



Recruiter

The Magazine of the Air Force Recruiting Professional

Cover report

GET FIT

Making health
and wellness work
with your lifestyle

Pgs.3-11

January
2003

Top Recruiters

MSgt Joseph Sachleben	800%
SSgt Mark Wildes	600%
MSgt Tim Tiddel	600%
SSgt Russell Ellerbe	500%
TSgt Chris Lyons	500%
SSgt Guy Withrow	500%
SSgt Susan Robinson	500%
TSgt De Anna Luna	400%
SSgt Trevor Falnes	400%
TSgt Kevin Stefanovsky	400%

Top Flight Chiefs

MSgt Greg Elmore	200%
MSgt Chris Eurich	200%
MSgt Timothy Monroe	180%
MSgt Perry Anderson	169%
TSgt Denise Slaughter	164%
TSgt Troy Persson	163%
SMSgt James Becker	150%
MSgt James Harshbarger	150%
MSgt Brett Bonham	118%
MSgt Robert Siler	117%

OA Producers

	Physician Nurse	Dental
1st Place	339 RCS	345 RCS 364 RCS
2nd Place	313 RCS	348 RCS 367 RCS
3rd Place	333 RCS	361 RCS 372 RCS

Recruiter Spotlight



Tech. Sgt. Casey Garrett, 337th Recruiting Squadron, points out which jobs other DEPpers choose to a new applicant.

Tech. Sgt. Casey Garrett

Job: Enlisted Accessions recruiter, 337th Recruiting Squadron

Hometown: New Bern, N.C.

Time in the Air Force: 17 years

Time in AFRS: One year, seven months

Prior Career Field: KC-10A crew chief and KC-10 instructor

What inspires you to do what you do? The knowledge of knowing that I have a positive affect on the lives of young people.

What are your personal and career goals? My personal goal is to be a husband and father that my family will look up to. My career goal is to make a profound and lasting impact on recruiting.

What hints can you give to others about recruiting? The seeds that you plant today take time to grow, but with constant attention you can have an abundant harvest.

What is the best advice you have ever received? Take care of your family first and remember you will work a lifetime to build a reputation and can lose it in an instant.

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cover photo



Master Sgt. Allen York, protocol NCO, Headquarters Air Force Recruiting Service, lifts weights at the fitness center, Randolph Air Force Base, Texas. Sergeant York is also a certified personal trainer.

Photo by Staff Sgt. John Asselin
Illustration by Senior Airman Marti Ribeiro

Pumped up

Fitness requires determination, commitment

By Maj. Larry Groves
319th Aeromedical-Dental Squadron

GRAND FORKS AIR FORCE BASE, N.D. (AFPN) — 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.

These same statistics also show that preventive medicine pays off, so don’t wait until your doctor gives you an ultimatum. Take the initiative to get active now.

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.

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. Don’t allow weather extremes to interfere with your established exercise routine. Take advantage of the outstanding base facilities and excellent free resources available year-round to enhance your fitness.

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)

Healthy eating may improve quality of life

By 2nd Lt Jason McCree
Air Force Recruiting Service

Most people know that eating healthy is an important decision, but they may not understand their diet can contribute to improving their overall quality of life.

“The long-time effects of proper nutrition can help prevent cardiovascular and heart disease,” said Staff Sgt. Wendy Hodgkiss, NCOIC Health and Wellness Center Randolph Air Force Base,

Texas. “The short-term effects of proper nutrition include more energy, weight control and a more effective immune system.”

