



Jan. 2, 2017

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:



www.usagria.army.mil/News/II.aspx

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2017 Pay Tables for Federal Employees Are Out

Senior executives will earn between \$1,231 and \$1,900 more in annual salary in 2017, according to the [new SES pay table](#), effective Jan. 1. For members of the Senior Executive Service under a certified SES performance appraisal system, the maximum annual salary will increase to \$187,000 in 2017, up from \$185,100 in 2016. Senior executives at the maximum SES pay rate who are not under a certified SES performance appraisal system will see their annual salary grow to \$172,100 from the 2016 level of \$170,400. At the lowest end of the SES pay spectrum, the salary will increase from \$123,175 (with or without a performance appraisal system) to \$124,406 in 2017 (with or without a performance appraisal system). The Office of Personnel Management has published the [2017 pay tables for the various categories of government employees](#), including those in the SES, the General Schedule, the Veterans Health Administration, and the Foreign Service. The rates of pay for uniformed service members and federal employees covered under special rates of pay [also are available](#) as well as [pay adjustments for certain prevailing rate \(wage\) employees](#). ([More](#))



Upcoming Dates

- Jan. 5:** Discovery Time Playgroup, Community Christian Fellowship, Moline, 9:30-11:30 a.m.
- Jan. 6:** Advanced Résumé Class, ACS Training Room, Bldg. 110, 1:30-3:30 p.m.
- Jan. 6:** Sponsorship Training, ACS Training Room, Bldg. 110, 12-1 p.m.
- Jan. 6:** First Friday Social, Arsenal Island Clubhouse, 3-7 p.m.
- Jan. 7:** RIA New Year's Reception, Quarters One, 2-3 p.m. & 3:30-4:30 p.m.
- Jan. 9-13:** DA Photos, Bldg. 90, Basement, Rm. B11, 7:20 a.m.–3:40 p.m.
- Jan. 12:** Discovery Time Playgroup, Community Christian Fellowship, Moline, 9:30-11:30 a.m.
- Jan. 13:** MVRBC Blood Drive, Lock & Dam Lounge, 10 a.m. – 2 p.m.
- Jan. 14:** Historic Clock Tower Building and Eagle Watch Tour, Mississippi River Visitor Center, 10-11:30 a.m. and 12-1:30 p.m.
- Jan. 16:** Martin Luther King, Jr.'s Birthday (*Federal Holiday*)
- Jan. 18:** Martin Luther King, Jr. Birthday Observance, Heritage Hall, Bldg. 60, 1-2 p.m.
- Jan. 19:** Commissary & Exchange Town Hall, Arsenal Island Clubhouse, 11:30 a.m. – 1 p.m.
- Jan. 19:** Discovery Time Playgroup, Community Christian Fellowship, Moline, 9:30-11:30 a.m.
- Jan. 19:** Military Dads, Bettendorf YMCA, 6-8 p.m.
- Jan. 20:** Rock Island Arsenal Factory Tour, 9:30 a.m. - 12 p.m.

New In 2017: Military Commissaries Will Shake Up Grocery Prices

Next year brings fundamental changes to the military commissary benefit as Defense Department officials test price changes on some groceries in an effort to offset the \$1.4 billion it costs to operate the stores each year. Commissaries currently sell products at cost, plus a 5 percent surcharge. And while officials contend the taxpayer subsidy can be reduced without affecting customers' bottom-line savings, the National Military Family Association says it remains "skeptical that the Defense Commissary Agency has the expertise to implement these changes while still preserving the savings military families rely on." Pilot programs expected to start at the end of January or in early February will use two approaches: one focused on grocery item categories, the other on store locations. Officials are negotiating with suppliers to lower prices on about 8,000 items that the commissaries, in turn, will mark up, using the additional revenue to pay for operating costs. ([More](#))



DoD Announces New Outreach Efforts Regarding Discharges, Military Records

The Defense Department today announced a renewed effort to ensure veterans are aware of the opportunity to have their discharges and military records reviewed, according to a DoD news release. Through enhanced public outreach; engagement with veterans' service organizations, military service organizations, and other outside groups; as well as direct outreach to individual veterans, the department encourages all veterans who believe they have experienced an error or injustice to request relief from their service's Board for Correction of Military/Naval Records or Discharge Review Board, the release said. With today's announcement, the department is reaffirming its intention to review and potentially upgrade the discharge status of all individuals that are eligible and that apply, the release said. ([More](#))



Antiterrorism Awareness Quarterly Theme - Irregular/Asymmetric Warfare

Terrorism is an enduring, persistent, worldwide threat to the Army and the nation. U.S. forces, across all operating environments, must be capable of identifying, deterring, preventing and defending against the full range of terrorist tactics, techniques and procedures. Irregular or asymmetric warfare involves the application of advanced technology and dissimilar strategies, tactics, capabilities, and approaches to circumvent or negate the Army's strengths while exploiting identified weaknesses. The Army continues to educate the force on its antiterrorism efforts. And, will continue to work on improving the efficiency and effectiveness of its antiterrorism efforts and community outreach. Information to educate antiterrorism professionals and leaders to expand their knowledge and understanding of antiterrorism doctrine and irregular/asymmetric threats can be found on the Army Antiterrorism Enterprise Portal. ([More](#))



