



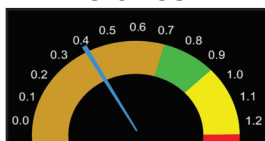
Vol. 5, Issue 9

September 26, 2024



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

PBA Safety Glance



**Safety Element for
fiscal year 2024**

**Lost Day Case Rate: 0.39
Award Goal: 0.95**

*Lost time injuries for fiscal year 2024 is two. There is zero one time injuries for September 2024.

*Recordable injuries for fiscal year 2024 is nine. Recordable injuries is one for September 2024.

*Pine Bluff Arsenal days without a lost time injury is 124.

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

*Estimated hours worked without a lost time injury: 328,526.



Never Forget

Honoring and remembering our military and first responders



NEVER FORGET

The White Hall Fire Department displays an American flag on Dollarway Road Sept. 11 to honor and remember those we lost on 9-11 and since that time.
U.S. ARMY PHOTO BY HUGH MORGAN



Photo left, Pine Bluff Arsenal Commander Col. Collin K. Keenan speaks at a ceremony at Pine Bluff City Hall in remembrance of 9-11 Sept. 11. Photo above, Radford Army Ammunition Plant commander Lt. Col. Adrien G. Humphreys stands with community first responders against a backdrop of American flags during a 9-11 ceremony in Radford, Va. U.S. ARMY PHOTOS BY HUGH MORGAN AND RFAPP

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

The Fall Season

The wind whisks its soft breeze as the vibrant foliage falls to the ground. Do you know what I'm talking about? Yes, it's the fall season and one of my favorite times of year. Many studies suggest cold weather is really good for you!

It stimulates the brain, helps you sleep better, and even burns more calories. Fall is a season in which we harvest our crops prior to the first frost of the year. It is also a time in which more than a few footballs are tossed across brightly lit stadiums throughout our great nation!

The season offers opportunities to pull out our favorite hoodie, brew a fresh cup of coffee, and take in all the wonders nature has to offer.

In Arkansas, it also marks the beginning of a new hunting season and stories of adventure from the state's exceptionally knowledgeable hunters.

Autumn offers a time for renewing our minds and adding fresh perspectives to our busy lives. Getting outside and enjoying the fresh air is a natural way of raising oxygen levels in your brain. Here are a few tips for enjoying the season to its fullest.

• Spending time in nature

The cooler temperatures and beautiful foliage of fall encourage people to spend time outdoors, which can improve mood and well-being. Being in nature can also help clear your mind and improve your sense of purpose.

• Exercise

Fall activities like apple picking, pumpkin picking, and raking leaves can get you outdoors and burn calories.

• Socializing

Fall activities can be done with others, allowing you to spend quality time with family and friends.

• Seasonal fruits and vegetables

These can add color to your meals and improve your mood.

• Fall spices

Spices like ginger, cinnamon, and nutmeg can improve your overall health.

• Fall weather

The crisp, clear air of fall can help clear your head and



Col. Collin K. Keenan

reduce brain fog.

• Self-care activities

You can try keeping a gratitude journal, reading by the fireplace, or relaxing at home with a cozy blanket and a good book.

• Giving back

You can volunteer at a soup kitchen, donate clothes to a thrift store, or offer to help a friend in need.

• Hunting

You can join a few of your closest friends and plan a trip to a favorite spot in the woods or lake and test your ability to bring home the biggest prize.

• Attend a game

This is my favorite! You can travel to a stadium you've never been to, root for the home team, and make new friends amongst the thousands in attendance.

• Make your selections for "Colonels Picks"

I look forward to handing out prizes to our most knowledgeable football enthusiasts!

Life is an amazing journey that we must make the most of it daily. During the autumn season, I challenge all PBA employees to accomplish three personal accomplishments during this season:

1. Map out your goals

– Fall offers fresh opportunities to determine your goals, why they are important, and the specific steps required to achieve success.

2. Make time for activities you value

– Set aside time for the things you value like gathering with family, spending time with friends, reading a new book, or trying a new fitness activity.

3. Get outside

– Simply getting outside and enjoying

the fresh air naturally releases more serotonin, a neurotransmitter that promotes happiness. Could you use a boost of happiness in your life? Who would answer no to this question?

Thank you for all you do at PBA. This is the best assignment that I could ever ask for and it is an incredible honor to work with and get to know each of you!

Be All You Can Be!

41st Commander PBA

Hails and Farewells

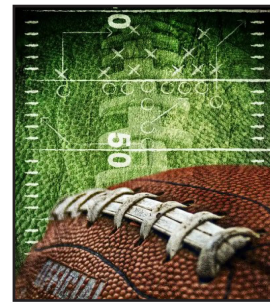
Ralph E. Carter, Jr., Utility Systems Operator, has joined the Directorate of Public Works.



Colonel's Picks

September's Winner is...

