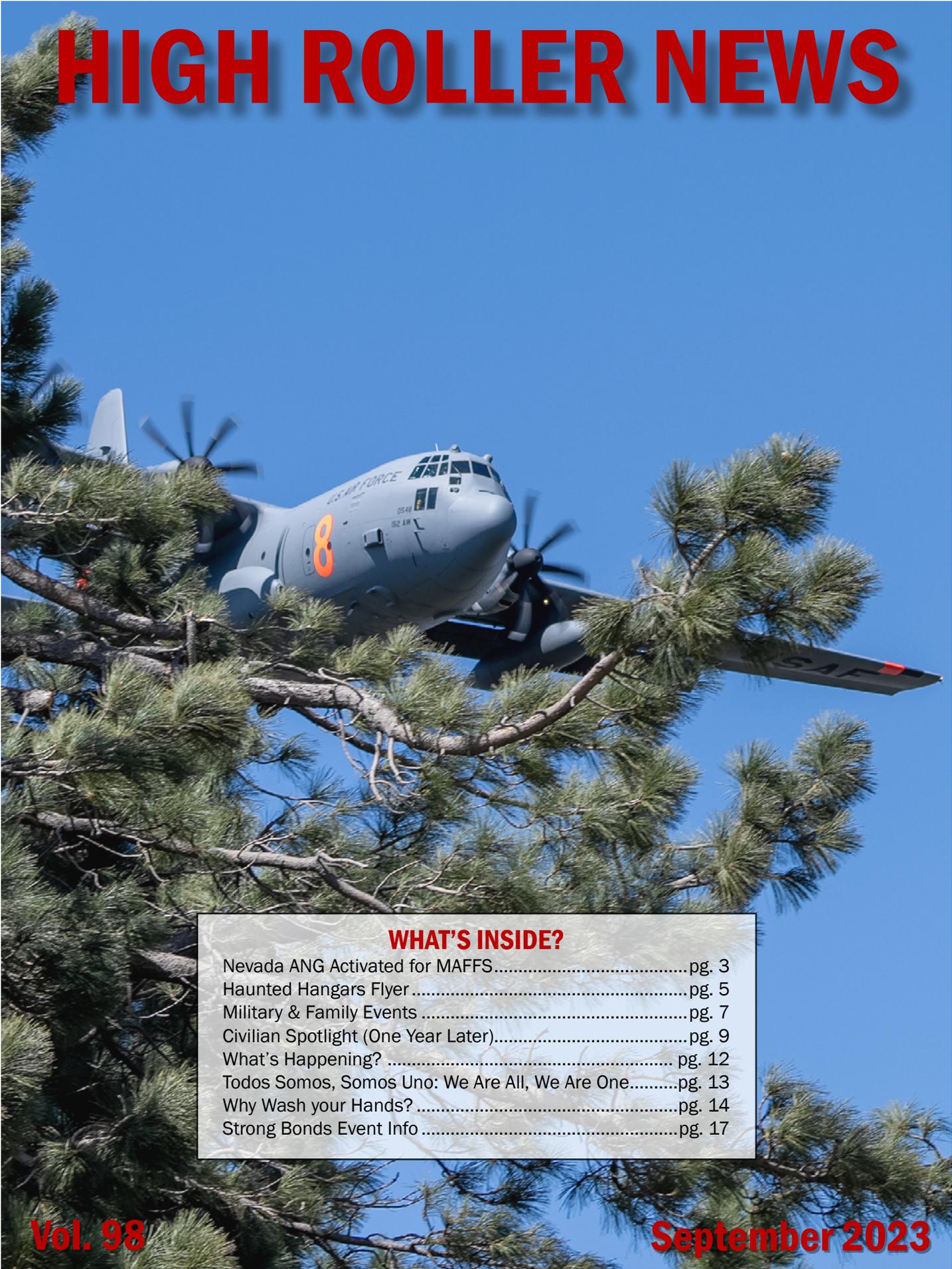


HIGH ROLLER NEWS



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September Drill Outlook

September 2023 Drill High Roller Cafe

SATURDAY LUNCH

1100-1230

MENU ITEMS:

Chicken Enchiladas

Birria Tacos

Spanish Rice

Pinto Beans

Esquites

Mixed Veggies

SHORT ORDER:

Cheeseburgers

Chicken Wraps

French Fries

ADDITIONAL ITEMS:

Salad Bar

Assorted Desserts

SUNDAY LUNCH

1100-1230

MENU ITEMS:

Beef Stroganoff

BBQ Ribs

Buttered Egg Noodles

Mashed Potatoes

Mushroom Gravy

Broccoli

Cauliflower Combo

SHORT ORDER:

Cheeseburgers

Chicken Wraps

French 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.

LUNCH MEAL RATE \$6.85

Weather

Sat



86°

53°

Sun



84°

54°

Upcoming Events

9 September: Airlift Wing Assumption of Command

13-17 September: Final Reno Air Races

27 October: Haunted Hangars

28 October: Nevada Day Parade

11 November: Veteran's Day Parade

HIGH ROLLERS

Nevada Air National Guard's 152nd Airlift Wing C-130 MAFFS Aircraft Activated for Firefighting in the Western United States

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

NEVADA AIR NATIONAL GUARD BASE, Nev. -- The National Interagency Fire Center (NIFC) requested one C-130 aircraft equipped with Modular Airborne Fire Fighting Systems (MAFFS) from the Nevada Air National Guard to support wildland firefighting operations in support of NIFC in several western states on Aug. 3, 2023.

The 152nd Airlift Wing aircraft replaced the 153rd Airlift Wing out of Wyoming Air National Guard from Cheyenne, Wyoming, and join the 302nd Airlift Wing, Air Force Reserve Command, Peterson Space Force Base, Colorado, which were both working with the USDA Forest Service and other state and federal agencies fighting wildfires across the west.

This request lasted through Sept. 5, 2023. The High Rollers flew 17 sorties with a total of 19 drops and 45,997 gallons (412,593 lbs.). All MAFFS units were based out of the Klamath Falls Airtanker Base in Klamath Falls, Oregon.

Having military C-130s that can be converted into airtankers provides a critical "surge" capability that can be used to bolster wildfire suppression efforts when commercial airtankers are fully committed or not readily available.

A long, wet winter made conditions ripe for a late fire season this year, and the High Rollers were ready.

"The 152nd Airlift Wing, Nevada Air National Guard, proudly supports the aerial firefighting mission," said Lt. Col. Patrick Sargent, the Commander of the 192nd Airlift Wing. "We've dedicated people, aircraft, and training to this mission and we're determined to help the nation and assist with this effort."

First Air Force - Air Forces Northern (AF-NORTH) headquartered at Tyndall AFB, Fla., U.S. Northern Command's Air Component Command, is the DoD's operational lead for the aerial



MAFFS Support Plane #9 for the 152nd Airlift Wing takes off for Klamath Falls Airtanker Base in Klamath Falls, Oregon Aug. 16, 2023 at Nevada Air National Guard Base in Reno. The National Interagency Fire Center (NIFC) has requested one C-130 aircraft equipped with Modular Airborne Fire Fighting Systems (MAFFS) from the Nevada Air National Guard to support wildland firefighting operations in support of NIFC in several western states. The 152nd Airlift Wing aircraft will replace the 153rd Airlift Wing out of Wyoming Air National Guard from Cheyenne, Wyoming, and join the 302nd Airlift Wing, Air Force Reserve Command, Peterson Space Force Base, Colorado, which were both working with the USDA Forest Service and other state and federal agencies fighting wildfires across the west since August 3, 2023.



