

High Roller NEWS



Vol 23 Issue 1

Nevada Air National Guard

January 2013

Nevada Air Guard helps feed the homeless

*By Master Sgt. Paula Macomber
152 Airlift Wing Public Affairs*

Every year since 1976, Evelyn Mount has provided holiday meals to thousands of Reno and Sparks families through the Community Outreach Food Drive that she and her late husband founded. They organize the food drives at Thanksgiving and Christmas.

This year was no different, except that at both the Thanksgiving and Christmas food drives, there were many helpers sporting camouflage! Those folks in 'camo' were from our very own Nevada Air National Guard.

Caroline Cousineau jumped in with both feet to organize a large showing of her fellow Guardsmen and their families. Cousineau took her daughter to help out. "When all the people were wrapped around the building standing in line for hours, my daughter said to me 'Mom, we have our own food in our refrigerator and these people wait for hours to get one bag of groceries,' and I told her that is exactly why we are here helping, because these people need help," said Cousineau when asked about her experience.

Staying in touch with and helping the community is what being a part of the Nevada Air National Guard is all about. For 376 years, the Air National Guard has been here providing for their local communities, supporting the federal mission, supporting each state's governor's tasks and being involved in the community at events such as this. In the end, everyone was appreciative and grateful that we were

there to help. A few cried and hugged the volunteers. Military vets told us their stories and we thanked them for their service. It was a very humbling experience. Tech Sgt. Cousineau mentioned, "I am so proud of all the volunteers, we all came together, worked hard and it felt good."

"We had several volunteers carry the heavy boxes around for the seniors and disabled, filling them with food and carrying it out to their cars. One volunteer even escorted an elderly lady to the bus stop."

~Thanks to everyone who helped~

Throughout the holiday season, members and families stepped-up and helped the community with coat drives, food drives, more than 75 gifts for the Salvation Army Christmas Tree, and all manner of kindness to others. A big "Thank You" to everyone who contributed!



Tech. Sgt. Caroline Cousineau, Master Sgt. Tracy Woodfolk and Lt. Col. Robin Tibaduiza help pack bags for the food drive on Thanksgiving. (Photo by Master Sgt. Paula Macomber, released.)



Chief Bill Moore stops to pose with Evelyn Mount at the Thanksgiving food drive. (Photo by MSgt Paula Macomber, released.)

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Commander's Corner

*Col. Jeffrey Burkett
Commander 152nd Airlift Wing*



Given we all survived the end of the Mayan calendar and another holiday shopping season this is a good time to reflect on our professional and personal progress and envision how we can make 2013 our best year ever. As Guardsmen, I believe we are constantly in search of opportunities to improve ourselves and New Year resolutions can be useful in guiding our actions throughout the year. Therefore, I recommend the following High Roller resolutions so we all can find a better work-life balance, achieve personal and professional success, and remain true to our Air Force core values.

High Roller Resolution #1 – Be a Leader

Everyone must be a leader in today's National Guard and United States Air Force. Our readiness to fight our nation's wars to responding to devastating wild fires here in Washoe County is dependent on your initiative and leadership. Do not wait for

someone to tell you what needs to be done and always set the example for others to follow – always be your best and strive for excellence!

High Roller Resolution #2 – Get Organized: Plan and Strategize Your Mission Area

You won't know where you are going unless you know where you want to go. Confusing? Well that is exactly how your section would be if you do not keep things simple and organized. Planning is the basic step to succeed in any organization or military campaign and planning accurately and developing strategies will lead you to a healthy and effective work environment.

High Roller Resolution #3 – Set Realistic Goals

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of the future into reality. The process of setting goals helps you choose where you want to go in life to include getting that next promotion. Knowing precisely what you want to achieve will set the path for the areas you need to focus your concentration on. You will also quickly spot the distractions that can, so easily, lead you astray. Push yourself hard and be realistic about what you set out to achieve so you can obtain your objective.

High Roller Resolution #4 – Take Risks and Embrace Changes

The world is moving forward with or without us and innovation and risk must be embraced to remain relevant. Imagine if the Army did not fund the Wright Model A back in 1910 or if our predecessors fought taking new aircraft here in Reno 18 years ago? Fortunately, taking risk and embracing change is part of our Air Force and National Guard DNA and we have been extremely successful in adapting to change.

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High Roller News

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ments, contributions and letters to the editor must be signed and include the writer's full name and mailing or email address. Letters should be brief and are subject to editing. Other print and visual submissions of general interest to our diverse civilian employees, Nevada National Guard military members, retirees and families are invited and encouraged. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or the U.S. Air Force or the Nevada Air National Guard of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use, or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap,

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Please send articles and photos with name, phone number, e-mail and complete mailing address and comments to:

**High Roller News
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1776 National Guard Way
Reno, NV 89502**

Or email: 152aw.highroller@ang.af.mil

Publication of material is determined by available space and reader interest. The staff reserves the right to edit all material.