Brett Harris



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

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Colonel's Picks

Oct. 13



Washington
Commanders
Score:

VS



Baltimore
Ravens
Score:

Oct. 13



Los Angeles
Chargers
Score:

VS



Denver
Broncos
Score:

Oct. 20



Detroit
Lions
Score:

VS



Minnesota
Vikings
Score:

Oct. 19



UAPB
Golden Lions
Score:

VS



Grambling
State
Score:

TIEBREAKER

Oct. 19



Arkansas
Razorbacks
Score:

VS



LSU
Tigers
Score:

*Pick the winner of each game. Circle your pick.

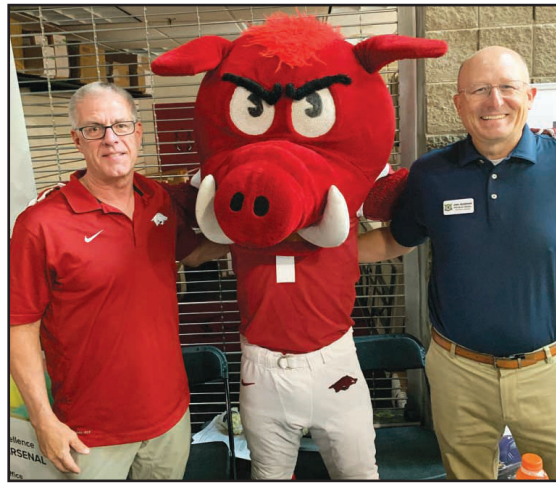
*Put final scores for each team for each game. **Put your name/email and contact number on the sheet!**

*Submit your winners by **Oct. 8 by 4 p.m.** to the Commander's Office in Bldg. 10-020. There will be a box for you to place your sheets. Or email your sheet to April Harris (april.m.harris41.civ@army.mil) or Tina Cranford (tina.p.cranford.civ@army.mil).

*Tie breaker –

Score of Arkansas Razorbacks and LSU game - Oct. 19

Winner will be printed in the October Arsenal Sentinel on Oct. 31.



Pine Bluff Arsenal's Deputy to the Commander Roch Byrne and Director of Chemical and Biological Defense Operations John Burkhead pose with the Razorback mascot during a Business and STEM Career Fair at the University of Arkansas at Fayetteville Sept. 10-11.

U.S. ARMY PHOTO

**Pine Bluff Arsenal
Army Community Service
October 2024**

Domestic Violence
AWARENESS MONTH

Domestic Violence Proclamation Signing/Cake-cutting Ceremony—Monday, 1 October 1330

PBA Family Advocacy Program recognizes October as Domestic Violence Awareness Month. The awareness month will kick-off with a proclamation signing and cake-cutting ceremony at Cressy Auditorium to commemorate the event. Open to all!

Safe Sleep Campaign

In October, the Safe Sleep Campaign occurs to provide awareness to parents/caregivers on the importance of placing children on their backs to sleep, reducing the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths.

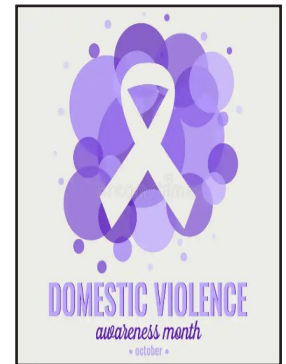
Thriving Families Lunch & Learn Series

In October, the Safe Sleep Campaign occurs to provide awareness to parents/caregivers on the importance of placing children on their backs to sleep, reducing the risk of sudden infant death syndrome (SIDS) and other sleep-related infant deaths.

Purple Up Thursday

In support of Domestic Violence Awareness Month, wear Purple for Purple Up Day. A group photo will be taken in front of the Administration Building.

**Pine Bluff Arsenal
Army Community Service
870-540-3588 / 870-540-3151**



**OCTOBER is *Domestic Violence*
AWARENESS MONTH**

“UNITED AGAINST DOMESTIC VIOLENCE”

FACTS

- More than 1 in 3 women and at least 1 in 3 men experience some form of physical violence by an intimate partner.
- 1 in 7 women and 1 in 25 men have been injured by an intimate partner.
- 1 in 10 women have been raped by an intimate partner.

There are two ways to report domestic violence:

- Restricted reporting- private and confidential reporting
- Unrestricted reporting - An official investigation when an incident occurs

We all deserve loving relationships free of abuse and violence. If you or someone you know is a victim of domestic violence, there are resources:

- **PBA Victim Advocacy Hotline** - (870) 550-1436
- **National Domestic Violence Hotline** - (800) 799-7233 or live chat with an advocate at thehotline.org

**Pine Bluff Arsenal
Army Community Service
(870) 540-3588**

Brown joins PBA as Ops/Business Development Chief

By Rachel Selby

Jason Brown has joined Pine Bluff Arsenal's Directorate of Business Operations and Planning as the Operations and Business Development Chief – S3 Office. He has been here at PBA since August, and steps into the position vacated by Arey Surratt, who was promoted to director of PBA's Engineering and Technology Directorate.

