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THE



# COYOTE LOG

## Protect yourself on social networks

By Airman First Class Clare Cooney

190th Communications Flight

*Editor's note: February is information assurance month and the Communications Flight has prepared a number of articles to protect you at home, work and even on the go.*

Social networking sites have become a central part of our everyday life. People are constantly sending updates about everyday things via the Internet for anyone and everyone to see. It is important that we do not grow complacent and overlook the potential hazard that these sites can also have. Although social networks are mainly used for entertainment purposes, identity thieves can use them to steal valuable information that could cause extensive and irreparable damage. However there are proactive steps that can be taken to ensure that your social networking experience is a safe one.

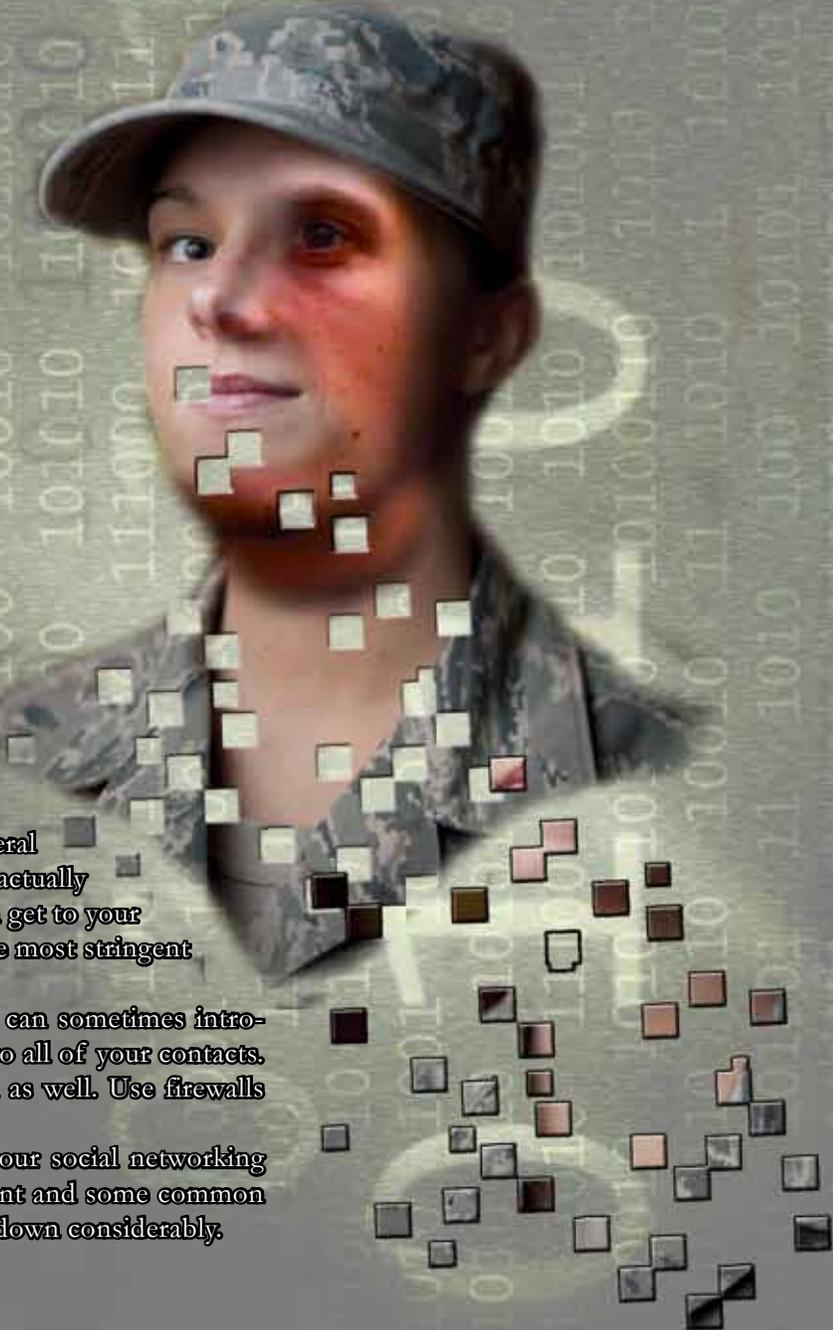
Certain information can compromise your personal safety. Posts that may seem harmless such as your location, schedule, saying you're on vacation, phone number, address or even photographs can put you at risk.

