

HIGH DESERT WARRIOR

Fort Irwin

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11th ACR names new HQ after Honorary Colonel

Capt. Evan Cain

11th ACR Public Affairs

The 11th Armored Cavalry Regiment's (ACR) new headquarters building, Starry Hall, was unveiled on June 10, 2022. The building is dedicated to the memory of Gen. Donn A. Starry, who served as the 41st Colonel of the Regiment from 1969 to 1970 in Vietnam. He was also recognized as the first Honorary Colonel of the Regiment.

After his time at the 11th ACR, where he led the Regiment during the Cambodian Incursion, Starry worked to modernize U.S. Army strategy. He commanded the U.S. Army Armor School (1973–1976), V Corps in Germany (1976–1977), and the newly formed Training and Doctrine Command (1977–1981). Starry conceptualized AirLand Battle doctrine, which prepared the Army for modern warfighting.

Starry retired from the Army in 1983 as a four-star general, after serving as the com-



mander for the U.S. Readiness Command (1981–1983). Starry passed away on August 26, 2011, in Canton, Ohio.

Starry Hall was dedicated at the conclusion of a visit from a group of approximately 70 Blackhorse veterans who were attending the 2022 Blackhorse Association Family Reunion in Las Vegas, Nevada. Col. Todd Hook, 69th Colonel of the Regiment, gave his remarks to the veterans at the dedication ceremony.

“As our Army has come out of the war in _____ See **HONORARY COLONEL**, Page 3

Business, entertainment influencers experience Army training at NTC

Story by Kimberly Hackbarth

USAG Fort Irwin Public Affairs Office

FORT IRWIN, Calif. — Nearly 80 influential leaders in business and entertainment from Las Vegas and California received hands-on training experiences at the National Training Center, June 24 and 25, here.

The Distinguished Visitor Box Tour brings together civilian leaders of various industries with Soldiers at Fort Irwin to showcase the mission of the NTC and how Soldiers train.

More than 80,000 Soldiers train in the 1,200-square-mile training area at the NTC, known as “the box,” every year in preparation for deployment and the guests on the tour got to experience a part of it.

Brig. Gen. Curt Taylor, commanding general of the NTC, said the event is an opportunity to showcase the critical mission that the National Training Center and Fort Irwin play in the readiness of the Army.

“To maintain that vital link to the public we defend, we all must take advantage of every opportunity to tell the Army story,” Taylor said. “Fort Irwin is the only active duty Army post in a state of over 39 million Americans, [and] if we don’t tell our story, it won’t get heard.”

Taylor said reaching a new audience that is not as familiar with military service is not an opportunity to pass up

“Americans need to trust that if their sons and daughters choose to serve their country in the Army, we are going to invest in them and take good care of them,” Taylor explained.



Kurt Sutter, a writer and creator of the television show *Sons of Anarchy*, visited Fort Irwin the second day of the tour.

“I have a fanbase that contains a lot of military and I’ve had a lot of contact with the military over the years, but nothing that’s been this hands on,” Sutter said. “It definitely gave me a better insight to the level of commitment, the struggles, and the needs of our military and in that way, it was very eye opening.”

Sutter and other guests received a welcome from Taylor that included the history and mis- _____ See **TOUR**, Page 9

Army eases tattoo restrictions with new policy

Joe Lacdan

Army News Service

WASHINGTON — To help compete for top talent, the Army has updated its regulations for tattoos, cutting processing times for new recruits who have the body art.

Secretary of the Army Christine E. Wormuth made it official June 23 by signing the

updated directive that allows recruits and current Soldiers to receive tattoos on their hands, the back of their ears and the back of their necks.

The Army will now allow Soldiers to have one tattoo on each hand that does not exceed one inch in length. Soldiers also have the option to place one tattoo no larger than two inches on the back of their



neck and one, inch-long tattoo behind each ear. Additionally, tattoos can be impressed between fingers as long as the designs cannot be seen when _____ See **TATTOO**, Page 5

3rd Cavalry Regiment validates lethality and interoperability at the National Training Center

Staff Sgt. Christopher Stewart

3rd Cav Regiment Public Affairs

FORT IRWIN, California — The 3rd Cavalry Regiment and enabling units completed a month-long training exercise at the National Training Center, Fort Irwin, California, certifying their ability to deploy to an austere environment and support American partners and allies in international conflicts.

