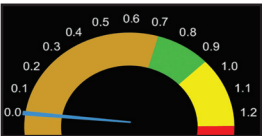




**Pine Bluff
Arsenal
24/7 SHARP
Hotline
870-209-4093**

PBA Safety Glance



**Safety Element for
fiscal year 2024
Lost Day Case Rate: 0.00
Award Goal: 0.95**

*Lost time injuries for fiscal year 2024 is zero. There is zero lost time injuries for January 2024.

*Recordable injuries for fiscal year 2024 is four. Recordable injuries is one for January 2024.

*Pine Bluff Arsenal days without a lost time injury is 253.

*Pine Bluff Arsenal days without a recordable injury is 12.

*Estimated hours worked without a lost time injury: 750,563.



First Snow of 2024



Pine Bluff Arsenal saw its first snow of 2024 the week of January 14. Approximately two to four inches of snow and sleet fell in Jefferson County over night Sunday, Jan. 14 into Monday, Jan. 15. Roads remained snow covered into the week, but the Arsenal's Directorate of Public Works were out and about clearing snow and ice from the parking lot at the PBA Headquarters Building (photo above).

Photo right, Luke Dickson with PBA's DPW uses a road grader to clear a path through the snow in front of the Arsenal's Child and Youth Services Center.

Additional photos located on Page 8.

U.S. ARMY PHOTOS BY HUGH MORGAN



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

Pine Bluff Arsenal - A 2023 Recap

It's already been more than eight months since I assumed command of Pine Bluff Arsenal in April of 2023. Without a doubt, this is number one on my list of duty assignments during my 34-plus years of service in the United States Army. Here are a few personal highlights from 2023 that you may not be aware of.

1. Assumption of Command- April 13, 2023. I received a telephone call at Fort Hood (now Fort Cavazos) in February informing me of a reassignment to Arkansas after a mere eight months in Texas. My family and I were just getting settled and it was already time for another military move. I knew very little about Arkansas at the time and had never been to the Pine Bluff area. My family was excited but also a bit anxious about the pending move. I felt completely at ease as soon as I drove through Plainview Gate for the first time. I thought, "what a beautiful place this is" and "the wildlife here is amazing!" I did endure my first PBA tornado warning as the sirens blazed on post the following day. The assumption of command ceremony April 13 was first rate and the people on this installation have been warm, welcoming, receptive, and cooperative since our arrival.

2. Living on Base. I am very thankful for all the hard work that went into re-opening the commander's home on base. It's hard to believe the Army let the residence go vacant for more than three years. Our Directorate of Public Works employees have completed every requested work order, and the home is an incredible place to live in! My wife Grace and I especially enjoy long walks past the lakes. The children and I have also had some epic gel-gun wars in the front yard. We also enjoy the fishing here on base. I can't say the fish we've caught are big by Arkansas standards but spending time with the kiddos is nothing short of phenomenal.

3. Drivers Training. My 16-year-old son learned how to drive right here on Pine Bluff



Col. Collin K. Keenan

Arnsenal after obtaining his Arkansas learner's permit this summer. He learned how to safely operate a Toyota Prius and Chevrolet Silverado along Siebert, Wise, Atkinson and McCoy Roads. I can proudly announce that Collin Jr., passed his behind-the-wheel drivers test just up the highway in Sheridan, Dec. 22. Thankfully, no speeding tickets from our first-class security force at PBA!

4. Cool Breeze's. If it wasn't for Cool Breeze's I might go hungry while my wife is back at our other home in Rochester, Minn. I can't say enough good things about the breakfast sandwiches, lunch specials, and turkey salads that are a few of my personal favorites. I need to send a special shout out to Billy Ray, Brent, Branson, Byron, Stephen, and Melanie for keeping me fed in 2023. You are food artisans, and I need to ask Guy Fieri to come to our base to highlight Cool Breeze's on Diners, Drive-Ins, and Dives!

5. Razorback (and Cowboys Nation). I can proudly announce that I called the Hogs for the first time in Little Rock Dec. 15. The Arkansas Razorback men's basketball team squeaked out a 69 to 66 win over the Lipscomb Bisons at Simmons Bank Arena. I have also attended two University of Arkansas at Pine Bluff football Games, two White Hall High School football games, and heard plenty of smack talk from the abundance of Cowboys fans working on the installation. My next goal is to catch a game on campus in Fayetteville sometime in

2024!