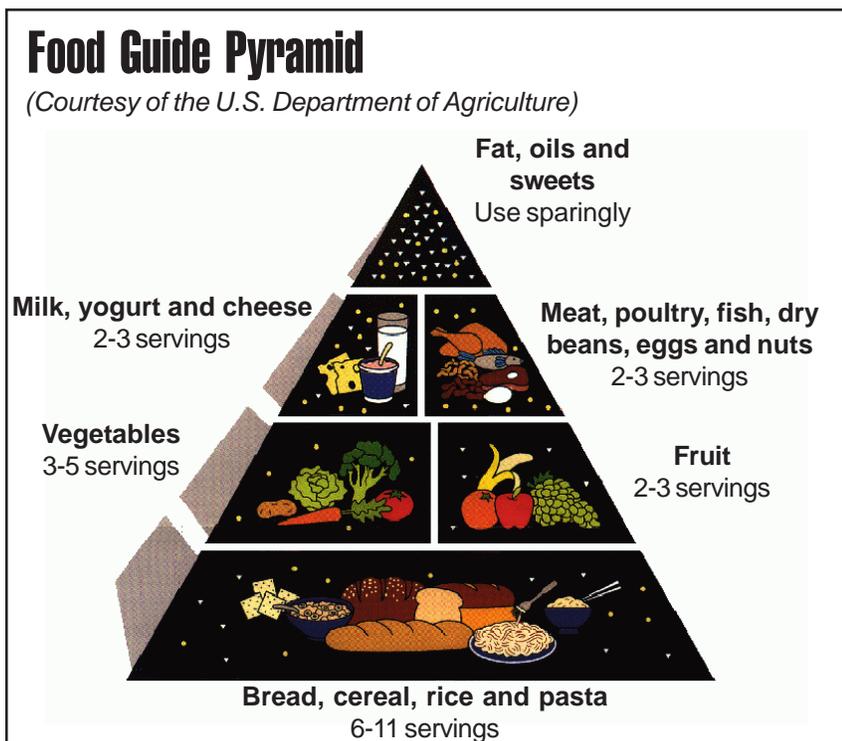
Proper nutrition requires following the guidelines of the Food Guide Pyramid, and eating five to six meals with fist-sized servings throughout the day, said Sergeant Hodgkiss, who is also an Air Force dietician.

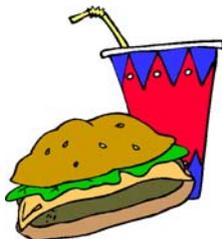
The Food Guide Pyramid was developed by the U.S. Department of Agriculture to help Americans make healthy dietary decisions.

In order to maintain a healthy diet, the majority of food choices should come from the bottom of the pyramid, and include 6-11 servings of whole grain bread, cereal, rice, and pasta choices.

The pyramid suggests people should consume two to four servings from the fruit group and three to five servings from the vegetable group each day.

Meat or dry beans, eggs or nuts should make up two-three servings and milk, yogurt or cheese should also make up two-three servings during one day’s meals. Fats, oils and sweets should be consumed sparingly.





Are you fast food savvy?

Eating right can battle the long-term effects of an unhealthy diet that can lead to cardiovascular disease, diabetes or heart attack. The short-term effects of bad dietary choices can also lead to loss of weight control and irregularity, according to Sergeant Hodgkiss.

“I have counseled people whose bad eating habits have led to strokes and heart attacks,” said Sergeant Hodgkiss. “Their sad situations may’ve been prevented by healthy eating.”

A long-term unhealthy diet can lead to hypertension, cancer and chronic liver disease, said Capt. Doug Hayes, a registered nurse and Air Force Recruiting Service Systems Support Branch chief. “This is why it is vital to stick to a diet that reflects the Food Guide Pyramid,” he said.

“Water is also an important aspect of a healthy diet,” Captain Hayes said. “Water is key because it is a part of the human chemical make up — comprising about 70 percent of the human body.”

According to Captain Hayes, water can also regulate your weight by cutting water retention and jump-starting your metabolism.

Eating recommended amounts from each food group and drinking 8-10 cups of water daily won’t necessarily extend your life, said Sergeant Hodgkiss, but it may increase the quality of it.

Fat (grams) Calories

Burger King

Whopper	39	680
Big Fish Sandwich	38	710

Kentucky Fried Chicken

Extra Crispy Breast	28	470
Extra Crispy Thigh	27	380

McDonald’s

Egg McMuffin	12	290
Sausage Biscuit with Egg	33	490
Big Mac	34	590
Crispy Chicken	27	550
Quarter Pounder	21	430
Garden Salad	6	100

Taco Bell

Bean Burrito	12	370
Grilled Stuff Burrito	35	730
7-Layer Burrito	22	520
Mucho Grande Nachos	82	1320
Taco Salad with Salsa	52	850

Wendy’s

Big Bacon Classic	30	580
Chicken Caesar Pita	19	480
Grilled Chicken Salad	7	200

Tips for eating out

1. Ask for dressings, sauces and gravies on the side.
2. Have skim milk in your coffee instead of cream.
3. Order meat, poultry or fish dishes grilled, roasted, broiled or baked without added fats.
4. Have bread without butter or margarine and veto the breadbasket’s higher-fat sweet breads and muffins.
5. Ask for vegetables that are steamed rather than fried.
6. Ask for sandwiches without mayonnaise or other creamy dressings.
7. Have eggs without bacon or sausage. Or ask for Canadian bacon – it’s much leaner.
8. Avoid “super sizing” and value meals. They may be an economic value, but keep in mind you are adding extra calories and fat.
9. Avoid cream based soups.
10. To curb your appetite before dining out nibble on a piece of fruit.
11. Skip the extra cheese on anything you order.