Geotagging is a feature that attaches a location to a photo or other media. It's probably not a good idea to let people know you are away from home making it an easy target. This feature can be disabled within the device or blocked with third party applications.

Take advantage of the privacy settings provided by the site to regulate who sees your information. As a general rule only share personal information with people you actually know and can trust. Just remember, a skilled hacker can get to your information even if you have your privacy settings at the most stringent level.

Sharing links and downloading certain applications can sometimes introduce and spread viruses to your system and potentially to all of your contacts. Third party applications such as games can be harmful as well. Use firewalls and anti-virus software to make this less of a hazard.

Education and awareness are the keys to making your social networking experience a fun and safe one. So use your best judgment and some common sense. Your potential as a target for cyber crime will go down considerably.



# Continuous self-reflection

By Maj. Chris Hill

Commander, 190th Communications Flight



As a new commander I was “lucky” enough to be assigned the Commander’s Comments within my first month on the job. I used to find humor in assigning this to all of the new commanders. For some reason it has lost some of its humor now that I am on the other side of that table!

As I began to consider what I could discuss in this column I decided to focus on a subject that I find interesting and beneficial - continuous self-reflection – in other words, we are generally evaluated (on a formal basis) once or twice a year, but we should be consistently evaluating ourselves.

I did some research on this topic and specifically on management expert Peter Drucker. He states “unless commitment is made, there are only promises and hopes... but no plans.” We must commit to improving ourselves on a daily basis.

This past weekend I had the opportunity to celebrate a birthday of one of my relatives - his ninetieth birthday. As we had dinner (he ate an entire ½ rack of ribs and a side order of fries by the way) and discussed current events he shared with me some of his stories about his service in Europe during WW II. He referenced one of the many books he is currently reading about the war. At 90, he is continuing to grow and learn – which is perhaps why he was celebrating his 90th in the first place!

As we look to improve, one technique we should consider is a process known as “critical self-reflection.” This process is essentially asking yourself tough questions, challenging yourself and allowing you to clarify how you want to live. One technique many people use to self-reflect is a process known as journaling. To be clear, this is not you writing down your daily activities and what you ate for lunch, it is more like the exercise that Dr. Doogie Howser went through

each evening as he processed his day as a 16-year old physician facing the problems of a teenager.

The process of journaling is your opportunity to self-reflect on the insights and things you noticed through the day. Ask yourself: What did I notice today? After doing this for a few weeks, you’ll probably notice some patterns and trends in your behavior and interactions with fellow employees, family, etc. What positive patterns emerge? What patterns would you like to change?

As you take the time to reflect on your insights and patterns of behavior consider some of the following self-reflection questions:

- **What do I really want?**
- **What are my most important values?**
- **When am I at my best/worst?**
- **What am I avoiding or resisting?**
- **What am I most grateful for?**
- **What am I settling for?**

This journaling process can also provide additional tools to ensure we are considering the correct items on our official appraisals. As we build our appraisal plans it is an opportunity for us to ask ourselves “What do I hope to achieve in this particular area?” As you review your performance plans along with your journaling, you may come to the conclusion that you need to refocus your efforts. This point may never be realized without taking the time to self-reflect.



## 190 ARW Officer Vacancy



The 190th ARW has a traditional Public Affairs Officer position open to O-1 through O-2 and enlisted members eligible for commissioning. If you are interested, submit your package to Capt. Joe Blubaugh by March 4, 2012.

### Officer Package consists of:

- Resume with cover letter
- Three letters of recommendation
- Last OPR (if applicable)
- Current passing fitness assessment
- Current RIP

So what will this exercise do for you and your ability to do your job and complete the mission of the 190th? This exercise in self-reflection will allow you to potentially accelerate your personal development, improve your performance and effectiveness in your job as well as lead to a potential for dramatic personal growth. Continuous self-reflection is how we fill in the gaps between the official appraisals.

Keeping these points in mind as we evaluate our employees and perhaps more importantly, as we evaluate and reflect on our own performance, will allow us to continually improve. Those that are the most successful are those that never stopped learning or growing. Continuous self-reflection is one tool we can use to ensure we never stop growing.

