

# HIGH DESERT WARRIOR

Fort Irwin

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## SMA plans to reward Soldiers who meet rising standards

by Joe Lacdan

Army News Service

By raising the standards of its physical assessment tests and Basic Leader Course, the service will continually challenge its Soldiers resulting in more successful missions, the U.S. Army's top enlisted leader said.

Sgt. Maj. of the Army Michael A. Grinston, speaking during an Association of the U.S. Army meeting Feb. 14, praised Soldiers for their ongoing efforts on one such mission, supporting the conflict in Ukraine.

To allow Army leaders to focus on the larger battle picture, Grinston said Soldiers at the squad level must be proficient in battle drills, land navigation and basic first aid.

"If you don't know how to stop a Soldier from bleeding, it doesn't matter if you're in large-scale combat or counterinsurgency, you don't know how to do your tasks," Grinston said. "At the battalion and below, you need to be an absolute expert in your job. Every Soldier in your organization needs to know their job so well that we shouldn't have to worry about that. [Then] we can worry about the deep fight and long-range hypersonics."

The Expert Infantryman Badge, which distinguishes Soldiers who demonstrate excellence or proficiency in infantry skills, and the Expert Soldier Badge and the Expert Field Medic Badge form the EIB3.

To qualify for the EIB, Soldiers must complete a new physical assessment test.

During the qualification, Soldiers must don operational camouflage pattern uniforms and helmets, run for one mile, perform pushups and sprints, and push through a sandbag course. Then Soldiers must complete a high crawl, perform a series of exercises with a partner, run a designated distance while carrying weights and finally, Soldiers will finish another one-mile run.

Grinston said the service plans to reward Soldiers who maintain a high level of physical fitness. Soldiers who score 540 or higher on the Army Combat Fitness Test will be exempt from



Army photograph by Spec. Elizabeth MacPherson

Sgt. Maj. of the Army Michael A. Grinston shakes the hand of a Soldier during the Bavarian Minister President's luncheon held at Grafenwoehr Training Area, Germany, on March 11, 2022. Grinston recently spoke about changes to the Expert Infantry Badge physical assessment test and Army recruiting efforts during an Association of the U.S. Army meeting on Feb. 14, 2023.

the body composition measurements with a directive expected to be published in March, Grinston said. Soldiers can score a maximum of 600 on the exam.

Additionally, Grinston announced last year that the service will

bring land navigation qualification back to the Basic Leader Course. "What we need to do is continuously challenge our NCOs," Grinston said. "So that's one of our biggest changes; make our

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## More time for family: Army updates guidance for expanded parental leave

by Christopher Hurd

Army News

In an effort to support parents and caregivers, the Army has refined its parental leave guidance to align with the recent Department of Defense expanded Military Parental Leave Program.

The update authorizes 12 weeks of paid paternal leave for birth parents, non-birth parents and Soldiers adopting a child or accepting a child for long-term foster care.

Things to know:

**Coverage is retroactive to Dec. 27, 2022**

\* Soldiers who gave birth to a child, adopted a child or began fostering a child, and who have not used parental leave within the last year (Dec. 27, 2021, to Dec. 27, 2022), are authorized 12 weeks of leave, if such leave ends no later than one year after the qualifying event. Soldiers who completed their parental leave benefits according to the prior policy are

not authorized the additional days.

\* Active-duty as well as reserve component and National Guard Soldiers on active-duty orders for 12 months or longer are covered.

\* Soldiers have one year from the date of a qualifying event to use parental leave, unless granted an extension.

\* For the birth parent, parental leave is authorized after the convalescent leave is over.

\* Non-married birth parents must establish parentage by following the criteria prescribed in Army Regulation 608-99 (Family Support, Child Custody, and Parentage).

**Expanded policy offers greater flexibility for Soldiers and their Families**

\* Soldiers may delay using leave to attend military education or if they deploy immediately following a qualifying event.

\* Soldiers may take regular leave between increments of parental leave or consecutively with parental leave.

See FAMILY, Page 4



Army photograph by Sgt. Micah Merrill

Spec. Dallas Ochoa, assigned to the 2nd Infantry Brigade Combat Team, 4th Infantry Division, reunites with his daughter, Kaylynn, following a homecoming ceremony at William Bill Reed Special Event Center, Fort Carson, Colo., Nov. 13, 2018.

