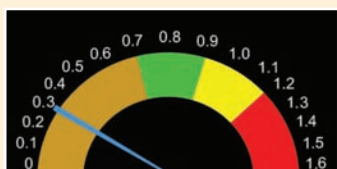




## PBA SAFETY GLANCE



**Safety Element for fiscal year 2016:**  
**Lost Day Case:**  
**0.27**  
**Award Goal: 0.89**

\* **Lost time injuries for fiscal year 2016 is two. There is one lost time injury as of August 30.**

\***Recordable injuries for fiscal year 2016 are 16. There is two recordable injuries as of August 30.**

\***Pine Bluff Arsenal days without a lost time injury are 26.**

\***Pine Bluff Arsenal days without a recordable injury are 26.**

\***Estimated hours worked without a lost time injury: 97,283.**

## BRIEFS

### New hotline established

Pine Bluff Arsenal has a new Domestic Victim Advocate Violence Hotline number for Soldiers and Family members. This number will continue to provide the same 24/7/365 service for those in need of services and will assist in getting the victims to appropriate resources in a timely manner.

Services includes working with the Family Advocacy Program Manager in establishing a Safety Plan for victims (and other potential victims)—as well as assisting them with systems of medical treatment, law enforcement, social work, and legal counsel.

To report Spouse/Child Abuse on Pine Bluff Arsenal call 870-540-3505. To call the Domestic Violence Victim Advocate Hotline call 855-827-0400. The SHARP Victim Advocate Hotline remains the same at 870-209-4093.

## ON THE INSIDE



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# Culture of Safety

## PBA's recent accolades show results

By Rachel Selby

Over the last decade, Pine Bluff Arsenal has established a culture of safety. This is a practice that has taken time – involving leadership and employees in the process.

“Over time, we have integrated safety into all of our processes. It is not just one thing,” said Mark Lumpkin, director of Risk Management and Regulatory Affairs. “Today, the Arsenal is working at historically safe work levels.”

With this integration has come recent recognition from the state and from the Arsenal's higher headquarters command, U.S. Army Material Command.

In June, the Arsenal was presented with the One Million Man Hour Award from the Arkansas Department of Labor, Arkansas Insurance Department and the Arkansas Workers' Compensation Commission. The award represents approximately 739 employees who have accumulated one million work hours without a lost day away from work due to a work-related injury or illness between Aug. 18, 2015 and March 31, 2016.

In July, the Arsenal received AMC's Exceptional Organization Safety Award-Brigade Level for fiscal year 2015. According to information from AMC, this award “demonstrates the highest levels of dedication by the Arsenal towards safety and being an integral part of protecting the Army's most valuable resources.”

“I believe this is the first time we

have received an AMC level award for safety,” said Lumpkin. “We received an environmental award at the AMC level several years ago.”

Having our employees engaged in the process is one of the most important things about the Arsenal's safety program, said Lumpkin. “Management and leadership is also an important part of it,” he said. “We have an environment where safety can flourish. It is one

**“We have an environment where safety can flourish. It is one thing to tell someone to use their safety equipment. It is another thing where they understand why they need to wear this equipment and do it automatically.”**

thing to tell someone to use their safety equipment. It is another thing where they understand why they need to wear this equipment and do it automatically. This is not just happening by chance. Everyone considers this important.”

When things do happen now, they are very isolated. “We are able to analyze and fix these problems quickly,” said Lumpkin.

At this time last fiscal year, he said that we had four lost-time accidents.

“We have two now. Every year we get better and better,” said Lumpkin. “The numbers used to be astronomical at one point when I first got into the safety area. I think one year we had approximately 18 lost-time accidents. These numbers would be unheard of now. We don't have that loss of productive yield.”

The workforce being more safety

conscience has made quite the change, said Todd Forthman, safety engineer with the Arsenal's Safety Division.

“We began to really see the cultural change in the 2009-2010 timeframe,” said Forthman.

One of the biggest changes in the safety culture at the Arsenal happened in the Directorate of Security, said Lumpkin. “That was a big tipping point from my perspective.

Don Police really indoctrinated safety into his organization. You could see the changes once he took over as director,” he said. “He took ownership of safety for the Security directorate. Once others saw

his successes they followed his lead.”

Police, who is the Director of Law Enforcement and Security, said that he has had a safety program for a long time.

“Everyone in my directorate is a safety officer. They have ownership of the program and tools to work the program,” he said. “The program is very mature and runs itself. Any safety risks or hazards we have are being captured, reported and corrected.”

Safety is the forefront of everything DLES does. “During my daily briefings with the staff, we talk about safety,” said Police. “When you consider that DLES is a 24-7, 365-day operation, we roll more miles, operate more equipment and have more hours than any other directorate on the Arsenal. I have very few accidents.”