House Makes It Easier to Cut Federal Employees' Pay, Slash Workforce

Lawmakers on Tuesday approved a resolution that contains language making it easier for Congress to slash the federal workforce and cut the pay of federal employees. A provision of the Rules for the 115th Congress governing the House of Representatives will enable lawmakers to reduce the number of federal workers at specific agencies or cut their compensation as a provision of or an amendment to an appropriations bill. The House Policy Committee said the measure will bring back what was known as the "Holman Rule" before Congress eliminated it in 1983. The rule will allow lawmakers to cut the workforce or compensation for employees only at the agencies covered by the

specific spending bill in which the provision or amendment is included. The salary reductions could target only those employees whose salaries are paid for by the Treasury. ([More](#))

Arsenal Attic Thrift Shop

A reminder from the Rock Island Arsenal Welcome Club- RIAWC that the Arsenal Attic Thrift Shop is reopened on Jan. 3, and will be open 9 a.m. - 3 p.m., every Tuesday, Thursday, and every third Saturday of the month.

Historic Clock Tower Building and Eagle Watch Tours

The U.S. Army Corps of Engineers, Rock Island District's Mississippi River Visitor Center at Locks and Dam 15 on Arsenal Island is offering free eagle watches and Clock Tower Building tours on Saturday, **Jan. 14** and **28**, and **Feb. 4** and **11** at 10-11:30 a.m. and 12-1:30 p.m. The tours will last approximately 1½ hours and will be guided by a Corps park ranger. Learn about the Historic Clock Tower Building as you climb the stairs to the top. Waiting there is a spectacular view of the Mississippi River where you will have the opportunity to see Bald Eagles who visit the area during the cold winter months. The tours will begin at the



Mississippi River Visitor Center, located on the western end of Arsenal Island at Locks and Dam 15. You must check in with the ranger staff upstairs in the Visitor Center when you arrive for the tour. The tour is outside for a short duration of time so plan and dress accordingly; good walking shoes are also recommended as the tour will involve walking up 12 flights of stairs at a moderate pace. The tours are free of charge and everyone is invited to attend. An adult must accompany children younger than 12 years of age. Space is limited and reservations are required by calling 309-794-5338. Visit <http://go.usa.gov/c9AZF> for more information.

Company Kitchen Cafés Holiday Hours

All Company Kitchen (Bldg. 60, Bldg. 212 and Bldg. 350) cafés will be closed- all day on **Friday, Dec. 23**. The cafes will operate with limited menus the **Dec. 19 to Jan. 6**. Company Kitchen is part of [Treat America](#), a food service management company that includes [Company Kitchen](#), [Bistro Kids](#), and [Bistro Fresh](#). The Treat America contract is overseen by [RIA Family and Morale, Welfare and Recreation Business Programs](#), which oversees the contract for the various cafeterias on Rock Island Arsenal, as well as the [Arsenal Island Golf Course and Clubhouse](#), its satellite operation, the [Island Oasis Cafe & Grill](#), and the [Lock & Dam Lounge](#) (formerly the Arsenal Club). [Army MWR](#) is a quality-of-life program that directly supports readiness by providing a variety of community, Soldier, and family support programs, activities and services. Included in MWR are social, fitness, recreational, educational, and other programs and activities that enhance community life, foster Soldier and unit readiness, promote mental and physical fitness, and generally provide a working and living environment that attracts and retains quality for U.S. Army Soldiers, family members, retirees and its civilian workforce. [RIA FMWR](#) is an active participant, and in integral part, of the success of the [Rock Island Arsenal Community Health Promotion Council](#). The RIA CHPC functions as the commanding general's executive agency for the recommendation of priorities and the implementation, synchronization, reporting and assessment of all [Ready and Resilient Campaign](#) plan functions in order to ensure a ready and resilient force. <http://go.usa.gov/xjhzw>



VIOS Schedule for January, February

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Jan. 9, 10, 11, 12, and 13**, and **Feb. 13, 14, 15, 16, and 17**. 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](#)

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, Jan. 13 & 20, 10 a.m. – 2 p.m.** If you would like to donate at this blood drive, feel free to email SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119. **2nd Shift Blood Drive** at JMTC, **Friday, Jan. 13**, in the JMTC cafeteria beginning at 6:30 p.m. Donors should see their Supervisor to sign up. **Vista Technical Services** will host a blood drive **Wednesday, Feb. 8, 10:30 a.m. - 1 p.m.**, at in the MVRBC Donor Bus parked in front of Bldg. 350. To donate, please contact Paula Johnson at 309-782-0562 or visit www.bloodcenterimpact.org and use code 1841 to locate the drive.