January UTA Menu

Saturday

- Baked Chicken / Pork Loin
- Mashed Potatoes w/Gravy
- Rice / Green Beans / Corn
- Chicken Noodle Soup
- Asst. Desserts

SHORT ORDER

NO SHORT ORDER SATURDAY
.....

Sunday

- Spaghetti w/ Meat Sauce
- Lasagna
- Steamed Carrots / Broccoli
- Chicken Noodle Soup
- Asst. Desserts

SHORT ORDER

- Hamburger / Cheeseburger
 - Chicken Wraps
 - Chili / Nachos / French Fries
-

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 REGULAR MEAL RATE: \$4.60.

FITNESS TESTING

FITNESS TEST IS SUNDAY

AT 0930

SITUPS/PUSHUPS @ BUILDING 56 - SOUTH ENTRANCE BY RETENTION RUN AT MANOGUE HIGH SCHOOL

A mother's vision realized with the help of the Operations Squadron

*By Master Sgt. Paula Macomber
152nd Airlift Wing Public Affairs*

When you are deployed overseas, it doesn't matter what time of the year, it is hard. It is especially hard during the holidays.

Even though her daughter, Tech. Sgt. Sherri Clark, was not on the deployment this year, Mary Johnson had a vision to support those deployed troops. Her vision was to make individual stockings for each of the deployed troops. Clark from the Op-

erations Squadron, and her mom, Mary Johnson have been crocheting up a storm. They crocheted 120 little stockings to be stuffed and sent to our deployed troops. "When my mom and I started this project, it seemed like a simple thing to make all those stockings, but after we got into it, it was a lot of crocheting, but well worth it," said Clark of her experience.



Left to right, Major David Chauvin, Tech. Sgt. Sherri Clark, First Lt. Brandon Williams, Master Sgt. Kathy Backlund and Chief Kelly Cavins assist the students of Pine Middle School in stuffing the stockings handmade by Clark's mother, Mary Johnson.


erations Squadron, and her mom, Mary Johnson have been crocheting up a storm. They crocheted 120 little stockings to be stuffed and sent to our deployed troops. "When my mom and I started this project, it seemed like a simple thing to make all those stockings, but after we got into it, it was a lot of crocheting, but well worth it," said Clark of her experience. Master Sgt. Shara Izzo, also of Operations, set up an appointment with Pine Middle School to enlist some younger help in the form of middle school students. Pine Middle School also donated money to purchase items to put into the stockings and Security Forces member, Master Sgt. Aceves' wife, Kerryann Aceves, donated gum and candy for the stockings. Clark and Izzo, together with Captain Jami Cavins, Major David Chauvin, Second Lt. Brandon Williams,



Pine Middle School kids in top and middle rows. Front row left to right, Master Sgt. Mike Martin, Major David Chauvin, Master Sgt. Kathy Backlund, 1st Lt. Brandon Williams, Tech. Sgt. Sherri Clark, Captain Jami Cavins and Chief Master Sgt. Kelly Cavins.

Chief Master Sgt. Kelly Cavins, Master Sgt. Kathy Backlund, and Master Sgt. Mike Martin went to Pine Middle school to stuff the stockings with various items such as pencils, pens, gum, chapstick, candy canes and other various candy.

Even though the stockings were small and the items in them were not extravagant, I am sure the troops appreciated the hard work that went into giving them a little piece of home during the holidays spent away from their families. In the end, Mary Johnson's vision was met and all 120 stockings were shipped to our deployed troops.

You can reach Vehicle Dispatch at 788-4667.

EANGUS Website Information:

You can now join or renew your EANGUS membership on the EANGUS website:

All current members as of Dec 31, 2012 will be eligible to win a 12 rifle gun safe or \$400 Apple gift card.

Careless Social Media Use May Increase Risk of Identity Fraud

By Ann Carrns Submitted by Msgt Sgt. Tregg Jackson

Users of social media who don't restrict the information they share online have a higher risk of identity fraud, a new report from Javelin Strategy & Research finds.

The incidence of identity fraud in 2011 rose to about 5 percent of the adult United States population, up from roughly 4 percent the year before, the report found. But among Facebook users with public profiles, the rate was 7.5 percent, while users who accept "friend" requests from strangers had an even higher rate, of nearly 9 percent.

The study defined a "public" profile as one that allows strangers to see personal information, including profiles open to "friends of friends." Roughly a quarter of Facebook users have public profiles, the study found.

Fred Wolens, a spokesman for Facebook, dismissed the survey's findings, saying it doesn't reveal any higher risk of fraud among Facebook

"Careless" cont. Page 4

In the Spotlight

Civil Engineering runs for fitness

*By Master Sgt. Sean O'Brien
152nd Civil Engineer Squadron*

The Civil Engineering Squadron has continued to improve on their fitness goals by competing in various endurance races around the West Coast.

Senior Master Sgt. Jamie Lindsay ran a 10K against IG members in Alpena. He finished in 55 minutes and earned 1st place in his division. He also completed his very first half marathon in 2:00:36, at the Wisconsin Dells Honkey Tonk Half Marathon. Then he finished Susan G. Komen Race for the Cure 5K with a PR time 24:20. He finished the year strong with the Scheel's 10k Turkey Trot on Thanksgiving Day, with a PR time of 50:06.

