



TRACKS

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February 26, 2015

ANAD rebuilding Volcanos

Pilot mine dispersal program ahead of schedule

by Jennifer Bacchus

ANAD PAO

Anniston Army Depot's employees are always ready to rise to a challenge and two electronics mechanics in the Laser/Thermal Electronics Branch did just that recently when asked to repair a Volcano.

The M139 Volcano mine system, which was built in the 1980s and '90s, is an automated method of laying up to 960 mines from military trucks or helicopters.

In September 2014, ANAD was selected for a pilot repair program on a Volcano system.

"This had never been done at the depot level before," said Owen Gunn, one of the two electronics mechanics assigned the task. "There was no Depot Maintenance Work Requirement for it."

Gunn and Clay Arrington, his coworker, had to perform repairs based on field manuals for the equipment and their own knowledge of electronics.

"Being a pilot program, we didn't know anything and didn't expect anything," said Gunn.

The equipment arrived in poor condition. It was 25 years old with chipped paint and corroded components. The duo's first task was figuring out how to test it.

"There is not a test at hand to perform," said Gunn. "We had to plug it up and see what worked and what didn't."

Based on the lessons learned here at ANAD, TACOM Life Cycle Management Command is now creating testing procedures and a DMWR for the M139 Volcano.

During the repair process, it was a challenge to find replacement parts for the corroded circuit boards and other electronic components.

"There are not a lot of new parts for these systems available, because they were originally manufactured three decades ago," said Arrington. "But, TACOM has a lot of these assets available, so, if we have to use two M139



Photo by Jennifer Bacchus

Owen Gunn, left, and Clay Arrington connect the dispensing control unit to the M139 Volcano mine system's racks to test each of the firing mechanisms.

Volcanos to make one working dispenser, we can."

That is exactly what was necessary during the pilot program.

There are three major parts to the M139 - the four launching racks, the dispensing control unit and the mines.

The dispensing control unit, or DCU, sets the time frame before self detonation for each mine field from three choices - four hours, 48 hours or 15 days.

"Within about two weeks, all the mines

will be gone, whether anyone activates them or not," said Arrington.

The pilot program had a proposed end date of August 2015. The ANAD mechanics finished it well ahead of schedule and are set to begin work on the next six systems soon.

"Our customers are very impressed by the knowledge of ANAD's employees and their willingness to learn this system," said Connie Landers, a maintenance management specialist for the depot's Directorate of Production Management.

Inside TRACKS

Town Hall

Tune in to channel 21 at 7:05 a.m. March 4 for the Commander's Town Hall meeting.

Overseas help

Depot employee assists troops in Afghanistan as product manager, production expert.

See article on page 3.

Chaplain retires

The TACOM LCMC Chaplain, Lt. Col. Stephen Demien, makes his final visit to ANAD.

See article on page 4.



Spring forward

Daylight Saving Time begins March 8 at 2 a.m.

MyBiz+ allows employees to update information

from Staff Reports

Anniston CPAC Office

Department of Defense civilian employees have an interactive online destination for their Human Resource-related information: MyBiz+.

The website is easy to access, easy to navigate, easy to understand, more intuitive and more interactive.

Two key products are the Civilian Career Report and the ability to retrieve data about past employment in other DoD components.

MyBiz, the online self-service tool, has served employees and managers over the years to access information, important to them.

MyBiz+ is the source for all employees, supervisors and managers to view and update their personal and human resources-related information. MyBiz+ benefits all employees by providing a variety of interactive tools to manage career information and plan for the future.

MyBiz+ is available to all DoD civilian employees through the DCPDS Portal at <https://compo.dcpds.cpms.osd.mil/>.

MyBiz+ provides a foundation that is employee-centric, coupled with design features that are intuitive, interactive and can be personalized.

Some of the features and products to assist supervisors and managers include:

- Easy to understand descriptions of data elements
- Civilian Career Report, a custom report created by the employee
- SF-50 retrieval, including employment at other DoD Components
- Personalization of MyBiz+ homepage view

For more information about DCPAS and the products and services provided, visit www.cpms.osd.mil.

Access MyBiz through the DCPDS Portal at:
<https://compo.dcpds.cpms.osd.mil/>

Updating emergency contact data in MyBiz

Did you know?