"I just retired from the U.S. Army officially in April, with 21 years of service. I originally started out as a mechanic and became an officer. I retired as a lieutenant colonel," said Brown, who said one of his favorite places he was stationed was Hawaii. "I lived there for about three years."

Brown said since he is so new in the position he is kind of learning with another new person in the directorate, Clay Ferrell. Ferrell, who used to work for the Directorate of Chemical and Biological Defense Operations, is a business development manager with BOP.

"We are trying to expand on our current catalog and increase our reach with public-private partnerships."

"We are learning together," he said. "Since he has been here at PBA in other positions, he has helped me figure out who all the different POCs are I need to be in touch with. He knows who to call."

The focus of his role in BOP is to get more emphasis on the Arsenal's mission and increasing our workload. "We are trying to expand on our current catalog and increase our reach with public-private partnerships," said Brown

A native of Arkansas, Brown was born in Stuttgart and grew up in Clarendon. He currently resides in Cabot.

Brown said right now he is working on laying down more



Jason Brown

exact processes for what his office does for the Arsenal.

"My job is to meet with the various project managers and work the Arsenal's business side. We are going to Edge-wood soon to meet some of the chemical and biological project managers. There are a lot of areas outside the Arsenal where we could potentially bring in business," he said. "We are trying to consolidate those processes, so my office is the central point. We would be the entry point for the business side and be the face of the Arsenal."

Justin Lieber, the director of Business Operations and Planning said Brown is 'uniquely qualified to hit the ground running' in his new position.

"His extensive background in the Army and as a logistician at Army Sustainment Command, which is a major subordinate command under Army Materiel Command, aligns closely with our mission," he said.

"His expertise and strategic insight make him an ideal fit for this position and promises to bring valuable advancements to our operations and business development efforts."

DPW Spotlight



Personnel from Pine Bluff Arsenal's Directorate of Public Works, Roads and Grounds and Pipe Shop work on a sewer line project on the installation. U.S. ARMY PHOTOS BY DPW

Keith Stanley with Pine Bluff Arsenal's Directorate of Public Works, gives a thumbs up as he is driving the tractor with a straw blower at a sewer line project on the installation.



WE CAN CHANGE THE CULTURE TOGETHER

Speak Up If You Witness Harmful Behavior

This Is Our Army.
Safe Helpline: 877-995-5247



EAP Corner

Life is a movie, film drug free

Courtesy of Pine Bluff Arsenal's Army Substance Abuse Program and Employee Assistance Program Office

Red Ribbon Week is celebrated annually October 23-31. The week highlights the importance of living a drug-free life, and this year's theme is "Life is a Movie, Film Drug Free".

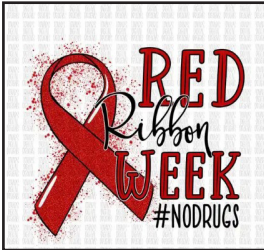
Hollywood's portrayal of drug use has a complex history, often switching between realistic depictions and glamorization. Though some films depict it realistically and strive for authenticity, there is still media out there promoting unrealistic drug use and relationships.

This glamorization has long-lasting effects on society and demonstrates the influence of Hollywood on humans. Normalization of drugs in pop culture leads to societal acceptance and potential consequences on individuals' health.

Pop culture consists of ideologies representing some of the most harmful behaviors in society. These representations have real-life impacts and provide standards for social cues, social norms and examples of behavior deemed "culturally appropriate".

Our society often looks to popular culture to learn how to behave, look, and dress. People no longer see substance use as problematic as it is, since it's normalized in pop culture and movies. From this normalization, it becomes more common for people to experiment with drugs.

We know intense drug and alcohol usage is extremely damaging to someone's health. Drugs and unmedicated substances severely affect brain development but are also likely to contribute to a rabbit hole of addiction. Celebrities who abuse drugs tend to be viewed as role models with glamorous lives despite their habits, yet there is often stigma associated with regular people who struggle with addiction. Addicts are people and so are celebrities (Luca Hinesman, November



2023).

Drugs and alcohol are multi-billion-dollar industries, some operating out in the open, and some less so. No product on Earth gets to be that big just because it tastes good or makes you feel good. Drugs and alcohol have marketing behind them, and the trouble is, we don't always realize we're being marketed to in the first place.

Sure, there are funny ads for beer during sporting events on television, and we've come a long way since tobacco companies were banned from marketing to children. What about the "free advertising" that drugs and alcohol get in movies and television? Let's talk about some of the ways this can happen, and how to spot it.

Famous people are often celebrated for abusing substances

We must be careful as a culture not to glorify or romanticize the destructive tendencies famous people have. Separating the art from the artist is a difficult task, especially when someone's work is directly tied to their substance abuse. For example, legendary author Ernest Hemingway is still lauded today for setting the example of a hard partying "man's man," but if he'd had better access to support for his substance abuse and mental health issues, he may have lived longer than he did.