Charlie Corpuscle says, *"Thirty four percent of red cells are used exclusively for cancer patients; please considering donating blood regularly."*



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

Arsenal Deer Hunt

Rock Island Arsenal played host to an archery hunt to reduce the size of the Arsenal's deer population on Dec. 10 and 11, and will again on Saturday and Sunday, **Jan. 7 and 8**, with an alternate weekend planned for **Jan. 14 and 15** if needed. [POC for the hunt](#) is 309-782-6107.



Arsenal Island Employee Local Discounts

The following discounts are exclusively available to Arsenal Island employees — **Scrub Pub of Bettendorf:** Enjoy the lowest priced Drop-Off Laundry service in the area and receive a 10 percent discount at 2124 State Street, Bettendorf, by showing your ID. While performing your own laundry, you can enjoy a variety of food, drinks, and beer. **AT&T Wireless:** As a service member of the U.S. Army you could be saving 15 percent on the monthly service charge of qualified wireless plans. Visit your local AT&T store at 4500 16th Street, (inside SouthPark Mall) Moline or 3120 E. 53rd street, Davenport, or to purchase online, visit att.com/wireless/USArmy If you visit a local AT&T store, please have proof of eligibility. Mention Discount Code: FAN2421660. **Infinity Salon**

& Spa: Located at 220 W 3rd St. in Davenport, we offer 15 percent off services for military and the Arsenal Island workforce. We are a full service salon: hair, manicure, pedicures, massage, waxing, facials, for men, women, and children. Eligible personnel only need to show a military or work ID. **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 Ave., 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

RIA Family Housing Construction Begins, Road, Parking Lot Closures Scheduled

The construction of the Army Family Housing project on RIA east of the Davenport House began Nov. 7. The construction includes road and partial parking lot closures. There are signs at Hillman St. and Whittemore St. informing drivers that no through-traffic is allowed and that the streets have no outlet during construction. Drivers are directed to use Davenport Drive to visit the Davenport House. The US Army Corps of Engineers is managing the Army Family Housing construction project on RIA east of the Davenport House for a **period of 540 working days.**

Update Repair Gillespie Street

On Sept. 6, Public Works began making repairs to Gillespie Street. The road is closed between Blunt Road and the north entrance to Bldg 312. We encourage pedestrians to avoid this area, but they may use the west sidewalk along Gillespie to the south entrance of Bldg. 312 and then cross over to the golf cart path proceeding onto Ramsey Road. If safety becomes an issue, the area will be closed to pedestrian traffic. Orange safety fence is installed around the perimeter of the work area. Please use caution when traveling near the area and be aware of extra truck traffic traveling to the construction site.

Notice for Repair of Gillespie Street

On Aug. 15, the Directorate of Public Works began making repairs to Gillespie Street. The work is being accomplished in multiple phases. Phase I includes the repaving of Gillespie Street from Blunt Road to the north edge of the south entrance to Bldg. 312. Phase II is from the south entrance to North Avenue. Work includes paving, curb and gutter, storm drainage and sidewalk replacement. The project is expected to last approximately **four months** depending on weather. Orange safety fence are installed around the perimeter of the work area. Signs and barricades are in use to detour traffic. Please use caution when traveling near the area.

Parking Area Lot Closed Near Bldg. 350

On Oct. 17, the Directorate of Public Works began a project to repair the emergency generators located in Parking Lot 3L northeast of Bldg. 350. The work includes replacement of an existing

generator that feeds critical loads in Bldg. 350. The new generator will be located along the north edge of the parking which requires closing approximately 40 parking spaces during construction. The project is scheduled to be completed by **Friday, July 14.**

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



There are no announcements at this time.



Active Duty/Reserve Zone



New In 2017: Huge Changes Ahead For Military Retirement

The year ahead will prompt many of today's 1.3 million active-duty service members to make a big decision about their retirement benefits: whether to preserve their place in the traditional military pension system or opt into a new "blended" benefits package. Troops can start doing their research this year, but those who are eligible to make a choice have a full year before they can opt in to the new plan. That window will last from Jan. 1, 2018, through Dec. 31, 2018. Everyone who joins the military on or after Jan. 1, 2018, will be automatically enrolled in the new plan. In the months to come, the Defense Department will roll out an expansive education program to ensure all troops understand the difference between the two benefits and are prepared to make such a critical personal financial decision. There will be classes, online educational tools and a calculator that will enable military personnel and their families to compare the two options based on their current career status and plans for the future. ([More](#))

Army Implements New Fitness Standards for Recruits, MOS Transfers

On Tuesday, the Army began administering the Occupational Physical Assessment Test, or OPAT, to all recruits to assess their fitness for military occupational specialties. The OPAT also will be used to assess some Soldiers who are reclassifying into a different MOS. Army Recruiting Command estimates that the OPAT will be administered to about 80,000 recruits and thousands of cadets annually. Soldiers moving into more physically demanding MOSs also will have to meet the OPAT standard, said Jim Bragg, retention and reclassification branch chief for Army Human Resources Command. Under the OPAT, there are four physical demand categories, Bragg explained; Heavy (black), Significant (gray), Moderate (gold), and Unqualified (white). ([More](#))