# Playground Renovations



Renovation work has begun on the playground behind the Pine Bluff Arsenal Child, Youth and School Service Center. According to Debbie Johnson, CYSS Coordinator, approval for this renovation was received in August 2012. The project is being fully funded from the U.S. Army Installation Management Command CYS Services. IMCOM received a total of \$25.8 million from the Office of the Secretary of Defense for renovating playgrounds to meet handicap accessible and natural component requirements, as well as to update unsafe or old playgrounds for the centers. The project is estimated to cost \$250,000. “The Child Development Center side of the playground had already been closed because we don't have children in that area. This playground will be used by children ages five to 12-years or school-age,” she said. “Flintco is the contractor doing the construction and Playmart will do the installation of the new playground equipment.” Johnson said that one tree and the current shade structure will remain in place. The project is expected to be completed in the next 60 days or towards the end of October. U.S. ARMY PHOTOS BY RACHEL SELBY

## 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

This Sunday will mark the 15th anniversary of the 9-11 attacks on our Nation. I ask that you take a moment to reflect on the tremendous sacrifices of that day. We need to continue to remember those that died on that day, as well as the military service members, civilians and contractors who gave their lives in Iraq, Afghanistan, and elsewhere.



**Col. Kelso C. Horne III**

Pine Bluff Arsenal is an important part of our Nation's military. The products we make and maintain here save lives and protect our Soldiers. I know everyone here takes great pride in that fact.

September is National Suicide Prevention Awareness Month. This year's theme is "#Be There - Your Actions Could Save a Life." As part of the Arsenal's suicide awareness campaign this year, fact sheets will be sent from the Employee

Assistance Program office to all employees. These fact sheets will include statistical data from the National Alliance on Mental Illness or NAMI and other resources, warning signs, risk factors and more. World Suicide Day will be observed Sept. 10 to reach out to those affected by suicide, raise awareness and connect individuals, friends, and families to the resources they need to

address suicide prevention. If any employee has questions, they can contact EAP at 540-3094.

With the continued draw down across our military, we have a greater responsibility to ensure we retain our critical manufacturing capabilities. To this end, we have to keep our expenses down and focus on effectiveness and efficiencies.

We need to ensure our products perform each and every time they are needed. This will require a greater focus on strategic issues, listening to our customers and showcasing what we can do for them.

We recently conducted a two-day workshop to assist with my transition as Arsenal commander, and to sharpen and enhance our strategic focus. This workshop involved Directors and other members of our Arsenal

workforce and developed our Lines of Effort: Capture Future Workload and Capabilities; Cultivate Relationships; and Control Costs.

I have had several meetings recently with Arkansas state leaders and the Congressional delegation. They recognize the value of Pine Bluff Arsenal to the region, State, and Nation. I recently spoke to the Pine Bluff Rotary Club and gave them an update on the Arsenal's missions.

I spoke with them about the items you produce each day, and the emerging lines of production like the new smoke compounds, and protective equipment.

As we continue into September, we are now past Labor Day. School is in full swing. The weather has been a bit unpredictable with periods of heavy rain and storms to sweltering temperatures. Please

continue to stay mindful of the daily weather changes and heat index updates that are sent out by security. Take scheduled breaks, stay hydrated and limit outdoor work during the hot times. Continue to be safety conscious and watch out for each other.

My Command Philosophy is "Mission First. People Always. Enjoy What We Do." The Mission must come first. The readiness we provide the Warfighter is the reason there is an Arsenal – this is non-negotiable. People are our key resource. They make Pine Bluff agile, responsive, and innovative. We

must take care of them through timely evaluations and awards, consistent drug screenings, a safe work environment, and treating every person with dignity and respect.

Enjoy what we do. This is a great Arsenal with an important mission. Find what fires your passion for the work and use that to bring energy to what you do.

I appreciate everything you do for the Arsenal, our Nation and our military service members. Your contributions strengthen our Nation's military and help us remain ready for anything the future brings.

## Social Security

### Focus on retirement planning

By **Tonya Cater**  
Social Security Public Affairs

When most people begin their career, retirement is the farthest thing from their mind. Instead, they focus on trying to purchase a home, start a family, or perhaps save money for travel. Retirement seems so far away for many younger people that they delay putting aside money. However, it's very important to save for the future — if you want to enjoy it.

An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth

IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

In addition to traditional programs, the U.S. Department of the Treasury now offers a retirement savings option called myRA. There's no minimum to open the account, you can contribute what you can afford, and you can withdraw funds with ease. To learn more about myRA, visit [www.myra.gov](http://www.myra.gov).

And, as always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Prepare for your future and start saving — and planning — today!

## Letters to the Editor



Please submit to Rachel Selby at [rachel.c.selby.civ@mail.mil](mailto:rachel.c.selby.civ@mail.mil), or by fax at 540-4048, or you can bring the letter by Rm. 190 in Building 10-020. Publication dates are the second Thursday of every month. For more information, call 540-2542.