6. Fishing Holes. Ok, I turned 50 this past year and probably haven't fished since I was eight years old. I think I'd even forgotten how to put a worm on a hook! Well, Justin Lieber taught me how to set up a fishing line and "boom" it's been on ever since! There is truly something special about fishing here on Pine Bluff Arsenal. One evening I cast a line out onto Clear Pond and watched these moving eyes gaze closer and closer. It turned out to be my first alligator sighting and the big guy was just trying to get a first-hand view of fishing excellence in action!

7. People. No list is 100 percent complete without at least seven items, so last but certainly not least is PEOPLE! You are all amazing, and it's been so much fun getting out to the directorates to meet the incredible folks who make this place run each day. Delivering birthday cards is a personal favorite each month. I especially enjoy the diversity of individuals assigned throughout the installation. Everyone has their own unique role in making PBA such a successful organization. I hope everyone is having a wonderful start to 2024 and I look forward to writing about many new experiences at PBA this time next year in 2025!

Be All You Can Be!
41st Commander PBA



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.

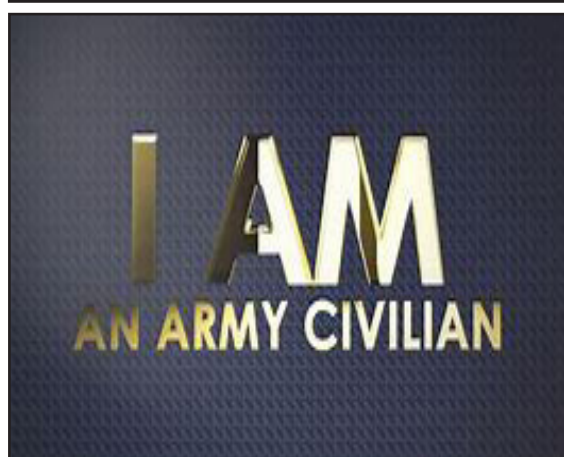
Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold ourselves and others accountable.

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. Collin K. Keenan, Commander
Roch Byrne, Deputy to the Commander
Cheryl Avery, Public Affairs Officer
Rachel Selby, Sentinel Editor/Social Media
Hugh Morgan, Photographer
Kevin Wilson, Webmaster

This newsletter is an authorized publication for members of the U.S. Army. Contents of the Arsenal Sentinel are not necessarily the official view of, or endorsed by, the U.S. Government, Department of Defense, Department of Army or Pine Bluff Arsenal. It is published monthly - digitally/print. <http://www.pba.army.mil>

Hails and Farewells

Farewells

Eric L. Jones, Industrial Worker, has left the Directorate of Ammunition Operations.

Tariq Z. Reynolds, Industrial Worker, has left the Directorate of Ammunition Operations.

William G. Davies, Engineering Technician, has left the Directorate of Chemical and Biological Defense Operations.

Ashton L. Smith, Industrial Worker, has left the Directorate of Ammunition Operations.

Marcel V. Martinez, IT Specialist, has left the Directorate of Informational Technology. Martinez has taken a position with the Department of Commerce.

Deborah L. Woolford, Equal Employment Manager, has left the Office of the Commander. Woolford has taken a position with the Department of the U.S. Navy.

Charles W. Whyde, II, Program Manager for Family Morale, Welfare and Recreation, has left the Office of the Commander. Whyde has taken a position with the Department of the U.S. Navy.

Retirements

Elizabeth A. Blackwood, General Supply Specialist, has retired from the Directorate of Public Works-Property Accountability Division. Blackwood retires with 39 years of government service.

Stephan M. Snow, Lead Firefighter EMT, HazMat Technician, has retired from the Directorate of Emergency Services. Snow retires with 22 years of government service.

Leonard (Len) Diiioia, Jr., Environmental Protection Specialist-Risk Management Section at Radford Army Ammunition Plant, Va. Diiioia retires with 21 years of government service.

Daniel M. Schreiner, Utility System Leader, has retired from the Directorate of Public Works. Schreiner retires with 47 years of government service.

Luvonia L. Shepherd, Program Analyst, has retired from the Directorate of Ammunition Operations. Shepherd retires with 40 years of government service.

Retirement



Photo above, Daniel M. Schreiner, Utility Systems Leader, poses for a photo during his retirement ceremony in December. Schreiner retired with 47 years of government service from Pine Bluff Arsenal's Directorate of Public Works. U.S. ARMY PHOTO BY TRACEE TATER-DPW



Colonel's Picks

The December Winner and OVERALL Winner is....