(Information courtesy of the Eat-Smart Pocket Guide)

AF Surgeon General issues notice on ephedra risks

By G.W. Pomeroy
Air Force Surgeon General Public Affairs

BOLLING AIR FORCE BASE, D.C. (AFPN) — The Air Force Surgeon General has issued a notice to airmen on the potential risks associated with dietary supplements that contain ephedra, following the death of a young Air Force member last November.

Medical notices are released by clinical quality management division officials from the Air Force Medical Operations Agency, Bolling Air Force Base, Washington, D.C., to disseminate lessons learned from medical incident investigations and other pertinent events.

“What we know is that this young man took dietary supplements, including ephedra,” said Royal Air Force Wing Commander (Dr.) Victor Wallace, of the aerospace medicine division at the Air Force Medical Operations Agency. “Although there was insufficient evidence to be causal, the changes seen in this young man’s cardiovascular system can be associated with ephedra use.

“The purpose of the (notice) is to ensure that Air Force personnel and their attending medical staff remain alert to the risks and can provide appropriate advice and education,” said Dr. Wallace, an RAF exchange officer.

The Air Force Surgeon General issued a revised policy covering dietary supplements containing ephedra on Sept. 5 that strongly discouraged the use of such supplements and highlighted associated risk factors.

A memorandum followed the revised SG policy from the Air Force Services Agency, which called

Photo by Staff Sgt. John Asselin



These pills are one of the many dietary supplements containing ephedra.

for services activities to remove such supplements from their resale inventories.

“Since ephedra and its alkaloids have several different names, products should be evaluated by major command- and base-level dietitians to ensure all items known to include this herb/ingredient are identified and removed from your operations,” the services memo read.

In late August, the Army and Air Force Exchange Service also removed the products from its inventories.

According to a statement issued by AAFES headquarters officials in Dallas: “Due to health and safety concerns, AAFES has replaced all ‘performance enhancing’ dietary supplements that contain ephedra with ephedra-free products. All products with ephedra have been removed from AAFES’ stores, along with those operated by AAFES concessionaires. Signs have been posted to encourage customers to carefully read the labels of all dietary supplements to help them make informed choices.”

Air Force Surgeon General officials have repeatedly “strongly advised” people to contact their physicians or health-care providers before taking dietary supplements containing ma huang, ephedra or ephedra alkaloids.

Such supplements, which include so-called energy boosters, over-the-counter diet pills and bodybuilding drinks or mixes, may pose health and occupational risks even for those not taking other prescribed drugs, Dr. Wallace said.

Today, at least 20 states and the National Football League are among those who have banned or restricted use of ephedrine products.

What you can do if you're not near a base gym

Because recruiters are spread across the United States almost half are not close enough to a base gym to use it on a regular basis. The following are some fitness center alternatives recruiters have come up with.

The YMCA takes care of the recruiters in the area by allowing us to use their gym for one dollar a day — so I am able to workout six days a week. The whole reason I feel a strong need to workout is to uphold the military image. If you look like ‘Joe bag of doughnuts’, applicants won’t want to be like you. If you are fit (not to be confused with skinny), applicants will want to be like you. Working out also helps me handle the stress of the job.

*Staff Sgt. Dustin Cross-Manhart
343rd Recruiting Squadron,
Waterloo, Iowa*

I started an ice hockey team here in Peekskill, N. Y. I am the team captain, but that basically means I coordinate game times. I don’t really do any coaching — most of the guys on my team know what they are going and we are all just out there to have fun. Being so far away from the support of a base is very challenging. I really miss the convenience, but adapting to this environment takes only a little bit of effort and some sacrifice. I am fortunate that my sport of choice is very healthy, and contrary to popular belief, very safe. After recruiting school, I managed to

gain close to 20 pounds. But since I got back into playing hockey, I lost all the excess weight and have toned up a bit. More importantly, when I step onto the ice, I forget everything about the day and the job. This is the ultimate reward, as I am sure my stress level diminishes and my mental health is improved. But, my hockey team isn’t just to improve my physical and mental fitness. I use it as a recruiting tool. Our team wears jerseys with the Air Force logo printed on them. I have a roster of 14 players: one is the owner/operator of the Ice Time Facility, we have a firefighter, narcotics officer, high school teacher, pharmacist, three college students, UPS delivery man, IBM technician just to name a few. Bottom line, every one of my players are well versed on Air

Force benefits and that’s 14 more recruiters I have helping me out. I’ve got the best of worlds — personal and professional help.

