



# Recruiter

The Magazine of the Air Force Recruiting Professional



## Fit to Fight

**AFRS gets ready  
for new  
fitness standards**

December  
2003

# View from the Top

## Values provide code for behavior

**By Gen. Don Cook**  
**Air Education and Training**  
**Command commander**

**RANDOLPH AIR FORCE BASE, Texas (AETCNS)** — Integrity. Service. Excellence. They are not just words. They represent vitally important concepts and are collectively the core values our U.S. Air Force thrives on.

Recently, a severe error in judgment by some individuals in our command cast doubt on the seriousness with which we hold these values true. A single misguided event has essentially tarnished every one of us in uniform, and two officers were relieved of command as a result.

I won't go into great detail about the event because to do so would not only be in bad taste, but wouldn't serve any useful purpose. I will tell you, I was so incensed by the inappropriate conduct of these six young officers and the complete absence of officership, that I personally spoke with each one of them and explained that their irresponsible behavior goes against everything our command and Air Force stand for and, more importantly, what Americans expect of their Air Force.

Why did these officers think it was acceptable to invite female "dancers" to entertain them at a

ceremony marking a significant step in their training? Maybe they and others didn't understand the importance of our core values. So, here's a refresher:

**Integrity:** First and foremost this word means being honest with yourself and with others and doing the right thing even when no one is looking. It also means adhering to a code of conduct. Integrity is arguably the most important of our core values because it sets the foundation for all other values and is also the most visible and valuable. Everyone is responsible for the collective integrity of our Air Force.

**Service:** Remember each of us has taken an oath of office to support and defend the Constitution. You are a servicemember 24 hours a day, 7 days a week, not Monday through Friday! This means balancing your personal life against the requirements of your nation and the Air Force. While your country comes first, commitments to one's family is totally consistent with military service.

**Excellence:** Do the absolute best you can at all times. The American people place an enormous amount of trust and responsibility in our abilities to protect them, defend their rights and ensure their freedom. They deserve nothing less than our very best, and we have a well earned

reputation of excellence.

When just one of these three core values is compromised, everyone loses because that compromise can lead the American people to doubt our commitment and question our integrity. We must hold ourselves to a higher standard, ensuring our ethics and moral codes are above reproach. You deserve it, your fellow airmen want it and your country depends on it.

Don't let them or yourself down because you couldn't — or wouldn't — hold yourself to that standard. If you see or become aware of inappropriate behavior in others, you must have the courage to speak up and correct it on the spot.

Remember, your day-to-day actions reflect directly upon the Air Force at all times. They show pride and honor to those who served before and provide a road map for tomorrow's airmen.

Inappropriate behavior of any kind has no place in our command, much less in the Air Force. If you have never thought about the meaning of these values and their place in your life, it is time to do so. I expect every member of this command to make our core values a part of their daily life, accept them as a personal code of conduct, and make the American people proud of their Air Force.

Enough said!

# Fitness requires commitment

## Well-rounded fitness plan should keep exercise fun

By Maj. Larry Groves  
319th Aeromedical-Dental  
Squadron

### GRAND FORKS AIR FORCE BASE, N.D.

(AFP) — There is a constant emphasis in our modern society on looking good, feeling good and living longer. Scientific evidence tells us one of the keys to achieving these ideals is fitness and exercise. If you spend your days at a mostly sedentary job and pass your evenings as a “couch potato,” it may require some determination and commitment to make regular activity a part of your daily routine.

Getting moving is a challenge because physical activity has become less a part of daily living. We’re a mechanically mobile society, relying on machines rather than muscle to get around. In addition, we’ve become a nation of observers with more people spending their leisure time idly. Statistics show that obesity, and the health problems that come with it, is nearly epidemic.

If you’re interested in improving your overall conditioning, experts recommend that you get at least 30 minutes of moderately intense physical activity on all, or most days of the week.

Examples of moderate activity include brisk walking, cycling,

swimming, or doing home repairs or yard work.

You should also include resistance exercises for muscular strength and stretching exercises for flexibility to gain complete fitness. Each scheduled workout should begin with five to 10 minutes of warm-up movements and end with a slow cool-down period of equal duration. If you can’t get in 30 minutes all at once, aim for shorter bouts of ordinary activity (at least 10 minutes) that add up to a half-hour during the day.