An employee may document their emergency contact data in MyBiz. An employee can access this by going into My Biz, selecting "Update My Info" and then clicking on "Emergency Contact Information."

Employees can list a primary and alternate emergency contact.

All employees should enter their emergency contact information into this database and provide a hard copy to their supervisor.

It only takes a few minutes to complete.

This will ensure your loved ones are notified in case of an emergency.

Your local Civilian Personnel Advisory Center strongly encourages you to take a few minutes out of your schedule to register and/or update your data.

Employment verification

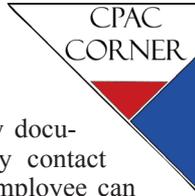
The Employment Verification Tool is available for verification of employment and/or salary information.

All appropriated fund and non-appropriated fund employees can use the Employment Verification Tool via their MyBiz account. Employees are responsible for providing proof of their employment and/or salary information to organizations or persons making the request.

MyBiz may be accessed through the Civilian Personnel Online website at <http://cpol.army.mil/>

Employees may have to register their Common Access Card before being able to log in to MyBiz.

For additional information, contact CPAC at Ext. 7860.



Photography on ANAD

from David Farmer

ANAD OPSEC

The use of any camera or video camera on Anniston Army Depot is prohibited unless approved in advance by the commander or a designated official.

All photography must be for official use only and requires a permit from the Depot Operations Office or Strategic Communications Office.

Requests for permits for federal employees must come from the employee's director or staff office chief. For contractors or visitors, the request must come from the contractor's manager or the visitor's depot point of contact.

For federal employees and tenants, the request goes through the SCO. For contractors or visitors, the request goes through the DOO and the OPSEC officer.

Permits are limited to the use specified in the letter from the requesting official.

Only equipment owned by the government or contractor company may be used. The use of personal electronic devices, such as cell phones, is strictly prohibited.

ANAD Regulation 190-5, Entry, Exit and Internal Control of Persons, Vehicles and Property, paragraph 1-9(b) (6), states, "Photographing, drawing, sketching or mapping a defense military installation without the permission of the Commanding General is a federal crime, punishable under 18 U.S.C. section 795."

The minimum penalty for violating depot administrative rules and regulations can range from a written reprimand to removal, depending on the severity of the violation and number of offenses.

For any questions concerning this subject matter or other OPSEC-related issues, contact the DOO at Ext. 3577 or SCO at Ext. 6281.

OPSEC
CORNER

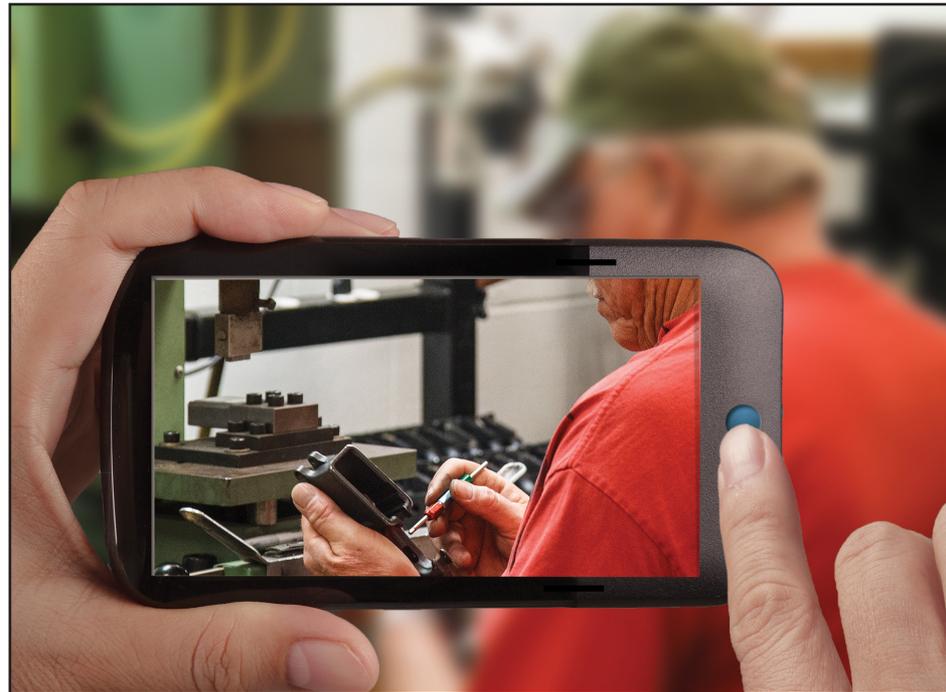


Photo illustration by Mark Cleghorn

Only equipment owned by the government or a government contractor may be used to take photographs on the installation.



