



**Pine Bluff
Arsenal
24/7 SHARP
Hotline
870-209-4093**

**PBA Safety
Glance**



**Safety Element for fiscal
year 2023**

**Lost Day Case Rate: 0.78
Award Goal: 0.57**

*Lost time injuries for fiscal year 2023 is one. There is one lost time injuries for December 2022.

*Recordable injuries for fiscal year 2023 is one. Recordable injuries is one for December 2022.

*Pine Bluff Arsenal days without a lost time injury is four.

*Pine Bluff Arsenal days without a recordable injury is four.

*Estimated hours worked without a lost time injury: 8,689.



JMC leader visit



Photo right, Jason Fullen and Bridgitt Walker, with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations - Textiles Manufacturing, show Jay Carr, one of the production worker coveralls being produced at the Arsenal.

Steve Redman, Pine Bluff Arsenal Director of Public Works, talks about family housing with Jay T. Carr, U.S. Army Joint Munitions Command's Executive Director for Ammunition/Deputy to the Commander, and Bryan M. Arensdorff, JMC Deputy, Munitions and Logistics Readiness Center, as PBA Deputy to the Commander Roch Byrne and Duane Johnson, also with DPW, look on. Carr and Arensdorff visited PBA Dec. 19.

U.S. ARMY PHOTOS BY HUGH MORGAN



Allen Huff with Pine Bluff Arsenal's Directorate of Ammunition Operations shows Jay Carr the work being done on the M929 Load, Assemble and Pack line by production workers Kathryn Magsby (left) and Rebecca Fowler during his visit Dec. 19, as Justin Lieber, PBA Director of Business Operations and Planning and PBA Deputy to the Commander Roch Byrne look on.



Right Today

Accomplishing the mission "right today" simply means complying with regulations, policies, plans, work instructions, SOPs, and other requirements. We will not compromise the quality of products that will be used by our Warfighters and when we make these products, we will minimize impact on the environment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every time we start a manufacturing or administrative process, it should be more efficient and more environmentally friendly than it was before. Every day should be safer than the last one.

Hails and Farewells

Hails

Tyler Brown, Electronic Industrial Controls Mechanic, has joined the Directorate of Public Works.

April M. Harris, Secretary, has joined the Office of the Commander.

Lindsey N. Jones, Budget Analyst, has joined the Directorate of Engineering and Technology.

Daniel L. Beckwith, Security Guard, has joined the Directorate of Emergency Services.

Charles W. Whyde II, Program Manager (Morale, Welfare and Recreation), has joined the Office of the Commander.

Drue E. Owen, Electronic Industrial Controls Mechanic, has joined the Directorate of Public Works.

Debra L. Williams, Program Support Assistant, has joined the Directorate of Chemical and Biological Defense Operations.

Patrick D. Frazier, Pipefitter (Engineering Equipment Operator), has joined the Directorate of Public Works.

Caitlin B. Thomas, Administrative Support Assistant, has joined the Directorate of Public Works.

Retirements

Carl W. Washington, Maintenance Mechanic, retires with 16 years of service from the Directorate of Public Works.

David B. Hughes, Resource Management Analyst, retires with 19 years of service from the Directorate of Resource Management.

Sharon J. Bolden, Equal Employment Opportunity Officer, retires with 39 years of services from the Office of the Commander.

Winiford G. Barnes, Quality Assurance Specialist (QASAS) retires with 35 years of government service from the QASAS Career Program.

Lewis T. Inzer, Engineering/HVAC Technician, retires with 29 years of service from the Department of Public Works.

David C. White, Locomotive Engineer, retires with 15 years of service from the Directorate of Public Works.

Stephen D. Still, Safety Chief, retires with 34 years of service from the Directorate of Risk Management and Regulatory Affairs.

Farewells

Kyle Short, Utility Systems Operator, has resigned from the Directorate of Public Works.

Anthony D. Jones, Industrial Worker, has resigned from the Directorate of Chemical and Biological Defense Operations.

Brent A. Lane, Security Guard, has left the Directorate of Emergency Services.