Airman Basic West finished her first triathlon, with a time of just over two hours.

Staff Sgt. Joe Hodges ran the Truckee Running Festival 5K, finishing 7th. He competed in the Big Blue Trail Run 5K, finishing 4th.

Congratulations are in order, as Staff Sgt. Hodges finished his first marathon in 4:21:57, at the Bizz Johnson Trail Run. His wife also finished in 4:15:35. He also ran the Scheel's 10k Turkey Trot with a time of 51:01.

Master Sgt. Liby knocked out another sprint triathlon at Folsom Lake, finishing 9th overall, with a time of 1:20:03.

Tech. Sgt. Gabe Sanders and Tech. Sgt. Cecil Levy triumphed at the Tough Mudder event near Las Vegas in October.

Master Sgt. Chris Barber ran the Tough Mudder course in 1:48:44, taking 13th place overall. He raced in the Run To The Beach 10K trail run, and finished 2nd. He conquered the Truckee Running Festival 10K, finished 1st overall. He finished 4th at the Northstar Mountain Run, which is 2300 feet of elevation gain over 6.4 miles of single track trails and fire roads. He also tackled the Big Blue Trail Run 10K, the Emerald Bay Trail Run, in South Lake Tahoe, finishing 3rd in each race. Then he took out the 8 mile Truckee River Trail Run, finishing 2nd. When the dust settled and the Big Blue Adventure Tahoe Trail Running Championship Series results were official. Barber took home second place in the short distance series and fourth place in the long distance series.

Master Sgt. Sean O'Brien ran the 10.5 mile finishing leg of the Lake Tahoe Relay in 1:13:09. He cruised in with a time of 1:43:35, good enough for a 5th place finish, at the Burton Creek Trail Half Marathon. He competed in the 8 mile Run To Squaw, and earned a 2nd place overall finish in 51:18. He raced in the Run To The Beach 10K trail run, and Truckee Running Festival Half Marathon, finishing 5th in each run. He finished 2nd overall, with a time of 1:32:42, in the Running With the Bears Half Marathon. He completed the Big Blue Trail Run 10K, finishing 6th. He finished 1st Place overall at the NGAUS 5K Fun Run. He ran Emerald Bay Trail Run, in South Lake Tahoe, finishing 8th, the 8 mile



Master Sgt. Sean O'Brien, as he crosses the finish line to place second, at the Bears Half Marathon in Greenville, Calif.

Truckee River Trail Run, finishing 3rd. He also ran the Santa Barbara 4 miler on Turkey Day in 24:37. Last but not least, O'Brien finished the California International Marathon, in grueling monsoon conditions, with a time of 3:19:56. O'Brien also finished second in the long series and third in the short series. Both Barber and O'Brien received lavish prizes for their efforts.

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users because the percentages reported were within the survey's stated margin of error. “This survey doesn't prove anything,” he said.

He added that it is “common sense” that if you post about your dog using its name on Facebook, you probably shouldn't be using your dog's name as any sort of password. While there's no direct “causation” between using social media and identity fraud, the report found, the behavior of those participating is probably a factor. Information revealed in public profiles, including your full date of birth or your mother's maiden name or the name of your pet, is valuable to thieves because companies often use such information to verify your identity online. Nearly half of those with public Facebook profiles revealed their full birth date, including the year, compared with about a third of those with private profiles, the report found.

“The proper use of privacy settings on social network profiles is essential to reconcile the connectivity of

“Careless” continued page 7

Chaplain's Corner

Life's Anchor

Just prior to finishing this article, I viewed headlines declaring that Congress and our president have enacted measures to keep our nation from falling off the fiscal cliff. For months, news makers have warned of the pending financial catastrophe and in the past several weeks, Wall Street has become erratic with Congress' lack of definitive solutions.

Coinciding with the drama of our national fiscal crisis, many doom and gloomers predicted the "end of the world" based on the Mayan calendar. Yet, December 21st past without a cataclysmic incident.

I suppose there will be a season that a national fiscal melt down will occur and even a day when the world will be wrecked with calamity. Even then, each of us should wonder "where or who will I place my hope." That's been an ageless dilemma for all people.

As I contemplate 2013 and beyond, I find assurance with the adage and truth that God holds the future and my hope and peace ultimately rest in Him. Whatever the

future holds, I am confident that God will be present to help each of us meet the challenges we face.

This week, I was reminded of that fact through a story of survival and God's renewing hope. The September 11, 2002 issues of TIME magazine has a touching article about 31-year old Genelle Guzman. Genelle was the last of just four people caught in the debris of the Twin Towers to be found alive.

After the planes hit the World Trade Center, Genelle was descending a stair case from the 64th floor of the North Tower. Steel beams weakened to their breaking point. Solid concrete was pulverized. But somehow her body found an air pocket.

Her right leg was pinned under heavy concrete pillars. Her head was caught between stacks of wreckage. But somehow she was still alive. For twenty-seven hours Guzman lay trapped and seriously injured.

