

November 2018

RABBIT TALES

THE OFFICIAL MAGAZINE OF THE 513TH AIR CONTROL GROUP



Energy drinks and YOU!

What you need to know
(page 6)

INSIDE:

From the Top: Welcome back! // School Daze: Navigating the world of school finance

RABBIT TALES

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Rabbit Tales is a production of the 513th Air Control Group Public Affairs office.

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Mission: To provide combat-ready AWACS Citizen Airmen to Fly, Fight & Win

513TH UPDATE

Upcoming Events

November 3-4 – Fannin Hall
Chuck Diven Writing Seminar

November 30 – 1800 – Del City American Legion
Operation Holiday Spirit

December 1 – 1800 – Reed Conference Center
513 ACG Christmas Party

December 1-2
December UTA

Promotions

Congrats to our November promotees!



A1C Devaron Black
(513th Maintenance Squadron)

A1C William Fisher
(513th Maintenance Squadron)

A1C Mitch Melchor
(970th Airborne Air Control Squadron)



SSgt Collin Simms
(513th Aircraft Maintenance Squadron)

SSgt Patrick Holford
(513th Maintenance Squadron)

SSgt Stephanie Lopez
(513th Maintenance Squadron)

SSgt Nathan Duncan
(513th Air Control Group)



TSgt Diante Andrews
(970th Airborne Air Control Squadron)

Writing Seminar this UTA

This UTA weekend we have a very rare and special opportunity that you don't want to miss out on! Renowned AF writing coach and retired Lt. Col. Chuck Diven will be here providing seminars for OPR/EPR/package writing as well as 1 on 1 sessions this UTA. The schedule of events are listed below. The seminars are open to all and will take place at Fannin Hall. If you wish to schedule a 1 on 1 at one of the times listed on the schedule please e-mail andrew.cole.2@us.af.mil with the day and time you would like. There are only 6 slots available so get your request in ASAP!

Saturday	
0830-0900	Build a Report Ready Bullet
0915-1045	Verbs, details, and reporting skills for life
1100-1200	Brown Bag Lunch: How to be 10% Happier
1200-1300	Write to Win
1315-1430	Your PRF
1445-1515	One on one session
1515-1545	One on one session
Sunday	
0830-0945	Your PRF
1000-1130	Verbs, details, and reporting skills for life
1145-1245	Brown Bag Lunch: Yellow sticky & 7 ways
1245-1315	Build a Report Ready Bullet
1330-1400	One on one session
1400-1430	One on one session
1445-1515	One on one session
1515-1545	One on one session

Fit to Fight MVPs

A1C Anthony Skillings
Unit: 513 MXS
Score: 99.7%



MSgt Lloyd Braden
Unit: 513 AMXS
Score: 99.4%

Vision: Experience, Expertise, Teamwork: Citizen Airmen employing diverse talents as game-raising mission partners

Welcome back for the November UTA!

By Col. Laurie Dickson
Commander, 513th Air Control Group

As the end of the year and the holiday months come upon us, I reflect on my favorite time of year. This will be the first year that my husband and I are empty nesters. It's exciting to have both of my girls away at college, but there is a sense of melancholy that comes with it. During the months of November and December, we should all set aside time for family and friends. Life goes by in a flash, savor the opportunities to create memories and remember to have fun but stay safe and drink responsibly.

I also want to remind you that the holiday party will be upon us in no time. Please consider attending and get your tickets purchased through your unit representative. Saturday, Dec. 1 is coming together and will prove to be a night to remember!

Also, with the fall months upon us and winter just around the corner, please remember to pay close attention to weather warnings for the possibility of inclement weather. Monitor the www.tinker.af.mil website, Tinker AFB Facebook (www.facebook.com/tinkerairforcebase) or Twitter (http://twitter.com/Team_Tinker) Your leadership will also follow closely all severe weather guidance posted by the Air Base Wing commander and pass on important information to you whenever possible, but be alert for overnight developments if threatening weather develops.

