

HIGH ROLLER NEWS

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Vol.101

December 2023

December Drill Outlook

Happy Holidays
from the High Roller Cafe

SATURDAY HOLIDAY
1100-1230
MENU ITEMS:
Prime Rib
Ham
Shrimp
Twice Baked Potatoes
Mediterranean Orzo
Green Beans and Corn with Bacon
Candied Carrots
Dinner Rolls
ADDITIONAL ITEMS:
Salad Bar
Assorted Desserts
Clam Chowder





SUNDAY LUNCH
1100-1230
MENU ITEMS:
Zesty Orange Chicken
Mongolian Beef
Chow Mein
Fried Rice
Sauteed Broccoli
Oriental Veggie Mix
Pot Stickers
SHORT ORDER:
Burgers
Chicken Wraps
Fries
ADDITIONAL ITEMS:
Salad Bar
Assorted Desserts

IF YOU ARE ACTIVE GUARD RESERVE (AGR), ON ANY KIND OF ORDERS (ANNUAL TRAINING, STATE ACTIVE DUTY, MPA, TITLE 10), OR AN OFFICER YOU MUST PAY.

HOLIDAY MEAL RATE \$11.20, LUNCH MEAL RATE \$6.85

Weather

Sat	Sun
	
51°	51°
33°	32°

Upcoming Events

- 16 December: Photos with Santa (Reno) (see flyer pg.11)
- 7 January: NVANG Awards Ceremony (see flyer pg. 7)
- 13 April: Military Ball (in Las Vegas)
- 13 April: EANGUS/NGAUS State Conf. (in Las Vegas)
- 12 or 14 April: Army/Air Golf Tournament (@ Red Hawk in Reno)
- 20 May: Army/Air Golf Tournament (in Las Vegas)
- 18-21 August: EANGUS 53rd Annual Conf. (Detroit, Mich.)
- 23-26 August: NGAUS 146th Annual Conf. (Detroit, Mich.)



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SUNDAY DECEMBER 3RD IN THE DFAC 0730-0900

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COFFEE

MUFFINS

PASTRIES

FRUIT



WE ARE LISTENING



Operation Silver Circuit: Nevada Air National Guard Supports Formula 1 Las Vegas Grand Prix

Story and photos by: Senior Airman Jakob Ivanick
152nd Airlift Wing Public Affairs

LAS VEGAS, Nev. – As the excitement revved up for the inaugural Formula 1 Las Vegas Grand Prix, the Nevada Air National Guard geared up for Operation Silver Circuit, a mission dedicated to ensuring the safety and security of Las Vegas residents and visitors alike. Approximately 40 Airmen from the 152nd Medical Group (152 MDG) were activated on state orders from Nov. 15 to 19, 2023 in support of local law enforcement and first responders at two key hospitals in the city.

The Formula 1 Las Vegas Grand Prix drew enthusiasts and spectators from around the world to the Las Vegas strip. Operation Silver Circuit, activated by the Nevada National Guard, acted as a precautionary measure aimed at bolstering security measures and emergency response capabilities during the event, emphasizing a commitment to public safety.

The operation involved the deployment of 152 MDG Airmen positioned at two hospitals near the racetrack. The primary focus was ensuring safety and the seamless functioning of emergency response operations. Despite no credible threats at the time, the Nevada National Guard took proactive steps to reduce any potential risks, drawing on its extensive experience in supporting local law enforcement and first responders.

Technical Sgt. Zeshan Mahmood, the Noncommissioned Officer in Charge at one of the sites, fully understands the importance of taking those proactive steps and echoed what it meant for the 152 MDG to be here.

“We grasp the gravity of the situation, the potential for calamity and why we have been asked to be here,” said Mahmood. “We understand that these sorts of things can be very dynamic, and ever changing. We’re all professionals, so we know how to handle those sorts of situations and how not to.”

The 152 MDG understands that their presence is a collaborative effort with the local hospitals, emphasizing their commitment to aid in any way possible during the Formula 1 Las Vegas Grand Prix.

“I see us as an extension of the hospital,” said Capt. Erica Steele, a critical care nurse overseeing the University Medical Center (UMC) site. “We are here to help with triage, basic life-saving and patient flow. In the case of a mass casualty event, it is crucial that we

F1, cont. next page



Airmen and Soldiers from the Nevada National Guard pose for a group photo at University Medical Center Hospital in Las Vegas, Nev. on Nov. 17, 2023. The guardsmen are working with local first responders in support of the first annual Formula 1 Las Vegas Grand Prix.