Retirements



David B. Hughes, right, receives his retirement certificate from Pine Bluff Arsenal's Deputy to the Commander **Roch Byrne** during a ceremony in December. Hughes, a Resource Management Analyst for the Directorate of Resource Management, retires with 19 years of service. U.S. ARMY PHOTO BY RACHEL SELBY



David C. White, right, receives his retirement certificate from Pine Bluff Arsenal's Deputy to the Commander **Roch Byrne** during a ceremony in December. White, a Locomotive Engineer, retires with 15 years of service from the Directorate of Public Works. U.S. ARMY PHOTO BY RACHEL SELBY



Photo far left, **Sharon J. Bolden**, right, receives her retirement certificate from Pine Bluff Arsenal Commander **Col. Tod T. Marchand**. Bolden, the Arsenal's Equal Opportunity Employment Officer, retires with 39 years of service.

Photo left, **Winiford G. Barnes**, right, receives her retirement certificate from Pine Bluff Arsenal Commander **Col. Tod T. Marchand**. Barnes, a Quality Assurance Specialist (QASAS), retires with 35 years of service.

U.S. ARMY PHOTOS BY HUGH MORGAN

New attorney comes to Arsenal's legal office

By Rachel Selby

Jennifer Reynolds has been named the Chief Legal Counsel for Pine Bluff Arsenal. Reynolds replaces Erasmo J. (EJ) Reyes, who departed in 2021.

Originally from Sheridan, Reynolds started in the Arsenal's legal office in early November. "My work background has primarily been working with the federal government in the Washington, D.C. area," she said. Reynolds graduated from law school in 1997. "After law school, I was looking for opportunities to figure out what I wanted to do in life. I was still rather naive at the time to all the things an attorney could do in the world."

It was a good time to be in D.C during the time I was there, said Reynolds. "The Clinton Administration was in town, and there were lots of Arkansas connections," she said. "I liked it a lot, caught the



Jennifer Reynolds

"bug", and stayed and worked for 17-plus years."

During her years in D.C., she worked for the National Transportation Safety Board, working as a special counsel, and worked a lot with Public and Family Affairs. "I did a lot following major aviation accidents mostly," she said.

She also had the opportunity to work on an agency detail at the White House. "At the time, I was the youngest there. I think there have been young-

er ones since my time," said Reynolds. "It was a fun opportunity for me. I did a lot of vetting assignments at the White House. I did nominations of ambassadors, cabinet secretaries and assistant secretaries. Vetting corporations for events was fun – the Easter Egg roll comes to mind."

The U.S. Department of Agriculture was the last place Reynolds worked during the Clinton Administration. "I worked in the area of foreign outreach using U.S. surplus commodities (things farmers couldn't sell) to fund international food programs worldwide," she said.

Reynolds, who returned to Arkansas about five years ago, and lives in Little Rock, said she also worked in the private sector for a brief period. "I did crisis management consulting," she said.

When 9-11 happened, she said it was the moment she wanted to get back to working

in public service. "I feel like it was a calling and I think I am predisposed to being a public servant," said Reynolds. "That has always motivated me. Trying to make life better for others through policy changes."

Once she changed her job focus back on public service, Reynolds got hired by the U.S. Coast Guard. "I worked as a Civilian attorney and did a lot of legislative counsel work. This was also when the Department of Homeland Security was established," she said. "It was a busy time. This is where I got my first experience working with the Department of Defense."

During her time working for the Coast Guard, Reynolds applied for and got the chance to study at the Naval War College in Rhode Island for a year. "I was a full-time student working on my master's degree," she said. "This is also where I met my husband. He was in the Navy and worked

on nuclear submarines."

At that point in her life, Reynolds said her husband retired from the Navy and went to work for a defense contractor. Her husband's work then sent them to Alexandria, Egypt, where her husband worked with the Egyptian Navy on some projects. "We were there for two years – between revolutions – and loved it," she said. "It was a crazy adventure every single day."

Reynolds and her daughter also lived in Ecuador for two years. "My husband was mostly in the Washington, D.C. area and traveling," she said. "It was a fantastic experience."

Since she has been at the Arsenal, Reynolds said most everything she has been dealing with so far are labor issues. "That is what has been coming across my desk mostly," she said. "It has been quiet so far but I'm sure it will get busy as we move forward into next year. I'm excited to be here."

Harris is new face in Arsenal Command Office

By Rachel Selby

There is a new face in Pine Bluff Arsenal's Commander's Office. April Harris joined the staff in late November. She replaces Lisa Stewart.

"It was quiet coming in the week of Thanksgiving. I've just been getting familiar with everything. My email is finally up and running," said Harris. "Working on getting training on DTS completed."