Finally, I will take this as an opportunity to mentor. I recently sat on a formal school board at Air Reserve Personnel Center and I want to share a few of my "take-aways" from the event. First, if you ever get the opportunity during your career to be a board member, take full advantage of it. Even as a well-seasoned commander, I always learn from my experiences and I use them as an opportunity to mentor those junior to me. My two main points:

1) If you are meeting any kind of board, make sure your OPRs/EPRs are up to date. It is your responsibility to ensure your records are current; the easiest



way to NOT get promoted or selected for a developmental education is to NOT have evaluations, decorations or current duty information in your records, so I ask that you review your records and ensure they're both accurate and complete. If you don't know how to do this, ask your orderly room for help; Helping Airmen is what they do best.

2) When selecting formal schools for consideration, don't limit yourself to just one or two. If there are eight schools you qualify for and you really want to go to a formal school, select ALL of them in the priority you want. Bottom line, the more choices you select, the better the chance you'll be selected for one of them.

I want all of you to excel in everything you do, to serve to the best of your ability and be proud of what you do every day you wear our uniform.

Have a great UTA! Thanks for all you do!
Col D

You're invited to the 513th Air Control Group's 2018

Christmas Celebration

Saturday, December 1st
6 p.m. – 11 p.m.
at Reed Center Sheraton

- ✦ Cash bar including 3 FREE kegs
- ✦ Game shown on a huge screen
- ✦ Custom OU cornhole set giveaway
- ✦ Prizes, prizes, prizes!

Enlisted:	Officer:
\$30	\$40

Reed Conference Center
5800 Will Rogers Road
Midwest City, OK 73110



**SLEEP NEED**

Most people, including Warfighters, need 7-9 hours of sleep to function optimally. Less sleep = lower performance.

**DEPLOYED WARFIGHTERS**

report getting only about 6.5 hours of sleep per 24 hours while deployed.

**SLEEP DEBT**

if you do not get 7-8 hours of sleep every 24 hours you build up a sleep debt. The more debt you have, the worse your performance will be, and it will take longer to pay it off.

**SLEEP LOSS**

For some aspects of performance, losing 4 or more hours of sleep can be similar to driving while drunk.

**PHYSICAL FITNESS**

People who are fit and active tend to sleep better.

**BRAIN**

In order to recover and perform the complex mental operations needed for military success, your brain must have sleep.

**ACCIDENTS**

Lack of sleep can lead to accidents such as motor-vehicle crashes, injuries, and fatalities.

**PERFORMANCE**

Some of your mental performance relies heavily on sleep, such as planning ahead, solving problems, managing change, assessing risk, acting appropriately and decisively under pressure, and staying motivated.

**WEIGHT**

Lack of sleep is linked to unhealthy food choices and weight gain.

**RELATIONSHIPS**

Sleep loss can make it harder to accurately interpret emotions and relate to others.

**AFTER DEPLOYMENT**

Some Warfighters report problems sleeping upon returning to the homefront.





SLEEP & WARFIGHTERS
DID YOU KNOW? SLEEP IMPACTS YOUR PERFORMANCE...

**REMEMBER – THE IDEAL COUNTERMEASURE IS TO AVOID ACCUMULATING A SLEEP DEBT IN THE FIRST PLACE!**

**BEST STRATEGIES**

**ENVIRONMENT**

Keep your sleep environment sleep-friendly—decrease noise and light, keep a comfortable temperature, and don't use electronics such as TVs, laptops, iPods, or mobile devices.

**PRE-SLEEP WIND-DOWN**

Start to wind down about one hour prior to sleep—stop using electronics and start using sleep preparation techniques such as light reading or meditation.

**WAKE UP**

At the same time every day, even on your days off.

**NEXT BEST**

**STRATEGIC NAPS**

So long as you actually sleep—not just doze—during a nap, you accumulate benefit and pay off your sleep debt. Naps of any duration are good—sleep as long as you can, as often as you can, to avoid sleep debt. The known benefit of sleep far outweighs the small risk of impaired performance ("sleep inertia") that occurs 5-90 minutes upon waking. Naps at any time of day or night are good—but it's easiest to fall asleep and stay asleep for a nap at these three times of day:

- Around your normal bedtime (for example, 2300 h)
- Around your normal wake-up time (for example, 0700 h)
- In the early afternoon (for example, 1300-1400 h)

**IN A PINCH**

**CAFFEINE**

Though it does not replace sleep, caffeine is an effective tool to temporarily maintain mental performance when you can't get enough sleep.

