

THE

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2008, 2011 & 2013 Distinguished Flying Unit



COYOTE LOG



Is the glass half full or half empty?

By **Col. Jarrod Frantz**

Operations Group Commander, 190th ARW



No, this isn't about drinking responsibly. However, as we celebrate the holidays I can't pass up the opportunity to stress the importance of having a plan followed by a back-up plan to get you safely to your destination.

What I am referring to does incorporate personal responsibility, but to a greater extent your outlook on life. Optimism is an attitude that keeps us focused on what is good about our present situation or about what the future may hold. All that is beautiful and pleasant in this world exists alongside pain and loss. Optimism is a conscious decision to focus on the good. Optimism drives people. It gives us energy. It makes our effort and sacrifices feel worthwhile. In the end it is rewarded because even though some of our efforts will fail, others will succeed.

Consider one of my favorite and most inspiring quotes from a speech given by Theodore Roosevelt: "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

Have no doubt that the "man in the arena" referenced in this speech is a die-hard optimist. The belief that things can and will be better is what drives the optimist to face and overcome challenges ver-

sus sitting idly by and complaining about what life throws at them. Noam Chomsky wrote "Optimism is a strategy for making a better future. Because unless you believe that the future can be better, you are unlikely to step up and take responsibility for making it so."

Optimism drives action. It has pushed entrepreneurs to risk losing all their assets and go on to build Fortune 500 companies. It has driven Soldiers and Airmen to face insurmountable odds and emerge victorious. It has helped individuals deal with some of the harshest realities of life, only to wake up the next day and find solace in the littlest things. It is one of the key ingredients to resiliency providing better coping skills during hardships and times of stress.

Optimism can be infectious. Effectively communicated, it can inspire people to overcome great challenges and achieve great things. Unfortunately, pessimism can spread just as easily if we allow it to. Optimists tend to be happy people and prefer to hang around with other happy people as opposed to those who are going to rain on their parade.

Conversely, pessimists tend to feed off other pessimists and derive satisfaction by sharing how bad everything is with like-minded individuals. If you see yourself as an optimist, you owe it to yourself and others to share that positive outlook whenever and wherever you can, paying particular attention to those areas where pessimism and doubt run rampant.

If you are someone who finds it easier to seek fault with everything around you and has difficulty finding joy or hope in your day-to-day life, try putting yourself in the company of positive thinkers. You might just find the inspiration you've been missing. Ten percent of life is the hand we are dealt, the other 90 percent is how we choose to deal with it. You can save yourself a lot of stress by not focusing on the 10 percent that is out of your control and positively focusing on the 90 percent that you can.

The Christmas season can be a stressful and difficult time for many people and

for a whole variety of reasons, but it is also a season representing hope and love for mankind and brings out the best in many of us.

Dive in and face life's challenges with a positive attitude, knowing that like many before you, you may fail but that you will emerge stronger and wiser having done so. Look for joy in the smallest things along the way. Consider your glass half full and have a merry Christmas and an optimistic and happy New Year!

Coyote Log Staff

Col. Ron Krueger

Commander, 190th Air Refueling Wing

Maj. Joe Blubaugh

Wing Executive Staff Officer

2nd Lt. Angela Brees

Public Affairs Officer

Master Sgt. Allen Pickert

Visual Information Mgr

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Photojournalist

Tech. Sgt. Jake Meyer

Broadcast Journalist

Staff Sgt. Kayla Kohn

Photojournalist



On the cover:

Members of the 190th Medical Group practice loading a patient for air evacuation during the Vigilant Guard exercise.

(photo provided)

190th Public Affairs/*Coyote Log*
190ARW.PA.CoyoteLog@ang.af.mil

POC: Maj. Joe Blubaugh
(785)861-4593

www.190arw.ang.af.mil

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"Laugh Your Way to a Better Marriage"

The Chaplain's office and Airman & Family Readiness office are offering "Laugh Your Way to a Better Marriage" couples retreat.