Military Spouse Briefings

Come join us if you have incoming/outgoing military members/staff, if you are in the military with a spouse, or if you are a military spouse looking for placement opportunities. The Rock Island Civilian Personnel Advisory Center is offering two informational briefings on the Military Spouse Program; how it works and what it has to offer. The briefings will include a program overview, program eligibility and the program requirements along with the documentation requirements and application process for potential placement consideration. In addition, if the military member and spouse are departing, you will receive information on the options available at that time. The Informational Briefings will be held in Bldg. 103, in the 1st floor Training Room. Space is limited so reservations are required. The briefing dates are:

- **Tuesday, Jan. 24**, 9-11 a.m. (reserve your seat no later than **Jan. 12**)
- **Tuesday, Feb. 21**, 9-11 a.m. (reserve your seat no later than **Feb. 9**)

Reserve your seat by calling Ragina Smith, human resources specialist, at 309-782-1305.

Safety Spotlight



**ARMY SAFE
IS ARMY STRONG**



New Year Brings New Laws for Illinois Drivers

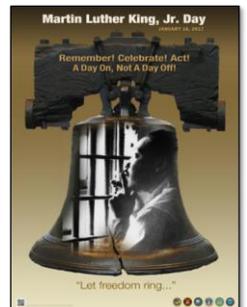
Move over 2016! A new year is here, and Illinois State Police have announced several changes to the law. Illinois' "Move Over" law now applies to any car on the side of the road with its hazard lights on. Whether its an emergency vehicle, or any other car, drivers need to move to the far lane or slow down. If you decide to speed through a work or school zone, you might end up in jail. Speeding 26 mph or more, but less than 35, is now a Class B misdemeanor. That's a harsher penalty than the citations issued in the past. News 8 talked to several Illinois drivers, who had mixed opinions on the new law. One thought, "it's a good idea. Another rationalized, "At the same time, if you're just going ten miles over, no harm, no foul, that's a little harsh." 35 mph or more is a Class A misdemeanor with penalties up to a year in jail and/or a \$2500 dollar fine. Drivers who go around lowered railroad crossing gates will pay double. \$1,000 is the new fine for multiple-time offenders, up from a \$500 fine last year. ([More](#))

Equal Employment Opportunity Focus



Martin Luther King, Jr. Birthday Observance

First Army's Equal Opportunity Office invites the Arsenal Island workforce to the Martin Luther King, Jr. Birthday Observance on **Wednesday, Jan. 18**, at 1-2 p.m., in Heritage Hall, Bldg. 60. Martin Luther King Jr. Day (officially Birthday of Martin Luther King, Jr.) is an American federal holiday marking the birthday of Martin Luther King Jr. It is observed on the third Monday of January each year, which is around King's birthday, Jan. 15. King was the chief spokesman for nonviolent activism in the Civil Rights Movement, which successfully protested racial discrimination in federal and state law. The campaign for a federal holiday in King's honor began soon after his



assassination in 1968. President Ronald Reagan signed the holiday into law in 1983, and it was first observed three years later. The 2016 presidential proclamation read – "We may have all come on different ships, but we're in the same boat now," Dr. King once said. As the most diverse country on Earth, ensuring this creed is reflected in our hearts, minds, and policies is the imperative of our citizenship. As Americans of all races and beliefs come together on this day of service to honor the life and legacy of the Reverend Dr. Martin Luther King, Jr., let us pledge to recognize the common humanity of all people, regardless of the color of their skin or the station into which they were born.

Morale, Welfare & Recreation



Morale, Welfare & Recreation (MWR)

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

First Friday Social

Join your Island colleagues **Friday, Jan. 6**, beginning at 3 p.m., at the Arsenal Island Clubhouse for a fun evening of appetizers, drinks, networking, 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. Bring your 2016 Rocktoberfest stein and get \$2 off refills. Call 309-782-4372 for more info. ([Flyer](#))

Paintless Dent Repair Service Available

The always popular paintless dent repair technician will be available for repairs on **Wednesday, Jan. 25**, 9 a.m. - 2 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](#))

Self Defense Seminar

Self Defense Seminar will be held on **Saturday, Jan. 28**, 9 a.m. – 12 p.m., at the Fitness Center. The prices are \$25 per person and \$40 per couples/pairs. Become aware of self-defense techniques in a safe environment with a certified combatives instructor. Learn basic self-defense skills and how not to be a target. 18 years of age or older. ([Flyer](#))

MWR Events Planning Needs Assessment

As we continually try to adapt our programs and events to best meet your recreation and leisure needs, we have developed a short eight question survey. Please consider taking a moment to fill out this survey to let us know what programs and events that we currently offer that you enjoy, as well as identifying new programs, events or services that you would like to see offered in the future. The survey can be found here: <https://www.surveymonkey.com/r/RIAMWR2016>

RIA Fitness Classes

The Fitness Center will begin the New Year with a great line up of fitness classes. Start your year out right with Zumba, Spinning, Row/Core, Total RX, Train Dirty Kick, Buttz and Gutz, Yoga, and Amp it up classes. Check out the MWR website for full descriptions and times offered. Time to commit to fit and a healthier you. First class is free for those who have not tried the class. Drop in fees are \$3 per class or punch cards are available for your convenience and a great gift for someone to begin a healthy new year. ([Website](#))



MWR Leisure Travel Office



Office Hours

Monday through Friday, 9 a.m. – 4 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

RIA FMWR Storage Units

Outdoor Recreation has several Storage Units available for immediate occupancy. Each unit is approx. 10' x 15'. The cost is \$80 per month. Please call 309-782-8630 for more details or to sign up.