**CAFFEINE GUM**

Caffeine gum can minimize sleep inertia and can be used to maintain some aspects of cognitive performance during sleep deprivation. FM 6-22.5 Chapter 4 Table 4.1 gives specific guidance on using caffeine in these situations:

- Night work
- Acute (1-2 nights total) sleep deprivation
- Restricted sleep

**AVOID THESE**

**ALCOHOL**

before bedtime may make you feel drowsy but it actually impairs sleep—and increases sleep debt.

**EXCESS CAFFEINE**

promotes wakefulness and disrupts sleep. Stop caffeine at least 6 hours before bedtime. Avoid drinks containing caffeine in excess of guidance provided in FM 6-22.5.

**SLEEP AIDS**

Avoid over-the-counter sleep aids unless using them under the guidance of a sleep specialty physician.

**HPRC**
HUMAN PERFORMANCE RESOURCE CENTER | HPRC-ONLINE.ORG
For more information on sleep optimization, visit the Human Performance Resource Center online at HPRC-ONLINE.ORG and click on **MIND TACTICS**.

One more for the road?

Energy drinks and YOU!

By Master Sgt. Andy Stephens
513th Air Control Group Public Affairs

513TH NEWS

**CAFFEINE & PERFORMANCE**

If needed, you can use caffeine to boost your mental & physical performance in certain situations. If you're going to use it, here's how:

Use up to **200 MG** as follows:

ENDURANCE PERFORMANCE (more than 60 minutes of continuous activity)
30-60 MINUTES before activity

MENTAL PERFORMANCE
30-60 MINUTES before task

RESTRICTED SLEEP (less than 6 hours of sleep in 24 hours)
1 DOSE ON AWAKING Re-dose every 3-4 hours only as needed

NIGHT SHIFTS WITH DAYTIME SLEEP
30-60 MINUTES before start of shift. Re-dose every 3-4 hours only if needed.

SUSTAINED OPERATIONS (no sleep in 24 hours)
1ST DOSE AT MIDNIGHT Re-dose every 3-4 hours only as needed. Use during daytime hours only if needed.

HOW MUCH IS 200 MG OF CAFFEINE?
(SERVING SIZE • AVERAGE AMOUNT OF CAFFEINE IN ONE SERVING)

BREWED COFFEE
(8 FL OZ/1 CUP • 95 MG)



INSTANT COFFEE
(1 TSP • 31 MG)



ESPRESSO
(1 FL OZ/ONE "SHOT" • 63 MG)



BREWED GREEN TEA
(8 FL OZ/1 CUP • 28 MG)



BREWED BLACK TEA
(8 FL OZ/1 CUP • 47 MG)



COLA
(12 FL OZ/1 CAN • 33 MG)



CITRUS-FLAVORED SODA
(12 FL OZ/1 CAN • 53 MG)



ENERGY DRINKS
(16 FL OZ/1 CAN • 160 MG)



RATION ITEMS

COFFEE (FREEZE DRIED)
(1 PACKAGE • 80-100 MG)



MOCHA FIRST STRIKE BAR (MINI)
(1 BAR • 110 MG)



CAFFEINATED CHOCOLATE PUDDING
(1 CONTAINER • 200 MG)



CAFFEINATED GUM
(1 PIECE • 100 MG)



CAFFEINATED MINTS
(1 PIECE • 100 MG)



DIETARY SUPPLEMENTS

Caffeine content varies. Check the product label for the amount of caffeine in each serving, IF AVAILABLE. Also look for other sources/names of caffeine, such as yerba maté, green tea, cacao, kola nut, guarana, caffeine anhydrous, and trimethylxanthine.

CAFFEINE TIPS

- Avoid consuming caffeine 4-6 hours before bedtime.
- Do not exceed **800 MG** caffeine per day.
- Consider ALL sources of caffeine in your diet, including foods, beverages, and dietary supplements (not limited to the items listed above).
- Caffeine can temporarily improve performance. It is not a substitute for sleep.