In recent months before the attacks Genelle had started attending the church called Brooklyn Tabernacle, and wanted to get her life turned around. So while she was stuck in the rubble, she started to pray. She'd trail off into sleep – wake up and pray some more.

Shortly after noon on Wednesday the 12th, she heard voices. So she screamed

as loud as she could, "I'm here! HEY, I'M RIGHT HERE!" A rescue worker responded, "Do you see the light?" She did not. She took a piece of concrete and banged it against a broken stairway overhead—probably the same structure that had saved her life. The searchers found the noise.

Genelle wedged her hand through a crack in the wall, and felt someone grab it. She heard a voice say, "I've got you," and Genelle Guzman said, "OH GOD, THANK YOU." It took twenty long minutes, and then she was saved.

Genelle had discovered that hope in God amidst life's rubble had consistently renewed her spirit. I believe each of us can have the same discovery. Hebrews 6:19 reminds us, "We have this hope (Christ) as an anchor for the soul, firm and secure."

God Bless and Happy New Year - Ch
Tim Gregory



**Happy Holidays from the
152AW folks in Kuwait!**



THE OTHER GALENA, NEVADA

*By Master Sgt. (ret) Sam D. Macaluso
the Ghost Writer in the Sky*

Most people from the Reno area know about Galena. As you drive up on State Route 27 toward Incline Village at Lake Tahoe, you may have noticed a sign pointing to Galena Creek picnic area, as it is now part of the Washoe County Parks System. While this Galena has had a part to play in Nevada's history, many people are not aware of the "other" Galena, Nevada.

The other Galena, Nevada is located in Lander County 10 miles southwest of Battle Mountain.


While initial discoveries in Galena Canyon were made in 1863, no camp formed until 1866. The principal early mines in the district were the Avalanche, Buena Vista, Butte, Cumberland, Evening Star, Ida Henrietta, Lady Carrie, Trinity, and White. By 1868, more than 100 residents lived in Galena. A townsite was platted in 1869, and soon the streets of the town were crowded with mercantile stores, saloons, other business establishments, a park-plaza, and a water system. A town hall was also constructed.

In 1870, the boom in Galena began in earnest. During that year, two smelters, of 12 and 20 tons, were built. The Nevada Butte Mining Company, owners of the Butte Mine, built a 20-stamp mill, which started in June 19, 1871. A post office, with B. F.

Blossom as postmaster (a position he held for twelve years), opened on June 2, 1871. By October 1873, Galena had a population of 250, including 100 miners, supporting two hotels and four mercantile stores. Two stage lines from Galena to Battle Mountain were established; the Tuller and Cluggage Stage and the Flippini Stage.

Mining activity in the district continued to increase during the early and mid-1870s. The White and Shiloh Consolidated Silver Mining Company, owner of the Battle Mountain, Shiloh, and White mines, built a \$60,000, 50-ton concentrating mill in 1875. The company produced \$450,000 before folding in the early 1880s, when mining activity slowed dramatically. Despite the reduced activity, the 1881 census showed 348 residents in the town. In 1886 a French company, the Blanco Mining Company, purchased most of the mining property in the district. As a result, the post office was renamed Blanco from 1887 to 1888. However, Galena was restored as the name on October 11, 1888, after a long and loud protest by the citizenry. In September 1889 the mill and assay office of the Blanco Mining Company burned, causing \$25,000 in damage and effectively putting an end to Galena's mining activities until World War I. The post office was kept open until November 15, 1907, when it was decided that Galena had faded too much to warrant a post office.

Three mining companies were active in the district during the 1910s and 1920s. The Nicklas Mining Company entered the district in September 1916. The company's main holdings were the Nicklas and Plumas mines. A 30-ton concentrator was built in 1919 and concentrates sent to Midvale, Utah. The Joyce Mining Company began operations in 1917 and worked four claims. The company was not a success and folded in December 1920. In 1919 the Nevada Silverfields Mining Company was organized and acquired the holdings of the Silverfields Mining Company and Nicklas Mining Company. The company was active in the Galena District until 1927, when it folded.

Since that time, there have been two revivals. One occurred just before World War II and another in the late 1960s and early 1970s. Total production figures for the district are just under \$6 million. Today Galena is a quiet settlement with a population of about 10. Remains from its heyday are scattered throughout Galena Canyon. While only a few wooden buildings from the period still stand, the mining ruins are much more extensive. Mines dot the landscape, and mill and smelter ruins still exist. The other Galena, and the canyon in which it lies, are a definite must to visit. While the history and sights of Galena are well worth the trip, the beauty of Galena Canyon adds a special extra. 



FITNESS SUPERSTARS!

The following individuals scored a 90% or better on their fitness test last month!

CONGRATULATIONS FITNESS SUPERSTARS!