Paw Patrol Live

Leisure Travel Office has discounted seats to the 2 p.m. and 6 p.m. shows of Paw Patrol Live coming to the Alder Theater on **Tuesday, Jan. 24**. Please contact the office for seating and prices. Discounted seats on sale until **Monday, Jan. 9**, or sold out.

World's Toughest Rodeo

Cinch World's Toughest Rodeo has doubled up on preshow fun as the event will opens at 6 p.m. for a free preshow as we invite fans to "get down in the dirt." Come early and partake in the interactive activities for all ages including pony rides, all access meet and greet with cowboys and entertainers, hop in the clown's barrel for photos, sit on Midnight the bull in the bucking chutes, or get up close and personal with the Cinch World's Toughest Rodeo animal superstars as our staff host behind the chutes tours. The entire arena will overflow with fantastic activities all new for 2017 from 6-7 p.m. Leisure Travel has discounted seating for both Friday and Saturday shows. • **Friday, Jan. 27**, at 7:30 p.m.; Section 102, rows 11 & 12, adult \$35.50, children 12 under \$21.75, Section 201, rows 2, 3 & 4, adult \$25.50, children 12 under \$16.75. • **Saturday, Jan. 28**, at 7:30 p.m.; Section 102, rows 11 & 12, \$35.50 adult/child, Section 202, rows 2, 3 & 4 \$25.50 adult/child. Tickets on sale through Leisure Travel until **Monday, Jan. 16**.

Ghost the Musical

On **Saturday, Feb. 18**, doors open at 5:45 p.m. at Circa 21 presents: Ghost – adapted from the hit film by its Academy Award-winning screenwriter, Bruce Joel Rubin, Ghost the Musical follows Sam and Molly, a young couple whose connection takes a shocking turn after Sam's untimely death. Trapped between two worlds, Sam refuses to leave Molly when he learns she is in grave danger. Desperate to communicate with her, he turns to a storefront psychic, Oda Mae Brown, who helps

him protect Molly and avenge his death. Leisure Travel has discounted tickets at \$47.75 on sale until **Saturday, Feb. 4.**

WWE Live Road to Wrestlemania

WWE Live Road to Wrestlemania, **Saturday, Feb. 25**, at 7:30 p.m. – WWE returns to the Quad Cities for the first time in 2017. Leisure Travel has discounted seating on sale; Section 105, Row 9, seats 1-15; Section 110, Row 10, seats 1-15; \$36.50 per ticket; and Section 104, Row 12, seats 1-16; Section 104, Row 13, seats 1-16, \$48.50 per ticket. See your favorite WWE Superstars including: John Cena, AJ Styles, Dean Ambrose, Randy Orton, Bray Wyatt, Becky Lynch, Nikki Bella, The Miz, Dolph Ziggler, The Usos, and many more (card subject to change).

Child, Youth & School Services



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Child, Youth, and School Services provides a full range of child care programs and services for children ages six weeks through senior year in high school. Services include full-day, part-day, hourly, pre-k, school outs, summer programming, sports and fitness, and instructional classes. All CYSS programs/facilities will be closed all federal holidays, CYSS CDC/CD Home/FCC staff in-service day and any other additional days/installation closures approved by the garrison commander. Fees will not be reduced, refunded, or prorated for these days. ([Website](#)) ([Facebook](#))

Pre-Registration Period for 2017 Summer Day Camp

The Department of Defense has a new online resource; <https://www.MilitaryChildCare.com>, that will help streamline the process of getting childcare now through **Tuesday, Jan. 31**. This secure Department of Defense website provides a single gateway for you to find comprehensive information on military-operated or military-approved child care programs worldwide. With [MilitaryChildCare.com](https://www.MilitaryChildCare.com), you create an account and maintain a family profile that you can access at any time from any location. The profile stores your basic information such as sponsor name, contact information, family type, and child data. With this profile you can conduct a customized search for a wide range of child care options, request care across services, submit unlimited requests for care, and remain on waitlists for a preferred program even after being offered care by another program. By improving and simplifying the child care search process, [MilitaryChildCare.com](https://www.MilitaryChildCare.com) helps you make informed decisions about your child care needs. We highly encourage you to make an account on [MilitaryChildCare.com](https://www.MilitaryChildCare.com) now so that you're ready to apply for the extremely popular RIA Summer Day Camp Program when registration opens at 9 a.m. on **Wednesday, Feb. 1**. For more info or help with [MilitaryChildCare.com](https://www.MilitaryChildCare.com) please call 309-782-0791. For more info on the Summer Day Camp Program please call 309-782-5019. ([Flyer](#))

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**.

