



SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION
Pine Bluff Arsenal
24/7 SHARP Hotline
870-209-4093

PBA Safety Glance



Safety Element for fiscal year 2025
Lost Day Case Rate: 1.19
Award Goal: 0.95

*Lost time injuries for fiscal year 2025 are three. There are zero lost time injuries for March 2025.

*Recordable injuries for fiscal year 2025 are eight. Recordable injuries is one for March 2025.

*Pine Bluff Arsenal days without a lost time injury is 27.

*Pine Bluff Arsenal days without a recordable injury is 4.

*Estimated hours worked without a lost time injury: 70,061.

PBA commander's address focuses on service, volunteers

By Rachel Selby

Pine Bluff Arsenal Commander Col. Collin K. Keenan was the guest speaker at the 40th annual White Hall Community Awards Banquet March 11 at the White Hall James "Jitters" Morgan Community Center. The awards banquet is hosted each year by the White Hall Chamber of Commerce.

"Even though I've only been here for a couple of years, I'm proud to be part of such a welcoming and growing community. It is indeed an honor to get the opportunity to speak with you tonight," said Keenan, who has been at PBA since April 2023. Keenan will relinquish his command of the Arsenal in July this year.

Keenan said he believes at the heart of every thriving community are people who believe in the power of service.

"They are the volunteers who give their time, energy and passion – not for recognition, but because they understand a strong community is built on commitment and care," he said. "At its core, volunteerism is more than just an act of giving; it is an act of love, compassion and unity."

PBA's 41st Commander recalled his own Army enlistment when he was still in high school.

"My call to service in the military began in my favorite class which was drafting. I

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Pine Bluff Arsenal Commander Col. Collin K. Keenan speaks during the 40th annual White Hall Community Awards banquet March 11 at the White Hall Community Center. Keenan's address to the capacity crowd focused on volunteerism and service.

U.S. ARMY PHOTO BY RACHEL SELBY

Spring Trees

Beautiful blossom filled pear trees dotted the landscape around Pine Bluff Arsenal during March. One day they were just green buds, and the next Spring was here!
These trees hug the edge of the PBA ball fields.

U.S. ARMY PHOTO BY HUGH MORGAN



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

Pine Bluff Arsenal - Huge effort, many accomplishments

During the past two years, I've had the distinct pleasure of witnessing the efforts and advancements of our incredible Workforce. I've decided to share a few of our highlights from the past 12 months in this month's column.

Our organization is on track to complete over 340,000 direct labor hours with an estimated revenue of \$155 million for fiscal year 2025. We continue to manage all operational and schedule risks without mission failure, despite continuing external supply chain challenges. We remain a highly resilient organization which uses all its assets to achieve operational success in every mission placed in our path.

During the past year we received recognition as one of the top four finalists in the "Coolest Thing Made in Arkansas" competition for our production of M18 smoke grenades. We have also been chosen by the Department of Defense to complete production of the Tactical Water Purification System (TWPS) and a highly advanced next-generation munition for our Joint Warfighter. We were the first organization within the Organic Industrial Base to secure Industrial Base Analysis and Sustainment (IBAS) funding from the Office of the Secretary of Defense in the amount of \$9.5 million for FY25 smoke munitions modernization.

Our organization hosted several high-profile visits from General Officers as high as the three-star level. The Army Materiel Command Commander, Joint Munitions Command Commander, JMC Deputy to the Commander, and senior officials from the State of Arkansas were exceptionally impressed during recent visits to PBA.

Each visitor highlighted our importance to national defense. In addition to these efforts, the Business Operations Directorate spearheaded planning efforts for renovations of the Headquarters Building, including the front entry foyer. These efforts helped to significantly improve the overall aesthetics. These upgrades allow us to better display the importance of our mission to VIPs who visit the installation.

Ammunition Operations completed work on thousands of munitions at one of the



Col. Collin K. Keenan

highest quality rates for any installation assigned within JMC. These products played a critical role in military operations conducted across the globe. Just as important, I've noticed increased cohesiveness, positivity, and communication throughout the entire directorate. Your efforts shine brightly here at PBA!

The Chemical/Biological Defense Directorate produced Chemical Filters for critical assets in support of Homeland Defense and ongoing efforts in the European theater. PBA's filter quality continues to vastly outperform those produced by private industry. The directorate performed maintenance on 123 Dismounted Reconnaissance Sets, Kits, and Outfits at more than 100 sites within the continental United States and various sites throughout the world. This achievement demonstrates PBA's global expeditionary presence in support of the Joint Warfighter. CB also conducted critical laboratory testing, maintenance, and recovery of over \$110 million worth of mission essential protection and defense equipment.

The Department of Emergency Services continued to emphasize its close-knit relationships with outside agencies, to include mutual aid agreements with the cities of White Hall, Pine Bluff, and Jefferson County. PBA strengthened our installation physical security posture by securing the funding necessary to improve gate security, installing next generation cameras in high traffic areas, and incorporate the use of artificial intelligence for faster and more accurate threat recognition.