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Depot employee an asset overseas

by Jennifer Bacchus

ANAD PAO

From June 1, 2012, to July 22, 2014, Tony Pollard served two tours in Southwest Asia as a Department of Defense civilian working with Product Manager Assured Mobility Systems.

His job, to manage vehicle platforms used to locate improvised explosives devices, relied heavily on knowledge he gained through years working at ANAD.

"I was the product manager forward," said Pollard. "I was the government technical monitor for the contractor performing maintenance on 1,200 vehicles in theater."

In short, that meant Pollard had to ensure the iron scrapes, bar armor, chevron armor, mine plows and mine rollers for Husky, MRAP, Buffalo and other vehicle platforms were up to specifications and ready for the Soldiers, Marines and the United Nations forces when and where they were needed.

"We fielded and issued mine rollers and other equipment to Soldiers from several other countries," said Pollard.

Having his depot contacts state-side gave Pollard the ability to track equipment being repaired here as it was processed and shipped, so he was able to facilitate the war fighters' needs more efficiently.

Chief Warrant Officer 3 Michael Peeples was the battalion maintenance officer for Task Force Warhorse from March to December 2013.

Peeples said Pollard regularly supported TF Warhorse's route

clearance platoons with parts location and transportation, ensuring mission readiness for the platoons through his support of their maintenance teams.

"Pollard and his team greatly contributed to the overall readiness of the route clearance patrols supported by TF Warhorse with less than 0.01 percent non-mission capable status throughout the deployment," said Peeples. "His efforts and dedication to the support of the war fighters were beyond the scope of his duties and reflected his 'can do' spirit."

For William Roell, an engineer equipment officer with BRTRC Federal Solutions, a defense contractor working with PM AMS, Pollard's arrival in theater was timed perfectly.

"We had experienced complications with the installation of bar armor for route clearance vehicles. Pollard's experience on the fabrication of bar armor at Anniston quickly made him the subject matter expert in theater," said Roell.

Roell said Pollard was a key element in surveying potential sites for additional maintenance activities overseas. With his knowledge of the contractors' capabilities, the route clearance mission and the overall strategic plan, he stood up a number of sites without issue.

"Pollard's understanding of maintenance was also a plus," said Roell. "He served as a tool for PM AMS to validate the accuracy of the contractor's supply program by inventorying on-hand items against automated databases. These results were then used by TACOM to address issues with the contractor."



U.S. Navy file photo

An Italian soldier from Transition Support Unit South scouts ahead of an armored vehicle equipped with mine rollers to detect mines and improvised explosive devices as part of a route clearance patrol and medical evacuation demonstration in August 2013. Anniston Army Depot employee Tony Pollard assisted units with parts and maintenance for their route clearance vehicles and equipment.



U.S. Army file photo

A U.S. Army route clearance vehicle moves through a dangerous valley along the Konar River as part of Operation Bastogne Baaz in June 2010. The sides of the road are littered with a number of Afghan civilian vehicles destroyed by improvised explosive devices planted by insurgents.

OSHA Recordkeeping Annual Summary available on Intranet

The Occupational Safety and Health Administration's recordkeeping rule mandates the annual summary, OSHA Form 300A, be posted in the workplace.

This document summarizes work-related injuries and illnesses recorded in 2014 and must remain posted through April 30.

This document should be posted throughout the industrial area and is available on the ANAD Intranet Safety Office page under Office News.

Military Saves Week Feb. 23-28

This week is Military Saves Week. Military Saves is part of a larger, nation-wide campaign called America Saves and also part of the Department of Defense's Financial Readiness Campaign.

According to the Military Saves website, the program "seeks to motivate, support, and encourage military families to save money, reduce debt and build wealth."

For more information on Military Saves, visit www.militarysaves.org.

Job fair postponed

Due to the possibility of inclement weather, the job fair originally scheduled for Feb. 25 was postponed to March 3. The time and location of the event will remain the same. It will be held from 10 a.m.-1 p.m. at the Physical Fitness Center.