Closely replicating unit augmentation during simulated combat operations against a



See **CAVALRY**, Page 10

Community

Army initiatives focus on prevention; caring for victims

Joe Lacdan

Army News Service

WASHINGTON — In an effort to better prevent sexual assault and other harmful behaviors, the Army will form a new, Integrated Prevention Workforce and revamp its Sexual Harassment/Assault Response Program. The SHARP changes include replacing part-time sexual assault response coordinators with full-time ones.

A Secretary of Defense Independent Review Commission on sexual assault in the military showed that the department lacked a central sexual assault prevention capability. The study also found that the military services did not direct enough of its efforts toward prevention.

“Among their key findings were that our efforts have primarily been focused in the sexual

assault response area,” said James Helis, Army Resilience Directorate director. “And we needed to move to true prevention.”

The Integrated Prevention Workforce, or PWF, will be activated at posts throughout the Army beginning in fiscal year 2022 through 2027 to provide the central base for prevention. The entities will be comprised of specialists in fields such as psychology, sociology, and social work, and who have expertise in the prevention of harmful behaviors like suicide and sexual assault. The PWF will provide direct advice and counsel to senior commanders.

“The prevention workforce model is going to be an upgrade because it is providing a new capacity and capability for commanders,” Helis said.

The PWF will examine the



social factors that lead to sexual assaults, suicide, domestic violence and substance abuse.

The Army will also implement a Lethal Means Safety Action Plan that helps limit access to lethal means such as medication and loaded firearms. The plan includes safety storage device education, locking device

tracking materials and messaging tactics to discuss suicide.

Helis said the plan will provide counseling and education on lethal means and will involve the community in aiding suicide prevention. “We’ll approach it as a public health issue, a community issue,” Helis said.

See SAAPM, Page 5

IG Update 22-7: Guidance for Commanders; Army Emergency Relief (AER) Campaign

Since March 1942, Army Emergency Relief has provided Soldiers and their dependents with assistance and emergency aid in the form of loans, grants, and scholarships.

Funds for this program come from various sources, including the annual campaign (as authorized by Army Regulation 600-29).

The AER annual campaign is the responsibility of the senior commander/senior command sergeant major (in coordination with garrison commander/garrison sergeant major).

Commanders should continuously inform and encourage their Soldiers to use AER when they have a valid financial need.

The following “Do’s and Don’ts” will help command teams understand how they can best support the AER annual campaign while remaining within regulatory limits.

- DO:**
- Establish an officer/NCO installation campaign coordination team (comprised of a field-grade officer and senior NCO).
 - Ensure the Campaign Coordination Team coordinates directly with the ACS staff and the AER team during campaign

season.

- Every company-level unit will appoint an AER campaign representative (staff sergeant or above) who will work with the installation’s campaign coordination team.

- Endorse/publicize the campaign through usual campaign activities, memorandums, digital platforms or other communication.

- Provide Soldiers the opportunity to make voluntary donations. (use of a ‘thermometer’ graph is appropriate to show progress of the entire installation goal (if established) or the installation’s total contribution.)

- Follow up on solicitations where the individual asked to delay or defer decision.

- Keep appropriate awards as commendation for exceptional performance in the organization and administration of a campaign.

- Recognize exceptional performance in organization of a campaign or administration (e.g., letter of commendation).

- Provide an after-action report regarding their AER campaign.

DON’T:



- Conduct this campaign in conjunction with another campaign (e.g., CFC).

- Solicit Soldiers under your direct supervision (e.g., a platoon sergeant will inform their platoon about AER assistance, but cannot solicit donations from their platoon).

- Tell individuals they are the only one, or one of a small number of people, preventing the achievement of an installation’s goal.

- Keep lists of noncontributors for any purpose.

- Initiate awards or rewards for individual solicitors, or grant special privileges, favors, or entitlements as inducement to contribute.