Rock Island Arsenal Factory Tour

Newcomers (within the last 18 months), families of deployed military and civilians and multicultural families are invited to join the Relocation Assistance Program **Friday, Jan. 20**, at 9:30 a.m., for these fun and informative tours of local attractions and points of interest. This month we will be visiting our very own factory here at the Arsenal. Come take a tour of the lifeblood of the Arsenal and learn about its various products and processes. RSVP by **Friday, Jan. 13**, by calling 309-782-0829. ([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](#).

Grief Support Group

Have you been struggling with the recent loss of a loved one? The EAP welcomes you to attend confidential group sessions to share your feelings with others who are experiencing the same emotions and challenges to daily living. Participants will receive support and companionship from others while learning about the grieving process. Groups will be held each **Tuesday** from 10:30-11:30 a.m. at the EAP in Bldg. 56, Room 104; to RSVP call 309-782-4357.

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](#).

Pre-Retirement Briefing

Did you know... it is mandatory that all Soldiers receive a pre-retirement briefing between the

retirement application submission date and 120 days before the retirement date or start date of transition leave? – AR 600-8-7, Paragraph 3-1. Upcoming briefing dates are: **Feb. 3, May 5, Aug. 11, and Nov. 3, 2017**. Schedule attendance to the next RIA Pre-Retirement Brief by calling 309-782-7780 or email usarmy.ria.usag.mbx.hrm-tsm@mail.mil.

Virtual Higher Education Track Classes

This course is designed to guide you through the variety of decisions involved in choosing a degree program, academic institution, and funding considerations as well as completing the admissions process. The purpose is to provide educational support services to transitioning service members and Family members. Transitioning service members have priority, but this course is open to all service members and Family members. Each session is four hours a day for two days. Please call our office at 309-782-2065 to be scheduled. These will take place in Room 122, first floor, Bldg. 56, on the following dates: • Thursday-Friday, **Feb. 16-17**, 11 a.m. – 3 p.m.; • Wednesday-Thursday, **May 17-18**, 11 a.m. – 3 p.m.; • Wednesday-Thursday, **Sept. 27-28**, 11 a.m. – 3 p.m.; and • Wednesday-Thursday, **Dec. 13-14**, 11 a.m. – 3 p.m.

RIA Welcome Club Scholarship Applications Now Available

The Rock Island Arsenal Welcome Club scholarship applications are now available. Applications are available online at www.riawc.com or on post at the Arsenal Attic Thrift Shop (Bldg. 60 basement) or the Education Center (Bldg. 56.) There are two applications: high school seniors and continuing education students. The merit-based scholarship is open to applicants who have not previously received an RIAWC scholarship and who meet the RIA affiliation qualifications set forth in the application. Completed applications must be postmarked by **Wednesday, March 1**. Questions can be sent to Scholarship Chair Nicole Kirschmann RIAWCscholarships@yahoo.com.

RIA SAMC Scholarship

RIA SAMC Scholarship Applications Now Available the Rock Island Arsenal Sergeant Audie Murphy scholarship applications are now available. Applications are available at the Education Center (Bldg. 56.) There is one application: high school senior students. The merit-based scholarship is open to applicants who have not previously received an RIA SAMC scholarship and who meet the RIA affiliation qualifications set forth in the application. Completed applications must be postmarked by **Wednesday, March 1**. Questions can be sent to Scholarship Chair Joseph Wertz riaaudiemurphy@gmail.com or joseph.s.wertz.mil@mail.mil.



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](#))

If you would like to be placed on our email contact list to receive periodic information on events happening at your Rock Island Arsenal Commissary, please email us at: rockislandarsenal.commissary@deca.mil and type 'Subscribe' in the subject line.

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 Sundays and Mondays, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Jan. 2-8

Automotive Section established in Shop M, Bldg. 220, in January 1919. By Jan. 3, 1880, the rolling mill in Shop F, with its furnace and steam hammer, had turned out hammered blooms for production of high grade iron for use in roof construction of Arsenal shops. In January 1958, the RIA began manufacturing prototype XM7D (T143) model rocket launcher. In January 1957, development work on the Honest John and Little John rocket launchers continued at the RIA.

