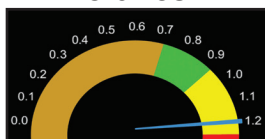




**Pine Bluff
Arsenal
24/7 SHARP
Hotline
870-209-4093**

PBA Safety Glance



**Safety Element for
fiscal year 2025
Lost Day Case Rate: 1.21
Award Goal: 0.95**

***Lost time injuries for fiscal year 2025 are two. There are zero lost time injuries for January 2025.**

***Recordable injuries for fiscal year 2025 are five. Recordable injuries is one for January 2025.**

***Pine Bluff Arsenal days without a lost time injury is 52.**

***Pine Bluff Arsenal days without a recordable injury is 8.**

***Estimated hours worked without a lost time injury: 140,760.**



MLK Celebration

PBA celebrates legacy, honors own with award

By Rachel Selby

Pine Bluff Arsenal's Martin Luther King, Jr. Celebration and Humanitarian Award program was held Jan. 21 at Creasy Auditorium. This was the first in-person MLK celebration and ceremony held since 2019. The recipient of the MLK Humanitarian Award, which was announced via email in early January, was Willie Johnson, an industrial worker with PBA's Directorate of Ammunition Operations.

"I want to take a moment and welcome everyone. This is a bigger turnout than I expected so thank you," said Jesi Feld, PBA's Equal Employment Office Chief. "Thank you for joining us to honor Willie. I'm very excited to bring this award back."

Today's ceremony was being held not only to honor Johnson but to honor the legacy of Dr. King, said Feld.

"Dr. King showed the world how great this nation could be, and how we could heal the wounds from slavery and the Civil War. He used peaceful means to effect change and ended up giving his life for peace and equality," she said. "The lasting result of Dr. King's work became the dismantling of our racial divide, and the healing through love and reconciliation still seen in our society."

PBA Commander Col. Collin K. Keenan said it was

See MLK Page 4



Pine Bluff Arsenal Commander Col. Collin K. Keenan, left, presents the Arsenal's 2025 Dr. Martin Luther King, Jr. Humanitarian Award to Willie Johnson during the installation's MLK Celebration Jan. 21. Outgoing Pine Bluff Mayor Shirley Washington, right, was the guest speaker for the event. U.S. ARMY PHOTOS BY HUGH MORGAN

Johnson described as giver, positive light

By Rachel Selby

Willie Johnson, an industrial worker with Pine Bluff Arsenal's Directorate of Ammunition Operations, was named the recipient of the 2025 Dr. Martin Luther King, Jr. Humanitarian Award. The award was last presented in 2022.

"I'm not a public speaker. It is an honor to be here, and I thank everyone for coming," said Johnson, during the

MLK celebration and ceremony Jan. 21. "As a giver and a person who serves, it comes naturally. I just ask everyone to continue to shine your light so people can see what is in you. Whatever is in you will come out."

In her award nomination offered by Tonda Burnett, also with AO, Johnson is described as the perfect person for this award.

See JOHNSON Page 3



Willie Johnson

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

An American Tradition - The Super Bowl

One of America's most celebrated annual events, the Super Bowl, began 58 years ago on January 15, 1967. In 1967, Pine Bluff Arsenal was getting ready to celebrate its 26th anniversary and employed approximately 1,850 employees. One dollar of salary during that time would equate to \$9.45 in terms of 2025 purchasing power. Fifty-eight years later, the Arsenal readies itself for its 84th anniversary and a \$5,000 salary in 1967 would equate to \$47,229 in 2025. It is safe to say a lot has changed over the years and highlights the importance of maximizing your investments in the Thrift Savings Plan price match program! Now let's talk some football.

The first Super Bowl took place in Los Angeles, Calif., at Los Angeles Coliseum just miles away from the tragic Los Angeles fires of 2025. The name "Super Bowl" was suggested by Kansas City Chiefs owner Lamar Hunt, but the NFL Commissioner Pete Rozelle initially thought the name was too gimmicky.