Airmen from the 152nd Medical Group participate in a practice triage scenario at University Medical Center Hospital in Las Vegas, Nev. on Nov. 17, 2023. The Airmen are working with local first responders in support of the first annual Formula 1 Las Vegas Grand Prix.



Airmen from the 152nd Medical Group are briefed prior to a scenario at University Medical Center Hospital in Las Vegas, Nev. on Nov. 17, 2023. The Airmen are working with local first responders in support of the first annual Formula 1 Las Vegas Grand Prix.

F1, cont.

are here to help the hospital care for their trauma victims.”

Frontline responders, like Ms. Soraya Robertson, a civilian emergency response nurse at UMC Hospital, expressed the hospital’s invaluable relief and appreciation of the support provided by the Airmens’ presence.

“It definitely relieves a lot of the stress of a potential mass casualty event,” said Robertson. “We feel we can better serve the community. It’s nice to have almost a sidekick, you know, somebody who is a partner that’s like, ‘Hey, I got your back.’ It relieves a lot of stress, and we love the support.”

The activation is a testament to the ongoing partnership between the Nevada National Guard and local emergency response agencies, showcasing the commitment to effective emergency response and on-going collaboration.



Airmen from the 152nd Medical Group gather at Sunrise Hospital in Las Vegas, Nev. on Nov. 16, 2023. The Airmen are working with local first responders in support of the first annual Formula 1 Las Vegas Grand Prix. (U.S. Air National Guard photo by Senior Airman Jakob Ivanick)

152 MXG BISCUITS AND GRAVY FEED

- SUNDAY DEC UTA – 0630-0830
- 152 MXG - BLDG 9 - MAIN HANGAR ENTRANCE
- \$5 CASH OR VENMO ACCEPTED
- POC: TSgt Tanner Kowatch (775-788-4625)



Brought to you by the 152 MXG Morale Committee

A Christmas Message

By Ch. Shay Gilliam, 152nd Airlift Wing Chaplain Corps

*Come they told me, pa rum pum pum pum
A new born King to see, pa rum pum pum pum
Our finest gifts we bring, pa rum pum pum pum
To lay before the King, pa rum pum pum pum,
Rum pum pum pum, rum pum pum pum,
So to honor Him, pa rum pum pum pum,
When we come.*

The Christmas season holds a lot of different meanings for a lot of different people. For many it's a continuation of Thanksgiving; people celebrate and appreciate the friends and family they have around them by giving gifts, having parties, sharing meals, and preparing themselves for the coming New Year. For these folks, they may have never really given any thought to why this time of year is a holiday (holy day) season, they just like the smiles, the gift-giving, the songs and caroling – songs like the Little Drummer Boy, one of my favorites – and all the happy stuff.

For many others, it is a time of deep dread. Maybe they struggle with repulsive childhood memories, loneliness, bitterness, or family drama. There's deep hurt there and so this season, for them, is not all sunshine and rainbows. It's cold, and dark, and difficult to share in the good times.

For many around the world, Christmas is a celebration of the birth Jesus Christ. (Dear eight-pound, six-ounce, newborn infant Jesus, don't even know a word yet, just a little infant, so cuddly, but still omnipotent. – Ricky Bobby) The Advent (or coming) of Jesus is celebrated throughout the month of December and culminates with the celebration of his birth, Christmas Day. Yes, yes, I know, it's possible he wasn't born in December, but it's when his birth is commemorated. For people in this category, Jesus' coming means God's long-standing promise to save his people from their enemies is coming to fruition. It means a kingdom of grace, mercy, and eternal life has arrived and is going to supplant the current kingdom of disease, destruction, and death. It is foretold of the King of this kingdom: "For to us a child is born, to us a son is given; and the government shall be upon his shoulder, and his name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and of peace there will be no end..." King Jesus has arrived!

*Baby Jesus, pa rum pum pum pum
I am a poor boy too, pa rum pum pum pum
I have no gift to bring, pa rum pum pum pum
That's fit to give the King, pa rum pum pum pum,
Rum pum pum pum, rum pum pum pum,
Shall I play for you, pa rum pum pum pum,
On my drum?*

I fit, very untidily, into all these categories. I find joy in beatboxing to Christmas carols; it throws people off, but like the little drummer boy, it's my drum. I am also one of those people who absolutely celebrates the coming of the foretold King, I'm not ashamed of the Gospel. However, I

am also a person who greatly struggles with maintaining joy this time of year. Maybe it was one to many Christmases alone in the "sandbox", maybe the sight of mommy kissing Santa Clause didn't sit right, maybe it's just a screw loose, I've got a few of those. It is for sure a struggle though, and maybe some of you reading this feel similar. Like you're supposed to be happy, but that internal joy is difficult to dig out. I get it.