Photo by Jennifer Bacchus

Rogers speaks at AUSA Breakfast

Rep. Mike Rogers spoke to a crowd of approximately 40 AUSA members Feb. 17 during the monthly breakfast for the Anniston satellite group of the Redstone Huntsville AUSA chapter at Anniston Army Depot's DeSoto Pastime Center.

Rogers updated those assembled on defense spending, immigration and other topics currently being discussed in the nation's capital.

The next meeting of the Anniston satellite group will be in May. Richard Barlow Adams, author of *The Parting: A Story of West Point on the Eve of the Civil War* is tentatively scheduled to speak.



Photo by Mark Cleghorn

Angie Durant, right, presents TACOM Chaplain Lt. Col. Stephen Demien with a M1 tank replica from the Chaplain's Care Team as a memento of his service to Anniston Army Depot.

Demien cared for, trained ANAD's Chaplain Care Team

from Staff Reports

ANAD Public Affairs

Anniston Army Depot thanked TACOM Chaplain Lt. Col. Stephen Demien for his service to the installation during a retirement ceremony Feb. 24.

Demien began providing care to Anniston Army Depot in June 2012.

Since then, he has made numerous visits to the installation providing care and services for the workforce as well as training to the Chaplain Care Team.

The Chaplain Care Team received information on subjects such as: active listening skills, understanding grief, suicide alertness, solution-focused counseling skills, use of prayer, scripture and sacred writing in an Army industrial environment, to name a few.

Demien also visited almost every work site on the installation. He even provided care to night shift employees.

He hosted prayer breakfasts and participated in memorial services. He made numerous hospital visits and prayed for or with many in the work areas.

Demien also supported Army Commu-

nity Services by teaching a segment in a Reintegration Couples Retreat.

Throughout his time at TACOM Life Cycle Management Command, Demien has been a great help to ANAD. We will miss him and wish him the best in his retirement.

"Chaplain Demien has dedicated his life to the service of others," said William Reeves, a member of the Chaplain's Care Team, during the retirement ceremony. "He not only served the Soldiers, but all of us here at Anniston Army Depot."

Demien thanked the employees of the installation - his care team for assisting him with ministerial duties and the workforce as a whole for the support they provide to the Soldiers.

"Every one of you serves a purpose higher than yourself by working here." he said.

Demien told the crowd gathered that he began his career as a pastor and had no thought of being in the Army until he met a chaplain at a course he was taking.

"I thank God I was able to connect at the right time. It has been a great ministry," said Demien.

NATIONAL EATING DISORDERS AWARENESS WEEK - FEBRUARY 22-28, 2015

Eating disorders: about more than food

by Jennifer Bacchus

ANAD PAO

There are different types of eating disorders. Dr. Nicole Siegfried, a certified eating disorder specialist and clinical director with Castlewood at The Highlands, teaches her clients these disorders are rarely about the food itself and they are all treatable.

"The help is out there and, with help - especially early on - recovery is possible," said Siegfried.

People have a variety of eating habits and food preferences. Though some of them may be unusual, they are only considered eating disorders if they cause distress to the individual or interfere with life functions.

These disorders can be categorized in the following types:

Anorexia Nervosa, which is characterized by restricting food intake and can cause significant decrease in body weight.

Bulimia Nervosa, commonly known as a binge and purge disorder, where individuals binge on large quantities of food then use vomiting, exercise or laxatives to compensate for the food intake.

Binge Eating Disorder, the most common type of eating disorder, where individuals overeat without compensating for their food intake. These individuals may not always be overweight and may not realize they have an eating disorder.

Other specified feeding and eating disorders, colloquially called OSFED, are eating disorders which cause people distress or interfere with life functions, but do not conform to the other diagnoses.

Orthorexia is one type of OSFED in which people eat healthy foods compulsively. Those with this disorder may feel they have to bring their own food to a restaurant or may cut an entire food group from their diet.

Siegfried said many patients with eating disorders realize the stress placed on themselves and their life by the disorder and often seek help on their own.

However, for those who don't recognize the problem, it is important for their family members and friends to recognize symptoms and urge them to get help.