## Army Regulation-360

AR 360-1 is the regulation that governs the release of public information.

This includes what to release and how to release it to the public, non-releasable subjects, and items that need to be cleared through public affairs channels prior to release.

The Public Affairs Program is the overall responsibility of the Arsenal commander.

Only the commanders and their designated representatives are authorized to speak for the Pine Bluff Arsenal.

The PAO acts as the liaison between the media and the installation. However, employees are encouraged to speak to civilian professional groups on matters in which the individual has personal knowledge and expertise.

This needs to be coordinated through the Public Affairs Office. They shouldn't comment on military matters that are beyond their knowledge and experience.

Obviously, classified information won't be discussed at all.

## 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 toler-

ate 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 messages/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 on online -Think, Type, Post."

## Pine Bluff Arsenal

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- \*Improve your quality of life

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**Come visit with EAP staff members Pat Jenkins, Cassandra Cosen and Dee Nesby at**

**Building 13-040 or call 870-540-3094.**

## Arsenal Sentinel



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## 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



# 2016 CYSS SUMMER CAMP



Cassie Scholes, Morgan Burnett, Presley Milburn and Tanya Tiernan dance the hula during Pine Bluff Arsenal's Child, Youth and School Services Summer Camp 2016 talent show.



From left, front row, Presley Milburn, Trinity Hagood, Bethany Phillips and (back row) Sky Jones pose for a silly photo.



Raylyn Long and Ashleigh Guynn enjoy some beach ball fun during a water day.



Alvin Wu performs magic tricks during the Summer Camp 2016 talent show.



**U.S. ARMY PHOTOS  
SUBMITTED BY CYSS**



Tyry Gao plays a game of "musical hula hoops".



Gus Hedden and Kyle Babb play a game of checkers.



Taylah Williams enjoy a snack of watermelon in the demonstration kitchen at the Arsenal's Child, Youth and School Services Center.



Maliyah Hunt enjoys a slice of pizza at the bowling alley during a Summer Camp field trip.



Aliyah Long, Aram Earnest, Bethany Phillips, Presley Milburn, Morgan Burnett, Aileen Paredes, and John Vanveckhoven participate in a S.T.E.A.M (Science, Technology, Engineering, Arts and Math) engineering project by building a gumdrop tower from gum drops and toothpicks. The object of the activity wasn't to build a tall structure, but a strong structure that could support books.



Ja'Mya Goodloe, Kayley Hobson and Nira Pugh work on puzzles during Summer Camp 2016.

## Radford donates backpacks to local school



Photo above, Lt. Col. Alicia Masson, commander of Radford Army Ammunition Plant, Radford, Va., meets with representatives from Belview Elementary to deliver backpacks to students at the school. This is an elementary school that has been adopted by RFAAP because it has a close proximity to the facility. Each backpack contain material for either a third or fifth grade boy or girl. Extra materials like tissues, Clorox wipes, glue sticks and hand sanitizer were also donated to the school. This is the fourth event that Radford has participated in support of education in the area. Photo right, backpacks fill a cart at the school ready for donation. U.S. ARMY PHOTOS-RFAAP



## PBA continues rebadging efforts

*Information provided by Directorate of Law Enforcement and Security*

Pine Bluff Arsenal's Directorate of Law Enforcement and Security began the task of re-badging all authorized personnel on the installation July 18. Re-badging will continue through Sept. 30. Current badges expire Sept. 30. The various directorates were assigned two-week blocks for their personnel to be re-badged. The last week of September will be set aside specifically for personnel who were unable to be re-badged during their allotted times.

During the allotted times, personnel will need to come to the Pass and Registration Office in the Creasy Complex, Monday through Thursday from 7 a.m. to 3:30 p.m. Individuals will turn in their current badge and a completed PBA Form 190-17, PBA Installation Access Badge Request. Both of these things must be done to be issued a new badge.

Directors need to review and determine their assigned personnel's access requirements and annotate the correct area or areas of access on each individual's PBA Form 190-17, to ensure that the correct areas of access are assigned to the badge.

The following schedule has been set up to accomplish the re-badging efforts:

- Sept. 1, 5-8 – Public Works, Outside Government Agencies and PBA Government Employee Spouses.
- Sept. 12-15 and 19-22 – Contractors. (Note: Please make sure non-DoD-cardholding contractors are notified of their re-badge times. They must bring a completed PBA form 190-5 in addition to the completed PBA Form 190-17 and their current badge. Also, please ensure that the Pass and Registration Office is notified of the sponsorship via email prior to the contractor's arrival for re-badging.)
- Sept. 26-29 – Make-ups.

