



Recruiter

The Magazine of the Air Force Recruiting Professional



**Securing
your station**

**Keeping you
and your workplace safe**

September
2005

Editorial staff

Commander
Brig. Gen. Dutch Remkes

Chief, Public Affairs
Lt. Col. R. Steven Murray

NCOIC, Public Affairs
Tech. Sgt. Dan Elkins

Editor
Senior Airman Madelyn Waychoff

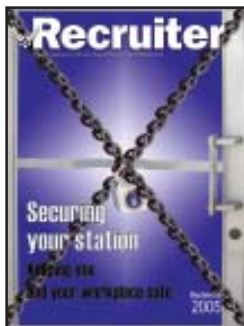
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Correspondence should be addressed to AFRS/PA, 550 D STREET WEST STE 1, ATTN: EDITOR, RANDOLPH AFB, TX 78150-4527. Phone numbers are commercial (210) 565-4678, DSN 665-4678 or e-mail afsrhpa@rs.af.mil.

cover



Recruiting station security has become an increasing concern for Air Force Recruiting Service. For more information on how to protect against possible suspicious activities, see Page 10. (Photo illustration by Senior Airman Madelyn Waychoff)

Recruiter Spotlight

Tech. Sgt. Leslie Owens

Job title:
Enlisted accessions recruiter, 317th Recruiting Squadron
Office location:
Columbia, Md.

Hometown:
North Augusta, S.C.

Time in AFRS:
Two years

Time in Air Force:
Nine years

Prior career field:
Supply systems analyst

Hobbies:
Reading, spending time with my family and shopping

What inspires you to do what you do:

Knowing that I can make a difference in someone's life

What is the best advice you have ever received:

Take accomplishments or failures in life as a learning experience for future endeavors.

What hints can you give others about recruiting:

Get to know your community, and become actively involved. Take any and all advice and experiences given to you from fellow recruiters because this may help you on the road to becoming a successful recruiter.

Career goals:

To become commissioned and retire from the Air Force

Personal motto: Don't give up on something before you have even made an attempt.



Air Force Recruiting Service COMMANDER'S ACTION LINE

The Commander's Action Line is a direct line for comments, questions, complaints and suggestions on how to make Air Force Recruiting Service a better place to work.

All action lines will be answered personally by me or my staff while protecting the identity of the individual as best as possible. Although the action line is always available, the best way to resolve problems is through your chain of command.

If concerns still cannot be resolved, please call the action line at (210) 565-4678, or e-mail at afsractionline@rs.af.mil. Items of general interest may be printed in the *Recruiter* magazine.



Brig. Gen. Dutch Remkes
Commander

The weakest link

AFRS' culture strives to prevent violations

By Lt. Col. William B. Boyce
*Air Force Recruiting Service
staff judge advocate*

As with most highly visible organizations, Air Force Recruiting Service is often measured by the actions of its weakest links. How servicemembers professionally interact with each other, and members of the community, is directly tied to the success or failure of AFRS.

When properly trained and led, an organization will eventually reach its highest levels of competent functioning. Conversely, when poorly led or ill-trained, an organization suffers because its mission is unwittingly eroded by those who stray from its time-honored principles.

From a purely legal perspective, genuine problems begin to surface whenever individual members depart from well-established principles. In a military environment, departing from acceptable behavior can often result in consequences that are very different from those of a civilian organization.

Clearly, there is a "price" to be paid by the individual AFRS member who commits a criminal infraction. To remain healthy and vibrant, even in the face of others' failures, the organization must learn from the crimes of its members. Failure to do this breeds a culture of indifference, an attitude of despair, or worse, a gradual lowering of the bar of excellence. Simply put: The AFRS bar will never be lowered to

accommodate those who lack professionalism.

For example, take a serious crime such as engaging in an inappropriate relationship with an applicant. We all know this to be utterly wrong, yet unfortunately it still occurs. Aside from the punitive actions toward the servicemember, there are more serious repercussions for the organization. If known outside the local community, the citizens can quickly lose faith in the armed forces in general and the Air Force in particular.

This concept is drilled into the brains of our recruiters-to-be as they work their way through the recruiting school's vigorous training program. "By name" examples of AFRS misconduct are thoroughly discussed as well as the various AETC and AFRS instructions that pertain to recruiter malpractice and misconduct.

When personnel fail to execute a given task, it is essential that the command take immediate action. Clearly, some "mistakes" can be corrected. No matter what the degree of severity, an environment of timely and appropriate corrective action will automatically steer most folks in the right direction. More importantly, it serves as a bright signal to the loyal members that their dedicated day-to-day service is valued.