For whatever the reason of these struggles, like the little drummer boy, I wrestle with who I am and what I bring to the table at this time of year. I feel like I have no gifts fit for a king. It can be frustrating. I find myself being short with the people around me. I feel guilt and shame for not having a perpetual smile for the entire month. But to the King I come anyway.

I bring what gifts I have and lay all my feelings and insecurities bare before him in hope to find there the promises the King gave for those who belong to his kingdom. Things like receiving mercy and finding grace to help in my deepest times of need. That the King will help me increase in "love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control". That when I belong to his kingdom, I am not just a measly peasant, but an adopted child of the King himself.

That is what so many Christians are celebrating around the world when they celebrate Christmas. It is a celebration of hope, deliverance, acceptance, and being uplifted; and these things can be celebrated regardless of whether you hold to the Christian faith or not.

So, if you are filled with continuous joy this time of year, be sure to share it, you are a great light of this world, and there are people in need.

If you are bummed out this time of year, share your burdens with a trusted agent, and remember, there is a source of hope that you may not have considered yet. Consider bringing your gifts and burdens before the King and find peace there.

If you are celebrating the advent of King Jesus, remember the reason you're celebrating. You're King has revealed himself and promises to crush the head of every enemy of your life. Rely and depend on him. Kiss the Son.

And to everyone reading this, in whatever category you find yourself in, in whatever the state of mind you have during the holidays, I say to you what the angels pronounced to us all on the day of Jesus' birth, while beatboxing: "Glory to God in the highest, and on earth peace among those with whom he is pleased!"

*Mary nodded, pa rum pum pum pum
The ox and lamb kept time, pa rum pum pum pum
I played my drum for Him, pa rum pum pum pum
I played my best for Him, pa rum pum pum pum,
Rum pum pum pum, rum pum pum pum,
Then He smiled at me, pa rum pum pum pum
Me and my drum.*





Get your service dress uniform ready!



NEVADA AIR NATIONAL GUARD ANNUAL AWARDS CEREMONY

**Sunday
January 7, 2024**

**9AM - 12PM
Fuel Cell Hangar**



Unit Potlucks to follow!



High Rollers celebrate Veterans Day with the Veterans Memorial Elementary School Eagles

Story and photos by: Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs

RENO, Nev. —The High Rollers of Nevada Air National Guard were honored to be part of the Veterans Day celebration with the Eagles of Veterans Memorial Elementary School on November 9th!!

The Eagles raised the flag in unity and paid tribute to the High Rollers and all other heroes who have served or are still serving in the military.

Proudly partnered with the school through Washoe County School District's Partners in Education Program, the High Rollers were thrilled to share this special moment with the students and staff.

If you are looking for volunteer opportunities, contact 152nd Airlift Wing Command Chief, Chief Master Sgt. Linton for more information.



Airmen from the 152nd Airlift Wing and Veterans Memorial Elementary School Principal, Monique Madrid, stop to pose for a photo.



Col. Cathy Grush slutes the flag at Veterans Memorial Elementary School during the school's Veterans Day festivities on Nov. 9, 2023.



Senior Master Sgt. Robert Sandoval, the Nevada Air National Guard Fire Chief, shares his stories about being in the military with the students at Veterans Memorial Elementary School on Nov. 9, 2023 during their celebration for Veterans Day.



UNITE EVENT

Story and photos by: Staff Sgt. Angela Crawford
152nd Airlift Wing Public Affairs



The atmosphere at the 152nd Airlift Wing was charged with excitement, laughter, and unity Nov. 5, 2023, as competitors pushed their limits and strengthened their camaraderie at the inaugural 152 UNITE event.

Ten-member teams battled it out in a medley of competitive games, bringing their A-game to the arena. Sumo wrestling, obstacle courses, tug of war, corn hole, musical chairs, boxing, and relay races – it was a full day of adrenaline and triumph!

A massive shoutout to all the teams, volunteers, and spectators who made this event a resounding success.

This event will commence and coincide with our annual family day in June of this next year.



What's happening in High Roller Country!??