Warning signs include:

- Dramatic changes in weight (up or down)

- A change in the way someone eats, such as extreme dieting or restricting certain food groups

- Becoming more isolated

- Wearing baggy clothes to disguise weight loss

- Ingesting large amounts of food on a regular basis without an accompanying weight gain

- Food missing from common areas

- Frequent bathroom trips

"It is really important, if people are talking to someone about a potential eating disorder, to focus

I HAD NO IDEA
THAT EATING DISORDERS DO NOT DISCRIMINATE
 Eating disorders can affect anyone regardless of race, age, gender or sexuality

GET IN THE KNOW
NEDAWARENESS.ORG

NEDA Feeding hope.
 National Eating Disorders Association

PROUD 2B ME

NATIONAL EATING DISORDERS AWARENESS WEEK
 FEBRUARY 22-28
2015

on behaviors, rather than appearance," said Siegfried.

Siegfried recommends those who believe they have an eating disorder receive treatment from a facility or therapist specializing in eating disorders. This is because it often takes a team of professionals to assist the individual.

A nutritionist and physician

are often consulted, along with the psychologist, to provide a complete mind and body treatment.

"Eating disorders do have a higher recovery rate now than in the past," said Siegfried. "Early intervention with a specialized treatment team makes a difference."

Have information for TRACKS?

Call Public Affairs at Ext. 6281!

Visit Anniston Army Depot on social media:

<https://www.flickr.com/photos/101336510@N02/>

<https://www.facebook.com/AnnistonArmyDepot>

<https://www.facebook.com/AnnistonMunitionsCenter>

<https://www.facebook.com/ANADFMWR>



ANAD plans 30th anniversary race

The first running of the Making Tracks 5K was in 1984. To celebrate its 30th anniversary, Anniston Army Depot Family and Morale, Welfare and Recreation is going back to the '80s in search of inspiration for this year's event.

Date: April 4

Time: 8 a.m.

Cost: \$20 (discounted entry available for military, military retirees and students)

Special events and displays include:

- Combat vehicle displays, including historic displays
- 1-mile kids fun run
- Easter egg hunt for children
- Bounce houses
- '80s-themed refreshments
- Participants encouraged to race in '80s outfits

For additional information or to enter, contact FMWR at Ext. 6385 or look for race brochures at FMWR facilities.





Army working to eliminate sexual harassment, assault

from ANAD SHARP coordinator

The primary goal of the Sexual Harassment Assault Response and Prevention Program is to create an environment where all Soldiers, Family members and civilian employees are treated with dignity and respect.

SHARP aims to eliminate sexual harassment and assault from within the ranks and reinforces the Army's core values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.

All reports of sexual harassment and assault will be taken seriously, victim's privacy will be protected, offenders will be held accountable, and bystanders are encouraged to intervene to prevent these behaviors before they occur.

There are several different forms of sexual harassment including verbal, nonverbal and physical contact and sexual harassment is considered to be a form of gender discrimination.

Reporting sexual harassment behaviors at the lowest level is critical to prevention of future occurrences and may avoid a situation which could escalate to sexual assault.

Early reporting reduces the impacts and devastating effects on the individuals involved, units and work sections, the community at large, and even the overall mission.

Sexual assault is defined as rape, sodomy or attempts to commit these acts. Sexual assault typically involves some level of physical force, verbal and physical threats. In some cases, an abuse of authority can also be

considered sexual assault.

The victim of sexual assault does not, or cannot, consent.

Sexual assault occurs without respect to gender, spousal relation or age.

If you have been the victim of a sexual assault, it is critical to remember evidence preservation is very important and medical treatment should be sought immediately.

Anniston Army Depot's Sexual Assault Response Coordinator conducts SHARP walk-throughs during Target Zero inspections and interacts with the depot community to assess the various work environments across depot.

Recent findings during these inspections exposed a number of inappropriate pictures and signs. Employees are encouraged to ensure work areas maintain the highest level of Army standards and professionalism. If there is questionable material hanging in your work area, speak with your supervisor or contact the SARC.

When a sexual harassment or assault case is reported, supervisors must utilize the Internal Report Form and Supervisor Checklist to ensure proper reporting procedures are followed. These forms can be found on the Intranet under Regulations & Policies/Commander's Policies. Scroll down until you see Policy 16.

Review these forms and follow all required reporting procedures accordingly.