These efforts have greatly improved antiterrorism measures and force protection at

PBA. The directorate orchestrated several real-world preparedness training exercises and has been called upon to support several high-level DoD agency exercises in the upcoming year. Our Health Clinic achieved a 100 percent rating during the DA Inspector General Chemical Surety inspection. This was the first perfect rating within an OIB installation in years!

Material Management maintained 100 percent order fulfillment to our customers, with all products being delivered by the Required Delivery Date. PBA maintained the highest level of inventory completeness and accuracy within JMC and did so with zero lost time or OSHA recordable injuries! Additionally, the directorate successfully executed a \$573,000 re-warehousing project within several storage bunkers, which freed over 33,000 square feet of storage space for future utilization.

Morale Welfare and Recreation facilitated many new events during Employee Appreciation Day, resulting in

DPW also safely completed 2,992 calls for Material Handling Equipment moves, battery, and fuel delivery while simultaneously completing requirements analysis for two future construction projects related to Pyrotechnic Production and a future Motor Maintenance Shop.

The Directorate of Public Works set the standard for property accountability. Our Property Book Inventory resulted in a 100 percent reconciliation of 9,814 assets totaling over \$107 million. This is the second year in a row the organization achieved 100 percent reconciliation, far exceeding the Department of the Army goal of 95 percent. DPW improved utility resiliency by installing two new fire tube boilers and completing upgrades at two energy sub-stations. The directorate improved supply and service availability with five new Blanket Purchase Agreement contracts supporting PBA – Lumber, Gases, Safety Shoes, GSA vehicle parts, and Tipping Fees.

DPW also safely completed

The Department of Public Works set the standard for property accountability. Our Property Book Inventory resulted in a 100 percent reconciliation of 9,814 assets totaling over \$107 million.

the highest employee participation rate in over a decade. Child Youth Services hosted its inaugural Prom for Arsenal families and their children. The families and staff are eager to participate in the next CYS Prom at some point in 2025. Additionally, MWR hosted the 2024 Fall Fest with a record high exceeding 300 family participants. Employee satisfaction with our MWR programs is at an all-time high due to the dedicated and positive-minded employees who are making things happen.

The Resource Management Directorate significantly enhanced PBA's data analytics capabilities in 2024 by launching a dedicated division, upskilling personnel, fostering data literacy, collaborating externally, developing data tools, and completing a Data Maturity Assessment. The directorate also monitored Capacity Requirements Planning by working with field analysts to resolve Logistics Modernization Program (LMP) accu-

rates to secure workload for the 3KTWPS, adding an additional 22k Direct Labor Hours per year over the next five years. E&T successfully guided and assisted in the completion of a critical welding machine install, which resulted in 40 consistent welds with zero product rejections.

The directorate also leveraged a partnership between PBA and the US Army Combat Development Command Chemical Biological Center to create an Organic Army framework that will allow PBA to actively compete for Joint Program Executive Office (JPEO) workload through DoD procurement "Make or Buy" requests. E&T continued to be at the forefront of project management for production within the Ammo and CB directorates.

The Directorate of Information Management closed 2,023 Army Enterprise Service Management Tickets and 404 Automated Data Processing requests. Converted 118 network switches from the local Radius server to new Enterprise Forescout Solution servers. Completed critical software updates to mission essential equipment within the CB Directorate. Lastly, improved speed and connectivity for the installation through NIPR circuit upgrades from 500MB to 1GB.

PBA's Special Staff continues to impress me with our Public Affairs office setting the standard within JMC and AMC, placing 3rd in the 2024 AMC David G. Harris PAO Competition for Printed Publications (*Arsenal Sentinel*). Competing against much larger installations, the Sentinel has consistently performed well, also winning this same award in 2022. Kudos to Cheryl Avery, Rachel Selby and Hugh Morgan for putting out an award-winning product for our Workforce and across the enterprise.

This article only begins to highlight the countless achievements of Team PBA over the past 12 months. I am extremely honored and humbled to be the commander of the 600+ employees who run "America's Arsenal." Thank you for all you do!

**Be All You Can Be
41st Commander PBA**

Hails and Farewells

Farewells

Jesi D. Feld, Equal Opportunity Employment Manager, has left the Office of the Commander.

La Stephanie D. Scott, Information Technology Specialist, has left the Directorate of Information Technology.



New Pine Bluff Arsenal employees who recently onboarded gathered for an orientation with PBA Commander Col. Collin K. Keenan and did tours of some areas in the Directorate of Chemical and Biological Defense. U.S. ARMY PHOTO BY HUGH MORGAN

Army Regulation 360-1

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-releaseable 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 commander and his 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 matter in which the individual has personal knowledge and expertise. This should be coordinated with PAO. They shouldn't comment on military matters that are beyond their knowledge. Classified information won't be discussed.