Before coming to PBA, she worked for the State of Arkansas for a few different agencies as an administrative assistant. "I've been back in the state since 2010 and went to work for the Arkansas Livestock and Poultry Commission, which transitioned into the state's Agriculture Department," she said. "In 2018, I went to work for the Arkansas Natural Resources Commission. In 2019, the commission went under the state's Agriculture Department. So, I went back to working where I came from for the same director."

Harris lives in Sheridan but is originally from the Pine Bluff/Watson Chapel area. She graduated from Watson Chapel



April Harris

High School.

"Right now, it has been quiet, but I expect it to get busy once the holidays are behind us," she said. "Where I worked previously was busy, and I helped juggle travel and meeting schedules."

She said she started looking for a job because there was no growth in the area she was working in for the state. "I wanted something where the pay and opportunities were a little better," said Harris. "I'm excited to learn everything and happy to be here. Tina (Cranford) has been great."

Online Conduct

Think. Type. Post

"Army Professionals, by our solemn oath, voluntarily incur an extraordinary moral obligation to uphold the Army Values, which apply to all aspects of our life.

Although our lives are changed by the Internet and social media in general, the standards of our conduct have not.

Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold

ourselves and others accountable.

Trustworthy Army Professionals do not tolerate double standards; anything that is unacceptable to say or do in person is also unacceptable to write or post online.

When using electronic communication, members of the Army Team should apply "Think, Type, Post."

"Think" about what message/information is being communicated and who could potentially view it; "Type" messages or convey information that is consistent with the Army Values; and "Post" if the message/information is responsible and demonstrates dignity and respect for others.

Remember whenever online - "Think, Type, Post."

Important contact numbers

The ABC (Army Benefits Center) will be able to assist you in the requirements for your retirement application:
Army Benefits Center (ABC): 1-877-276-9287.

Thrift Savings Plan (TSP): 1-877-968-3778.

Social Security (3511 Market Street, Pine Bluff): 1-866-563-9693.

Office of Personnel Management (OPM) 1-202-606-1800.

Arsenal Sentinel



Col. Tod T. Marchand, Commander
Roch Byrne, Deputy to the Commander
Cheryl Avery, Public Affairs Officer
Rachel Selby, Sentinel Editor/Social Media
Hugh Morgan, Photographer
Kevin Wilson, Webmaster

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Are you up for the Dry January Challenge?

Courtesy of the Pine Bluff Arsenal Employee Assistance Program

There has been a spike in alcohol consumption since the start of the COVID-19 pandemic, however, even before there was an upward trend in alcohol use.

Dry January is a month when many people voluntarily stop drinking alcohol and start the new year on a sober, clearer, and healthier note. Heavy drinking and long-term drinking can increase physical and mental health problems. Heart and liver damage, a higher cancer risk, a weakened immune system, memory issues, and mood disorders are also common issues in people who regularly consume alcohol.

Cutting out alcohol for even a month can make a noticeable difference in your health. People who abstain from alcohol for 30 days or better have more energy, lose more weight, lower their blood pressure, and get a better night's rest.

Are you up for the Dry Challenge? Some tips to successfully complete this 30-day alcohol-free challenge include finding a substitute non-alcoholic drink like sparkling water, or soda (in moderation) and avoiding the temptation of keeping alcohol in the house. You may also want to create a support group and try the challenge with friends or family and hold each other accountable.

Remember, if you slip, don't give up on the challenge, just begin again the next day. If you try the challenge and suffer from alcohol withdrawal symptoms such as hallucinations, delirium, racing heart rate, or fever, you should seek immediate medical help.

The Pine Bluff Arsenal ASAP/EAP team is here to assist you and provide resources for any substance related problems and can be reached at 870-540-3094, or stop by our office at Building 13-040, right next door to the health clinic.



ARE YOU UP FOR THE CHALLENGE?

Dry
JANUARY
ALCOHOL FREE MONTH

- Heavy drinking and long-term drinking can increase physical and mental health problems.
- Cutting out alcohol for a month can make a noticeable difference in your health.
- Find a substitute non-alcoholic drink, avoid temptations, try it with a friend.

ASAP FOR MORE INFORMATION CONTACT THE PBA ASAP/EAP TEAM 870-540-3094 EAP

Flu vaccines, COVID-19 boosters now available

• Seasonal Flu Vaccine:

* Walk-ins for the seasonal flu shot at the Pine Bluff Arsenal Occupational Health Clinic will be available Monday through Thursday from 1 to 3 p.m., and Fridays from 7 a.m. to 4 p.m. The seasonal flu shot is recommended for all people over the age of six months. The vaccine is a vital tool in preventing infection and severe disease, especially when used in conjunction with hand washing and mask wearing.