The program will provide hotel accommodations and meals. This Strong Bond retreat is scheduled for Valentine's Day weekend at the Plaza in Kansas City.

Gain fresh insight into why men and women see life so differently. In *Laugh Your Way*, author and teacher Mark Grungor helps couples deal with tough issues in a way that is fun and non-threatening. *Laugh Your Way's* great content and unique approach yields one of the highest success rates in the country.

For more information or to register for the event please contact the Airman and Family Readiness Program at 785-861-4940 or via email at Adrienne.Dickey@ang.af.mil.

Charity drive at work

By Tech. Sgt. Jake Meyer

190th Public Affairs

There is still time to donate to the base's goal of \$16,000 for the annual Combined Federal Campaign (CFC) fund drive. Senior Master Sgt. Doug Zerger spearheaded this year's campaign, which runs through Dec. 5th.

To start the campaign, Zerger and other volunteers hosted a kick-off luncheon, which saw great initial support. Zerger increased interest for the campaign by placing booklets and flyers in every building on base. To help with funding, a variety of shops hosted breakfast or lunch fundraisers.

Even though this year's campaign is over, there will be another campaign to donate to, next year. According to the CFC website, "The CFC today is known to be the



most inclusive workplace giving campaign in the world with the number of participating charities estimated at over 20,000 nonprofit charitable organizations worldwide.

The charities supported through the CFC range from nascent community groups to large, well-known charities."

New travel reimbursement policies are here —

By Air Force News Service

The Defense Department recently implemented two TDY policy changes impacting travel reimbursements for Airmen.

The first change took effect Oct. 1, and made changes to the Joint Travel Regulations (JTR), Reimbursable and Incidental Expense Policy. The second is a change in long-term TDY per diem expenses and took effect Nov. 1.

Referencing the new policy for incidental expenses, contiguous U.S. (CONUS) laundry expenses, tips to baggage handlers by uniformed members and ATM fees are among those now considered part of the incidental expense portion of per diem, thus they are no longer reimbursable as separate miscellaneous expenses. These expenses will now be added to the current list which includes such items as tips to porters, baggage carriers, bellhops, hotel maids, stewards and stewardesses.

Per the Defense Travel Management Office (DTMO), the changes will simplify the travel regulation policy to align the DOD with industry best practices and to reduce travel costs for DOD.

The rate for incidental expenses will remain at \$5 per day for CONUS locations and will vary according to outside CONUS locations.

In a review of travel vouchers, the DTMO found only 13.27 percent claimed ATM fees, 4.2 percent claimed CONUS laundry and .04 percent claimed transportation tips.

If incidental expenses go over the set amount (over the entire TDY period) and travelers can justify the expense (with receipts for all expenses), they can work with their approving officials to authorize actual expense allowance (AEA) for the meals and incidental expense (M&IE) portion of per diem.

The flat-rate per diem policy change will encourage travelers to take advantage of cost-saving opportunities for long-term travel – spending 31 days or more in a single location.

Additionally, it will urge travelers to work with hotels that have discounted rates for extended stays, usually more than 30 days, thereby saving tax-payer dollars.

The change to the regulation will provide for a flat-rate per diem expense based upon length of stay. The flat-rate will be as follows:

- On travel day to location: 100 percent of lodging per diem at the locality rate and 75 percent of M&IE

- For TDYs that are 31 to 180 days: flat rate of 75 percent of the locality rate (lodging/M&IE) for each full day, starting day two through the end of the TDY

- For those TDYs (approved by the appropriate authority per JTR) for greater than 180 days: flat rate of 55 percent locality rate is authorized for each full day, starting day two through the last night at the TDY location, then 75 percent of M&IE on the return travel day

The DOD believes for extended TDYs there are opportunities to obtain a better lodging rate. Also, when a traveler forecasts out and determines that after 30 days he/she is going to get 75 or 55 percent of per diem, they can find a hotel to stay in to meet that cost and capitalize on better food expenditures over the course of the long-term TDY.