**USU**
Utah State University

**CHAMP**
Caffeine, Health, and Mind Performance

**OPSS**
OPERATION SUPPLEMENT SAFETY | OPSS.ORG

Mission: To provide combat-ready AWACS Citizen Airmen to Fly, Fight & Win

Vision: Experience, Expertise, Teamwork: Citizen Airmen employing diverse talents as game-raising mission partners

School Daze

How to navigate the world of academic finance

By Master Sgt. Andy Stephens
513th Air Control Group Public Affairs

Who wants free money? In the world of academic finance – how each of us musters funds to pay for college for either ourselves or our loved ones, such things actually do exist. With recent changes to the Yellow Ribbon program and extensions for an additional 24 months of Post-9/11 GI Bill educational benefits, the opportunities for uniformed servicemembers and veterans to attend college courses continue to expand. Free money exists – provided one knows where to look.

FAFSA – Free Application for Federal Student Aid
The FAFSA is a form prepared annually by current and prospective college students to determine their eligibility for student financial aid. It’s a separate paperwork process from college admissions or entrance tests, but what many don’t realize is that these funds are separate and unaffected from Post-9/11 GI Bill educational benefits.

“Title IX funds don’t affect your VA benefits,” said John Carmac, senior veterans education specialist at Rose State College, a community college outside Tinker AFB, OK. “The VA is the last payer for education costs, paying what’s left after ev-

everything else pays out.” Financial aid is substantial these days for those who qualify. In the case of Oklahoma-based colleges, there’s an Oklahoma Tuition Assistance Grant (OTAG) of \$1,000, divided into two \$500 amounts for the fall and spring semester. However, there is also a Pell Grant of \$6,095, if a full-time student (defined as 12 or more credit hours per semester). Using RSC as an example, many junior and community colleges are more affordable and have smaller class sizes than larger four-year institutions, allowing students to maximize financial aid resources. As an example, for School Year 2018-2019, a three-credit course at RSC costs \$431.85. When courses are more affordable, it may be more advantageous for an Airman to use the FAFSA to subsidize undergraduate college spending and save the Post-9/11 GI Bill for later in their college career.

“The best thing a student can do is complete the FAFSA by the end of November,” said Steven Daffer, Director of Financial Aid at RSC. “This year, the FAFSA will ask for data from your 2017 tax return – meaning 2016 wages and expenses. By using the prior-prior year to college enroll-

ment, the paperwork is easier for everyone involved.” Daffer also mentioned that the Pell Grant can be applied throughout the year, even if paperwork arrives in mid-January. If a student was enrolled in the fall semester and continues to be enrolled in the spring, the Pell can be applied retroactively for the fall. However, if the student isn’t enrolled in the spring, the Pell cannot be applied retroactively. The OTAG is disbursed on a first-come, first serve basis; Daffer said once OTAG runs out of money, there is no second chance for that school year. “The one thing all Airmen need to understand about the FAFSA is they will have a worksheet to complete that includes non-taxable income and assets,” said Daffer. “Their 401K and tax-exempt interest deductions aren’t included, but allowances for housing and subsistence are. Airmen who live on a military base are at an advantage as the value of the on-base housing isn’t calculated against them.”

Post-9/11 GI Bill changes benefitting reservists
The Harry W. Colmery Veterans Educational Assistance Act, also known as the “Forever GI Bill,” was signed into law on August 17, 2017, and brought significant changes to Veterans’ education benefits over the next few years. Beginning on Aug. 1, 2018, the law authorizes service by Guard and Reserve members under 10 U.S.C 12304a and 12304b to receive Post-9/11 GI Bill benefits. An individual en-

titled to educational assistance as a result of this section was authorized to use such entitlement to pursue a course of education beginning on or after August 1, 2018. This applies to service in the Armed Forces occurring on or after June 30, 2008. According to the VA, the law also removes the time limitation for the use of Post-9/11 GI Bill benefits for individuals whose last discharge or release from active duty is on or after January 1, 2013, children of deceased Servicemembers who first become entitled to Post-9/11 GI Bill program benefits on or after January 1, 2013. All others remain subject to the current 15-year time limitation for using their Post-9/11 GI Bill benefits. The time that a Reservist was ordered to active duty to receive authorized medical care, to be medically evaluated for disability, or to complete a Department of Defense health care study on or after September 11, 2001, now counts as active duty toward eligibility for the Post-9/11 GI Bill.