The Green Bay Packers, led by head coach Vince Lombardi, would go on to defeat the Kansas City Chiefs by a score of 35 to 10 in front of 61,946 fans. Tickets for the first Super Bowl cost an average of \$12 each and this is the only Super Bowl which has not had a sellout attendance. The halftime show was headlined by Al Hirt and featured marching bands from the University of Arizona and Grambling College. Ironically enough, the site of the Super Bowl was not even chosen until six weeks before the game. Super Bowl I is the only Super Bowl to be simulcast over two networks - CBS and NBC.

The game itself was highly competitive in the first half with the Chiefs only trailing the Packers by four points, 14-10. In the end, Green Bay's Quarterback Bart Starr was just too much for the Chiefs, as he completed 16 of 23 passes for 250 yards and two touchdowns. The rest is history as Bart Starr was named the first Super Bowl Most Valuable Player (MVP) and the annual tradition has vastly grown



Col. Collin K. Keenan

since the first showdown in Los Angeles. Just think of a few of the advancements: global audiences, game tickets which currently cost between \$5,000 to \$100,000 each, and halftime performances by stars like Prince, Michael Jackson, Aerosmith, Beyonce and Madonna.

On February 9, 2025, two NFL teams will square off for the opportunity to raise the Vince Lombardi trophy for the 59th time. New Orleans will be live with energy, as an estimated 100,000 people are anticipated to descend upon the Crescent City for the festivities. In fact, my wife and I will be staying less than a mile from the Mercedes Benz Superdome, where we plan to take part in the pageantry of Super Bowl LIX.

On the day of the big game, I hope that most of you participate in at least one of the many known Super Bowl traditions which includes: big parties, watching the halftime concert featuring Kendrick Lamar, feeling the patriotism of the National Anthem performance, partaking in staple foods like buffalo wings and chips and dip, watching the Super Bowl ads which cost companies millions of dollars, and sporting the gameday attire of your favorite teams in front of a large-screen television.

Lastly, don't forget to make your prediction of this year's winner in the Commander's Picks column. You may walk away with huge Arsenal bragging rights which last through next February and Super Bowl LX. I've provided a breakdown of NFL franchise

appearances (below); wins, losses and winning percentages of teams appearing in the title game since 1967. Be safe, enjoy the traditions, and **THANK YOU** for all you do in helping Pine Bluff Arsenal operate in support of the Warfighter for the past 84 years! Remember, PBA has a history that is 26 years deeper than even the Super Bowl!! **Be All You Can Be!**

COL Collin K. Keenan
41st Commander
of Pine Bluff Arsenal

Editor's note: The bracket is provided for fun. No scores will be formally recorded.

Team	Appearances	Wins	Losses	Winning %	Includes Other Cities
Pittsburgh Steelers	8	6	2	75.00%	
New England Patriots	11	6	5	54.55%	
Dallas Cowboys	8	5	3	62.50%	
San Francisco 49ers	8	5	3	62.50%	
Green Bay Packers	5	4	1	80.00%	
New York Giants	5	4	1	80.00%	
Kansas City Chiefs	6	4	2	66.67%	
Washington Commanders	5	3	2	60.00%	
Las Vegas Raiders	5	3	2	60.00%	Los Angeles & Oakland
Denver Broncos	8	3	5	37.50%	
Tampa Bay Buccaneers	2	2	0	100.00%	
Baltimore Ravens	2	2	0	100.00%	
Seattle Seahawks	3	2	1	66.67%	
Indianapolis Colts	4	2	2	50.00%	Baltimore
Los Angeles Rams	5	2	3	40.00%	St Louis
Miami Dolphins	5	2	3	40.00%	
New Orleans Saints	1	1	0	100.00%	
New York Jets	1	1	0	100.00%	
Chicago Bears	2	1	1	50.00%	
Philadelphia Eagles	4	1	3	25.00%	
Minnesota Vikings	4	0	4	0.00%	
Los Angeles Chargers	1	0	1	0.00%	San Diego
Cincinnati Bengals	3	0	3	0.00%	
Carolina Panthers	2	0	2	0.00%	
Buffalo Bills	4	0	4	0.00%	
Atlanta Falcons	2	0	2	0.00%	
Arizona Cardinals	1	0	1	0.00%	
Tennessee Titans	1	0	1	0.00%	Houston
Jacksonville Jaguars	0	0	0	0.00%	
Houston Texans	0	0	0	0.00%	
Detroit Lions	0	0	0	0.00%	
Cleveland Browns	0	0	0	0.00%	

Colonel's Picks

Super Bowl LIX

Feb. 9, 6:30 p.m. EST



Kansas City
Chiefs
Score:



Philadelphia
Eagles
Score:



Correction

In the December issue of the *Arsenal Sentinel*, one of the Christmas Door Decorating displays was incorrectly identified.