RECENT PROMOTIONS



Last drill, Staff Sgt. David Bowman was promoted to Tech. Sgt., Maj. Merridy Young was promoted to Lt. Col. and Senior Master Sgt. Kathy Backlund was promoted to Chief! Congratulations Tech. Sgt. Bowman, Lt. Col. Young and Chief Backlund!!

SAYING GOODBYE



Chief Joseph Puerto retired last month.
We wish him well in retirement!

NEW RESPONSIBILITIES



Lt. Col. Jon Perlstein took command of
the 152nd Medical Group. Congratula-
tions Lt. Col. Perlstein!



PHOTOS

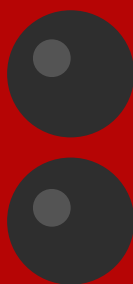
With Santa

Saturday, December 16, 2023

9:00-11:00am

NVANG Base - Fuel Cell Hangar - Bldg. 130

Kids Activities | Bounce Houses | Refreshments



<https://invitations.afit.edu/inv/rsvp.cfm?i=802207&k=0A61400B7B59>

MILITARY HEALTH SYSTEM


MHS GENESIS

The Military Health System's new Electronic Health Record

MHS GENESIS PATIENT PORTAL

The MHS GENESIS Patient Portal is a secure website for 24/7 access to yours or your dependents health information, exchange messages with your care team, and sending in outside records. The new patient portal is replacing the TRICARE Online Secure Patient Portal. You will be required to have a DS Logon or CAC.

To access the MHS GENESIS Patient Portal:

- Google "MHS GENESIS Patient Portal" or scan the QR Code below if you wish to access from your phone.
 - If accessing from your phone, you will need the Microsoft Authenticator app 
 - After scanning the QR Code, be sure to open it up in a browser so you can navigate to the Authenticator application.
- Log on with DS Logon or CAC.
 - If you do not have a DS Logon, click "Create New Account" and it will prompt you to create one.

Send a Message to the 152d Medical Group!

You can now send your outside health records via the Messaging function in MHS GENESIS!

- In your MHS GENESIS Patient portal, click "Messaging" at the top of the screen, then click "Send a message."
- Fill in the required fields. (In the "To" box, type in **152** and click "Air Natl Guard 152 MDG Readiness")
- Attach files you want to be input into your medical record.
- You may also use this function to request appointments.



PB&J Lunch 'n Learn

Photos and story by Senior Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs



The Wing Director of Psychological Health (DPH), Jeanne Morrow and the 152nd Airlift Wing Commander, Col. Cathy Grush held a Peanut Butter & Jelly - Lunch & Learn on November 16, 2023 at the Nevada Air National Guard Base in Reno, Nev.

The successful event blended psychological health insights, leadership perspectives, and even a touch of magic by Lt. Col. Donny Crandell, Wing Chaplain & Magician. Military and Family Readiness Manager, Fred Barton who showed videos on the history of PB&J sandwiches and Senior Master Sgt. David Hill provided the perfect setting in the base dining facility.

The turnout was fantastic, fostering camaraderie and a shared love for Peanut Butter & Jelly Sandwiches. A delightful mix of learning, laughter, and deliciousness!



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HIGH ROLLERS



State Partnership Program NCO Honored for International Efforts

Story by: Master Sgt. Erick Studenicka
Nevada Joint Force Headquarters Public Affairs

CARSON CITY, Nev. – When she received an out-of-the-blue invitation to the College of Southern Nevada's Spotlight of Excellence award ceremony, Nevada Air Guard Tech. Sgt. Hannah Kasner was baffled. She was not enrolled in the college, a faculty member, or even a resident of southern Nevada.

But the request for her presence at the event in late October became clear when Mugunth Vaithyalingam, CSN's chief information and operations officer, awarded Kasner the college's Synergy Award for her work linking the college and Fiji National University through the Nevada Guard's State Partnership Program.

Kasner, 27, the State Partnership Program's operations noncommissioned officer in charge, was the lead SPP official who organized a September SPP engagement of five CSN officials in Fiji to draft and sign an agreement with Fiji National University that teams the two academic institutions for ongoing collaboration.

"The Synergy Award is in recognition of your outstanding partnership and collaboration to assist the College of Southern Nevada in achieving our vision," Vaithyalingam wrote on Kasner's citation.

Kasner is the first Nevada Guard Airman to receive the award. Maj. Dustin Petersen, Nevada SPP director, said Kasner was the ideal recipient.