For more information regarding SHARP or to report an incident, contact the SHARP Sexual Assault Response Coordinator at 256-624-8510.

fmwr happenings

from DCFA

Turkey hunts scheduled

Anniston Army Depot plans to host its first turkey hunts in nearly twenty years next month.

Turkey hunt dates are March 20-22 and April 17-19.

Participants must be depot employees or military assigned to ANAD.

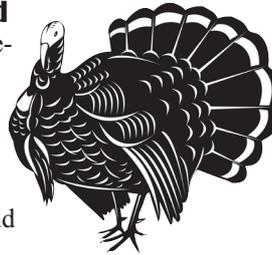
Hunting permits will be \$35 and hunters must attend an orientation session.

Orientations:

March 2 - DeSoto Pastime Center - 5:30 p.m.

March 5 - Training Auditorium - 5:30 p.m.

For more information contact Andrew Burns at Ext. 7549 or Chad Basinger Ext. 5808.



Spring Bass Tournament

Family and Morale, Welfare and Recreation will host ANAD's Spring Bass Tournament Saturday, March 28, on Lake Logan Martin.

The entry fee is \$80 per boat and includes entry in the \$200 Big Fish Award.

Anglers with the best five bass are guaranteed \$1000.

Launch and weigh-in will be at Riverside Landing in Riverside, Ala.

Anglers are required to pay their own launch fee.

The tournament will blast off at first safe light in order of registration and weigh-in will be at 3:00 p.m.

For more information, contact MWR Outdoor Recreation at 256-235-6768 or e-mail andrew.s.burns1.naf@mail.mil.

FMWR DINING FACILITY INFO

DeSoto Pastime Center

Lunch: 11 a.m. to 1:30 p.m. Monday through Friday. For to-go orders, call 256-235-7160.

Socialize: Monday and Tuesday evenings from 3:30-8 p.m., Wednesday and Thursday from 3:30-10:30 p.m. and Friday from 3:30 p.m. to midnight.

Big Bingo: Bingo with a \$1,000 progressive jackpot is played each Thursday at 6 p.m.

Electronic Bingo: Bingo is played daily starting at 3:30 p.m.

For more information on events, contact the DeSoto Pastime Center at 256-235-7160.

Nichols Dining Facility

Breakfast: 8-9:30 a.m.

Lunch: 11 a.m.-12:30 p.m.

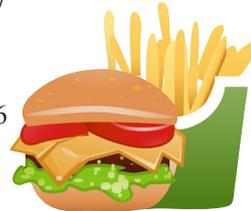
Menu Line: 256-235-6368

Phone: 256-235-7127

Java Café East

Hours: 7 a.m.-1 p.m.

Phone: 256-240-3526



LMP Sustainment Training Schedule

Logistics Modernization Program users who are interested in the following courses may find additional information about the following courses and register for applicable classes in the Total Employee Development system.

These courses are open to all LMP users who meet the individual course prerequisites, which can be found in the Total Employee Development system.

Interested employees may learn more about these classes and receive additional information in TED.

Additionally, in TED, there is a schedule of all courses offered. All LMP courses for Anniston Army Depot begin with ANAD LMP.

Upcoming courses:

03/16/2015	Material Movement and Transfers
03/16/2015	LMP 101
03/16/2015	LMP Navigation
03/17/2015	Timekeeping
03/20/2015	LMP Fundamentals
03/27/2015	LMP Fundamentals
04/01/2015	LMP Fundamentals
04/06/2015	ANAD LMP Receiving Specialist



notes from around the TRACKS



Shackleford

With sadness, we report ANAD has lost a member of the team.

John W. Shackleford died Feb. 11, 2015.

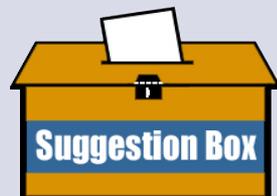
A pneudraulic systems inspector for the Directorate of Engineering and Quality, he had more than 11 years of civilian service here at the depot.

Ideas welcome

Do you know of a better, faster or safer way to perform job duties at Anniston Army Depot?

Your ideas can make your shop or office more productive and may earn you a monetary award.

Call the suggestion manager at Ext. 5005, drop a suggestion in one of the boxes located throughout the Nichols Industrial Complex or click on the suggestion box icon at the bottom of the depot's Intranet main page.



