

THE

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 Air Force Outstanding Unit
2009 Distinguished Flying Unit



COYOTE LOG

190th Maintenance Group earns national award

By Tech. Sgt. Angela Brees

We've always known our 190th Maintenance Group was the best in the Air National Guard ... and now everyone else knows that, too.

The National Guard Bureau (NGB) recently honored the MXG with the 2009 Maintenance Effectiveness Award for their tremendous service last year.

"Receiving the ANG Maintenance Effectiveness Award is a testament to the hard work and dedication each of you provide for our mission," said MXG Deputy Commander Lt. Col Tony DeJesus.

The NGB evaluates award submissions on four factors: mission accomplishments, effective use of maintenance resources, innovative management accomplishments and personnel quality of life programs.

For the 190th MXG, the list of mission accomplishments is long. The wing flew a total of 1,119 sorties for 4,005.2 flying hours, transported more than 2,500 passengers and transferred more than 14 million pounds of fuel for 2009. MXG personnel helped the wing achieve a mission-capable rate of 75.6 percent, exceeding the ANG standard of 71 percent.

Additionally, the maintenance group was the lead tanker unit during their 2009 deployment in support of Operation Enduring Freedom, achieving 100 percent mission accomplishment with no canceled flights due to maintenance. And still more, the team underwent an Operational Readiness Inspection and a Nuclear Operational Readiness Inspection in 2009.

"They've been tremendously busy this past year," said 1st Lt. Marci Solander, maintenance officer. "But, I have never witnessed a group of people that is more talented, more dedicated or more focused on the mission at hand."

The MXG easily demonstrated its effective use of maintenance resources as well. During a nine-month period, maintainers inspected and repaired the final six of 18 KC-135E aircraft, which had been in storage for more than two years here. Their efforts saved the Air Force \$1.1 million in annual costs to store and maintain these retirement-bound aircraft at Forbes Field. In addition to this cost-savings, the Quality Assurance team validated 70 deficiency reports, which equates to a cost avoidance savings of more than \$675,000 toward operating funds.

As for the final two categories, innovative management accomplishments and quality of life programs, the 190th MXG excels there, too. The 190th Air Refueling Wing took the lead on the aeromedical evacuation program, and the MXG recently completed an airframe modification to six aircraft to enable even more critical care patients to be transported out of the Central Command theater. And, the MXG training section was among the first in the ANG to fully institute the Training Business Area program, an automated training records and management program, and even provided training to eight other units on the program.

see "award" page 5



Recognize your employer through ESGR

By Maj. David Williams
190th Aircraft Maintenance Squadron



For those of us who are traditional members of the 190th, we do not always have the luxury of having an employer that understands the work, dedication and sacrifice that is part of being a member of the National Guard. I have a unique view having been a traditional member of the 190th for the last 12 years but worked at Forbes full-time for 11 years prior to that.

As a full-time employee at Forbes, I worked for an organization keenly aware of what it takes to negotiate the issues related to deployments. The two primary employers I have had since that time have been very different, one in private industry and my current employer within the federal government.

I truly believe it is our job and responsibility to educate our employers on what our rights and duties are as members of the Guard. One of the most effective organizations I have utilized to educate my employer on what it is like to be a member of the Guard is ESGR, Employer Support of the Guard and Reserve.

During a CENTCOM deployment last year, my direct supervisor and co-workers were very supportive of my membership in the Air National Guard. Not only did they shoulder the extra work my absence created, they took the rare step of researching military history, with the help of some of my co-workers who were veterans, to come up with a gift that would show they would think of me and support my family while I was gone.

It was a huge surprise when they presented me with a special challenge coin with the Air National Guard logo on it at a national meeting we were at.

While I was deployed, I submitted my boss for the Patriot Award through ESGR. The intent was to show her my

appreciation for making preparation for the deployment easier by being supportive.

At the time, I did not realize the benefits I would receive from doing this simple application and how far reaching this award would be in the organization I work for.

About one month after I returned to work, the ESGR representative for the area I live in contacted me about a good time to come to our office to present the award. I assumed it would be a simple matter of presenting a pin and certificate, showing my appreciation. Although this was a highlight of the representative's visit to my office, he also came bearing information that ended up affecting many other members of the Guard and Reserves that work in my organization.