"Tech. Sgt. Kasner did a remarkable job of single-handedly organizing and facilitating the logistics of the first engagement between the College of Southern Nevada and Fiji National University, which included more than 55 key officials from both institutions thousands of miles from Nevada," Petersen said. "The relationship between the two schools is certain to lead to future business, tourism, environmental and trade school opportunities for the students and faculty at both institutions."

During the engagement Sept. 21-30, Kasner escorted the five CSN officials to Suva, Fiji, to introduce the Nevadan and Fijian academic officials to each other. The parties got along so well that a memorandum of agreement was signed just four days into the trip at the Fiji National University's Nasinu Campus.

The Nevada National Guard is partnered with Fiji, Tonga and Samoa under the Department of Defense



Nevada Air Guard Tech. Sgt. Hannah Kasner, second from right, receives the College of Southern Nevada's Spotlight of Excellence award from CSN President Fererico Zaragoza, second from left, in October in Las Vegas. The college awarded Kasner the Synergy Award for her work linking the College of Southern Nevada and Fiji National University through the Nevada Guard's State Partnership Program.



In this file photo from 2020, Nevada Air Guard Tech. Sgt. Hannah Kasner works the security detail safeguarding Air Force One while it was in Reno, Nevada. Kasner's military occupation is security forces, but she received the College of Southern Nevada's Spotlight of Excellence award in October for her work linking the College of Southern Nevada and Fiji National University through the Nevada Guard's State Partnership Program.

Kasner, cont. next page

Kasner, cont.

National Guard Bureau State Partnership Program.

“In retrospect, it seems we paired the ideal Nevada college with Fiji National University,” Kasner said. “All of the officials got along extremely well and agreed upon the memorandum of understanding in an unusually short amount of time. It was evident the university, the college and the Nevada Guard were all in agreement on ways all of the parties can share ideas and programs and be the partner of choice for each other.”

The agreement promises to benefit the faculty and students at both schools via dual admission opportunities, career pathways for Fijian students in their final two years of secondary education, and faculty and student exchanges.

Officials from the schools will finalize many of the proposals in December.

Kasner’s path to becoming a State Partnership Program diplomat included many twists and turns. She spent much of her youth in Fresno, California, before her family moved to Sparks, Nevada. She enlisted in the Nevada Army Guard’s 485th Military Police

Company in 2014 and deployed to Kuwait and Iraq in 2016-2017. When the 485th disbanded in 2018, she transferred to the Nevada Air Guard’s 152nd Security Forces.

While working with the security forces, Kasner earned a nursing degree at the University of Nevada, Reno. She remains a registered nurse.

In 2022, while working as a civilian traveling nurse, Kasner learned of the SPP’s need for an operations sergeant and became the operations NCO in December.

Petersen said Kasner’s logistical skills quickly became apparent as she organized the training of five battalions of Fijian soldiers in leadership development early in 2023, with just a few Nevada Guard NCOs supporting the engagements.

Kasner said she had to learn the basics of international affairs quickly after joining the SPP staff.

“It was a lot to take on and learn in just one year,” Kasner said. “In the nursing field, I had taken some cultural competency courses. But it was nothing compared to immersing yourself into the Fijian and Tongan cultures.”



152 AIRLIFT WING

CATHOLIC MASS

SCHEDULE

EACH SUNDAY OF UTA

1200Hrs WING AUDITORIUM

LECTORS NEEDED
CONTACT CHAPLAIN CORPS FOR DETAILS

CELEBRATING

Religious Diversity in the Month of December

Article Courtesy of: 152nd Equal Opportunity Office



Mohandas K. Gandhi said, “If we are to respect other’s religions as we would have them respect our own, a friendly study of world’s religions is a sacred duty”.

December is meant to be a time of generosity and hope, celebrating the struggles we have overcome and looking forward to the start of a New Year. Yet every year without fail, we are bombarded by media descriptions of “cancelled” holidays and intolerance of any belief different than our own.

Religious freedom is considered “America’s First Freedom”. It was one of the original purposes of the formation of this country. Constitutionally, it is written as such: “Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof...”. To support religious diversity and touch on the friendly study of world’s religions that Gandhi pro-

visioned, we have provided brief descriptions of the holidays celebrated in December, as well as their significance to those who hold them as strongly held beliefs. We hope that no matter how you choose to celebrate, you will take time to study and appreciate the beliefs of others, in order to better understand and appreciate the diversity of the people around you.