Arsenal Sentinel



Col. Collin K. Keenan, Commander
 Roch Byrne, Deputy to the Commander
 Cheryl Avery, Public Affairs Officer
 Rachel Selby, Sentinel Editor/Social Media
 Hugh Morgan, Photographer
 Kevin Wilson, Webmaster

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AER Campaign Kickoff



Pine Bluff Arsenal's Army Emergency Relief Campaign kickoff was held March 13. Attendees gathered around PBA Commander Col. Collin K. Keenan, center, as he cut the cake to officially kick off the campaign which runs from now until June 14, 2025. Last year, donations for the Arsenal were \$24,015.00. The Pine Bluff Arsenal AER Office would like to meet (and exceed) this year's goal of \$25,215.00. AER is the Army's own Emergency Financial Assistance Organization dedicated to "Helping the Army take care of its own." For information, contact Tiffany Penister, AER Officer, at 870-540-3588 or Laura Brown, Secondary AER Officer, at 870-540-3030. U.S. ARMY PHOTO BY HUGH MORGAN

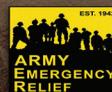
ARMY EMERGENCY RELIEF

ANNUAL CAMPAIGN MARCH 1 - JUNE 14



AER CELEBRATES THE U.S. ARMY'S
 250 YEARS OF BRAVERY AND SERVICE

HONORING THE PAST 1775 - 2025 SECURING THE FUTURE



New ASAP/EAP chief joins Arsenal staff

By Rachel Selby

Katherine Boggs has joined Pine Bluff Arsenal as the chief of Army Substance Abuse Program/Employee Assistance Program Office. The ASAP/EAP office is now under the Directorate of Business Operations and Planning. She has been at the Arsenal since early February.

Boggs comes to PBA from the Department of Homeland Security in Florida.

"My last position was an immigration officer in Miami," she said. "It was an interesting job and really wasn't where I thought my career was going to go. I know a lot more now when I see things on the news. I know what to focus my attention on."

She said throughout her career she has done a few things. "I worked for Royal Caribbean cruise line for a while. Much of my career - 17 years - I was a probation officer for a drug court," said Boggs. "I also worked for the Marine Corp as a SARC (Sexual Assault Response Coordinator)."

Originally from West Virginia, Boggs said working in Miami was very competitive. "There is a lot of commute time there, and to get time in grade it takes a while," she said. "When this job was announced, I thought it would be a great way to get back into the field where I needed to be and use my experience. I had stepped away from the addiction world for a while just to get perspective."

Boggs said at the end of the day she likes working in this area because she can teach people how to save themselves. "To me this type of em-



Katherine Boggs

powerment is huge. I have always seen the potential in humans - what they could be outside of any struggles they are going through," she said. "It is the same with leading a team. You have the potential to be better at what you are doing and go in different directions. To me it is seeing the potential in everyday opportunities."

She said it is an honor to get people back on their path in life. "When there are those brief moments of sobriety and clarity, you see glimpses of who the person can be," said Boggs.

Outreach on PBA is her main priority right now, said Boggs.

"We have a lot of stressors going on right now. People are feeling the anxiety from the lack of information available," she said. "Teaching people stress relief skills and having a place for them to come and talk is key. The biggest challenge is getting them to call or come see us. We have some things to work on, and my primary goal is to keep people as informed and as supported as possible. We are here when they need us."

SPEECH from Page 1

initially wanted to be an architect. One of my buddies asked me if I wanted to go talk to the recruiter about becoming an engineer and blow stuff up. As a 17-year-old this sounded really cool," he said. "We went down there and that was the first step towards going to the military entrance processing center a few weeks later. I had just turned 17."

Keenan said they told him his test score showed he would make a great mechanic. "I had no idea what that was even all about, so I became a mechanic," he said. "I've been serving for a little more than 35 years now. I went from corporal to colonel."

Consider the impact of a single volunteer, said Keenan. "One person teaching a child to read can change the course of that child's life. One person helping to build a home can provide shelter for generations for a family," he said. "One person showing kindness to a struggling neighbor can reignite hope in someone's heart. When we come together, the power of volunteerism multiplies."

Keenan said by bridging the gap between what is needed and what is possible, being a volunteer fills the void that governments and institutions cannot always address.

"It is the force that drives changes from the ground up," he said. "A connected community is a resilient one. When we come together in times of need, we reinforce the idea that no one stands alone. We build bridges, strengthen bonds and cultivate an environment where generosity and empathy thrive."

However, he said the beau-

ty of volunteerism doesn't require a crisis.

"We can build strong communities every day by simply being present for one another, by offering our skills, time and effort in ways big and small," said the colonel. "Community service is not about stepping up once - it's about sustained commitment. True change requires dedication, and a willingness to show up time and time again. It is not always about the grand gestures, but also the small, consistent efforts that make a lasting impact."

Speaking about the time he was wounded in Iraq, ultimately receiving a Purple Heart, Keenan captivated the audience with his very personal story.

"I was helping to escort a chaplain the day we were hit with the IED. The driver and I were hanging out waiting for the company commander and expressed our feeling about the day seeming off or wrong - like something was going to happen," said Keenan. "I told her we would be alright and tried to put a positive spin on the moment."