In addition to the award, he left my boss with information packets, which included what the ESGR was about, employees' and employers' rights, and CDs highlighting the advantages of having employees who are members of the Guard and Reserves.

As a result of the simple act of nominating my supervisor for a Patriot Award, all senior managers within my organization were supplied with information highlighting why they should not only support those employees with reserve commitments, but seek the skills we have in future employees.

To me, this was well worth the little amount of time it took to fill out an application online.

We cannot effectively do our jobs in the Guard without the full and informed support of our employers. The ESGR is a great organization to not only recognize them for that support, but also an outstanding avenue to educate them. I hope each and every member of the



wing takes the time to properly recognize the support and sacrifice their employer may be making on their behalf.

As in my case, this recognition may benefit you and future members of the Guard that work with you.

For more information, check out the ESGR at www.esgr.org.

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On the cover:

Senior Airman Jesse Reid adds power outlets to a KC-135R. The added outlets allow the tanker to airlift three times as many medical patients requiring electrically powered equipment.

(photo and photo illustration by Staff Sgt. Jake Meyer)

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Professional associations key to Guard success

By Tech. Sgt. Emily Alley
190th Public Affairs

If you joined the military to pay for college, or any number of other benefits, you probably have an interest in making sure those benefits don't disappear.

Four-day legislative trips offer guardsmen an opportunity to meet with their elected representatives as well as Functional Area Managers (FAMs) in the Air National Guard Readiness Center.

Legislative trips affect benefits for guardsmen, such as Tricare, early retirement, college benefits, space A and even commissary use.

"Many years ago, the guard was only allowed to use the commissary 12 times a year. Guardsmen got a card and each time you went in, it was stamped," described Lt. Col. Tony DeJesus, 190th

Maintenance Group commander and NGAUS board member. "We went to Congress, who went to the Pentagon, who changed the rules."

Congress is responsible for the National Guard and Reserve. Through legislative trips, guard members keep their representatives accountable, make them aware of their needs, and thank them for the support they've provided.

"Who in D.C. is doing that, if not you?" asks DeJesus.

After all those meetings, everyone is welcome to see the sites in the capitol. Maj. Gen. Tod Bunting guides a several-mile walking tour from the National Guard Association Headquarters to the Lincoln Memorial.

1st Lt. Janet Peterson recommends, for those who plan on taking the walking tour, to wear comfortable shoes. She attended a recent conference in very fashionable, yet impractical, heels. After a day of walking to meetings, she elected not to join the tour. She did, however appreciate Bunting's effort to make the trips meaningful.

"We, in Kansas, sometimes think of Washington D.C. as an ivory tower," Peterson described. "People don't realize what a loud voice we have."

In fact, The Enlisted Force Structure, AFI 36-2618 encourages involvement with professional organizations, DeJesus explained. Several organizations are available, such as the National Guard Association, the Enlisted Association of the National Guard, the Air Force Sergeants' Association and many more.

Both NGAUS and EANGUS offer alerts to keep you aware of legislative issues. When you sign up, you can easily contact your elected representative



Chief Master Sgt. Jeff Appenfeller (left), president of the Kansas chapter of EANGUS, and Maj. Gen. Tod Bunting (right), chairman of the board at NGAUS, pose for a picture during a legislative trip to Washington, D.C.

(photo submitted)

Dental tidbits by Dr. Robert Hof

In the last 10 years, the one thing that has caused the greatest reduction in dental disease has been the use of fluoride.

With fluoride added to the drinking water in many cities, dentists have noticed a drastic reduction in the number of new cavities especially among children. The use of home fluoride rinses have been shown to be effective in further reducing dental cavities.

Many dentists prescribe fluoride gels to their patients that can be brushed on daily. These are effective in reducing root surface decay in the adult patients that have experienced some gingival recession with root surface exposure. These gels, if used regularly, will help prevent all types of cavities. Most patients can benefit from this additional application of fluoride at home.

Check with your dentist to see what program of treatment would be best for you and your family.

to express your interest in the issue. Imagine the impact of hundreds of emails encouraging the support of the Kansas Air National Guard. Several organizations are available for you to become involved, but legislative trips provide a unique opportunity to be proactive guardsmen while taking advantage of a mission already in place.