In the public vote, second place went to Resource Management-Planning.



Hails and Farewells

Hails

Jarius R. Sanders, Sr., Security Guard, has joined the Directorate of Emergency Services.

James R. Garrett, High Voltage Electrician (MVO), has joined the Directorate of Public Works.

Donald T. Sneed, Electrician, has joined the Directorate of Public Works.

Retirements

Anthony L. Dockett, Chemical Equipment Repairer, has retired from the Directorate of Chemical and Biological Defense Operations. Dockett retires with 21 years of service.

Donna H. Hamilton, Statistical Assistant, has retired from the Directorate of Ammunition Operations. Hamilton retires with 39 years of service.

Scott D. Harper, Environmental Protection Specialist, has retired from the Directorate of Risk Management and Regulatory Affairs. Harper retires with 42 years of service.

Scott W. Robbins, Freight Rate Specialist, has retired from the Directorate of Material Management. Robbins retires with 35 years of service.

DeWayne Steward, Ammunition Plant Supervisor, has retired from the Directorate of Ammunition Operations. Steward retires with 21 years of service.

Retirement

Donna H. Hamilton, a statistical assistant with Pine Bluff Arsenal's Directorate of Ammunition Operations, received her retirement certificate from Samuel Jackson, AO's Chief of Quality Management, during a ceremony in December. Hamilton retires with 39 years of service.

U.S. ARMY PHOTO BY HUGH MORGAN



JOHNSON from Page 1

"She is selfless, compassionate and an all-around kindhearted individual. She shows up to work early and often stays late," the nomination read. "She is there to make you look at every situation in a different light and is always positive and willing to lend a helping hand. She is the person who makes sure her co-workers have what they need – on and off the job."

Sitting down to talk with Johnson about the award, she said she rejoiced about being chosen as the award recipient. "I was so happy to hear I was nominated. It is a very big deal," she said. "I didn't know who nominated me at first. I learned after the fact that it was Tonda."

Talking about who nominated her, Johnson said Tonda told her the selection criteria just fit. "She said she always saw me going above and beyond. She saw the compassion I had for my co-workers in making them feel welcome and appreciated," she said.

Johnson, who has been at PBA for 18 years, said she has always worked in AO. "When I first got here we were considered the newbies, now we are the old school bunch," she said. "I have always been an industrial worker."

As a giver, she said she got the quality from her mom. "Growing up, I saw my mom being a giver and she took care of people," said Johnson. "We didn't have a lot, but whatever we had my mom was willing to share. I saw her doing this, so it just came natural to me too."



Willie Johnson, an industrial worker, with Pine Bluff Arsenal's Directorate of Ammunition Operations, poses for a photo with **Jesi Feld** and **Joyce (Penny) White**, from PBA's Equal Employment Office, during the MLK Humanitarian Award ceremony Jan. 21. U.S. ARMY PHOTO BY HUGH MORGAN

She said she always tries to be positive by saying good morning and asking how her fellow co-workers are doing.

"I'm just going to keep be-

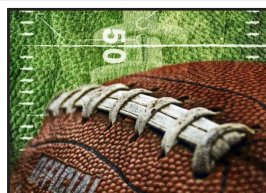
ing me," said Johnson. "I'm going to keep treating people the way I want to be treated. It warmed my heart seeing all the people at the ceremony. I was very proud."