One way we achieve this goal is through AFRS' publication of the quarterly status of discipline report, or SOD. While none of us takes pride in pushing this organi-

zational "report card" to your inbasket, it does serve an invaluable purpose. It informs each of our personnel that a few of their peers went against our core system of beliefs.

If this report serves to correct the behavior of just a single AFRS member, then it holds great value to the larger organization. Invariably, and despite reading AFRS' discipline report, some personnel will "still not get it." There is only one logical response and that is to continue to hold people accountable for breaching well-established rules and expectations. Thus, it is hoped that an open dialogue of our weakest links will assist a few criminal-minded fence-sitters to re-evaluate their own conduct to avoid reading about their misconduct during the next SOD.

Even if the SOD does not get through to them, AFRS will prevail. If we take a black eye from the conduct of a few we will never bury our head in the sand — we simply look ahead, reinforce the core principles of the organization, and press on with the work that still needs to get done.

Each of you can be proud of your many accomplishments toward fulfilling the AFRS mission. With the right mix of training, and consistently superior efforts of our leaders, AFRS will continue to meet the high expectations of those who rely upon us. At the end of the day, and with your continued support, none of us will ever be measured by our "weakest link."

New AFRS staff sergeants

The Air Force has selected 14,614 of 36,405 eligible senior airmen for promotion to staff sergeant, a 40.14-percent selection rate.

The following AFRS members have been selected for promotion to staff sergeant:

Kerrey Allen	338th RCS
Somma Berrones	362nd RCS
Kenny Booe	333rd RCS
Jason Crawford	348th RCS
Jose Cruz-Cabral	333rd RCS
Brian Donatelli	311th RCS
Frank Franklin	367th RCS
Noel Gonzalez	367th RCS
Justin Gress	362nd RCS
Steven Hilliard	311th RCS
Tommy Jones	331st RCS

Kiana Jordan	347th RCS
Ian Kline	342nd RCS
Peter Knapp	348th RCS
Marguerite Laney	341st RCS
Shane Lobzun	339th RCS
Krystal Ortiz	341st RCS
Barry Pace	367th RCS
John Pantoja	344th RCS
Brian Paul	313th RCS
Robert Payne	344th RCS
Kristen Perry	317th RCS
Clinton Salica	347th RCS
Robert Salina	341st RCS
Sigfredo Hernandez-Santiago	333rd RCS
Jacob Sheppard	372nd RCG
Derrick Sherman	347th RCS
Terrance Snell	338th RCS
Barry Sylvester	367th RCS
Andrea Thacker	318th RCS

Ronnie Thomas	338th RCS
Niles Velin	368th RCS
Madelyn Waychoff	HQ AFRS
Jimmy Weaver	313th RCS
Jason Wildman	338th RCS
Michael Williams	314th RCS

AFRS changes of command

Two Air Force Recruiting Service squadrons are under new command.

The 319th Recruiting Squadron changed command July 12. Lt. Col. Brian J. Creelman took command from Lt. Col. Matthew P. Groover, who is now assigned as the U.S. Nuclear Command and Control System Command and Control Branch chief. Colonel Creelman came to the 319th RCS from Falls Church,

Recruiting school graduates

The following students graduated from the Air Force Recruiting School July 20.

Staff Sgt. Jeffrey Bressette	330th RCS
Tech. Sgt. James Carpenter	319th RCS
Senior Airman Thomas Credit	319th RCS
Tech. Sgt. Alonzo Etheridge	364th RCS
Staff Sgt. Patrick Haggan	330th RCS
Staff Sgt. Daniel Harvoth	330th RCS
Staff Sgt. Scott Haynes	338th RCS
Senior Airman Steven Kuberek	313th RCS
Senior Airman Xavier Maldonado	347th RCS
Senior Airman Edward Malone	338th RCS
Tech. Sgt. James Oldenhoff	342nd RCS
Tech. Sgt. Michael Phelps	345th RCS
Staff Sgt. Marcus Richburg	332nd RCS
Staff Sgt. Jeremy Spranger	313th RCS
Staff Sgt. Joseph Talbot	311th RCS
Staff Sgt. Jack Wolcott	313th RCS

The following students graduated from the Air Force Recruiting School July 27.