Healthbeat

The Science Behind Why You Should Stop Chugging So Many Energy Drinks

We've all seen them before. The cans, small shots and uniquely packaged drinks that promise to give you an energy boost during the most important parts of your day. At first glance, it seems like a great idea: chug it down and get reinvigorated for the day. But, if you go beyond wanting to simply stay alert and begin to overindulge, you could wind up doing some serious harm to your body. Energy drinks became the beverage of choice for many service members during the wars in Afghanistan and Iraq. The Walter Reed Army Institute of Research analyzed data collected during Operation Enduring Freedom in 2010 and found nearly 45 percent of deployed service members consumed at least one energy drink daily. Nearly 14 percent reported drinking three or more per day. But, there are real reasons to avoid overusing energy drinks. Energy drinks are loaded with caffeine, and too much of it isn't good for you. Dr. Patricia Deuster, professor and director of the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences, warns service members to avoid consuming more than 200 mg of caffeine every four hours. "If it's got more than 200 mg of caffeine, don't use it," cautions Deuster. Deuster also warns female service members to be cautious about using energy drinks, noting the amount of caffeine you ingest relative to body weight is an issue for women. "Women get a higher concentration [of caffeine] since they tend to be smaller," she said. "Doctors don't know what the effects of [energy drink] ingredients are in larger doses," Deuster noted. "I don't think anybody has an answer to the long term effects question." High amounts of caffeine can lead to increased blood pressure, panic attacks, heart palpitations, anxiety, dehydration, insomnia, and even bowel irritability when energy drinks are mixed with alcohol. ([More](#))

Notes for Veterans



Physical Disability Board of Review to Veterans: We Want to help

The Military Health System is shedding light on an effort led by the Physical Disability Board of Review (PDBR) with a mission to help as many eligible veterans as possible. The board was created to help veterans who separated from the Armed Forces to ensure accuracy and fairness in their disability ratings. To date, PDBR has reviewed more than 10,000 applications and hopes to receive many more as its success continues to grow. Troy McIntosh, president and director of PDBR, said the review gives a veteran a second look at a disability process and corrects any errors that the service may have made, which may result in either a modification to their assigned rating or disability retirement. "When you receive the full medical retirement, now you're eligible for health care [and] a stipend for the rest of your life," said McIntosh. Those who separated with disability severance pay from the military between Sept. 11, 2001, and Dec. 31, 2009, are eligible to apply. ([More](#))

Around the Q.C.



- Jan. 6-8:** [Bald Eagle Days](#) (QCCA)
- Jan. 7:** [The Integrative Lifestyle Forum](#) (Rhythm City Casino)
- Jan. 7:** [The Arc's Trivia Night](#) (Local Union 25 Plumbers and Pipefitters, Rock Island)
- Jan. 11:** [Davenport Parks and Recreation's Parks Job Fair](#) (River's Edge, 700 W River Dr, Davenport)
- Jan. 13:** [Putnam Museum's 150th Anniversary Photo Event](#) (Putnam Museum)
- Jan. 13:** [Davenport Autism & Asperger's Conference with Dr. Temple Grandin](#) (RiverCenter)
- Jan. 13-16:** [16th annual Be a Tourist in Your Own Backyard Weekend](#) (Greater Quad Cities)
- Jan. 14:** [City of Bettendorf Presents Winter Carnival 2017](#) (Various locations across Bettendorf)
- Jan. 14:** [5th Annual Icestravaganza](#) (Freight House Farmer's Market)
- Jan. 14:** [Martin Luther King Celebration](#) (Centennial Hall, Augustana College)
- Jan. 15-17:** [25th Quad Cities Farm Show](#) (QCCA)
- Jan. 18:** [12th Annual Big Brothers Big Sisters Putt-A-Round](#) (RiverCenter)
- Jan. 18:** [Guerrilla Girls at Augustana](#) (Augustana College Centennial Hall, 3703 7th Ave, Rock Island)
- Jan. 20-22:** [Rod and Custom Show](#) (QCCA)
- Jan. 28:** [Hand in Hand Chili Cook-off](#) (Mississippi Valley Fairgrounds)
- Jan. 28:** [Jaycees of the Quad Cities Bridal Expo](#) (RiverCenter)
- Jan. 29:** [37th Annual Motorcycle Parts Swapmeet](#) (QCCA)
- Feb. 3:** [Bacon & Beer Festival](#) (RiverCenter)
- Feb. 3-5:** [Quad Cities Home Builders Home Show](#) (QCCA)
- Feb. 14:** [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
- Feb. 16:** [QCA Bridging the Gap's Stand Down For Homeless Veterans](#) (American Legion, 702 W 35th St, Davenport)
- Feb. 16:** [Bush Construction Presents Martini Shake Off™](#) (RiverCenter)
- Feb. 16-18:** [GAS Feed & Seed Fest](#) (Village of East Davenport)
- Feb. 16-19:** [Fishing, Hunting, and Outdoor Adventure Show](#) (QCCA)
- Feb. 18:** [Family Bird-Watching Trip to Credit Island Park](#)
- Feb. 24-26:** [RV/Camping Show](#) (QCCA)
- Feb. 24-26:** [Winter Iowa Senior Games](#) (PepsiCo Recreational Center, Augustana College)
- Feb. 27-March 5:** [5th Annual Quad Cities Restaurant Week](#) (Greater Quad Cities)
- March 3:** [2nd Annual Evening of Hope to Cure SMA](#) (St. Ambrose University Rogalski Center)