*-Tech. Sgt. Daniel Merrill
313th RCS, Peekskill, N.Y.*

I am an avid workout-aholic. When there is no gym, or base in close proximity, I find myself riding my mountain bike to work for cardio exercise as well as doing push-ups and sit-ups as part of my routine. I started this routine when I heard that former pro football star and Olympian, Hershel Walker, kept fit simply by sprinting, distance running and doing 1,000 push-ups and sit-ups daily.

*-Staff Sgt. Darius Dar-khan
367th RCS, March Air Force
Base, Calif.*

AFRS tests civilian fitness center memberships

Air Force Recruiting Service has budgeted \$50,000 for distribution among four squadrons with assigned personnel who work in excess of 30 miles from a base fitness facility, according to Lt. Col. Karen Smith, AFRS chief of Human Resource Development Branch.

“These funds are to be used for gym memberships for those people,” she said. “This will be a ‘test’ initiative to determine whether this is a cost effective practice for future broad-based use throughout AFRS.”

Participation, pre/post wellness assessments and annual cycle ergometry tests will help determine the effectiveness of the program. Each Group selected one squadron to participate in the “test” initiative:

313th RCS, North Syracuse, N. Y.
342nd RCS, Ft. Snelling, Minn.
367th RCS, Colorado Spring, Colo.
339th RCS, Clinton Township, Mich.

Physical fitness, exercise help provide long-term health benefits

By Senior Airman Shelby Martin
Air Force Recruiting Service

Dedicated athletes aren't the only people who may experience long-term benefits of good health from physical fitness and exercise — the average person can too.

People who exercise regularly tend to have lower blood pressure, lower cholesterol, control of body weight, better muscular strength and longer endurance, according to Scott Nunnally, exercise physiologist at the Health and Wellness Center, Randolph Air Force Base,

Texas

Studies conducted by the Center of Exercise Science at the University of Florida of subjects who regularly ran and used resistance training over a ten-year period, maintained healthy muscle strength and endurance along with increased levels of aerobic capacity over the ten-year period.

Thus proving that physical fitness can help you stay healthy longer.

Muscular strength and aerobic capacity are not the only benefits of physical fitness.

“Regular exercise benefits the heart muscle as a pump, making it stronger and larger to efficiently carry blood throughout the body,” Mr. Nunnally said.

Along with strengthening the heart, physical fitness also helps lower cholesterol.

“Even people who exercise moderately can

experience a boost in high density lipoproteins, or good cholesterol, and lower blood pressure,” he said.

“These effects translate into reduced risk for heart disease, heart attack and stroke resulting in increased life expectancy and quality of life.

“The long-term health benefits of physical activity and exercise can be obtained with consistent and increased physical activity. The more you exercise, the greater the benefits,” Mr. Nunnally said.

He said those benefits include decreased body fat and bone loss, increased joint flexibility and stronger

muscles to support those joints.

Using the right exercise program to stay physically fit may be just as important as consistently exercising according to Mr. Nunnally.

Only the individual can decide which exercise program is most beneficial to them — people have different

needs.

“A workout program depends on your goal and individual needs,” said Master Sgt. Allen York, Headquarters Air Force Recruiting Service protocol NCO and certified personal trainer.

“To enjoy the health benefits over time, your fitness program should include cardio respiratory endurance, muscular strength, muscular endurance and flexibility,” he said.

Keeping all these points in mind when designing and using an exercise program should help strengthen the heart, lower blood pressure and cholesterol and help achieve a healthy and long life.

Photo by Staff Sgt. John Asselin



Master Sgt. Allen York, Headquarters Air Force Recruiting Service protocol NCO and certified personal trainer, lifts weights at the fitness center, Randolph Air Force Base, Texas.

Officials may change Air Force fitness program

By Staff Sgt. A.J. Bosker
Air Force Print News

Air Force health officials are proposing a change to the service's fitness program to help airmen place a greater emphasis on their overall health and well-being.

Many airmen incorrectly think the Air Force fitness program is cycle ergometry, according to Maj. Lisa Schmidt, chief of health promotion operations in the Air Force surgeon general's office at Bolling Air Force Base, D.C.