Staff Sgt. Joseph Day	331st RCS
Staff Sgt. Randall Fontenot	336th RCS
Tech. Sgt. Jimmy Gaffney	337th RCS
Staff Sgt. Luke Glasscock	313th RCS
Senior Airman David Govan	317th RCS
Staff Sgt. Waldell Graves	317th RCS
Senior Airman Charles Kropog	367th RCS
Staff Sgt. Donald Layton	342nd RCS
Staff Sgt. Casey Nelton	345th RCS
Staff Sgt. Richard Nixon	367th RCS
Staff Sgt. Michael Risse	331st RCS
Staff Sgt. Anthony Roles	361st RCS
Tech. Sgt. Mark Swain	330th RCS
Tech. Sgt. Christopher Warsitz	313th RCS
Staff Sgt. Marvin Younger	367th RCS

PME graduates

The following students graduated from the Air Force NCO Academy in July.

Tech. Sgt. Maurice Brooks	314th RCS
Tech. Sgt. Jeremy Cairns	313th RCS
Tech. Sgt. Gavino Duran	342nd RCS
Tech. Sgt. Evette Edwards	342nd RCS
Tech. Sgt. Cory Frommer	369th RCS
Tech. Sgt. Maurice Hobson	314th RCS
Tech. Sgt. Anthony Jackson	332nd RCS
Tech. Sgt. Richard Jones	332nd RCS

Tech. Sgt. Lance Kibbee	369th RCS
Tech. Sgt. David Rose	367th RCS
Tech. Sgt. Jordi Sancho	369th RCS
Tech. Sgt. Daniel Sullivan	333th RCS
Tech. Sgt. Mark Stover	313th RCS
Tech. Sgt. Steven Woods	367th RCS

The following student graduated from Airman Leadership School in July.

Senior Airman Clint Daniels	367th RCS
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August Promotions

Lieutenant Colonel

James Fournier 347th RCS
 Anthony Young 368th RCS

Captain

Annie Jenkins 369th RCS
 Amy Render HQ AFRS

Senior Master Sergeant

Daniel Benton 338th RCS
 Jason Kenney 367th RCG
 Kevin Luck 367th RCG
 Charles Marshall 338th RCS

Master Sergeant

Salvatore Caruvana 314th RCS
 Kenya Delmar 364th RCS
 Dean Ellison 341st RCS
 Adam Escobedo 343rd RCS
 Jeffrey Gardner 348th RCS
 Renae Hughes 364th RCS

Anthony Jackson 337th RCS
 Marc Jackson 364th RCS
 William Lisowski 339th RCS
 James Long 361st RCS
 Ronald Nichols 331st RCS
 James Painter 331st RCS
 Duane Swafford 362nd RCS
 Duane Taylor 319th RCS
 Timmy White 367th RCS

Technical Sergeant

George Anthony 345th RCS
 Michael Barnhill 331st RCS
 Aaron Bennett 364th RCS
 Brian Bowden 317th RCS
 Eric Cepek 311th RCS
 Andrew Cramm 347th RCS
 Daniel Dimatteo 348th RCS
 Stacie Johnson 318th RCS
 Allen Gier 338th RCS
 William Glover 349th RCS

Bryan Healy 364th RCS
 Dante James 317th RCS
 Brian Lauerman 317th RCS
 Patrick McCullough 349th RCS
 Ahmed McIntyre 331st RCS
 Fred Randall 343rd RCS
 Diane Schmitt 367th RCS
 Stacy Simon 344th RCS
 James Stevenson 368th RCS
 William Studebaker 317th RCS
 Jason Tafoya 364th RCS
 Brad Varnum 349th RCS
 Michael Washington 347th RCS
 Cortchie Welch 369th RCS

Staff Sergeant

Tao Chan 369th RCS
 Allen Hall 344th RCS
 Jesse Hazlett 364th RCS
 Brian Russell 333rd RCS
 Juan Zea 341st RCS

Va., where he served as the USNCCS Staff Nuclear Readiness Branch chief.

Maj. Thomas Houle took command of the 338th Recruiting Squadron from Lt. Col. John Farrell in a ceremony July 28. Major Houle came to the 338th from AFRS headquarters at Randolph Air Force Base, Texas, where he served as the executive officer to the commander. Colonel Farrell is retiring after more than 33 years of service.

Award winners

The following personnel from Air Force Recruiting Service are the 2005 AFRS Lance P. Sijan Leadership Award winners:

Senior officer

Lt. Col. Michael Fitzpatrick
 360th RCG

Junior officer

Capt. Jennifer Griswold
 361st RCS

Senior enlisted

Master Sgt. Dean Simanek
 343rd RCS

Junior Enlisted

Staff Sgt. Andrew Gill
 361st RCS

'Tugger' film

Members of the 333rd Recruiting Squadron took the opportunity to highlight the Air Force during the premier of the new "Tugger: The Jeep Who Wanted to Fly" animated film July 2 in Celebration, Fla.

The movie features a Jeep that wants to fly, and ends up being a part of the Air Force Thunderbirds team. The 333rd RCS provided support with the use of the mini jet and RAPTOR displays as well as a DEP swear-in ceremony.

