

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

PBA Safety Glance



**Safety Element for fiscal
year 2020**

**Lost Day Case: 0.13
Award Goal: 0.57**

***Lost time injuries for fiscal
year 2020 is one. There is
are zero lost time injuries for
September 2020.**

***Recordable injuries for fis-
cal year 2020 is four. Record-
able injuries is zero for Sep-
tember 2020.**

***Pine Bluff Arsenal days
without a lost time injury is
110.**

***Pine Bluff Arsenal days
without a recordable injury
is 110.**

***Estimated hours worked
without a lost time injury:
472,634.**



Assumption of Command

Carpenter takes helm at Holston

KINGSPORT, TENN. -- Holston Army Ammunition Plant in Kingsport, Tenn., has a new commander.

Lt. Col. Randolph Scott Carpenter was sworn in Sept. 1, and became the first on-site Commander for the installation since 2004. He comes to Holston from the 79th Theater Sustainment Command, Caserma Del Din, Vicenza, Italy, where he served as the G5 Chief of Plans and Support Operations Distribution Management Chief.

"The Holston staff is excited to welcome Lt. Col. Carpenter. Holston is an important part of the ammunition supply chain, and as such, the Army decided to provide additional Army leadership to support current and future efforts," said Joe Kennedy, Holston Deputy to the Commander. "The Joint Munitions Command, which is Holston's higher headquarters, recognizes the significant pressures placed on Holston's small staff. Consequently, JMC wanted to provide additional assistance and leadership."

Carpenter, a native of Ohio, holds a Bachelor's of Science in Integrated Mathematics from Ohio University, where he also received his commission through the Reserve Officer Training Corps. Carpenter holds a Master's of Science in Logistics Management from Florida Institute of Technology, and is currently pursuing a Master's of Arts in Leadership from Duquesne University.

"I'm excited about the opportunity the Army has given me to command Holston. This is an exciting mission and a great community. I look forward to making a positive impact," said Carpenter.

Holston manufactures a wide range of explosives, and is a Government-Owned, Contractor-Operated site. The operating contractor is BAE Systems.



Photo above, Pine Bluff Arsenal Commander Col. Patrick Daulton passes the flag to Lt. Col. Scott Carpenter during Holston's Assumption of Command Ceremony Sept. 1. Photo right, Holston Army Ammunition Plant welcomes Lt. Col. Scott Carpenter as their commander. Carpenter is the first on-site commander for the facility since 2004. U.S. ARMY PHOTO BY HSAAP



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.

Daulton speaks at local VFW

By Rachel Selby

Pine Bluff Arsenal Commander Col. Patrick Daulton was the guest speaker at a Prisoner of War/Missing in Action Remembrance Ceremony Sept. 18, at the Veterans of Foreign Wars Post 4455 in Pine Bluff.

Kelly Murphy, with the VFW 4455 Auxiliary, offered greetings to the assembled group. "We are gathered here tonight to honor those who have been prisoners of war and those missing in action. We must not forget their sacrifices," he said. "They must remain alive in our hearts and minds until we know they have returned home to their loved ones. We must continue to give support to the Families who await their return."

Murphy introduced Daulton, reading his biography to the audience.

"Thank you very much ladies and gentlemen. I really appreciate the warm welcome," said Daulton. "It is a pleasure to be here tonight especially to talk about POW/MIA Remembrance. This day is recognized every year on the fourth Friday of September because it wasn't associated with any particular war."

Approximately 83,000 Americans are still missing in actions from the various wars fought – from World War I up to the current con-

"The U.S. spends a lot of money every year going back after our fallen Soldiers... This makes me glad. To anyone who has ever worn the uniform, we are taught to never leave anyone behind."

flicts, said Daulton.

"According to the Defense POW/MIA Accounting, about 75 percent of those missing are lost at sea and probably will never be recovered. What makes America unique is we have this organization," he said. "The U.S. spends a lot of money every year going back after our fallen Soldiers. There is no other country in the world that has this type of agency dedicated to spending time to find these men and women. This makes me glad. To anyone who has ever worn the uniform, we are taught to



Pine Bluff Arsenal Commander Col. Patrick Daulton speaks during the Veterans of Foreign Wars Post 4455 POW/MIA Remembrance Ceremony Sept. 18.

U.S. ARMY PHOTO BY RACHEL SELBY

never leave anyone behind."

This speaks to who we are as a nation, said Daulton. "It makes me prouder to be who I am and do what I do," he said.

Telling a personal story during his talk, Daulton said currently he wears a black memorial bracelet for a close friend who was killed in Iraq.

"For about 20 years, I wore a silver POW bracelet for a young man who was a

helicopter gunner. On July 11, 1972, his helicopter was hit and this young man was one of three who died behind enemy lines," he said. "His remains were not recovered. When I was a young Marine, our drill instructor pulled us off to the side and gave us a talk about POW/MIAs. It was part of our training and learning about the brotherhood. They told us to find a Marine and wear his bracelet."