For others like Chris Farley, who spent a considerable amount of time under the influence of hard drugs, it ultimately led to his passing. Today, Farley is remembered for his explosive comedic prowess, but it's hard to separate from the substance abuse that's

NAME _____

OFFSYM _____

LIFE IS A MOVIE, FILM DRUG FREE

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

MOVIE
RIBBON
ADDICTION
LIFE
NORMALIZE

DRUG
RED
UNREALISTIC
GLAMOROUS

ALCOHOL
FREE
TELEVISION
FILM

highly evident in some of his performances and led to his early death.

Fictional characters portray substance abuse as "cool" or "funny"

When it comes to what we see in movies and television, people often take a "what's the harm if it's fiction?" type of viewpoint. This leads to entertainment depicting substance abuse with an air of celebration glamour. For example, while the protagonists eventually fell off their perch in the movie Scarface, it doesn't happen until hours of glorifying drug use and drug trafficking have passed.

Underage substance abuse is rampant in the United States and may be a risk factor for substance use disorders down the road, but that doesn't stop films like Superbad and American Pie from depicting them as being what "cool" people do.

In shows like Mad Men, Don Draper and his colleagues are almost always pictured with a drink in their hand, even during their time

in the office. Accurate to the times, perhaps, but not sensitive to the fact it is normalizing high-risk behavior (Extra Mile Recovery, 2022).

We've heard it since we were kids: Don't believe everything you see on television. This is especially true when it comes to substance abuse, but

some people believe what they see on television.

Always remember, the ASAP/EAP staff is here to support and help you on your journey. We are in Building 13-040, can be reached at 870-540-3094. The Careline number is 870-550-2653. We are here when you need us.

RED RIBBON WEEK 2024

OCTOBER 28-31

"LIFE IS A MOVIE. FILM DRUG FREE"

MONDAY

"READY FOR RED RIBBON WEEK"

WEAR YOUR ASAP/EAP PROVIDED RED RIBBON

TUESDAY

"TEAM UP AGAINST DRUGS"

WEAR YOUR FAVORITE TEAM'S PARAPHERNALIA

WEDNESDAY

"DRUGS ARE A TRICK NOT A TREAT"

WEAR SOMETHING HALLOWEEN THEMED

THURSDAY

"CAMO UP, RED RIBBON STRONG: MARCH AGAINST DRUGS"

PARTICIPATE IN THE FIRST RED RIBBON WALK AROUND THE WHITEHOUSE AND THE DRUG TAKEBACK EVENT 11:30-12:30

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

EAP

Health Clinic Corner

Learning about tick-borne disease

By Maj. Patrick T DePriest, PA-C, MPH

Millions of people enjoy the great outdoors each year, whether hiking, camping, or spending time in their backyards.

However, these activities come with the risk of tick-borne diseases like Lyme Disease and Rocky Mountain Spotted Fever.

With the effects of climate change extending tick habitats and increasing their active season, the risks of catching one of these diseases are increasing. Fortunately, with the right precautions, these risks can be significantly reduced.

Understanding tick-borne diseases

Ticks are small, parasitic arachnids that feed on the blood of humans and other animals. While most tick bites are harmless, some ticks carry bacteria, viruses, or parasites that can cause severe illnesses.

Though there are multiple tick-borne diseases, they all typically include two or more of the following symptoms: fever, fatigue, headache, and a rash. Early detection and treatment are crucial to prevent complications.

Tick identification

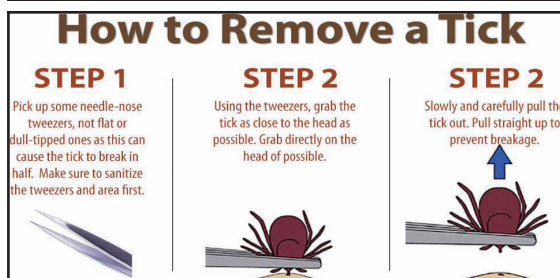
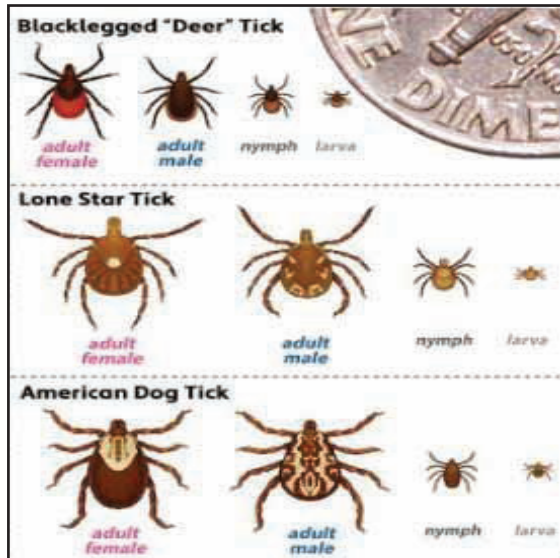
Identifying ticks can be challenging due to their small size and varying appearances. However, recognizing different types of ticks is essential for understanding the risks.