Rodney Rutledge

Directorate

of Information Management

Union Spotlight

AFGE Local 953

As an employee of Pine Bluff Arsenal, you have the right to expect and pursue conditions of employment promoting and sustaining human dignity and self-respect. This should be the highest priority of every - leader, supervisor, chief, director, Deputy to the Commander and Commander. The Union and Arsenal management have agreed to establish such working conditions contributing to enhancing and improving employee morale and efficiency, and aiming to maintain a working environment that affords the proper regard for and to protect employee privacy and consitiutional rights. (Per Article VIII, Section I, 18th Agreement between PBA and AFGE)

Learn about this and other rights and responsibilities at your local union meetings.

Meetings are held every 2nd Tuesday of the month. For other questions and information, call 870-540-3793

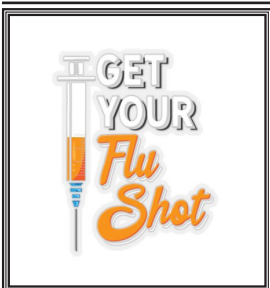
Flu vaccines available

Seasonal flu vaccines are currently available to all Pine Bluff Arsenal employees at the Arsenal's Occupational Health Clinic.

Walk-ins are 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 older than 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.

For more information, call the PBA Clinic at 540-3411.



New Year's resolutions: PBA Recreation Services can help with fitness routines

By Rachel Selby

It's a brand-new year and being fit and healthy is a goal for many people. Pine Bluff Arsenal's Recreation Services can help with those fitness needs, especially if you need assistance and guidance along the way.

"We have a great facility, equipment and people to help offer support and assistance," said Billy Ray Ashcraft, Business and Recreation Chief for the Directorate of Family Morale, Welfare and Recreation. "We are back open and operating with no restrictions," said Ashcraft, who is also currently functioning as acting MWR director.

Gym usage has increased since the beginning of 2024, and overall, steady foot traffic has continued to increase since the pandemic.

"We are happy about the increase," said Ashcraft. "We have a crew which are a loyal early morning group, and our busiest time is the lunch hour. We have steady clientele all day."

Hours at the Recreation Services Center are Monday through Thursday, 6 a.m. to 6 p.m., and every other Friday, 6 a.m. to 6 p.m.

New pricing became effective last year. Department of Defense/federal employees (and household members), retired military (and household members) passes will be \$10 per year. Contractors and emergency responders will be \$10 every six months. Off-post individuals will be \$10 per month, and active-duty military members are free.

Ashcraft said they are constantly researching equipment bulk buys and staying in touch with their headquarters, the U.S. Army Installation Management Command.

"Through a bulk buy last June, we received some new cardio equipment – ellipticals, recumbent bikes and upright bikes," he said. "This equip-



Justin Barbaree with Pine Bluff Arsenal's Directorate of Information Management works out on one of the machines at the Arsenal's Recreation Services Center. The Arsenal's gym has state of the art equipment like ellipticals, recumbent bikes, a Hammer Strength Lifting station, Assault Fitness Runner Elite non-motorized treadmills, Assault Fitness Air Bike Elite fitness bikes, and more. Contact Billy Ray Ashcraft at 870-540-3779, if you have any questions or would like to map out a fitness plan for the new year. U.S. ARMY PHOTO BY HUGH MORGAN

ment replaced old ellipticals and bikes we currently had. It was great functional equipment for years, however, according to the mileage that I

with some of the most creative ideas for our concessions," said Ashcraft.

"Daily specials have continued to be popular items,

"The crew at Cool Breezes – Brent Webber, Stephen Kelley, Melanie Tallent and Branson Lockhart – do an amazing job. They continue to come up with some of the most creative ideas for our concessions."

report every quarter they were in the red. It was time to retire them."

Cool Breezes, the Arsenal number one lunch spot near the old swimming pool complex, is one of the program areas, under Ashcraft's leadership, which is creating the most buzz on the installation.

"The crew at Cool Breezes – Brent Webber, Stephen Kelley, Melanie Tallent and Branson Lockhart – do an amazing job. They continue to come up

especially Wednesday's barbecue items. Even during slow times there are folks there. It is a very labor-intensive job and the crew loves doing it, and it helps build our morale here on PBA."

Cool Breezes hours are Monday through Thursday, 6 a.m. to 8 a.m. for breakfast and 10:30 a.m. to 12:30 p.m. for lunch. They are also open every other Friday for breakfast and lunch.



A Great Blue Heron stands in a marshy area near Pine Bluff Arsenal's Yellow Lake. This photo was taken a few years ago during the annual Christmas Bird Count. U.S. ARMY FILE PHOTO

Annual Christmas bird count held at PBA

Pine Bluff Arsenal's annual Christmas Bird Count was conducted on the installation Dec. 26. Leif Anderson, sponsored by the Arkansas Audubon Society and Wes Sparks, PBA Natural Resources conducted the count.