March 3-4: [Daytrotter Downs](#) (Daytrotter, Downtown Davenport)
March 4: [TPQC's Annual Red Ribbon Dinner](#) (Radisson Quad City Plaza)
March 9-12: [Missouri Valley Conference Women's Basketball Tournament](#) (iWireless Center)
March 11: [Rock Island-Henry County Pheasants Forever Free Youth Hunt](#) (Boyd's Birds Hunting Preserve, Hillsdale, Illinois)
March 17-18: [St. Patrick's Parade Weekend](#) (Downtown Rock Island, Downtown Davenport)
March 19: [Wick's Lake Polar Plunge to benefit Special Olympics Illinois](#) (Jumer's Casino & Hotel, 777 Jumer Dr, Rock Island)
March 24-26: [Lawn and Garden Show](#) (QCCA)
March 24-26: [National Congress of Old West Shootists](#) (Radisson Quad City Plaza)
March 25: [PaintWar Tour](#) (Davenport)
March 30: [Taco Dinner Fund Raiser for QCA Stand Down](#) (The Viking Club, 1450 41st Street, Moline)
April 1: [Havanna Daydreamn' by The Quad City ParrotHead Club](#) (RiverCenter)
April 9: [19th Annual In-Fisherman Swap Meet](#) (QCCA)
April 16: [QC on Tap](#) (QCCA)
April 23: [9th Annual Bridal Emporium](#) (Jumer's Casino & Hotel, Rock Island)
April 29: [Masquerade: A Rivermont Collegiate Gala](#) (Figge Art Museum)
April 29: [Dr. Seuss Family Concert](#) (Adler Theatre, Davenport)
May 1-6: [Quad Cities Beer Week](#) (Greater Quad Cities)
May 6: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
May 13-14: [Beaux Arts Fair](#) (Figge Art Museum plaza)
May 14-15: [Scott County Kennel Club AKC Dog Show](#) (QCCA)
May 14-19: [NAIA Men's Golf National Championship](#) (TPC Deere Run)
May 29: [Quad Cities Criterium](#) (Village of East Davenport)
May 30-June 3: [Quad Cities Senior Olympics](#) (1800 3rd Avenue, Suite 304, Rock Island)
June 2-3: [Rhubarb Festival](#) (Aledo, Illinois)
June : [Gumbo Ya Ya](#) (The District of Rock Island)
June : [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, 4900 Kennedy Drive, East Moline)
June 17-25: [Quad Cities Museum Week](#) (Greater Quad Cities)
June 18: [Ride the River Bike Ride](#) (Mississippi River bike paths)
June 25: [Blossoms at Butterworth](#) (Butterworth Center)
June 30-July 1: [31st Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Downtown Davenport)
July 3: [Red, White & Boom!](#) (Downtown Rock Island, Downtown Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Downtown Bettendorf)
July 10-16: [John Deere Classic PGA Tour](#) (TPC Deere Run)
July 13-15: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 18-22: [Rock Island County Fair](#) (Fairgrounds in East Moline)
July 28-29: [Downtown Street Fest](#) (Downtown Davenport)
July 29: [Bix 7 Run/Walk](#) (Downtown Davenport)
Aug. 1-6: [Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds)
Aug. 3-5: [Bix Beiderbecke Memorial Jazz Festival](#) (Rhythm City Casino Resort)
Aug. 10-12: [Tug Fest](#) (LeClaire, Iowa and Port Byron, Illinois)
Aug. : [Ya Maka My Weekend](#) (The District of Rock Island)
Aug. 17-19: [AACA Central Division Fall Meet](#) (Isle Casino Hotel, Bettendorf)
Aug. 19: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. : [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)
Aug. 25-26: [River Roots Live](#) (LeClaire Park, Downtown Davenport)
Aug. 26: [Vettes on the River](#) (LeClaire, Iowa)
Aug. 17-19: [AACA Central National Antique Car Show](#) (Quad Cities Waterfront Convention Center)
Sept. 2-3: [Rock Island Grand Prix](#) (The District of Rock Island)
Sept. 9: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 9-10: [Beaux Arts Fair](#) (Downtown Davenport)
Sept. 9: [Row the Miss Regatta](#) (Mississippi River in Moline)
Sept. 15-16: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 16: [Taming of the Slough](#) (Empire Park in East Moline)
Sept. 16: [Brew Ha Ha](#) (LeClaire Park, Davenport)

Sept. 16-17: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 22-23: [Hot Air Balloon Festival](#) (Rock Island County Fairgrounds, East Moline)
Sept. 24: [Quad Cities Marathon](#) (Downtown Moline)
Oct. 8: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 26: [Fright Night](#) (The District of Rock Island)
Oct. 28: [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)
Oct. 28-29: [Boo at the Zoo](#) (Niabi Zoo)
Oct. 28: [Witches Walk & Costume Parade](#) (Downtown LeClaire, Iowa)
Nov. 17-26: [Quad City Arts Festival of Trees](#) (RiverCenter)
Nov. 18: [Festival of Trees Parade](#) (Downtown Davenport)
Dec. 3: [19th Century Christmas](#) (Butterworth Center, Moline)

Island Insight

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