

THE

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Air Force Outstanding Unit

2008, 2011 & 2013 Distinguished Flying Unit



COYOTE LOG



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190th ARW: An awesome team

By **Col. Ron Krueger**

Commander, 190th Air Refueling Wing



Coyotes,
This article will be my last “Commander’s Comments.” I most definitely have mixed emotions as I leave the greatest team I have ever had the privilege to be a part of. You are a world class team whose dedication, hard work and professionalism have made excellence our standard. The Coyote family is a wonderful group of people and you have treated me and my family very well - better than I could have asked for. You have shown me as well as each other a tremendous level of dignity and respect that I have come to embrace as the way we do things. I don’t take it for granted but I have come to expect it. I ask you to remember this great culture of respect will exist only so long as you understand and work to encourage it. As part of my effort to do that, my last “Commander’s Comments” focused on humility. C.S. Lewis famously said “Humility is not thinking less of yourself, but thinking of yourself less,” or in different words, thinking of others more.

We should be proud of who we are and what we do, but we should spend more time on our encouragement and service to others to keep a healthy team environment that continually improves and ultimately executes the mission in the most effective way possible. Throughout my career, I have continued learning how to serve others better and have had the opportunity to do that in positions of increasing responsibility in jobs that I have enjoyed. I hope you will find ways to increase your service, whether in the military, your community, your church, or within your own family. You will find the rewards are treasures that will last.

I will be spending more time serv-

ing my family and in my community and hope to have the privilege to serve with other great teams in the future. I will always look on my time with the Coyotes as the benchmark for what service and teamwork should be.

We certainly have some challenges in the future for the 190th, for our entire Department of Defense and nation for that matter. It would be easy for us to worry about seemingly insurmountable obstacles like future defense budgets or the prolonged efforts to defeat terrorism around the world. We don’t want to ignore these realities, but we need to focus on the things that are within our control.

Let me leave you with three recommendations and a challenge. First of all, have faith in your Creator. God, who made us, has a plan for our lives that we cannot fully comprehend, but we can trust in Him. Secondly, have faith in yourself and your wingmen. I have seen what you are capable of. Although we all make mistakes, when we pull together we are an awesome team with consistently impressive results and mission execution that

is outstanding by any measure. Finally, have faith in your leadership. Although leaders make mistakes too, you have one of the finest leadership teams in the Air National Guard. I have faith and confidence in them because I know how much they care about you. Your new leadership under the command of Col. Frantz will bring fresh energy and great ideas with continuing emphasis on core values and commitment to take care of the airmen, employees, and families of the 190th Air Refueling Wing.

My challenge to you is to hold strongly to the Air Force core values: integrity, service, excellence, and strive for our Wing goals: credible and courageous leadership, inclusive team-oriented culture, increase our value to community, state and nation.

Thank you for your service and for letting me be a part of this awesome team.

Coyote Log Staff

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On the cover:

Tech. Sgt. Joshua Holloman explains the sighting process to Senior Airman Adam Gilfillan during the March Unit Training Assembly. (Photo by Master Sgt. Allen Pickert)

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Take control of your online PII

By Tech. Sgt. Jake Meyer

190th Public Affairs

Every day you see someone using their phone to check Facebook, jumping online to tweet their latest thought or surfing the web to pass time. With each passing day we integrate the Internet more into our lives, and with this comes a bigger risk of being doxed.

Doxing is the process of releasing Personal Identifiable Information (PII) for the use of hacking, social engineering, cyber-vigilantism, hacktivism and social justice. Recently, doxing has been used for either social justice or hacking.

Social justice typically uses the information to find out where a target works. Then they release the work information to their followers, who spam call the target's work to either harass the company or to

try to get the target fired.

Here's an example: a Twitter user told her followers she had Post Traumatic Stress Disorder (PTSD) from using Twitter. She then used doxing to contact commanders or bosses of active and retired veterans for questioning her PTSD.

Hacking is likely the most popular version of doxing. It is done in private, and the doxer starts with an email and then acquires personal information from Facebook and Pipl to acquire accounts by answering the user's security questions.

Recently there was a massive leak of celebrities' personal and private photos across the Internet. The hackers acquired email that was attached to the celebrities iCloud accounts and was able to answer the proper security questions to download the celebrities' photos.

There are a few countermeasures you can use to prevent this:

--Make everything private on social media sites.

--When creating security questions make sure the information isn't easily obtainable online. An example of this is your grandmother's name, or instead of answering security questions, create a password for each one.