He said as they were riding he noticed a couple of young kids on the side of the road outside their vehicle. "I remember glancing and then boom. We had just put sandbags on the floorboards. This was before the up armored Humvees. We were in one with the vinyl doors," said the colonel. "We had just been instructed to wear eye protection, which was good because I ended up with shrapnel near my glasses. This could have been my eyeballs if I hadn't been wearing my PPE."

He said the blast blew his eardrums out. "I remember the driver saying she was hit, however she was able to drive the vehicle down the middle of the road, so we didn't run into traffic. Everyone was shaken up."

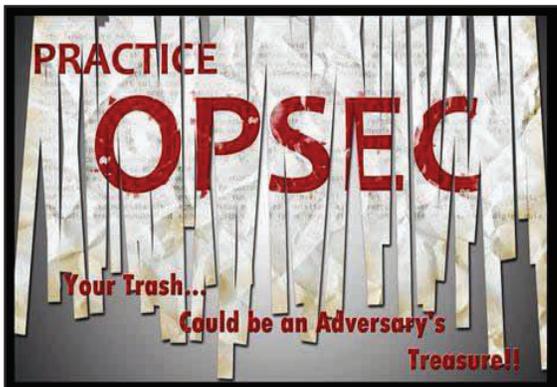
Keenan still has the can-teen, with a bullet hole in it, he was carrying that day. "It is close to an inch going through and out the other side along with the cover. That protected me," he said "Every breath and every day we have is a gift. When you take this mentality and apply it to others, it is the relationships we have that truly matter."

The Arsenal commander said sometimes people hesitate to volunteer because they feel their efforts are too small to make a difference.

"I want to challenge that mindset tonight. Think of a ripple in a pond. A single drop of water creates waves that extend far beyond the original point of impact," he said. "The same is true of volunteerism. One act of kindness can inspire another, setting off a chain reaction of generosity and goodwill."

Keenan said he urged each person in the room to take a step toward service, no matter how small it might be.

"Imagine the kind of world we could create if everyone dedicated even a fraction of their time to helping others. Imagine the sense of fulfillment, purpose and unity we could cultivate in our communities," he said. "As the saying goes, 'We make a living by what we get, but we make a life by what we give.' So let us make a life worth living - by lifting, supporting and serving those around us."



EAP Corner

Alcohol and Nutrition

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

Alcoholic drinks represent 'empty calories', meaning they are high in calories but do not deliver any nutritional benefit.

Alcohol (and their calories) are generally consumed in addition to food and drink people normally consume. People who drink alcohol can often also choose less healthy food options, including those high in fat, sugar, salt, and calories, when drinking or the day after. Over time, consuming more calories than you need and not eating enough healthy foods can increase the risk of weight gain and other health issues linked to poor diets.

Alcohol and weight gain

Weight gain occurs when there is a sustained energy imbalance. For example, when energy (calorie) intake from eating and drinking is greater than energy lost through physical activity, weight gain can occur.

Regularly drinking alcohol can contribute to weight gain and obesity, which increases the risk of heart disease, stroke, type 2 diabetes, and 13 types of cancer.

Drinking alcohol can lead to weight gain in three ways:

1. Alcohol contains a lot of sugar

In the United States, one "standard" drink (or one alcoholic drink equivalent) contains roughly 14 grams of pure alcohol, which is found in: 12 ounces of regular beer, which is usually about five percent alcohol, five ounces of wine, which is typically about 12 percent alcohol, and 1.5 ounces of distilled spirits, which is about 40 percent alcohol.

2. Sweet addictions

When mixed with sugary drinks (i.e. mixers), alcoholic drinks contain even more calories. For example, a can of soft drink with two shots of whiskey contains approximately 1,200 calories

3. Impact on food choices

Alcohol use can stimulate increased food intake, so it's not just the alcohol increasing overall calorie intake.

For example, studies have shown that when alcohol is consumed before or with meals, food intake is greater by as much as up to 30 percent.

Drinking alcohol can also increase the desire for foods high in fat, salt, sugar, and calories from take-away, like burgers, kebabs, and pizzas. Cravings for these types of foods can occur when drinking, but also when 'hangover' the next day.

"Making up" for drinking alcohol

Reducing the amount you eat or exercising more to compensate for extra calories from alcohol can impact both your physical and mental health.

Limiting the amount of alcohol you drink to reduce your calorie intake is a healthier choice than trying to offset the calories load in other ways.

Alcohol and nutrient absorption

Unlike food, alcohol is not digested. Instead, it is absorbed directly in the blood stream. Alcohol begins its journey through the digestive system in the mouth, where it then travels down the esophagus to the stomach, where some of the alcohol is absorbed into the bloodstream.

The stomach starts the breakdown of alcohol with an enzyme called alcohol dehydrogenase. The rest of the alcohol travels to the small intestine where the remainder gets absorbed. On an empty stomach, it takes around 30 minutes for the alcohol in one standard drink to enter the bloodstream and 60 minutes on a full stomach. The liver is responsible for breaking down the alcohol and removing it from the bloodstream.

