

Machine adds new CB capability

By Rachel Selby

Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations, Mobile and Powered Systems Division, has a new tool to help with their Dismounted Reconnaissance Sets, Kits and Outfits mission. A new CNC (Computerized Numerical Control) Router machine has been installed to cut foam pieces used inside of the kits to cushion the equipment for transport.

"The machine is not quite ready for production at this time, and still has some tests and inspections to go through," said Robert Tackett, Production Controller. "Right now, we are writing some profiles with the software to rebuild the foam in the cases being used by the DRSKO sustainment team. This allows us to practice with the machine and figure out how it works, how it cuts, etc."

Tackett said in the future the machine will be used to increase labor hours for the DRSKO mission.

"Currently, we contract out the labor to make the foam inserts for the kits," he said. "Hopefully we can get into production and make our own. This just brings more money back to the Arsenal. We always try to look for opportunities to help the installation."

The machine is not just going to be used for the DRSKO mission, said Tackett. "We are hoping at some point to be able to use it for other production areas like ammunition. Foam is used to package out grenades for example," he



said. "The long-range plan is to benefit the entire Arsenal not just this mission. It is money well spent and a goal we can achieve. It will just take time to get there."

John Burkhead, CB director, said it is important to continue the high customer satisfaction rating for the Mobile and Powered Systems Division.

"The CNC Machine will not only improve quality but will help to reduce supply chain delays, and more importantly, add a new capability to our directorate portfolio," he said.

Tackett said another important part of having this machine is for making changes to the foam configurations already in the current kits.



Robert Tackett, Production Controller for Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations, Mobile and Powered Systems Division, operates the directorate's newest machine, a CNC (Computerized Numerical Control) Router machine. The machine will be used initially to cut foam pieces for use inside of the kits (pictured above) to cushion the equipment for transport for the Dismounted Reconnaissance Sets, Kits and Outfits Sustainment Teams. U.S. ARMY PHOTOS BY RACHEL SELBY

See ROUTER page 3



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

PBA Safety Glance



Safety Element for fiscal year 2023

Lost Day Case Rate: 0.00
Award Goal: 0.57

***Lost time injuries for fiscal year 2023 is zero. There is zero lost time injuries for October 2022.**

***Recordable injuries for fiscal year 2023 is zero. Recordable injuries is zero for October 2022.**

***Pine Bluff Arsenal days without a lost time injury is 295.**

***Pine Bluff Arsenal days without a recordable injury is 125.**

***Estimated hours worked without a lost time injury: 1,136,931.**



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.

Commander's Column

Team Pine Bluff,

Fall is finally upon us. Boy did it get cold fast and warm up equally as fast! I continue to be impressed by the caliber of the Civilian Workforce we have working here at Pine Bluff Arsenal, and the dedication to providing critical items to the Warfighter. I hope each of you will continue to approach me and talk as you have in the past. I love hearing each of your stories.

At the end of this month, and moving into December, I will be doing some key travel to Picatinny Arsenal, Army Material Command, and then finally our headquarters, Joint Munitions Command. Picatinny Arsenal is home to one of our customers – the Joint Program Executive Office Armaments and Ammunition – who we use for all our ammunition requirements. My focus for this trip, as has been for previous trips, is to add predictability to our production process, and share our passion for serving the Warfighter. I am proud of each of you, and I want others to know how great of a Workforce we have here on PBA. The trips to AMC and JMC are important as we look to the future, and what PBA should look like in 2030.

With the overall COVID risk remaining “low” in Jefferson County, we are pressing forward with our “People First Stand-Down Day” Nov. 16. Focus for the day will be for me to share directly with each of you my leadership beliefs, what I expect from each of you, the state of the Arsenal,



Col. Tod T. Marchand

and I hope to recognize some achievements. I have also asked the Caterpillar CEO, who recently spoke to PBA leadership, to give a short hour and half brief to each of you. Hopefully, we will be able to finish out the day with an employee appreciation event. Of course, COVID still gets a vote on how this will be executed.

Temperatures continue to fluctuate from cold at night to warm during the day. While it is not exactly the motorcycle riding time of year, some are taking advantage of the sunny days to ride. Please look twice for motorcycles. Deer season is quickly approaching as well. Slow down a little at night and be extra cautious for deer grazing on the side of the road.