--The best way to protect yourself is to set up a three-point security system. This is a password, security questions and your phone number. Your phone is the last line of defense to a password reset, and they will need the code that is texted to you to reset your password.

As the hackers become more advanced, so must our defense of our information.

Firefighting a family tradition for two recruits

By Staff Sgt. Kayla Kohn

190th Public Affairs

For many families it's not unusual for military service to be a family tradition. The same can be said about following any career path of one's previous generations. Different career fields like firefighters, pilots, and police officers are examples of family legacy careers. For two Airmen, following family tradition is just part of their story.

Airman 1st Class Page Calvin transferred to the unit in December from Frost, Texas. Student flight member Cassie McCurdy is currently a high school senior from Melvern, Kan., who enlisted Feb. 8 before she has even graduated. Both women joined the firefighting career field, following family members who are also firefighters.

For Calvin, a family tragedy convinced her to finally switch career fields.

"My brother was one of the 12 firefighters who lost their lives in the West fertilizer explosion," Calvin said.

Perry Calvin, a volunteer firefighter with the Navarro Mills county volunteer fire department in Texas, lost his life when he responded to the West fertilizer plant explosion in West, Texas, April 17, 2013.

Calvin said the two siblings had plans to go to a firefighting academy together, but Page had already joined the Air Force so she couldn't. Her brother passed away three weeks prior to his fire academy graduation.

"I had been on the volunteer department back at home with my father and brother. That's what I've been doing since



From left: Student Flight member Cassie McCurdy and Airman 1st Class Page Calvin. Photo by Staff Sgt. Kayla Kohn

"I've been old enough," Calvin said. "When my brother passed, it was even more motivation to just do what I wanted to do and what my passion is – firefighting."

McCurdy is currently on a volunteer fire department with her father. She said she has been going to meetings with her father even before she was old enough to be a volunteer. She leaves for basic training this year and is awaiting technical school dates.

Calvin left for the Department of Defense Fire Academy at Goodfellow Air Force Base, Texas, and will be fully trained soon.

Capstone complete: Where do we go from here?—

By Senior Master Sgt. Troy Abel

190th Inspector General Office

As I type this article the Inspector General (IG) team is gathering all the information from their time observing our unit. While we wait to hear their formal assessment of our wing we need to ask ourselves, “Where do we go from here?” How will we take the information we glean from the inspection report and make the proper course corrections to point us toward our goal of having a Commander’s Inspection Program (CCIP) that is sustainable and effective?

Your wing IG office worked hard over the last year and a half to complete the assignment of implementing this new inspection process. This capstone event has been a proofreading of our assignment if you will: a fresh set of eyes

with in-depth knowledge of the process to mark up our rough draft, and help us perfect our final product.

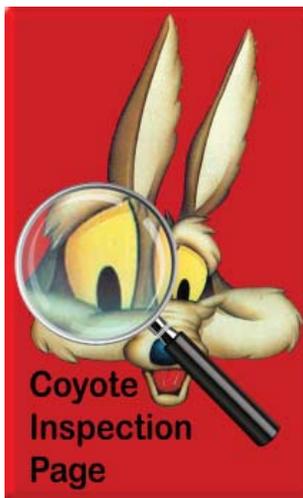
The deficiencies and recommended improvement areas are the red marks on our assignment that we can correct at the shop level.

Your Wing leadership team will focus on the large scale compilation of observations in the four major graded areas. It should give the commander a clear picture of where we need to focus our continuous improvement efforts going forward, and ensure that we are seeking the highest risks of undetected non-compli-

ance. This is very timely considering we will have a new wing commander by the time you read the May issue of the Coyote Log.

The completion of the Unit Effectiveness Inspection capstone event does not signify an ending. I see it as an exciting opportunity to regroup and refocus our efforts going forward. The CCIP places the onus of effectively inspecting back on the wing and squadron commanders. The effectiveness of this program is limited

only by the level of effort and innovation that the wing as a whole is willing to put forth.



Inaugural Combat Dining In set for October —

By Capt. Janet Dial

190th Operations Group

Put away your mess dress, hang up your blues, and leave your significant other at home. Instead, grab your boots, camo your face, and bring your battle buddy to the first ever 190 Air Refueling Wing Combat Dining In.

The Company Grade Officer (CGO) Council will host this first-time event on Saturday of the October Unit Training Assembly from 4 to 8 p.m.