Msgt. Thomas Hansen
A1C Robert Parker
Capt. Christopher Leroy
Lt. Col. Jon Schulstad
Maj. Michael Komorous
Lt. Col. Jonathan Sherman



Airman and Family Readiness

*By Fred Barton, Jr., 152nd Airlift Wing
Airman and Family Readiness*

Readiness and the Family

Many moons ago, during peacetime, at a stateside base, a young Airman came home, grabbed his deployment bag, passport and shot records and said to his spouse "If I'm not home by midnight, I'll be home in about three weeks." And he was gone. He came home about 3 am just as a military mission was being discussed on CNN. Fortunately, the family had thought about military readiness, so aside from concern about his safety and well-being, the spouse was comfortable with what she needed to know and do in his absence. The family had made it a habit for both spouses to have powers of attorney for one another. This is a very trusting thing to do that is not for every relationship. The family money and paperwork locations and processes were well known to the spouse. She and the Airman had made an agreement that anytime he deployed, he would use "x" amount of dollars a payday until they had an opportunity to discuss what the needs were at the deployed location and home at that time. Emergency babysitters for the times he was responsible for the children had already been found and tested. The children, who were toddlers, had heard several times over that sometimes daddy has to go away for work and that he would be back safe

and sound as soon as he could. They were okay. Emergency numbers, including the squadron's key numbers were posted on the fridge in case they were needed.

That time he was only gone for 12 hours, but there were other times he was gone for weeks or months. Each transition was smooth for the family and the member. What can you do now to make sure your family is ready? Surely you have heard your Guardsman say something about ORI prep by now. If you've been around it before, you may be thinking "oh, that means there'll be lots of training and extra time at the base." Or you might be wondering what some of the gear is they are talking about now. ORI = Operational Readiness Inspection. It is a chance for the Nevada Air National Guard to show that we are ready to perform the mission and deploying or, more simply put, it is us demonstrating we are great at what we do. Preparing for the inspection involves relooking at everything and making sure it's extra good. It can be long and tiring. Support from the family makes a huge difference!

Build Wealth- Not Debt!

Have those holiday credit card bills begun rolling in? Are you wondering where all of your hard earned money goes? January is the perfect time to take stock of your financial position and make improvements. Many military families find paychecks don't stretch nearly as far as usual during the hol-

iday season. Unexpected expenses can add tremendous stress to the season.

With little planning now, families can avoid unnecessary stress later. "Military Saves" week is February 25th to March 2nd 2013 with the theme: Set a Goal, Make A Plan, Save Automatically. A special focus in the campaign is to engage spouses and children along with Airman to help everyone learn how to save. Use this opportunity to set a savings goal and formulate a solid plan to reach that goal. Families save for a variety of reasons. Some of the most common include purchase of a big ticket items, family vacations, or retirement. These are all great reasons to save, but it is important not to overlook the biggest threat to your savings- DEBT. For best results, employ a two-prong approach to savings-pay off high cost debt while continuing to contribute to your savings account. As your accounts are paid off, consider placing the same amount of money you would have used for those payments into your savings account. Before you know it you'll have a comfortable cushion to help weather unexpected expenses. As tax time approaches, plan to place at least half of any refund you receive into a savings account. Beware of scams to separate you from your money. Products such as refund anticipation loans and refund anticipation checks actually charge you a fee to obtain

Family Programs, cont. Page 11

"Careless" from page 4

social media with the protection of personal information," the report said. A probable factor in the rise in identity theft in 2011, the report found, was an increase in reported data breaches, like those at Sony PlayStation and Epsilon. Fifteen percent of Americans were notified that their information was lost in a data breach in 2011, and those notified of a data breach are almost 10 times more likely to be an identity fraud victim than someone who wasn't notified, Javelin found. But, the report found, the dollar amount of the typical fraud incident is declining. "Although fraud is more pervasive," the report said, "it is less severe."

Smartphone users, too, face a higher risk, the report found, with nearly 7 percent of users experiencing fraud in 2011. Smartphone users' generally higher incomes may contribute to their higher risk, but behavioral factors may also play a role, the report found. For instance, a third of smartphone users store personal information on their phones, but only 16 percent have installed software that allows them to remotely wipe the device if it is lost or stolen. The report is based on survey conducted in October of 5,022 adults recruited by the survey firm Knowledge Networks, which uses address-based online sampling. The margin of sampling error is plus or minus 2 percentage points. (For a subset of questions asked of fraud victims, the margin of sampling error is 3 percent.) What steps do you take to guard your privacy when using social media?



NVANG

Annual Awards Banquet

- *Parmesan Crusted
Chicken w/
White Wine
Sauce*
- *Angel Hair
Pasta*
- *Vegetable
Medley*

Soup or Salad

- *Caesar Salad*
- *Italian Sausage
Fotellini*



Desserts

- *Banana Foster*
- *Chocolate Mousse*

- *Steak Diane*
- *Garlic
Mashed
Potatoes*
- *Vegetable
Medley*

JANUARY LODGING

Lodging for January UTA will be provided at the Hyatt from Friday to Sunday. For questions please contact the billeting office at: 152aw.lodging@ang.af.mil

All lodging requests must be submitted to Services via email (152aw.lodging@ang.af.mil) or SharePoint page (<http://131.60.64.30:8080/lodging.asp>) available from base computers only NLT COB Tuesday prior to UTAs. No reservations will be accepted after the deadline and the member will have to pay for their own lodging. If utilizing the SharePoint page, please ensure the member uses a base email address only, otherwise the email will not go through. If utilizing email address please include the following information; Name, Rank, Unit, date of arrival and departure and roommate preference, if any.