Colonel's Picks



Tina Cranford with Pine Bluff Arsenal's Commander's Office was the overall winner of the Colonel's Picks during calendar year 2024. Cranford, center, received a Arsenal jacket from PBA Commander Col. Collin K. Keenan, left, and PBA Deputy to the Commander Roch Byrne. U.S. ARMY PHOTO BY RACHEL SELBY

December's winner is ... Javier Holst



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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Howard takes top slot at PBA's DOIM

By Rachel Selby

Amelio Howard has been selected as Pine Bluff Arsenal's Director of Information Management. Howard, who was the DOIM supervisor over customer support, replaces Mandy Kight who retired in December.

Howard, who was hired in March 1989, has been at PBA for 37 years.

"I came in as an intern with Army Materiel Command. It was a three-year program. I was a GS-7 computer specialist," he said. "I've always worked for Information Management since day one. As a GS-7, I worked with Unix. I was a computer system administrator."

When he was first hired as an intern, Howard said the Army sent him to Stockton, Calif. "I went there for 15-weeks of training – from March to July," he said. "It was all classroom training on Unix, which is what the Arsenal used at the time in addition to another computer system. I helped Rusty Johnson put the first computer network in here on post in the old Engineering and Technology building."

He has worked under four previous directors during his time at PBA. "DOIM was initially a tenant organization funded under 7th Signal Command out of Fort Huachuca, New Mexico," said Howard. "I worked for Ken Mills initially, then David Gibbins and Rusty Johnson, and finally Mandy Kight."

Howard said he has had a good balance of learning the different areas of DOIM through the years, "I've worked in different areas and worn different hats. I had acted in Mandy, Rusty and David's absences through the years too," he said. "I knew what the job was all about."

PBA's Deputy to the Commander Roch Byrne said Howard is a proven leader and has many years of information management experience here at the Arsenal.

"Mr. Howard brings a proven track record of knowledge, experience, leadership and interpersonal skills to the



Amelio Howard

director position," said Byrne. "I look forward to working with him in his new leadership role. I think he will do an outstanding job."

Born and raised in Winstonville, Miss., Howard graduated in 1988 from Mississippi Valley State University in Itta Bena, Miss., with a Bachelor of Science in Industrial Technology (Building Construction). He is married, has two adult children and four grand children.

"I was offered the intern position here at PBA in 1988 but didn't start until 1989," he said. "I didn't know anything about computers and never used one in college. I stayed away from computers because I didn't want them and was apprehensive of them."

Howard said he wanted a hands-on type of job and initially set out to become an OSHA inspector.

"The AMC intern person at the time said because of my GPA, I had the potential to learn computers," he said. "The job here at the Arsenal is what brought me to Arkansas and Pine Bluff, and I've been here ever since."

A long-time minister in the area, Howard heads up Grace Temple Missionary Baptist Church. "I've been a minister there since 1993," he said.

Howard said he is trying to streamline DOIM's new computer user process. "It takes a while now to get everything going. I would like to lessen that timeline," he said. "Things are constantly changing and DOIM has to adapt to those changes just like the rest of the Arsenal. I'm taking everything I've learned over the years and using it."

MLK from Page 1

great to have this kind of turnout during his opening remarks.

"Martin Luther King, Jr. is one of my favorite heroes. He made the dream a reality for me," he said. "My dream is my wife and my kids. If it wasn't for Dr. King I can't say I would have the same opportunities I have with the family I have. I am blessed."

Keenan said if anyone hadn't had the opportunity to go to Memphis and see the National Civil Rights Museum/Lorraine Motel (the site of the 1968 assassination of Dr. King), he strongly encouraged everyone to go and see these sites. He then read about the two times King was in Memphis to lend support to the sanitation workers who were striking, as well as many other instances King had the opportunity to speak about the civil rights movement in the city.

The 39-year-old leader took the podium and began to speak to the audience.... "Something is happening in our Memphis; something is happening in our world," said King. Surveying great times in history including Egypt, the Roman Empire, the Renaissance and the Civil War... King said, "he would be happy if God allowed him to live just a few years in the second half of the 20th century," said Keenan. "As King recalled the events in Birmingham in 1963, he painted a bleak picture at the time but said this was the best time in which to live. This is perspective. What is our perspective?"