Veteran's Day is quickly approaching, and I would like to thank all of you that have chosen to serve our country at one time or another. You each chose to be a part of the less than one percent that make the decision to serve. Each of you made personal sacrifice, and I am forever grateful to follow in your footsteps.

As we quickly head into

the holiday season, please continue to look out for one another. If you find yourself struggling mentally, please do not hesitate to reach out for help. We all have our own stories, stressors, and daily issues. Resources are available on PBA to assist.

Thank you for everything you do every day. You, the workforce, make Pine Bluff Arsenal an amazing place. I am very proud of each of you, and even prouder to serve alongside each of you.

The 40th Commander

Important contact numbers for employees

Courtesy of PBA Civilian Advisory Center

The following contact numbers are beneficial to all Federal employees:

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.

Hails and Farewells

Hails

Cory S. DeJarnette, Utility Systems Operator, has joined the Directorate of Public Works.

Drew A. Spakes, Maintenance Mechanic, has joined the Directorate of Public Works.

Jana I. Hardy, Supply Systems Analyst, has joined the Directorate of Public Works.

Opal Jean Sandy, Supply Systems Analyst, has joined the Directorate of Public Works.

Tommy M. Chong, IT Specialist (Applications Software) has joined the Directorate of Information Management.

James S. Kimbell, Production Controller, has joined the Directorate of Engineering and Technology.

Gregory L. Bishop, III, Security Guard, has joined the Directorate of Emergency Services.

Stephen W. Moreau, Security Guard, has joined the Directorate of Emergency Services.

Farewells

Mackenzie Coleman, Security Guard, has left the Directorate of Emergency Services.

Melanie Tallent, Security Guard, has left the Directorate of Emergency Services.

Christian Roberts, Industrial Worker, has left the Directorate of Ammunition Operations.

Retirements

Kit Storz, Production Equipment Mechanic, has retired from the Directorate of Public Works. Storz retires with eight years of government service.

Charles E. Cook, Environmental Protection Specialist, has retired from the Directorate of Risk Management and Regulatory Affairs. Cook retires with 20 years of government service.

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.”

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

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Coin Presentation



Pine Bluff Arsenal Commander Col. Tod T. Marchand presents coins to four Airmen with the 19th Airlift Wing, Explosive Ordnance Detachment Unit from the Little Rock Air Force Base for their assistance and support with munitions destruction. The Airmen recognized were Senior Master Sgt. Joseph Burke, Staff Sgt. Ian Miller, Staff Sgt. William Hofrichter and Airman 1st Class Brian Erickson. PHOTO PROVIDE BY 19th AIRLIFT WING PUBLIC AFFAIRS

DES lists gate procedures when AIE system fails

From Pine Bluff Arsenal's Directorate of Emergency Services

When the AIE System goes down, we will revert back to our old installation access procedures of visually checking access credentials.

The following forms of identification (ID) will be accepted as installation access credentials at our gates during an AIE System failure:

- CAC

- Military ID
- PBA Restricted Area Badge
- PBA Non-Picture Visitor Badge
- PBA Temporary Badge
- MWR Card
- CYSS Card
- Natural Resources Card
- NCTR Federal PIV

Driver's Licenses (DL) will not be accepted for installation access during an AIE System failure.

-The small number of individuals who only have their DL

registered in the AIE System and do not possess any of the above second forms of ID will be referred to the Visitor Control Center (VCC) to be issued a PBA Temporary Badge to be shown at the gates until the AIE System is functional again.

Please ensure you always have one of the above forms of ID on you in case you ever pull up to the gate and the AIE System is down.



In support of October as Breast Cancer Awareness Month, Pine Bluff Arsenal's Employee Assistance Program staff and others from across the Arsenal including Arsenal Commander Col. Tod T. Marchand and Deputy to the Commander Roch Byrne gathered Oct. 21 in front of the installation's Occupational Health Clinic for a moment of reflection. Col. Marchand asked everyone to name an individual they knew who had breast cancer, is currently fighting or has died from the disease before pausing for a moment of silence. Gathered individuals wore pink which has become a color worn in solidarity and to show no one fights the disease alone.

U.S. ARMY PHOTO BY HUGH MORGAN

Flu vaccines, COVID-19 boosters now available at PBA Health Clinic

• 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 4 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 5 years and older (using Pfizer-BioNTech or Moderna), if it has been at least 2 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.