In 1988, Daulton said he started wearing this young man's bracelet. "I never knew this man or his family. I just

knew he was a brother Marine. He would have done the same for me," he said. "I wore his bracelet until 2004, when something really cool happened. In April 2004, his remains and the remains of the other two individuals in the helicopter were recovered, identified and laid to rest in Arlington Cemetery in Washington, D.C. His parents were still alive at the time and were able to see their son come home. This was special. There are times when your name ends up on a bracelet you don't have the happy ending. I was able to take his bracelet off and put it away. He came home. I thought this was a really cool thing."

America is having a tough time right now, said Daulton. "All you have to do is look around or read the paper. You pick a topic and it is controversial. It is ceremonies like this that help us. I look back on this young man and the many thousands of young men and women who have been missing in action, paid the ultimate price and came home. This makes it worth it," he said. "There are things like this that bring us all together. We are still



From left, Ronnie Stanfield, VFW Senior Vice Commander, Pine Bluff Arsenal Commander Col. Patrick Daulton and Kelly Murphy, VFW Post 4455 Auxiliary member Kelly Murphy, pose in front of the Missing Man table at the conclusion of the ceremony. PHOTO BY SUZANNE ROWLAND

Americans. No matter how much we are different, we are all still one people and one Nation. This is a good thing to remember and reflect on."

Ronnie Stanfield, VFW Senior Vice Commander, spoke about the Missing Man table during the ceremony. The table was set up at the corner of the stage. Betty Bradshaw, local auxiliary member and Gold Star Family member, sets the table up every year for this ceremony. Bradshaw has a family member who was a POW.

"There is a special significance to each item displayed on the table. All missing service members from the Army, Navy, Marine and Air Force are represented by the table.

The round table symbolizes everlasting concern. The table cloth is white representing the purity of the service members' motives when answering the call to duty," said Stanfield, speaking about some of the items.

"The single red rose is a reminder of each of the missing, their loved ones and friends seeking answers. A slice of lemon is on each plate representing the bitter faith of loves missing and captured in a foreign land. The lighted candle reflects hope of their return to their families and their nation. The inverted glass symbolizes the services members' inability to share an evening toast. The chairs are empty. They are missing."



**Pine Bluff
Arsenal's
Cool Breezes
Open for Lunch
September 28**

Commander's Column

It is hard to believe I have been here at Pine Bluff Arsenal nearly two months now. Since taking command, I have been busy getting out to observe mission activities and meeting the Workforce – our most important asset.

I have also been traveling to our subordinate ammunition plants in Tennessee and Virginia to observe modernization work, welcome new leadership and orient myself with their missions. It has been an eventful time. However, I have seen the dedication and pride of our people, and am reminded what great organizations I have been tasked to lead.

All of these organization continue to perform with minimal impacts due to the COVID-19 pandemic. Phases two and three of the Arsenal's Reintegration Plan both went smoothly. PBA remains a part of the Army's efforts to combat the virus. Our textile production Workforce continues to make masks and ship them out across the enterprise.

We have adapted here at the Arsenal to all of the changes and challenges, and moving forward with life as normal as possible. We continue to meet all of our mission requirements installation wide as we safeguard the health and welfare of our Workforce – the most important thing!

The Arsenal's leadership is still watching and evaluating everything happening around the installation – both in the local community, county and statewide. My number one concern is keeping our Workforce safe so we can continue our missions.

As we move into another season, the Workforce needs to be mindful of changing weather conditions. Summer weather continues with daily heat alert notifications by our Directorate of Emergency Services.

During the hot parts of the day, work plans should be modified accordingly. Stay hydrated. We all need to watch out for each other when it comes to safety. We are a team, and I want everyone to be safe, and go home to their families every day.

On Sept. 11, the nation marked the 19th anniversary of the 9-11 attacks. I hope



Col. Patrick S. Daulton

everyone took a moment to reflect on the profound sacrifices of that day. We continue to remember those that died, as well as the military service members, civilians and contractors that have given their lives in Iraq, Afghanistan and elsewhere. Pine Bluff Arsenal is an important part of our Nation's Armed Forces. The products we produce and maintain here help save lives and protect our Soldiers across the world. I know everyone here takes great pride in what they do on a daily basis.

Pine Bluff Arsenal continues to manufacture, refurbish and sustain the best ammunition and chemical biological defense equipment to our Warfighters to ensure readiness.

Every day our workforce strives to do its best and provide the best products to our nation's military. The Arsenal works closely with U.S. Army Joint Munitions Command to provide critical capabilities, provide readiness, remain relevant and ready to respond whenever we are called upon. We are all a team and a family.

We must continue to remain flexible as a workforce. Our workload is not as robust as we like, but we are working on this by engaging with our customers and Army leadership.

The Arsenal's future depends on us continuing to strengthen customer relationships and deliver quality products on schedule and within cost.

I would like to give a big kudos to our Directorate of Public Works for all their efforts in helping the Arsenal recover from Tropical Storm Laura.

The installation sustained very little damage, outside of a partial power outage due to

a lightning strike to a power pole, which DPW corrected quickly.

At the beginning of the month, Holston Army Ammunition Plant, Joe Kennedy, and I welcomed Lt. Col. Scott Carpenter in an Assumption of Command ceremony. Lt. Col. Carpenter is the first on-site Commander for the facility since 2004. I have no doubt that he will execute Holston's mission and be a great leader for the plant.

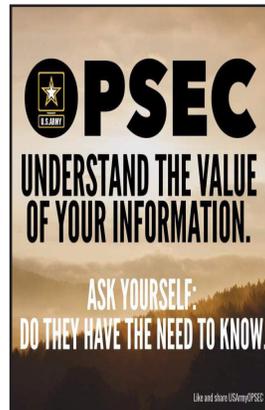
The staff at Holston went all-out to recognize the transition of authority from Mr. Kennedy to Lt. Col. Carpenter, and delivered a real class-act. All the many pieces that go into a successful ceremony came together flawlessly.

On Sept. 18, I had the honor of speaking at the Pine Bluff Veterans of Foreign Wars, Post 4455, at their annual POW/MIA ceremony. This was my first time getting out to the VFW here in Pine Bluff, and I'm glad I did! My thanks to Kelly Murphy for the invite, it was a real pleasure!

I am proud to be part of Pine Bluff Arsenal. We need to continue our important mission work and move forward into the next fiscal year with optimism despite many challenges. We are America's Arsenal!

Letters to the Editor

Please submit letters to Rachel Selby at rachel.c.selby.civ@mail.mil, or by fax at 870-540-4048. You can also bring your letter by Room 190 in Building 10-020. *The Sentinel* is now a digital publication. For more information, call 540-2542.



Hails and Farewells

Hails

Jake Johnson, Chemical Equipment Repairer, has joined the Directorate of Chemical and Biological Defense Operations.

Robert Morrison IV, Engineering Equipment Operator, has joined the Directorate of Public Works.

James Erwin, Chemical Equipment Repairer, has joined the Directorate of Chemical and Biological Defense Operations.

Jeffery Daigle, Maintenance Mechanic, has joined the Directorate of Public Works.

Shane Davis, Automotive Mechanic, has joined the Directorate of Public Works.

Blakely Henson, Maintenance Mechanic, has joined the Directorate of Public Works.

Brad Rauls, Air Conditioning Equipment Mechanic, has joined the Directorate of Public Works.

Kendall Wilson, Heavy Mobile Equipment Mechanic, has joined the Directorate of Public Works.

Anthony Henderson, Material Handler, has joined the Directorate of Material Management.

Retirements

Michael D. McDonel, Information Technology Specialist (Systems Administrator), has retired from the Directorate of Information Technology Management. McDonel retires with 37 years of service.

Mark A. Borecky, Utility System Operator Leader, has retired from the Directorate of Public Works. Borecky retires with 17 years of service.

Elizabeth Anne McGuire, Facilities Support Assistant (GFEBs), has retired from the Directorate of Public Works. McGuire retires with 12 years of service.

Arsenal Sentinel



Col. Patrick S. Daulton, Commander
Roch Byrne, Deputy to the Commander
Cheryl Avery, Public Affairs Officer
Rachel Selby, Sentinel Editor/Social Media
Hugh Morgan, Photographer
Stan Nelson, Webmaster

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EAP Corner

Be happy, be brave, be drug free

Courtesy of Pine Bluff Arsenal Employee Assistance Program

The red ribbon became a symbol for drug prevention in 1985, in response to the murder of DEA Special Agent Enrique "Kiki" Camarena. Informed Families started the first county-wide Red Ribbon campaign in 1986. In 1988, National Family Partnership sponsored the first National Red Ribbon Week celebration. Today, the red ribbon serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Since that time, the campaign has reached millions of U.S. children and families.

The Red Ribbon Campaign unveiled its new 2020 Red Ribbon Theme, "Be Happy, Be Brave, Be Drug Free". The theme will help amplify the campaign's mission which is to encourage children, families, and communities to live healthy, safe and drug-free lives.

Do you know how to be happy? Or are you waiting for happiness to find you?

Despite what the fairy tales depict, happiness doesn't appear by magic. It's not even something that happens to you. It's something you can cultivate.

Although you may have thought, as many people do, happiness comes from being born rich or beautiful or living a stress-free life, the reality is people who have wealth, beauty or less stress are not happier on average than those who don't enjoy those things.

Only a small percentage of the variation in people's reports of happiness can be explained by differences in their circumstances. It appears the bulk of what determines happiness is due to personality and more importantly thoughts and behaviors can be changed.

So, yes, you can learn how to be happy or at least happier. People who are happy seem to intuitively know their happiness is the sum of their life choices, and their lives are built on the following pillars (MFME-2020):

- Devoting time to family and friends
- Appreciating what they have
- Maintaining an optimistic outlook
- Feeling a sense of purpose
- Living in the moment

Bravery means different things to different people. Nelson Mandela once said, "I learned courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers fear."

Living an authentic life requires the most ridiculous levels of bravery. It shouldn't be this way but it is. Being brave means being bold. Being brave means being fearless. Being brave means being someone who speaks up for others, defends what they believe, and faces their fears. For some people being brave comes naturally. These people either can be born with natural bravery or they are taught to be brave. But even those that are already brave can still face problems and struggles. So many brave people become heroes. They stand up for the little guys, those that are afraid to be brave, and those that simply cannot stand up for themselves.

Brave people aren't afraid to speak up for what they believe in and what they stand for. They fight for their morals and their rights. These brave people aren't afraid to face their fears. Brave does not mean invincible though. Just because someone is brave doesn't mean they aren't afraid of things and doesn't mean that they don't face challenges or struggles, brave people just know how to face and overcome all their problems while helping others do the same (Alexus, 2020).

Being alcohol and drug free, mean that you can be happy without a life of addiction to alcohol and drugs. You can be brave enough to live a life free from addiction.

- Ten reasons to Be drug and alcohol-free
1. Freedom from physical dependency
 2. Avoid legal problems

NAME _____ OFF SYM _____

BE HAPPY BE BRAVE BE DRUG FREE

<p>C U Y F R E E M H Z O C T Q E B V L A N O I T O M E I F K X F G U U B D K Q M R S H E F M Y A U G L H E G Z N C F M F C A M F T U V I R B S X K Z Q V L N O I T A C I N U M M O C Z C Q F Y L V N O B B I R M O A O D E P E N D E N C Y R F X A H S V O D B M I M W V D R U G O A I K P W E J A I R V V W R L U Z H A P P Y M H T H S V Z M V A P R O B L E M S U A U G E J R E L A T I O N S H I P S C C H T Z T B R A V E H O Z D O I C X S E C N A N I F Y R O</p>	<p>HAPPY BE BRAVE DRUG FREE DEPENDENCY ALCOHOL PROBLEMS FINANCES EMOTIONAL TIME COMMUNICATION RED RIBBON RELATIONSHIPS</p>
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3. Improve finances
 4. Improve emotional and physical health
 5. Achieve professional success
 6. Establish effective communication skills
 7. Be a better parent
 8. Develop new relationships
 9. Find enjoyable hobbies
 10. Be present
- (Journey Pure, 2020).*
- If you need assistance on staying drug and alcohol free, Pine Bluff Arsenal's Employee Assistance Office staff are here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life.
- Our office is located at Building 13-040, and our phone number is 870-540-3094. The EAP CARE line number is 870-556-0116.



PBA Energy Corner

Did you know? The Army is the largest consumer of electricity in the federal government, spending more than \$1 billion annually.

In addition to cost issues, installations support the full spectrum of army missions: from industrial bases to training, mobilizing and deploying soldiers – installations are increasingly connected to the fight and require reliable access to energy and water. The Army is aggressively focused on installation energy resilience and efficiency initiatives. The goal is to modernize installations and operational energy programs to enhance energy resilience and build a more lethal force for army readiness.

To increase awareness of our needs and corresponding goals, the Army is engaging an Energy Action month for October 2020. It is intended to be a national observance to communicate the critical role energy resilience plays in mission readiness, which supports the army priorities of readiness, modernization and reform. **This year's theme is "ENERGY RESILIENCE GIVES US THE POWER TO WIN."**

Energy Action Month 2020 serves as a reminder to all to promote energy resilience across Army installation. PBA plans to participate by issuing a weekly communication throughout the month to let the Arsenal team know the issues and plans involving energy here at America's Arsenal. These communications are intended to educate on the large amount of money the Arsenal spends on energy; what Energy Use Intensity (EUI) is and how it is used to monitor our efficient use of energy; and plans we have to make energy less expensive and more resilient.

Stay tuned throughout October for highlights of PBA's energy resilience and efficiency measures.

If you have energy savings ideas, please call ext. 3236.

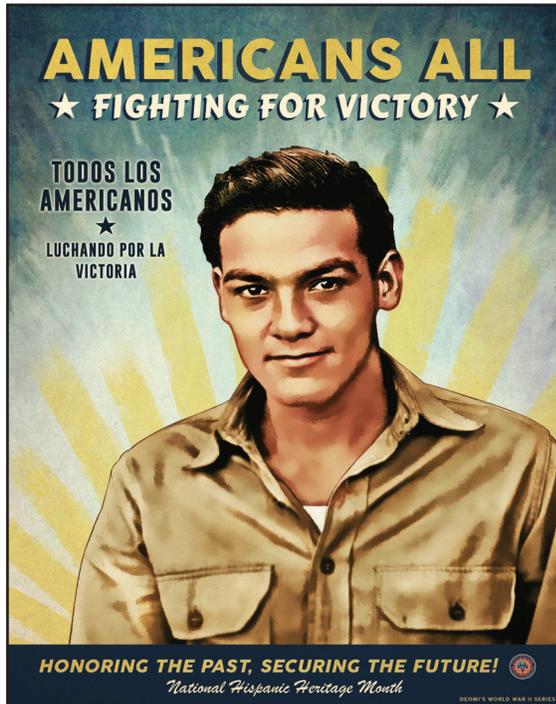
Posters commemorate 2020 National Hispanic Heritage Month

Courtesy of Pine Bluff Arsenal Equal Employee Opportunity Office

The observance recognizing National Hispanic Heritage Month was established by Title 36, U.S. Code, Section 126 and Public Law 100-402. Hispanic Heritage Month is observed from September 15 to October 15 each year. The observance is celebrated during this time frame due to many significant events for various Hispanic communities which fall within the observance period. The President issues a Proclamation each year calling on the people of the United States, especially the educational community, to observe National Hispanic Heritage Month with appropriate ceremonies and activities. Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multi-ethnic and multicultural customs of their community.