Entry onto the installation will be denied effective Oct. 1, if badge has not been renewed. One important noted change during the re-badging is the removal of the PBA Retiree and Retiree Spouse Badges due to the availability of Government Civilian Retiree CAC cards, as well as the inability to verify former employment or retirement from the Arsenal.

For further information about the DLES Re-badging effort, contact Shannon Stowell at 870-540-3795 or shannon.n.stowell2.civ@mail.mil.



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A new fryer and warmer (photo above) have allowed Cool Breezes to keep food hot and fresh for their customers. Patrons can order by calling the food service facility, which opened on Pine Bluff Arsenal in 2011, or by coming to their window (photo, right) and giving their order to the clerk. The facility is located next to the Arsenal's pool complex and serves up burgers, fries, chicken fingers and frito pies from Monday through Thursday, 10:30 a.m. to 12:30 p.m. U.S. ARMY PHOTOS BY RACHEL SELBY



## Cool Breezes improves service with help of survey

By Rachel Selby

Since March 2011, Cool Breezes has been a great place for employees to grab a bite for lunch or snack. The food service facility was upgraded at that time in conjunction with swimming pool renovations, and has expanded their services over the years with changes in the menu as well as more outdoor seating.

Billy Ray Ashcraft, supervisory sports specialist and manager of Cool Breezes for Pine Bluff Arsenal's Family Morale, Welfare and Recreation Directorate, said that a lot of new menu items came directly out of the results of the last survey given to employees.

"The results are very random, but people were wanting specific things. It is hard to buy things based on one person's preference but we do the best we can," he said. "The surveys are beneficial."

The facility has gotten new equipment recently including a new fryer and warmer. "This is something that major industrial kitchens use," he said. "We got this during the summer and it has really helped keep the food fresh and hot."

The two main things that people buy when they come to Cool Breezes are burgers and chicken strips, according to Ashcraft. "It reminds me

of the old fashioned dairy bar. Frito pies are also pretty popular," he said.

A new survey focusing on foods more popular during fall and winter – like soups – will go out this month. "We start looking at changing the menu once the weather starts to cool down," said Ashcraft. "Last year, we started serving the soups way too early. It was still too warm and they didn't sell as well. We may have to wait until it gets really cold."

Soup choices will be based on what was popular last year. However, there may be new ones based on the survey, said Ashcraft.

The food establishment does have its regular customers. "We have certain customers that come on certain days," he said. "Some customers just have to tell us their name and we know what they are going to order. They never change."

Two employees run Cool Breezes – a sales clerk and a cook. "This is a great facility to have. I know the effort it takes to run it and keep it clean," said Ashcraft. "The majority of our customers want something quick that they can come pick up. We can do that."

Hours at Cool Breezes are 10:30 a.m. to 12:30 p.m., Monday through Thursday. For call-in orders, call 540-3777.

## Communication is theme of observance

Courtesy of AMCOM

Tornadoes. Hurricanes. Robberies. Active shooter situations. Credit card thefts. Car accidents.

Each is a disaster that can cause physical, emotional and financial ruin for its victims. But the long-lasting effects of such disasters can be minimized when potential victims prepare themselves in advance of possible emergencies.

September is National Preparedness Month. It's a call to action for families and communities to prepare now for emergencies

that can affect them where they live, work, play and visit.

National Preparedness Month is a national program observed annually by presidential proclamation, led by the Federal Emergency Management Agency and supported by the Department of the Army.

The theme for this year's National Preparedness Month is "Don't Wait. Communicate. Make Your Emergency Plan Today."

Practicing preparedness means different things depending on the

environment.

At home, where people have the most control, there are several things they can do to be prepared, such as having flashlights in the home, putting together an emergency packet of supplies and storing it in a safe, dry place; and developing a family emergency plan.

At work, employees should be familiar with exits and emergency locations at the work site, practice accountability reporting and keep emergency gear such as a flashlight and a first aid kit.



Ray Brame, Supervisory Contract Specialist, Scott Shelton, HSAAP Supervising Chemical Engineer, Alexander Large, Legislative Assistant to Congressman Phil Roe, and Todd Hayes, General Manager, BAE Systems, pose for a photo during Large's visit to Holston Army Ammunition Plant. U.S. ARMY PHOTO-HSAAP

## Large visits Holston plant

By Kathy O. Cole  
HSAAP Public Affairs

KINGSPORT, Tenn. – Monday August 29 2016, Mr. Alexander J. Large, Legislative Assistant, to Congressman Phil Roe visited Holston Army Ammunition Plant (HSAAP) for the first time. Mr. Large was met by Mr. Scott Shelton, Supervisory Chemical Engineer, HSAAP, Mr. Ray Brame, Supervisory Contract Specialist, HSAAP and Mr. Todd Hayes, General Manager for BAE Systems. Mr. Large received a windshield tour of Holston, with special emphases on the wastewater plant. Mr. Large has been a part of Congressman Roe's staff for six years. During this time he has had the opportunity to work with Military, Civilian, and Contractors on the ongoing wastewater projects at Holston. Mr. Large stated that "the biggest eye opener to him was the size of the facility."