During a prophetic final speech, Keenan said King revealed he wasn't afraid to die. "Just like a Soldier. Like anyone I would like to live a long life, longevity has its place," said King, "...but I'm not concerned with that now. I just want to do God's will. So, I'm happy tonight....I'm not worried about anything or fearing any man," he read.

Keenan said the reason he brought this up is our Army values. "King was a man who encompassed those same values. He fought for the rights of the worker – better wages, working conditions, and union recognition. These are things we have here," he said. "We take care of our employees.



Joyce (Penny) White and Jesi Feld with Pine Bluff Arsenal's Equal Employment Office cut cake following the Arsenal's Dr. Martin Luther King Jr. Celebration and Humanitarian Award event Jan. 21 in Creasy Auditorium. The EEO office was in charge of putting the event together.

U.S. ARMY PHOTO BY HUGH MORGAN

We see the changes that have come because of leaders like Dr. King who fought hard for those rights. It is important we recognize him."

The National Anthem was sung by Maikaya Mustful, and a prayer was offered by Amelio Howard with PBA's Directorate of Information Management.

"Thank you for the life and legacy of Dr. King. We truly thank you for our jobs here at the Pine Bluff Arsenal. Continue to lead us and guide us and keep us in your care," said Howard. "Special prayer for our Commander in Chief and a new staff with the new administration."

The guest speaker for the event was Shirley Washington, the outgoing mayor of Pine Bluff.

"It is truly an honor to be here and be a part of the Arsenal's Martin Luther King Humanitarian Award ceremony. I feel like you have already had your speaker. Every time I heard this colonel, my respect for him goes up and up," she said. "It is the person and just who he is."

Washington reciting a quote from Dr. King said, "Not everyone can be famous. But everybody can be great. Because greatness is determined by your service," she said. "You don't have to have a college degree to serve. You don't have to have your subject and verb agree to serve. You just have to have a heart full of grace and a soul generated by love."

Thanks to the courage of

people in the Pine Bluff community, more than 60 years after Dr. King's speech, there are seats for all, said Washington. "As we reflect on Dr. King's words, let's think about the next chapter in our community's story that we hope to write together," she said. "Faith determined my life and my service. I spent more than 30 years in education. This was my passion. I believe our young people are our greatest resource."

I never imagined running for public office, said Washington. "I have always said we are one Pine Bluff built together, because we are one Pine Bluff stronger together," she said. "Honoring Dr. King's words and stepping up in large ways to help our community. I hope all of us continue to honor his legacy."

At the conclusion of the ceremony, Feld honored Johnson with the Humanitarian Award named for Dr. King.

"In her nomination form, some of the words used to describe Willie were selfless, compassionate and willing. This perfectly encapsulates her. Anyone you talk to here at PBA will tell you she is one of the hardest workers here," she said. "Everyone here loves Willie. She is not only concerned about accomplishing the mission of PBA but about creating a positive work environment."

After the ceremony, cake was served.

EAP Corner

Heart disease kills

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

Heart disease kills an estimated 630,000 Americans each year. It's the leading cause of death for both men and women. In the United States, the most common type of heart disease is coronary artery disease (CAD), which can lead to a heart attack. You can greatly reduce your risk for CAD through lifestyle changes and, in some cases, medication.

Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red for Women campaign and the message that heart disease is not only a man's problem.

The American Heart Association's® Go Red for Women® movement urges everyone to wear red on **National Wear Red Day® Friday, Feb. 7**, learn about risk factors and celebrate survivors.

Risk factors for a heart attack include:

** Lifestyle habits: These include:*

- * Smoking
- * Eating an unhealthy diet high in saturated fat and sodium
- * Being physically inactive
- * Drinking too much alcohol
- * Being under a lot of stress

** Medical conditions: These include:*

- * High blood pressure
- * High blood cholesterol
- * High blood sugar or diabetes
- * High blood triglycerides
- * Being overweight or obese

** Family history: A family history of heart disease can increase your risk.*

** Age: Age is a risk factor that cannot be controlled.*

Women may be at a higher risk of heart attack than men and may experience heart attacks at older ages. Women may also have heart attacks that are not caused by coronary artery disease, which can make it harder for healthcare providers to diagnose (NIH, 2022).