However, there are exceptions to the policy.

It depends on if one is staying in government quarters or not. Also, if one is going to an area where the cost for all hotels is going to max out the lodging, and a flat rate is not available, authorizing officials can authorize AEA only after confirming there is no other lodging with the Commercial Travel Office. There are methods to paying the higher cost in situations where a traveler can't get the reduced rate. In other words, any traveler unable to find suitable commercial lodging at the flat rate should contact their CTO for assistance. If both the traveler and the CTO determine that lodging is not available at the flat rate, the authorizing official may authorize reimbursement of the actual lodging expense (not to

exceed the locality per diem rate). However, the traveler will receive M&IE at the flat rate.

In all instances, the traveler should work with their local CTO to secure a hotel.

Although DTMO has stated “travelers will not be required to submit a lodging receipt,” the Air Force will require a lodging receipt on all travel vouchers to support the claim. The receipt is necessary backup on the voucher to justify the proper reimbursement of taxes, leave periods, and verification a lodging expense was incurred just to name a few instances. To simplify when a receipt should be required and reduce confusion the Air Force will require it on all travel vouchers.

To help travelers better plan for their long-term TDY cost, they should visit the DTMO website ‘Per Diem Rates Query’ page. It includes the breakdown of per diem for the respective flat rate. Travelers can use it to project their per diem entitlement, and update DTS per diem entitlements with these amounts, if applicable.

Some other rules that will apply under this policy change are as follows:

- Flat rate lodging per diem does not apply when government or contracted government lodging is available or provided at no cost to the traveler.

- If meals are provided or government meals are available and directed, the traveler will be paid the Government Meal Rate, Proportional Meal Rate and Incidental Expense portion of per diem

- If the traveler is staying with friends/relatives at the TDY location, they will not receive the lodging portion of per diem

Until DTS can accommodate calculating the flat-rate per diem, a manual computation will be required, and the applicable lodging per diem rate will need to be edited for input into DTS.

According to DTMO, the DOD estimates they will save on both policy changes more than \$37 million annually. To access the DTMO website, visit <http://www.defensetravel.dod.mil/>.

Holiday Party

Dec. 6, 7-10:30

Croco Hall

6115 SE US Highway 40

Topeka, KS 66615

5 Dollars

*Music, Prizes
Comedians,
Photo Booth
& More*

*Open to unit members
and their date
(not for kids)*

*accepting canned goods or
household items for our
Operation Coyote Claus families
and Harvesters.*

Portrait of an Airman

Senior Airman Matthew McGranahan



Organization: Fabrication shop

Job Title: Structural Maintenance Journeyman

Main Responsibilities: Perform corrosion inspections on the aircraft and make repairs as needed

Civilian Career: Technician at Bimbo Bakery

Education: Shawnee Heights, Allen County Community College, Highland County Community College

Military Experience: Air traffic control, structural maintenance

Goals and Ambitions: Finish my bachelor's degree

Hobbies and Activities: Working on my house, golfing, hunting, fishing

Most Memorable 190th Moment: Enlisting with the 190th

ISIS threat at home

By ABC News

The FBI on Sunday issued the strongest warning to date about possible attacks by the ISIS terrorist group against the U.S. military inside the homeland, officials tell ABC News.

In a joint intelligence bulletin issued by the FBI with the Department of Homeland Security, officials strongly urged those who serve in uniform to scrub their social media accounts of anything that might bring unwanted attention from "violent extremists" or would help the extremists learn individual service members' identities.

"The FBI and DHS recommend that current and former members of the military review their online social media accounts for any information that might serve to attract the attention of ISIL [ISIS] and its supporters," the federal bulletin sent to law enforcement agencies said, advising that troops "routinely exercise operational security in their interactions online."