If you’re ready to move up to more vigorous activity, remember that “no pain, no gain” isn’t exactly true. Many well-meant fitness programs have been ruined by too much enthusiasm on the first day and sore muscles on the second.

A goal is an end point, not a beginning, so work toward your goal gradually. Once you’re in better shape, you can progressively increase your usual routine, or change to a different, more strenuous activity.

The key to a lifetime of fitness is consistency. Here are tips to help make exercise a habit:

- Choose an activity you enjoy.
- Tailor your program to your fitness level.
- Set realistic goals.
- Choose an exercise that fits your

lifestyle.

-Give your body a chance to adjust to your new routine.

-Don’t get discouraged if you don’t see immediate results.

-Don’t give up if you miss a day. Just get back on track the next day.

-Find a partner for motivation and socialization.

-Build some rest days into your exercise schedule.

-Listen to your body. If you have difficulty breathing, or experience faintness or prolonged weakness during or after exercise, consult your physician.

You can probably come up with plenty of excuses for why you’re not more active. You’re too young, too old, too busy, too tired, or in pretty good shape for your age. Usually, these excuses are pretty flimsy. There are beneficial activities for people of all ages and for those with little time. You should think in terms of lifestyle changes to incorporate a little more movement each day.

Check out the various programs available at the sports and fitness center. Visit the health and wellness center for a fitness assessment and exercise prescription.

The opportunities for fitness improvement are all around you, so the next time you think about getting fit, don’t ask, “Who has time?” Instead, ask yourself, “Who doesn’t want to feel better?” (Courtesy of Air Mobility Command News Service)



# Fitting Fitness

## into a busy schedule

**By Staff Sgt. Marti Ribeiro  
Air Force Recruiting Service**

Recruiters run from the office to a school visit, a DEP commander's call, a career day and then back to the office. While this frantic pace can be a workout, it's not enough to count as exercise. With new Air Force fitness standards, recruiters need to also focus on how much time during the day is spent on physical exercise.

With the new Air Force physical fitness requirements, recruiters and support staff are now being asked to squeeze in physical fitness somewhere during their busy schedule.

The new Air Force physical fitness testing is scheduled to begin Jan. 1 and servicemembers

are expected to be ready, according to Air Force fitness experts.

Push-ups, sit-ups and a 1.5-mile run can be pretty intimidating for those who haven't been physically active for quite awhile.

"It's best to start out jogging for five to 10 minutes," said Scott Nunnally, fitness program manager at the Randolph Air Force Base, Texas, Health and Wellness Center. "Then you increase your speed for a few minutes and then return to a jog for another five to 10 minutes."

Mr. Nunnally adds that this type of interval training helps because the timed run the Air Force requires is not long enough to be an endurance event, but it's also not short enough to be a sprinting event either.

“To successfully complete the 1.5-mile run, you’ll need two different types of energy, and interval training will effectively prepare you for both,” he explained.

After completion of the interval training, it’s a good time to prepare for the push-up portion of the Air Force fitness test.

“Start out by doing as many push-ups that you possibly can in the full position,” Mr. Nunnelly said. “Once you reach your maximum for full position push-ups, then drop your knees and do as many push-ups as possibly on your knees.”

According to the fitness manager, the best way is to do this once, let yourself rest for a few minutes and then do it again. This will help strengthen chest muscles.

“If you haven’t been doing any weight training or push-ups, you might want to practice your push-ups every other day to help combat the soreness – then work yourself up to doing them every day,” he said.

After your arms give out from push-ups, it’s time to move on to training for the crunch portion of the fitness test.

Mr. Nunnelly’s first tip is to lie on your back with your knees up in the crunch position; then roll the hips backward to create a pelvic tilt.

“By maintaining this pelvic tilt while you do your crunches, it will protect your lower back and help

prevent injuries,” he explained.

Other ways to prevent injuries during physical activity are stretching properly and walking for five to 10 minutes to warm up the muscles.

Besides proper warm up and execution of exercise, servicemembers need to keep safety at the forefront of their regimen, said the Randolph AFB fitness manager.