Extra Post-9/11 GI Bill benefits for STEM in FY 19
Beginning on Aug. 1, 2019, the VA will provide up to nine months of additional education benefits to individuals have or will soon exhaust their entitlements of the Post-9/11 GI Bill program. These individuals have to apply for the assistance, as the extension isn’t automatic, but must also be enrolled a post-secondary degree in a STEM-related field (STEM stands for Science, Technology, Engineering

and Mathematics). The degree must come from a nationally accredited school to qualify. The VA states that the range of qualifying STEM coursework is diverse, ranging from biological, biomedical or physical science to computer and information science and support services; from mathematics or statistics to engineering-related fields; from health professions and medical residency programs to agriculture and natural resources science program. The VA has a list of several subjects and fields identified by VA as meeting national needs. As college credits for undergraduate degrees can carry over to other institutions – and sometimes, even within the school itself when crossing academic disciplines (i.e., Political Science to Engineering), the nine month extension allows for substantial benefits to continue. The true strength, however, may be in using the nine-month extension for one’s graduate degree, as a Master’s Degree is often approximately 30 credit hours. For more details on your education and planning needs, every college and university has a veterans assistance specialist and financial aid department available to help. Start planning for your degree now, maximize your benefit and hit the books!

THE FAFSA® PROCESS

Each year, the federal government provides more than \$150 billion in financial aid (grants, work-study, and loans) for college or career school. To apply for this aid, you must complete the Free Application for Federal Student Aid (FAFSA®). Also, state governments and many colleges and career schools use your FAFSA information to award you their aid.

DID YOU KNOW?

Some schools won't consider you for merit scholarships (scholarships based on academic achievement or other talents or skills) until you've submitted a FAFSA, so complete one even if you think you won't qualify for federal aid.

RELAX!

The FAFSA is designed to be simple to fill out. Tips throughout the application help you understand the questions. Most people finish filling out the FAFSA in less than half an hour!

PREPARING FOR THE FAFSA®

The FAFSA process is quicker and easier when you have a username and password called an FSA ID. (If your parent is providing information on your FAFSA, he or she will need his or her own FSA ID as well.) Learn more about the FSA ID and how to create yours at [StudentAid.gov/fsaid](#).

GATHER THIS INFORMATION

The FAFSA asks questions about you and your finances, so have the information below handy.

Social Security number

Alien registration number

Federal tax information or tax returns

Records of untaxed income

Cash, savings, and checking account balances

Investments other than the home in which you live

DON'T HAVE ALL YOUR INFO READY YET?

That's okay, you can start the FAFSA, save it, and come back later to finish it. (To find out whether you need to report info about your parents, visit [StudentAid.gov/dependency](#).)

FILLING OUT THE FAFSA®

SUBMISSION OPTIONS

Electronic form (fill out at [fafsa.gov](#))

Mail-in application (download PDF at [fafsa.gov](#) or order a printed PDF at [www.edpsubs.gov](#))

Electronic submission by your college or career school (ask if they can submit the FAFSA for you)

MEETING FINANCIAL AID DEADLINES

Each state and school has its own FAFSA deadline. Check a college's or career school's deadline on its website or by calling its financial aid office. Most state deadlines are at [fafsa.gov/deadlines.htm](#).

DID YOU KNOW?

You may be able to retrieve and transfer tax information into the form automatically using the Internal Revenue Service Data Retrieval Tool (IRS DRT).

October in Review



LEFT: Congratulations to Senior Airman Alisha DiPilla, a recent reservist convert from the 552nd Operations Support Squadron, who re-enlisted into the 513th Operations Support Squadron as an intelligence analyst during the October UTA. (Courtesy Photo)

BELOW: Gen. Mike Holmes, commander of Air Combat Command, pauses for a photo with Col. Laurie Dickson, 513th Air Control Group commander, and Col. Geoffrey Weiss, 552nd Air Control Wing commander, after a visit to the 513th's facility on Nov. 1.



Don't forget! Daylight Savings ends at 0200 on Sunday morning, so make sure your clocks are set back an hour and enjoy the extra hour of sleep! (Courtesy Image)