Modular Airborne Fire Fighting System (MAFFS) #8 Plane for the 152nd Airlift Wing prepares for take-off for Klamath Falls Airtanker Base in Klamath Falls, Oregon Aug. 16, 2023 at Nevada Air National Guard Base in Reno.

MAFFS, cont. next page

MAFFS, cont.

wildland firefighting military efforts. The team is committed to excellence through training and interagency relationships.

As of August 17, 2023, during this fire year there were 72 large fires reported burning 489,813 acres in 13 states across the nation, according to the NIFC website.

The High Rollers initially activated last firefighting season from September 6-14, 2022, flying 4 sorties, accomplishing 5 drops accumulating 8,087 gallons of fire retardant.

Air tankers are used to help build lines of containment with retardant to help reduce the intensity and slow the growth of wildland fires. Dispatch centers deploy aircraft to drop fire retardant based on requests from civilian Incident Commanders.

The MAFFS aircraft can drop up to 3,000 gallons of fire retardant in less than 10 seconds across a quarter-mile line. The system slides into the back of the military aircraft, and retardant is released through a nozzle on the rear left side.

NIFC is the nation's support center for wildland firefighting. Eight different agencies and organizations are part of NIFC, including the Bureau of Land Management, Bureau of Indian Affairs, U.S. Fish and Wildlife Service, National Park Service, U.S. Forest Service, National Weather Service, U.S. Fire Administration, National Association of State Foresters, and state emergency response agencies.

For more information on Modular Airborne Firefighting Systems, visit: <https://www.fs.usda.gov/managing-land/fire/planes/maffs>

For background photos and videos of the MAFFS program, visit: www.dvidshub.net/feature/MAFFSAEG.



NEVADA NATIONAL GUARD 2023

HAUNTED HANGARS

October 27, 2023 | 5:30-8:00PM

This event is for current Nevada National Guard members and Families in the DEERS system



PLEASE USE LINK OR QR CODE BELOW TO REGISTER. RSVP BY THE COB 20 OCT 23

<https://einvitations.afit.edu/inv/rsvp.cfm?i=783631&k=0569410F7856>



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.





Military & Family Readiness Events

Event	Date/Time of Event	Must RSVP by date	Location of Event	Point of Contact	Air or Joint Event
Veterans & Military "ASK A LAWYER"	19 Sept 23 1100 - 1400		ELKS LODGE 597 Kumle Lane, Reno, NV	Fred Barton	All Hands
Strong Bonds Weekend Retreat (Open to all hands)	22-24 Sept 23	15 Sept 23	Renaissance Reno Downtown Hotel	Chaplain Crandell Fred Barton	Air (25)
Haunted Hangars	27 Oct 23 (Proposed Date)		Air National Base		Joint

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PROMO CODE: ROLLER22

AVAILABLE ALL WORKDAYS, 1630-2400 FROM BASE
(ONLY) TO YOUR DESTINATION



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HIGH ROLLERS



Civilian Spotlight Revisited: (One Year Later) Military Security Officer's book is published

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

Return to the Civilian Spotlight, *one year later*: One Soldier's Minute now hitting the stores.

It was exactly one year ago (September of 2022) that we wrote about Military Security Officer (MSO) Teresa Shafer winning a nationally recognized book writing contest. Her book finally hits the stores this week (on Sept. 6, 2023).

We sat with her and had a little Q&A, here's the transcript:

HRN Staff: Where do you work on the base?

Shafer: I work for Security Forces

HRN: How long have you worked at the base?

Shafer: I have been here since March of 2002.

HRN: What did you do before you worked here?

Shafer: I was a Deputy with Washoe County and did some contract Security work as well.

HRN: Where did you grow up?

Shafer: I was born just outside of Death Valley, Calif., but I grew up right here in Reno.