- **Deer Tick (Black-legged Tick):** Associated with Lyme Disease, these ticks were usually found in the Northeast and upper Midwest. They can now be found in and around Arkansas. Adult deer ticks are about the size of a sesame seed, with a dark brown to black body.

- **Lone Star Tick:** Traditionally found mainly in the southeastern U.S., this tick is now also found in Arkansas and surrounding states.

It has a distinctive white "star" on the back of adult females. They are known for transmitting several diseases, including Ehrlichiosis. Lone Star ticks are larger than deer ticks, with a reddish-brown body.

- **American Dog Tick:** Common in the eastern U.S.



and along the Pacific Coast, these ticks are known for transmitting Rocky Mountain Spotted Fever. They are larger, with a brown body and white or gray markings.

Ticks thrive in grassy, bushy, and wooded areas, often preferring warm, humid climates. They are most active during the spring and summer months, although some species can remain active in mild weather year-round.

Ticks go through different life stages—larva, nymph, and adult—each requiring a blood meal. Nymphs are particularly concerning as they are small (about the size of a poppy seed) and can be harder to spot.

Prevention before exposure

Preparation is key to preventing tick bites. Here are some essential tips:

- **Wear protective clothing:** When in areas where ticks are common, wear long-sleeved shirts, long pants, and closed-toe shoes. Tucking your pants into your socks can reduce the chances of ticks reaching your skin.

- **Use tick repellants:** Apply an insect repellent containing 20-30 percent DEET on exposed skin and clothing. For additional protection, treat your clothes, shoes, and gear with permethrin.

- **Stay on marked trails:** Ticks are found in grassy, bushy, or wooded areas. Stay on trails and avoid brushing against vegetation to reduce your risk.

- **Shower after outdoor activities:** Showering within two hours of being outdoors can help remove ticks before they attach and reduce your risk of exposure.

Final thoughts

Enjoying the outdoors doesn't have to come at the cost of your health. By taking proactive steps to protect yourself from ticks, you can significantly reduce your risk while still enjoying nature.

As climate change continues to expand the range of ticks and the diseases they carry, a little preparation goes a long way in keeping you safe and healthy during your outdoor adventures.

Voting Residence

Uniformed Service Members and Their Eligible Family Members

Wherever U.S. citizens go, FVAP ensures their voices are heard.

The Federal Voting Assistance Program (FVAP) works to ensure Service members, their eligible family members and overseas citizens are aware of their right to vote and have the tools and resources to successfully do so - from anywhere in the world.

Maintain current contact info.

Your election office needs your current contact information to reach you come election time. The most efficient way is to complete a Federal Post Card Application (FPCA) annually, with every change of address and at least 90 days prior to the election you want to vote in. That way your election office knows you want to register in that state, how to reach you, and most importantly, where to send your ballot!

What is a voting residence and why is it important?

Your voting residence is within your state of legal residence or domicile. It is the true, fixed address that you consider your permanent home and where you had a physical presence. Your state of legal residence is used for state income tax purposes, and determines eligibility to vote for federal and state elections and qualification for in-state tuition rates.

State of legal residence and voting residence is sometimes mistaken for home of record. While your voting residence may be the same as your home of record at the beginning of your military career, if you change your legal residence or domicile at any point you also need to update your voting residence.

To claim a new legal residence or domicile, consult your legal counsel or military legal assistance office, as there may be other factors to consider, such as tax implications.

Military Service Members

You may only have one legal voting residence at a time.

Your voting residence should be within the state listed on your Leave and Earnings Statement which defines your state for withholding state taxes.

Voting residence is often confused with home of record. Your home of record is the place you lived when you entered the military and should not change while you are on active duty. Your voting residence may be the same as your home of record but needs to be updated if and when you decide to establish a new state of legal residence.

Your state of legal residence is not automatically changed when you are assigned to a new duty location. It may be changed with your approval by submitting the appropriate paperwork to your finance officer. However, you should first consult legal counsel.

You have the option to establish residency or domicile each time you are transferred to a new location. Once you change your residence or domicile, you may not revert to a previous residence without re-establishing a new physical presence according to residency laws of that state.

You can't vote in person at embassies, consulates, or military installations. The online assistant at FVAPgov or your Voting Assistance Officer can help you complete the necessary absentee voting forms found at FVAPgov and provide additional information.

Spouses and Eligible Family Members

The amendment made on Dec. 31, 2018 to the Military Spouse Residency Relief Act (MSRRA) allows you to retain the same residence or domicile that your Service member has established, even if you have not physically been present at that address. If you choose, you may instead elect to retain your established residency or domicile (if different from your sponsor).

MSRRA still does not permit you to choose any state; you or your service member must have established residency in a state. Ways to do this may include voting, paying taxes, owning property, holding a driver's license, and registering a vehicle. Residency requirements vary by state. Please consult legal counsel to discuss tax implications and other effects of MSRRA. As a military spouse, you can:

- 1) Retain your sponsor's or Service member's residency or domicile.
- 2) Keep your current, established residency or domicile.
- 3) Take the appropriate steps to establish a new residency or domicile.