Risk factors for congestive heart failure include:

- * Being older than 65.
- * Using tobacco products, cocaine or alcohol.
- * Having an inactive (sedentary) lifestyle.
- * Eating foods that have a lot of salt and fat.
- * Having high blood pressure.
- * Having coronary artery disease.
- * Having a heart attack.

There are many different types of heart disease, also known as cardiovascular disease (CVD):

- Coronary artery disease: The most common type of heart disease, caused by plaque buildup in the arteries that supply blood to the heart.
- Peripheral artery disease: Plaque buildup in the arteries that supply blood to the arms and legs.
- Carotid artery disease: Plaque buildup in the arteries that supply blood to the brain.
- Arrhythmia: A problem with the heart's electrical conduction system, which can lead to abnormal heart rhythms or rates.
- Heart valve disease: Tightening or leaking in the heart valves, which can affect the aortic, mitral, pulmonic, and tricuspid valves.
- Heart failure: A problem with the heart's pumping

Name _____Off Sym _____

Heart Disease Kills

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

CHOLESTEROL
TRIGLYCERIDES
STRESS
HEART
ARRHYTHMIA

DISEASE
DIABETES
OVERWEIGHT
RISK

FACTORS
OBESE
SMOKING
HISTORY

and relaxing functions, which can lead to fluid buildup and shortness of breath.

• Congenital heart disease: A heart issue that you're born with.

• Pericardial disease: A problem with the lining of the heart.

Each type of heart disease has its own symptoms and treatment. Treatments can include lifestyle changes, medicine, or surgery (NIH, 2022).

If you think you have a problem, we encourage you to seek out the Army Substance Abuse Program/Employee Assistance Program, Wellness Warrior, and Walk for Life Programs - we can assist you in getting the help you need. The Army Substance Abuse 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 we can be reached at 870-540-3094. The Care line number is (870) 550-2653.

ARMY CIVILIAN CORPS CREED

I am an Army Civilian – a member of the Army Team

I am dedicated to our Army, our Soldiers and Civilians

I will always support the mission

I provide 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

Health Clinic Corner

Cold weather injuries: Are we prepared?

By Maj. (Dr.) Nina Rodriguez, MD, MPH
Pine Bluff Arsenal
Health Clinic

It is that time of year again, the days are shorter, and temperatures are colder. Therefore, everyone should start thinking about ways to prevent cold-weather injuries (CWIs), which can have a profound effect on individuals and the workforce.

The human body is impressive, maintaining a narrow range of core body temperature, normal being 37 degrees Celsius (98.6 F). We have several protective mechanisms to regulate heat loss.

For example, the muscles produce additional heat through shivering and peripheral vasoconstriction, where blood is diverted from the extremities to the heart and brain. However, the human body has limited physiologic capacity to respond to cold conditions. Thus, behavioral adaptations such as clothing and shelter are critical to combat CWIs.

Cold weather injuries can have a central effect, such as hypothermia, when the body temperature drops below 95.0 F, but the cold can also affect the peripheries, which can be divided into freezing (i.e., frostbite) and non-freezing injuries (i.e., chilblains, immersion/trench foot). Injuries related to cold exposure include snow blindness, dehydration, slips, trips, and falls.

Risk factors include improper clothing and equipment, wetness, fatigue/exhaustion, poor caloric intake, and alcohol (*causes vasodilation increasing heat loss).

Some effective strategies to prevent cold weather injuries include the following:

1. Dress appropriately: Wear layers of clothing to trap heat. Start with a wicking layer, which allows water vapor to be transmitted to the outer layers for evaporation, add in-

sulation (i.e., fleece), and top it off with a waterproof and windproof layer.

a. Use the acronym COLD: Keep it Clean; avoid Overheating; wear clothing loose and in Layers; and keep Dry.

2. Protect extremities:



Wear warm hats, gloves, and thick socks.

a. The head can account for up to 50 percent of the body's total heat loss (*TB MED 508*).

b. Mittens provide greater protection from the cold but may reduce dexterity, hindering ability to perform various tasks.

c. Protect the feet by keep-

ing boots and socks clean and dry and changing them out if they become wet.