### Coyote Log Staff

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Commander, 190th Air Refueling Wing

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# Password protection tips

**By Airman First Class Clare Cooney**  
*190th Communications Flight*

Password protection is as important in this age as home security is. Hackers are working day and night to steal people's identities, social security numbers, bank account information, etc. One of the most important things you can do to protect yourself from cyber-crime is a strong password.

A strong password requires two essential components: complexity and length. Ideally, a password should be 8 to 16 characters in length, and includes letters, numbers and special characters.

Here are some tips for coming up with a strong password. The more variety of characters you write in your password, the better. Be sure to use the entire keyboard, not just the most commonly used letters or characters. Come up with a password you can remember. Include numbers which have special meaning to

you, and test the strength of your password with a password checker online. Another option is the use of a passphrase. A passphrase is a sequence of words or other text, instead of a series of selected characters. Passphrases are usually longer than passwords and are considered more secure.

Hackers use highly advanced technology to rapidly decipher passwords. To avoid having a password which can be easily cracked, there are pitfalls which should be avoided. When you create your password, avoid using dictionary words in any language. Do not use words spelled backwards, common misspellings, or abbreviations. Common sequences or repeated characters should not be used in your password. Lastly, keep personal information out of your password. This could include your name, birthday, address, driver's license and similar infor-

mation. Follow these tips and you'll be running a much lower risk of becoming a victim of cyber-crime. Also, install a reputable anti-virus security system on your computer to prevent key logging viruses, and keep your account information private.

There are ways you can lower your risk of having your personal information compromised by a stolen password and here are a couple of them. First, never use the same password for different accounts. Hackers and key loggers steal passwords on low security websites and attempt to use that password and username for other accounts, such as your online bank account. Second, make sure you change your passwords regularly. It is advisable to keep a habit of changing your email, banking, and credit card passwords every three months or so to lower the risk of having your password stolen.

# Don't be a victim of identity theft

**By Senior Airman Tony Blubaugh**  
*190th Communications Flight*

Identity theft occurs when someone uses your name or personal information without your permission, such as your social security number, driver's license number, password, or credit card number. Here is an example of an identity theft attack:

You receive an e-mail message that appears to be from your Internet Service Provider (ISP). They need to update your information on file and ask for your name, credit card number, bank ac-

count number, and username/password. When you look at the message closely, you realize that neither the reply address nor the web site listed in the message are actually those of your ISP. This is an identity theft attempt! Legitimate banks, businesses, and service providers will never request your personal information through an e-mail message.

Here are some steps to help prevent identity theft. Besides always protecting your hardware from being stolen, your second best defense is to safeguard your personal information and login pass-

words.

- \* Never give your password to a public or third-party system (e.g. Blackberry RIM, Hotmail, Gmail).
- \* Never share passwords or personal information with anyone, not even your colleagues.
- \* Shred documents containing sensitive information before you discard them.
- \* Don't share your personal information with unknown persons or companies.

These simple steps can help prevent you from becoming a victim of identity theft.

# 190th to hold first 'Spring Military Formal' in March

The 190th Air Refueling Wing will host its first annual Spring Military Formal on March 3, 2012. The event will be similar to the annual Dining Out, which will now be held every other year in a rotation with the military formal.

The formal will include a social hour, meal and dance, but will not include many of the formalities of the Dining Out including the grog bowl and formal speaker.

Current and former 190th members and Kansas Guard members are invited to attend.

Tickets:	
E1 - E6	\$20
E7 - E9	\$25
O1 - O3	\$25
O4+	\$30



190<sup>th</sup> ARW Spring Military Formal

Ramada Inn  
Downtown  
420 SE 6th St.

March 3  
2012

Social-1800  
Dinner-1915  
Dance-2030  
End-2330

Civilian prices are the same as their military escort

The poster features a central graphic of a blue circle with a white star, flanked by red and white horizontal stripes, all within a blue-bordered box.

## File your taxes free and get free tax assistance

Military OneSource is once again offering a free, electronic tax filing service. If you are eligible under the Military OneSource program, you can complete, save, and file your 2011 federal and up to three state returns online free with the H&R Block At Home tool.