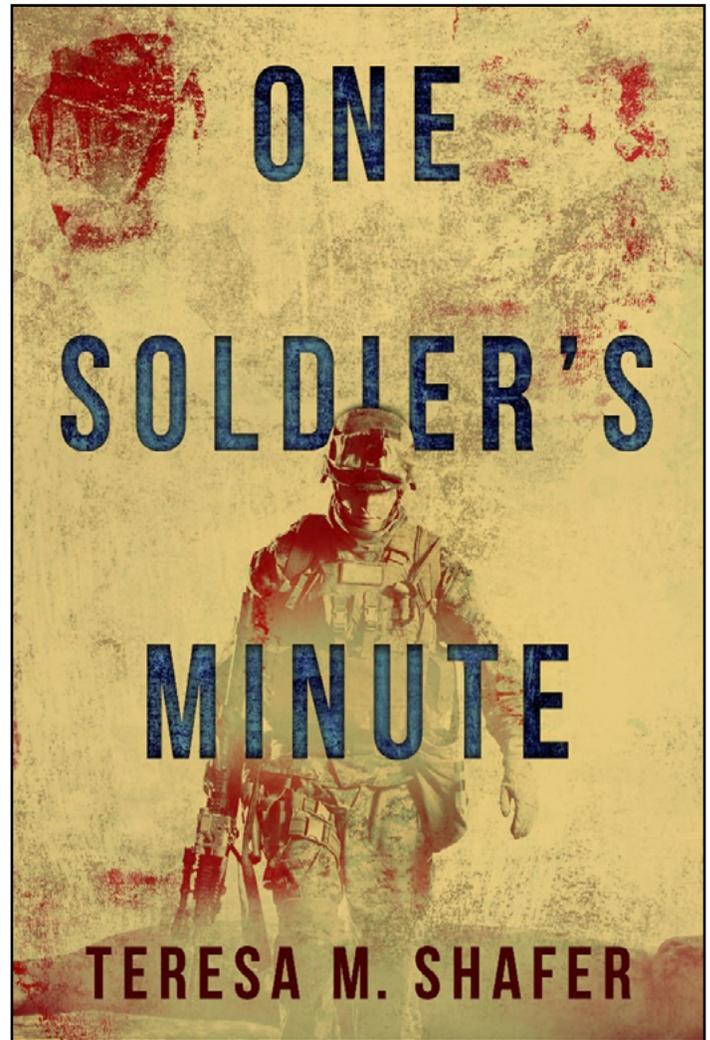
HRN: Have you ever served in the military?

Shafer: I have never served in the Military. But I can trace my ancestry back to Adam Shafer who fought in the Revolutionary war, my great-grandfather fought with New York in the war between the States, my grandfather fought with the 32nd Red Arrow Company in WWI, my father was a sailor in WWII, all six of my brothers served and one served in Vietnam.

HRN: What inspires you?

Shafer: I am inspired by nature, all things in nature. I love the splendor of the mountains, the deserts, and the oceans, just all of it. To me it is all one fantastic work of art. For writing books, I am inspired by how humans deal with and digest trauma in their lives. While at the same time, I like to find inventive and sometimes fantastical ways in which to help my "human" navigate those rough waters. For example: I wrote a story about an abused little girl. It was hard for her as a child to process that trauma, so I gave her an Angel to help her.

HRN: You mentioned that you entered a contest a year and a half ago, a writing contest, what hap-



pened with that?

Shafer: As a writer I often look at websites that promote writing and I am interested in contests. Being a contest winner helps an author promote their work. Even little contests. On one specific site they were promoting a "Writer's Retreat." It's a place that they own where they invite authors to come and "be inspired." They had a small contest, and the prize was a short stay at this retreat. All I had to do was send to them 10 pages of a book that I was working on at the time. I won that little contest, but as I was getting information on how to claim my prize, the talent scout for the retreat contacted me about the 10 pages. He pitched to me a different contest that they had available. This contest cost money to enter, and you could only enter if you were selected by a committee. Of course, the first thought is 'what kind of scam is this?' I did not enter for years. But I watched from the sidelines.