"The Air Force fitness program isn't about the bike test," Major Schmidt said. "The fitness program is about eating healthy and exercising three to five times each week. The bike is just a tool we use to measure the effect of a personal fitness program."

According to Major Schmidt, the goal of the program is to encourage a mindset change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing a test.

This change was incorporated into "WarFit," a test program started at F.E. Warren Air Force Base, Wyo., last February and at Los Angeles AFB, Calif., last May.

The program started for all of

Air Force Space Command last January.

"We chose to base fitness-program evaluations on health risk assessments," said Col. Jon Pearse, 90th Medical Group commander at F.E. Warren AFB.

According to Colonel Pearse, aerobic fitness, body fat and muscular strength all play a part in a person's overall health and are what "WarFit" attempts to measure.

A person's score on the bike test and the number of push-ups and sit-ups he or she does will be combined with his or her body fat percentage to come up with the composite score. This score will be used to place the person in one of three health-risk categories: low risk, moderate risk or high risk.

Airmen who are identified as being a moderate risk will attend a general Healthy Living Workshop that focuses on behavior change and general information for fitness and nutrition. High-risk members will receive more individualized and targeted intervention.

"The goal isn't to make this monitored-exercise regimen a punishment for those with a moderate- to high-health risk," Colonel Pearse explained. "The goal is to help these people successfully adopt a healthier lifestyle."

The SKINNY on fitness

What's on the table

A person's score on the bike test and the number of push-ups and sit-ups they do will be combined with their body fat percentage to come up with the composite score. This score will be used to place the person in low risk, moderate risk or a high-risk category.

How it works

Airmen are identified as being a moderate risk will attend a general Healthy Living Workshop that focuses on behavior change and general information for fitness and nutrition. High-risk members will receive more individualized and targeted intervention. Low-risk members are asked to keep up their physical fitness routine and encourage others to stay fit.

Why the change

According to Maj. Lisa Schmidt, chief of health promotion operations, the goal of the program is to encourage a mind-set change in all airmen toward adopting a more proactive and preventive approach to health and fitness, thereby increasing the focus on personal readiness and not just passing the cycle ergometry test.

TRICARE helps those in need

We can't talk about eating right and staying physically fit without discussing how to take care of yourself and your family's medical needs. Air Force Recruiting Service has recruiters and their families stationed all over the United States and in seven foreign countries and they all have different medical needs. To address those different needs and help explain the military healthcare system, TRICARE, we have compiled some basic information to help our families in AFRS. All of the following information can be found at www.tricare.osd.mil

Which option is the best choice for me if I don't live close to a military medical treatment facility?

If you are able to enroll in the TRICARE Prime program, this would be the most cost-efficient option for you. If there is not a military medical treatment facility in your area; contact your Managed Care Support Contractor to inquire about civilian Prime providers. If there is not a Prime provider in your area, you can still save money by participating in the TRICARE Extra program by using a civilian network provider. If TRICARE Extra network providers are not available in your area, you will have to use TRICARE Standard. The TRICARE Service Centers have lists of TRICARE Extra network and TRICARE Standard providers.

How can I find the location of my nearest TRICARE Service Center?

Contact your local directory assistance operator, or call the nearest military hospital/clinic or visit www.tricare.osd.mil.

How can I find out more information about the TRICARE program?

Here are a few sources of information to get answers regarding TRICARE: Contact your

TRICARE Service Center; contact the Beneficiary Counseling and Assistance Coordinator or the Health Benefit Advisor at any military treatment facility; or contact your Managed Care Support Contractor. TRICARE also has a website available at www.tricare.osd.mil.

How do TRICARE Service Centers assist beneficiaries?

A TRICARE Service Center staffed by health care professionals who help beneficiaries obtain the service they need, serves each region. They include:

- Customer Services Representatives who help explain the TRICARE options and assist in choosing the program that suits you best. They can provide enrollment assistance for TRICARE Prime, assist with the selection of a Primary Care Manager, provide names of TRICARE network providers, and help resolve billing problems.
- Health Care Finders are registered nurses who will assist you and your Primary Care Manager in arranging specialist referrals, pre-authorized hospital admissions and approve certain medical procedures.

How do I obtain emergency care through TRICARE?