To access this free version of H&R Block At Home, you must start your return from the Military OneSource H&R Block At Home link located on the Military OneSource Website.

Once you click the link you will be required to log in to Military OneSource. From the login page you will be directed to a site containing additional information on tax preparation, including the link to the Military OneSource free H&R Block At Home service.

Free Income Tax Assistance is being offered for members of the mili-

tary, employees of the Adjutant General's Department and retirees. The service is being provided by Shawnee County Extension Office.

The volunteer tax assistors are available every Tuesday through the tax season from 9:00 a.m. to 3:00 p.m. in the Nickell Armory of JFHQ in Topeka.

Taxes will be done on a walk-in, first-come, first serve basis. They will accept no walk-ins after 2 p.m.

The volunteer tax assistors will only prepare federal income tax returns and state returns, including the food sales tax credit and homestead credit.

Please bring the following information with you when so the volunteers can complete you tax returns.

1. A copy of your 2010 tax return, if you have one.
2. Birth dates and verification of social security number for the taxpayer, spouse and any children in the household born

before Dec. 31, 2011.

3. W-2 forms from all 2011 jobs.
4. 1099-G form, if you received unemployment insurance benefits or a state refund in 2011.
5. 1099-INT, if you received interest paid by a financial institution in 2011.
6. All other 1098 and 1099 forms.
7. Any statements received from a mortgage company for 2011.
8. Any notices sent to the worker by the IRS in 2011.
9. Workers with Individual Taxpayer Identification Numbers (ITINs) should bring the ITIN card sent to them by the IRS.
10. W-2 G Gambling Income.
11. 2011 Property Tax Form OR name of landlord, address and phone number if claiming the Homestead Credit.
12. Voided check or savings account number where a refund will be direct deposited.

## EASTER EGG HUNT

When: Sunday March 4th

Time: 1400-1600

Where: Between building 670 and 673

Hop on over and join the fun!!



# Protecting your smartphone from hackers

**By Master Sgt. Cliff Kane & Tech. Sgt. Juana Hernandez**

*190th Communications Flight*

Do you want to stop criminals or Big Brother from accessing the data on your smartphone? Unfortunately, you probably can't stop determined experts from getting into your phone. However you can put up some deterrents that will slow them down and most likely stump the average person from accessing your data.

First, lock it down by enabling password protection. This can be accomplished by using a pass code, password, PIN, or even a biometric unlock pattern; whichever is available on your phone. This is your first line of defense.



Second, button it up with encryption. If your phone supports encryption, take advantage of it. This is a great way to safeguard your data. Your phone may not have built-in encryption but there are third-party apps that can protect your data. Keep in mind your phone may not support an encryption option, especially if it's an older model.

Third, use remote wipe if possible. If your phone is lost or stolen, and if your phone allows it, this final option automatically wipes your data after a few failed password attempts. Should anyone be guessing your password your data will be automatically deleted after a few tries. A word of warning; the data gets deleted whether it's a criminal or law enforcement, or a toddler playing with your phone.

Now that your phone is protected from physical intrusion, let's look at malware and viruses. Just as malware is a constant threat against computers, it can also be a threat to mobile devices. Some apps can contain malware and be easily downloaded by an unsuspecting user.

A recent source of malware is from QR codes. QR codes, short for quick response, are little black and white pixelated squares and can easily be scanned by using a reader app. QR codes are be-

coming more common and are located anywhere from magazine and newspaper ads, to retail circulars, to product packaging. Malware can easily be embedded into apps and QR codes giving access to personal information or racking up charges on your cell phone bill. Apps and QR codes should be reviewed and come from a trusted source before downloading or scanning onto your devices.

Anti-virus software is a tool used to secure our networks at work and home and apps are being created to secure our mobile devices. Security apps such as Lookout can scan your device for malware, backup personal information, locate a missing device and restore or wipe data. Lookout and other security apps can be a valuable tool for protecting personal information stored on your mobile device as well as locating or wiping data on a lost or stolen device.

Remember to take security on your smartphone as seriously as you do with your home computer. Keep it physically secure. Don't download apps or files from people you don't trust. Be wary of any links or files embedded in text messages. Be aware that any file you download to your phone has the potential to be infected.