Officials said they fear copycat attacks based on what happened in Canada last month, when two uniformed Canadian soldiers were killed in two separate incidents by young men who claimed they were ISIS followers.

The government on Sunday night indicated they had

obtained fresh intelligence that ISIS wants to recruit or inspire sympathizers inside America to hurt military members where they live.

"The FBI recently received reporting indicating individuals overseas are spotting and assessing like-minded individuals who are willing and capable of conducting attacks against current and former U.S.-based members of the United States military," the bulletin said.

Attacks such as those in Canada -- which apparently were carried out without direct contact between ISIS and the perpetrators -- may "embolden" and "motivate" those who support ISIS, the FBI and DHS said.

The day before the U.S. launched its biggest air blitz against the terrorist group in Iraq and Syria in late September, ISIS spokesman Abu Mohammad al-Adnani called upon Muslims in the U.S. and Europe to attack members of the military.

"Do not ask for anyone's advice and do not seek anyone's verdict. Kill the disbeliever whether he is civilian or military, for they have the same ruling. Both of them are disbelievers. Both of them are considered to be waging war," Adnani said in an audio speech posted online on Sept. 21.

Prescription drug turn in

By Senior Master Sgt. Sherry Willard
190th Medical Group

Prescription medications play an important role in the health of millions of Americans. However, expired medications or unused drugs often stay in the back of cabinets for months or even years. These expired drugs can pose significant health hazards to toddlers, teens and even family pets.

Throwing away medications in trash cans or flushing them down the toilet can be a safety and health hazard. Some medications are so potent that even one dose could be fatal if accidentally ingested.

There are other safety issues as well: a U.S. government report shows that more than 70 percent of people who first misuse prescription drugs get them from their friends or relatives, or simply take them without asking. While the number of Americans who currently abuse prescription drugs dropped in 2013 to 6.5 million from 6.8 million in 2012, that is still more than double the

number of those using illicit drugs like heroin, cocaine, and LSD combined, according to the 2013 National Survey on Drug Use and Health. According to the 2013 Monitoring the Future Survey, over 28 percent of 12th graders had abused prescription medications in the past 12 months. These statistics stress the need for proper disposal of unused or expired prescription medications

From a military standpoint - something as simple as taking a left over hydrocodone from a dental procedure, for a new back or knee problem is considered illegal drug use. If you get notified of a drug test, you come back positive, and it is discovered that even though the prescription was for you, for that dental procedure 6 months ago, but you took it for anything else you can and will be discharged from the military for illegal drug use.

Another scenario many of us are guilty of is getting hurt and not wanting to go to the doctor so you take your spouse's pain medication. Then you

come to drill only to get drug tested and have a positive result. One pill can possibly end your military career.

From a parent standpoint - we have young teenagers in and out of our house all the time. We may not always be home when they do come by. I would like to think the kids around our house are trustworthy, but the fact is even smart kids make dumb decisions. We don't want unused medications easily accessible to them so taking away that choice by not having these medications around is just one thing we can do to help.

No questions will be asked - it will be as simple as dropping off the unused medications and walking away! If you miss the drop off time you can bring them by the clinic on Saturday as well. We have partnered with the Topeka Police Department on this event and hope to do this at least annually.

TPD and someone from the MDG will have a table set up before and after Commander's Call to collect the medications.

NORAD to track Santa's flight

By Air Force News Service

The North American Aerospace Defense Command's NORAD Tracks Santa website, www.noradsanta.org, launched Dec. 1, featuring a mobile version, a holiday countdown, new games and daily activities and more.

Official NORAD Tracks Santa apps are also available so parents and children can countdown the days until Santa's launch on their smart phones and tablets. Tracking opportunities are also offered on Facebook, Twitter, YouTube, and Google+. Santa followers can go to any of these sites and search for "@noradsanta" to get started.