Civilian Spotlight, cont. next page

Civilian Spotlight, cont.

When I was fairly certain that it was a legitimate contest, I entered in February of this year.

It is a very intense program. The author gets two coaches that help them to see their manuscript through different eyes so that they can attract more readers and have a manuscript that is complete. It is harder than it sounds. We all think that whatever we write is perfectly clear, until someone else reads it.

At the end of the first month, we participate in a “Meet the Judges” week. During this week we meet the people that will be judging our work and our presentations. For a first-time author, even if they have self-published before this is the first time that they will actually speak with a publisher, a marketer and others who have the power to offer them a book deal. We have several categories that we must compete in, because it is not just about your manuscript, you have to sell yourself as well. The author behind the book is very important. They must be palatable, believable, and confident.

At the end of the third month, we must present all that we have to the Judges and afterwards we go to a Garden Party where dozens of authors, publishers and publicists gather to hear what we have to offer. They have a small People’s Choice award based on a 3-minute reading that each author gives from their work. Their reaction to that reading is a kind of trial run for your work and it does influence the Judges. I tied for first place in that contest.

Anyway, at the end of it all, the Judges score you in five different areas. The person with the most points at the end wins. The prize was a \$150,000 publishing contract. This means that they will spend up to \$150,000 to publish your book. This includes an editor, a marketer, various articles in popular newspapers and working behind the scenes to get autograph sessions in a few places. This money runs out pretty quickly. But it is a good start.

HRN: What’s the book about?

Shafer: For the last 20-years I have listened to the stories of the soldiers. I have heard their experiences and the emotions that came with their deployments. And I felt that others outside the military needed to hear these stories and more so to understand these stories as they relate to the people that lived them. So, I created a character

who could tell those stories in a way that others could understand them. My character, Steven takes us through these stories that are infused with love, pain, happiness, confusion, and guilt, and of course, all of the traumas that doctors equate to PTSD. Throughout the book, Steven presents these stories as parts of his life, parts that he has lived one soldier’s minute at a time. In the end, he must decide if the home that he has made is what he wants to return to. He knows that he is a husband and a father, but is he still the husband and father that his family needs? Can he be that man? Does he want to be that man? At the end of a career there are a lot of questions and uncertainty, and Steven takes us through his answers while he makes them.

HRN: Wow, Congratulations, when will the book come out?

Shafer: The book is set to hit the stores Sept. 6, 2023!

HRN: Have you written books before?

Shafer: I have written and self-published many different titles through Amazon.

HRN: How many books? Did you use pen names?

Shafer: I currently have twelve titles available through Amazon. I do use some pen names, but because of the way that Amazon self-publishing works, my name is still on the book. There are a variety of genres that is why I have pen names. A person that is very close to me told me that it is confusing to readers when an author writes in different genres. He advised me to make up pen names for all the different genres, which I did. I even created back stories for them all. But now, I think that was a bit self-effacing. I wrote them all and I am proud of them. I will, therefore, be going back in and saying goodbye to my pen names.

HRN: What’s next for you?

Shafer: I wrote this book, *One Soldier’s Minute* from the male perspective. I really would like to write one from the female perspective. That is what is next for me.

MSO Shafer’s book is available online and she is happy to sign your copy once you get it.

Congratulations again MSO Shafer!



152 AIRLIFT WING

CATHOLIC MASS

SCHEDULE

EACH SUNDAY OF UTA

1200Hrs WING AUDITORIUM

LECTORS NEEDED
CONTACT CHAPLAIN CORPS FOR DETAILS

What's happening in High Roller Country!??

RECENT PROMOTIONS



Senior Master Sgt. Michael Hignite was promoted to Chief last month!
Congratulations Chief Hignite!!



Senior Master Sgt. David Colburn was promoted to Chief last month!
Congratulations Chief Colburn!!