What is a Combat Dining In, you ask? The tradition of “Dining In” originates from the Roman Legions, 2nd century Vikings, and King Arthur’s knights in the 6th century. These military units would have feasts to honor their victories and achievements, and remember those warriors they lost along the way. The custom made its way to English monasteries, and was then adopted by British soldiers who brought it to colonial America where George Washington’s Continental Army borrowed it.

During World War II, the Royal Air Force and the Army Air Corp would continue this formal tradition as a way for officers to meet socially, enhance esprit of units, and bolster camaraderie and fellowship. The “Combat” Dining In is a newer tradition that has a less formal atmosphere, allowing members to wear an Airman Battle Uniform or flight suit, and the activities are only limited to

the imagination of the planning committee.

This year’s event theme will be “The Coyote Games,” a play on the popular series “Hunger Games.” It will kick off with all members going through a short warrior obstacle course, and then entering the big hanger where they will be directed to their district. Once everyone arrives, we will post the colors, honor and remember our prisoners of war, and then perform several of the formal traditions to which everyone is accustomed.

We will have a buffet-style catered BBQ dinner with non-

alcoholic drinks provided, and beer will be available while supplies last. The evening will continue with an outstanding veteran guest speaker from GallantFew, Inc., tribute competitions, comedy, door prizes, and then the conclusion of the main event.

Members are encouraged to stick around for the social hour 7 – 8 p.m. to share stories, play games and build camaraderie. The CGO Council will provide more information about ticket sales, rules of engagement and a few fundraising

events as the Combat Dining In approaches.

Be sure to join us for breakfast at the dining facility May 3 and June 7 at 6:30 – 7:30 a.m. to chat about this exciting event. We are looking forward to seeing you there!



Drug testing and individual responsibilities

By Maj. Scott Avery
117th Flight Surgeon

The Kansas National Guard's drug testing program tests for substances such as marijuana and cocaine, which have no legitimate medical use. If you take one of these, you will be transitioned out of the National Guard.

Prescription drugs are also tested. There are legitimate and illegitimate uses of prescription drugs. What is legitimate use? The drug is prescribed for you within the past year by an appropriately licensed healthcare provider and you are taking it per the instructions on the bottle.

What are illegitimate uses? You have taken Xanax in the past and you take some of your wife's pills. You think you may have Attention Deficit Disorder and try some of your kid's Adderall. You take a friend's pill that contains oxycodone, unbeknownst to you. All of these are examples of illegitimate use.

When a drug test shows positive for a prescription medication, a case is generated and forwarded to the Wing Drug Demand Reduction Program Manager (WDDRPM). Your case is forwarded to

the Medical Review Officer at Forbes who determines if it is legitimate use or illegitimate use.

If the use is determined to be legitimate, it is noted in your file and the

case is closed.

If the use is determined to be illegitimate, the case is returned to the WD-DRPM who forwards documentation to the appropriate commanders stating you are taking a drug for which you have no legitimate prescription. From there it travels to the Adjutant General's office for review. The Adjutant General's policy is that illegitimate drug use is incompatible with continued service in the National Guard.

How does one keep safe? Only take medications that are prescribed for you and follow the instructions on the bottle. Anytime you are taking a prescription medication, let the 190th Medical Group know so they can update your records. If you are taking supplements, get them from a reputable source, such as General Nutrition Center (GNC). Avoid taking any medications from friends and family because you are ultimately responsible for what goes into your body.

If you have questions, please contact Chief Master Sgt. Von Burns at 785-861-4718 or von.burns@us.af.mil.

What's Considered Abuse?

- Taking medication prescribed for someone else (including those prescribed for your family members)
- Taking prescription medicines for reasons other than its intended purpose
- Exceeding prescribed dosage or frequency
- Taking outside the prescribed timeframe (6 month max)

Bottom-Line

- Inform your commander and 190th clinic when you are prescribed a "controlled" medication
- Testing positive for these without a current, legitimate prescription is the same as testing positive for an illicit drug
- Coyotes fighting addiction do not have to fight alone. Ask for help before it's too late

