

# TRACKS

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Anniston Army Depot, Alabama

April 2, 2020

## ANAD named critical infrastructure Employees should practice prevention protocols at work, home

by Jennifer Bacchus

ANAD PAO

According to the Centers for Disease Control and Prevention, a novel coronavirus is a new coronavirus that has not been previously identified. The virus causing coronavirus disease 2019, also known as COVID-19, is not the same as the coronaviruses that commonly circulate among humans and cause mild illness, like the common cold.

A diagnosis with coronavirus 229E, NL63, OC43, or HKU1 is not the same as a COVID-19 diagnosis. Patients with COVID-19 will be evaluated and cared for differently than patients with common coronavirus diagnosis.

The CDC urges everyone to practice precautionary measures, which reduce the risk of spreading infection. These include:

- Frequent hand washing for a minimum of 20 seconds; ensure every part of the hands and wrists are clean.

- Disinfection of common areas and shared items.

- Avoid close contact – maintain a minimum distance of six-feet from others, when possible.

- Don't touch your eyes, nose or mouth.
- Stay home if you are sick.


The Department of Homeland Security named the entire Defense Industrial Base Sector, which includes Anniston Army Depot, a critical infrastructure industry.

Therefore, at ANAD, workdays so far appear normal. Most employees continue to report to their work sites to perform work necessary to maintain Army readiness and protect the war fighters on the front lines.

"We are maintaining the supply and maintenance chains that ensure the readiness of our Army as they are called to defend our Nation and support the COVID-19 response," said Maj. Gen. Daniel Mitchell, commanding general for the U.S. Army Tank-automotive and Armaments Command. "But, in order to do this vital mission, we must remain safe

**You can help prevent the spread of respiratory illnesses with these actions:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

 [cdc.gov/coronavirus](https://cdc.gov/coronavirus)

and well, just like other essential providers."

Last week, during an address to the workforce, ANAD Deputy to the Commander Tommy Carlisle empowered supervisors throughout the installation to review processes and procedures in their areas of responsibility.

"Look at your work areas, look at your shops, see where you have two-man jobs which can be mitigated. Make the determination if those processes need to proceed or if you need to make changes," said Carlisle.

At midday on April 1, there were 11 confirmed cases of COVID-19 in Calhoun County.

According to the Alabama Department of Public Health, 7,774 Alabamians had been tested throughout the state, as of Tuesday.

1,000 individuals have tested positive and, as of March 31, there have been 17 deaths in the state.

ANAD Commander Col. Marvin Walker encourages employees to continue to follow the CDC guidelines and asks those who should remain at home due to illness or pre-

existing conditions to follow proper leave protocols.

"The health and safety of our workforce continues to be our priority," said Walker, urging employees to embrace social distancing. "An aggressive mindset is needed to limit the spread of COVID-19. If you are sick, stay home. We have to depend on each other to get through this."

For parents whose children remain out of school for the duration of the school year, ANAD has extended an opportunity for flexible work schedules. Additionally, the Child Development Center has a limited number of openings for children up to the fifth grade.

Child and Youth Services can be contacted at 256-235-6273 or visit Parent Central at Bldg. 220.

"We've all been through tough times and I'm sure we'll come through this one as a team and we will be stronger for it," said Mitchell. "Your leadership is very proud of you because of what you do for your Army and nation in normal times and in times of crisis."



### Morning Show

To prevent the spread of COVID-19, The Morning Show will not be shown April 8. The Public Affairs Office will announce when normal scheduling resumes.

### INSIDE TRACKS

#### Alcohol Awareness

World events can cause stress and isolation. Learn to cope without alcohol. See article on page 6.



#### ANAD OSV programs

The depot has been working to overhaul and repair OSVs to assist with training of troops. See article on page 3.

### NOTES

- COVID-19 resources
- Chaplain Care Team
- CDC openings
- Recycle sales
- Dates to remember
- Blood supplies needed
- Cafeteria menus
- And more

See info on page 7.

# Installations now at HPCON-Charlie

from Staff Reports

ANAD Operations Office

The Department of Defense Public Health Emergency Management policy assigns health protection condition levels to disease outbreaks, based on the severity of the disease and the level of transmission occurring in the local community and installation.

HPCON levels outline specific actions which can be taken in response to the ongoing health threats.