Several species were observed during the count including American crows, turkey vultures, belted kingfishers, red-tailed and red-shouldered hawks, dark-eyed juncos, cardinals, great blue herons, mallards, Northern shovelers, buffleheads, hooded mergansers, ruddy ducks, pied-billed grebes, American white pelicans, double-crested cormorants, ring-billed gulls, killdeer, various woodpecker species, brown creepers, Carolina chickadees, blue jays, pine warblers, and of course many species of sparrows to include both the white-throat, winter and fox sparrows.

The highlight of the day was the sighting of bald eagles, a Merlin and about 150 American white pelicans.

The Christmas Bird Count occurs throughout the United States during the week before and after Christmas, thus the title. It is an excellent opportunity to perform a service (inventory of birds) and have a great outdoor experience with other birders. The Audubon Society sponsors several bird watching outings per year.



EAP Corner

Exercise your heart

Courtesy of Pine Bluff Arsenal Employee Assistance Program Office

American Heart Month is observed yearly in February to raise awareness on the importance of a healthy heart and to encourage healthy habits helping to reduce the risk of heart disease. The first Friday in February is National Wear Red Day in the United States. It's your chance to raise awareness for heart disease while also wearing your favorite red outfit.

Why do we observe American Heart Month every February? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups, heart disease affects all ages, genders, and ethnicities.

Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excessive alcohol use. Being physically active is a major step toward good heart health. It's one of your most effective tools for strengthening the heart muscle, keeping your weight under control, and warding off artery damage from high cholesterol, controlling high blood sugar and high blood pressure.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. This is a great chance to start some heart-healthy habits!

Three kinds of exercise to boost your heart

1. Aerobic exercise:

What it does: Aerobic exercise improves circulation, which results in lowered blood pressure and heart rate. It increases your overall aerobic fitness, as measured by a treadmill test, for example, and it helps your cardiac output (how well your heart pumps). Aerobic exercise also reduces the risk of type two diabetes and, if you already live with diabetes, helps you control your blood glucose.

How much: Ideally, at least 30 minutes a day, at least five days a week.

Examples: Brisk walking, running, swimming, cycling, playing tennis, and jumping rope. Heart-pumping aerobic exercise is the kind that doctors have in mind when they recommend at least 150 minutes per week of moderate activity.

2. Resistance training (Strength work)

What it does: Resistance training has a more specific effect on body composition. For people who are carrying a lot of body fat (including a big belly, which is a risk factor for heart disease), it can help reduce fat and create leaner muscle mass. Research shows that a combination of aerobic exercise and resistance work may help raise HDL (good) cholesterol and lower LDL (bad) cholesterol.

How much: At least two nonconsecutive days per week of resistance training is a good rule of thumb, according to the American College of Sports Medicine. Examples: Working out with free weights (such as hand weights, dumbbells, or barbells), on weight machines, with resistance bands or through body-resistance exercises (such as push-ups, squats, and chin-ups).

3. Stretching, flexibility and balance

What they do: Flexibility workouts, such as stretching, don't directly contribute to heart health. What they do is benefit musculoskeletal health, which enables you to stay flexible and free from joint pain, cramping and other muscular issues. That flexibility is a critical part of being able to maintain aerobic exercise and resistance training. If you have a good musculoskeletal foundation, that enables you to do the exercises that help your heart. As a bonus, flexibility and balance exercises help maintain stability and prevent falls, which can cause injuries that limit other kinds of exercise.

How much: Every day, before and after other exercise.

Examples: Your doctor can recommend basic stretches you can do at home, or you can find DVDs or YouTube videos to fol-

EXERCISE YOUR HEART

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

HEART
HEALTHY
ACTIVITY
GLUCOSE
BALANCE

CHOLESTEROL
EXERCISE
MUSCLE
HABITS

DISEASE
MODERATE
AEROBIC
DIABETES

low (check with your doctor if you're concerned about the intensity of the exercise). Tai chi and yoga also improve these skills, and classes are available in many communities (*Stewart, Kerry, 2023*).

You are encouraged to

seek out the Arsenal's Army Substance Abuse Program/Employee Assistance Program and Walk for Life Program.

The Army Substance Abuse Program (ASAP) staff is here to help and offers 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.

The EAP Care line number is (870) 556-0116.



February is Teen Dating Violence Awareness Month. Dating violence is alarmingly high among teens and young adults with 1 in 3 U.S. teens likely to experience some form of physical, sexual, or emotional abuse from an intimate relationship as an adult. During this month, awareness and prevention efforts are at the forefront to mitigate dating violence. Educating youth on healthy relationships is essential to recognizing the signs of abuse.