Anyone covered by TRICARE should seek treatment at the nearest emergency department right away if care is needed to safeguard life, limb or eyesight. If you're a TRICARE Prime enrollee and use a civilian emergency room, you must notify your Managed Care Support Contractor within 24 hours. In addition, any follow-up care related to the visit must be scheduled with your Primary Care Manager. If you're not sure if it's an emergency, you may call the Nurse Advice Line to help you decide. A registered nurse will give you basic medical information to help resolve the problem or, if necessary, direct you to use the nearest emergency department.

The Nurse Advice Line is available 24 hours a day, seven days a week to all military beneficiaries.

What is the phone number for the Nurse Advice Line?

Call your region's Managed Care Support Contractor to get the Nurse Advice Line phone number for your region.

If I have a grievance for services under the TRICARE program whom can I contact?

Grievances should be reported to the military treatment facility Beneficiary Counseling and Assistance Coordinator or Health Benefits Advisor, or the military treatment facility commander. The regional Managed Care Support Contractor is responsible for grievances for services rendered by civilian network providers under the TRICARE program.

Can I receive prescription refills by mail?

Yes. As of March 1, more than 400,000 military pharmacy mail order customers will be switched to a new TRICARE Mail Order Pharmacy program. All TRICARE beneficiaries are eligible to receive prescription refills by mail. To register for the program, customers must contact their regional TRICARE Service Center or their military treatment facility pharmacy. The usual delivery time for medication is five to seven days. Controlled substances or narcotics are not available in the mail order program.

How do I travel with TRICARE?

If you or a family member encounters an emergency situation while traveling, TRICARE Prime will cover your medical care. If you are confronted with an emergency while traveling, seek immediate care at the nearest hospital emergency room. Be sure to contact your Primary Care Manager should follow-

up care be necessary. Also contact the Health Care Finder at 1-800-406-2832, within 24 hours, to initiate a record of the care you are receiving. This and keeping all receipts and other documents related to the care you receive will ensure proper and quick payment of your claim after you return home.

National toll free phone numbers

TRICARE Prime Remote

1-888-DOD-CARE

TRICARE Dental Program

1-800-866-8499

National Mail Order Pharmacy

1-800-903-4680

Defense Enrollment Eligibility Reporting Systems

1-800-538-9552

Active Duty Claims

1-800-876-1131

Regional toll free phone numbers

Northeast (Region 1) 1-888-999-5195

Mid-Atlantic (Region 2) 1-800-931-9501

Southeast (Region 3) 1-800-444-5445

Gulfsouth (Region 4) 1-800-444-5445

Heartland (Region 5) 1-800-941-4501

Southwest (Region 6) 1-800-406-2832

Central (Regions 7/8) 1-888-874-9378

Southern California (Region 9) 1-800-242-6788

Golden Gate (Region 10) 1-800-242-6788

Northwest (Region 11) 1-800-404-2042

Alaska (Region 11) 1-800-242-6788



Staff Sgt. Lloyd Reiser, 311th Recruiting Squadron, tries on snorkeling gear in the Gulf of Mexico while at Hurlburt Field, Fla., for a special tactics experience day.

PJ/CCT for a day

Top three special tactics recruiters experience training for pararescuemen and combat controllers

By Staff Sgt. Dean Witt
368th Recruiting Squadron Public Affairs

The 720th Special Tactics Group, Hurlburt Field, Fla., recently gave three recruiters a first hand look at life as a combat controller and pararescueman. The three were selected because they contracted the most special tactics airmen for fiscal 2002.

While all enlisted accessions recruiters are considered special tactics recruiters, these three put a total of nine men into the special tactics career fields. This helped AFRS contract 195 special tactics applicant reaching 76 percent of the goal for fiscal 2002.

The Air Force uses pararescuemen and combat controllers are trained to establish and control the air-ground interface during special operations

missions. When necessary, they are also ready to provide immediate trauma medical treatment and patient retrieval as well as combat search and rescue efforts.

All of these necessary skills come from months of training. Training that the 720th STG thought their number one recruiters should experience.

So Staff Sgt. Lloyd Reiser, 311th Recruiting Squadron, Staff Sgt. Scott Lowell, 349th RCS and Tech. Sgt. Tony Locke, 364th RCS, spent a week fishing parachutes out of the Gulf of Mexico, firing various rifles, riding motorcycles and four-wheel all terrain vehicles, learning snorkeling techniques used by special tactics members and interacting with students and instructors. All three agree they can now speak from experience when it comes to

encouraging applicants to join a special tactics career field.