Services will provide at least two base billeting list updates during the month to provide a list of members who are currently signed up for lodging.

Members are authorized Friday nights, if they are outside the commuting distances. Please see map on SharePoint. Members must sign-in with the hotel representatives to ensure they are accounted for in the rooms. Failure to sign-in or having 2 no-shows in a 12 month period will result in member's lodging privileges being suspended for 6 months.

All RUTA lodging requests must be submitted NLT 72 hours before needed, all RUTA lodging will be provided at Stead. If member goes elsewhere or does not notify services in advance, the charges will not be reimbursed. If there is not availability at Stead, the member will not be reimbursed for any charges incurred.

If a member is on any type of orders, the member will make their own reservations and pay for it on their GTC. The member then will be reimbursed on their travel voucher with the receipt. The per diem rate for Reno for FY12 is \$121.00 from July to August and \$94.00 from September to June.

Members can contact Services' billeting office at 775-788-9320, for any additional questions. Thank you for your time.

Saturated Fat

*Information Submitted by MSgt Jessica Bean
152nd Medical Group Public Health
from Centers for Disease Control and Prevention*



You may have heard that saturated fats are the “solid” fats in your diet. For the most part, this is true. For example, if you open a container of meat stew, you will probably find some fat floating on top. This fat is saturated fat.

The Recommendation

Diets high in saturated fat have been linked to chronic disease, specifically, coronary heart disease. The Dietary Guidelines for Americans 2010 recommend consuming less than 10% of daily calories as saturated fat.

The Recommendation

Diets high in saturated fat have been linked to chronic disease, specifically, coronary heart disease. The Dietary Guidelines for Americans 2005 recommend consum-

ing less than 10% of daily calories as saturated fat.

But other saturated fats can be more difficult to see in your diet. In general, saturated fat can be found in the following foods:

- High-fat cheeses
- High-fat cuts of meat
- Whole-fat milk and cream
- Butter
- Ice cream and ice cream products
- Palm and coconut oils

It's important to note that lower-fat versions of these foods usually will contain saturated fats, but typically in smaller quantities than the regular versions.

As you look at this list above, notice two things. First, animal fats are a primary

source of saturated fat. Secondly, certain plant oils are another source of saturated fats: palm oils, coconut oils, and cocoa butter. You may think you don't use palm or coconut oils, but they are often added to commercially-prepared foods, such as cookies, cakes, doughnuts, and pies. Solid vegetable shortening often contains palm oils and some whipped dessert toppings contain coconut oil.

How do I control my saturated fat intake?

In general, saturated fat can be found in the following foods:

- High-fat cheeses
- High-fat cuts of meat
- Whole-fat milk and cream

Medical, cont. page 10

Microsoft Office - Home Use Program

*By Senior Master Sgt. Steve White
152nd Airlift Wing
Software Benefits Administrator*

Microsoft Office 2010 - Home Use Program (updated program code - 6E33E7F141)

I have had a few calls lately regarding the Office 2010 Home Use Program so this may be an opportunity to re-inform our members that the Air National Guard has made an arrangement with Microsoft to provide current Air National Guard members with the ability to purchase Microsoft Office 2010 for personal use.

The cost to members is only \$9.95. If you are interested, please read the information below.

This program for current Air Guard members with a (first.last@ang.af.mil) address only. The program code does not work for (@us.army.mil) addresses.

You are now eligible to participate in Microsoft's Software Assurance Home Use Program (HUP). This program enables you to get a licensed copy of most Microsoft Office desktop Personal Computer applications to install and use on your home computer.

Under the HUP, you and our other employees who are users of qualifying applications at work (e.g. Office Enterprise) may acquire a licensed copy of the corresponding HUP software (e.g. Office Enterprise) to install and use on a home computer. You may continue using HUP software while you are under our employment and as long as the corresponding software you use at work has active Software Assurance coverage.

Please note that some product and language versions may not be available at the time you place an order. For up-to-date in-

formation on the availability of HUP software, please visit:

<http://microsoft.com/licensing>

To access the Microsoft HUP Web site:

1. Go to <http://hup.microsoft.com>.
2. Select the country to which you want your order to be shipped to and choose the language for viewing the order Web site.
3. Enter your @ang.af.mil e-mail address and insert the following program code: 6E33E7F141. (Note: This program code is assigned to our organization for our sole use in accessing this site. You may not share this number with anyone outside our organization.)

4. Place your order online, and it will be shipped to the location you have chosen. Please note that a fulfillment fee will be charged to cover packaging, shipping, and handling costs.

We trust you will enjoy this benefit and look forward to your participation.