Also new this year, the website features Santa's elves in the North Pole Village. NORAD Tracks Santa is introducing the newest elf and asking the public to help choose the perfect name for him. Details can be found via NORAD Tracks Santa social media or in the "Name the Elf" video in Santa's North Pole Movie

Theater.

Starting at 12:01 a.m. MST on Dec. 24, website visitors can watch Santa make preparations for his flight. NORAD's "Santa Cams" will stream videos on the website as Santa makes his way over various locations.

Then, at 4 a.m. MST, trackers worldwide can speak with a live phone operator to inquire as to Santa's whereabouts by dialing the toll-free number 1-877-HI-NORAD (1-877-446-6723) or by sending an email to noradtrackssanta@outlook.com. Any time on Dec. 24, Windows Phone users can ask Cortana for Santa's location, and OnStar subscribers can press the OnStar button in their vehicles to find Santa.



NORAD Tracks Santa started in 1955 when a local media advertisement directed children to call Santa direct -- only the number was misprinted. Instead of reaching Santa, the phone rang through to the crew commander on duty at the Continental Air Defense Command Operations Center. Thus began the tradition, which NORAD has carried on since it was created in 1958.

For Your Information

Appointments/Enlistments

A1C Dylan Gardner, CF
Enlistment Date: Nov. 5, 2014

A1C Samuel Lagle, OPS
Enlistment Date: Nov. 12, 2014

A1C Clint Lawson, SFS
Enlistment Date: Nov. 17, 2014

A1C Seth Sharpe, MXS
Enlistment Date: Oct. 10, 2014

SSG Jeremy Bissell, SFS
Enlistment Date: Nov. 1, 2014

SSG Asha Bridges, FSS
Enlistment Date: Oct. 31, 2014

SSG Joseph Strother, LRS
Enlistment Date: Oct. 31, 2014

TSG Matthew Foltz, 127th WF
Appointment Date: Oct. 20, 2014

MSG David Shaner, LRS
Appointment Date: Oct. 17, 2014

CPT Linda Baggett, Wing HQ
Appointment Date: Sept. 30, 2014

CLASSIFIED
FOUO & PII



Keep It Secure,
Covered & Private

Coyote Grill December 217A Menu



Saturday, Dec. 6

Parmesan Chicken
Lasagna
Oven Roasted New Potatoes
Italian Style Green Beans
Honey Glazed Carrots
Parmesan Breadsticks

Desserts

Cherry Crisp
Spice Cake with Buttercream

Sunday, Dec. 7

Country Fried Steak
Chicken Cacciatore
Mashed Potatoes
Brown Gravy
Corn on the Cob
Peas and Carrots

Desserts

Heavenly Devil's Food Cake
Bread Pudding

DFAC Schedule

| | |
|--------------------|------|
| MXG(A)/SFS/LRS (A) | 1030 |
| CPTF/MDG/ARW/MSG | 1100 |
| OG/JFHQ/WF/LRS (B) | 1130 |
| MXG (B)/CE/CF | 1200 |

Serving hours 1030 – 1230
NO GROUP PICK-UP

Promotions

Airman 1st Class

Neil Hamilton, SFS
Jamie Matheny, CES
Derek Price, SFS
Geoffrey Rotich, SFS



Senior Airman

Travis Byers, 127th WF
Luke Hill, MXS
Charles Loadholt, MXS
Colby Swaim, AMXS
Isaias Vazquez-Vazquez, SFS



Staff Sergeant

Bradley Kilmartin, AMXS
Sharilyn Mathews, SFS
Jordan Maxwell, CES



Tech Sergeant

Nathaniel Lavery, CES
David Nemechek, CES
Perry Potter, CES



Master Sergeant

Scott Horne, CES
Randall Tindle, MG



1st Lieutenant

Angela Brees, Wing HQ
Charles Robertson, 117th ARS



Captain

Mary Burkett, FSS



Don't Drink & Drive!

For a free ride home call
the 190th ARW Command Post
@ 1 (785)861-HOME (4663)