The Army has put approximately 150 Million dollars over the last nine plus years on contract for projects to reduce the Research

Development Explosive (RDX) level in the wastewater effluent to the Holston River. Mr. Large viewed the construction of the IM facility, agile manufacturing facility and some of Holston's wildlife.

Holston is a government-owned, contractor-operated facility located in Kingsport, Tenn. BAE Systems is the current operating contractor. Since 1942, Holston has produced chemical explosives in support of our service members and currently produces explosive fills

for every type of ordnance used by the Department of Defense.

Holston is a subordinate installation of the Joint Munitions Command. JMC operates a nationwide network of conventional ammunition manufacturing plants and storage depots, and provides on-site ammunition experts to U.S. combat units wherever they are stationed or deployed. JMC's customers are U.S. forces of all military services, other U.S. government agencies and allied nations.

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**11 AM - 4 PM**  
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Walk-ins are welcome!  
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**BACK TO SCHOOL**

**POUNDS OFF! 8 WEEK WORKOUT PLAN**

	MON	TUE	WED	THU	FRI	SAT	SUN
W	Fit Test Basic, 1 or 2	Rest	Kinetics Next Level 20 min	Bonus Burn Explosive Circuit Shock 20 min	Definitions Daily Dose 20 min	FREE DAY Your Choice	Rest
TU	Definitions Daily Dose 20 min	Rest	Kinetics Next Level 20 min	Bonus Burn Explosive Circuit Shock 20 min	Definitions Power of 12 20 min	FREE DAY Your Choice	Rest
W	Kinetics HOT Me With B 20 min	Rest	Definitions Power of 12 20 min	Bonus Burn TKD 20 min	Kinetics HOT Me With B 20 min	FREE DAY Your Choice	Rest
TH	Kinetics HOT Me With B 20 min	Rest	Definitions Power of 12 20 min	Bonus Burn TKD 20 min	Kinetics HOT Me With B 20 min	FREE DAY Your Choice	Rest
F	Fit Test Repeat Original Test	Rest	Kinetics Fast & Furious 15 min	Bonus Burn Explosive Circuit Shock 20 min	Definitions Breakdown 15 min	FREE DAY Your Choice	Rest
S	Definitions Breakdown 15 min	Rest	Circuit Shock 20 min	Bonus Burn TKD 20 min	Explosive Go 4 B 20 min	FREE DAY Your Choice	Rest
S	Kinetics Circuit Shock 20 min	Rest	Definitions Work It 10 min	Bonus Burn Explosive Combustion 20 min	Kinetics Go 4 B 15 min	FREE DAY Your Choice	Rest
S	Kinetics Go 4 B 15 min	Rest	Definitions Work It 10 min	Bonus Burn TKD 20 min	Fit Test Repeat Original Test	FREE DAY Your Choice	Rest

WELLBEATS

For more information about this Wellbeats plan, contact Pine Bluff Arsenal Recreation Services at 540-3778.

**POUNDS OFF! 8 WEEK WORKOUT PLAN**

**WORKOUT PLAN OVERVIEW**

This 8-week POUNDS OFF! Workout Plan has been designed specifically for you. If you are brand new to exercise, or if you have not exercised in the last 6-12 months, the classes we have chosen for you are based on the science of weight loss and proven to be the most effective way to take the POUNDS OFF! and... keep them off. Over the course of the 8 weeks, you will discover your muscles, developing a toned and healthy body for you.

**ACCELERATING RESULTS**

Even if you only participate in the minimum of three exercise days per week (on Monday, Wednesday, and Friday) it will be enough to trigger weight loss. However, if you want to accelerate the process to burn more calories and change the shape of your body, we provide a 20-minute Bonus Burn on Thursdays to offer you a different style of workout such as kickboxing and Saturday is FREE CHOICE day!

**THE WORKOUTS**

The foundation of your Workout Plan is three days per week (not including our Bonus Burn Day or Saturday Free Choice Day), incorporating two types of workouts: pure resistance training we call Definitions, and interval/resistance combination training we call Kinetics. Both of these types of workouts are meant to burn the most calories during the workout, and give you the coveted AFTER BURN, so that you'll still be burning calories for 12-24 hours after you are done.

**YOU CAN DO IT!**

Check in with us along your journey on Facebook and Twitter where our instructors would love to answer any questions you may have and provide tips and motivation for healthy living!

**MEASURING PROGRESS**

A great way to stay motivated is to measure your progress throughout your journey. To do this, we recommend you participate in our WELLBEATS Fit Test prior to beginning the POUNDS OFF! Program, and then again after you have completed the 8 weeks. Seeing and feeling how much your body and fitness level have changed is the best reward you can give yourself.

**OPTIMIZING RESULTS**

As with any great exercise regimen, it is important to focus on proper nutrition for optimal results. Along with completing the Fit Test, we recommend keeping a log of your daily food intake for three days so you can track the number of calories you really do consume each day. Then, you can periodically continue to track your calories and food choices as you feel you need to.

For more information about this Wellbeats plan, contact Pine Bluff Arsenal Recreation Services at 540-3778.

# Workers' Comp CQS now available for Arsenal employees

*Courtesy of Pine Bluff Arsenal Workers' Compensation Office*

Federal employees now have access through the Office of Workers' Compensation Programs (OWCP) web bill processing portal to case specific information regarding their own federal workers' compensation claim(s).

The Claimant Query System (CQS) allows an injured employee the ability to access information regarding their own claim, such as: case file status, accepted conditions, address of record, compensation claim status, compensation payments, medical billings, reimbursement requests, eligibility, and authorization inquiries.

To access CQS, employees can go through the ACS-DOL web portal at HYPERLINK "http://owcp.dol.acs-inc.com" http://owcp.dol.acs-

inc.com. After selecting the user type "Claimant", they will be directed to the log-in page where they must enter their case file number, date of birth, and date of injury. A "Bill Status Inquiry" screen will then appear for queries concerning bills – either resolved or in process. Eligibility and accepted conditions as well as medical authorizations can also be checked at this point.

Claimants can then click on "CQS" under "Inquiries" which will direct them to the CQS main page. Users may query one case at a time by entering the 9 digit case file number. Only cases belonging to the user may be accessed.

Detailed information regarding CQS query screens is located on Z:\FECA\CQS.

For more information, contact Blake Tolleson at 540-3076.

**#BeThere**  
Your actions could save a life

MHS Military Health System  
health.mil

September is Suicide Prevention Awareness Month

September is Suicide Prevention Awareness Month. The theme this year is "#BE THERE" Your Actions Could Save a Life.

As part of the Pine Bluff Arsenal's Suicide Awareness campaign this year, fact sheets will be sent out for all employees. The information in the suicide awareness fact sheets will include statistical data from the National Alliance on Mental Illness (NAMI) and other resources, warning signs, risk factors and more.

Please stay tuned for more suicide awareness information and events.

If you have questions, please feel free to contact the Arsenal's Employee Assistance Program at 540- 3094.



Welton Boyce, Angie Campbell, Danielle Graves, Jason Graves, David Hudman, Erma Lephiew (not picture), Devan McClellan, Anne McGuire, Kelly Murphy, Rodney Rutledge, and Chris Taylor were all recognized Aug. 30 for their efforts as part of Pine Bluff Arsenal's LMP team. Certificates of appreciation and two-star letters were given during the weekly staff meeting by Col. Kelso C. Horne, Arsenal commander. U.S. ARMY PHOTO BY HUGH MORGAN

## PBA LMP team is recognized for Increment 2 training efforts

*Courtesy of Pine Bluff Arsenal LMP Office*

Pine Bluff Arsenal had 14 Logistics Modernization Program Cadre who attended Capstone training at Rock Island Arsenal, Ill. This training was held over a 16 week period to prepare and teach the cadre training materials. The LMP training was provided to over 140 Arsenal employees and was completed in 12 weeks. For LMP Increment 2, there was a total of 97 course sessions taught to 839 PBA students (with over 140 PBA LMP employees; clearly some had to take multiple courses).

Due to schedule conflicts and the rigorous schedule for the Cadre and the other LMP employees, this team of Cadre provided multiple desk-side trainings to ensure that PBA met the goal of LMP Increment 2 training completions. Total instruction and lab time was over 5,000 hours.

Eleven LMP Cadre received certificates of appreciation Aug. 30, during the weekly staff meeting. The certifi-

ates were in recognition of the outstanding support to the recent deployment of LMP and were signed by Principal Deputy Chief of Staff for Operations and Logistics, James C. Dwyer. Welton Boyce, Angie Campbell, Danielle Graves, Jason Graves, David Hudman, Erma Lephiew, Devan McClellan, Anne McGuire, Kelly Murphy, Rodney Rutledge and Chris Taylor received the certificates.

The three remaining PBA LMP Cadre received two-star letters. The PBA LMP team submitted information for accomplishments noted below and were awarded three two-star letters. The letters were in recognition for their solid performance as a key factor in helping the workforce do their jobs more effectively and efficiently in the new LMP functionality signed by Major General, U.S. Army Deputy Chief of Staff for Operations and Logistics, G3/4, Steven Shapiro. Albert Belcher, Allen Huff and John Earnhart received the letters Aug. 30, during the weekly staff meeting.