Major roads off limits to fitness activities

As per PBA Policy Letter 385-2, no running, fitness walking, or cycling is allowed on Pine Bluff Arsenal's major roads between 6 a.m. and 5:30 p.m., Monday through Friday. These roads include Siebert, Hoadley, Atkisson, 504th, Stokes and Roemer Roads.

For information about safe routes for fitness activities, contact Billy Ray Ashcraft at the PBA Fitness Center at 540-3779.

ROUTER from Page 1

"If we get new equipment that doesn't fit the foam in a current kit because of dimension changes, we can create new foam packaging," he said. "We will have the ability to do it on the spot. The waste is also minimal, and we save everything we can."

The Shop Sabre Industrial Router System was installed, and training was conducted during August.

Army Civilian Corps Creed

I am an **ARMY CIVILIAN**—a member of the Army team.

I am dedicated to our Army, Soldiers, and Civilians.

I will **ALWAYS** support the mission.

I provide leadership, stability, and continuity during war and peace.

I support and defend the Constitution of the United States and consider it an honor to serve our Nation and our Army.

I live the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage.

I am an ARMY CIVILIAN.

NOVEMBER 17, 2022

GREAT AMERICAN SMOKEOUT

TOBACCO AWARENESS AND EDUCATION

High school students who smoke	9.7% (15,900)
Male high school students who smoke cigars (female use much lower)	11.0%
Adults who die each year from their own smoking	5,800
Kids (under 18) who become new daily smokers each year	1,000
Adults in Arkansas who smoke	20.5% (475,300)
Proportion of cancer deaths in Arkansas attributable to smoking	33.5%

INFORMATION PROVIDED BY PBA ASAP/EAP TEAM 870-540-3084

OCTOBER 2022 ENERGY ACTION MONTH

ENERGY

RESILIENCE
 >500MW RENEWABLE ENERGY CAPACITY
 TACTICAL MICROGRID: High-voltage operations and lightweight load-bearing vehicle hybrid power system.
 CLIMATE RESILIENCE: Carbon-free energy integrates national security through low-to-medium storage.
 ENERGY RESILIENCE AND CONSERVATION INVESTMENT PROGRAM: Military construction investments in resiliency and water resources and conservation.
 THIRD PARTY FINANCING: Energy Storage Performance Contracts and other Energy Service Contracts enable installation of up to 100 MW storage to fund energy and water conservation investments with no upfront Army funding.

AFFORDABILITY
 PRIVATELY FUNDED INSTALLATION MICROGRIDS: The Army's goal is to have a microgrid on every installation by 2030. Some of these are made possible by privately-financed utility partnerships, such as the microgrid and cogeneration at Fort Belvoir, IL and Fort Belvoir, CA.
 REFORM: Leveraging the 101 USC § 2012, the Army will pilot program to restructure over \$100 million into installation energy and quality of life requirements from one energy cost savings.
 POWER PURCHASE AGREEMENTS: Performance to construct and purchase renewable energy with minimal up-front Army capital costs.
 PLUG LOADS: The Army partnered with the Department of Energy's Pacific Northwest National Laboratory to identify sources of electrical plug loads on building energy consumption.

EFFICIENCY
 ENERGY USE INTENSITY -10.5% since 2003
 ELECTRIC-HYBRID PLATFORMS: The Army continues to develop tactical vehicle electrification capabilities, both hybrid electric and all-electric platforms, to support emerging capabilities, reduce fuel consumption, extend range and endurance, and reduce operational risk.

\$4.3B PRIVATE SECTOR INVESTMENTS

#PowerToWin



PBA Energy Corner

Every October, the Army participates in Energy Action Month (EAM). The focus of this month is ensuring access to reliable and consistent energy, exemplified by this year's EAM theme: "Energy Resilience: Sustain the Mission – Secure the Future". Resilience is the capability of Army energy production and distribution infrastructure to maintain support of the mission when faced with potential disruptions.

Army Efforts Toward Resiliency

Improving energy resiliency is an Army-wide initiative that focuses on two key aspects: (1) how the Army generates and distributes usable power and (2) how much energy the Army uses. When it comes to power generation and distribution, Army installations are utilizing alternative localized forms of energy and microgrids. Solar, wind, hydropower, and efficient generators can be used as ways to generate electricity or heat on post, without the need to rely solely on utility providers. Using microgrids allow for local distribution of that power to the installation, which is more controlled and secure.