SkyCop units provide extra security for PBA

By Rachel Selby

In late December, Pine Bluff Arsenal received two SkyCop units from the Shelby County Sheriff's Office in Memphis, Tenn.

"There was some concerning information circulating online about the Arsenal late last year. The U.S. Coast Guard/Department of Homeland Security picked up on it. Notifications went out to a task force consisting of multiple law enforcement agencies, and a representative from Shelby County was on the task force," said Martin Johnson, Law Enforcement and Security Chief with the Directorate of Emergency Services.

"Shelby County reached out to the Coast Guard and offered two of the camera systems. The Arsenal was already in communication with the Coast Guard, and our contact information was passed along."

According to information online, SkyCop is a unit using

superior audio and video surveillance systems to help identify, track and at times deter potential criminal activity.

"It is very similar to the camera units you see in the parking lot at Wal-Mart or other shopping facilities," said Johnson.

The big take away from this, said Walter, is the networking and relationship building the Arsenal has been doing with local, national, and state agencies.

"We were able to gather a threat working group together, which included the Commander and Deputy to the Commander and other relevant security agencies to discuss the issue and create a plan of action collectively," said Jim Walter, Director of Emergency Services. "I think it has been highly beneficial for the installation. We are constantly looking for ways to enhance our security posture on PBA."

A safe and secure environment for the Workforce is key,

said Walter.

"We are trying to take advantage of anything we can find and use to help us do our jobs better. The networking is vital. By having these conversations and pulling in people in we can stay vigilant in this ever-changing world," he said. "The coordination and conversations we have as a directorate to make things work has been awesome this past year."

Walter said the units will help the Arsenal close in some gaps at a very low cost.

The units are solar with a gas generator back up, according to Johnson.

"The units will remain here for an indefinite period of time," he said. "They weren't given to us, but we can use them for as long as they are needed. Long term, we may start to price one or two out. They are expensive. We have been filling them up once a week. This is our only cost associated with them."



Pictured is one of two SkyCop units currently being used by Pine Bluff Arsenal's Directorate of Emergency Services. U.S. ARMY PHOTO

Employee of the Quarter



Gordon White, an electrical engineering technician with Pine Bluff Arsenal's Directorate of Ammunition Operations was recognized as the Employee of the Quarter-First Quarter Fiscal Year 2024 recently by Arsenal Commander Col. Collin K. Keenan. White's dedication, knowledge and willingness to resolve any issue played a key role in helping reduce downtimes on all production operations. He was instrumental in assisting the Directorate of Engineering and Technology in completing the AN-M14 Thermate Grenade fill and press operations, M330 starter slug press set up, GLATT blending and the MC83 and M18 grenade fill, press and pack out operations. White's devotion to duty and exceptional dedication in leading operations readiness brings great credit to himself and the Pine Bluff Arsenal Workforce. U.S. ARMY PHOTO BY HUGH MORGAN

Pine Bluff Arsenal Child & Youth Services are excited to announce that they are continuing their partnership with The White Hall Soccer Association for the 2024 Spring Soccer Season! The cost per child is \$55.00. Eligibilities to participate include children ages 3 to 18 and parent/guardian must be an employee of the Pine Bluff Arsenal, NCTR, or active military and registered with Child & Youth Services. There is also volunteer coaching opportunities for fee reduction. Child & Youth Services will provide a uniform and a soccer ball. We are excited to see what the upcoming season has in store.

Practices start in February and games will be held in the months of March-April.

If you have any questions about the soccer program, please do not hesitate to call or email:

Cassandra Thornton, Fitness Specialist-870-540-2972/
cassandra.j.thornton.naf@army.mil

Tina Wolhoy, Administrative Support Assistant-870-540-3088/
tina.m.wolhoy.naf@army.mil



Assistant Chief Jerry West, Assistant Chief David Weiss, Firefighter Matthew Kimzey, Deputy Chief Allen Wade and Captain Rotton, all with Pine Bluff Arsenal's Fire Department, Directorate of Emergency Services, were recently recognized by the National Registry of Emergency Medical Technicians for achieving 20 or more consecutive years of EMS Certification. Kimzey was certified in 1994 (30 years) as part of his MOS as a Army Combat Medic; West, Weiss and Rotton were certified in 2002 (22 years); and Wade was certified in 2003 (21 years). All began their careers here at PBA. To maintain their status as Nationally Registered EMTs, they have to complete on a biennial basis a comprehensive recertification program for EMS professionals in America. By maintaining their National EMS Certifications and completing regular continuing education courses, they have demonstrated their commitment to providing exceptional pre-hospital emergency medical care. U.S. ARMY PHOTO BY RACHEL SELBY