Hanukkah (celebrated this year from 08 December to 16 December): Called the Feast of Dedication or the Festival of Lights, Hanukkah is a Jewish festival celebrated for eight days in the Hebrew month of Kislev, which occurs in mid to late December. Hanukkah recalls the struggle for religious freedom and commemorates the victory of the Jews over the Hellenistic Syrians in the year 165 B.C.E. In the year 167 B.C.E. the Greek king, Antiochus Epiphanes, began a campaign to force the Jews under his rule and to formally adopt Greek practices. As early as 199 B.C.E., Greek rulers had issued anti-Jewish decrees. Sabbath observances and the study of the Torah were forbidden, and temples were taken over by Greek soldiers. By the time of Antiochus’ campaign, only one Jewish family was willing to take a stand against the Greeks. Under the leadership of Judah Maccabee, the Maccabee family reclaimed the Jewish temple. The Talmud says that when the Jewish army wanted to rededicate the Temple, they were unable to find enough specially prepared oil to light the Menorah, or holy lamp, used in Temple services. The Maccabees found a single bottle of oil in a temple chamber, but that would only last one night. However, by a miracle, the one bottle of oil lasted eight nights, until new oil fit for Temple use

Religion, cont. next page

Religion, cont.

could be produced. This is the miracle that Jews commemorate to this day by lighting the eight Hanukkah candles of the menorah. In America, Jewish families celebrate Hanukkah at home. They give and receive gifts, decorate the house, entertain friends and family, eat special foods, and light the holiday menorah.

Bodhi Day (celebrated on 08 December or the Sunday immediately proceeding this date): Bodhi Day commemorates prince Siddhartha Gautama's realization and presentation of the Four Noble Truths. The prince left his home at age 29 to discover the meaning of life. After six years of discipline under the guidance of several spiritual teachers, he still hadn't found what he was looking for. While traveling with a group of fellow seekers, he went off by himself, broke his fast, and sat down under a Bodhi tree, vowing not to arise until he understood. He sat day and night, and on the eighth day came to a realization. That realization became the founding principles of modern Buddhism. From that point forward, he was referred to as the Buddha, the Enlightened One. The Four Noble Truths are: 1. All beings are subject to suffering. No one escapes... suffering is universal. 2. The cause of suffering is Ignorance, and Ignorance of oneself is the greatest Ignorance. 3. Ignorance, the cause of suffering, can be overcome. 4. The way to overcome Ignorance is the Eightfold Path. The Eightfold Path is: 1. Right Views, keep ourselves free from prejudice, superstition, and delusion... and to see correctly the true nature of life. 2. Right Thoughts, to turn away from the hypocrisies of this world and to direct our minds toward Truth and Positive Attitudes and Actions. 3. Right Conduct, to see that our deeds are peaceable, benevolent, compassionate, and pure. 4. Right Speech,

to refrain from pointless and harmful talk... to speak kindly and courteously to all. 5. Right Livelihood, to seek that employment to which we can give our complete enthusiasm and devotion. 6. Right Effort, to direct our efforts continually to the overcoming of Ignorance. 7. Right Mindfulness, to cherish good and pure thoughts, for all that is said arises from one's thoughts. 8. Right Meditation, to concentrate on the Oneness of all life and the Buddhahood (enlightenment) that exists within all beings.

Yule (celebrated near 21 December, the shortest day of the year): Also known as Winter Solstice, Yule is the day the Goddess gives birth to the Sun King. The world has had long periods of darkness, and it grows weary from the lack of sun. The old Holly King who has ruled the Earth since Midsummer give his life so that the new infant Sun King (or Oak King) can be reborn into the world, bringing the newness of life and rebirth. After this day the days grow progressively longer and this return of the sun is celebrated through birthing rituals and gift giving (when the sun is born, it is a birth celebration for all, hence the tradition of gift giving). It is believed that deity is found not only outside of our realm, or plane of existence, but that it is found within every living thing and all that supports it. Colors of the season are red, green, silver, and white. Decorations include a Yule Log, cinnamon sticks, Yule Tree, and Mistletoe. Incense scents include pine, cedar, and rosemary.