Lt. Col. Erik Brown was promoted to Colonel last month!
Congratulations Col. Brown!!

SAYING GOODBYE



Chief Master Sgt. Tregg Jackson retired last month.
We wish him well in his retirement!

Congratulations to all!

HIGH ROLLERS

Todos Somos, Somos Uno: We Are All, We Are One

Article Courtesy of: 152nd Equal Opportunity Office



National Hispanic Heritage Month (NHHM) is celebrated from September 15th through October 15th. Each year the Department of Defense, along with the rest of the Nation, recognizes the important contributions and rich culture of Hispanic Americans.

NHHM coincides with important dates in many communities and encompasses independence days for several Latin American countries.

Jennifer Lasko, Human Resources Specialist and Diversity, Equity, Inclusion and Accessibility (DEIA) Advisor at the Bureau of Fiscal Service, U.S. Department of the Treasury submitted the winning theme.

She said, "I thought of this theme in retrospect to how we in the Hispanic community represent so many different things (many cultures, many skin colors, many points of views) and yet we are together as one-one community, one people, one vision."

Diversity is inherent in the Hispanic community, and each person's story should be celebrated.

Dr. Frank Rubio was a family physician and flight surgeon who served in the

10th Special Forces Group.

He graduated from the U.S. Military Academy and the Uniformed Services University of Health Sciences. During his military career he flew over 1,100 hours in a UH-60 Blackhawk helicopter, to in-

clude in Bosnia and during combat tours in Afghanistan and Iraq.

In 2017, Rubio reported for duty at NASA after completing two years of training as an astronaut candidate. On September 21, 2022, Rubio traveled to the International Space Station for an initial 6-month mission. However, this mission was extended to over a year, which will break the record for the longest mission conducted by a U.S. astronaut.

This month the Department of Defense joins the nation in honoring the generations of Hispanic Americans who have influenced and enriched our nation and society. "Todos Somos, Somos Uno: We Are All, We Are One."

If you would like more information on how to celebrate diversity in your work area please visit www.deomi.org or contact the 152nd 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

Story submitted by: Maj. Michelle Palmer
152nd Medical Group



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. 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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13. 14.

Last Reviewed:

September 10, 20

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



2023

JOINT MENTORSHIP PROGRAM



WHAT IS THIS PROGRAM?

This program's goal is to continue to develop and enhance force development by providing opportunities for leadership and personal development.

WHAT IS THE TIMELINE?

-  Applications for Mentor and Mentee
Deadline: 15 April
-  Mentor and Mentee Pairing: 28 April
-  Training for Mentors: 01 May
-  Pairing Ceremony Beginning of May
-  Mentorship Duration: May - December

WHAT ARE THE BENEFITS OF THIS PROGRAM?

As a mentor, you can help another person to grow and develop as well as share experience and knowledge.

As a mentee, you acquire additional skills, knowledge or abilities and improve networking/access to influential people!

HOW DO I SIGN UP?

**INTERESTED IN
BEING A MENTOR?**



CLICK/SCAN HERE

**INTERESTED IN
BEING A MENTEE?**



CLICK/SCAN HERE



Strong Bonds Couples and Singles Training “Speed of Trust”

This is a weekend retreat at a local hotel

22 September 2023, Reno, NV

Registration for this event ends on 15 September 2023



Scan QR Code w/your phone
for registration

- ✓ Time away to relax and play!
- ✓ Adult conversations!
- ✓ Relaxing Hotel!
- ✓ Easy drive from home!
 - ✓ Tasty meals!
 - ✓ Great Training!
 - ✓ Meet new friends!

If interested, Please contact

Chaplain Crandell

(209)-324-4904

donald.crandell@us.af.mil

or

Fred Barton

(775) 287-4768

fred.barton@us.af.mil

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Unit Leaders
Military OneSource



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Mental Health Clinic
Behavioral Health
Counseling
ADAPT



We encourage Airmen and their Families to seek out the help needed at any level, and to be a support, help or bridge for others across the full Spectrum of Resilience.