While all the PBA LMP Cadre provided great support and put forth significant effort, these three stood out for the following reasons:

Belcher and Huff were over the Ammo AIT (Automated Information Technology) area for PBA. They attended eight capstone events for those areas as well as a few Ammo AIT workshops. Together, this team from the Directorate of Material Management, taught a total of 29 course sessions. It is important to mention that Allen and Albert are key to the Ammo AIT process at PBA. Not only did they teach the courses and attend workshops, they also maintained job duties at MM.

Earnhart's main focus was HCM - Human Capital Management (Timekeeping) as well as CAMS (Complex Automated Manufacturing System). He attended 12 capstone events and a few CAMS workshops. Earnhart taught 22 course sessions, however unlike Belcher and Huff he actually taught with six different Cadre

for the various courses. If anyone was unable to make their scheduled date to teach, Earnhart was always the one to count on to step in at the last minute to provide assistance and teach the course.

A two-star letter was also presented to Kelley Dancer. Dancer managed the LMP Cadre as they attended the Capstone courses in Illinois. She also determined the needs and course load for all PBA LMP employees for LMP Increment 2, organized the teaching schedule accommodating the LMP Cadre and LMP employees to best accomplish the training requirements as well as Mission First. Dancer also continues to ensure new PBA LMP employees are provided their training and that the information is tracked and updated in TED (Total Employee Development).

## Speaking to Rotary



Col. Kelso C. Horne III, commander of Pine Bluff Arsenal, speaks to members of the West Pine Bluff Rotary Club during a luncheon meeting Aug. 25 at the Pine Bluff Country Club. Horne spoke about the Arsenal's missions as well as its importance to national defense. U.S. ARMY PHOTO BY HUGH MORGAN

Land Mobile Radio tower construction is currently underway at Radford Army Ammunition Plant in Radford, Va. LMR modernizes Army non-tactical radio systems in support of installation public safety organizations and functions, including first responder, force protection and other installation management functions. The LMR will be a critical component of RFAAP base communications backbone. Portable, vehicular, and desktop mounted radios are integrated throughout the facility. U.S. ARMY PHOTO-RFAAP

## LMR Construction at Radford



*Caring through the ages... for ALL ages.*

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Doug Coleman, M.D. Mark A. Ramiro, M.D.



Jarvis Paylor (photo above right), and Kaela Hodge (bottom photo), teens that participate in Pine Bluff Arsenal's Child, Youth and School Services Center middle school-teen program, receive certificates from Col. Kelso C. Horne III, Arsenal commander, for their participation in the U.S. Army Youth Leadership Forum. About 100 teenagers from different Army bases around the country came together in July at Camp Bob Cooper in Summerton, S.C., to discuss issues that the teens had on their individual bases. Team building exercises, problem-solving skills as well as presentations of activities at the individual bases were a highlight of the forum. Cassandra Thornton (top photo), Sports and Fitness Program Associate with Pine Bluff Arsenal's Child, Youth and School Services, received a certificate of appreciation from Col. Kelso C. Horne III, Arsenal commander, for her participation in the U.S. Army Youth Leadership Forum in Summerton, S.C. She accompanied Paylor and Hodge to the forum, which was held in July, this year. U.S. ARMY PHOTOS BY HUGH MORGAN

## Visit with Governor



From left, Pine Bluff Arsenal Deputy Commander Larry Wright, Arkansas Governor Asa Hutchinson, Pine Bluff Arsenal Commander Col. Kelso C. Horne III, and Pine Bluff Arsenal Deputy Commander designee Roch Byrne pose for a photo during a meeting hosted by the governor's office. The meeting was part of the transition process for Horne as the incoming commander of PBA. U.S. ARMY PHOTO



**Computer Crime Investigative Unit**  
U.S. Army Criminal Investigation Command

# Cybercrime Prevention Flyer

CPF 0003-16-CID361-9H 31 May 2016

## Don't Scan Your CAC!

CAC Scan, a free application for Android devices, was recently released on Google Play. With it, users could scan the barcode on the front of Common Access Cards (CAC), which contain some personally identifiable information (PII) such as the name, social security number, rank, and DoD ID number of the CAC cardholder.

**DO NOT** download or use any application designed to read the barcode, magnetic strip, or integrated circuit chip on your CAC. The application could be sending your PII to people you don't want to send your PII to!

Neither CAC Scan nor any other CAC reader application available for download via an app store are sponsored or endorsed by the Department of the Army.