“If you haven’t been physically

active in awhile, you need to be cleared by a physician to start a new exercise program,” he said. “You may have risk factors that will only be worsened by diving into a high-impact fitness schedule.”

So in between the busy recruiting schedules and family life, recruiters and support staff need to ensure they’re dedicating some time to preparation for the Air Force fitness test.

# Burn Baby Burn

## 14 ways to work off 150 calories

### Common chores

1. Washing and waxing a car for 45-60 minutes
2. Washing windows or floors for 45-60 minutes
3. Gardening for 30-45 minutes
4. Pushing a stroller 1.5 miles in 30 minutes
5. Raking leaves for 30 minutes
6. Walking 2 miles in 30 minutes
7. Shoveling snow for 15 minutes
8. Stair walking for 15 minutes

### Sporting activities

9. Playing volleyball for 45-60 minutes
10. Playing touch football for 45-60 minutes
11. Playing basketball for 30 minutes
12. Swimming laps for 20 minutes
13. Jumping rope for 15 minutes
14. Running 1.5 miles in 15 minutes



# Gym Pass

## Program helps offset fitness costs

**By Tech. Sgt. Daniel Elkins  
Air Force Recruiting Service**

A program to offset the cost of fitness training at commercial health centers and gymnasiums for Air Force Recruiting Service active-duty members has been approved by Air Education and Training Command officials.

The approval follows a year-long test initiative at four recruiting squadrons to provide AFRS members geographically separated from military installations an opportunity to get in shape. Approval also comes at a time

when the service's top official has launched new fitness standards aimed at the Air Force waistline.

"This is a very important step in addressing the physical fitness needs of our recruiters and support people in the field," said Maj. Sharon Bailey, chief of human resources and development for AFRS. "Providing for the members' fitness needs ensures their physical and mental wellness, which positively impacts unit morale and the mission."

Major Bailey said the goal of this fitness initiative is to motivate members to participate in year-

round physical conditioning centered on total fitness. That goal parallels the Air Force chief of staff's objective outlined in his October 2003 Sight Picture.

"I want to make very clear that my focus is not on passing a fitness test once a year. More important, we are changing the culture of the Air Force. It is about instilling an expectation that makes fitness a daily standard — an essential part of your service," the Sight Picture states.

Making that practice a daily standard over the past year were members of the 339th Recruiting

Squadron, which was selected by AFRS officials in 2002 as a test unit. Master Sgt. Paul Pettit tracked participation in the program by 38 individuals at more than 20 commercial gyms for the 339th RCS.

“As a first sergeant, part of my job is to thump people on the head about fitness,” he admits, “to make sure they stay in shape. But how can I reasonably expect someone in one of our northern offices that gets 300 inches of snow a year to maintain that fitness without giving them the option of a program like this?”

“Under the test, we asked them to commit to using the gyms three times a week, document their use, and provide me data on a monthly basis,” he said.

Because funding was limited for the test period, Tech. Sgt. Jeffery Howard, the finance NCO for the 339th RCS, said the program was offered to people first-come, first-served.

“The people who took part loved it because most of them were already paying out of their pocket; now they were able to get it for free,” said Sergeant Howard.

As a means for stretching the limited funding so that more people could participate in the test program, Sergeant Howard said a letter detailing the program was provided to participating fitness centers and gymnasiums. He said more than half of the participating facilities offered discounted rates for 12-month memberships while a few allowed the cost of the membership to

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**“The people who took part loved it because most of them were already paying out of their pocket; now they were able to get it for free”**

**-- Tech. Sgt. Jeffery Howard**

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include the family for free.

Among the first to respond to the call for test participants was Staff Sgt. Kevin Harvey, an enlisted accessions recruiter in Wyoming, Mich. Since arriving at the 339th RCS two years ago, Sergeant Harvey – whose office is located about 150 miles from the nearest military fitness center at Selfridge Air National Guard Base – has been a regular at The Edge fitness center.

“An e-mail went out to the squadron saying this test might happen, so we were all hoping it would,” said Sergeant Harvey, who was altering between cardio and weight workouts four times a week at an out-of-pocket cost of \$35 a month.

Whether out of pocket or paid by the Air Force, he insists the need is critical. “Personal appearance has a lot to do with recruiting,” Sergeant Harvey said. “By keeping fit, you present a professional image in the community.”