# Protect yourself from computer viruses

**By Master Sgt. Doug Hickman**

*190th Communications Flight*

Viruses are a major threat to your computer, and in turn to your identity. It is critical that you take the time to install anti-virus software on every personal computer you own. Anti-virus software can identify and block many viruses before they can infect your computer. But once you install anti-virus software, it is important to keep it up to date.

Although details may vary between programs, anti-virus software scans files for certain known patterns that may indicate an infection. The patterns it looks for are based on the signatures, or definitions, of known viruses. New

or modified viruses are continually being released so it is important that you have the latest definitions installed on your computer. You should let your virus program updates its virus definition files automatically, on a daily basis.

Once you have installed an anti-virus package, you should scan your entire computer periodically with an automatic or manual scan. Set up a scan to run every night while your asleep, or during the day while you're at work.

Each package has its own method of response when it locates a virus, and the response may differ according to whether the software locates the virus during an automatic or a manual scan.

Home use antivirus is available for FREE from [www.disa.mil](http://www.disa.mil).



# —Portrait of an Airman

## Senior Airman Matthew Greene



**Organization:** 190th Civil Engineering Squadron

**Job Title:** Structural Journeyman

**Main Responsibilities:** Building maintenance, welding, roofing, tile work, flooring, sheetrock, painting, carpentry, locksmith work, concrete work.

**Civilian Career:** Student

**Education:** Enrolled at Washburn Technical College.

**Military Experience:** Deployed to Afghanistan, Haiti and Cuba.

**Hobbies/Activities:** I enjoy spending time with family and friends.

**Goals/Ambitions:** Graduate from school and establish a career in the construction business.

**Most Memorable 190th Moment:** Being deployed to Haiti after the earthquake.

## —Vulnerability assessment team to visit Forbes Field

**By Mr. Gary Wadley**  
*190th Antiterrorism Officer*

Wow, how time flies. It has already been three years since our last Higher Headquarters (HHQ) Vulnerability assessment. AFI 10-245 mandates the 190th ARW conducts a vulnerability assessment annually, with HHQ assessing every third year.

This year, we will have the Joint Staff Integrated Vulnerability Assessment (JSIVA) teams assessing us. The membership of the JSIVA team comes from all branches of U.S. military with some civilian experts.

JSIVA will be at Forbes Field April 15-20, 2012, to assess the 190th on potential vulnerabilities that terrorists groups could exploit. This is an assessment, not an inspection. There are no green, red or yellow ratings.

The JSIVA team will simply identify potential vulnerabilities or concerns and provide us with recommendations to alleviate them.

The JSIVA team will assess several areas of the base during their visit. Civil Engineering, Communications Flight, Contracting, Finance, Transportation, Security Forces, Antiterrorism Office, EET and Fire will garnish most of their attention. Don't relax if I failed to list your shop as the team will assess practically all areas on the installation.

Even though this is technically not an inspection, we should respond with an inspection mindset and put our best foot forward like we always do. Over the years the 190th ARW has always exceeded expectations and I expect the same when the JSIVA teams

are here. I have no doubt we will be the Standard of Excellence we always strive for.



### COYOTE BRICK

Show your unit pride by purchasing an engraved brick to create a walkway around the B-57 or KC-135 displays at the Kansas National Guard Museum. Bricks are \$20 and available from the First Sergeant Council.

# For Your Information

## Promotions

### SENIOR AIRMAN

Erech J. Doviak, SFS  
Kyle J. Schmick, SFS



### TECHNICAL SERGEANT

Joseph A. Werick, CF



### MASTER SERGEANT

Ronald L. Jackman, OG  
Francis W. Zeller, Jr., SFS



## Church Services

All services are in building 662, third floor next to the Starbase classroom on Sundays of the UTA.

Protestant @ 8 a.m.

Church of Latter Day Saints @ 11 a.m.

Catholic confession @ 1:30 p.m.

Catholic mass @ 1:45 p.m.

## Satellite NCOA Course at Forbes

A Satellite NCOA course will be offered March 12 - June 27, 2012. The home station training portion will be at Forbes Field on Tuesdays and Thursdays from 1700-2100 March 12 - June 8, 2012. The in-residence portion is at McGhee-Tyson June 11 - 27, 2012.

To sign up for this course, you will have to commit to the entire program and will not be allowed to miss any of the training.