Safety first!

All employees are encouraged to participate in the Target Zero Safety Suggestion program. Anyone with a suggestion relevant to their shop or the depot in general should fill out an ANAD Form 385-15 and mail it to the Safety Office.

Target Zero Safety Suggestion Form		
Print Name (Last, First, MI):		Date:
Building Number:	Cost Center:	Ext:
The way it is now:		
The way I suggest it should be:		
Employee's Signature:		Badge Number:

Do you have info for TRACKS?

Call PAO at Ext. 6281!

Watch The Morning Show

The Morning Show airs live every other Wednesday at 7:05 a.m. on Local Area Network channel 21.

If you have a topic or content you would like to see on The Morning Show, contact the Public Affairs Office at Ext. 6281.

If you are unable to catch the live broadcast, there are two ways you can tune in.

Computer users may view the show on IPTV.

It can also be seen on LAN channel 21 during these rebroadcast times:

Wednesday: 10:30 a.m., noon, 2 p.m., 4:30 p.m., 10 p.m., midnight and 2 a.m. (Wed. night/Thurs. morning)

Thursday/Friday: noon and 10 p.m.

Be sure to tune in for these upcoming shows:

Next show: March 4: Col. Brent Bolander will hold a town hall meeting live on The Morning Show from Bldg. 123. Those with questions they would like to hear addressed during the meeting should send them to the Public Affairs Office or call PAO at Ext. 6281.

March 18: The March 18 Morning Show will be pre-recorded and focus on combat vehicle safety and the upcoming Making Tracks 5K.

TRACKS renewal form



In adherence with Army Regulation 25-51, an annual, written request must be on file for each off-depot individual receiving a printed copy of TRACKS. If you receive TRACKS in the mail and wish to continue, please fill out the information requested below and send it to the Anniston Army Depot Public Affairs Office no later than March 13, 2015.

This information may be sent via e-mail to usarmy.anad.tacom.list.publicaffairs@mail.mil, via fax at 256-235-4695 or may be mailed to Anniston Army Depot, Attn: TA-AN-SCO, 7 Frankford Ave., Anniston, AL 36201-4199.

Please print clearly. Note that mailed copies of TRACKS are only available to those who do not have access to copies distributed on Anniston Army Depot.

For those on the installation who do not have regular computer access, you may fill out this form to have an electronic link to the newspaper sent to a personal e-mail address.

Name: _____ Phone: _____

For TRACKS via e-mail, the e-mail address: _____

For TRACKS via mail, your address:

Thank you for your readership of TRACKS!

TORNADO SAFETY

000

There is no such thing as guaranteed safety.

Freak accidents happen; and the most violent tornadoes can level and blow away almost any house and its occupants. Extremely violent EF5 tornadoes are very rare.

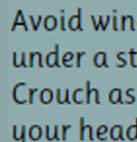
Most tornadoes are actually much weaker and can be survived using these safety ideas...

THE STORM HITS: WHERE ARE YOU?



In a house with a basement

Avoid windows. Get in the basement and under some kind of protection. Know where very heavy objects rest on the floor above and do not go under them. They may fall down through a weakened floor and crush you.



In a house with no basement

Avoid windows. Go to the lowest floor, small center room, under a stairwell, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down; and cover your head with your hands.



In an office building

Go directly to an enclosed, windowless area in the center of the building. Crouch down and cover your head. Interior stairwells are usually good places to take shelter. Stay off the elevators.

Get out! Even if your home is tied down, it is not as safe as an underground shelter or permanent, sturdy building.



In a mobile home



At school

Follow the drill! Go to the interior hall or room in an orderly way as you are told. Crouch low, head down, and protect the back of your head with your arms. Stay away from windows and large open rooms.

If possible, seek shelter in a sturdy building. If not, lie flat and face-down on low ground, protecting the back of your head with your arms. Get as far away from trees and cars as you can.



In the open outdoors



In a mall or a store

Do not panic. Watch for others. Move as quickly as possible to an interior bathroom, storage room or other small enclosed area. Crouch face-down and protect your head with your arms.

Park the car safely. Stay in the car with the seat belt on. Put your head down below the windows; cover your head. If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands. Avoid seeking shelter under bridges.



In a car or truck