Christmas is the celebration of Jesus' birth in Bethlehem. Christian scholars speculated that Jesus was conceived at the spring equinox (March 25th). December, therefore, would mark 9 months after the conception, and falls on the winter solstice. Conversely, in many churches, Decem-

Religion, cont.

ber 25th marks the feast of the Annunciation, when the angel Gabriel announced to Mary that she was to be the mother of Jesus. The feast of Christmas also coincides with the Roman feast of the "Unconquered Sun God." In response, Christians celebrated the feast of the "Son of Righteousness". The Christmas tree probably originated in medieval plays. Plays were performed throughout Europe during Advent, the period leading up to the birth of Christ. They told the story of mankind from the creation of Adam and Eve until the birth of Jesus. A tree onstage was decorated with apples to symbolize the Garden of Eden. People began the custom of putting a tree laden with gifts and candles in their homes during the Christmas season to celebrate paradise regained through the coming of Christ. Evergreens, from ancient times, were a symbol of life and eternity, and have always had a prominent place in Christian celebrations. Holly, with its prickly green leaves and red berries, suggested that Christ would bear a crown of thorns and shed drops of blood. Mistletoe, which has a long history with healing, would come to symbolize the healing power of Jesus Christ. Many nations have contributed to a rich mosaic of Christmas traditions, from placing candles in the window in Ireland, to the Christmas novena or nine days of prayer before Christmas, popular in Latin countries.

Kwanzaa (celebrated 26 December through 01 January every year): Kwanzaa (Quansa) is a holiday centered on African heritage and tradition celebrated by many African Americans. It was started in 1966 by Doctor Maulana Karenga, Professor at the California State University, Long Beach, California. There are seven principles of Kwanzaa, one for each of the days, and are observed in the following order: 1.

Umoja (Unity), to strive for and maintain unity in the family, community, Nation, and race. 2. Kujichagulia (Self-Determination), to define oneself, name oneself, create for oneself, and speak for oneself. 3. Ujima (Collective Work and Responsibility), to build and maintain community together and make one's sisters' and brothers' problems one's own problems, and to solve them together. 4. Ujamaa (Cooperative Economics), to build and maintain stores, shops, and other businesses as a community. 5. Nia (Purpose), to make a collective vocation the building of community, to restore people to their traditional greatness. 6. Kuumba (Creativity), to do as much as one can to leave the community more beautiful and beneficial than when it was inherited. 7. Imani (Faith), to believe with one's heart in people, in parents, in teachers, in leaders, and in the righteousness and victory of struggle. The Kinara (candle holder) is placed atop the Mkeka (straw mat). The Mishumaa Saba (seven candles) represents the Nguzo Saba (seven principles), beginning with Umoja. Candles are then lit each day alternately from left to right. Three red candles should be placed on the left and three green candles should be placed on the right. The colors of Kwanzaa are black, representing the face of the people, red, representing the blood people shed, and green, representing hope and the color of the motherland.

If you would like more information please visit www.deomi.org or contact the 152nd Airlift Wing Equal Opportunity Office in BLDG 56 Room 34, call 788-4649, or email Master Sgt. Adam Willett, EO Director, adam.willett@us.af.mil.



Show Me the Science

Why Wash Your Hands?

Handwashing in Communities: Clean Hands Save Lives

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Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water.

How germs get onto hands and make people sick

Feces (poop) from people or animals is an important source of germs like Salmonella, E. coli O157, and norovirus that cause diarrhea, and it can spread some respiratory infections like adenovirus and hand-foot-mouth disease. These kinds of germs can get onto hands after people use the toilet or change a diaper, but also in less obvious ways, like after handling raw meats that have invisible amounts of animal poop on them. A single gram of human feces—which is about the weight of a paper clip—can contain one trillion germs 1. Germs can also get onto hands if people touch any object that has germs on it because someone coughed or sneezed on it or was touched by some other contaminated object. When these germs get onto hands and are not washed off, they can be passed from person to person and make people sick.

Washing hands prevents illnesses and spread of infections to others

Handwashing with soap removes germs from hands. This helps prevent infections because people frequently touch their eyes, nose, and mouth

without even realizing it. Germs can get into the body through the eyes, nose and mouth and make us sick. Germs from unwashed hands can get into foods and drinks while people prepare or consume them. Germs can multiply in some types of foods or drinks, under certain conditions, and make people sick. Germs from unwashed hands can be transferred to other objects, like handrails, table tops, or toys, and then transferred to another person's hands.

Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.