Medical, from page 9

- Butter
- Ice cream and ice cream products
- Palm and coconut oils

So how can you cut back on your intake of saturated fats? Try these tips:



In a leaner cut of meat, such as the sirloin shown here, there is less marbling. Most of the fat is on the edges of the meat where you can easily trim it off.



- Choose leaner cuts of meat that do not have a marbled appearance (where the fat appears embedded in the meat). Leaner cuts include round cuts and sirloin cuts. Trim all visible fat off meats before eating.

- Remove the skin from chicken, turkey, and other poultry before cooking.
- When re-heating soups or stews, skim the solid fats from the top before heating.

- Drink low-fat (1%) or fat-free (skim) milk rather than whole or 2% milk.

- Buy low-fat or non-fat versions of your favorite cheeses and other milk or dairy products.

- When you want a sweet treat, reach for a low-fat or fat-free version of your favorite ice cream or frozen dessert. These versions usually contain less saturated fat.

- Use low-fat spreads instead of butter. Most margarine spreads contain less saturated fat than butter. Look for a spread that is low in saturated fat and doesn't contain trans fats.

- Choose baked goods, breads, and desserts that are low in saturated fat. You can find this information on the Nutrition Facts label.

- Pay attention at snack time. Some convenience snacks such as sandwich crackers contain saturated fat. Choose instead to have non-fat or low-fat yogurt and a piece of fruit.

To learn more about the Nutrition Facts label, visit [How to Understand and Use the Nutrition Facts Label \(FDA\)](#)

Quick Q&A

What should I choose— butter or margarine? Should I choose a stick, tub, or liquid?

With such a variety of products available, it can be a difficult decision. Here are some general rules of thumb to help you compare products:

Look at the Nutrition Facts label to compare both the trans fat and the saturated fat content. Choose the one that has the fewest grams of trans fat and the fewest grams of saturated fat and dietary cholesterol.

If possible, find one that says zero grams of trans fat.

When looking at the Daily Value for saturated fat and cholesterol remember that 5 percent is low and 20 percent is high.

If you are also trying to reduce calories, you may want to look for a version that says "light." These products contain fewer calories and can help you stay within your calorie goals.

If you find two products that seem comparable, try them both and choose the one that tastes better!



DID YOU KNOW?

Anyone can submit an article for publication in the High Roller News. All we ask is that you give us editorial rights and get it to us before the deadline. Yes, everyone wants to know what is going on in your unit! If you, or someone you know, is involved in the community, or you know of interesting "happenings" involving a fellow guard member, please send them to: 152aw.highroller@ang.af.mil. Please include photos. Depending on the space we have, we will include the article and photos. If we don't receive the article by the deadline, we will try to include it in the next issue.

In the near future, we will implement a Unit Public Affairs Representative (UPAR) Program. Each UPAR will be the "Public Affairs" representative of their unit. If you have questions or would like more information on this program, please email: paula.clark.1@ang.af.mil.

HIGH ROLLER NEWS DEADLINES

Remaining 2012 and 2013 DEADLINES

Please submit your items NLT...

this date for the next issue:	2012 ISSUES:
by Dec 28	Jan 05-06
by Feb 01	Feb 09-10
by March 01	March 09-10
by April 12	April 20-21
by May 10	May 18-19
By June 14	June 22-23

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Master Sgt. Suzanne Connell

Tech Sgt. Eric Ritter

Tech Sgt. Rebecca Palmer

SrA Ashif Halim

A1C Nicholas Delarosa

CC Corner from page 2

Do not be afraid to take calculated risks to improve our mission and recognize that change is healthy at every level of our organization. Take risks; explore ways to overcome bureaucracy, red tape, and outdated processes so we all can move ahead.

High Roller Resolution #5 - Take Time Out for You

Don't forget to take some time for yourself this year and add it to your calendar. It is important to take the time to recharge and refresh yourself. A healthy work-life balance demands time out. All work and no play is a recipe for mental and physical disaster. So if you have trouble freeing up time to do the things you enjoy, write time regularly into your schedule to "meet with yourself" and stick to that commitment. If you won't invest in yourself, who will?

High Roller Resolution #6 - Learn Something New.

Learning something new will add to your skills and add a new dimension of interest to your life, which is another important part of achieving a healthy work-life balance. Depending on how you choose to learn, you may meet new and interesting people, who may become colleagues or friends. How will you find the time to learn something new?

High Roller Resolution #7 - Give Something Back To Your Community.

There are all kinds of worthy organizations that make a difference in our community. Make a New Year's resolution to find a cause that matters to you, and give what you can. Make this the year that you serve on a committee, be a mentor, volunteer, or make regular donations to the groups in your area that strive to make a difference within your community.

Without a doubt, 2012 was a busy year for the High Rollers and your hard work directly contributed to our wing accomplishments. It is easy to forget the hours put into the training, operations, and community events over the last twelve months, but it is clear without your dedication and involvement, the world-class accomplishments of the 152nd would not have been possible. Achieving a healthy work-life balance is like maintaining a good relationship; you have to keep working on it. But if you apply these resolutions throughout the year, your success is guaranteed!