Cabin in the Pines

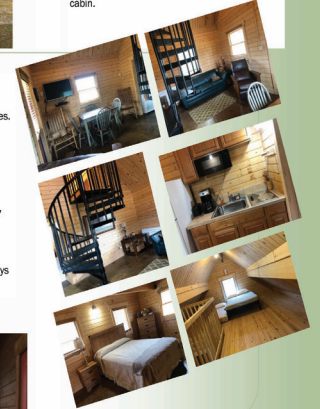


PBA Recreational Lodging Cabin in the Pines



Situated on Tulley Lake, PBA's Cabin in the Pines is the perfect spot for a get-away. Come enjoy the peace and the beauty that can be found on the Pine Bluff Arsenal while staying cozy in a wood cabin.

- Kitchenette with full size refrigerator and freezer, stove, microwave, coffee pot and dishes.
- Full bathroom with hot water.
- A/C and heat.
- Satellite TV Service
- Queen size bedroom, upper loft, and pull out sofa for sleeping.
- \$75 / night!
- Extended Stay available! (30 days or more). Call for details.



Recreational Lodging Office:
(870) 540-3008

Pine Bluff Arsenal Recreation Services
16310 Fleming Drive
White Hall, AR 71602
(870) 540-3778

Cool Breezes / call 540-3777

Salads

Start off with chopped iceberg lettuce or our Spring Mix of baby lettuces. Add in some diced tomatoes, shredded cheese, carrots, eggs, bacon bits, diced cucumbers, sliced red onion, and pepperoncini peppers.

Garden Salad (No Meat)	\$4.50
Chef Salad (Ham or Turkey)	\$6.00
Chicken Strip Salad (Crispy or Grilled)	\$7.50
Philly Steak Salad (Philly Meat)	\$8.50

All salads are served with crackers, croutons, and one dressing: Ranch, Thousand Island, Balsamic Vinaigrette, or Lite Italian.

Additional Dressing \$0.50

Appetizers/Starters

Frito Pie	\$3.75
Nachos	\$3.50
Fried Mozzarella Sticks (6 pc)	\$3.25
Mac n Jap Bites (6 pc)	\$3.25

Extras

Bacon (2 slices)	\$1.75
Nacho Cheese	\$1.00
Chili	\$1.00
Slice Cheese	\$0.50

Treats

Ice Cream Bowl	\$2.25
Slushies (12 fl. Oz.)	\$1.50
Candy Bars	\$1.25
Chips	\$0.75
Breakfast Snacks	\$1.25

Check out our Breakfast menu

Quarter Pound Burgers

Hamburger	\$4.25
Combo (with fries)	\$6.25
Cheeseburger	\$4.50
Combo (with fries)	\$6.50
Double Cheeseburger	\$6.25
Combo (with fries)	\$8.25

Comes with lettuce, tomato, onions, pickles and your choice of American or Swiss Cheese

Other Sandwiches

Country Fried Steak Sandwich (with fries)	\$5.25 / \$7.25
Philly Cheesesteak (with fries)	\$6.50 / \$8.50
Polish (with fries)	\$3.50 / \$5.50
Hot Ham & Cheese Combo (with fries)	\$4.25 / \$6.25
Grilled Cheese Combo (with fries)	\$2.50 / \$4.50
Cold Cut (Ham, Turkey) Combo (with fries)	\$6.50 / \$8.50

6 slices of meat, 2 strips of bacon, lettuce, tomato and cheese.

Don't forget about making any sandwich a wrap. It is the same as the menu price!

Sides

Seasoned Potato Wedges (JoJo's)	\$2.25
Steak Fries	\$2.25
Tater Tots	\$2.25
Fried Okra	\$2.25
Corn Nuggets	\$2.50
Onion Rings	\$2.50

*** Ask about our DAILY specials ***

Chicken

Chicken Strips (3)	\$5.85
Combo (with fries)	\$7.85
Crispy Chicken Sandwich	\$5.25
Combo (with fries)	\$7.25

Comes with 1 dipping sauce per order, Buffalo, Ranch, Honey Mustard, or BBQ
Extra sauce is \$0.50 each

Bottled Drinks

Lemonade/Arizona Teas	\$1.60
Propel Water	\$1.60
Can Sodas	\$1.50
Monsters	\$3.25
Juices	\$2.00

Fountain Drinks

Including Cool Breeze's daily fresh brewed sweet and unsweet tea

20 fl. Oz. Cup	\$2.00
32 fl. Oz. Cup	\$3.00

Cup of Ice	20 oz	\$0.50
	32 oz	\$0.75



Bacon Cheeseburger

Snow 2024



Photo above, Pine Bluff Arsenal Commander Col. Collin K. Keenan gets pointers from some of the Directorate of Public Works crew on how to operate the tractor during the recent snow storms.