Some children turn 18 while their family is stationed overseas. To vote, they should use the last U.S. address they had before departing to the current duty station.

Monday-Friday 7:30 a.m. to 4 p.m. ET | Go to FVAP.gov and click on "contact" to find where to send your election materials. Media inquiries: media@fvap.gov

VISIT FVAP.gov

CALL 800-438-VOTE (8683) DSN: 425-1584

EMAIL vote@fvap.gov

CONNECT WITH US

[Facebook](https://www.facebook.com/FVAPgov) [Instagram](https://www.instagram.com/FVAPgov) [LinkedIn](https://www.linkedin.com/company/FVAPgov)

The Army Voting Assistance Program 2024 Presidential Election Voting Assistance Officer is Brandon Harris. Harris can be contacted at 870-540-4007.



Suicide Awareness Walk 2024

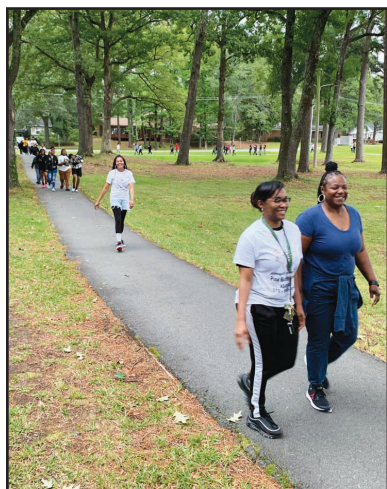


Photo above, participants gather for the Suicide Awareness Walk at JPMC's Wellness Center Sept. 14. Photo left, PBA employees Brandi Parks (behind), Tiffany Penister and Laverne Graham participate in the walk, which is a time to reflect on the importance of mental health and raise awareness about suicide prevention. U.S. ARMY PHOTOS BY KEVIN BRADLEY-ASAP/EAP



Photo above, Angela Johnson, Erica Ingram and Steele Kelly from the Camp Robinson Integrated Prevention Team participated in the walk.



Above, participants in the PBA Suicide Awareness Walk. Photo left, Brandi Parks, Kevin Bradley, Courtney Stanton and Paula Smith pose for a photo during the walk. The PBA Army Substance Abuse/Employee Assistance Program office had lots of give aways during the event.



The Jefferson Specialty Hospital in White Hall shared information on available mental health resources during the event.



Jim Walter, Director of Pine Bluff Arsenal's Emergency Services, was recognized recently for his leadership and execution of a recent Quality Evaluation Facility/Chemical Incident or Mishap Response and Assistance exercise by PBA Commander Col. Collin K. Keenan. During the exercise, PBA's adaptation of a dedicated emergency number for immediate entrance gate(s) lock down demonstrated an outstanding application by Walter's directorate, significantly reducing risk of exposure to additional personnel, loss of control of material and traffic obstruction to first responders. Walter continuously provides insightful and impactful contributions to DES operations by working side-by-side with front-line security guards even in undesirable conditions. He has improved employee morale and engagement across his directorate. U.S. ARMY PHOTOS BY HUGH MORGAN



Steve Redman, Director of Pine Bluff Arsenal's Public Works, was recognized for his leadership role as the new Installation Management Command Garrison Manager during the transition period from May 8 to August 8, 2024. He has led PBA to implement a new IDS reporting system, which will help the installation integrate manpower and workload data-driven decision making and resource allocation. In this dual-hatted role, he has participated in countless leadership meetings, providing guidance and clarity to PBA leadership and staff during the IMCOM transition. His efforts to move the installation through these new requirements and challenges continuously deliver results to PBA.

Fire Prevention Week 2024 October 6-12, 2024

History of Fire Prevention Week

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred October 9, 1871. This tragic conflagration killed 300 people, left 100,000 homeless, and destroyed more than 17,000 structures. Ever since its occurrence, the origin of the fire has generated speculation, with fact and fiction becoming blurred over the years.

One popular legend has it that Mrs. Catherine O'Leary was milking her cow when the animal kicked over the lantern, setting the O'Leary's barn on fire, and starting the spectacular blaze. However, the massive fire began; it swiftly took its toll, burning more than 2,000 acres in 27 hours. The City of Chicago quickly rebuilt, however, and within a couple of years, residents began celebrating their successful restoration by memorializing the anniversary of the fire with festivities.

Intending to observe the fire anniversary with a more serious commemoration, the Fire Marshals Association of North America (FMANA), the oldest section of the National Fire Protection Association (NFPA), decided the 40th anniversary of the Great Chicago Fire should be observed not with festivities, but in a way that would keep the public informed about the importance of fire prevention. On October 9, 1911, FMANA sponsored the first National Fire Prevention Day.