The small intestine is the organ in which nutrients are mostly absorbed into the bloodstream. Because alcohol causes damage to the organs involved in digesting, absorbing, and processing

Name _____ OFF SYM _____

ALCOHOL AND NUTRITION

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NUTRITION ADDICTION GAIN DISTILLED ENERGY CALORIES SUGAR DRINKING OBESITY ALCOHOL WEIGHT CONSUME EMPTY

nutrients, it can lead to nutrient deficiencies in those who drink at high-risk levels. The key nutrients affected include thiamin, folate, B12, Vitamin A, magnesium, calcium, potassium, zinc, and folic acid (Ref:

LiveLighter, 2022).

PBA's Army Substance Abuse Program/Employee Assistance Program (ASAP/EAP) 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. ASAP/EAP is located in Building 13-040 and can be reached at 870-540-3094. The Care line number is (870) 550-2653.

APRIL IS ALCOHOL AWARENESS MONTH

- In the U.S., 14.5 million adults have Alcohol Use Disorder (AUD). (Substance Abuse & Mental Health Services Administration (SAMHSA)
- Approximately 95,000 people die from alcohol-related causes annually.
- Alcohol is involved in 1 in 10 deaths among working-age adults. (National Institute on Alcohol Abuse and Alcoholism (NIAAA)
- More than 65 million Americans report binge drinking or heavy drinking in a one-month period.

Excessive drinking both in the form of heavy drinking or binge drinking, is associated with numerous health problems, including :

- Chronic diseases such as High blood pressure, heart disease, stroke, liver disease, and digestive problems.
- Unintentional injuries, such as motor-vehicle traffic crashes, falls, drowning, burns, and firearm injuries.
- Learning and memory problems, including dementia and poor work performance.
- Miscarriage and stillbirth or fetal alcohol spectrum disorders (FASDs) among pregnant women.
- Alcohol use disorders. (National Alcohol Screening day is APRIL 11)

Through prevention, education and support, the goal is to reduce the negative consequences associated with alcohol misuse and abuse. Make informed decisions about your alcohol consumption and seek help if necessary.

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

PBA's CB team lends support for M56 training

By Rachel Selby

In late 2024, a team from Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations, Mobile and Powered System Division, was asked to support a training effort resulting from a joint effort between the Security Assistance Group, JPM-CBRN Sensors, Joint Munitions Command, Army Combat Capabilities Development Command and TACOM.

Chris Broughton, project manager with Mobile and Power said PBA was asked to provide technical training support for the training of Soldiers in the European theater on the operational use of the M56 Smoke Generator (M56 Coyote).

"The training took place

in Germany in early December 2024," said Broughton. "The Joint Multinational Readiness Center (JPMC) – 7th Army Training Command (ATC) conducted the training."

Three members of PBA's Mobile and Power Workforce – Matt Ford, Charles Phillips, and John Aronowitz, assisted in the training effort.

"The key requirements for us were to ensure four M56s were fully mission capable," said Jordan Freer, an engineer with Mobile and Power.

According to a PBA trip summary, personnel traveled daily for assessments, diagnostics and repair work on the four vehicles.

"All the issues identified prior to PBA personnel being on the ground (and after) were with the vehicle platforms and not the ac-



M56 smoke generator being used during a training. U.S. ARMY STOCK PHOTO

tual M56s," read the report.

"PBA personnel effectively worked the issues throughout the week (and weekend) despite repeated delays in receiving parts and tools. The PBA team was able to troubleshoot and solve technical issues they

encountered with one of the systems."

Freer said all of PBA's personnel on the ground went above and beyond to support the training efforts and overcame some challenging circumstances.

"These guys were supported by several others here at the Arsenal before, during and after this mission," he said. "Arsenal leadership is always our greatest supporter with projects like this."

2nd Quarter CIMRA Exercise



Photo above, Firefighters Tony Laymon, Jackson Rotton, Jeremiah Rice and Nick Brannan assist personnel with the Quality Evaluation Facility through decontamination procedures during the 2nd Quarter Chemical Incident or Mishap Response and Assistance Exercise conducted on Pine Bluff Arsenal March 20.



Photo above right, Firefighters Jeremiah Rice, Tony Laymon, Mark Rongey and Nick Brannan move and adjust the canopy behind the QEF during the exercise, as Capt Phillip Tallen adjusted the hot line near the decontamination area.

Photo right, Firefighters Jeremiah Rice and Nick Brannan continue decontamination procedures on personnel from PBA's Quality Evaluation Facility during the 2nd Quarter Chemical Incident or Mishap Response and Assistance Exercise conducted March 20.