# Community

## WEED Happy National Nutrition Month

by 1st Lt. Raenette L. Neidhardt

### Weed Army Community Hospital

Weed Army Community Hospital Happy National Nutrition Month! As a registered dietitian nutritionist, National Nutrition Month is one of my favorite times of the year! A whole month dedicated to teaching others about healthy eating and ways to improve their nutrition and health while also considering our environment!

The theme this year is "Fuel for the Future". To some this may mean fueling for your own future one, five, or ten years down the road. For others you may be thinking about teaching your children or grandchildren healthy eating habits to ensure they have a bright and healthy future. Some may be thinking about how they can improve their current eating habits to aid the future of our environment and the Earth, and you all would be right! When we start to view our food choices as a method to enhance or improve our health, we tend to make better choices overall. We can also make better choices that

help our environment.

Here are a few tips or ideas to help get you started on celebrating National Nutrition Month and practicing fueling for the future:

1. Utilize leftovers in fun and unique ways; add to salads or use to make soup.
2. Use a plate to aid in portion control and reduce waste by not using a to-go container
3. Try "Meatless Mondays"; choose a meat-free dish to serve on Mondays and substitute using items like beans, tofu, or tempeh.
4. Include more fruits and vegetables by cleaning or cutting them and putting in clear, reusable containers in your refrigerator for an easy snack idea.

Whatever way you decide to celebrate National Nutrition Month, focus on including whole foods, lean protein sources, a variety of fruits and vegetables, whole grains, and healthy fats to provide your body the fuel it needs to move into the future happy and healthy!

## Cosmetology students provide free haircuts



Photos by Jack J. Adamyk

Barstow Community College cosmetology students provided free haircuts for the Fort Irwin community Feb. 21, at Ingalls Hall Recreation Center on Fort Irwin. In January, Fort Irwin and Barstow Community College signed a memorandum of understanding (MOU) to create a streamlined process for two Barstow Community College programs, child development education program and cosmetology, to onboard child youth assistants and barbers on Fort Irwin.

### WHO WE ARE

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Post CSM

Col. Jason A. Clarke  
Garrison Commander

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Garrison CSM

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### HIGH DESERT WARRIOR

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### NEWSPAPER AWARDS

2nd Place, 2017 U.S. Army IMCOM

Newspaper Competition — Feature Photograph  
Honorable Mention, 2009 U.S. Army IMCOM-West  
Newspaper Competition — Tabloid category

3rd Place, 2008 Dept. of the Army

Maj. Gen. Keith L. Ware

Newspaper Competition — Tabloid Category

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From SMA, Page 1

first NCO course rigorous and bring back a little rigor and field time and the tactics.”

Grinston lauded the efforts of Soldiers who deployed in support of the war in Ukraine, crediting Army units’ swift response times and ability to carry out logistics support to the Ukrainian military.

Within seven days of the Feb. 24, 2022, Russian invasion of the Eastern European country, the 1st Armored Brigade Combat Team, 3rd Infantry Division deployed to Grafenwoehr, Germany, where they test fired tanks and Bradley Fighting

Vehicles, Grinston said. The brigade deployed on short notice after completing a tour in South Korea.

“When Russia invaded Ukraine, your Army knew exactly what we needed to do,” Grinston said. “You should be proud of what we’ve done.”

The 82nd Airborne Division completed its fourth no-notice deployment to Europe to aid the Ukrainian military. Last month the Defense Department announced that it would send 90 Stryker armored combat vehicles to assist the Ukrainian military.

In January Grinston visited Soldiers at Grafenwoehr to watch Army units conducting air defense training with Bradleys. Members of the National Guard have trained and mentored Ukrainian Soldiers.

“The Ukrainians have a huge will to fight,” Grinston said. “Whether it’s air defense, Bradleys or medical [training], they were really motivated so they could get back into the fight. I’m extremely proud of the Ukrainians and what they’re doing. But I’m also extremely proud of our Soldiers at getting rallied around that mission and doing anything asked of them.”

## A visit Arlington National Cemetery



Photos by 11th ACR

On Feb. 2, the 11th Armored Cavalry Regiment’s regimental and squadron command teams visited Arlington National Cemetery to lay a wreath at the Tomb of the Unknown Soldier in honor of the 122nd anniversary of the 11th Armored Cavalry Regiment’s founding. The command teams also visited the location of the regiment’s founding - Fort Myer, Virginia and received a tour from the 3d U.S. Infantry Regiment (The Old Guard).

From **FAMILY**, Page 1

\* Soldiers required to defer parental leave may be authorized an extension on the one-year time limit if they are: deployed 90 days or more; attending an in-residence professional military education course for 90 days or more; on temporary duty for 90 days or more; hospitalized or in in-patient status for 90 days or more; or for extenuating circumstances.