The 190th ARW accomplishes several missions when it flies to Washington. Aircraft, already tasked with medevac missions, fly into Andrews AFB. Unit members who plan to meet with their legislators stay on the base. After crews load medical passengers and equipment, the aircraft continues their mission flying to the West coast. By the end of the week, the planes return to Andrews AFB, drop off medics, pick up unit members and return to Kansas.

With the free flight out and the low cost of staying in a room at Andrews AFB, the trip is affordable.

"It's very inexpensive," said DeJesus, "But the benefits are priceless."

Each legislative trip is limited to about thirty seats for guard members. Through letters, phone calls and emails, every unit member can be involved.

Fitness tips for healthy living

Ms. Christina Larson
190th Fitness Consultant

I cannot tell you what an honor it is to work with you! I so enjoyed my visit! I especially enjoyed hearing about the team that went to Haiti. I wanted to follow up our visit with a brief reminder letter.

Everyone struggles with complicated lifestyles. I do not believe in the notion that one population has a more complicated or stressful lifestyle than another. Everyone has commitments and “stressors” in their lives. We all have to deal with them in our own way and cannot pass judgment on others who we think have it easier! With that being said, I broke down lifestyle advice for two populations.

Parents:

Nutrition - Remember to eat what your family eats. This means setting up a modeling system for your kids. Pick healthy alternatives that everyone can enjoy!

Watch your portions and model what is a realistic healthy portion of food.

Weights - Give your body resistance training twice a week. Do a total body workout. This is your muscle building time. Remember, more muscle increases your metabolism and helps you with your activities of daily living. (Chasing your kids!)

Cardiovascular Training – Make it a family event! Use soccer cones and do drills or head to the track and run around with your kiddos! Burn it up for thirty minutes.

Singles:

Nutrition - Pick a day you have a “little” extra time and meal prep. Pre-package what you can and have it in the refrigerator ready to grab and go.

Weights - Shoot for twice a week total body, or if you can, five times a week with body part splits. If you do a split make sure it is a workout specific to your goals.

Cardiovascular Training – Get outside! Enjoy this wonderful weather while you can. Jog, run, do stairs or walk your dog briskly.

In addition to these training suggestions, here are a few tips for everybody to help prevent injuries:

Eat clean – yes, a healthy diet will help prevent injuries.

Hydrate yourself – water helps lubricate your joints.

Warm up - prepare your total body before exercise every time.

Cool down - perform static stretches at the end of your workout.

I look forward to one last visit with you all. Please feel free to send me questions prior to my next visit to the base.

****Editor's note: Ms. Larson will conduct the second of two fitness training seminars during the May UTA. All members are encouraged to attend the training if they were unable to attend the training held during the April UTA.*

Why be a member of the Kansas Air National Guard Credit Union?

- We were chartered in 1958 to fulfill the financial needs of the Kansas Air National Guard.



- We are in excellent financial condition, having completed our last financial examination with a CAMEL 1 rating.
- With growth of \$1 million in 2009, we have the best rates for savers and borrowers.

It's easy to set up an allotment or direct deposit - Routing #301179753.

A \$50 balance is required to earn a dividend and every June you'll earn a BONUS dividend!



Kansas Air Guard Credit Union

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Topeka, KS 66619
Phone: 785-861-4093 | Fax: 785-861-4096
ksagcu@yahoo.com

From the Shirt



There is a misconception that Air National Guard enlisted members do not have the same level of formal education beyond high school as their active duty counterparts. We know that this is not the case, however, we need to be able to prove it.

The National Guard Bureau requested each wing submit a report on just how many of its enlisted staff had formal post-secondary education. Based on the numbers the 190th recently reported to NGB, it appears there are many 190th members with college credits and degrees that have not updated their personnel records to more accurately reflect their educational background.

Here is that data as it pertained to the 190 ARW: Vocational/Technical Training - 1 (.1 percent); college semester credit hours 12-29 hours - 127 (15.4 percent); 30-59 hours - 242 (29.3 per-

cent); 60-89 hours - 202 (24.4 percent); 90 or more hours - 2 (.2 percent); associate's degree - 87 (10.5 percent); bachelor's degree - 56 (6.8 percent), master's degree - 13 (1.6 percent) and doctoral degree - 1 (.1 percent).

