121. [The Island Insight is available on-line.](#)



3RD ANNUAL FREEDOM 5K RUN 2015

Open to All Runners & Walkers

Special Edition Dog Tag for All Who Finish

THURS: AUG 6, 2015 RUN EAST MOLINE, IL.

A Tribute and Appreciation Event for Those Who Serve(d)

USO ILLINOIS Proceeds Will Once Again Benefit the AUSA and USO Emergency Relief Grant Programs Supporting Military and Military families in need in the QC community

ASSOCIATION OF THE UNITED STATES ARMY - AUSA

A cool Military Themed T-shirt, Drawstring Bag, and Dog Tags for All Participants

DIVISION ROSTER FOR FREEDOM RUN :

- "5K Run/Walk" - 1 Hill with Gradual Incline, Fast Downhill \$30
- "Double Time" - (5.8 Mile) Loop, if 5K is Not Enough \$30
- "Frontline Chiropractic Mile" - Extremely Flat, Out-n-Back \$25
- "Ground Pounder Fun Run" - For the new, younger recruits \$15 - New for 2015!
- "MIA Division" - For Those Who Can't Attend, But Still Want \$25 to Support (You will Receive a Tee Shirt).