• COVID-19 Bivalent Booster:

* By appointment only: Please call Doug McCurry at 530-3409 or (870)-556-1019 to schedule your time slot.

* Is the only approved booster available for ages five years and older (using Pfizer-BioNTech or Moderna), if it has been at least two months since the last dose of your primary series, or monovalent booster. If you are not sure whether you are eligible for this booster, please call the clinic and we will be happy to help answer your question.

* The bivalent booster protects against the original virus and omicron variants (BA.4. and BA.5) to prevent spread of infection and severe disease.

* The COVID-19 booster may be administered with flu shot. If you would like to get your flu shot at the same time, please let Doug McCurry know when you call.

- HAPPY NEW YEAR -



DRUNK AND DRUGGED DRIVING PROCLAMATION

WHEREAS: In 2020, impaired driving led to 11,654 alcohol-related crashes in the United States; and whereas every day, about 32 people in the United States die in drunk-driving crashes- that's one person every 45 minutes.


WHEREAS: In 2018, the National Highway Traffic Safety Administration (NHTSA) launched its *If You Feel Different, You Drive Different* national campaign to educate Americans about the dangers of driving while impaired by drugs, and to promote safer choices; and

WHEREAS: Any time you consume a substance that makes you feel different, you aren't safe to drive. Impaired driving isn't a mistake, it's a crime; and

WHEREAS: We can all save lives by making smarter choices including, if you use an impairing drug, designate a sober driver, call a cab, or use a ride-hailing service; don't let friends get behind the wheel if they're under the influence of drugs or alcohol; and thereby lessen the hazards to innocent people; and

WHEREAS: The Pine Bluff Arsenal of Jefferson County in Arkansas, considers its duty to protect our citizens from hazards, such as impaired drivers; therefore be it

RESOLVED: That the Pine Bluff Arsenal of Pine Bluff, Arkansas hereby joins the *If You Feel Different, You Drive Different* campaign in proclaiming the month of December to be Drunk and Drugged Driving (3-D) Month and hereby proclaims support for designated sober drivers and safe ride activities as valuable weapons in the battle against impaired driving.


TOD T. MARCHAND
COL, CM
Commanding

12-13-2022
DATE

EAP Corner

Make health your “new high” in the New Year

Courtesy of Pine Bluff Arsenal Employee Assistance Program

When pressed, people will often say they are “too busy” to make their health a priority. The reality is they’re not too busy, they’re just prioritizing other things over their health (which sooner or later, will catch up with them, possibly in very unpleasant ways). People make resolutions, by February or March of the New Year, they have forgotten all about the resolution. Instead of making excuses, put these simple suggestions into practice for a healthier, hopefully happier, you in the New Year.

Things you can do now to make your health a priority in this New Year:

1. Focus on yourself

For many people, especially women, taking care of themselves is not a priority. They may think about it, but doing it is another matter. Consider this, though: crossing off every item on your to-do list does not matter if you are sick, exhausted, and depressed. Those who are able to make their health a main focus of their lives do so by prioritizing themselves over others. This does not mean being selfish or not caring about anyone else. What it does mean is unapologetically making self-care an important part of your life, well worth your time and effort. The result? You’ll not only be healthier, but you’ll be better able to love and care for the people in your life.

2. Make taking care of yourself part of your daily schedule

Finding time to exercise, eat healthy and get more sleep doesn’t just happen. It becomes a part of your life because you create time for it. Organize your schedule to fit in workouts, meal planning, meditation (or another form of mental focusing) and sleep. You’ll soon find a little forward planning goes a long way to help ensure you have the time you need to get and stay healthy, along with all your other commitments.

3. Instead of making changes, create habits

It’s easy to change your diet or your gym, or to take the stairs instead of the elevator one day. It’s making those changes stick and turning them into long term habits that is hard. If you really want to make your health a priority, you need to choose things you like doing, repeatedly. Do you hate running? Find a form of exercise you do like. Does kale make you gag? Choose healthy foods you like to eat and make them part of your normal diet, not one-offs. Do you enjoy walking your dog? Walk him/her longer. The key is finding things you enjoy and look forward to doing every day, and then sticking to them.