3. Limit exposure: Take breaks in a warm environment if outdoors for extended periods. Beware of windchill.

4. Stay hydrated and nourished

5. Be aware of conditions: Monitor weather forecasts!

6. Educate yourself: Learn about the risks, signs, and symptoms of cold weather injuries.

By following these tips, you can help prevent cold weather injuries and enjoy the winter season safely.

For any additional questions or information, you can reach out to your leadership, local safety office, or contact the Health Clinic at 870-540-3409.

For additional resources, you can visit the CDC website at: <https://www.cdc.gov/niosh/cold-stress/about/related-illness.html>.



CB Employee of Month



Dennis Lightsey was selected as Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations-Production Division December 2024 Employee of the Month. Jason Fullen presented Lightsey a certificate for these efforts in January. Lightsey, who works at PBA's large filter production facility, possesses a positive can-do attitude that is recognized by his peers. He is a role model employee that works towards mission execution. U.S. ARMY PHOTOS BY HUGH MORGAN

CB Employee of the Year



Brandy Aaron was selected as Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations-Production Division 2024 Employee of the Year. Jason Fullen presented Aaron a certificate for these efforts in January. Aaron, who works at PBA's textile production facility, possesses a positive can-do attitude that is recognized by her peers. She has taken it upon herself to learn all skills needed to operate and program the new DTF printer becoming a subject matter expert. She is a role model employee that works towards mission execution.



Robinson steps into PBA MWR role as chief

By Rachel Selby

Geraldine Robinson has joined Pine Bluff Arsenal's Directorate of Family Morale, Welfare and Recreation as the Chief of Business and Recreation. She took the position vacated by Billy Ray Ashcraft when he became the MWR Director last year.

Robinson, who lives in Little Rock, comes to PBA from New York, where she worked at Fort Hamilton (which is in Brooklyn, N.Y.), for two years. "I was a Business and Recreation Division Chief, which is the same as my position here but different capacity. I oversaw programming and staffing," she said. "Fort Hamilton is where all Soldiers across all branches come through for the East Coast. Moving to PBA was a lateral move for me."

She started with MWR in 2015 after finishing college.

"I didn't think I was going to be working in MWR for a long time because I was heading to Germany to do bartending," said Robinson. "I thought



Geraldine Robinson

I was going to bartend and travel. My manager at MWR at the time told me I was a natural at doing operational duties and budgets. I liked it so he trained me to become an operations manager. I spent six years in Germany doing MWR."

Originally from New Haven, Conn., Robinson said it was kind of crazy how she ended up in Germany. "My cousin in 14 was stationed at Ramstein Air Base. I took some time between my college semesters to go visit her during the summer, and bring her son

back from the U.S.," she said. "After I dropped him off, I then went and stayed in Italy, France and Germany for the rest of the summer."

She said after she went back to school, she called her cousin in Germany and told her she wanted to move to France.

"She didn't feel comfortable about me moving to France. At that time, there was a lot of unrest in the country. However, she said I could move to Germany," said Robinson. "I had a job sort of lined up when I got there but it ended up falling through. After that, I was talking with another person, a Veteran, and told him I was a bartender and wanted to work for him. My persistence

paid off, and he gave me a shot at working for him. It was fun and the business grew. He was able to sell the business after I got a job on base."

Robinson said when she initially went to work for MWR in Germany she worked at a child development center. "I liked working with the babies. The toddler age takes a special person to be able to do it," she said. "I had to be moved out of the room with the children who saw me when they were babies because they only wanted to be with me. For them to grow, I had to move on."

She said she initially went to college for engineering. "Before you got to your specific area of engineering, we

had to do other types of engineering. I was not good at computer engineering," said Robinson. "I didn't have the patience for it, and the instructor was hard for me to understand."

She received her Bachelor of Arts in English from the University of Connecticut in 2014.

Robinson said since she started here at PBA she has met a lot of people, has been learning what each department does and how they all fit together. "Everyone has been so welcoming here at PBA," she said. "This is a huge team, and we have a great team here at MWR. Billy Ray (Ashcraft) has been awesome."