Although the average for all participants fell just short of three uses per week, the first sergeant points to another indicator that serves to reinforce the need for this program.

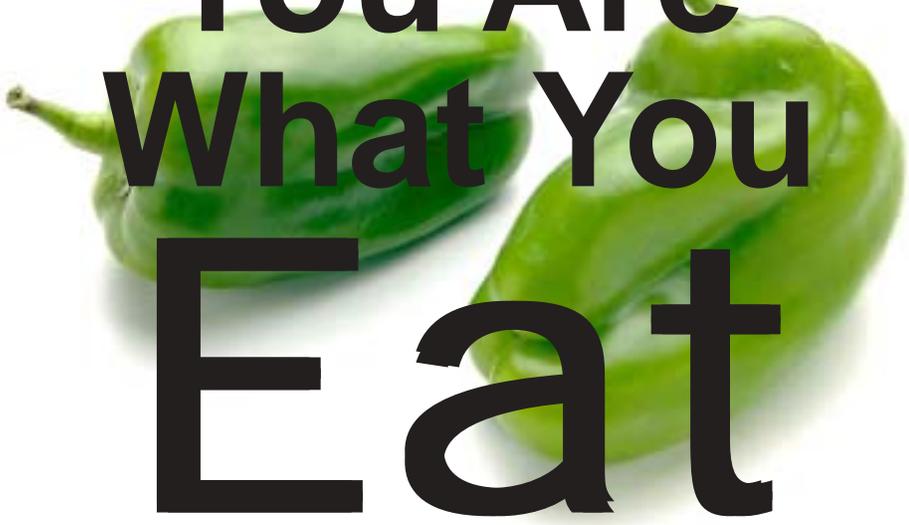
The 339th RCS had three individuals on the weight management program at the start of this

program. All three took advantage of this initiative to meet standards and have been removed from the program.

“This program has had an immeasurable positive effect on the squadron’s morale,” said Sergeant Pettit. “Recruiters love it since they spend so much time on the road.”

With the approval of \$742,000 in funding for AFRS-wide participation, Major Bailey is working closely with squadron points of contact for implementation. She said the program no longer offers squadrons the option of seeking waivers from Air Force fitness programs, as was available for cycle ergometry testing, but affords all active duty access to nearby physical fitness centers.

The major is also working with squadrons to resolve a few challenges with the program. One of the challenges includes squadrons working with gyms that are willing to write transferable memberships in the name of “Air Force,” not the individual, as required by Air Force instruction. Such a membership would allow the squadron to transfer membership to newly assigned members without incurring costly startup or application fees.



# You Are What You Eat

## Healthy diet important in losing weight

By Senior Master Sgt. Linda Brandon  
Air Force Recruiting Service

If the “battle of the bulge” has you reaching for one of the many diet products promising quick, easy weight loss, you may win the battle, but you’re probably going to lose the war.

Supplements and fad diets may help you lose a few pounds initially, but it’s generally a temporary loss and can also put your health at risk, according to Staff Sgt. Wendy Hodgkiss, NCOIC of the health and wellness center at Randolph Air Force Base, Texas.

“A lot of these diets give you a one to four pound weight loss above what you’d see with regular diet and exercise,” she said.

“But they’re not

going to melt away the pounds or help you burn calories while you sleep.”

Additionally, many of today’s fad diets can involve higher or lower levels of carbohydrates, proteins or supplements than is generally considered healthy. This potentially dangerous situation can cause more problems than it solves, according to Sergeant Hodgkiss.

“Many of these diets don’t provide the correct nutrients or fuel for your body,” she said. “This can put a lot of stress on organs such as the heart, kidneys and liver, which can be especially dangerous if you have a hidden health risk.”

Although it’s not packaged to sound as easy or glamorous as many of today’s fads, there is a much safer way to lose weight and keep it off, said Sergeant Hodgkiss.

“You’ve got to create a calorie deficit by burning more calories than you consume,” she said. “The easiest way to do this is with healthy food choices and portion control.”

You can safely lose one to two pounds a week this way. “You shouldn’t try to lose more than this,” Sergeant Hodgkiss said. “One pound a week is work and two is very hard. And any more than that means you’re probably losing water, and you will gain that back.”