4. Change your environment

People are a product of their environment - the people, foods, and order or chaos surrounding them. If your pantry is full of chips, cookies, and crackers, you’re unlikely to snack on carrot sticks. Remember: every time you buy something at the grocery store, you are making an investment in your health. Likewise, every time you work out, you’re making an investment in your fitness. If you make poor investments (unhealthy foods, not exercising), you’re not setting yourself up for success. So, take a hard look at your overall environment and if it’s not helping you get healthy, change it.

5. Set attainable goals

If you truly want to create habits, not changes, you need to take it slowly and deliberately, step by step. Start with going to the gym one day a week, then work up to two, then maybe three,

NAME _____ OFF SYM _____

Make Health Your, “New High” in the New Year: A Priority

Q H U P Y G H Y C W K A V L G R V E N N
 L B R H D Y U A N H J G Q A S B Y N V J
 Q K R A O Y H Q A U Q T H Q H B Q L N
 Y R S P B V H O H Z S K B U W D E B L L
 L D A T L Q E Y H D K I E N P A K L A W
 V L B L R Z V U E T I P W O O O B E S Q
 F U Z A U A T X Y B J Z J L J N O P H O
 I O J A J C E G Y T I R O I R P Y V H A
 N Z V K Z Q S Y C H O L E S T E R O L J
 V B M S Q Q I A D U A N W L H D R W S O
 V V Q M V O C Y V G R E I H T L A E H N
 J N P L O R R W G O Y P S C O U F Y T H
 R B N E A F E K U A I P E H X N M W B A
 Y V K F G E X A O S B D R T C T S L R P
 U I B F H N E W V Z H X R L F E L F A P
 A L E W V R B P H F H S L A J V P J I I
 N N M U X F P J E K J O Y E C B T B N E
 R A S C S N P Y A B F G N H M E I P Y R
 N T T N H T H F G E N V I R O N M E N T
 F E J J K K V I H E R Q F E Z K S K O D

HEALTH HEALTHIER EXERCISE BODY CARDIOVASCULAR	PRIORITY WALK ENVIRONMENT CHOLESTEROL YEAR	HAPPIER NEW LABELS BRAIN
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not five days all at once. The important thing is to realize even small changes are changes, and that these small changes over time create big habits. To make your health a priority, and make it last, focus on small sustainable changes you can maintain for the long-term.

6. Realize that you only have one body

In life, you only get one body. Who else is going to take care of it if you don’t? You only have one set of organs and joints, one brain, one cardiovascular system. If you chose not to prioritize your health, no one else is going to prioritize it for you. You can make all the excuses in the world, but when you realize that you are in control of the changes you want to see, it is empowering. Be kind to yourself, and start where you need to start, but understand that this is not your practice life, it’s the only one there is.

7. Read food labels

Start making it a habit to check the labels of all the foods you buy. Pay attention to

how much fat, cholesterol, sodium, sugar, protein, trans fats, MSG, artificial coloring/flavoring, and preservatives they contain. Also, notice the serving size so you don’t consume more calories than you realize.

8. Keep track of your numbers

Your blood pressure, blood sugar, cholesterol, triglycerides, HDL, body mass index, bone density all these measurements are important for you to be aware of and track. They can also be very useful in helping you identify your risk of certain conditions such as heart disease, diabetes, and obesity. If you don’t know your numbers, ask your healthcare provider if you can get tested, how often, and what the numbers can tell you about your health.

9. Eat healthy

Take time to put some thought into your weekly menu. Add in fruits, vegetables, fish, nuts, and whole grains, and take away unnecessary carbohydrates, saturated fat, starches, sugars and empty

calories. You’ll be surprised how making simple adjustments to your diet can make a big difference in your weight, your health and how you feel.

What will you do in the New Year to make your health a priority?

When you make it a priority to be healthier, many parts of your life will naturally fall in line with that goal. Start slow, take it one step at a time, don’t let setbacks derail your plans, and most important of all, enjoy the journey (Westcher, Health, 2021).

If you need help in making your health a priority this New Year, the PBA Employee Assistance Office (EAP) staff are here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. Our office is located at Building 13-040, and our phone number is 870-540-3094.

Looking forward to seeing a happier, healthier you in the New Year. Happy New Year, 2023 from the ASAP/EAP Staff.