Photo left, Pine Bluff Arsenal Deputy to the Commander Roch Byrne braved the frigid temperatures to lend support as Directorate of Public Works crews works to clear roads and parking lots after the storm.

Photo right, Robert Morrison with Pine Bluff Arsenal's Directorate of Public Works uses a salt spreaders to clear a driveway near the Arsenal's Health Clinic. The storms, which began as a tornadic storm Friday, Jan. 12, and ended with ice and snow beginning Sunday, Jan 14, left about two to four inches of wintery precipitation on the roads around Jefferson County.

U.S. ARMY PHOTOS BY HUGH MORGAN

STAY SAFE ON THE ROAD THIS WINTER

- SLOW DOWN**
Leave early. Add cushion to your normal drive.
- SKID SMARTS**
Learn how to handle your car BEFORE you go into a skid.
- BE PREPARED**
Road delays happen. Put together & carry a road trip safety kit.
- SKID 101**
Winter driving classes are a great idea.
- HAVE PATIENCE**
Be willing to wait for better road conditions.
- SHOULDER SAFETY**
If you pull over, get as far on the shoulder as possible, turn off headlights & turn on hazards.
- DON'T CRUISE CONTROL**
Your tires may spin too fast on slick roads, causing you to lose control.
- PASSING PRECAUTION**
Allow lots more distance for passing - or just don't pass.
- KEEP YOUR (STOPPING) DISTANCE**
It can take 10 times longer or more to stop on ice.
- BE SEEN**
Turn on your low-beam headlights even during the day.
- YOU'RE IN LES SCHWARZ COUNTRY**





U.S. Army Joint Munitions Command Sgt. Maj. Christopher Reeves administered the Oath of Office to Juliana Cox, contract specialist, during a visit to Radford Army Ammunition Plant Jan. 9. Reeves had the opportunity during his visit to visit some of the propellant production areas, and also presented awards to several Radford staff members. U.S. ARMY PHOTO by RFAAP

DPW Spotlight



Brad Dobbins, Utilities Operator Leader, with Pine Bluff Arsenal's Directorate of Public Works, has a little fun with an icicle from the edge of a production area roof, while valving off a water leak due to the recent winter storm. U.S. ARMY PHOTO-DPW

NATIONAL STALKING AWARENESS MONTH

2024

KNOW IT NAME IT STOP IT

UNDERSTANDING STALKING

ARE YOU BEING STALKED?

Stalking is a series of actions that make you feel afraid, distressed or in danger.

Stalking is serious, often violent, and can escalate over time.

Are you...


- Always looking over your shoulder?
- Confused about how someone always seems to know where you are?
- Unsure when that person will show up again?
- Nervous about checking your e-mail or phone because it might be him/her/them again?
- Scared of what that person might do next?

You may be a victim of stalking.

“Going to work, attending your kids activities, going out for the evening... these things seem routine. For me, they’re terrifying because I never know what he will do or when he will show up.”

– Stalking Survivor

Stalking victims often feel scared, angry, annoyed, isolated and/or confused.



WHO ARE STALKERS?


Most stalkers target people they know.

Many stalkers commit this crime against people who they've dated/been romantically involved with. Stalkers may also be acquaintances, family members and/or strangers.

Nearly 1 in 3 women and 1 in 6 men will be stalked in their lifetimes.

While most stalking victims are female and the majority of perpetrators are male, anyone can be a victim or perpetrator of stalking.


Stalking is a crime in all 50 states, the District of Columbia and U.S. territories.



WHAT DO STALKERS DO?

Most stalkers use multiple tactics to scare their victims. These behaviors may include (but are not limited to):

- **Unwanted contact** through repeated calls (including hang-ups), texts, e-mails or messages.
- **Following you.**
- Sending **unwanted gifts** or letters.
- **Tracking you** using technology (like GPS, apps or hidden cameras)
- **Showing up or waiting for you** at your home, work or school.
- **Damaging your property.**
- **Spreading rumors** about you – in person or online.
- **Posting or sharing or threatening** to post or share intimate photographs of you.
- **Harassing your co-workers, family or friends.**



- **Gathering information** about you by using the internet or going through your trash.
- **Hacking your accounts**, changing your passwords or impersonating you online.
- **Threatening** to hurt you or those close to you – family, friends, pets.
- Other actions that **control, track, or frighten you.**

The stalking is not your fault and you cannot control the stalker's behaviors.