Please contact your Unit Training Manager to sign up for this class.



## Outstanding Performers

SSgt. Dustin Pieschl scored a 94 percent on 2A675N CDC.

A1C Travis Bryan was named the Top Graduate from the Aircrew Flight Equipment Apprentice Course that graduated Dec. 20, 2011.

## Appointments/Enlistments

AB Alma Garcia-Valencia, FSS  
Enlistment/Assignment Date: December 18

AB Broc Driskell, LRS  
Enlistment/Assignment Date: December 20

AB Horacio Gonzalez-Rodriguez, LRS  
Enlistment/Assignment Date: December 22

AB Briell Howbert, LRS  
Enlistment/Assignment Date: December 1

AB Tyler Johnson, LRS  
Enlistment/Assignment Date: December 15

AB Riley Ogle, LRS  
Enlistment/Assignment Date: December 14

AB Chancellor Orton, LRS  
Enlistment/Assignment Date: December 2

A1C Paul Webber, MXS  
Enlistment/Assignment Date: December 16

SRA Keri Christian, MDG  
Enlistment/Assignment Date: December 22

MSG Tracy Kelly, MDG  
Enlistment/Assignment Date: November 22

2LT Cortney Neblett, MDG  
Enlistment/Assignment Date: December 2



## "Friends of Forbes" Wingmen taking care of wingmen

The Friends of Forbes program continues to be a success. Two DUIs were prevented in the month of December with our last DUI being in October 2011. As of January 17, 2012, we are 82 days without incident!! Remember if you have had one or one too many call 861-HOME (4663) for a safe FREE ride home.

Anyone can make donations to the Friends of Forbes account at the Kansas Air Guard Credit Union. Help keep this program going strong.

**There will be a Wing Commander's Call at 0800 on Saturday, March 3, in Building 662. All families and retired members are invited to attend.**

## Retirements

SMSgt. Keith Guffy, JFHQ  
Retirement Date: December 30, 2011

MSgt. Larry Kaufman, 117 ARS  
Retirement Date: November 30, 2011

MSgt. Michael Shire, AMXS  
Retirement Date: January 1, 2012

MSgt. Kevin Nutter, CF  
Retirement Date: January 12, 2012

## Coyote Grill February 2012 Menu



### Saturday, February 4

Chicken parmesan, chicken Alfredo, Alfredo sauce with noodles, mashed potatoes, O'Brien potatoes, green beans, carrots, rolls, grilled chicken, sweet potato fries, brownies and angel food cake

### Sunday, February 5

Fried chicken, baked ham, macaroni and cheese, new potatoes, fried okra, broccoli, chicken gravy, rolls, vegetable soup, grilled chicken, sweet potato fries, cake and brownies

## New Dining Facility Schedule

The following list is the Dining Facility meal schedule for units assigned to the 190th ARW & JFHQ:

1030 - MXG (B)/MDG

1100 - CE/CF/WF

1130 - LRS, OG

1200 - MXG (A)/JFHQ

1230 - Wing HQ/SFS/MSG

# Coyote Heritage



Happy Birthday to all Kansas Coyotes, past and present. On February 23, 1957, the 117th Fighter Inceptor Squadron was chartered in Hutchinson, Kansas. This month marks the 55th birthday of the unit we now know as the 190th Air Refueling Wing. And, while 55 years isn't a lot in some terms, the amount of history that the unit has managed to cram into those years is very considerable indeed.

The poster shown here was printed in the Hutchinson newspaper sometime in January or February of 1957, urging young men to join up with the new unit that was coming to town. Joining the new unit might have been quite attractive

to some as it was an option to the draft that was still occurring that year. It is also interesting that the ad only asks for young men – women were not expected to join the military. Times change, but what doesn't change is the incredible amount of accomplishments that the 190th is adding to its already glorious history.



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



The Coyote Log  
190th ARW Public Affairs  
5920 SE Coyote Drive  
Forbes Field (ANG)  
Topeka, KS 66619-5370  
OFFICIAL BUSINESS

FIRST CLASS  
MAIL  
US POSTAGE  
PAID  
PERMIT NO 171  
TOPEKA KS

**Moving? Don't forget to update your address:  
Military Members: visit vMPF to update your address.  
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:**