The Department of Defense National Hispanic Heritage Month poster set is the seventh in a series of posters commemorating the 75th Anniversary of World War II. Each commemorative poster, or poster set, highlights the significant contributions of special observance groups towards achieving total victory in this watershed event. Each poster is reminiscent of the colors and styles found in the 1940's Recruitment and Victory posters from the World War II era.

The 2020 National Hispanic Heritage Month poster set consists of three posters which recognize three individuals who participated in the effort by All Americans in total victory. The backgrounds for all three posters are the same with only the individual recognized being different. The background of each poster begins with a dark blue background at the top and footer. As you move down the poster the colors transition to a lighter blue and then almost white as it



Corporal Julius Casarez

reaches the bottom dark blue footer.

One of three separate individuals are situated in the center of the poster. Behind them, 10 broad yellow stripes extend from the bottom center of the poster upwards and outwards like rays of sunlight.

At the top third of the poster is the poster title in capitalized text spread across two lines. The first line, in gold aged font and black shadow-box text reads, AMERICANS ALL. The second line of the phrase is showcased by a single off-white five-pointed star before and after the text. The second line is centered in smaller font, and off-white capitalized text and reads, FIGHTING FOR VICTORY.

Situated on the left side of the poster and below the left star is the same title in Spanish. The words in the title are spread across four lines; the second and third lines are separated by a single black five-pointed star which is centered on the text. The first line in capitalized black text, reads TODOS LOS; the second line centered beneath reads, AMERICANOS. The third line centered below the star and preceding text is

in smaller font and capitalized black text which reads, LUCHANDO POR LA; the fourth line reads, VICTORIA.

Poster one is of Staff Sergeant Ladislao "L.C." Castro, the assistant engineer and waist door .50 caliber gunner on a B-24 Liberator bomber named "T-Bar" of the "Flying Eightballs" in the 506th Squadron, 44th Bombardment Group (Heavy), 8th Air Force.

Castro is staring forward and smiling at the viewer. He is wearing a tan canvas flight cap with flight goggles on his head. He is wearing a tan colored flight suit and a partly opened brown leather flight jacket. The right side of the white sheep wool lined collar of the jacket rests against his right lower jaw; the left collar of his jacket is folded under and compressed by canvas parachute straps with brown reinforced padding crossing his chest. A silver strap buckle on the canvas strap rests on his left shoulder.

Over his right shoulder he is carrying a black M2 Browning caliber .50 machine gun with a white number 23 on the receiver. The gun sports a "duck bill" gun sight with a white number 21 on the top



Staff Sergeant Ladislao "L.C." Castro



Sergeant Consuelo Mary Hartsell

of the sight. The barrel of the gun is aimed upward and passes behind the letters "I and N" in the word "Fighting" in the second line of the poster title and barrel's tip ends behind the gold letter "R" in "AMERICA" in the first phrase of the title. The machine gun's main body and receiver is encased in a steel colored E-13 Gun Mount Adapter with the stainless steel shoulder rest touching the bottom footer of the poster.

On March 18, 1944, as Castro was completing his final 21st mission prior to deploying home, the T-Bar was shot down after a raid on the southern German city of Friedrichshafen near the Swiss border. Castro parachuted from his crippled plane into German occupied France. While the rest of the 10-man crew were captured, Castro evaded capture until discovered by French farmers. The farmers took him to the French Underground, the French resistance movement. He was then taken to Amiens, France

See HISPANIC PAGE 6

Fire Prevention Week slated for Oct. 4-10

From the Pine Bluff Arsenal Fire and Emergency Services

The history of National Fire Prevention Week has its roots in the Great Chicago Fire, which occurred on 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, the oldest section of the National Fire Protection Association, decided that 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. So 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 nonprofit 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 that 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 2020 is October 4-10, with the theme "Serve Up Fire Safety in the Kitchen". Cooking is the leading cause of home fire injuries in the U.S.

Cooking safety tips

- Cooking is the leading cause of home fires and home fire injuries. Thanksgiving is the leading day for fires involving cooking equipment.
- The leading cause of fires in the kitchen is unattended cooking.
- Stay in the kitchen when you are frying, boiling, grilling, or broiling food.
- If you are simmering, baking, or roasting food, check it regularly and stay in the home.
- Always keep a lid nearby when cooking. If a small grease fire starts, slide the lid over the pan and turn off the burner. Leave the pan covered until its cool.
- Keep anything that can catch fire away from your stove-top.
- Loose clothing can hang down onto stove burners and catch fire. Wear short, close-fitting, or tightly rolled sleeves



when cooking.

- Have a "kid-free zone" of at least three feet (one meter) around the stove and areas where hot food or drink is prepared or carried.

Smoke alarms and their use

- Smoke alarms detect and alert people to a fire in the early stages. Smoke

alarms can mean the difference between life and death in a fire.

- Working smoke alarms cut the risk of dying in a home fire in half.
- Install smoke alarms in every sleeping room, outside each separate sleeping area, and on every level of the home, including the basement.

• 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.