Pine Bluff Arsenal Child & Youth Services is excited to announce that we are continuing our partnership with The White Hall Soccer Association for the 2025 Spring Soccer Season! The cost per child is \$65.00. Eligibilities to participate include children ages 3 to 18 and parent/guardian must be an employee of the Pine Bluff Arsenal, NCTR, active military, or any other government affiliated career. Child does not have to attend CYS in order to register for soccer through CYS. There are also volunteer coaching opportunities for fee reduction. Child & Youth Services will provide a uniform and a soccer ball. Parent/Guardian will need to purchase cleats & shin guards. (If you need help on ordering those items or where to get them, we can help with that too.)

We are excited to see what the upcoming season has in store.

Parent/Coach meeting Feb 10th. Practices start in February and games will be held on Saturday mornings in the months of March-May.

Exact times and dates to be determined.

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

Kristie Haley, Administrative Support Assistant-870-540-3088/
870-540-2972 kristie.b.haley.naf@army.mil

Brigit Smith, Outreach Director-870-540-3678/brigit.r.smith.naf@army.mil

Cassandra Thornton/ Kyra Brice Fitness Specialist-870-540-2972/
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Make sure your work area is well lit.

New EEO specialist comes to PBA EEO

By Rachel Selby

Joyce (Penny) White joined Pine Bluff Arsenal's Equal Employment Office in early December.

White, who is originally from Mississippi, comes to the Arsenal from Moreno Valley, Calif.

"I am two years retired from active-duty military. While I was on active duty, I did human resources and during the last three years, I did EEO," she said. "Working with Soldiers over EEO matters is the same as civilian but it is different too. After retiring and before coming here, I worked in security and was a certified nursing assistant."

At this time, she is waiting to take training in February at Rock Island Arsenal in Illinois before she can work with any personnel here at PBA. "This is collateral duty training," said White. "The training is being conducted by Joint Munitions Command."

Jesi Feld, PBA's EEO Office Chief, said White really hit the ground running as soon as she got here. "She has great ideas and is a perfect fit," she said. "I'm so excited to have her here. I think all her military experience will fit in great here."

During her time in the military, she said the best place she was ever stationed in was South Korea. "I enjoyed the diversity and the community. There were so many differences in food and shopping too," said White. "It was a whole different experience, and because I witnessed the safety culture, I was able to let my guard down a bit. I was blown away because it was my first



Joyce (Penny) White

experience as a junior Soldier, and it really impressed me."

White, who is married and has three adult children, said even the living conditions in Korea were different. "I lived off base and it was just so different. I think that is why I liked it so much," she said.

When it comes to EEO, White said she likes helping people. "I know being in this position we are not the ultimate deciding factor in many situations; however, we do get to give someone relief and can be someone they can talk to," she said. "It all comes down to being someone people feel safe with and trust to listen to what they have to say without judging them."

She received her advanced education from Central Texas College (Killeen, Texas) via an online program. White holds an Associate of Arts degree in general studies.

"I started my bachelor's degree at one point, and once I get completely settled in here I would like to continue and complete those studies," she said. "I would like to pursue something in human resources."



Employee of the Quarter- FY 2025



Stephen W. Moreau was recognized by Pine Bluff Arsenal Commander Col. Collin K. Keenan with the "Championship Belt" for being the Arsenal's Employee of the Quarter, First Quarter Fiscal Year 2025. Moreau was recognized for his exceptional performance and dedication to the Directorate of Emergency Services - Law Enforcement and Security training program. He has demonstrated outstanding commitment to the success of the mission and his initiative in taking charge of the program during a period of absence of a training specialist, has led to a thorough review and improvement of the LES training records, ensuring compliance with Army standards. Moreau's subject matter expertise, ability to communicate effectively and dedication to improving morale have significantly increased interest and participation in training, resulting in a more knowledgeable and proficient security force. His leadership has contributed to a safer, more secure environment for PBA personnel, contractors and visitors. U.S. ARMY PHOTO BY HUGH MORGAN

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