She considers the choices and effort required to help create a calorie deficit a lifestyle change as opposed to a diet mentality. “If you never change the root cause of

your weight problem you'll eventually go back to your old habits and regain everything you've worked so hard to lose," she said.

However, this doesn't necessarily mean saying goodbye forever to chocolate, chips and other favorite foods. In fact it's important not to completely eliminate all your favorites or you could be setting yourself up for failure.

"The No. 1 reason many people have trouble dieting is because they set guidelines that are too strict," Sergeant Hodgkiss said. "This is what causes most people to go overboard when they finally give in to their cravings.

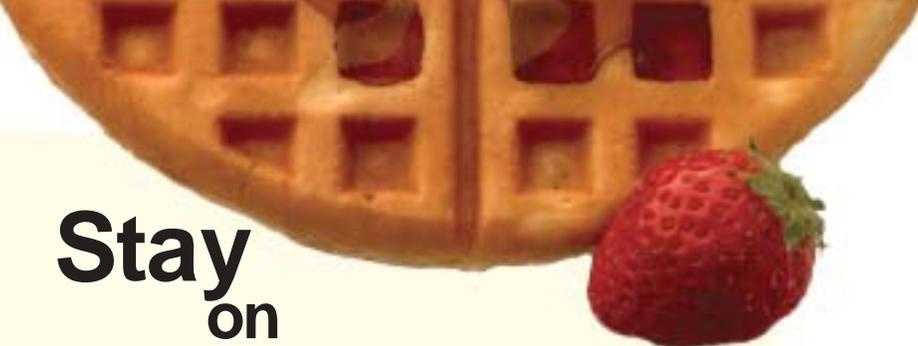
"If you're craving chocolate, have a piece," she said. But stop at one piece because portion control is critical, suggests Sergeant Hodgkiss. "It's what allows you to occasionally indulge in your favorites and that's what's ultimately going to help you stick to your diet and lose weight."

When trying to lose weight you should select the most food for the least calories and healthy calories across the board, Sergeant Hodgkiss said. Therefore it may help to understand that although a calorie is a calorie, not all calories are really created equal.

"Fifty calories from a candy bar includes a lot of sugar and fat," she said. "But 50 calories from fruit has zero fat and lots of fiber and nutrients, so it's going to help you lose weight quicker."

This type of healthy food choices, combined with portion control is the best defense for anyone battling a weight problem, Sergeant Hodgkiss said. However if you really want to conquer the problem there is one more weapon to add to your arsenal – exercise.

"It's possible to lose weight and inches just by dieting," she said. "But exercise will help build your calorie deficit and provide the long-term results every dieter is ultimately looking for."



# Stay on Target

## Count your calories and fat

To calculate your needs for weight maintenance, multiply your

**Desired weight** \_\_\_\_\_ **X 11 if sedentary**  
**X 13 if moderately active**  
**X 15 if very active**  
\_\_\_\_\_ = **your calorie needs**

To calculate your calorie needs for weight loss, subtract 500 calories per day from your maintenance caloric needs.

To calculate your daily fat gram target, multiply your calories for weight loss by .30 and divide that number by nine. This will help you consume a diet that contains less than 30 percent calories from fat. Aim to eat less than your targeted fat grams each day.

**Note:** Generally women fall between the range of 1,200-1,500 calories and men fall between 1,500-1,800 calories. To meet the calorie level for weight loss, women shouldn't go below 1,200 calories per day and no less than 1,500 calories per day for men. A multivitamin and mineral supplement is recommended if daily calories fall below 1,200.

Source: Randolph AFB  
Health and Wellness Center

# Settle the Score

Everybody is getting ready for the new Air Force fitness test. Here are the standards for a male in his early 30s. All of the charts can be found at [http://www.af.mil/news/USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf)



## Pushing It

Push ups are scored based on the number of repetitions in one minute.

Reps	Points	Reps	Points
>52	10	22-23	7.3
50-51	9.75	20-21	7.2
49	9.5	17-19	7.1
48	9.25	15-16	7
46-47	9	13-14	6
43-45	8.75	12	5
40-42	8.5	10-11	4
36-39	8.25	8-9	3
33-35	8	7	2
30-32	7.75	5-6	1
27-29	7.5	<5	0
24-26	7.4		

## Crunch Time

Crunches are also scored based on how many you can do in one minute.