For more safety tips visit <https://www.nfpa.org/Public-Education/Staying-safe/Preparedness/Fire-Prevention-Week>.

HISPANIC from Page 5

where he was hidden with 16 other airmen for five months until the city was liberated by the Canadian Army on September 1st, 1944. But, Castro's service did not end there; he was recalled to active duty as an Air Force mechanic during the Korean War and later served for 22 years as a civil servant at Bergstrom Air Force Base at Austin, Texas, the same place he enlisted to fight in World War II.

Poster two is of Sergeant Consuelo Mary Hartsell. One of seven children, she grew up in Rawlins, Wyoming, the only Latino family in town.

She is standing with her body at an oblique angle facing to the viewer's left but her head is turned and she is looking back towards the viewer's right. She is wearing upon her head an olive-green USMC service cap surrounded with a red service cord and brass UCMC emblem on the front. Her black curly hair flows out beneath her cap. She is wearing glasses and smiling to the viewer's right. She is wearing an olive-green service jacket with USMC insignia upon her collar. Beneath her jacket she is wearing a khaki colored blouse with a straight, khaki colored tie.

In the fall of 1944, Hartsell and her sister, Juniata enlisted in the U.S. Marine Corps Women's Reserve. (Four of the Macias children eventually became Marines.) The sisters were sent to boot camp at Camp Lejeune in North Carolina, the only sisters and the only Latinas in the camp. Both were assigned office jobs at the Depot of Supplies of the 1st Marine Division in San Francisco. Consuelo was assigned a desk job overseeing supplies shipped to and from overseas.

She left the service in 1946. She was awarded American Campaign and World War II victory medals, as well as recognition for her honorable service.

Poster three is of Corporal Julius Casarez. "My brother told me that if I enlisted sooner rather than later, I could pick where I wanted to be stationed," he shared in an interview. Little did he know that when he enlisted, the Japanese were only a few days away from bombing Pearl Harbor, and he'd be forced to go where the Army told him to go.

The image of Casarez shows his dark brown colored hair and him staring straight towards the viewer. He is wearing a khaki colored service shirt with brown buttons. His underlying white t-shirt is barely visible. In June of 1942, Casarez was sent via Africa to India, to serve as part of the 703rd Special Forces, a machine-gun battalion. In July, they crossed into India, which was being bombed. Private Casarez and the rest of his unit served there a few months as machine gunners. Finally, they were sent over the Himalaya Mountains. A month later the Japanese chased the Army unit out of China, where they'd been stationed.

Now in Burma, part of Casarez's unit's duties were to protect the bridges that had recently been built as a way of transporting supplies to Army units at the front. Casarez's unit would shoot at the Japanese planes that would try to bomb the bridges. Casarez finished out the war in the China-Burma-India Theater. He'd spent close to four years fighting not only people, but the time and the elements.

Finally, word came in 1945 that he could go home. However, the unit couldn't arrange transportation out of the area. After about a month, his captain finally told the troops to, "get out of here the best way you can." Casarez hitchhiked across China, until he was able to locate an allied airstrip where, eventually, he was one of the lucky few able to take an airplane home. Corporal Casarez was discharged in November of 1945.

AMC leader visits Radford, Holston



Photo above, Radford Army Ammunition Plant Commander Lt. Col. Anthony Kazor speaks with AMC's Gen. Edward Daly outside the NC Modernization Project Nitration Area at RFAAP.

Photo at right, Vice President/General Manager Brian Gathright with BAE Ordnance Systems speaks with AMC's Gen. Edward Daly and Radford Army Ammunition Plant Commander Lt. Col. Anthony Kazor inside the NC Modernization Project Nitration Area while Pine Bluff Arsenal Commander Col. Patrick Daulton looks on. U.S. ARMY PHOTOS BY RFAAP



Photo above, BAE Ordnance Systems General Manager Todd Hayes, left, speaks with Army Materiel Commander Gen. Ed Daly during his tour at Holston Army Ammunition Plant.

Photo at right, from left, Holston Army Ammunition Plant Commander's Representative Joe Kennedy, Army Materiel Commander Gen. Ed. Daly and Holston Army Ammunition Plant Commander Lt. Col. Scott Carpenter pose for a photo in front of Holston's new steam plant which is part of the modernization program. U.S ARMY PHOTO BY HSAAP





Tina Smith with Pine Bluff Arsenal's Directorate of Family Morale, Welfare and Recreation works with children in one of the classrooms modified for COVID-19 at the Child and Youth Services Center. U.S. ARMY PHOTOS BY MWR



CYS prepares facilities for care



Cassie Scholes and Amber Webber take temperature checks at curbside drop off at Pine Bluff Arsenal's Child and Youth Services Center.



Dan Notgrass sanitizes surfaces at Pine Bluff Arsenal's Child and Youth Services building as part of the center's procedures to combat COVID-19.

Pine Bluff Arsenal CYS personnel demonstrate social distancing methods being used by the center with the addition of screens and floor spacers.



Medical conditions, COVID-19 risks explained

Courtesy of Maj. Patrick DePriest
Physician Assistant, Pine Bluff Arsenal
Occupational Health Clinic

This information is offered to categorize risk criteria for certain medical conditions placing individuals at an increased risk of severe disease. These criteria are used to determine how individuals are categorized as low, medium or high risk when determining whether to return these employees to work on post.

