



# BIOGRAPHY

UNITED STATES MILITARY ENTRANCE PROCESSING COMMAND

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## First Sergeant Frederick L. Rowell

*United States Army*

Senior Enlisted Advisor

### Springfield Military Entrance Processing Station

First Sergeant Frederick L. Rowell is the senior enlisted advisor for the Springfield Military Entrance Processing Station.

First Sergeant Rowell joined the Army in 1997 at the Montgomery Military Entrance Processing Station, and completed Basic Training at Fort Benning, Georgia.

His assignments include rifleman, Headquarters Company, 1st Battalion, 509th Parachute Infantry Regiment, Fort Polk, Louisiana; rifleman, Charlie Company, 1st Battalion, 501st Airborne Infantry Regiment, Fort Richardson, Alaska; infantry squad leader, Bravo Company, 1st Battalion, 509th Parachute Infantry Regiment, Fort Polk; infantry squad leader, Bravo Company, 2nd Battalion, 7th Infantry Regiment, 3rd Infantry Division, Iraq; observer controller, Headquarters, 2nd Battalion, 357th Infantry Regiment, Fort Lewis, Washington; infantry platoon sergeant, Killer Troop, 2nd Squadron, 2nd Stryker Cavalry Regiment, Vilseck, Germany; infantry squad leader, Eagle Company, 2nd Squadron, 2nd Stryker Cavalry Regiment, Vilseck; first sergeant, Headquarters Company, Headquarters Battalion, United States Army Garrison, Fort Belvoir, Virginia; senior enlisted advisor, United States Signal Activity, Intelligence Command, Fort Belvoir; first sergeant, Alpha Company, Army Forces South, United States Army NATO Command, Izmir, Turkey; deputy operations sergeant major, 8th Theater Sustainment Command, Fort Shafter, Hawaii; senior human resource sergeant, 25th Sustainment Brigade, 25th Infantry Division, Schofield Barracks, Hawaii. First Sergeant Rowell has deployed numerous times in support of Operation Iraqi Freedom and Operation Enduring Freedom.



First Sergeant Rowell's professional military education includes the Warrior, Advanced and Senior Leader Courses, Master Driver Trainer Course, Air Assault School, Airborne School, Human Resource Plans and Operations Course.

His military awards and decorations include the Silver Star, Bronze Star for Valor, Purple Heart, three Meritorious Service Medals, seven Army Commendation Medals, four Army Achievement Medals, the Presidential Unit Citation, Valorous Unit Citation, and the Army Superior Unit Citation, and service medals and ribbons. He also earned the Combat Infantryman Badge, Expert Infantryman Badge, Parachutist Badge, and the Air Assault Badge.