Reps	Points	Reps	Points
>51	10	34-35	7.4
49-50	9.5	33	7.3
48	9	31-32	7.2
46-47	8.75	30	7.1
44-45	8.5	28-29	7
42-43	8.25	26-27	6
40-41	8	25	4
38-39	7.75	23-24	2
36-37	7.5	<23	0

## Waist Not

Body composition is scored by waist measurement. It makes up 30 percent of the total score.

Inches	Points	Inches	Points
<32.5	30	38	21.6
32.5	28.75	38.5	21.45
33	27.5	39	21.3
33.5	26.25	39.5	21.25
34	25	40	21
34.5	23.75	40.5	18
35	22.5	41	15
35.5	22.35	41.5	12
36	22.2	42	9
36.5	22.05	42.5	6
37	21.9	43	3
37.5	21.75	>43	0

## On Your Mark

There are no more rides on the stationary bike — the Air Force now measures aerobic fitness with a 1.5 mile timed run.

Minutes	Points	Minutes	Points
<9:48	50	14:55-15:18	30
9:49-10:12	47.5	15:19-15:48	27
10:13-10:24	45	15:49-16:24	24
10:25-10:54	43.5	16:25-16:54	21
10:55-11:24	42	16:55-17:36	18
11:25-11:54	40.5	17:37-18:12	15
11:55-12:30	39	18:13-18:54	12
12:31-12:54	37.5	18:55-19:42	9
12:55-13:36	36	19:43-20:36	6
13:37-14:24	34	20:37-21:30	3
14:25-14:54	32	>21:30	0

Graphic by: Staff Sgt. John Asselin  
Source: [http://www.af.mil/news/USAF\\_Fitness\\_Charts.pdf](http://www.af.mil/news/USAF_Fitness_Charts.pdf)

## Grading Key

Your fitness level is determined by adding all four individual scores, placing you in one of four categories:

More than 90 — Excellent  
75 - 89.9 — Good

70 - 74.9 — Marginal  
Less than 70 — Poor

# Applicant sheds 80 pounds to meet Air Force standards

By Tech. Sgt. Renee B. Kirkland  
331st Recruiting Squadron

Standards, standards, standards. Every young man and woman must meet weight standards to join the military. To some meeting these standards is not easy. Some feel they just can't do it. Others like Alison Minchew are up to the challenge.

Minchew, a 2003 graduate of Foley High School, Foley, Ala., knows what it is like to face a seemingly insurmountable mountain.

In August 2002, she went to visit her school's Air Force recruiter and told her she wanted to join the military. The recruiter, Tech. Sgt. Deborah Brown, told her about the service's weight standards and asked her if this was really what she wanted to do.

When she replied yes, Sergeant Brown asked her to return when she lost some weight and that she would be available to help her all she could. At the time, Minchew was 5 feet 7 inches and weighed 240 pounds.

"I answered basic questions about the Air Force for Alison but also gave her a goal weight to strive for," Sergeant Brown said. "Talking about someone's weight is hard, so I try not say they are overweight but give them a goal weight to work toward so they would be eligible to join the Air Force. I told Alison to come back and see me when she weighed around 165 pounds."

Joining the Air Force was a goal

Minchew was determined to achieve. "I am looking for a secure job environment," said Minchew. "A lot of jobs my friends have are falling through. I want a guaranteed job, and I believe the Air Force can give that to me. I was determined to lose the weight."

Minchew began her weight-loss program by decreasing her intake of fatty foods and sugars. She also began to ride her bike about three miles a day.

During the summer of her high school junior year she worked in a vegetable stand with her employer and friend Kathy Harr. "She spent the summer throwing watermelons and hefting corn," Harr said. "She got so good at it that farmers wanted her to work for them, but I had her first."

The biggest change in Minchew is not just her weight, according to Harr.

"She looks great, but the biggest difference is in her self esteem," she said. "She is more outgoing and not self-conscious anymore. Losing weight has changed her outlook on life. She tells me all the time that if she can lose 80 pounds then she can do anything."