Visit <https://www.resilience.af.mil/>

for more information on resources available to you and your family.

*Available resources may vary by installation.

TEC-U

LEADERSHIP CERTIFICATE PROGRAM* ONLINE

NOT THE TYPICAL 2-HOUR CBT!

SIX MANDATORY COURSES

- PERSONAL/PROFESSIONAL DEVELOPMENT (1HR)
- INTRODUCTION TO LEADERSHIP (1HR)
- FUNDAMENTALS OF LEADERSHIP (2HRS)
- EFFECTIVE COMMUNICATION (1HR)
- CONFLICT RESOLUTION (1HR)
- FEEDBACK (1HR)

TWO OPTIONAL COURSES

- BULLET WRITING (2 HRS)
- COACHING (1HR)
- CHANGE MANAGEMENT (1HR)
- TEAM CULTURE (1HR)
- DICHOTOMY OF LEADERSHIP (1HR)

EASY AS 1, 2, 3!

1. THERE ARE SIX MANDATORY "CORE" CLASSES TO COMPLETE.
2. CHOOSE TWO OF THE "OPTIONAL" CLASSES TO COMPLETE.
3. COMPLETE A "CAPSTONE" STUDY, IN WHICH A SCENARIO WILL BE GIVEN TO ANSWER QUESTIONS ON HOW TO APPLY THE CONCEPTS AND PRINCIPLES LEARNED. THIS IS THE CULMINATION OF ALL THE PREVIOUS LESSONS.



**SIX MONTHS TO COMPLETE
SIGN UP HERE:**

tec.mediashareiq.com



FOR MORE INFO CONTACT: MR. LAWRENCE MCCOY

Email: lawrence.mccoy.1@us.af.mil
Superintendent, Learning Development
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*This is a total force course,
open to all services and civilians
Bullet Writing Course is Air Force Specific

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

| Number of Characters | Numbers Only | Lowercase Letters | Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters, Symbols |
|----------------------|--------------|-------------------|-----------------------------|--------------------------------------|---|
| 4 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 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 |
| 17 | 2 days | 69k years | 9bn years | 179bn years | 7tn years |
| 18 | 3 weeks | 2m years | 467bn years | 11tn years | 438tn years |



LEGACY

HIGHROLLERS

WITH OVER 20 YEARS OF MILITARY SERVICE

If you have over 20 years military service and would like to be included on the new “High Roller Board” on the TV at the entrance of Building 56--make sure your Official Photo (Blues photo) is up-to-date and current. Let Public Affairs know and we will include your photo.



COMBATING TRAFFICKING IN PERSONS
U.S. DEPARTMENT OF DEFENSE



THERE'S NO ONE FACE

VICTIMS INCLUDE EVERY RACE, GENDER, NATIONALITY,
SOCIAL STATUS, ECONOMIC STATUS, IMMIGRATION STATUS.

RECOGNIZE INDICATORS

PHYSICAL AND BEHAVIORAL SIGNS OF COERCION, LACK OF
FREEDOM OR FREE WILL, MONITORED, OR FEARFUL.

REPORT SUSPICIONS

IMMEDIATELY TO YOUR CHAIN OF COMMAND OR
LOCAL LAW ENFORCEMENT.

ADDITIONAL RESOURCES INCLUDE:

HUMAN TRAFFICKING DOD HOTLINE AT
DODIG.MIL/HOTLINE OR CALL TOLL-FREE

800-424-9098

NATIONAL HUMAN TRAFFICKING HOTLINE

1-888-373-7888

FOR MORE INFORMATION GO TO: <https://CTIP.defense.gov>

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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.



Centers for Disease
Control and Prevention
National Center for Emerging and
Zoonotic Infectious Diseases

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 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:

www.cdc.gov/handwashing