PBA Efforts Toward Resiliency

There are several options for increased energy resiliency being considered by PBA's Directorate of Public Works. Energy efficient equipment, lighting upgrades, increased metering, reduced natural gas usage, and even renewable energy production are all being pursued to help reduce energy usage and increase the readiness of our energy infrastructure. But there are also several little things that can be done by all of us to help increase energy resiliency and ensure we can sustain the mission here at PBA. Below are some tips for how everyone can reduce their energy usage:

- Switch incandescent and fluorescent light bulbs to LEDs.
 - LED lighting is much more energy efficient than more traditional options. With improvements in technology, LED lighting is also an inexpensive option with more options for colors, brightness levels, and temperatures.
- Unplug electrical equipment not in use.
 - Many of the devices we have around us will use power even when they are turned off or not in use if they are still plugged into receptacles. These are called phantom loads. Unplugging things like coffee makers, fans, and chargers when not in use can reduce these phantom loads with no impact to how much we use our equipment.
- Better utilize windows for heating and cooling.
 - Opening blinds on south-facing windows will help heat your room or office during cold months and closing them will keep it cooler during warm months.

For more tips and information on Energy Action Month, visit the United States Army and Department of Energy websites!

FALL INTO FITNESS
 JOIN THE PBA WALK FOR LIFE PROGRAM

- TO ENROLL, SEND AN EMAIL TO KEVIN.L.BRADLEY25.CIV@ARMY.MIL , PHONE EXT 3078, OR STOP BY THE EAP BUILDING 13040.
- FILL OUT THE "WALK FOR LIFE" MONTHLY REPORTING LOG.
- RECEIVE MONTHLY TOKENS FOR YOUR PARTICIPATION.
- RECEIVE A FREE Pedometer TO HELP TRACK YOUR STEPS.

-THE START IS WHAT STOPS MOST PEOPLE.

EAP EMPLOYEE ASSISTANCE PROGRAM
ASAP ARMY SUBSTANCE ABUSE PROGRAM

"WHAT SEEMS IMPOSSIBLE TODAY WILL SOON BECOME YOUR WARMUP"

EAP Corner

**Maybe it's not
the holiday blues
Maybe it's Seasonal
Affective Disorder**

Courtesy of Pine Bluff Arsenal Employee Assistance Program

In the late fall or early winter, during the holidays, do you tend to have low energy, feel depressed a lot of the time, and have trouble sleeping? Do these symptoms get worse as the winter progresses and then go away, or at least get better, in the spring and summer when the days are lighter and longer? If this sounds familiar, you may have seasonal affective disorder, or SAD, a type of depression brought on by changes in the seasons, particularly fall and winter.

Common signs and symptoms of SAD

According to the National Institute of Mental Health, the typical symptoms of SAD are:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Having low energy
- Having trouble sleeping
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Feeling hopeless, worthless, or guilty
- Being more prone to physical health problems, such as colds, infections or other illnesses
- Not wanting to see people
- Losing interest in sex or physical contact
- Having frequent thoughts of death or suicide

Fall and winter SAD

Symptoms specific to winter-onset SAD, also called winter depression, may include:

- Sleeping a lot
- Fatigue, low energy
- Craving for carbohydrates
- Overeating, weight gain
- Social withdrawal (feel like “hibernating”)

Spring and summer SAD

There is a less frequently occurring summer-onset SAD, also known as summer depression, whose symptoms may include:

- Having trouble sleeping
- Poor appetite, weight loss
- Agitation, anxiety, restlessness
- Episodes of violent behavior

What causes SAD?

The exact causes of SAD are unknown at this point, but research has found several biological factors that may contribute to it:

- Being female
- Living far from the equator
- Family history
- Having depression or bipolar disorder
- Young age
- Overproduction of melatonin
- Underproduction of Vitamin D
- Circadian rhythm (biological clock)
- Decreased serotonin levels

There are four major types of treatment for SAD which can be used alone or in combination.

- Medication
- Light Therapy

Name _____

Off Sym _____

SEASONAL AFFECTIVE DISORDER (SAD)

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

SEASONAL
DISORDER
SYMPTOMS
DEPRESSION
ENERGY
CONCENTRATING
FACTORS
SAD
SLEEPING
OVEREATING
FATIGUE
BIPOLAR
AFFECTIVE

- Psychotherapy
- Vitamin D

Six things you can do now to cope with SAD

1. Get a light box to help reduce the symptoms of SAD, a device for providing a strong uniform light on a surface
2. Eat well and limit your carbs

3. Stay or get active
4. Don't become a recluse.
5. Find a hobby that brings you joy
6. Seek out professional help

The Pine Bluff Arsenal's Employee Assistance Program

staff is here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. We are located in Building 13-040 and can be reached at 870-540-3094.