DPW Spotlight



(Photo left and above) Pine Bluff Arsenal's Directorate of Public Works-Operations and Maintenance Division personnel received aerial training by Dr. Iry Rice with Rice Safety Consultants in December. U.S. ARMY PHOTOS BY TRACEE MILLS-DPW BOID



Happy Holidays from Pine Bluff Arsenal's Directorate of Public Works-Business Operations and Integration Division (BOID) and DPW Director Steve Redman.



Pine Bluff Arsenal's Directorate of Public Works-Accountability Office adopted an Angel Tree Child from the White Hall United Methodist Church. The Angel Tree Child was seven years old, and was identified as needing clothes and shoes. The team was able to provide these items, and also toys and other fun items. These items were donated during the group's "Merry Grinchman" Christmas Party Dec. 14. Pictured from far left are Cassandra Cosen, Karen Whitlow, Elizabeth Blackwood, Eddie Bradford, Tabatha Baird, Melanie Singleton, Jan Hardy and Opal Sandy. Not pictured (contributors towards the Angel Tree Child) were Victor Lowe and Darlene Lybrand.

U.S. ARMY PHOTO SUBMITTED BY
DPW ACCOUNTABILITY OFFICE



Photo left, Nathan Jarrett, a M8E1/Chemical Biological Protective Shelter Work Leader, is presented his 15-year certificate by John Burkhead, Director of Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations.

U.S. ARMY PHOTOS SUBMITTED BY CBD



Government Service Awards

Photo right, Zeric Washington, Dismounted Reconnaissance Sets, Kits and Outfits Work Leader, is presented his 15-year certificate by John Burkhead, Director of Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations.



PBA Energy Corner

The weather in Arkansas during winter months can be somewhat unpredictable. While not incredibly common, extremely cold days like those experienced last week do occur. Days like these require constant usage of heating equipment to maintain space comfort and prevent freezing of equipment, pipes, and water. With this extended use comes issues like additional wear and tear and increased energy bills.

However, many winter days in Arkansas are quite mild with temperatures in the 50 °F to 70 °F. These days present an opportunity to reduce usage of our HVAC equipment in the winter and save money. The following table shows differences in temperature impacted energy usage at the PBA Headquarters Building 10-020 over the past week:

Date	Total Usage (kWh)	Daily High (°F)	Daily Low (°F)
20-Dec	997.09	48	32
21-Dec	1059.50	50	40
22-Dec	948.26	53	6
23-Dec	1500.75	22	13
24-Dec	781.50	34	20
25-Dec	716.50	42	27
26-Dec	1146.00	48	21

As seen in the table, December 23rd resulted in increase of 552.5 kWh from the previous day. This resulted in an estimated increase of \$41.44 in energy usage for a single building in a single day. This increase was due to the severely cold weather and the increased strain on the HVAC equipment in the building.

This increase in energy usage cannot really be avoided. When extreme cold weather strikes, we must make sure our buildings stay safe, warm, and operational. However, the impact of these unavoidable cold days can be mitigated by being more conscious of our energy usage on the mild days. Decreasing energy usage by small amounts over many of these days will add up, reducing wear on equipment and saving money.

When possible, please implement simple energy savings measures on more mild days. Decreasing thermostats, a couple of degrees, using efficient lighting/equipment, and opening blinds on south-facing windows are some ways to do this both here at PBA and at your own homes!

If you have any energy-related questions or additional tips, please contact ext. 2824

Cool Breezes menu

SALADS!

All salads are served with crackers, croutons, and one dressing: Ranch, Thousand Island, or Lite Italian. Additional Dressing **\$0.50**

All Salads start with a blend of iceberg and romaine lettuces, Add in some diced tomatoes and shredded cheese, top with carrots, cabbage, 3 slices of egg, bacon bits, and two pepperoncini peppers.

Garden Salad (No Meat) \$3.50

Chef Salad (Ham Chunks) \$5.50

Crispy Chicken Strip Salad (2 Chicken Strips) \$6.50

Philly Steak Salad (Philly Meat) \$7.00

Additional Toppings \$0.25
Onions
Jalapenos
Pineapples
Pepperoni

NEW ITEMS

Personal 7" Pizza
Cheese \$5.25
Additional Toppings (Each) \$0.25
Onions
Jalapenos
Pineapples
Additional Meat Toppings \$0.75
Pepperoni (5)
Ham

QUARTER POUND BURGERS!

Hamburger \$4.25
Combo (with fries) \$5.60
Cheeseburger \$4.50
Combo (with fries) \$5.80

Ask for American or Swiss Cheese!