The film is scheduled to appear in more than 500 theaters nationwide and will be available on DVD later this year.

Nurse commissioning

One of the Air Force's newest second lieutenants began her nursing career in Washington, D.C., on America's 229th birthday by repeat-

ing the commissioning oath echoed by thousands every year.

Second Lt. Elizabeth Gagnon, president of the Student Nurse's Association at the University of Incarnate Word in San Antonio, joined the Air Force in a brief ceremony beneath the Spirit of Nursing Statue at Arlington National Cemetery. Lieutenant Gagnon was recruited by Tech. Sgt. Meelondrell Laing from the 341st Recruiting Squadron.

"I chose nursing as a way to serve others," said the lieutenant. "Nursing in the military is a way to serve those who serve. I have always been impressed by the people in the military, their commitment to serve and camaraderie," she added.

Col. George Gagnon, her father and senior military assistant to the Under Secretary of Defense for Policy, administered the commissioning oath, attended by family and friends near the gravesites of dozens of American nurses killed in World War II.

"I'm very proud of Elizabeth," he

said. "She has seen much of the world and drew contrasts between our country and others. She appreciates the freedoms we enjoy and the values we hold. I think that inspired her to defend them," Colonel Gagnon said.

Force shaping

The Air Force achieved its congressionally mandated active-duty end strength of 359,700 Airmen for fiscal 2005, however there are still more officers than authorized and Force Shaping Phase II will continue into the next fiscal year, according to Pentagon officials.

Phase II initiatives successfully reduced the overall size of the force; however, the Air Force still has more officers than authorized.

Voluntary separation opportunities

for active-duty enlisted Airmen are now limited, but voluntary programs for officers will be maintained, said a Pentagon staff member.

The retained initiatives for the enlisted force will be the "Blue to Green" option and the career job reservation program.

For Air Force officers, force-shaping opportunities are still available and will continue until the Air Force meets its end strength numbers for 2006.

There are currently more officers than allowed by law, particularly in the junior grades, said a Pentagon staff member.

The Air Force continues to offer a variety of programs for officers to voluntarily leave, but if insufficient volunteers are found other options will be considered.

For more information on the latest force-shaping opportunities visit www.afpc.randolph.af.mil.

Emergency Data Form

A Department of Defense change to the Record of Emergency Data Form, DD Form 93, now requires servicemembers to designate exactly who should be declared the "person authorized to direct disposition" of remains.

The change grew out of the cases of a soldier and a Marine killed in Iraq earlier this year. In both cases, the unmarried men had not designated a person authorized to direct disposition, and their parents were divorced.

Previously, servicemembers could volunteer information on persons authorized to direct disposition.



Photo by Lisa Adamson

Air Force finish

GUTTENBERG, Iowa – Team Air Force cyclists ride into Guttenberg, the last town on the 33rd Annual Des Moines Register Annual Great Bicycle Ride Across Iowa, in formation as part of an Air Force tradition that has endured the 11 years Air Force teams have participated. The ride ended July 30. For the second year in a row Brig. Gen. Dutch Remkes, Air Force Recruiting Service commander, participated in the ride.

AFRS realigns two squadrons

By Tech. Sgt. Daniel Elkins
Air Force Recruiting Service

In an effort to more equitably distribute group goals and market share, two recruiting squadrons are being realigned under different recruiting groups effective with the start of the new fiscal year.

Beginning Oct. 1, the 342nd Recruiting Squadron reports to the 372nd Recruiting Group and the 337th RCS falls under the 360th RCG. The 342nd RCS is responsible for recruiting throughout North Dakota and portions of Minnesota and Wisconsin. The 337th RCS zone includes portions of North Carolina and South Carolina. The move makes all four recruiting groups responsible for seven squadrons each.

“In the past, the smaller recruiting groups were responsible for a goal that was below the command average,” said Lt. Col. Dan Woolever, Air Force

Recruiting Service Operations Division chief. “Realigning the two squadrons allows for a more equitable share of the recruiting goal based on the market.”

Colonel Woolever said the realignment impacts only the two squadrons involved and that no additional market changes are being made to the 26 other squadrons in the command. He added that by realigning the markets, each of the four recruiting groups will be responsible for roughly 25 percent of the AFRS goal.

“It just makes sense,” he added, “that if the market is not there, you’re not assigned the goal.”

The operations division chief went on to say that other than two squadron commanders reporting to new group commanders and support of new zones by marketing assets, the realignment should have minimal effect on remaining squadron members and logistical assets.



Previous alignment



New alignment Oct. 1



Photo by Staff Sgt. John House

Making waves

A wakeboarder performs during the Texas Wakeboard Classic at Texas Ski Ranch, New Braunfels, Texas, July 30. Forty-seven riders in four divisions and skill levels participated in the event, of which the Air Force is a major sponsor. Recruiters from the 341st Recruiting Squadron set up the RAPTOR mobile display and spoke to spectators during the event.

Air Force changes fitness test criteria

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the “Fit to Fight” program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 19 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

“We have gotten together a group of scientists and accomplished surveys asking folks if they like the assessment and if there are issues with it,” Dr. Taylor said. “We are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation.”

Updates to Air Force Instruction 10-248, *Air Force Fitness Program*, include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner’s elevation, and a change in the



number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI directs that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

“This is still an important measure of their health,” he said. “Waist size is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight.”

For marginal scores, between 70 and 74.9 points, the Air Force will correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This is consistent with the retest time for poor scores, those less than 70 points.

Changes to the AFI also include adjustment

for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

“We’ll use the formula for altitude calculations recommended by the National Collegiate Athletic Association,” he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

“Participation at fitness centers is up 30 percent now,” he said. “And if you go to the field, such as in Iraq or Afghanistan, you will find a continued focus on health.”

The assessment is not the focus of the fitness program, but a tool to evaluate the commander’s fitness training program.

“I want to make very clear that my focus is not on passing a fitness test once a year,” said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief’s Sight Picture. “More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It’s about warriors. It is about instilling an expectation that makes fitness a daily standard - an essential part of your service.”

Dr. Taylor said he hopes the changes to the AFI will be made by early this month.

Uniform wear policy

The following wear policy applies anytime individuals are required to be in an official physical training uniform, such as all organized PT.

Any combination of PT uniform items may be worn together (jacket with T-shirt and shorts, T-shirt with shorts or pants); PT uniform items must not be worn with any civilian clothing.

Air Force T-shirt (short- or long-sleeved style) must be worn tucked into shorts.

Jacket must be at least half zipped, and hood must be stored and zipped when not worn.

Pants must be zipped at the legs.

Spandex shorts and leggings (navy blue or black) may be worn under PT shorts (full-length leggings may be worn during cold weather).

White socks must be worn; ankle, or calf length (small conservative trademark logos are OK).

Shoes must be a conservative color.

Hats are not required when wearing the PT uniform, but if optional organizational hats are worn, commanders must standardize.

Saluting not required when performing PT activities, but is required regardless of uniform type when not performing PT activities and when meeting individuals displaying appropriate rank.

Hair must be neat and cannot hang loose below the collar; long hair must be tied back.

Requirement for reflective belt is at the discretion of the squadron commander.

Body art standards apply.

Jewelry wear will follow normal uniform wear rules, keeping safety in mind.

Wear policy for deployed locations is at the discretion of the theater commander.

Setting the alarm for increased vigilance

By Senior Airman Madelyn Waychoff
Air Force Recruiting Service

With the ongoing war and increased media attention on recruiting incidents affecting the attitude of the American public, military recruiting offices have more frequently been the target of suspicious activities and protests.

Although these incidents cannot be totally eliminated, there are steps recruiting personnel can take to keep themselves and government property as safe as possible.

“DOD is spending a significant amount of money working security issues across the nation for all services’ recruiters,” said Col. Bob East, Air Force Recruiting Service vice commander.

New and enhanced security

equipment and procedures continue to be put in place at recruiting stations across the country to ensure proper risk management because of these measures. Some of these features include security upgrades at facilities, the introduction of the Operational Security Manual, a “joint recruiter’s Air Force instruction,” and a point of contact for further security advice.

Further security measures include secured basements, roofs and crawl spaces; removal of exterior mail slot boxes to eliminate anthrax scares; window film to eliminate glass shattering in case of bomb blasts; access entry bells; smoke detectors; emergency lights; and exit signs.

“The majority of our offices have been reviewed to ensure they are meeting standards,” said

Chief Master Sgt. Jeffrey Kallas, AFRS command chief. “However, there are several offices that don’t have the security yet in place, and this means extra vigilance for everyone and a push from squadron superintendents and commanders to meet the necessary requirements. We’re close, but not quite where we want to be.”

Recruiting personnel can also request their local Air Force Office of Special Investigations detachment and anti-terrorism units to come into the office to discuss security and evacuation procedures, Chief Kallas added. “We need to get back to the basics on this, to always be aware of our situations and to follow up on planned security measures to ensure appropriate steps are being taken.”

All recruiting offices are leased by the Army Corps of Engineers, so squadron logistics personnel can also request to have additional safety measures added through their landlords, said Tech. Sgt. Rodney Wideman, AFRS alternate readiness NCO.

There are measures each person can take on their own to include paying greater attention, he added. “Inspect your vehicles. If any air conditioning units are in the windows, check those out, and check back doors. Be vigilant. If you feel it’s necessary, you can even vary your routes to work. However, very few incidents are targeted at specific

AFRS incidents

The following are the total incidents reported for fiscal 2005 as of July 26.

Office vandalism	33	Personnel accidents	8
Suspicious mail	18	Stolen vehicles	3
Suspicious phone calls	17	Natural disasters	1
Suspicious persons	17		

Courtesy of AFRS/RSXXM

recruiting members, most are targeted at the offices themselves.”

An additional step recruiting service has taken to enhance security is to produce the “Personal Protection Guide” handbook. This handbook reviews workplace, travel and personal security, vehicle inspection procedures, terrorism and general terrorist information, counter surveillance, bomb threat and office search procedures, civil disturbance and acts of disobedience, security of recruiting vehicles and checklists.

One incident involving protestors occurred at the 368th Recruiting Squadron in Spokane, Wash., recently. A protestor walked into the local recruiting office, handed the recruiter anti-military pamphlets and invited the recruiter to come outside to talk. The protestor then went outside and joined three people holding signs and handing out pamphlets to those walking by. The recruiter called the police and locked his door.

“This hasn’t happened since I’ve been here,” said Staff Sgt. Eric Kelley, a 368th RCS enlisted accessions recruiter. “I called the police and notified my chain of command. My flight chief told me what to do, so I locked the door. They train us on how to handle these situations, so I wasn’t overly concerned.”

Other incidents involving office vandalism or theft are also occurring without reference to the recruiter or the office.

“It all goes back to vigilance,” Chief Kallas said. “But I’m very proud of our people, they are doing really well in responding



correctly to these incidents and handling them as extreme professionals. They’re working well with their local authorities and OSI agents and doing what they can to protect themselves.”

When incidents do occur, Sergeant Wideman said, contact the squadron superintendent, the officer in charge and the local authorities; then send a situation report to the AFRS Manpower and Readiness Office at afsrhqrssxm@rs.af.mil.

“First and foremost, be safe,” he added. “You can always report an incident later. If something is happening, ensure your own safety first.”

If the incident is a protest, and the office is notified before it takes place, inform the chain of com-

mand immediately. The squadron commander will make the determination of whether the recruiter should be present or not, said Sergeant Wideman.

“Most of the time, recruiters are told not to be present and to secure all vehicles away from the building,” he added.

“Although we should be vigilant and concerned about our safety and security, we are still here to recruit and be open to the public,” Sergeant Wideman said. “We can’t lock our doors on those who want to join the Air Force.”

For more information on security or for a “Personal Protection Guide,” contact Sergeant Wideman at (210) 565-0591 or DSN 665-0591.

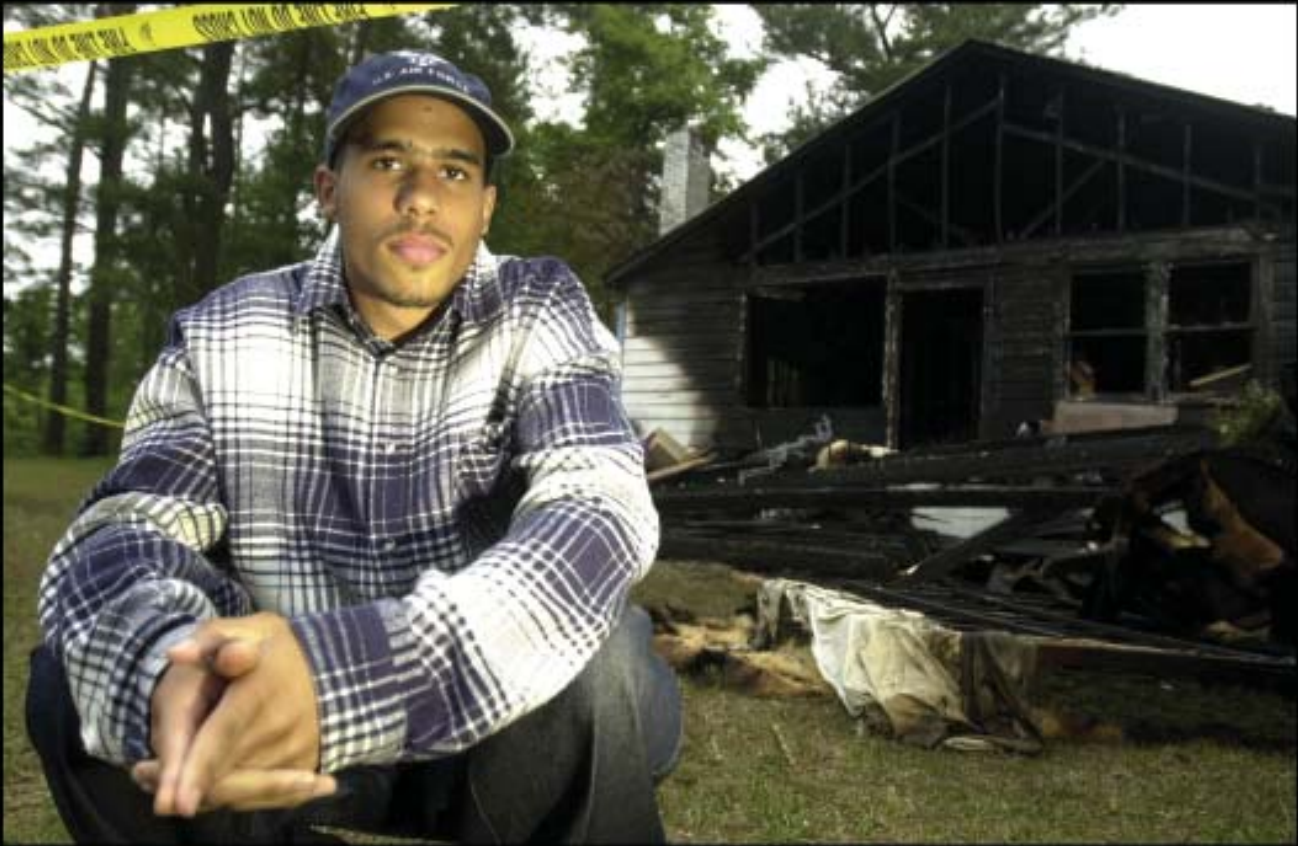


Photo by Jill Richards

COLUMBIA, S.C. – William Hatten a recent Basic Military Training graduate, saved his neighbor from his burning house in May, just days before joining the Air Force.

Saving lives

DEPper rescues neighbor from fire

By Senior Airman Madelyn Waychoff
Air Force Recruiting Service

A quick jerk and he's awake, knowing something's not right. His mother stands over him saying he needs to check on his neighbor because she saw smoke coming from the house.

Jumping out of bed and over his fence, without even really thinking of what he's doing, he runs to his neighbor's door. No one answers. He opens it and is immediately blinded by the smoke pouring out.

This was just the beginning of a recent Basic Military Training graduate's adventures when he risked his life to save his neighbor from a fire.

"I didn't really think, I just knew that I had to get him out of there," said Airman Basic William Hatten, an aerospace maintenance trainee at Sheppard Air Force Base, Texas, of his neighbor.

Airman Hatten, who was in the Delayed Entry Program in Charleston, S.C., at the time of the fire, said he didn't even have time to be scared. When the smoke cleared enough for him to see, Airman Hatten said he saw his neighbor trying to put the fire out.

"I tried to grab him, but he kept pulling away saying he had to put the fire out. Finally I just pulled and pulled until I got him out the door," he said. "When we got outside we sat down on the front porch. The smoke had gotten to us and we were coughing. Then I took him across the street to his brother's house.

"He kept saying he had to go back and put the fire out," Airman Hatten added. "I said, 'come on man, you can build a house later, but you've got your family out here. You need to come out.'"

After the shock of the fire wore off, the neighbor

thanked Airman Hatten, saying he wouldn't have gotten out otherwise because he was too intent on putting the fire out.

When asked how he knew what to do when he went in the house, Airman Hatten said he didn't. "I just ran in and tried to find him. All I knew was that I had to get him out."

According to his former recruiter at the 337th Recruiting Squadron, Tech. Sgt. Bryan Whitley, Airman Hatten is just that type of person.

"He gives a lot of himself without thinking of the consequences," Sergeant Whitley said. "He always puts others before himself. We are lucky to have him. He's a diamond in the rough, and he's dedicated to the Air Force. He grew up in a bad neighborhood and could've turned out a lot different, but he stayed straight and was determined to come in."

According to Sergeant Whitley, other Airmen can benefit from Airman Hatten's experience of saving his neighbor.

"He's selfless and is always looking out for others," he said. "He'll be a great supervisor for his future troops."

As demonstrated by his rescue, Airman Hatten says he's not scared to put his life on the line, whether for his country or to save someone from a fire.

"I just do what I've got to do," he said.

HALF

the man he used to be

By Tech. Sgt. Sonny Cohrs
336th Recruiting Squadron

When Airman 1st Class Michael Boyd first walked into the local Air Force recruiter's office in January 2004, he needed to lose some weight. In fact, he needed to lose half of his body weight to qualify for enlistment.

Weighing 330 pounds as a senior in high school, Airman Boyd wasn't a typical Air Force applicant. However, his determination led him to shed the extra pounds and earn the privilege of swearing in.

For his height, the 20-year-old needed to weigh no more than 170 pounds. He had his work cut out for him.

"Being obese is not good for anyone's health," he said. "But I was worried about my own health issues because of my weight."

His recruiter, Staff Sgt. Christopher Mixon, a 336th Recruiting Squadron enlistment accessions recruiter in Waycross, Ga., went through the initial pre-qualifica-

tions with him. He was ready to go, except for being overweight. Sergeant Mixon had a genuine interest in helping Airman Boyd achieve his goal. So he offered some friendly advice about nutrition, which he learned years ago while enrolled in the Air Force weight management program.

"If he got (the weight) down, I'd put him in the Air Force," Sergeant Mixon said. "I tried to be positive. I never told him he was fat or obese. I told him he was 'over the Air Force standards,' and I gave him a target weight to shoot for. When he came back within 10 pounds of his maximum, I knew this was something he wanted."

On Sept. 23, 2004, the Brantley County native passed his physical and joined the Delayed Entry Program at a trim 165 pounds. He left for Basic Military Training Jan. 11, 2005.

"I did a lot of running," Airman Boyd said. "I watched what I ate and did a lot of aerobic exercise. I just had to set my

mind to it."

Basic training, Airman Boyd's new work schedule, a changed diet and added stress levels helped him lose even more weight. During his qualification flight physical, he weighed 145 pounds, which wasn't a good thing.

"The doctor asked if I had lost a lot of weight recently," he said. "I had a lot of excess skin; I was really pale and very weak. The doctor told me I needed to now gain more weight. He told me to eat more (carbohydrates) for energy," he said. "I'm now about 185 pounds."

According to Airman Boyd, his success is due to two things: diet and exercise. No pills, no fad diets and, most importantly, no sweets.

"I did cut down on calorie intake, and I ate a lot of health foods," Airman Boyd said. The "old Michael" would typically eat a lot of fast foods. His previous lunch menu of two double cheeseburgers, large fries and a milk shake can total more than





Photo by Tech. Sgt. Sonny Cohrs

Airman 1st Class Michael Boyd, AC-130 Gunship sensor operator at Hurlburt Field, Fla., lost more than half his body weight to join the Air Force. He graduated from Basic Military Training in January.

2,500 calories, just for one meal.

Today he eats a lot of vegetables, salad and low-in-fat meats like grilled chicken. What does he drink with his meal? No soda; not even diet soda. Only water.

Airman 1st Class Zarina Ostrowske, a certified diet therapist at the Moody Air Force Base, Ga., Health and Wellness Center, said losing weight is a “lifestyle change.”

“The best way is being on a calorie-restricted diet, eating five small meals each day, drinking a lot of water (at least 64 ounces), eating nutrient-dense food and controlling portion sizes,” Airman Ostrowske said. “Everything takes time, and the best way to do it is the healthy way.”

Airman Boyd, now a sensor operator on an AC-130 Gunship stationed at Hurlburt Field, Fla., said since he’s lost the weight, he

will definitely keep it off and hopes to be an inspiration to others.

“I was a big guy,” he said. “If people see me losing weight, they know it can be done. My brother has (already) lost 60 or 70 pounds,” he added.

“He’s happy,” Sergeant Mixon said of his new recruit. “He feels better and he wears that flight suit with pride. You can see the excitement and pride in his face.”

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2005 Health Professions Conventions

Sept. 8-11	National Neonatal Nurses Convention	Chicago, Ill.
Sept. 15-17	Emergency Nurses Association Scientific Assembly	Nashville, Tenn.
Sept. 22-25	Academy of Med-Surgical Nurses	New Orleans, La.
Sept. 28-Oct. 2	American Academy of Family Physicians	San Francisco, Calif.
Oct. 6-9	American Dental Association	Philadelphia, Pa.
Oct. 8-11	American Academy of Pediatrics National Conference and Exhibition	Washington, D.C.
Oct. 16-20	American College of Surgeons	San Francisco, Calif.
Nov. 5-9	American Public Health Association	New Orleans, La.
Nov. 10-13	National Student Nurses Association	Louisville, Ky.
Nov. 17-20	Association for Advancement of Behavior Therapy	Washington, D.C.