“I knew the Air Force had the world’s best trained special forces, but given this opportunity to see these men in training will prove to be an invaluable tool of first-hand experience in what the mission is all about,” Sergeant Reiser said. “It’ll be a great sales aid for me when I talk about Air Force special operations to my applicants.”

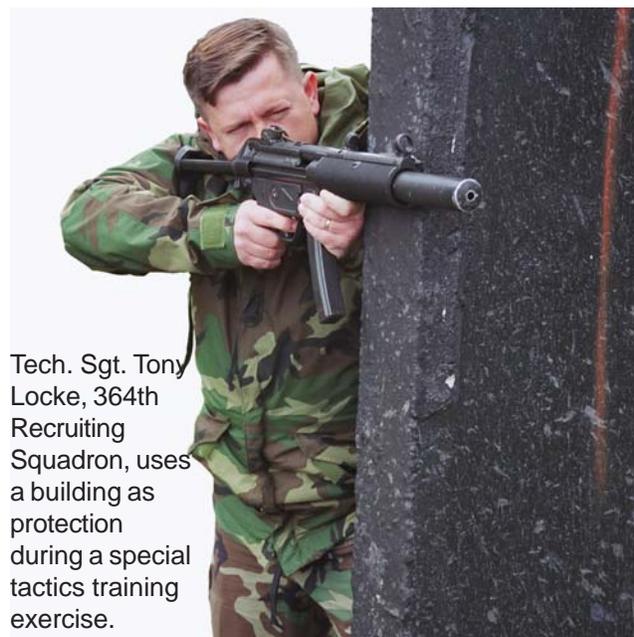
Sergeants Reiser, Lowell and Locke each recruited three special tactics members – more than anyone else in fiscal 2002.

Putting people in the Air Force is not always an easy task according to these recruiters. And because of the rigid requirements, recruiting young men for special tactics can be even harder.

Before even being considered for special tactics duty, applicants must be able swim 20 meters underwater without surfacing, run 1.5 miles in 10 minutes 30 seconds or less, complete a minimum of eight chin-ups within one minute, complete a minimum of 50 sit-ups within two minutes, 50 push-ups within two minutes and 50 four-count flutter kicks within two minutes.

Tech. Sgt Brian Hicks, a special tactics recruiter and a qualified pararescuman with nine years special tactics and rescue experience put the event together with the 720th STG.

“I thought it would be good to give the recruiters a sampling of the training their applicants go through,”



Tech. Sgt. Tony Locke, 364th Recruiting Squadron, uses a building as protection during a special tactics training exercise.



Staff Sgt. Scott Lowell, 349th Recruiting Squadron, takes aim with a MP-5 rifle in the prone position during his visit to the 720th Special Tactics Group, Hurlburt Field, Fla.

he said. “They were a little hesitant with some things such as rappelling off a 40-ft tower and drown proofing with the combat control students.”

According to Sergeant Hicks, drown proofing involves surviving for five minutes in 10 feet of water with your hands and feet tied together.

“But through a little encouragement they were up to the task and now have valuable experience to take back and share with their flight mates and potential recruits,” he said.

The week was a unanimous eye-opener according to the recruiters. “Taking part in the activities gave me a small taste of what special tactics is all about,” Sergeant Lowell said. “It also opened my eyes to the commitment it takes by these guys to endure their intense training.”

Sergeant Hicks hopes a week of training, touring and observation, will help these and other recruiters tell the Air Force special tactics story with more insight. “Come out and see how we train, play with some of the toys and actually experience what we do,” he said. “It really hits home when you actually see and do it.”

Sergeant Hicks hopes the three recruiters will pass on their experiences to other members of their squadrons. He believes this event will serve as good publicity for the special tactics-recruiting program.

“Even though only three recruiters participated in the tour, their experiences will be shared with other members of their squadrons and throughout recruiting service,” he said. “That’s the kind of publicity this program needs.”

Smallpox vaccinations

President George Bush announced last December that he has ordered smallpox vaccinations to begin for military personnel. A Department of Defense release indicated they would immunize people based on their occupational responsibilities, with emergency response teams and hospital and clinic workers receiving the vaccine first. Next will be those individuals with “critical mission capabilities.”

Web portal testing

WASHINGTON (AFPN) — The next generation of the Air Force Portal debuted at Langley Air Force Base, Va., last December. The portal will allow access to integrated content from desktops and new features so users will not have to remember a laundry list of user names and passwords when they use multiple Air Force sites.