"When this started, I couldn't run 600 yards without being out of breath; at last month's Delayed Entry Program commander's call, I ran two miles easily," Minchew said.

Minchew, who leaves for Basic Military Training this month, went from a size 16/18 in August 2002 to a size eight a year later. She has lost more than 80 pounds.

Photo by Staff Sgt. Michael O'Connor.



Jack Yates and Nichole Stevens fill in the details of what happened Sept. 13 when Yates nearly died from a heart attack.

## DEPper saves co-worker

By Staff Sgt.  
Michael O'Connor  
319th Recruiting Squadron

A 2003 graduate of Wells High School in Maine saved the life of her 64-year-old co-worker Sept. 13 after he collapsed from a heart attack at the Kittery Trading Post warehouse in York, Maine.

Nichole Stevens, and her supervisor, Marilyn Mann, performed two-person cardiopulmonary resuscitation on Jack Yates for nearly five minutes.

“We were discussing our lunch plans. As I turned and began walking away, I stopped and looked back to ask him another question, and he wasn’t there,” said Stevens. “I walked back toward the pallet where he was. I immediately called out to Marilyn to call 9-1-1.”

The Kittery Police Department received the medical emergency call at 12:27 p.m. and dispatched Patrolman Scott Randall within a minute to the Kittery Trading Post.

While awaiting Patrolman Randall and medical personnel to arrive, Stevens said she recalled the CPR certification training and refresher courses she took in junior high and high school and instructed Mann on how to assist her in performing two-person CPR on Yates to get his airway open.

Upon arrival, Patrolman Randall took control of the situation and continued where Stevens and Mann left off until firefighters responded.

“Even though I never thought I’d use the training I received in junior high school, I’m kind of happy and proud at the same time if that makes any sense,” Stevens said. “I remember our teacher telling us, ‘You never know when you’re going to have to use CPR—it’s better to be prepared.’”

Stevens, 18, is in the delayed entry program and departs for basic military training Dec. 13 to become an aerospace ground propulsion apprentice.

### TAKE NOTE

#### Recruiter killed in motorcycle accident

A recruiter from the 338th Recruiting Squadron died in an accident Nov. 4 in Dayton, Ohio.

Tech. Sgt. John Porter, who was temporarily assigned to the training office, was operating a motorcycle southbound when it collided with a northbound vehicle making a left turn in front of him. Sergeant Porter had been assigned to the 338th RCS since February 1999, serving as a trainer since August. He leaves behind two sons, Joshua and John.

This is the first fatality of an Air Force Recruiting Service member since 1998.

#### Recruiters assist with national military appreciation game

Members of the 348th Recruiting Squadron made a national TV and personal appearance during the New Orleans Saints military appreciation game Oct. 26 at the Superdome in New Orleans, La.

Recruiters from the 348th RCS, at Little Rock Air Force Base, Ark., joined forces with officer accessions recruiters from the Metairie, La., office as well as enlisted

Photo by Staff Sgt. Carissa Lee



### ***Mini flight***

Maj. Gen. Michael Gould discusses flight tactics with Master Sgt. Brad Rees, 313th Recruiting Squadron marketing NCO, while riding in the squadron's mini jet. General Gould, the director of operational plans and joint matters, deputy chief of staff for air and space operations at Headquarters Air Force was the guest speaker at the 313th RCS's annual training conference banquet.

accessions recruiters from four different flights throughout Mississippi and Louisiana, to generate positive exposure for the Air Force and capitalize on the local good will.

#### **Airman earns awards at leadership school**

Senior Airman Jon Singletary, Headquarters AFRS information systems division, recently earned the distinguished graduate and academic achievement awards at Airman Leadership School at

Hanscom AFB, Mass.

#### **Recruiter wins NBA sweepstakes**

Staff Sgt. David White, a 362nd Recruiting Squadron enlisted accessions recruiter, was recently chosen as the grand prize winner of a Phoenix Suns online sweepstakes. Sergeant White recruits in Phoenix, Ariz.

#### **Officer inducted into honorary organization**

Lt. Col. David Chiesa, Headquarters AFRS officer accessions, was recently

invited and inducted into the International College of Dentistry, the preeminent honorary dental organization in the world. The International College of Dentistry includes members from 90 countries.