It is believed that not all of those with higher civilian education have reported their formal education to the Base Education Training Manager (BETM). Personnel can personally benefit by ensuring their highest civilian education level transcripts are submitted as this documentation could be the deciding factor when competing for other positions and job opportunities.

Members should submit formal education credits to the BETM, Senior Master Sgt. Christina Wickline, in order to have them included in their personnel file.

For further information, contact your first sergeant, Senior Master Sgt. Chuck Gruver, or the Base Education Training office.

Expanded force reductions in FY10/11

By Gen. Norton Schwartz

Air Force Chief of Staff

Secretary Donley and I are proud of the tremendous contributions you make every day to secure our nation. We recognize and appreciate the sacrifices that are asked of you and your family. Now, the Secretary and I must make a difficult decision for the health of the Air Force family.

Air Force retention is at a 15-year high, despite an incredibly robust operations tempo. We are nearly 5,000 Airmen above our authorized, funded end strength ceiling. Career fields are overmanned in certain year groups, while at the same time, we have critical manning shortages in some of our most stressed career fields and mission areas. We must correct these overages and skill imbalances by sizing and shaping our force within our authorized, funded ceiling.

As you know, in November 2009 we

offered a variety of voluntary measures aimed at reducing personnel numbers. Unfortunately, not enough people took advantage of those programs. Thus we had to make the tough decision to move forward on a plan to shrink the active duty force by almost 3 percent. Although it will be a challenging time, our goal is to minimize the impact on Airmen currently serving. We are reducing accessions for both officers and enlisted Airmen while expanding voluntary separation and retirement programs to try and protect those currently serving. Where possible, we will cross-flow Airmen from overmanned career fields into those that are undermanned, and, where appropriate, we will implement involuntary measures.

More information on this multi-tiered force management effort is available on the Air Force Personnel Center website. Voluntary programs will allow personnel to leave the service immediately; non-

voluntary programs will start this summer with departures targeted for no later than April 2011. I encourage all of you to go to the AFPC website and review the programs that may impact you and your families.

Please know the Secretary and I have carefully considered every option, but in the end, arrived at the conclusion that these force management initiatives are necessary. We must operate within our means. Our commitment - and the commitment of leadership at all levels - is that we will do everything we can to assist those transitioning to the next phase of their careers.



Norton A. Schwartz
General, USAF
Chief of Staff



MXG earns national award - Cont. from page 1

And on the quality of life front, MXG manages a robust career motivational program to help Airmen make informed career decisions, which helped ensure a 98.7 percent retention rate in 2009. The group also manages the largest STARBASE academy in the nation, providing hands-on education to fourth, fifth and sixth grade students in math and science. More than 11,456 students have completed the program here.

“Our maintainers do a lot of great things,” said Lt. Col. Ronald Krueger, commander-190th Maintenance Squadron. “And this award is a great recognition of the quality of work they do.”

Once the announcement of the 190th MXG receiving this award made it through the grapevine, there was no shortage of praise for the team.

“Your hard work and skill are well known to me, and now have clearly

been recognized at the national level,” said Kansas Adjutant General Tod Bunting. “Kansas is indeed fortunate to have great Airmen like you in service to our state and nation. I am proud to serve with each of you.”

“Congratulations to the 190th

M a i n t e n a n c e
Group and all members of the 190th ARW for this outstanding honor. Each and every one of you deserves the credit for this award,” said Wing Commander Col. Keith Lang.

Nevertheless, the award did not come as a surprise to many, including Solander.

“Excited, yes. Surprised, no,” she said. “The quality of work performed by our maintainers is second to none, and the sheer amount of taskings they were able to successfully accomplish over the past year is simply awe inspiring.”



A KC-135R receives modifications during the April UTA.

(photo by Staff Sgt. Jake Meyer)

—Portrait of an Airman

Airman First Class Alicia Shows



Organization: 190th Operations Group

Job Title: Intelligence Operations Specialist Apprentice

Main Responsibilities: Provide current and accurate intelligence information to my superiors and commanders at any given notice.