When fully operational, portal users will also be able to:

- Personalize the display and delivery of portal information;
- Take favorite Web site links with them when they travel; and
- Readily access the best of Air Force content, tools and applications, all organized in a user-friendly format.

The portal can be visited at <https://www.my.af.mil>. It can only be accessed from computers in the dot-mil and dot-gov domains.

Captain selection board

WASHINGTON (AFPN) — The Air Force will eliminate captain central selection boards for active-duty, Guard and

Photo by Alfred Martinez



100 percent recruiter

Tech. Sgt. Andy Stowell, 345th enlisted accessions recruiter, recently graduated from the recruiting schoolhouse with a 100 percent average on all performance reports and final evaluations. Sergeant Stowell, a West Plains, Mo., recruiter, is the first selectee to accomplish this. The prior supply and facilities maintenance technician, was surprised when he was selected for recruiting duty, but likes his new job. According to him, recruiting duty has been a good move for him and his family and he looks forward to a successful career in the future.

Reserve officers beginning in 2003.

The move will streamline the process for eligible first lieutenants — placing the decision point for promotion closer to those who know the officers best.

Promotion decisions will now be made at the major command or equivalent level.

The 2002 National Defense Authorization Act permits the service secretaries to eliminate captain promotion boards when the promotion opportunity is 100 percent.

Despite the absence of a central review, individuals will still need to be “fully qualified” to be promoted. This means everyone who is determined to be qualified can be promoted.

Tuition assistance

Appropriated-fund civilians working in AETC can now receive financial support for higher education under a new program called the Civilian Tuition Assistance Program. For more information, contact your local base education office.

Military Star card interest rate

Military Star card, formerly know as DPP, reduced its interest rate from 9.5 to 9 percent. The lowest since the card was introduced. The new rate does not apply to military clothing plans, special promotions already in existence, or other special programs that may offer reduced rates. For more information, visit www.aafes.com

Chief Master Sergeant

Ricky Bailey 332 RCS
 Randolph Fuller 367 RCG

Senior Master Sergeant

Roland Umipeg HQ AFRS
 David Anderson 362 RCS

Master Sergeant

Noreen Patton HQ AFRS
 George Henigman 313 RCS
 Mark Jackson 317 RCS
 John Burkett Jr. 318 RCS
 Leon Wall 318 RCS
 Theresa Callahan 319 RCS
 Ted Williams 336 RCS
 Reginald Angry 337 RCS
 John Clapp 339 RCS
 Lance Pittman 339 RCS
 Rikkard Rambo 339 RCS
 Rodney Williams 344 RCS
 John Recuero 369 RCS
 Joseph Araiza 362 RCS
 Troy Jensen 369 RCS

Technical Sergeant

Jeffrey Stroup 311 RCS
 Cassandra Richards 314 RCS
 Jessie Boyer 317 RCS
 Raymonte Britt 317 RCS
 Britt Mullins 317 RCS
 Sean Booker 318 RCS
 Francis Parulis 318 RCS
 Douglas Delgobbo 319 RCS
 Derril McDonald 319 RCS
 Edgar McNac 319 RCS
 James Nichols 336 RCS
 Stephen Schwartz 337 RCS
 Donald Day Jr. 338 RCS
 Michael Walker 338 RCS
 Delbert Cates 341 RCS



David Spade 341 RCS
 James Pryan 343 RCS
 Ray Porter 344 RCS
 Toriano Jones 347 RCS
 Richard Troxell 347 RCS
 Johnathan Jamerson 348 RCS
 Patricia Strickland 348 RCS
 Terrell Cornelius 349 RCS
 Shane Stults 369 RCS

Staff Sergeant

Syreeta Seamon 333 RCS
 Melissa Swank 338 RCS
 Reginald Foreman 341 RCS
 Timothy Rivera 343 RCS

Senior Airman

Lateisha Wise 349 RCS

AFRS Personnel Manager of the Year award winners

Category I-A: Lt. Col. Leonard Brisbon, HQ AFRS
 Category II-A: 1st Lt. Craig Nordskog, HQ AFRS
 Category III-A: Terry Hepworth, HQ AFRS
 Category I-C: Capt. Jileen Howard, 345 RCS
 Category II-C: Master Sgt. Debra Purnell, 367 RCG
 Category III-C: Staff Sgt. Jason Beaudoin, 372 RCS

AFRS Supply superintendent and technician awards

Superintendent: Master Sgt. Michael Schmick, 341 RCS
 Technician: Staff Sgt. Matthew Zuniga, 368 RCS

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