**2015
Spring Formal**

**SATURDAY APRIL 11, 2015
CAPITOL PLAZA
1717 SW TOPEKA BLVD.**

TICKET SALES		TICKET PRICES
MAJ JOE BLUBAUGH WING	MSGT PAM LEWIS FSS	E1-E4 \$20
CMSGT DENISE MONTGOMERY MG	TSGT MICHELLE HUTCHISON CES	E5-E7 \$25
SMSGT RON GRAY AMXS	SSGT ELIZABETH POLLARD LRS	O1-03 \$25
SMSGT MIKE CHANDLER AMXS	SSGT STEPHANIE STRATTON MXS	E8,9 \$30
MSGT ALIKE PETERSON FSS	SSGT MARY GREEN MG	O4+ \$30
	A1C PAULA CONLEY OPS	

—Portrait of an Airman

Senior Airman Abbie Moreno



Organization: 190 Logistic Readiness Squadron

Job Title: Material Management

Main Responsibilities: Clothing issue/Mobility Readiness Spares Package support kits

Education: BA in business management with a concentration in project management

Civilian Career: Fulltime technician

Military Experience: Prior active duty stationed at Misawa, Japan; 190 LRS member for two year

Hobbies/Activities: Running, reading, cycling, marathons and biathlons

Achievements: Completion of my degree, running the Air Force Marathon, and completing the Tough Mudder

Goals/Ambitions: To one day become a Chief Master Sergeant so I can help improve the organization as a whole

Most Memorable 190th Moment: Going to Guam, awesome interaction with the other Wing members as a whole. Learned more about all the different functions that make up the 190th team

EASTER EGG HUNT

When: Sunday April 12th, From 2:00 to 4:00
Hunt starts at 2. Coloring contest + Treats to follow
Location: Between Buildings 679 □ 670

Hop on over and join the fun!!



For Your Information

Promotions

Senior Airman

Tess Brackemyer, CPTF
 Jayce Donnelly, AMXS
 Payton Haefner, MXS
 Chris Noe, MXS
 Jonathan Piland, MXS
 Erik Swiercinsky, CES
 Taylor Wheeler, MXS
 Stephen Zeckser, MXS



Staff Sergeant

Jamie Johnson, MG
 Lisa Shaw, FSS



Tech Sergeant

Joshua Kennedy, LRS
 Olivia Kennedy, MG
 Jesse Lowe, MXS
 Adam Nelson, CF
 Brian Schneider, MG
 Louis Smith, MXS
 Stephanie Willis, ARW



Master Sergeant

George Ehrlichman, LRS
 Robert Leguillon, MXS
 Erin Massey, FSS
 Mei Suen, MOF
 Daniel Wurtz, MOF



Senior Master Sergeant

Casey Batterton, CES
 Allen Ewell, CES



Captain

Rudy Belew, 117th ARS
 Jarrod Brunkow, CES
 Waylon Jones, 117th ARS
 Adam See, 117th ARS



Coyote Grill April 21/7A Menu



Saturday, April 11

Main Line

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

Desserts

Cherry Crisp
 Spice Cake with Buttercream

Sunday, April 12

Main Line

Swiss Steak
 Chicken Tenders with Smoked
 Gouda Cream Mashed Potatoes
 Brown Gravy
 Corn on the Cob
 Peas and Carrots
 Rolls and Butter

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

Appointments/Enlistments

A1C Caleb Dickey, SFS
 Enlistment Date: March, 4, 2015
 SSG Zeke Cunningham, MXS
 Enlistment Date: Feb. 25, 2015
 TSG Kallena Ruebhausen, SFS
 Enlistment Date: Jan. 22, 2015
 1LT Keith House, 117th ARS
 Enlistment Date: March 8, 2015



Know Your Limits



Have A Plan

MEO Position

Traditional Equal Opportunity (EO) Specialist. Applicants must be E-5 promotable, have a 5-skill level in any AFSC, meet fitness standards, have outstanding appearance, high moral standards and exceptional bearing and conduct. Application must include a cover letter stating the reason(s) applicant desires to retrain into the EO career field, resume with both military and civilian experience and education, a current vMPF RIP and a current Physical Fitness Assessment. Packets accepted until April 23. Contact Lt. Jody Cope for full position description and responsibilities at (785)861-4303/(785)418-0127(c).

In 2011, at least
23% of auto collisions
 involved cell phones
 ...that's 1.3 million crashes

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Moving? Don't forget to update your address:
Visit vMPP to update your address. Please allow 2-3
months for updates to reflect on your log.

To the Coyote family of:



Coyote Heritage



Tom Lafountain and Mike Chandler create the custom tail flash commemorating the Air Force's 50th anniversary. This picture was probably taken in late 1996 or early 1997.



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