Measles outbreak in the U.S.: What adults need to know

Courtesy of Lt. Col. Patrick DePriest

Pine Bluff Arsenal Occupational Health Clinic

As of March 18, 2025, a measles outbreak in the U.S. has resulted in more than 300 cases across multiple states, including Texas, New Mexico, Oklahoma, and Pennsylvania. Two deaths—a child and an adult, both unvaccinated—have been reported. Experts expect the outbreak to spread in communities with low vaccination rates.

Measles: Not just for kids

While measles is often thought of as a childhood disease, adults are also at risk, particularly if they are unvaccinated or under-vaccinated. Measles is highly contagious and spreads through coughing, sneezing, or contaminated surfaces. The virus can remain in the air and on surfaces for up to two hours, meaning you can be infected without seeing the person who spread it.

Health risks for adults

Adults older than 20 years old and pregnant people face higher risks of severe complications, including:

- * Pneumonia – Occurs in 1 in 20 cases and is a lead-

ing cause of measles-related deaths.

- * Encephalitis (Brain Swelling) – Affects 1 in 1,000 and can lead to permanent brain damage.

- * Hearing loss – Measles-related ear infections happen in 1 in 10 cases and can cause deafness.

- * Death – one to three per 1,000 infected individuals die from measles complications.

The MMR Vaccine: Your best defense

The Measles, Mumps, and Rubella (MMR) vaccine is highly effective at preventing measles. Adults should follow these guidelines:

- * Born before 1957? Likely immune, but high-risk individuals should consider vaccination.

- * Vaccinated before 1968? You may need a booster, as early versions of the vaccine were less effective.

- * Vaccinated between 1968-1989? Most received only one dose, which provides strong protection but may be insufficient in high-risk situations (healthcare, travel, etc.).

- * If unsure of your immunity, a blood test can confirm protection, or a booster shot

can be given as a precaution.

Why herd immunity matters

Measles is one of the most contagious viruses, with a single infected person capable of spreading it to 12-18 others (compared to 1-2 for COVID-19). To prevent outbreaks, at least 95 percent of the population must be vaccinated. Anything lower allows measles to spread freely, endangering:

- * Infants too young for vaccination.

- * Cancer patients and transplant recipients on immunosuppressive treatments.

- * People with autoimmune diseases who can't receive live vaccines.

Currently, only 92 percent of Arkansas kindergarteners are vaccinated, below the necessary level to stop outbreaks.

Measles myths

Myth: "Measles is harmless."

Fact: Measles can cause brain damage, deafness, and death, particularly in infants and adults over 20. It can also severely disable or kill the fetus if a pregnant person contracts the disease.

Myth: "The MMR vaccine is unsafe."

Fact: The MMR vaccine is one of the safest vaccines ever developed. Serious side effects are extremely rare, including:

- Febrile seizures – 3 per 10,000 doses, causing no lasting harm.

- Temporary low platelet count – 0.4 per 10,000 doses, causing easy bruising.

- Severe allergic reaction (anaphylaxis) – 0.035 per 10,000 doses—an extremely rare occurrence.

Myth: "Natural immunity is better than the vaccine."

Fact: Both natural and vaccine-acquired immunity last a lifetime, but getting measles puts you at high risk of severe illness or death. The MMR vaccine provides 97% immunity without the dangers of infection.

Myth: "Diet and exercise can prevent measles."

Fact: While having good general health helps recovery, it does not stop you from catching the virus.

Myth: "Measles can be treated with vitamin A, cod liver oil, and supplements."

Fact: There is no cure for measles—it must run its course. Supportive care can reduce complications, and in malnourished patients, prescribed vitamin A

may lower the risk of blindness and death. However, self-medicating is dangerous; supplements won't help well-nourished individuals and can lead to toxic overdoses.

Protecting yourself and your community

- * Verify your vaccination status – If uncertain, check with your healthcare provider.

- * Stay informed – Follow reputable sources for outbreak updates.

- * Encourage vaccination – Protect those who can't get vaccinated by promoting immunization.

Measles is preventable. By staying informed and vaccinated, we can stop the spread and protect lives.

Sources:

Centers for Disease Control and Prevention. (May 9, 2024). Measles symptoms and complications. https://www.cdc.gov/measles/signs-symptoms?CDC_AAref_Val=https://www.cdc.gov/measles/symptoms/complications.html

Centers for Disease Control and Prevention. (July 31, 2024). Measles, mumps, rubella (MMR) vaccine safety. <https://www.cdc.gov/vaccine-safety/vaccines/mmr.html>

World Health Organization. (2017). Measles vaccines: WHO position paper. *Weekly Epidemiological Record*, 92(17). <https://www.who.int/publications/item/who-wer9217-205-227>

Tree down



Pine Bluff Arsenal Commander Col. Collin K. Keenan stands next to the roots of a large tree which had fallen over in the yard near his house on post. Crews from PBA's Directorate of Public Works were able to clean up the fallen tree, limbs and other debris quickly. U.S. ARMY PHOTO BY HUGH MORGAN





MONTH OF THE
MILITARY CHILD
M.O.M.C.