OTHER ITEMS!

Country Fried Steak Sandwich \$4.75
(with fries) \$6.10
Philly Cheesesteak \$5.90
(with fries) \$7.60
Polish \$3.00
(with fries) \$4.50

Seasoned Fries \$1.85
Waffle Fries \$1.85
Onion Rings \$2.25
Frito Pie \$3.50
Nachos \$3.00
Fried Pickles \$3.25
Fried Green Bean \$3.25
Pizza Stick \$2.25

EXTRAS!

Extra Meat \$1.75
Slice Cheese \$0.25
Nacho Cheese \$1.00
Chili \$1.00

Call in orders welcomed from 0930-1230!
(870) 540 - 3777
Monday - Thursday
Ask about our WEEKLY specials!



CHICKEN!

Chicken Strips (3) \$4.60
Combo (with fries) \$5.85
Crispy Chicken Sandwich \$4.50
Combo (with fries) \$5.65

Ask for Buffalo Sauce on your chicken!

TREATS

Ice Cream Bowl \$1.75
Slushies \$1.50
Candy Bars \$0.85
Chips \$0.60

DRINKS!

Bottle Sodas \$1.85
Minute Maid \$1.85
Powerades \$1.60
Water \$1.50
Can Sodas \$1.10



Actual Double Cheeseburger Made By: **Stephen!**



Safety Gram



U.S. ARMY

ARMY SAFE
IS ARMY STRONG

A Safer New Year

Tacking up a new calendar in January signifies a chance for change. Last year's mistakes and shortcomings are over and done. This year is a new opportunity to do things better.

Consider what you can do to help ensure your safety on the job this year. See if you need improvement in these areas:

- ◆ **Training:** Take advantage of any opportunities for continued training in how to do your job safely and well. If you do not understand the hazards and precautions related to your work, ask until you get satisfactory answers. Take part in regular reviews, and insist on updates when equipment or conditions change.
- ◆ **Awareness:** Stay alert and know what you are doing at all times when you are on the job. Tune into your surroundings so you will not be surprised by a moving vehicle, an item falling from overhead or someone threatening to assault you.
- ◆ **Communication:** Report any hazards and safety concerns to your supervisor. Warn fellow workers of danger. Follow up to make sure safety problems are corrected promptly.
- ◆ **Personal Protective Equipment:** Use the recommended gear whenever it is needed – even for quick tasks. Learn how to maintain your protective gear so it will continue to protect you. Safety eyewear, gloves, safety-toed footwear, face shields, fall arrest harnesses, respirators, and other protective equipment have proven their value countless times in preventing serious injuries.

Also look beyond workplace safety and consider trying some personal tactics for self-improvement.

- ◆ **Quit Tobacco Use:** You know why you should quit smoking. You have heard countless times of the health dangers – heart disease, stroke, lung cancer, and other deadly illnesses.
- ◆ **Control your blood pressure:** Learn to control unsafe blood pressure with diet, exercise, weight loss, and medication as prescribed by your doctor. Visit your doctor for a complete physical before embarking on any change in your current exercise levels. For added personal safety, make sure you have regular checkups.
- ◆ **Eat for health:** Reduce your fat and cholesterol intake and increase the fiber in your diet. Avoid food with saturated fats such as whole milk, fatty red meats, lards and shortening, which can contribute to heart disease. Add whole grain breads, cereals such as oatmeal, fresh fruits, vegetables, beans, and peas to your meals. Cut down on, or avoid altogether, alcohol and caffeine in beverages.
- ◆ **Be active everyday:** Try climbing extra flights of stairs on your way to work; try swimming, gardening, or mowing the lawn. Wash your car or play fetch with your dog. Learn a new sport such as Tai Chi, archery, skiing, canoeing, hockey, softball, or badminton. Being in good physical condition makes you safer by giving you the ability to respond quickly to a hazard.
- ◆ **Reduce stress:** Learn to control your stress with exercise, diet and plenty of relaxation – not drugs and alcohol. At work, get away from your job by taking a ten-minute stress-break at coffee time and go for a brisk walk on your lunch break. After work, play softball with your kids or walk the dog. Treat yourself to a long warm bath while you listen to good music or read an interesting book. Learn to say "no" to extra commitments and "yes" to time with friends and family.

When you open your new calendar to January of 2023, resolve to make this a year of better driving and other safety improvements in your working life. Take some time now to consider your personal safety resolutions.