In 1920, President Woodrow Wilson issued the first National Fire Prevention Day proclamation. Moreover, every year since 1925, the President of the United States has signed the proclamation pronouncing the Sunday-through-Saturday period in which October 9 falls a national observance. For 70 years, the non-profit NFPA has officially sponsored and selected the theme for the national commemoration of Fire Prevention Week, honoring the anniversary of the Great Chicago Fire and using the events to increase awareness of the dangers of fire.

When President Calvin Coolidge proclaimed the first National Fire Prevention Week, October 4-10, 1925, he noted in the previous year some 15,000 lives were lost to fire in the United States. Calling this loss "startling," President Coolidge's proclamation stated, "This waste results from conditions which justify a sense of shame and horror; for the greater part of it could and ought to be prevented...It is highly desirable that every effort be made to reform the conditions which have made possible so vast a destruction of the national wealth."

According to the National Archives and Records Administration's Library Information Center, Fire Prevention Week is the longest running public health and safety observance on record. Fire Prevention Week 2024 is October 6-12 with the theme "Smoke Alarms: Make Them WORK for You."

Safety tips

- Be aware of your surroundings and look for potential causes of home fires such as candles, unattended cooking on stoves or fryers, older space heaters with little or no safety features, plug in air fresheners, exposed or damaged electrical wires and excessive lint in dryer filters.
- Draw a map of your home with all members of your household, marking two exits from each room and a path to the outside from each exit.
- Practice your home fire drill twice a year. Conduct one at night and one during the day with everyone in your home, and practice using different ways out.
- Teach children how to escape on their own in case you can't help them.

See FIRE Page 9



Pine Bluff Arsenal Commander Col. Collin K. Keenan poses with members of the Arsenal's Fire Department after signing the Fire Prevention Week Proclamation. Fire Prevention Week is Oct. 6-12. U.S. ARMY PHOTO BY HUGH MORGAN

Fire Prevention Week 2024

PBA DES
Presents

"Smoke Alarms: Make Them WORK
for You."

Time:
Oct. 9
11 a.m. to 1 p.m.



Place:
Bldg# 10-050
Fire Station

The Directorate of Emergency Services and Civilian Welfare would like to invite you to join the Arsenal Fire Department in recognizing Fire Prevention Week. Pick-up information and talk with firefighters about how to keep your **workplace and family safe**. Look at the emergency vehicles, firefighting and EMS equipment used to protect the Pine Bluff Arsenal community and have some lunch.

For more information contact
Directorate of Emergency Services
(870) 540-3507

**Smoked Pulled Pork, Coleslaw, Beans, Cake and
Refreshments will be provided**

One-Star Note Awards

Laverne Graham, S1 Office Chief, Directorate of Business Operations and Planning, was presented a One-Star Note from JMC's Brig. Gen. Ronnie Anderson, Jr., by PBA Commander Col. Collin K. Keenan during a recent staff meeting. Graham received the letter because she expertly handled the correction of a payroll issue for an Arsenal employee. U.S. ARMY PHOTO BY HUGH MORGAN



Rachel Selby, Pine Bluff Arsenal Public Affairs Specialist and Sentinel Editor, was presented a One-Star Note from JMC's Brig. Gen. Ronnie Anderson, Jr., by PBA Commander Col. Collin K. Keenan during a recent staff meeting. Selby received the note for a story she wrote about the recent Operation Patriot Press activities at the Arsenal. U.S. ARMY PHOTO BY HUGH MORGAN

Army Achievement Medal



Benito J. Gallardo was presented a Department of the Army Achievement Medal for Civilian Service recently by Pine Bluff Arsenal Commander Col. Collin K. Keenan. Gallardo is recognized by his outstanding professionalism during his time at PBA, working as a Quality Assurance Specialist Ammunition Surveillance (QASAS). His commitment to excellence insured the success of the Ammunition Surveillance program. He served as a member of the Ammunition Surveillance team, whose duty is to perform a variety of specialized inspections pertaining to production, storage and transportation of ammunition assets produced and stored at the Arsenal. Gallardo is a self-starter and has shown his willingness to step up to take on new tasks and complete them exceptionally, meeting all Ammunition Surveillance standards. U.S. ARMY PHOTO BY HUGH MORGAN

AEDC visit



Allen Huff with Pine Bluff Arsenal's Directorate of Ammunition Operations talks about the M18 Colored Smoke Grenade with individuals from the Arkansas Economic Development Commissions Sept. 4 during a tour. The group also saw a pyrotechnic demonstration and heard an overview about the Arsenal's missions during their visit. U.S. ARMY PHOTO BY HUGH MORGAN

FIRE from Page 8

- Make sure the number of your home is clearly marked and easy for the Fire Department to find.
- Close doors behind you as you leave – this may slow the spread of smoke, heat, and fire.
- Once you get outside, stay outside. Never go back inside a burning building.