WHAT CAN YOU DO TO BE SAFE?

It can be helpful to think of strategies to help keep yourself and loved ones safe. You may want to:

- Call **9-1-1** if you're in imminent danger or have been threatened.
- **Trust your instincts.** If you think that you're in danger, you probably are.
- Connect with a **local victim service provider** who can help you explore options and make a detailed safety plan. Not sure where to go? Call the hotlines listed under "Resources."

The stalking is not your fault and you cannot control the stalker's behaviors.

- **Document** everything that happens – keep a record or log. See stalkingawareness.org/what-to-do-if-you-are-being-stalked/ for a sample log.
- Tell people you trust about the situation. See if your school, workplace, or building security can help with your safety plans.
- Consider getting a **court order** to keep the stalker away from you. Contact your local domestic violence/sexual assault agency or family court for more information.
- Learn more **safety strategies** at stalkingawareness.org.

RESOURCES

Services Provider
Line 2 if needed
Phone Number
Website

If you do not know how to reach your local service provider, or for additional assistance, you can contact the following hotlines:

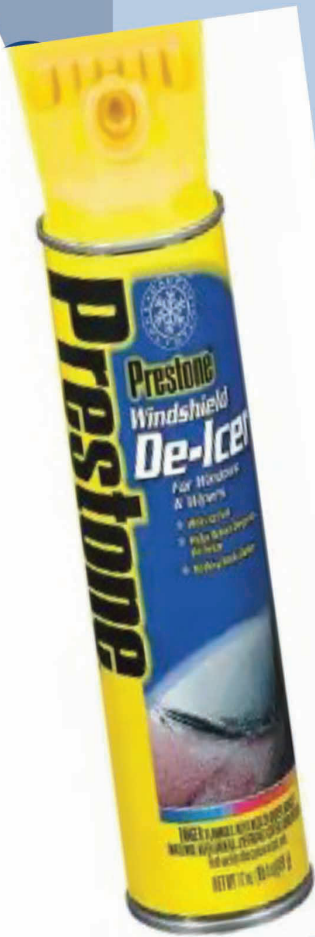
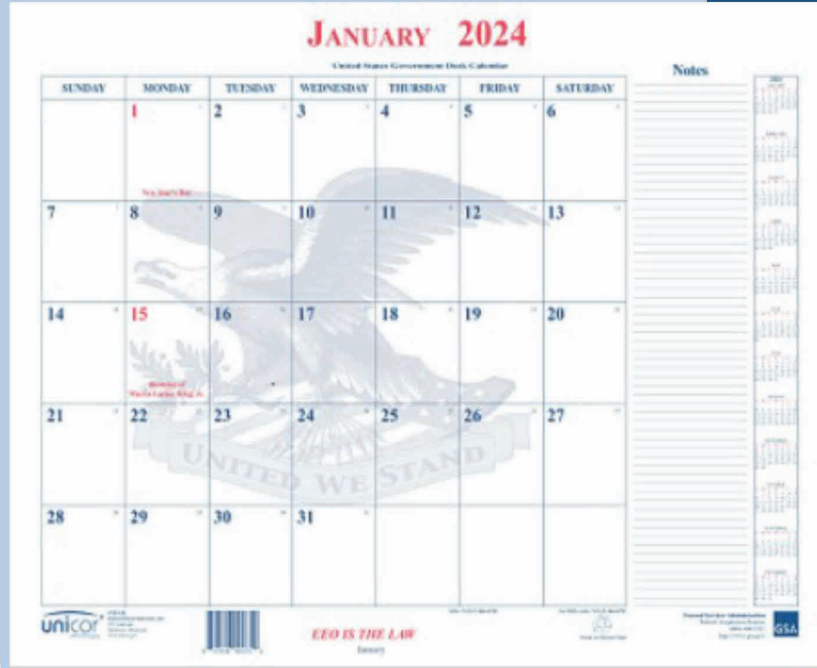
Victim Connect
VictimConnect.org
855-484-2846

National Sexual Assault Hotline
RAINN.org
800-656-4673

National Domestic Violence Hotline
thehotline.org
800-799-7233

SPARC
Learn more at StalkingAwareness.org

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GET IT NOW!

The GSA store carries the supplies you need. Stop by building 23-330 or call 540-3416/17 today!