These medical conditions have been listed by the Centers for Disease Control as factors increasing the severity of a COVID-19 infection:

- *Age 65-plus
- *Asthma (moderate to severe)
- *Cancer or recent cancer treatment
- *Cardiovascular disease
- *Coronary Artery Disease
- *Dementia and other degenerative neurologic diseases (i.e. Multiple Sclerosis, Parkinson's)
- *Diabetes (Types I and II)
- *Chronic heart disease
- *Heart failure
- *Hypertension/high blood pressure
- *Immunocompromised state/weakened immune system
- *Kidney disease
- *Liver disease (cirrhosis)
- *Lung disease (i.e. Cystic fibrosis, COPD, emphysema)
- *Obesity
- *Pregnancy
- *Sickle Cell Anemia
- *Spleen, missing or dysfunctional
- *Thalassemia

The risk categories are:

1. High Risk – Three or more conditions or one significant condition as determined by the medical provider.
2. Medium Risk – Two conditions.
3. Low Risk – One or less conditions.

None of these conditions, except for a weakened immune system, increase the risk of catching COVID-19. Risk categories are not the only factor used to determine whether an employee can be medically cleared to return to work on post. Physical work space, work schedule and work duties are also considered.

Safety at work.

Know the facts so you don't become a statistic.

66 MEMBERS OF THE PUBLIC DIED AS BYSTANDERS to someone else's work activity in 2013

63% of serious claimants are MALE

It only takes **15 MINS** A WEEK TO SUFFER HEARING DAMAGE from noise levels above 105dbs. Think a table saw or stadium sporting match

500 HOSPITAL ADMISSIONS PER YEAR

THE MAJORITY OF WORK FATALITIES ARE CAUSED BY:

- VEHICLE COLLISION
- BEING HIT BY FALLING OBJECTS
- FALLS FROM A HEIGHT
- BEING HIT BY MOVING OBJECTS

28% of office workers DON'T KNOW if they have a safety expert on site

17% of office workers say their workplace DOES NOT communicate safety plans effectively

If you're as little as **5%** DEHYDRATED your alertness and concentration is reduced **30-40%**

LARGEST PROPORTION OF SERIOUS INJURY CLAIMS

1st Back

2nd Hands, Fingers and Thumbs

WATCH YOUR STEP Falls, trips & slips caused **26,135 SERIOUS CLAIMS**

WORK-RELATED DEATHS ANNUALLY ARE 3x MORE THAN ROAD FATALITIES IN AUSTRALIA

INDUSTRIES WITH THE HIGHEST DEATH RATE (2014)

1. Transport, postal & warehousing
2. Agriculture, forestry & fishing
3. Construction
4. Mining

INDUSTRIES WITH THE HIGHEST SERIOUS INJURY RATE (2013)

1. Transport, postal & warehousing
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As of September 2015



DID YOU KNOW?

Eliminating domestic violence and sexual assault is everyone's job. We all have to be part of the solution and not the problem. Risk taking behaviors, poverty, substance abuse, mental issues and high stress levels are some factors that contribute to domestic violence. Often, perpetrators use intimidation to control their victims and promote fear. "On average, nearly 20 people per minute are physically abused by an intimate partner in the United States (National Coalition Against Domestic Violence, 2015)."

The impact of domestic and sexual violence both have a lasting effect on a person's mental and physical wellbeing. According to the 2010 National Intimate Partner and Sexual Violence Survey (NISVS), "More than 1 in 10 adults who are 70 years of age or older (14.0%) have experienced some form of abuse in the past year, with 12.1% experiencing psychological abuse and 1.7% experiencing physical abuse." It is critically important to educate yourself and others, when it comes to violence. Bystander intervention starts with you.

Intervene and help protect yourself and others by being engaged. The majority of sexual assaults are committed by someone that the victim knows and trusts, such as a friend, family

- 1 in 4 women and 1 in 9 men experience violence from their partners in their lifetimes (1).
- 1 in 3 teens experience sexual or physical abuse or threats from a boyfriend or girlfriend in one year (2).
- 1 in 5 women are survivors of rape (2).
- 1 in 3 women and 1 in 6 men have experienced sexual violence in their lives (1).
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18 (3).
- 72% of all murder-suicides involve an intimate partner; 94% of the victims of these murder suicides are female. (ncadv.org)

member, acquaintance or partner. Therefore, recognizing the warning signs that someone may be in an abusive relationship or at risk for sexual assault is crucial (Department of Justice, 2017).

Warning signs that could lead to a sexual assault
Some warning signs include:

- Withdrawing from other relationships or activities, for example, spending less time with friends, leaving sports teams, or dropping classes
- Saying that their partner doesn't want them to engage in social activities or is limiting their contact with others
- Disclosing that sexual assault has happened before
- Any mention of a partner trying to limit their contraceptive options or refusing to use safer sexual practices, such as refusing to use condoms or not wanting them to use birth control
- Mentioning that their partner is pressuring them to do things that make them uncomfortable
- Signs that a partner controlling their means of communication, such as answering their phone or text messages or intruding into private conversations
- Visible signs of physical abuse, such as bruises or black eyes

What Are "Warning Signs" of an Abuser?