Testing smoke alarms

- Smoke alarms should be maintained according to manufacturer's instructions.
- Test smoke alarms at least once a month using the test button.
- Make sure everyone in the home understands the sound of the smoke alarm and knows how to respond.
- Follow manufacturer's instructions for cleaning to keep smoke alarms working well. The instructions are included in the package or can be found on the internet.
- When replacing a battery, follow manufacturer's list of batteries on the back of the alarm or manufacturer's instructions. Manufacturer's instructions are specific to the batteries (brand and model) that must be used. The smoke alarm may not work properly if a different kind of battery is used.

BE ALL YOU CAN BE.



THE HATCH ACT

Permitted and Prohibited Activities for Federal Employees Subject to Further Restrictions*

Generally, federal employees who are considered "further restricted" are prohibited from taking an active part in partisan political management or partisan political campaigns. Specifically, these employees may not engage in "political activity" on behalf of a political party or partisan political group (collectively referred to as "partisan groups") or candidate in a partisan election. Political activity refers to any activity directed at the success or failure of a partisan group or candidate in a partisan election.

For more information, contact the U.S. Office of Special Counsel at (202) 804-7002 or hatchact@osc.gov.

- May be candidates in non-partisan elections.
- May register and vote as they choose.
- May assist in non-partisan voter registration drives.
- May contribute money to partisan groups and candidates in partisan elections.
- May attend political rallies, meetings, and fundraisers.
- May join partisan groups.
- May sign nominating petitions.
- May participate in campaigns where none of the candidates represent a political party.
- May campaign for or against referendum questions, constitutional amendments, or municipal ordinances.
- May express opinions about political issues.
- May express opinions about partisan groups and candidates in partisan elections while not at work or using official authority.
- May not be candidates in partisan elections.
- May not use official authority to interfere with an election or while engaged in political activity.
- May not invite subordinate employees to political events or otherwise suggest that they engage in political activity.
- May not knowingly solicit or discourage the political activity of any person with business before the agency.
- May not solicit, accept, or receive political contributions (including hosting or inviting others to political fundraisers) unless both persons are members of the same federal labor or employee organization; the person solicited is not a subordinate employee, the solicitation is for a contribution to the organization's political action committee, and the solicitation does not occur while on duty or in the workplace.
- May not engage in political activity while on duty, in the workplace, wearing a uniform or official insignia, or in a government vehicle. For example:
 - May not wear or display partisan materials or items.
 - May not make political contributions.
 - May not use email or social media to engage in political activity.
- May not be active in partisan political management. For example:
 - May not hold office in partisan groups.
 - May not organize or manage political rallies or meetings.
- May not assist in partisan voter registration drives.
- May not be active in partisan political campaigns. For example:
 - May not make campaign speeches or otherwise campaign for or against candidates.
 - May not distribute campaign materials, including via email or social media.
 - May not circulate nominating petitions.

*Further restricted agencies and employees include:

- Election Assistance Commission
- Federal Election Commission
- Office of the Director of National Intelligence
- Central Intelligence Agency
- Defense Intelligence Agency
- National Geospatial Intelligence Agency
- National Security Agency
- National Security Council
- National Security Division (Department of Justice)
- Criminal Division (Department of Justice)
- Federal Bureau of Investigation
- Secret Service
- Office of Criminal Investigation (IRS)
- Office of Investigative Program (Customs Service)
- Office of Law Enforcement (ATF)
- Merit System Protection Board
- U.S. Office of Special Counsel
- Career members of the Senate Executive Service
- Administrative law judges, administrative appeals judges, and constant appeals board members

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Leadership Pine Bluff visit



The Leadership Pine Bluff Class of 2024 visited Pine Bluff Arsenal Sept. 11. The group enjoyed meeting PBA Commander Col. Collin K. Keenan, listened to an overview by Justin Lieber, Directorate of Business Operations and Planning, and toured two production lines in the Directorate of Chemical and Biological Defense Operations area. The group enjoyed lunch at Cool Breeze, the popular lunch spot on the installation. The group, which is part of a program offered by the Pine Bluff Regional Chamber of Commerce since 1982, focuses on leaders in the community who want to make a difference. The class, which is made up of individuals from across the community, meets for nine months during the year, and each session focuses on a different business sector. U.S. ARMY PHOTO BY HUGH MORGAN



10 RULES FOR WORKPLACE SAFETY

- ✓ YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY AND FOR THE SAFETY OF OTHERS.
- ✓ ALL ACCIDENTS ARE PREVENTABLE.
- ✓ DO NOT TAKE SHORCUTS. ALWAYS FOLLOW THE RULES.
- ✓ IF YOU ARE NOT TRAINED, DON'T DO IT.
- ✓ USE THE RIGHT TOOLS AND EQUIPMENT AND USE THEM IN THE RIGHT WAY.
- ✓ ASSESS THE RISK BEFORE YOU APPROACH YOUR WORK.
- ✓ NEVER WEAR LOOSE CLOTHES OR SLIPPERY FOOTWEAR.
- ✓ DO NOT INDULGE IN HORSEPLAY WHILE AT WORK.
- ✓ PRACTICE GOOD HOUSEKEEPING
- ✓ ALWAYS WEAR PPEs.

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