\* Soldiers may take parental leave in increments. Soldiers

who take parental leave in more than one increment must request leave in blocks of at least seven days and must submit requests within the time lines established by unit commanders.

**Process is consistent with regular leave requests**

\* As with other leave, commanders will work with Soldiers to schedule appropriately timed parental leave.

\* The Soldier's commander or designated authority is the

approving authority. Only the first general officer in a Soldier's chain of command may disapprove a request for parental leave.

\* The Integrated Personnel and Pay System-Army are updated to facilitate the expanded parental leave requests.

\* There are two ways that Soldiers can request leave — through the Integrated Personnel and Pay System - Army, and through Department of the Army Form 31.

## Command Sgt. Maj. David Palmer assumes the responsibility



Photos by Kimberly Hackbarth

Command Sgt. Maj. David Palmer assumed responsibility of U.S Army Garrison – Fort Irwin Feb. 8, during a ceremony at Sandy Basin Community Center on Fort Irwin, California. Palmer most recently served in Operations Group at Fort Irwin.

# 100 High School student hosted by Recruiting Battalions



Photos by Elizabeth Bryson

Fort Irwin and Los Angeles and Southern California Recruiting Battalions hosted nearly 100 high school students from Southern California Jan. 28, for a tour of Fort Irwin. Students visited multiple locations on post including the MEDEVAC helipad, the Engagement Skills Trainer, and 11th ACR's motor pool to experience life as a Soldier.

# Event Calendar

 <h2 style="text-align: center;">March 2023</h2> 						
SUN	MON	TUES	WED	THURS	FRI	SAT
			1 Teen Career Hiring Fair - AER Campaign Kick Off 	2	3  VICTORIA'S 200 WESTGATE RESORTS	4  ALSCO UNIFORMS 300
5  PENNZOIL 300	6 	7 ACS Job Fair 	8  	9  	10  	11  Softball Tournament CYS Wrestling Camp 
12  CYS Wrestling Camp	13 FICA March Madness Basketball Tournament		14  Town Hall	15 	16	17  
SVUSD Spring Break / Opportunity Leave						
19 	20 	21	22  Blood Drive (Sandy Basin)	23 	24  BOX Tour	25  MAKERS MARKET BOSS, Getty Art Museum
26	27	28	29	30	31 Karaoke Every Friday Night 2000-2300 hrs. SHOCKWAVE 	COSMIC BOWLING Every Saturday Night 1830-2230 hrs DesertWinds 

### NOTICE OF PUBLIC LIEN SALES

#### Business & Professional Code Section 21700-21707

Notice is hereby given by the undersigned that a public lien sale of the following described personal property will be held at the hours of **12 noon on the 15th Day of February 2023** or thereafter. The auction is being held at [www.selfstorageauction.com](http://www.selfstorageauction.com) by competitive bid. The property is stored by **Nova Storage located 16488 Adelanto Rd. Adelanto, CA 92301.**

The items to be sold are generally described as follows: Furniture, clothing, tools and or other household items stored by the following persons.

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- E36 Rojas, Nadia
- C37 Newton, Jerome
- F60 Vega, Ruben
- B06 Combs, Richard Y
- H29 Shevette, Morgan
- G30 Shevette, Christopher
- C03 Taylor, Rickeishia

Date: January 23rd, 2023 Signed NOVA STORAGE

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# MCLB Barstow COMMSTRAT and Army's 2916th Aviation Battalion Alpha Company take flight



Photo courtesy SSgt Joseph Clinton

Members of Marine Corps Logistics Base Barstow's Communication Strategy and Operations team take flight with the Army's 2916th Aviation Battalion Alpha Company from Barstow-Daggett Airfield to Fort Irwin National Training Center during a training and familiarization exercise, Feb. 9.

# News

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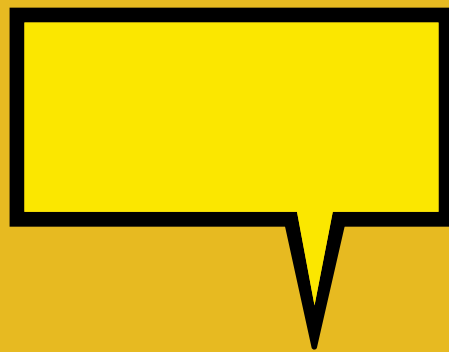
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