**General Tips about Mobile Apps:**

- Before downloading, installing or using any application, take a moment to review the "About the Developer" section. This gives you information about other apps the developer has published. If available, visit the developer's website and assess its content for things like history, professional appearance, etc.
- Apps that purport to allow access to military or government sites should only be installed if they are official apps and downloaded through official channels.
- Perusing user ratings and reviews gives you a sense of the veracity of the application's claims. Inarguably, no app is completely perfect for all users, but complaints about security concerns should quickly stand out from other relatively benign issues.
- If you're unsure and inadvertently download an app, inspect your device's application permissions screen to determine what other applications or information will be accessed by the app. A video game, for example, is unlikely to have a legitimate need to access your contacts.

**Additional Information:**  
[Common Access Card Security](#), Department of Defense  
[Smartphone Security Checker](#), Federal Communications Commission  
[MyPay or No Pay Apps](#), U.S. Army  
[The Not So Thrifty Apps](#), U.S. Army

**ICE** CCIU uses the Interactive Customer Evaluation (ICE) system. Please click on the ICE logo and take a moment to provide us with feedback.

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**PUBLIC RELEASE DATA**

This is the public release that Pine Bluff Arsenal Child Youth & School Services Center will send to: \_\_\_\_\_  
(Name of Institution/Facility)

Arsenal Sentinel  
(Name of News Media, Grassroots Organizations, Employment Security Division, Outlets)  
On August 31, 2016. (These groups must be advised of program availability, any new programs, or changes in existing programs.)

**PUBLIC RELEASE**

The Pine Bluff Arsenal Child Youth & School Services Center  
(Name of Institution/Facility)

Today announced its sponsorship of the USDA Food Program. Meals will be available at no separate charge or at a reduced charge for National School Lunch Program and at no charge for Child and Adult Care Food Program participants enrolled at the participating institution(s) listed below. The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov).

Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities, who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). USDA is an equal opportunity provider and employer.

Institution Pine Bluff Arsenal Child Youth & School Services Center  
Or Facility: \_\_\_\_\_  
Address: 16050 Sibert Road Pine Bluff, Arkansas 71603

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**GUIDELINES FOR FREE AND REDUCED MEALS**  
EFFECTIVE FROM JULY 1, 2016 TO JUNE 30, 2017

Household Size	FREE MEALS			Household Size	REDUCED PRICED MEALS		
	Year	Month	Week		Year	Month	Week
1	\$15,444	\$1,287	\$297	1	\$21,978	\$1,832	\$423
2	20,826	1,736	401	2	29,637	2,470	570
3	26,208	2,184	504	3	37,296	3,106	718
4	31,590	2,633	608	4	44,955	3,747	865
5	36,972	3,081	711	5	52,614	4,385	1,012
6	42,354	3,530	815	6	60,273	5,023	1,160
7	47,749	3,980	919	7	67,951	5,663	1,307
8	53,157	4,430	1,023	8	75,647	6,304	1,455
Add't Members, add	+5,408	+451	+104	Add't Members Add,	+7,696	+642	+148

NOTE: THIS CHART IS TO BE USED BY INSTITUTIONS, SCHOOLS, CENTERS AND SPONSORING ORGANIZATIONS TO APPROVE AND COMPLETE INCOME ELIGIBILITY APPLICATIONS FOR FREE AND REDUCED PRICE MEALS. (ISN-9)

# Report

## Suspicious Activity

**Indicators:**

- People drawing or measuring important buildings.
- Strangers asking questions about security or building security procedures.
- Briefcase, suitcase, backpack, or package left behind.
- Cars or trucks left in No Parking zones in front of important buildings.
- Intruders in secure areas where they are not supposed to be.
- A person wearing clothes that are too big and too hot for the weather.
- Chemical smells or fumes that worry you.
- People asking questions about sensitive information such as building blueprints, security plans, or VIP travel schedules without a right or need to know.
- Purchasing supplies or equipment that can be used to make bombs or weapons or purchasing uniforms without having the proper credentials

**Also Report Situations Where:**

- Individuals have isolated themselves or are emotionally withdrawn from friends/community
- Individuals are absent from the workplace for seemingly no reason
- Individuals with apparent grievances

**Primary Reporting Methods**

- Law enforcement official or agency
- Security force or guard members

**Alternative Reporting Methods**

- DA Civilians/Soldiers: your chain of command
- Spouses: your military member/FRG Leader
- Children: your parents or teachers
- Contractors: contract agency or COTR

**What to Report**

- When did suspicious activity occur
- Where did activity occur
- How many people involved
- How many vehicles involved
- What type of activity occur
- Describe what you saw
- Provide pictures if you took any

Report to: \_\_\_\_\_

Phone No.: \_\_\_\_\_

Website: \_\_\_\_\_

Organized team or lone wolf, foreign or home-grown, targeting many places or just one, using available technology or weapons made with their own hands—the fluid, obscure nature of the terrorist threat demands that we know what to look for and where to look. Familiarize yourself with indicators of suspicious activity and be ready to report such activity to proper authorities.

Always Ready, Always Alert

Because someone is depending on you