WHO WE ARE

Brig. Gen. Curtis Taylor
Commanding General

Command Sgt. Maj. Brian D. Haydt
Post CSM

Col. Jason A. Clarke
Garrison Commander

Command Sgt. Maj. Justin Larson
Garrison CSM

Renita Wickes
Public Affairs Director

High Desert Warrior Staff

Abraam Dawoud, Editor

760-380-3303

Kimberly Hackbarth, Contributor

David Dupree, Staff Writer/Photographer

(760) 380-8917

Casey Slusser, Staff Writer/Photographer

(760) 380-3076

Aerotech News

Emma Uribe, Graphic Designer

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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

SEND US FEEDBACK

- Send your questions, suggestions, or problems to:
1. Your chain of command
 2. ICE (Interactive Customer Evaluation)
 3. CG’s Hotline: 380-5463

SOCIAL MEDIA

Instagram: @ntcfortirwin

Facebook (NTC/Ft Irwin): @ntcFortIrwin

Facebook (Public Affairs): @FtIrwin

Twitter: @NTC_Update



Army re-activates historic airborne unit, reaffirms commitment to Arctic Strategy

Joe Lacdan

Army News Service

FORT WAINWRIGHT, Alaska — Several hundred Soldiers gathered in formation within the Alaskan Interior on a bright June morning June 6 to take part in the activation of the 11th Airborne Division, posturing U.S. forces for strategic advantage in the harsh Arctic terrain.

The 11th Airborne Division unites about 12,000 Soldiers in Alaska under one flag, marking the first time that the Army has activated an airborne division in 70 years. During flag ceremonies at Fort Wainwright and Joint Base Elmendorf-Richardson, shortened as JBER, the Army also re-designated the 1st Stryker Brigade Combat Team and the 4th Infantry Brigade Combat Team, formerly of the 25th Infantry Division, into the 1st and 2nd Infantry Brigade Combat Teams of the 11th Airborne, respectively.

The activation reaffirms the Army's commitment to its recently announced Arctic Strategy, which outlines the service's plan to equip, organize and train with partner units to establish military dominance in the region. The division will be headquartered at JBER and members will wear the unit's distinctive blue patch with a red and white emblem with angel wings to symbolize the unit's call sign, "Angels."

"Wherever you go, you will be the most highly trained, disciplined and fit Arctic warfighting unit in the world; ready to fight and win," Army Chief of Staff, Gen. James C. McConville said to Soldiers at Fort Wainwright. "That is what you will do. That is who you are. We are counting on you."

The activation also serves another purpose. By uniting the Army units as one airborne unit, Army leaders hope the activation can ignite a greater sense of camaraderie and enthusiasm for Soldiers serving in one of the U.S. military's most remote and desolate locations.

In recent months, the Army's senior leaders have met with commanders at Alaskan installations to address quality of life concerns of Soldiers. Assessments revealed that the previous unit designations did not support unit cohesion.

"Experience has told us that units that have a common unit identity is a source of pride," McConville said during a meeting with reporters. "It's extremely important. And the history of a unit



and the patch matter."

McConville said the Soldiers of the 11th Airborne Division will be equipped with cold weather gear within the next 1 to 2 years. He added that the unit will serve as the Army's leading experts for Arctic military operations.

McConville said that the Stryker Brigade Combat Team based at Fort Wainwright will transition to become a more mobile, infantry-based brigade combat team bolstered with a stronger air assault capability and the skills to maneuver effectively in extreme cold weather environments.

McConville added that the Army plans to move the armored Strykers out of Alaska by the end of the summer as it continues the acquisition process of Cold Weather, All-Terrain Vehicles or CATVs.

The 11th Airborne Division originally played a critical role during World War II and the Vietnam War. The Army credits the unit with the amphibious assault landing at Luzon, Philippines, and eventually helped secure the liberation of Manila from Japanese forces.

"The 11th Airborne Division has a storied history of valor during World War II in the Pacific and also has a proud history of innovation," McConville said. "So we expect them to live up to the legacy ... We expect them to be masters of their craft in Arctic warfighting and extreme cold weather and high altitude and terrain. We expect them to develop innovative ways of operating in this environment."

The Army now has a strategically located unit that can quickly



deploy to any region, especially those in cold weather climates such as Nepal and India.