Family Programs from Page 7

your own money. Be wary of companies that offer to prepare your return and then place your refund on a debit card. Not only are there fees for the service and some cards actually expire and then charge a fee to pay out any funds remaining in the account. Some companies make these products appear more desirable by offering to deduct as return preparation fees directly from your return. Perhaps the most effective saving method is an automatic withdrawal from a payroll account. Your bank or credit union may offer to transfer a specific amount from each payroll deposit into your savings account. Military members and civilian federal employees can contribute to the Thrift Savings Plan. In addition, many employers offer 401K retirement accounts and some match employee contributions. These accounts offer investors the opportunity to contribute pre-tax dollars to a retirement savings account. fund, you are also reducing your taxable income.

Military OneSource Offers

Free Tax Preparation Software Usage

Military OneSource brings you free tax preparation and filing for active duty, Guard, and Reserve service members and their families. Jumpstart preparing and filing your 2012 income taxes federal and state with this easy-to-use program.

Key features include:

* Simplicity. Access the program through www.militaryonesource.com <www.militaryonesource.com> The program will guide you online through a step-by-step process, provide the required forms and documentation, perform the calculations for you, and include tax relevant questions about issues like deployment and relocation.

Upcoming Family Programs Events

* **January 9th, 2013 - Key Volunteer meeting, 5:30PM in the Commander's Conference room.**

* **January 12, 2013 - Yellow Ribbon Event "During deployment Event" Deployed Spouse Luncheon 11:00-1:00PM Ramada Inn. For more information, please contact John Ternau at 775-384-5821.**

* **January 16, 2013, 2013 Hiring Our Heroes Veterans Event - Fallon, NV Convention Center, 100 Campus Way, Fallon, NV 89406 10:00 AM to 1:00 PM**

* **February 15th, 2013 Yellow Ribbon Event (Las Vegas)**

* **April 13th, 2013 Yellow Ribbon Event (Reno)**

* Help from experts. Military OneSource tax consultants are available 24/7 by phone at 1-800-730-3802 and by email at TaxCut@militaryonesource.com to help you with personal tax-related questions and financial planning. They'll help you plan how to use your refund wisely to save and to pay off debt. In addition to the free tax preparation benefit, service members and families can also access other Military OneSource financial resources at no cost - which include:

- Access to a financial planner or CPA;
- Calculators for mortgage, car and debt payments;
- Financial management booklets and CDs.



★

NOMINATE YOUR SUPPORTIVE EMPLOYER

★

Guard and Reserve Service Members:

Nominate your employer for the

2013 Secretary of Defense

Employer Support Freedom Award

for their exceptional support of
employees serving in the
Guard and Reserve.

Nominate at FreedomAward.mil

Nov 1, 2012 – Jan 21, 2013



ESGR DEVELOPS AND PROMOTES A CULTURE IN
WHICH ALL AMERICAN EMPLOYERS

SUPPORT AND VALUE

THE MILITARY SERVICE OF THEIR EMPLOYEES.



OPERATION: ENDURING FAMILIES

Information and support for Iraq and Afghanistan Veterans and their families.



WHAT:

Educational series on issues common to OEF/OIF veterans and their family members.

WHY:

To provide information, resources and coping tools for veterans and their families who are adjusting to life after deployment.

WHERE:

Reno Vet Center
5580 Mill St. Suite 600
(Corner of Mill St. & McCarran Blvd)

WHEN:

Thursday evenings, 5:00 - 6:00 p.m.

RSVP TO:

Tim Gregory, MFTI
Readjustment Counseling Therapist
775-323-1294

JANUARY CLASSES

Jan 17 Building Stronger Marriages and Families (Presenter: Tim Gregory)

Jan 24 Understanding PTSD - Strategies for Individuals and Family Members (Presenter: Scott Drew)

Jan 31 Tips for Family Communication (Presenter: Tudy Gilbert)

FEBRUARY CLASSES

Feb 7 Anger Management (Presenter: Dr. Jay Jeffers)

Feb 21 Stress Management and Self Medication (Presenter: Dr. Don Yorgason)

Feb 28 Reducing Depression (Presenter: Kendra Barnes)

MARCH CLASSES

Mar 7 Parenting Skills for Military Families (Presenter: Juanita Chapman)

Mar 14 Repairing Broken Families (Presenter: Trudy Gilbert)

Confidential / No Charge / Refreshments and Snacks Provided RSVP recommended, not required. No obligation to attend every session. OEF/OIF veterans and their family members, parents, significant others, friends and caregivers are welcome to attend. Family members and significant others of deployed family members are welcome to attend.

AWARDS BANQUET

In honor of the AMN, NCO, SNCO, 1ST Sgt, Company
Grade Officer and Honor Guard Member of the Year

5 JANUARY 2013
BASE DINING FACILITY
COCKTAILS AT 1730,
DINNER AT 1830
DRESS: CASUAL (NO
SHORTS / T-SHIRTS)



Dinner proudly presented by 152d Services

Please purchase tickets for \$12 in advance from
Chief Scurry (4579) or MSgt Woodfolk (4701) NLT than 1 Jan 2013