Teaching people about handwashing helps them and their communities stay healthy. Handwashing education in the community:

- Reduces the number of people who get sick with diarrhea by 23-40% 2, 3, 6
- Reduces diarrheal illness in people with weakened immune systems by 58% 4
- Reduces respiratory illnesses, like colds, in the general population by 16-21% 3, 5
- Reduces absenteeism due to gastrointestinal illness in schoolchildren by 29-57% 7

Not washing hands harms children around the world

About 1.8 million children under the age of 5

Handwashing, cont. next page

Handwashing, cont.

die each year from diarrheal diseases and pneumonia, the top two killers of young children around the world 8. Handwashing with soap could protect about 1 out of every 3 young children who get sick with diarrhea 2, 3 and almost 1 out of 5 young children with respiratory infections like pneumonia 3,5. Although people around the world clean their hands with water, very few use soap to wash their hands. Washing hands with soap removes germs much more effectively 9. Handwashing education and access to soap in schools can help improve attendance 10,11,12.

Good handwashing early in life may help improve child development in some settings 13. Estimated global rates of handwashing after using the toilet are only 19%6.

Handwashing helps battle the rise in antibiotic resistance

Preventing sickness reduces the amount of antibiotics people use and the likelihood that antibiotic resistance will develop. Handwashing can prevent about 30% of diarrhea-related sicknesses and about 20% of respiratory infections (e.g., colds) 2, 5. Antibiotics often are prescribed unnecessarily for these health issues 14. Reducing the number of these infections by washing hands frequently helps prevent the overuse of antibiotics—the single most important factor leading to antibiotic resistance around the world. Handwashing can also prevent people from getting sick with germs that are already resistant to antibiotics and that can be difficult to treat.

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September 10, 20

Show Me the Science - Why Wash Your Hands? | Handwashing | CDC <https://www.cdc.gov/handwashing/why-handwashing.html#print 1/3>



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| 5 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 6 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 7 | Instantly | Instantly | 2 secs | 7 secs | 31 secs |
| 8 | Instantly | Instantly | 2 mins | 7 mins | 39 mins |
| 9 | Instantly | 10 secs | 1 hour | 7 hours | 2 days |
| 10 | Instantly | 4 mins | 3 days | 3 weeks | 5 months |
| 11 | Instantly | 2 hours | 5 months | 3 years | 34 years |
| 12 | 2 secs | 2 days | 24 years | 200 years | 3k years |
| 13 | 19 secs | 2 months | 1k years | 12k years | 202k years |
| 14 | 3 mins | 4 years | 64k years | 750k years | 16m years |
| 15 | 32 mins | 100 years | 3m years | 46m years | 1bn years |
| 16 | 5 hours | 3k years | 173m years | 3bn years | 92bn years |
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| 18 | 3 weeks | 2m years | 467bn years | 11tn years | 438tn years |



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Handwashing

at Home, at Play, and Out and About



Germs are everywhere! They can get onto your hands and items you touch throughout the day. Washing hands at key times with soap and water is one of the most important steps you can take to get rid of germs and avoid spreading germs to those around you.

How can washing your hands keep you healthy?

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.

Handwashing helps prevent infections for these reasons:



People often touch their eyes, nose, and mouth without realizing it, introducing germs into their bodies.



Germs from unwashed hands may get into foods and drinks when people prepare or consume them. Germs can grow in some types of foods or drinks and make people sick.



Germs from unwashed hands can be transferred to other objects, such as door knobs, tables, or toys, and then transferred to another person's hands.



What is the right way to wash your hands?

1. Wet your hands with clean running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.



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When should you wash your hands?

Handwashing at any time of the day can help get rid of germs, but there are key times when it's most important to wash your hands.

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal feces (poop)
- After touching garbage
- If your hands are visibly dirty or greasy

What type of soap should you use?



You can use bar soap or liquid soap to wash your hands. Many public places provide liquid soap because it's easier and cleaner to share with others. Studies have not found any added health benefit from using soaps containing antibacterial ingredients when compared with plain soap. Both are equally effective in getting rid of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

How does handwashing help fight antibiotic resistance?

Antibiotic resistance occurs when bacteria resist the effects of an antibiotic – that is, germs are not killed and they continue to grow. Sickneses caused by antibiotic-resistant bacteria can be harder to treat. Simply using antibiotics creates resistance, so avoiding infections in the first place reduces the amount of antibiotics that have to be used and reduces the likelihood that resistance will develop during treatment. Handwashing helps prevent many sicknesses, meaning less use of antibiotics.

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1 in 3

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1 in 5

respiratory
infections, such as
a cold or the flu.

For more information and a video demonstration of how to wash your hands, visit the CDC handwashing website:

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