"Their focus will be on dismounted and Arctic mobility and capabilities of sustained operation in the Arctic [and] extreme cold weather," said 11th Airborne Division Commander Maj. Gen. Brian Eifler. "In addition, they will providing those capabilities in other cold weather environments."

Eifler added that U.S. Army Pacific Commander Gen. Charles A. Flynn traveled to Nepal to meet with Nepalese leaders on coordinating more training opportunities with U.S. Army infantry brigade combat teams. Eifler said that includes the possibility of taking part in a joint expedition on Mount Everest.

From HONORARY COLONEL, Page 1

Iraq and Afghanistan and other threats are emerging... we are going through an evolution in the Army that I think General Starry, when he was the TRADOC commander, was leading," said Hook. "We continue to serve our Army in what we do for our current mission. That is to go out there every month and give the Rotational Training Unit the hardest day in the desert. The men and the women of this Regiment take their mission very seriously."

Prior to Starry Hall, the Regimental leadership had occupied the same Regimental headquarters building since the activation of the 11th ACR at the National Training Center and Fort Irwin, California, in October 1994. Previously, the building was the headquarters of the 177th Armor Brigade.

Moments before uncovering the new

signs, Hook said in closing: "We have dedicated our time in command preserving the history and traditions of this great Regiment and you are a part of that. Know that we have dedicated our time not just for the here and now but those who came before us. That is you standing here right now."

The 11th Armored Cavalry Regiment serves as the U.S. Army's premiere Opposing Force, providing a near-peer adversary in a complex and multilayered exercise. In addition to force-on-force armored engagements, the 11th Armored Cavalry Regiment also conducts dismounted urban operations; electronic and information warfare with drones, jammers, and radar; and mounted reconnaissance as well as all the activities to keep a brigade-sized force functional.



News

Read Psalm: 139:13

*For you created my inmost being; you knit me together
in my mother's womb.*

When I got stationed to Germany back in 2007, I was excited to learn more about my heritage and quickly discovered not only were there Gramlings in Germany, there was a German "Stadt" (town) named Gramling. So once while traveling, I took a four-hour detour to visit. As I drove I could not help but imagine what I would find. As I saw the first sign stating that "GRAMLING" was just a few kilometers ahead, I slowed down and excitedly kept my eyes peeled for what I assumed would be a thriving community complete with a Gramling Bakery and a Gramling Hofbrauhouse. Know what happened?

I blinked and I MISSED IT! That's right, the "town" of Gramling, is a small handful of houses and barns in the middle of nowhere, next to nothing. Undeterred, I walked into the nearest restaurant I could find and I approached a few Germans around a table and proudly announced, "Ich bin ein Gramling!" (I am a Gramling!) in my broken German. They looked at me over their drinks, shrugged their shoulders and ignored me! So much for thinking I was famous or important!

At times like this I'm so thankful the Bible says God personally formed and shaped us in our mother's womb. What could make us more important than being hand crafted by the Master of the universe? So let's not look to what we can do or be in this life for a sense of value, but rather to who and what God says we are. As a Christian,

Chaplain's + Corner

I believe God loved me so much that he sent his one and only Son to die for my sin and rise from the dead to promise me life eternal! God's word tells me I'm forgiven, justified, adopted, sanctified, and a host of other wonderful positional truths. As I reflect on these truths, I don't have to have a town named after me to feel important! If you are looking for ultimate purpose and meaning, come to our faith communities here at Fort Irwin and allow us to help you draw near to God!

Fort Irwin and City of Barstow Sign 3rd IGSA

The City of Barstow and Fort Irwin entered into an 10-year contractual agreement known as IGSA (intergovernmental services

agreement) on June 27 to provide official mail services for Ft. Irwin.

The IGSA administrative oversight on behalf of the City will

expand local economic growth and increase the City's general fund for citywide support services.



AER awards military children more than \$4.6 million in scholarships for 2022-2023 academic year

Army Emergency Relief — the U.S. Army's only nonprofit — is proud to announce the recipients of the Maj. Gen. James Ursano Scholarship Program for Military Children for the Fall 2022 semester of the 2022-2023 academic year.

AER awarded more than \$4.6 million to 2,009 students pursuing their first undergraduate degrees.

All recipients are eligible for an additional scholarship for the Spring 2023 semester, which will be distributed in late November.