THURSDAY, October 27, 2022

10 A.M.- 12 P.M.



**Prescription Drug
TAKE BACK**

- In conjunction with the JCSO, the PBA ASAP/EAP will be hosting a prescription drug take back in the parking lot of the Health Clinic/ASAP.
- Be responsible. Bring your expired & unused medications to the Take Back location.

ASAP
BY SUBSTANCE ABUSE PROGRAM

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

EAP
EMPLOYEE ASSISTANCE PROGRAM

Timber!!! Tree taken down near DPW



A tree was taken down near one of Pine Bluff Arsenal's Directorate of Public Works buildings recently. The tree was showing signs it might fall on the building. U.S. ARMY PHOTO BY HUGH MORGAN

Blood Drive



Marcia Wayland (top photo) and Leah Lampirez (bottom photo) give blood during a drive held Sept. 29 at Pine Bluff Arsenal's Recreation Center. The Arkansas Blood Institute conducted the drive which was spearheaded by the Arsenal's Army Community Service Office. Twenty units of blood were collected during the drive. U.S. ARMY PHOTOS BY RACHEL SELBY

Pine Bluff Arsenal
Family & Morale, Welfare and Recreation Presents:

FALL FESTIVAL 2022



Thursday, October 27
5:30—7:30
PBA Fields on Sibert Road
*Rain Plan: Events will be held at CYS

DUNK-A-COL!!

From 6:00-7:00

Pine Bluff Arsenal's fearless leader, COL Marchand, will be in the dunk booth!

Each throw will "cost" one child-friendly, non-perishable food item! Items will be donated to the local food pantry!

Item ideas: pancake mix, syrup, peanut butter, pop tarts....

- Frito Pies, Nachos, Drinks for sale!
- Inflatables!
- Games!
- Pumpkin Patch!
- Fire Truck and Ambulance for kids!
- Hay Ride w/ PBA Fire Dept!
- Face Painting!
- Free Cotton Candy and Popcorn!
- Candy for kids in costume!
- Tables to "trick or treat" at!
- Photo Booth!

OPEN TO ALL PBA FAMILIES!!

PLEASE SIGN IN AT THE SIGN IN TABLE!!
BRING YOUR FAMILY AND HAVE A BLAST!!

For information: Call Billy Ray Ashcraft (870)540-3779
Or April Parker (870)540-3602



DPW Spotlight



Employees with Pine Bluff Arsenal's Directorate of Public Works attend a National Electric Code training class at the Arsenal's training center in October. U.S. ARMY PHOTOS BY TRACEE MILLS



Steven Smith with Pine Bluff Arsenal's Directorate of Public Works, Electric Shop, reroutes power lines in compliance with lightning protection.



HALLOWEEN SAFETY TIPS

THERE ARE A LOT OF SCARY THINGS ABOUT HALLOWEEN. DON'T LET POISON BE ONE OF THEM.

FOLLOW THESE SIMPLE RULES TO KEEP YOURSELF AND YOUR FAMILY SAFE!

AVOID TOXIC PAINT
Not all facepaint is non-toxic. Check before you buy and apply!

THROW OUT UNWRAPPED CANDY
Only eat treats that are still in their original, unopened wrapper.

MAKE SURE GLOW STICKS STAY IN ONE PIECE
These popular trinkets can be fun and useful on a dark Halloween night but the liquid inside can cause skin irritation. They should be handled gently and kept out of mouths.

1-800-222-1222
If you have questions or are concerned about a possible poison exposure, call the Poison Help line immediately.

KEEP AN EYE ON THE DRY ICE
Dry ice can add a spooky flare to your party, but if bits of it come in direct contact with skin, it can cause tissue damage.

CREATE A CANDY CHECKPOINT
Check all candy before your child eats it. To reduce the urge to eat unchecked candy while trick or treating, bring your own candy on route.