Regardless of the HPCON level, always follow the guidance from your installation and local public health agencies.

Anniston Army Depot is currently at Health Protection Condition Charlie for Coronavirus Disease 2019.

HPCON Charlie - is Sustained community transmission.

Employees should:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.

- Plan activities for family members, especially children, in case you are restricted to your home for prolonged periods of time.

- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.

- Implement remote work procedures as directed by your employer.

- If outside the United States, authorized or ordered departure actions may be implemented.

**See something,  
say something**

**If you see something  
suspicious, report it to  
security at Ext. 6222.**



# Fire department receives new, refurbished trucks

from Staff Reports

ANAD DES

Anniston Army Depot's Directorate of Emergency Services received two new trucks in the last few months and had one pumper truck serviced.

In November 2019, the depot received a 2019 model KME Tanker, replacing their 1991

model KME.

The 2019 model features a 1,250 gallon per minute pump, meaning it can serve as a reserve engine, and carries 3,000 gallons of water. It has an automatic transmission, electric dump valves on the sides and rear of the truck and a portable water tank with an electric cradle on the passenger side.

It also has a complete LED light package and National Prevention of Fire Association striping on the rear of the truck for safety.

The 1991 KME was a diesel-powered, 250 gallon per minute pump with 1,200 gallons of water, a manual transmission and had none of the extra safety features.

In March, DES received a 2020 Pierce Saber Pumper, which replaces a 2003 American LaFrance Pumper.

"The American LaFrance company has been out of business for some time now," said Scott Pope, chief of the Fire and Emergency Services Division. "The 2020 Pierce is shorter in overall length than the 2003 and will allow us to maneuver more easily in tight situations."

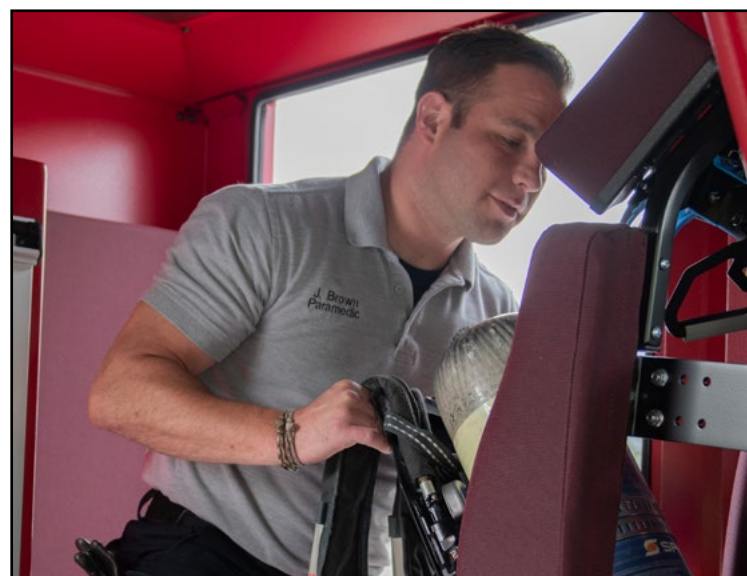
The new truck features a complete LED lighting package, updated NFPA safety striping on the rear of the truck, multiple scene lights, lockable in-cab EMS supply cabinet and a side

mount pump.

The 2003 vehicle had a top-mount pump and did not have the added safety features.

The department's 1999 E-One Cyclone II Pumper has been processed through the Service Life Extension Program at Red River Army Depot. It arrived back on depot in late March.

The service life of the vehicle increased by seven to 10 years and it now has some of the same safety features as the 2020 Pierce.



U.S. Army Photos by Jennifer Bacchus

Jeremy Brown loads an oxygen tank into the 2020 Pierce Saber Pumper at Anniston Army Depot's fire department.



Anniston Army Depot's Directorate of Emergency Services recently received two new trucks, including this 2020 Pierce Saber Pumper.

## TRACKS

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# ANAD overhauls, repairs training vehicles

by Jennifer Bacchus

ANAD PAO

Anniston Army Depot is currently rebuilding Opposing Forces Surrogate Vehicles, better known as OSVs, and Main Battle Tanks to enable realistic training for Soldiers.

In January, the mechanics, machinists, welders, painters and various other employees in the depot's Nichols Industrial Complex completed the conversion of 14 M113 vehicles to OSVs. Another 12 M113s were converted to Main Battle Tanks.

Conversions give ANAD employees the opportunity to not only repair and replace parts, but also construct new.

"The turret and all weld-on items were fabricated and applied to the turret at Rock Island Arsenal," said Ronnie Webb, from the Directorate of Production Management. "Any items designed to hang on the vehicle were fabricated and installed at ANAD."

Items which hang on include the nose piece of the OSV, the rear extension and the doors.

"The OSV has personnel doors, where a M113 has a ramp," explained Colt Turner, maintenance management specialist for the program.

In total, the program had approximately 300 fabrication orders for each vehicle, including about 160 bolt-on items, which were machined and threaded specifically for the OSV.

"A lot of that isn't available in the supply system, so it has to be fabricated," said Turner.

The installation's artisans are currently working on two reclaim and repair programs – one for more than 50 OSVs and another smaller program for MBTs.

Much like the depot would repair a standard combat vehicle, the OSVs and MBTs are inspected and disassembled to their bare hulls.

The components then rotate



U.S. Army Photos by Jennifer Bacchus

**Bryan Whitley cleans the light bar for an OSV in Anniston Army Depot's Combat Vehicle Repair Facility.**

through several shops on the installation – being cleaned, repaired and painted.

When all the components are ready for assembly, they go to Greg Johnson's assembly team.

"It comes in as a bare hull, nothing in there," said Johnson, a heavy mobile equipment supervisor. "By the time it hits the sixth bay, it's running under its own power."

Johnson said it takes a lot of expertise throughout the depot to create the components.

"There are a lot of hands in the pie," he said, detailing the shops – components, cables, the kitting shops, and welders who have a part in each reconstruction.

"There is a lot of welding that has to be done to these vehicles; a lot of work that goes into each one," said Johnson.

Because so many different shops are involved, communication is a key component to ensuring parts are done on time and correctly.

"If I need something machined a little differently, I have to let them know," said Johnson.

On the OSVs, since they are created from vehicles often more than 50 years old, parts often must be tailored to a specific vehicle to account for variations.

"We're going to have to make some things work. That's where



**William Bonner installs the rear wiring in an Opposing Forces Surrogate Vehicle on the assembly line.**



**Stevie Harris preps the interior of an OSV prior to installation of components in ANAD's industrial area.**

the true journeyman mechanics come into play," said Johnson. "You have to take new stuff and make it fit on and with the old stuff, ensuring nothing hits the moving parts."

Twenty-four mechanics work on Johnson's assembly line and he said each of them understands

they are ensuring the readiness of Soldiers.

"Our Army is only as important as its training. So, to me, that makes this vehicle the most important," said Johnson. "The quality of these vehicles has to be the best, so it gives them the best training possible."

# Army Medical Command launches COVID-19 information hotline

by Douglass Hall

Army Public Health Center

ABERDEEN PROVING GROUND, Md. -- The U.S. Army Medical Command is establishing a COVID-19 hotline to provide trusted information and a link to resources.

The hotline is part of the Army Medical Readiness Assistance Program and is intended to connect callers to trusted COVID-19 information sources and answer questions. The hotline will be manned 24 hours a day, seven days a week, and can be reached by calling 1-800-984-8523. Callers can also reach the line by calling:

- Overseas: DSN (312) 421-3700
- Stateside: DSN 421-3700
- Stateside Commercial: 210-295-3700

"We have a team of trained professionals standing by to assist all callers," said John Resta, director of the U.S. Army Public Health Center and acting deputy chief of staff of Public Health for the U.S. Army Medical Command. "They will listen to the caller's concerns and assist them with access to

medical care if needed. There is a lot of misinformation out there, and we will continue to be a trusted source of information as we support the whole of government response and try to limit the spread of Coronavirus Disease."

APHC provides continuously updated online COVID-19 health information and resources for service members, families, civilians, contractors and healthcare providers.

This information helps military communities understand what actions they should take when commanders establish health protection conditions, or HPCON levels, in response to increased COVID-19 community spread. This information can be found at <https://phc.amedd.army.mil/topics/campaigns/covid19/Pages/default.aspx>.

The Army Public Health Center focuses on promoting healthy people, communities, animals and workplaces through the prevention of disease, injury and disability of Soldiers, military retirees, their families, veterans, Army civilian employees, and animals through studies, surveys and technical consultations.

# Treasury, IRS extend filing deadline

from Staff Reports

IRS.gov

WASHINGTON — The Treasury Department and Internal Revenue Service announced today that the federal income tax filing due date is automatically extended from April 15, 2020, to July 15, 2020.

Taxpayers can also defer federal income tax payments due on April 15, 2020, to July 15, 2020, without penalties and interest, regardless of the amount owed.

This deferment applies to all taxpayers, including individuals, trusts and estates, corporations and other non-corporate tax filers as well as those who pay self-employment tax.

Taxpayers do not need to file any additional forms or call the IRS to qualify for this automatic federal tax filing and payment relief.

Individual taxpayers who need additional time to file beyond the July 15 deadline, can

request a filing extension by filing Form 4868 through their tax professional, tax software or using the Free File link on IRS.gov.

Businesses who need additional time must file Form 7004.

The IRS urges taxpayers who are due a refund to file as soon as possible. Most tax refunds are still being issued within 21 days.

"Even with the filing deadline extended, we urge taxpayers who are owed refunds to file as soon as possible and file electronically," said IRS Commissioner Chuck Rettig. "Filing electronically with direct deposit is the quickest way to get refunds. Although we are curtailing some operations during this period, the IRS is continuing with mission-critical operations to support the nation, and that includes accepting tax returns and sending refunds."

"As a federal agency vital to the overall operations of our country, we ask for your personal support, your understanding –

and your patience. I'm incredibly proud of our employees as we navigate through numerous different challenges in this very rapidly changing environment."

The IRS will continue to monitor issues related to the COVID-19 virus, and updated information will be posted on a special coronavirus page on IRS.gov.

This announcement comes following the President's emergency declaration last week pursuant to the Stafford Act.

The Stafford Act is a federal law designed to bring an orderly and systematic means of federal natural disaster and emergency assistance for state and local governments in carrying out their responsibilities to aid citizens. It was enacted in 1988.

Treasury and IRS will issue additional guidance as needed and continue working with Congress, on a bipartisan basis, on legislation to provide further relief to the American people.

# Consumption of food, drinks in shop areas

from Staff Reports

ANAD Safety Office

Federal, state and local governments are directing everyone to avoid social gatherings. This is intended to slow the spread and reduce the risk of COVID-19 virus migration.

Until the possibility of contracting the virus is over, we must exercise social distancing practices.

Employees may be able to have breaks and lunches outside of shop areas and, as a last option, on shop floors, if certain requirements are met.

This is only a temporary adjustment to safety and health requirements and should be used to reduce the amount of employees gathered in designated breakrooms.

Supervisors should encourage eating outdoors in appropriate areas first, not on the shop floor.

**To eat in a shop area during authorized break and lunch times:**

- The supervisor must designate an area to consume food and/or drink and there must be no adjacent work ongoing.
  - All chemical products must be removed from the area and put away.
  - The area must be wiped down and cleaned with an all-purpose cleaner.
  - Areas selected cannot be in any type of regulated work areas (e.g. cadmium, plating, painting or blasting).
  - Cleaning supplies should be made available to the shops.
  - Breakrooms will still be utilized as food storage, no food will be stored in the shop areas.
  - Employees must wash hands before and after eating.
  - After eating, all food related waste shall be disposed of in breakroom trash cans.
  - The area must be thoroughly cleaned of all food, food waste and beverages.
  - If a beverage is brought back to the work area after a break or lunch, it must have a covered top or lid.
  - These exceptions to eating and drinking on shop floors are approved only during authorized break and lunch times and only in the designated areas when the above requirements are met.
- Always practice good hygiene: wash your hands for a minimum of 20 seconds with soap and water, especially after touching any frequently used item or surface.



Courtesy photo

Employees are encouraged to eat outside in appropriate areas.



# Army working to develop vaccines as force preps its response

by Devon Suits

Army News Service

WASHINGTON -- The U.S. Army Medical Research and Development Command and U.S. Army Medical Research Institute of Infectious Diseases are aiding in the development of five separate COVID-19 vaccines, Secretary of the Army Ryan D. McCarthy announced Thursday.

In support of the federal government's plan to combat the virus, the Army received an additional \$900 million in funding to help prevent, detect, and treat the disease, McCarthy said.

"We got to spend a few hours with extraordinary Americans who are at the forefront of this fight. We are giving them all the resources that they can try ... to help knock down any roadblocks in their path," McCarthy said about his visit to Fort Detrick, Maryland.

The Army is doing all it can to assist the global medical community as they work together to defeat COVID-19, Army Chief of Staff Gen. James McConville said. The force is also monitoring several dozen vaccine candidates that are currently under development by the public and private sectors.

"The heroes are in this fight. These scientists are working to find a vaccination ... working to find the drugs for treatment ... and are aggressively increasing the capacity of our testing capabilities," McConville said.

During their visit to USAMRDC and USAMRIID, the Army's top leaders witnessed the force's ongoing effort to fight against the disease, McCarthy said. Army leaders also received an update on the first Soldier to come down with the virus in South Korea.

While McCarthy did not share the information about the Soldier's current condition, he did indicate that the virus has put him and his family under a lot of stress.

## Preparing to fight

Currently, the National Guard is assisting the states as the active-duty force aligns its personnel and resources for when it is called upon to support, McConville said.

The Army is prepared to provide Army medical support to civilian communities, McConville said.

Deployable Army medical units "were designed for combat-type operations ... not designed for infectious diseases," McConville said. Expeditionary military medical capabilities can help take some of the load off, "allowing the civilian hospitals to focus on the issue."

Army leaders are also working to mitigate risk, McConville said. The majority of the Guard and Army Reserve's medical personnel are already working in their communities to combat COVID-19.

"If we call them up, the Reserves, we may be taking them out of the very communities that we're trying to help," McConville said.

Along with the Army's effort to support the medical field, the U.S. Army Corps of Engineers is currently working with four state governors, including the governor of New York, to develop alternative hospital facilities.

"We are offering these governors options," McConville said. "We think the fastest way is to take hotels and dormitories that are available and re-scope them" into medical facilities.

Altering a pre-existing facility to support the Army's mission is not uncommon, McConville said. During World War II, for example, the Army used the Greenbrier hotel in White Sulphur Springs, West Virginia, as a Soldier surgery and rehabilitation center.

"Large open tents are not the best place to put people with infectious diseases," McConville said. "We are giving (the governors) some options that they can work with."



U.S. Army Photos by Sgt. James Harvey

**ABOVE:** Secretary of the Army Ryan D. McCarthy visits a Walter Reed National Military Medical Center facility at Fort Belvoir, Va., to observe the health care guidance implemented to handle COVID-19, March 20, 2020.



**LEFT:** Lt. Col. Kurt E. Schaecher briefs Secretary of the Army Ryan D. McCarthy at a Walter Reed National Military Medical Center facility on Fort Belvoir, Va., about health care measures implemented to handle COVID-19, March 20, 2020.



# Offices can have safety hazards also

by Erica Johnson

ANAD Safety Office

Most people do not think of hazards when offices or cubicles are mentioned.

Fall protection equipment may not be used, but thousands of people are injured in cubicles each year.

There are no drill presses, band saws or heat-related illnesses to worry about, but threats still exist.

The hazards are not obvious, as they may be in a machine shop.

Though the perils are different, there are still hazards to address.

The real threat of the office is lack of awareness.

People become complacent and do not necessarily think of an office or cubicle as a hazardous place.

With office employees surrounded by filing cabinets and a maze of cubicle walls creating blind spots, injuries can occur during everyday office work.

Office equipment, such as copy machines or printers, can be dropped while being moved by an employee.

Cubicle hazards can develop through misuse of office equipment, such as overloading an electrical outlet or daisy chaining.

Fatigue and musculoskeletal problems can also develop from sitting still for lengthy periods at a workstation.

Following are steps you can take to prevent office hazards:

- **Stay clutter free:** Boxes, files, and various items piled in walkways create a tripping hazard.

Be certain all materials are safely stored in their proper location to prevent clutter in walkways.

In addition to posing an electrical hazard, stretching cords across walkways or under rugs creates a tripping hazard. Ensure all cords are properly



U.S. Army Photo by Jennifer Bacchus

**Opening too many file cabinet drawers can be a safety hazard in office work areas.**

secured and covered.

- **Shut the drawer:** There is a variety of objects which can strike or pinch workers, injuring them in their cubicle.

File cabinets are a major source of office injuries.

If too many drawers are opened, file cabinets could tip over, if not secured. Additionally, open desk drawers and file cabinets pose a tripping hazard.

Always completely close drawers when not in use.

- **Maintain a clear line of sight:** Workers can collide when turning down hallways and around blind corners or cubicle walls.

The National Safety Council suggests installing convex mirrors at intersections to help reduce collisions.

If workers can see someone coming around a corner, collisions are less likely to occur.

People can bump into or trip over unattended open drawers and drawers can be pulled out too far, accidentally, and dropped.

- **Step on up:** Standing on

chairs, particularly rolling office chairs, is a significant fall hazard.

Workers who need to reach something at an elevated height should use a stepladder. Stepladders must be fully opened and placed on level, firm ground. Workers should never climb higher than the step indicated as the highest safe standing level.

- **Take a break:** Eyestrain and irritation can develop from prolonged use of computer screens and keyboards.

Giving your eyes a rest and allowing them to focus on things at varying distances can help reduce eyestrain and fatigue.

OSHA recommends workers take a 10-minute break for every hour spent on the computer. These breaks can include working on tasks requiring the eyes to focus on objects at a further distance.

If you have additional questions about maintaining a safe working environment, contact the Safety Office at Ext. 7541.

# Coping with drug, alcohol use while isolated

by Dr. Ronald Spencer, Sr.

ANAD DFMWR

During this time of the COVID-19 pandemic, many of us are in a state of isolation or limited communication with friends, family and coworkers.

Uncertainty sometimes causes stress, anxiety and/or depression.

Some people handle these mental issues through drinking and using drugs.

Alcohol and drug use is a coping strategy that does more harm than good.

I have seen these coping skills in Veterans suffering from PTSD; they drink or use drugs when the stressor is present.

It may work, but only temporarily.

In the long run, the drinking and drug use are more problematic.

In treatment, I teach addicts and alcoholics more beneficial coping skills, which are not harmful to their long-term health and employment, such as:

- Using relaxation strategies
- Occupying your time with alternatives to drinking or using drugs, such as spending time with your family or children.
- Finding a new hobby, such as assembling model cars, planes or tanks.
- Learning new things, such as how to play an instrument.
- Reading a book and discussing the content with family and friends.
- Spending needed time with your spouse and/or children.

For those who are teleworking and have a history of drug or alcohol use, it may be tempting to use illegal drugs or overindulge in the use of alcohol.

When teleworking, you are on official duty and can be recalled to perform official tasks. Will you be ready to respond? In an emergency, can you safely operate a vehicle? Can you execute your official duties?



Courtesy photo

In accordance with AMC 600-17 (f), employees are bound by Department of Defense, Army and Army Materiel Command standards of conduct and ethics while working at alternate work sites.

All standards governing ethical behavior remain in effect, regardless of where or when work is performed.

AMC Memorandum 600-17 requires you to be at your work-site during the scheduled workday.

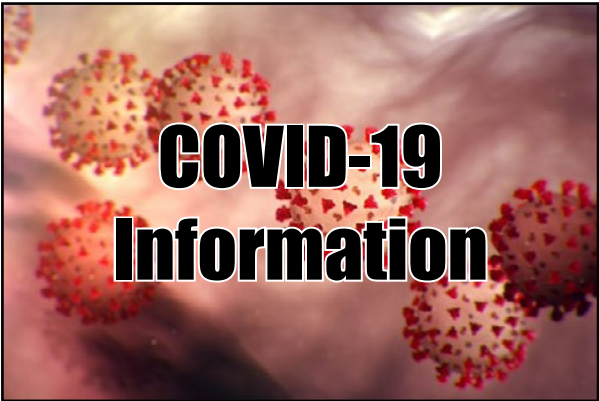
If the employee is recalled to their regular work site, the employee must report as soon as possible, but no later than two hours from the time of the recall.

Besides not being able to respond to work requirements, the Substance Abuse and Mental Health Services Administration says, "...excessive alcohol use can increase a person's risk of stroke, liver cirrhosis, alcoholic hepatitis, cancer, as well as other health conditions."

Boredom is not our friend when we must isolate. Remember, it is okay to be alone, but it is not okay to be lonely.

If you need help coping with stress, loneliness, anxiety, depression or any other mental stressor, contact the Employee Assistance Program at the Community Counseling Center in Bldg. 94 and speak with one of the counselors.

# notes from around the TRACK



For up-to-date information on COVID-19, including preventing the spread of disease, please visit the following websites:

- [cdc.gov](https://www.cdc.gov)
- [phc.amedd.army.mil](https://phc.amedd.army.mil)


### CDC openings

The Child Development Center offers care to children from infancy through the fifth grade.

The center is accredited by the National Association for the Education of Young Children and is currently accepting students of all ages.

Cost is based on total family income.

For more information or if you have questions regarding care during the extended schools' closures, call 256-235-6273 or visit Parent Central at Bldg. 220.



## Chaplain Care Team suspends visits

Anniston Army Depot's Chaplain Care Team, in respect for doing its part to prevent the spread of COVID-19, has temporarily suspended all personal visits to hospitals, funeral homes and family homes.

Visits will resume when the Centers for Disease Control and Prevention lifts social distance restrictions.

If you need assistance during this time, contact the Chaplain Care Team program manager, John Flood, at [john.e.flood1.civ@mail.mil](mailto:john.e.flood1.civ@mail.mil).

**There's a severe blood shortage. Healthy donors needed.**

Schedule now at [RedCrossBlood.org](https://RedCrossBlood.org)



## Cafeteria menus

<b>April 6</b> Hamburger steak Mashed potatoes and gravy Field peas Fried okra Yeast roll or cornbread	<b>April 13</b> Salisbury steak Rice and gravy Great Northern beans Fried squash Cornbread	<b>April 20</b> Baked pork chop Roasted new potatoes Butter beans Glazed carrots Cornbread
<b>April 7</b> Baked lasagna Steamed broccoli Corn on the cob Side salad Garlic bread	<b>April 14</b> Meat loaf Mashed potatoes and gravy Green peas Fried okra Yeast roll	<b>April 21</b> Spaghetti with meat sauce Mixed vegetables Corn nuggets Side salad Garlic bread
<b>April 8</b> Teriyaki chicken breast Sweet and sour pork Steamed rice or chow Mein noodles Stir fried vegetables Egg roll	<b>April 15</b> Chicken or beef soft taco Spanish rice Mexican corn Refried beans Tortilla salad	<b>April 22</b> General Tso's chicken Pepper steak Fried rice Stir fried vegetables Egg roll
<b>April 9</b> Fried chicken wings Baked beans Macaroni salad French fries or onion rings Yeast roll	<b>April 16</b> Burgers and brats	<b>April 23</b> Fried catfish Baked fish Baked beans Coleslaw French fries Hush puppies
	<b>April 17</b> Snack line	

## Recycle sales

ANAD's Recycle Sales are scheduled from 8-11 a.m. on the following dates:

- April 18
- May 16
- June 13
- July 11
- August 22
- September 19
- October 17
- November 14
- December 12

As a reminder, Recycling will only accept checks, no cash.

Contact Cynthia Boyette at 256-235-6838 for additional information.

**Have a note for TRACKS?**

**Call the Public Affairs Office at Ext. 6281!**

### DATES TO REMEMBER

- April 12:** Easter Sunday
- April 16:** TRACKS published
- April 22:** The Morning Show airs live at 7:05 a.m.
- April 30:** TRACKS published
- May 6:** The Morning Show airs live at 7:05 a.m.
- May 14:** TRACKS published
- May 14:** DLA Distribution Change of Command ceremony
- May 20:** Commander's Town Hall live at 7:05 a.m. in lieu of The Morning Show
- May 21:** Memorial Day Ceremony
- May 25:** Memorial Day holiday
- May 28:** TRACKS published
- June 3:** The Morning Show airs live at 7:05 a.m.



# The Distraction Is Coming From Inside the ... CAR!



Touchscreens take your eyes off the road.

In-vehicle tech takes your mind off driving, making it more dangerous for you and those around you.



The easiest ways to drive attentively:

- Program phone and electronics before you start
- Don't interact with them while you're driving



**Drive without distractions. Your life is worth more than any call, text or playlist.**

[nsc.org/justdrive](https://nsc.org/justdrive)