The abuser...

- puts her down
- acts like he is superior to others in his home
- acts as if he owns her
- Lies or exaggerates to make himself look good
- does all the talking
- tries to keep her away from you
- says he is the victim & acts depressed

Warning Signs of Domestic Violence

The survivor...

- apologizes for his behaviour or becomes aggressive & angry
- seems sad, lonely, withdrawn, afraid
- is nervous about talking when he is there
- cancel plans last minute & avoids you in the street
- calls in sick for work a lot more
- uses more drugs or alcohol to cope
- tries to cover up bruises

Do you know someone who may be living with abuse? Learn how to help. Visit www.immigrantandrefugeeaff.ca Neighbours, Friends & Families Immigrant & Refugee Communities

STAY SHARP

For more information please contact your SHARP SARC Damaris Powe at 870-540-3092/damaris.sullivan-powe.civ@mail.mil

24/7 Confidential Help Available

24/7 Department of Defense SAFE Helpline 1-877-995-5247

Installation 24/7 SHARP Hotline 870-209-4093

Installation Family Advocacy 870-540-3588/550-1436

Military OneSource at 1-800-342-9647

National Domestic Violence Hotline at 1-800-799-7233 (SAFE) or 1-800-787-3224 (TTY) now



DPW personnel work to restore power after the storm

Pine Bluff Arsenal Directorate of Public Works personnel work to restore power to the northern part of the installation as Tropical Storm Laura made its way through Arkansas during September. U.S. ARMY PHOTO BY HUGH MORGAN

PINE BLUFF ARSENAL COMMANDER'S PROCLAMATION

**DOMESTIC VIOLENCE PREVENTION MONTH IN THE ARMY
OCTOBER 2020**

DON'T TURN YOUR BACK ON DOMESTIC VIOLENCE

In recent years, there has been an upward trend in substantiated cases of Domestic Abuse in the Army. It is important to realize that many causes and conditions contribute to domestic abuse and violence, and it takes more than the usual effort to reduce the risk. We should never assume that someone else is solving the problem for us.

Everyone in the Army community needs to know that whether you are an offender, a victim or a bystander, you can act to make a difference. The Army Family Advocacy Program is here to help.

The message to everyone in the Pine Bluff Arsenal community is: Don't turn your back on Domestic Violence!

Who is supposed to end Domestic Violence, reduce other stressors, and help eliminate the hopelessness and isolation that many victims caught up in a Domestic Violence cycle may feel? If we want these things gone from our personal life, and the lives of our friends and family, if we want these things gone from the Army, then we all have to do some of the work.

Ask yourself: If I see these things in other people's lives, what can I do to help?

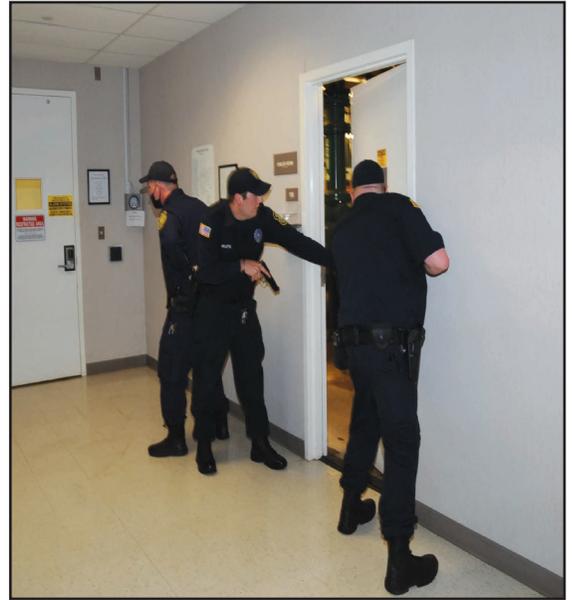
All of us are supposed to help prevent Domestic Violence. What can you do to help prevent Domestic Violence?

- **Prepare** - by recognizing and solving problems early.
- **Prevent** - by reducing risks and seeking help.
- **Protect** - by taking personal responsibility and reporting abuse.

Contact the Family Advocacy Program at 870-540-3588. They are here to help.

PATRICK S. DAULTON
COL, CM
Commanding

PBA holds anti-terrorism exercise



Photo, top left, Pine Bluff Arsenal paramedics assist personnel with Pafford Air to load a patient for transport near Yellow Lake during a quarterly exercise.

Top photo, right, members of Pine Bluff Arsenal's Directorate of Emergency Services security force search rooms in the Quality Evaluation Facility during an anti-terrorism exercise Sept. 17.

Bottom photo, left, paramedics with Pine Bluff Arsenal's Directorate of Emergency Services load a patient onto a stretcher near Yellow Lake during the exercise.

U.S. ARMY PHOTOS BY HUGH MORGAN

GSA

STORE

Pick up your 2021 calendars here!

Building 23-330
540-3416 or 540-3417

SOCIAL MEDIA RESPONSIBILITY

The more you know

★ Keep sensitive information safer ★