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
A subordinate of Army Medical Command
ArmyMWR.com/MOMC

**Celebrating Military Children and Youth:
Building Stronger Character & Relationships**



April 2025

MONTH OF THE MILITARY CHILD

Town Hall meetings



Pine Bluff Arsenal Commander Col. Collin K. Keenan conducted four Town Hall meetings with Workforce members in early March. Keenan along with key staff members from Public Affairs, Legal, Equal Employment Opportunity and S1-Human Resources, talked and answered questions during the meetings. The meetings focused on the current climate within the Department of Defense, and were held to answer questions and quell rumors. U.S. ARMY PHOTOS BY HUGH MORGAN

CB Employee of the Month



Molly Moore was selected as Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations-Production Division Employee of the Month for February 2025. Moore is dedicated to the mission in the Textiles and Clothing Manufacturing area, and has been inspirational in the development and production of the first-ever Army Physical Fitness Uniform-Maternity for women Soldiers. Her efforts have allowed women to have the necessary clothing while doing physical fitness. Moore, left, received her certificate from Reggie Brown, CB industrial supervisor.

Arsenal Health Clinic Awards

Top row, first photo right, Maj. (Dr.) Nina Rodriguez, with Pine Bluff Arsenal's Occupational Health Clinic, was presented the Meritorious Service Medal presented by PBA Commander Col. Collin K. Keenan for her achievement while serving as a competent medical authority during a recent Department of Army Inspector General Surety Program Inspection. Rodriguez demonstrated unparalleled dedication to duty, exceptional technical expertise and outstanding leadership. Her attention to detail and understanding of PBA's chemical surety program ensured the highest standards of safety and compliance.



Top row, second photo right, Doug McCurry, Supervisory Paramedic, received a Civilian Service Achievement Medal presented by PBA Commander Col. Collin K. Keenan recently for his commitment to excellence and exemplary performance.



Photo above left, Pamela Lindsey received a Civilian Service Achievement Medal presented by PBA Commander Col. Collin K. Keenan, for her outstanding achievement and high level of expertise to the Arsenal's Occupational Health Clinic.

Photo above right, Shane Pruitt received several awards during the ceremony, all presented by PBA Commander Col. Collin K. Keenan. He received three Civilian Service Achievement Medals - one for his high level of expertise, dedication and service that went above and beyond to the Arsenal's Occupational Health Clinic; one for being selected as the U.S. Army Medical Department Activity Employee of the Quarter for first quarter 2025; and one for being selected as the MEDDAC Employee of the Month for October 2024. Pruitt exemplified the model employee for his leadership, training and technical skills. In addition to receiving certificates, he also received two plaques for the latter two awards.

DPW Spotlight



Firefighter Tony Laymon and Capt. Phillip Tallent work to put out a woodland fire on the southern end of Pine Bluff Arsenal March 24. The fire was started by a tree on a power line near Warbritton Gate. Bulldozers from PBA's Directorate of Public Works were also used at the fire. Other trees were taken down because they had a potential of falling, and crews from the fire department and security were on alert last night in case the fire started again. Jefferson County remains under a burn ban since March 19 due to current weather conditions being high for the risk of wildfires. U.S. ARMY PHOTO BY HUGH MORGAN



Scotty Bridges, Matt Newton, William Ives and Spencer Silvey with Pine Bluff Arsenal's Directorate of Public Works-Pipe Shop work to fix a broken gas pipe. U.S. ARMY PHOTO BY DPW



Controlled burns

Pine Bluff Arsenal Firefighter Tyler Berry, pictured on the ATV, and Firefighter Samuel Brannan, prepare to light a perimeter fire during controlled burns conducted on the installation near Yellow Lake and the Arkansas River. U.S. ARMY PHOTOS BY HUGH MORGAN

LADDER SAFETY

DO'S

- 1 Do maintain 3 points of contact on the step ladder: - 2 feet & 1 hand or - 2 hands & 1 foot
- 2 Do place the step ladder on level ground, solid and an unmoveable surface
- 3 Do face the step ladder when ascending or descending
- 4 Do stay centered on the step ladder
- 5 Do fully open the step ladder and lock supports in place
- 6 Do brace yourself with your free hand if possible
- 7 Do carry tools in a toolbelt or pouch not in your hands
- 8 Do use a step ladder with non-slip feet
- 9 Do use the right height of step ladder for the job
- 10 Do inspect the step ladder before using it

DONT'S

- 1 Don't overreach so you lose your balance and fall possibly causing severe injuries
- 2 Don't ever use the top two steps of the step ladder as it can collapse under you and lead to crippling injuries
- 3 Don't move or shift the step ladder while someone is on it
- 4 Don't place the step ladder on uneven ground, moveable objects, or a soft surface
- 5 Don't carry a heavy object or load that can cause you to lose your balance
- 6 Don't fold up and lean the step ladder against a wall or surface



Motor home, camper, and recreational vehicle Safety

Motor homes, campers, and recreational vehicles are used for living and traveling. Each year, fires in them cause deaths, injuries, and millions of dollars in damages. Fires can start in the kitchen. They can start in the engine area. Sometimes the fires are electrical. With a few simple safety tips you can help prevent these fires from happening.

SAFETY TIPS

- Install smoke alarms. Make sure they work.
- Stay in the kitchen while you cook. Keep anything that can catch fire away from the stovetop.
- Only use one heat-producing appliance plugged into a receptacle outlet at a time. Major appliances should be plugged directly into a wall receptacle outlet.
- Refrigerators, furnaces, ovens and stovetops use propane. Check them for leaks. Keep an updated gas leak detector on board.
- Have your propane system inspected to make sure it still works properly.
- Know two ways out. Make sure windows open easily.
- Have everyone practice the home fire escape plan.
- Do not keep camping heaters and lanterns on while sleeping.
- Before setting up a campfire, make sure it is allowed.
- If campfires are allowed, they need to be at least 25 feet away from anything that can burn.
- Have your vehicle serviced by a qualified mechanic.
- Keep a portable fire extinguisher on board. Only adults who know how to operate it should use it. Only use it if the fire is small and can be contained. Make sure everyone else is leaving. Make sure someone is calling the fire department.



Carbon Monoxide Awareness

Carbon monoxide (CO) is a gas. You cannot see it. You cannot taste it. You cannot smell it. CO poisoning can result from leaks in the exhaust. It can happen because of improper use of appliances. Sometimes CO comes from another vehicle. Make sure you have a working CO alarm.

FACT

When the vehicle is used as a structure, the most common area for these fires to start is the kitchen or cooking area. This is followed by the engine area, running gear, or wheel area. Check for safety inside and outside of the vehicle.





Kevin Bradley, who works for Pine Bluff Arsenal's Army Substance Abuse/Employee Assistance Program Office, received an Achievement Medal for Civilian Service from PBA Commander Col. Collin K. Keenan, for his outstanding achievement in developing and implementing a comprehensive Drug-Free Workplace plan, incorporating clear policies, employee education programs and prevention strategies. Through his dedication, leadership and exceptional efforts, Bradley has made a lasting impact on PBA's culture and operational effectiveness. U.S. ARMY PHOTO BY HUGH MORGAN



Kevin Bradley with Pine Bluff Arsenal's Army Substance Abuse Program Office participated in the White Hall School District Health and Wellness Fair March 4. This event served as an opportunity to provide information and educate attendees about the risks, consequences and prevention strategies related to substance abuse/misuse as well as provide wellness tips for a healthier lifestyle. U.S. ARMY PHOTOS



Katherine Boggs, the program manager for PBA's Army Substance Abuse/Employee Assistance Program Office, attended a recent Narcan training. The training was presented by Called-2Duty, a collaborative partner with a mission to connect, empower, and educate military service members, Veterans, and their Families through prevention and recovery. Each participant received an opioid response kit that included free Naloxone. For more information on upcoming trainings contact the ASAP/EAP office at 870-540-3094.

Safe Medication Return
Free • Convenient • Safe • Environmentally Responsible

Prescription Drug
TAKE BACK

April 2025 (Date TBD)
10 A.M. – 12 P.M.

- In conjunction with the JCSO, the PBA ASAP/EAP will be hosting a prescription drug take back in the parking lot of the Health Clinic/ASAP.
- Be safe, prevent misuse, and protect the environment by turning in your expired or unused medication.
- Bring your unused, expired, or unneeded medication for proper disposal. (pills, inhalers, patches, insulin, etc.)

ASAP ARMY SUBSTANCE ABUSE PROGRAM FOR MORE INFORMATION CONTACT THE PBA ASAP/EAP TEAM 870-540-3094 **EAP** EMPLOYEE ASSISTANCE PROGRAM

REAL ID goes into effect May 7 and will impact not only boarding commercial flights but also accessing federal facilities to include Pine Bluff Arsenal and other installations/facilities. Please see the flyer below for more information and contact Clark Ladisky, DES, at 870-540-3497 for questions.

BE YOUR REAL ID SELF
DEADLINE: MAY 7, 2025

Starting 07 May 2025, every state and territory resident will need to present a REAL ID compliant license/ID (meaning the license or card must include the REAL ID compliant marking), or another acceptable form of identification, for accessing Federal facilities, entering nuclear power plants and boarding commercial aircraft.

ARKANSAS REAL ID COMPLIANT LICENSE/ID

ARKANSAS REAL ID COMPLIANT LICENSE/ID SYMBOL

WHERE YOU CAN GET YOUR ARKANSAS REAL ID LICENSE/ID
Any Arkansas Revenue Office.

WHAT YOU NEED TO GET YOUR ARKANSAS REAL ID LICENSE/ID
Proof of Legal Presence
Proof of Identity
Social Security Number
Arkansas Residency

For a full list of Revenue Office Locations and REAL ID License/ID required documents visit the Arkansas Department of Finance and Administration website.
www.dfa.arkansas.gov

For more REAL ID information visit the Department of Homeland Security (DHS) website.
www.dhs.gov/real-id