Civilian Career: I am a Sergeant with the Department of Corrections.

Education: I graduated from Highland Park High School in 1998. I am attending Washburn University for a bachelor's degree in criminal justice and associated science. I am also pursuing an associate's degree in forensics.

Military Experience: My enlistment was in December 2008 into the intelligence field. In June 2009, I attended basic training followed by tech school and completed both in January 2010.

Hobbies & Activities: Being my son's coach, whether it's music, sports or homework, I get whole-heartedly involved in his projects and activities. I enjoy reading novels of various kinds. I enjoy superior spring days outside and love wakeboarding in the summer. Also love to socialize with family and friends and backyard BBQs.

Goals & Ambitions: My ultimate goal is to work for a federal agency utilizing my education and military experience. Short-term goal is to progress in my field and move up in rank and experience.

Most Memorable 190th Moment: Around 1988, I came into the command post with my dad (retired Chief Master Sgt. Robert Shows) for a quick errand. Staff Sgt. Dave Clem, who was the operator at the time, convinced me the duress button under the counter was a "door bell." I pushed the button and armed security forces responded. I was instructed by my dad never to talk to strangers and don't push door bells.

The ABCs of preventing skin cancer

By Capt. Scott Avery

190th Medical Group

What is the most prevalent cancer in 25-29 year olds? Surprisingly, the answer is melanoma.

There are three types of skin cancers: basal cell carcinoma, squamous cell carcinoma and malignant melanoma. Basal cell carcinoma is usually localized, squamous cell carcinoma spreads about 10 percent of the time and melanoma always spreads. A melanoma typically will enlarge in diameter, then invade through your skin into your lymphatic system and spread throughout your body.

Melanoma can affect anyone starting at age 12. In women under age 39, it is the 2nd most prevalent cancer behind breast cancer. In men age 30-49, it is 2nd to testicular cancer. Melanoma kills one person an hour in the United States.

Melanomas can develop in clear areas

of the skin, or in existing moles. Persons at increased risk for developing melanomas are those of light complexion, freckles, blond or light hair or a history of an abnormal mole. Also people with more than 50 moles or those with a history of severe sunburns with blisters before age 20 are at increased risk.

Remember the mnemonic ABCs when looking at a suspicious lesion. A is Asymmetry, B is an irregular Border, C is Color variation from one side to the other, D is a Diameter larger than 6mm, or the size of a pencil eraser and E is Enlarging and Elevation.

Second, remember the "ugly duckling". Normal moles look like each other. The ugly duckling mole looks or feels different than other moles,

In men, melanomas tend to first appear on the back or upper extremities, in women the back and lower legs and in Af-

rican Americans and Asians, it is the soles, mucous membranes, palms and nail beds.

There are ways to decrease your risk of melanoma. When you are outside, apply sunscreen to exposed areas every hour. Be aware of situations that might expose you to the sun. Many people will routinely apply sunscreen but then forget about it when going to a baseball game or other outdoor event.

Use spray tans and avoid tanning beds. If you are under age 30 and use tanning beds 10 times or more in a year your risk of developing melanoma is increased nearly eight times. A single tanning bed session increases your risk of melanoma by 22 percent.

Make sure to do a monthly skin inspection. If you notice a new mole or suspicious spot and have concerns, see your doctor. For further information see www.skincancer.org.

For Your Information

Enlisted Promotions

SrA

Chelsea M Fox, ARW
 Jesse Lou Reid, MXS
 Tyisha D McNutt, FSS
 Tiffany D Kubie, LRS



SSgt

Celestina S Johnson, ARW
 John Kolich, MOF



TSgt

Christian Parmentier, AMXS



MSgt

Paul E Riggs, CES



Kansas STARBASE

5th Annual Golf Tournament



Monday, May 17, 2010
 11:30 a.m. - Lunch
 12:30 p.m. - Shotgun start

Cost: \$240 per team (includes green fees, carts, meals and prizes)

For more information, call Dennis Perry (785) 845-9854 or Jeff Gabriel (785) 230-4692 or email golf@kansasstarbase.org

Retirements

SMSgt David Gogian, 127 WF
 Retirement Date: 16 Apr 2010

TSgt Maggie Large, LRS
 Retirement Date: 10 Apr 2010

190 ARW

Officer Vacancy

The 190th Security Forces Squadron has a traditional Security Forces Officer vacancy. If you are interested, submit your package to the Force Support Squadron by close of business on August 15, 2010. The position is open to Captain and below, including enlisted members willing to become commissioned.