#### **Six AFRS members selected for chief master sergeant**

The following AFRS members were selected to chief master sergeant: Senior Master Sgts. Jerry Thayer, Jeff Lesko, Tom Pigford, Bill Hendrick, Mike Gasparetto and John Farrell III.

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## cover photo



AFRS members from the 369th Recruiting Group run for their baseline fitness test during the 2003 Leadership Conference in November.

## October Top EA Recruiters

TSgt James Bennette	341	500%
TSgt Daniel Wilson	339	500%
TSgt Brian Wainwright	311	500%
TSgt Donovan Thompson	344	450%
SrA Brett Wagoner	364	400%
SSgt Rochelle Arnold	331	400%
TSgt Dexter Davis	331	400%
SSgt Shawn Branum	330	400%
SSgt Glen Cassida	330	400%
SSgt Dave Harris	319	400%

## October Top Flight Chiefs

TSgt David Desmarais	339F	211%
MSgt Gary Evans	331E	200%
MSgt Reggie Destin	341B	192%
MSgt Michael Kromoff	362G	190%
MSgt Ronald Francis	330B	190%
TSgt David Dailey	362B	188%
MSgt Ronnie Giles	344G	186%
MSgt Steven Hall	331G	183%
MSgt Robert Smith	332E	182%
MSgt Mike Lafleur	348	178%

## Operation Code Blue

Individual and unit standings for the officer accessions competition system, Operation Code Blue, will appear in this area starting in the January issue.

For more information on Operation Code Blue, contact your squadron officer accessions flight chief or flight commander.

## Recruiter Spotlight

Photo by Tech. Sgt. Kimberley Young



## Staff Sgt. Marla M. Kidd

**Job title:** Enlisted accessions recruiter, 341st Recruiting Squadron

**Office location:** San Antonio, Texas

**Prior career field:** Security Forces

**Hometown:** Shreveport, La.

**Time in Air Force:** Nine years

**Time in AFRS:** Two years

**Hobbies:** Running, reading and listening to other people

**What inspires you to do what you do?** My daughter

**What are your career goals?** To retire as a senior master sergeant

**What hints can you give others about recruiting?** It's a 24-hour job — never stop recruiting

**What is the best advice you have ever received?** Don't worry about the things you can't control

**Personal motto:** Never give up

# November Promotions

## Major

		George W. Ross	349 RCS
		James P. Kupihea	361 RCS
Charlene R. Martin-Neal	336 RCS	Raymond Stull	361 RCS
		Brian F. Rubedor	368 RCS

## Captain

Sonya I. Heilmann	360 RCG
Angela V. Carlington	332 RCS

## Senior Master Sergeant

John D. Gersper Jr.	HQAFRS
Michael B. Gladden	349 RCS

## Master Sergeant

Ramona David	313 RCS
Prince E. Porter Jr.	314 RCS
Jarrold M. Washington	317 RCS
Mark A. Peterson	319 RCS
Linda J. Rice	330 RCS
Clayton R. Miller	332 RCS
Mark J. Hall	338 RCS
Darryl D. Sanders	341 RCS
Rodney L. Whitaker	341 RCS
Joe F. Gray	344 RCS

## Technical Sergeant

Perry W. Eddy	HQAFRS
Theodore C. Chatman	314 RCS
Mark E. Devericks	318 RCS
Edward A. Heim Jr.	318 RCS
Clarence D. Harris	319 RCS
Myron H. Purdy	337 RCS
Joel L. Handlon	348 RCS
Christine Mary Manning	360 RCG
Charline M. Carter	368 RCS
Yolanda C. Brown	369 RCS
Laura L. Stickle	369 RCS

## Staff Sergeant

Neil A. Lambrecht	311 RCS
John J. Malzone	313 RCS
Scott M. Campbell	317 RCS
Eric H. W. Probst	333 RCS

Photo by Tech. Sgt. Joe Hunter



The U.S. Air Force Thunderbirds swear in members of the Delayed Entry Program during a ceremony in October. The DEPPers and Thunderbirds were part of an air show in Fort Smith, Ark.

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# Recruiting Flashback 1960s



An Air Force recruiter interviews a nurse applicant in the 1960s.