PINE BLUFF ARSENAL COMMANDER'S PROCLAMATION

DOMESTIC VIOLENCE PREVENTION MONTH IN THE ARMY
OCTOBER 2022

UNITED AGAINST DOMESTIC VIOLENCE: BREAKING THE SILENCE

Domestic Violence Awareness Month is recognized annually in October, as a time we unite in showing support to those impacted, enhancing awareness and prevention efforts in our communities. Utilizing different platforms to reflect our stance against domestic violence demonstrates our commitment to survivors and victims and helps them move beyond the abuse.

Our world has been plagued by domestic violence for far too long and often with lethal and even fatal results. It can occur in various forms such as verbal, physical, emotional, or sexual. One way we can mitigate its position is by actively supporting victims in breaking their silence. Sometimes, our voices bring attention to what our actions at moments cannot. Breaking the silence can provide an outlet for those impacted due to the harmful effects of abuse. We want survivors to know that their safety is essential, and a price they should not have to pay as a result of violence.

Domestic violence can significantly hurt children and families. Children learn about the foundation of relationships by watching the adults they know best. Let us teach our children to foster positive relationships by promoting safe and healthy communication and effective conflict resolution. Children who observe healthy communication in relationships develop core relationship values.

Everyone has a role in supporting those who experience abuse. As we work together and make strides in ending domestic violence, let us remember that domestic violence is a serious issue that should not be ignored. It is vital that we promote awareness and prevention, provide resources, and help survivors and victims understand that their voices matter and no one has to suffer alone.

Join me to make this October's Domestic Violence Awareness Month the beginning of a year-round campaign to end Domestic Violence. Together let us unite against domestic violence by supporting those impacted in breaking their silence. Call... Get help... Learn more... Speak up... Reach out... Need help? Contact Pine Bluff Arsenal Family Advocacy Program at 870-540-3588. Be strong. "Army Strong."

Tod T. Marchand
 For **TOD T. MARCHAND**
 COL, CM
 Commanding

Purple Up Thursdays!



**WEAR
PURPLE**

**FOR DOMESTIC VIOLENCE
AWARENESS MONTH**



**Awareness Month
Word Scramble**



- 1. sdemotci eeivolcn _____
- 2. eatodavc _____
- 3. rsouivv _____
- 4. tppsour _____
- 5. srpeliahtsino _____
- 6. rseescoru _____
- 7. rpeanrt _____
- 8. grneiptor _____
- 9. yflaim _____
- 10. syatfe _____

Bonus phrase:

"duetni tasgnai isdcemto ncloviee"



**UNITED
AGAINST
DOMESTIC ABUSE**

Together, we take a stand.

www.militaryonesource.mil/UnitedAgainst | 800-799-7233

PINE BLUFF ARSENAL
 Family Advocacy Program
 870-540-3588



**MILITARY
ONESOURCE**





Carla A. Poyner, Accountant, with Pine Bluff Arsenal's Directorate of Resource Management, received an Achievement Medal for Civilian Service from Arsenal Commander Col. Tod T. Marchand Oct. 21. During the period of October 2021 to September 2022, Poyner consistently performed her duties in working Joint Reconciliation Program reports, coordinating with other PBA Directorates in reviewing and correcting Undelivered Orders and Good Receipt/Invoice Receipt reconciliations. Her efforts in reviewing more than 874 UDO lines monthly and 107 GR/IR lines cleared over the fiscal year help ensure the installation met JRP review goals and contributed to a successful fiscal year 2022 financial close-out. U.S. ARMY PHOTO BY RACHEL SELBY

Fire Prevention Week 2022



Pine Bluff Arsenal's Fire Department and Federal Credit Union partnered during this year's Fire Prevention Week and served more than 160 meals to PBA employees at the fire house Oct. 11. This year Fire Prevention Week was recognized Oct. 9-15, 2022 also celebrates the 100th anniversary of the yearly recognition. This year's theme is "Fire Won't Wait. Plan Your Escape". The week is recognized every year on the installation with emergency personnel conducting fire drills and educating everyone on fire prevention and safety. PBA firefighters during their drills during the week talked about the need for planning and practicing home fire escapes, making sure everyone knows the plan, and checking and testing smoke alarms. U.S. ARMY PHOTO

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
- \$0.75

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 (with fries) \$4.75
- Philly Cheesesteak (with fries) \$6.10
- Polish (with fries) \$5.90
- Polish (with fries) \$7.60
- Polish (with fries) \$3.00
- Polish (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!**



GET IT NOW!

The GSA store carries the supplies you need. Stop by building 23-330 or call 540-3416 today!