Officer Package consists of:

- Resume
- College transcripts (4-year degree)
- 3 letters of character reference
- AFOQT scores
- Record review rip
- DD 214 or NGB 22 (if prior service)



Appointments/Enlistments

A1C David M. Lawrenz, STF
 Appointment Date: 5 Mar 10

A1C Kelly E. Shay, STU
 Enlistment Date: 6 Mar 10

A1C Derek L. Wallisch, STU
 Enlistment Date: 6 Feb 10

AB Mark G. Underhill, Jr., STU
 Appointment Date: 17 Mar 10

The Hometown Heroes Salute Awards Ceremony will be held on Saturday, 1 May at 0800 in Hangar 662. All military members, families and retirees are invited to attend. Duty uniform for military members and business casual for civilians is suggested.

Coyote Cafe May 217 A Menu



1 May

Boxed Lunches

(Issued at uke tunnel, Hangar 662)

2 May

Boxed Lunches

(Issued at uke tunnel, Hangar 662)

Squadrons picking up multiple boxed lunches will be served from 1030 - 1100. Individuals will be served from 1100 - 1200.

Hotel of the Month

Singles - Capitol Plaza

Singles pay - Ramada Inn

Doubles - Holidome/Comfort Inn

Friday night - Hyatt Place

All reservation requests must be submitted to FSS by 1000 on Saturday of the UTA.

Friends & Family Day at Gage Park ~ 1 May 2010 1500 - 1900

Family Day Activities:

- ~ Snow Cones & Cotton Candy ~
- ~ Hot Dogs, Chips and Drinks ~
- ~ Kids Face Painting ~
- ~ Wylie Coyote ~
- ~ Silent Auction ~
- ~ Star Wars Characters ~
- ~ Live Music ~
- ~ Informational Booths ~
- ~ Tour the World Famous Topeka Zoo ~
- ~ Take a ride on the Gage Park mini-train ~
- ~ Enjoy the Gage Park Carousel ~



** Civilian Attire **

\$5.00 per person cost for admission to the zoo

Zoo admission will be sold during April & May UTAs and during the month

* Friends of The Topeka Zoo Members are admitted to the zoo free of charge *

Coyote Heritage



Mention Gulfport, Miss., to many of the long-time Kansas Coyotes or retirees, and you will get a smile. Sentry Coyote was the name given to the first large deployment for the 190th in almost 20 years.

In spite of the fact that the unit had been flying KC-135 tankers for the last eight years, large-scale deployments were still missing from the unit's training schedule. But that all changed in 1986. Well over half of the unit participated in the exercise. For most Coyotes, this was a new experience. A large number of support people got to go along with the aircrew and maintainers, who normally deployed alone on missions around the world. For many, this was their first trip away from Forbes.

And as usual, problems cropped up almost immediately.

A C-130 had been scheduled to help transport baggage and extra people; it never showed up. So with the usual Kansas ingenuity, the unit pressed its own jets into the void, and several made multiple trips in order to make the mission a success. Fuels in particular had its own problem: fuel for the sorties had to be transported by truck from a barge some distance from the base.

More than 100 round trips were made during the two weeks of the exercise. It wasn't all work though; leadership scheduled downtime so that Coyotes could enjoy the local attractions. And the beach was only a short walk from quarters. All in all, a very successful trip: 91 sorties, 216.8 flying hours, 634,000 pounds of fuel offloaded to 192 receivers, with an almost unheard of FMC rate of 96.2 percent.

And most important of all, more than 500 very happy Kansas Coyotes.



Please record your story and send it to the historian's office at: 190th Historian, 5920 SE Coyote Dr., Topeka, KS 66619-5370.



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Retirees & Civilians: email 190ARW.PA.CoyoteLog@
ang.af.mil. Please allow 2-3 months for updates to
reflect on your log.**

To The Coyote Family of:

