



IN THE NEWS

What's happening inside USARSO? Turn to page 2 for more information!

Volume 1, Issue Number 2

Published by USARSO

September 10, 2004

"It never ceases to amaze me"

USARSO CSM, Daniel R. Wood

It never ceases to amaze me how much this outfit does for our Army and for the Armies and citizens of countries throughout our AOR. Where ever I go I stress to soldiers and civilians in other commands what the soldiers and civilians of USARSO do every day. It is never hard to find a good news story. From the PKO's to the MEDRETE's and from helping the people of Paraguay after that terrible fire to assisting in the development of enlisted soldiers in host nation Armies, USARSO personnel are always busy. So, if you have not heard it lately or maybe have not heard it today, I would like to say thank you for all that you do. Maybe you are gone TDY most of the time or perhaps you are tied to a desk here at the headquarters, regardless, what you do effects people throughout the hemisphere. We are a nation at war and as we know most of the attention of our government and senior military leaders is focused on the middle east (as it should be) but we must never lose sight of the importance of our mission every day in SOUTHCOMs area of responsibility. As the weather cools off a little and the children head back to

school let's not forget to be thankful for the country that we live in and the freedoms and blessings that we experience daily. Also, lets not forget the service that we provide not only to our own country but also to those countries that so many of you touch everyday .

On 28 September at 0900, CSM Moate from 470th MI Group will conduct a board in the 4th floor conference room to consider top NCOs in the rank of CPL to SFC for induction into the Sergeant Audie Murphy Club (SAMC). The board will also consider recommendations for the Dr. Mary E. Walker Award (DMEW). As opposed to the SAMC, where the candidates must appear before the board in person, the DMEW award is voted on based on a memorandum of recommendation from anyone in USARSO. This is a FORSCOM award that recognizes military spouses for years of support to soldiers, families and military installations. We have many senior leaders in USARSO that have spouses that have been serving under the radar scope for years and have never been recognized. Let's not allow procrastination in writing up a



USARSO CSM, Daniel R. Wood

memorandum be the reason that our spouses do not get this prestigious award. Dr. Mary E. Walker is the only woman to have been awarded the Medal of Honor. I ask everyone to encourage your NCOs to compete for the SAMC induction as well as to encourage your leaders to recognize the service of their spouses. If you have questions on these awards please feel free to contact me.

Additionally, I would like to thank SGM Lopez, SGM James and MSG Rivera for all of their hard work on recent visits to Ecuador and Paraguay. Thanks also to Sandy Ramey for her persistence in making this newsletter a success.

USARSO Orphanage Drive

The Orphanage committee will collect personal hygiene supplies for our supported orphanages during the period 20-24 September. Personal hygiene supplies include: diapers, baby lotions, tooth paste and tooth brushes, floss, bar

soap, washing compound, deodorant, baby wipes, towels, sheets, shaving cream, razors, combs, brushes, and Q-tips. Please no aerosol products, and no medications. Please ensure fluids are well

sealed. Drop off point will be located in building 1000. The packing date is set for 1 October and volunteers are needed. For questions, please contact Chaplain Fred Hoadley, office 295-6241 or cell 392-6511.



22nd Annual International Military Parachuting Competition

The Rhode Island Army National Guard (RIARNG) hosted the 22nd Annual International Military Parachuting Competition (Leapfest) 13–15 August in South Kingstown, RI. Five teams from our Area of Operation were participants with one, Honduras, tied for 1st place. The purpose of the competition is to support combat readiness, recruiting and retention, foster community pride in the National Guard, enhance international military relations and promote esprit de corps within the airborne forces throughout the world. The competition hosted 48 teams and required approximately 700 parachutes provided by 2/19th Special Forces Group (SFG) Parachute Maintenance

Facilities from the West Virginia and Utah Army National Guard. Guardsman from Rhode Island, West Virginia and Utah also provided rigger support. Helicopters from Georgia, Pennsylvania and Connecticut flew into Kingston to participate in this event. The Massachusetts and Rhode Island National Guard provided air Traffic Control and Jumpmaster support. Teams from Honduras, Ecuador, Guatemala, Uruguay, and El Salvador were among the 48 teams competing. This year first place ended in a tie between the team from Honduras and A Co, 2/19th SFG. Winning teams get their name inscribed on the Rhode Island Adjutant General's International Parachute Trophy.



What's happening inside USARSO?

Provost Marshal

CPT Hernandez Provost Marshal Officer

The Fort Sam Houston Provost Marshal Office is still having issues with parking areas around building 1000. Please do not to park in areas not marked as parking spaces; especially next to dumpsters. FSH Military Police have been issuing parking tickets with little results. Their next step will be towing cars. If you have any question, please contact me at 295-6731. Your cooperation is greatly appreciated. Have a great day.



Inspector General

Some of the roles of the Inspector General include serving as Personal Staff, performing common staff functions, having a Special Relationship with the Commander, having a high degree of independence, being rated by the Commander, working for the commander BUT... The Inspector General has policy oversight, directing authority, and IG records retention. IGs are fair and impartial Fact-Finders, maintain trust and confidence, and support the commander and the command. The IG serves the interest of the Army, and assist commanders, soldiers, family members, DA civilian employees, retirees, and other civilians. The authority of the IG comes from the Commander. IGs do not have directive authority outside the IG System. IG does not establish command policy, except for AR 1-20perform2 and 20-1. IGs have access to all needed materials and records, with some exemptions (classifications, clinical medical records, or materiel related to attorney-client relationship. The IG Sphere of Activity includes everything for which the

commander is responsible. IG functions include proactive functions, reactive functions, fact-finding functions, based upon "standards" e.g. laws, DoD & Army Regulations, directives, policies, etc. IGs serve their command/organization through the IG functions. There are some misconceptions about IGs. That higher-level IGs have more power, that IGs can solve anything, that the IG has authority to make changes, that the IG is in charge of inspections, that the IG can recommend disciplinary action and that no one checks on the IG. Some little known facts about IG are that IGs always encourage complainants to use the chain of command, that IGs normally offer allegations to subordinate commanders for action vice IG investigations, that IGs discuss issues and solutions with proponents, that IGs do not inform the CG about everything (confidentiality), that IGs are here to help you, that IGs do not wear a black hat and that IGs do *have friends!* The USARSO IG is LTC Bickell and the Assistant IG is SFC Rodriguez. We are located on the 6th Floor of Building 1000, suite 609. You can also contact us by phone at 295-6327 or 295-6688.

Food Safety Tips from the Command Surgeon's Office

This initial article on food safety is the beginning of a series on public health related articles developed by the Command Surgeon for USARSO team members whether they are deployed or at home. The intention of these articles will be the promotion of health education within the Command. September is National Food Safety Education Month® (NFSEM). The theme for NFSEM 2004 is "Be aware when you prepare." The objective of the article is to provide basic information on how to prepare safe meals for your family at home. More than half of Americans say they are cooking outdoors year round. It's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing food-borne illness. In order to keep food free from harmful bacteria it is important to follow 4 basic steps: clean, separate, cook, and chill.

A. Clean—Wash hands and surfaces often!

Before grilling and handling food, wash your hands with hot soapy water. Foodborne bacteria are everywhere! You can't see, taste, or smell them. If eaten, they can cause foodborne illness. Wash cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before going on to the next food. So on your **mark, set, go.... clean!**

B. Separate... Don't Cross Contaminate!

Combat cross contamination. Improper handling of raw meat,

poultry and seafood can create an inviting environment for cross contamination. Separate raw meat and poultry from ready-to-eat foods during preparation and grilling, so that raw juices do not come into contact with other foods. Never place cooked food on a plate that previously held raw meat, poultry or other perishable foods, including egg products.

Separate potentially hazardous food (PHF) items while grocery shopping and in your refrigerator. Never place PHF items above fruits, salads or other ready-to-eat foods.

C. Cook—Cooking food safely is a matter of degrees!

Foods are properly cooked when they are heated for a long enough time—to kill harmful bacteria that can cause foodborne illness. An important concept to always remember is that cooking temperatures vary depending on the food. Use a clean food thermometer, which measures the internal temperature to make sure your burgers are cooked all the way through. By cooking ground beef to at least 160 degrees Fahrenheit will you can be certain that *E. coli* and other bacteria are killed.

D. Chill—Refrigerate promptly. The Top 4 Cool Rules are:

- 1) The Chill Factor—Refrigerate or freeze perishables, grilled foods and leftovers within two hours or less.
- 2) The Thaw Law—Never defrost food at room temperature. Thaw foods in the refrigerator, in cold water, in the microwave or as part of the cooking process.

3) Divide and Conquer—Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator.

4) Avoid the Pack Attack—Don't overstuff the refrigerator. Cold air must circulate to keep food safe
B. Temperature rules for cooking foods at home.—It's safe to bite when the temperature is right

C. Control time and temperature. Keep food out of the temperature danger zone of 41F to 135 F (5 C to 57 C) as much as possible.

Temperature Rules for Food

145 Beef, lamb & veal steaks & roasts, medium rare (medium—160 F).

160 Ground beef, pork, veal & lamb, pork chops, ribs & roasts, egg dishes.

165 Ground turkey & chicken stuffing and casseroles, leftovers.

170 Chicken & turkey breasts.

180 Chicken & turkey whole bird, legs, thighs & wings.

Food Safety Links Online:

www.fsis.usda.gov (Food Safety and Inspection Service, USDA)
<http://www.fightbac.org/main.cfm> (Partnership for Food Safety Education)

<http://www.cfsan.fda.gov/> (U.S. Food and Drug Administration-Center for Food Safety)

<http://www.cdc.gov/foodsafety/hot.htm> (Food Safety Office)

Submitted by MAJ JULIO C. MONTERO DVM, MPH, Command Veterinarian @ 5-6671.

USARSO COMMUNITY NEWS PUBLICATION DATES



Publication date

1 October 2004

5 November 2004

Submit by date

24 September 2004

29 October 2004

Please submit information you would like to have included in the USARSO Newsletter to usarsowebmaster@samhouston.army.mil

Financial Management**DCS G8 Customer Service Hours are as follows:****24-hour Turnaround on Most Transactions****Monday - Thursday**

700 – 0900 Closed

0900 – 1630 Open

Friday

0700 – 1300 Closed

1300 – 1630 Open

Duty-hour Emergencies Call your

respective Budget Analyst:

After Hours Call USARSO Command

Center @ 221-2163

USARSO SPOUSES'**CALENDAR OF EVENTS
SEPTEMBER/OCTOBER 2004****Sept 14****USARSO Change of Responsibility**

from Debbie Lampe to Col Bell

Where: NCO Club, FSH Time:

9:30am-10:30am

Sept 17

FRG Leadership Team Workshop

Where: Roadrunner Community

Center, Bldg 2797, FSH

Time: 8:00am-4:00pm Pre registration

required, class size limited. Child care

provided. POC: ACS 221-2705

Sept 20-24

Honduran Orphanage Project Collection

Period of Hygiene Supplies and Linen

See flyer (Please no medications or

aerosol products)

Where: Building 1000; collection bins

strategically placed

POC: Chaplain (Col) Fred Hoadley

295-6241; Betsy Meyer

eimeyer523@yahoo.com

Sept 21

OCSC Luncheon

Where: FSH Officers' Club

Time: 11:00am Reservations required

the Friday before by Noon. POC Sigrid

226-8806

Sept 28

FSH "EXTRAVAGANZA" for Newcomers

Where: Roadrunner Community

Center, Bldg 2797, FSH

Time: 9:00am-10:00am

Organizations and Service's presented;
prizes, food. Bring your family.

POC: ACS 221-2418

Oct 1

Honduran Orphanage Project Boxing

Day

Where: Building 1000, 6th Floor Chaplain's

Office

Time: 11:00am

Oct 6

October USARSO CoffeeSocial and

Bunco (no business)

Hostess: Cora Rosas

When: Wednesday, Oct 13, 2004

Time: 6:30pm

Where: Contact cora at email address

below. RSVP: ora_pr03@yahoo.com

Oct 15

FRG Leadership Team Workshop

Where: Roadrunner Community

Center, Bldg 2797, FSH

Time: 8:00am-4:00pm

Pre registration required, class size

limited. Child care provided.

POC: ACS 221-2705

OCSC October Luncheon Table**Decorations** USARSO spouses, who

wish to help, we are responsible for the

October luncheon table decorations. We

had a lot of fun last year with this

activity. The likely themes will be the

Fall season and or Halloween. If you

wish to help, please contact Michelle

Bickell at m_bickell04@hotmail.com

English as a Second Language Classes

Where: Roadrunner Recreation Center,

Bldg 2797, FSH

When: every Tuesday and Thursday

Time: 6:00pm-8:30pm

Reservations required call ACS 221-

2418

Hail & Farewell Photos



COL Driver helps welcome and bid farewell.



COL Thomas Heaney (New Deputy Cdr for Ops) and his wife Wendy are welcomed to USARSO.



USARSO DWAGS (Don't Wait For A Grand Slam) are one of the representing USARSO on the Fort Sam Houston Intramural League. PHOTO: Nydia Velez

CAN YOU TRAIN YOUR BRAIN?

The phrase "use it or lose it" is often used in reference to exercise. Maintaining physical vitality is an important aspect of healthy aging. But of equal and perhaps more importance is the vitality of your mind—your mental clarity. You can enhance your physical vitality, but what about your mind's vitality? Is it possible to enhance and improve your mental clarity?

THE MIND CHANGES WITH AGE
Imagine leaving your Stradivarius cello valued at \$2.5 million in a New York City taxi. Although that probably won't happen to you, it's exactly what Yo-Yo Ma mistakenly did at age 44. Fortunately, the police found the instrument and returned it to the world-renowned cellist. Regardless of age, everyone has occasional memory lapses, but that doesn't mean you're developing dementia. Dementia is much more than occasional forgetfulness—it's actually a brain disorder that affects your ability to carry on daily activities. Alzheimer's disease is the most common cause of dementia and may affect up to 4 million Americans. Although Alzheimer's is more commonly seen in people over 60, it's not a normal part of aging. But research indicates that mental abilities likely do change as you age. Some of the changes typically associated with aging include: Slower mental processing—It may take a little longer to learn new things. Slower recall of information—Names, faces and factual information may not pop to mind as fast.

Reduced ability to focus on multiple tasks—Dividing your attention may not come as easily. For instance, carrying on a conversation while you prepare a new recipe for dinner may be to **d i s t r a c t i n g**.

USE IT AND IMPROVE IT?

As with any debilitating disease, there's always hope that a cure will be developed—or better yet that something can be done to prevent the **d i s e a s e** altogether. In recent years, numerous studies have examined the relationship of cognitive stimulation to risk of Alzheimer's. A study published in the Feb. 13, 2002, issue of the Journal of the American Medical Association (JAMA) found an association between frequent participation in intellectually stimulating activities and reduced risk of Alzheimer's disease. The study began with over 700 dementia-free men and women 65 and older. Their cognitive activity levels were assessed at the beginning of the study by determining how much time they spent in activities such as reading, listening to the radio, playing games—such as cards, checkers or crossword puzzles—and going to



museums. Over the course of at least 4 years, 111 participants developed Alzheimer's. The study found that, on average, study participants who reported frequent cognitive activity at the start of the study were 47 percent less likely to develop Alzheimer's disease than were participants with infrequent cognitive activity. Another study, appearing in the December 2002 issue of *Neurology*, assessed the levels of the same cognitive activities among more than 6,000 adults 65 and older. It, too, found that frequency of participation in mentally stimulating activities appeared to be associated with a lower risk of Alzheimer's disease. Yet another study, published in the Nov. 13, 2002, issue of *JAMA*, showed that deliberate cognitive training of older adults could improve memory, concentration and problem-solving skills for 2 years after training. It's yet to be determined whether training of this sort might mean less functional decline in daily living skills over time. AN OPEN QUESTION Research has yet to conclude whether mental stimulation can ward off dementia as people age. It remains unclear whether cognitive activity reduces the risk of Alzheimer's or if there's simply less cognitive activity among people with yet-to-be-diagnosed Alzheimer's. In any event, staying mentally active certainly can't hurt. In fact, it plays a valuable role in enhancing your quality of life. (Reprinted from Mayo Clinic Health Letter, May 2003).

Information Management

USARSO NIPRNET files that were previously stored on the "G" shared access file area have been transferred to the "P" shared access file area within folders restricted to access by your respective directorate. To locate the new file storage area, look for a folder named "G1, G2, G3, etc., Access Only (G files)". This action will eliminate the redundancy of having two electronic storage partitions ("G" and "P") and reduce confusion and administrative maintenance. The same consolidation will soon take place for the SIPRNET files. If you experience any problems accessing these file areas or have a question, please contact Frank Pigeon by e-mail or at 295-6379.

Access Control Tidbit

As you know, the new Access Control System is in place and fully operational. Although not perfect, incidence of access control problems have subsided quite noticeably. The number one access control problem continues to be the improper use of security badges when using proximity card readers. Many of you, *you know who you are*, have come to our office with access control problems to find out that you were just using your badge incorrectly. Again, ensure that you are using the following **p r o c e d u r e**:

- Place your security badge against the proximity card reader.
- Move your badge away and wait for a

green light. *Do not worry if it turns red again.*

- Enter your four-digit personal identification number (PIN). *Ensure that your badge is away from the card reader.*
- Wait for a green light. *You may or may not hear a clacking sound.*
- Proceed. If instead of a green light, you see a flickering red and green light:
 - You did not follow the above procedure or,
 - You are trying to enter an area for which you have no authorized access.

Troubleshoot:

- Try the entire procedure again ensuring you are following the above steps.
- Report the problem to the security office.

Travel Medicine: Altitude Sickness

As we ascend, the percentage of Oxygen is the same, but the air is less dense, so there is less oxygen overall. The body reacts to this in various ways; increasing the heart rate, increasing the respiratory rate, and screaming to you to SLOW DOWN. Folks in good physical condition are somewhat at greater risk for altitude sickness, because they are more apt to "drive on", while slugs like me take it easy. The pressure in the arteries within the lungs increases, in an attempt to push more blood thru them, and in some cases this can lead to the leakage of fluid from the blood vessels into the lungs. This condition is called HAPE, for High Altitude Pulmonary Edema. A similar condition within the brain, a more serious problem called HACE, High Altitude Cerebral Edema, can also occur, and both conditions can be fatal if not recognized and treated promptly.

Symptoms of HAPE include shortness of breath (even at rest), a dry cough, and fatigue. We will ALL be short of breath while climbing stairs, it is the inability to catch your breath at rest that should concern you. Those suffering from HAPE will find it more difficult to breathe lying down, and may begin to cough up pink tinged sputum. This should be treated IMMEDIATELY, as it can progress to coma and death. Treatment consists of....going lower. (Surprised ?) Sometimes a reduction of as little as 500 feet can be enough, but you should seek an evaluation by a physician if your symptoms persist or worsen. Symptoms of HACE are unsteadiness, confusion, and irritability. A very simple

test to evaluate for HACE is whether or not the person can walk a straight line. This requires immediate evaluation. The incidence of these two conditions can occur as low as 10,000 feet, although the majority of cases are over 12,000 feet. The factors which predispose someone to develop either is a combination of altitude, how rapidly you ascend, and dumb luck. Like heat injury, if you ever develop altitude sickness, you will be more likely to develop it in the future under similar conditions. A medication called Diamox has been shown to aid the body in adjusting to altitude. It makes your body more acidic, stimulating the respiratory center in the brain to increase your resting rate of respiration. You should begin 24 hours prior to arrival at altitude, and continue for the first 72 hours. It is a diuretic, (water pill), so if you take a diuretic for high blood pressure, you should stop your blood pressure medication while taking Diamox. You can get this medication by going to the TMC if you are either Active Duty or Retired, and visiting the Immunization clinic. They will arrange for the doctor covering the clinic to write you a prescription. You do not need an appointment, but as it is not commonly prescribed, you should not wait until the last minute. Contractors will need to see their personal physician. I recommend 12 pills for one trip. The Command Surgeon's office has an emergency supply if we should ever need to deploy a large group of folks at one time. Questions regarding this article, or any other travel medicine issues may be directed to myself at 295-6239. Happy Trails!



USARSO G5 Conference of American Armies

Conference of American Armies gets ready to move closer towards working together in support of PKO. During the USARSO hosted II CAA Doctrine Conference of American Armies (DCAA) held in San Antonio, Texas, from 21-25 June 2004, the participating army delegates from 27 CAA Member Armies/Organizations got together to continue to enhance their vision and contribution to hemispheric security and defense through the increased ability to work together for UN Chapter 6, Peace Keeping Operations, and Disaster Relief. During this meeting Member Army representatives agree to continue the development of those initiatives agreed upon during this conference by conducting two Ad Hoc meetings in the areas of Peace Keeping Operations (PKO). The first one of these meetings will be conducted in Brasilia, Brazil 7-10 September. A second follow-on meeting is tentatively programmed in the United States during the month of April 2005. Representatives from USARSO, the United Nations and the armies of Argentina, Brazil, Canada, Chile, and Uruguay will attend as representative of the 27 Member Armies/Organizations of the CAA in the Western Hemisphere. This venue will provide the first opportunity for CAA Member Armies to review a total of six practical initiatives identified during the CAA Doctrine Conference in June. Two of the principal initiatives will include the beginning stages of a study aimed to analyze the formation of a viable structure of a Multinational HQs Brigade to support PKO in this Hemisphere, and the development of a coalition handbook to be agreed upon by all CAA Member Armies for use as a guide during Multinational Peace Keeping Operations. With the approval of MG Jack D. Gardner, President of the II CAA Doctrine Conference, results and recommendations derived from this effort will be presented by the U.S. Army to Army Commanders at the CAA Commanders' Conference scheduled for November 2005.

The Core of an NCO

CSM Daniel R. Wood, USARSO CSM

It was my privilege to sit on the Sergeant Audie Murphy Club (SAMC) selection board, held on the second of July. This board seeks to recognize Non-Commissioned Officers (NCO) who possess and display the traits of an NCO that are at the core of our profession; Staff Sgt. Audie Murphy, America's most decorated soldier, personified and exemplified these traits. Many capable NCOs compete for this distinction throughout the year in FORSCOM and MEDCOM units. The essence of an Audie Murphy Club inductee is found not only in the ability of a potential inductee to recall knowledge and answer questions during the board, but also and most importantly, it is found in the character of the potential inductee. I have been a member of many of these boards at battalion, brigade and division level; yet have seen very few NCOs that embody this type of character. When SGT (P) Christie R. Holloway, a 92F fuel handler with HHC 1/228 AVN REGT, entered the board, there was nothing distinctive about her appearance except for that she was an E-5. I thought to myself that rarely does an E-5 have the experience and maturity to handle the questions and pressures acquainted with a board comprised of six Sergeants Major. Prior to her appearance, a SFC and a SSG who were both well qualified and knowledgeable were turned down for admission into this elite club. SGT Holloway quickly turned the tide of the board. Her candor, composure and sincere commitment to the welfare of her soldiers were refreshing. This 32-



BG Fulow congratulates SGT Holloway.

year-old SGT from Heber Springs, Arkansas proceeded to spend almost an hour and a half answering situational as well as academic questions regarding the leadership, training, development and welfare of soldiers. Many specific questions were targeted at her knowledge concerning the soldiers whom she supervised. She knew, verbatim, everything about her soldiers' background, training status, weaknesses and plans for improvement that the board members asked of her. There were very few smiles from this very sincere and committed non-commissioned officer during the board proceedings. After she was dismissed and the deliberations were complete, it was a unanimous decision that she be inducted. Due to this unique demonstration by this NCO, I was motivated to go and speak to her soldiers and chain-of-command myself. Upon arriving at JTF-B, Soto Cano Air Base, Honduras, I sat down with three of her four

soldiers, as well as her Commander and First Sergeant. They were not surprised when they were informed that she had been selected for induction into the SAMC. PFC Michael Williams from New Port News, VA said, "She is willing to do the dirty work with the soldiers." He went on to explain that she counseled him when he decided to get married and supported him in his decision. Her commitment to her soldiers was more and more obvious as I questioned each one. PFC Marcus Cooper, a 25-year-old fuel handler from Milledgeville, GA told me, "There has never been a time that I asked SGT Holloway for something that she did not break her back to get it." He went on to say, "She volunteers her off-duty time to help me study for boards." PFC Cooper added that "A lot of the traits she displays makes me want to be a SGT like that"... all concurred. PFC Darrel Stone, 21, from Midwest City, OK stated, "She is willing to go out of her way to

help a soldier out and help with promotion.” Stone continued, “I had a lot of problems and did not want to talk to anyone, and she sat me down and helped me with my problems.” When I asked her soldiers about counseling, they all concurred that they get it regularly and “she listens” is how they characterized the sessions, never in a hurry to end it. Other comments from her soldiers only solidified my conviction that the board made the right decision: “She never is negative, she turns everything into a positive.”; “She will not say one unkind word to you.”; “She respects soldiers.... so we respect her back.” When asked what Army Value described SGT Holloway best, they all came back with the same answer, “Selfless Service.” SGT Holloway, as well as Williams and Cooper have extended for another 12 months in Honduras. PFC Stone will PCS to Ft. Campbell, KY soon. CPT Wendell G. Richards, her Company Commander, described her as “one of my go-to soldiers.... you give her something to do and let her go.” She is the go-getter NCO for the Battalion, the company representative on the Dining Facility Council, as well as the enlisted safety council, and is the company training NCO. 1SG William Balliew, a SAMC and Sergeant Morales Club member, said, “Soldiers will take her traits and become great NCOs.” It was no surprise to him that she was selected. He shared, “Because of her honesty, integrity, and consistency, it was obvious that she was Audie Murphy material.” “She has affected the whole company”, the 1SG said. “She is the pace-setter for PT runs, qualified expert with her weapon, plays piano for the chapel, and volunteers at the local orphanage.” As the only female in the POL section and one of the few in the company, SGT Holloway mentors all new females that come into the unit. “SGT

Holloway does all of this while her section is on-call 24 hours a day, seven days a week”, remarked the 1SG. I found all of these comments remarkable for a soldier that entered the military at 25 years of age, just wanting to “see the world” and “to be somebody.” She spent her years after high school as a traveling salesperson working for an artist. She was offered the job of cook or fuel handler... she chose fuel handler because she thought it was an office job. After 7 ½ years in the Army with tours in Korea, Germany, Iraq, Ft. Campbell and Honduras, SGT Holloway has grown to be a highly professional NCO that exudes the warrior ethos and lives the Soldiers Creed. She was awarded an MSM for service in Germany, another remarkable achievement for an E-. In a time when our country and our Army are fully engaged in the War On Terror, I felt that it was appropriate to recognize the faithful service of a

unique NCO. I spend a good part of my time traveling through Central and South America encouraging the professional development of the NCO Corps within the host nation Armies. I consistently here the same comment; although stated in different ways, the bottom line is they would like to have NCOs with the level of professionalism demonstrated by those in the US Army. Here is a great example of what is so highly regarded throughout the world, a United States Army Sergeant that clearly sets the needs of her soldiers above her own, leads from the front, sets the example and shows a high level of initiative by taking on more than her share of the load. Although SGT Holloway is not the only NCO in our Army that portrays these attributes, she is one that has risen to my attention and one about whom I can honestly say, this is what a professional NCO should “be, know and do”. She represents what should be at the CORE of every NCO.



SGT Holloway gives professional guidance to her subordinates.