One of those recipients, Cameron Woodard, will be a freshman at Wichita State University in the fall, and is set to major in dental hygiene. He plans to eventually earn a doctorate in dental surgery.

“By awarding me the Maj. Gen. James Ursano Scholarship, you have lightened my financial burden, which allows me to

focus more on the most important aspect of school: learning,” Woodard wrote in a letter to AER. “Your generosity has inspired me to help others and give back to the community. I hope one day I will be able to help students achieve their goals just as you have helped me.”

AER loves seeing students reach their goals of achieving college degrees, Tammy LaCroix, AER's Chief of Scholarships, said.

Scholarship amounts vary each year, and are based on the need of each applicant, applicants' Expected Family Contributions as per the Free Application for Federal Student Aid and the average cost to attend college in the United States.

The next application cycle begins Jan. 1, 2023, and goes through April 1, 2023. Children of Soldiers pursuing an undergraduate degree who meet eligibility criteria may receive assistance for up to four academic years but must reapply each year.

“We encourage every U.S. Army Family who has a child interested in attending college to apply for the Maj. Gen. James Ursano Scholarship Program,” retired Lt. Gen. Raymond Mason, AER Director, said. “We are well aware of the high costs of attending a college or university these days, and that should not be a barrier for any Army child who wishes to continue their educations.”

The scholarship program was named in honor of Ursano, who retired from active duty on July 1, 1976, after 33 years of active service. His final assignment was as the Director of Management for the Army's Chief of Staff.

Ursano served as AER's director from 1976 to 1986.

For more information on AER's scholarship programs, including the application process, go to www.AERHQ.org/scholarships.

From **TATTOO**, Page 1

the fingers are closed.

Previously, recruits who had tattoos in these areas had to file waiver exceptions and sometimes had to wait weeks before they could be processed into service.

“We always review policy to keep the Army as an open option to as many people as possible who want to serve,” said Maj. Gen. Doug Stitt, Director of Military Personnel Management. “This directive makes sense for currently serving Soldiers and allows a greater number of talented individuals the opportunity to serve now.”

The Army will continue to prohibit tattoos on a Soldier's face and the body art will continue to be allowed on a Soldier's arms and legs as long as they do not become visible above a Soldier's collar. Soldiers may not cover up tattoos with bandages or wrappings to comply with the regulation.

Sgt. Maj. Ashleigh Sykes, uniform policy sergeant major, said that a Soldier may choose to get tattoos for a wide range of reasons. Some

see tattoos as form of creativity while others can get tattoos for religious reasons.

“Everyone has a different reason for getting a tattoo,” said Sykes who has tattoos herself. “Some see it as art, some see it as individuality, and some may even have cultural tattoos. Tattoos are more [accepted] now; it's a change in society.”

Through May, Army recruiters have filed more than 650 waivers in 2022 for active duty and reserve recruits said David Andrews, Army Training and Doctrine Command enlisted chief.

Andrews said that tattoos have grown in popularity among younger people. According to research by TRADOC, 41% of 18 to 34 year olds have at least one or more tattoos. The Army originally began allowing Soldiers to have tattoos in 2015, granting more freedom for individual expression.

Sykes added that the waivers, which can take up to 14 days, impacts the recruiting process because potential recruits who previously had tattoos in restricted areas could have decided to

enlist in another military branch. He said that the Navy and the Marines have less restrictive tattoo policies.

Army Recruiting Command and TRADOC recommended the changes to Army senior leaders.

“Some may change their mind or go to a different service,” Sykes said. “[Or] they just didn't want to wait anymore.”

According to the directive, tattoo designs must not contain any offensive, extremist or hateful words or images. Company commanders perform annual inspections of tattoos so that the tattoos remain within Army regulations.

Soldiers who have tattoos that do not meet the service's restrictions will be counseled. They will then have 15 days to explain to commanders whether they will have the tattoos removed or altered. Soldiers who do not comply could potentially face separation.

While facial tattoos remain prohibited, Sykes said that some Soldiers may file for an exception if they would like to receive a facial tattoo for

religious reasons. Previously, the service only allowed ring tattoos on hands.

“[The directive] gives us the opportunity to put people in [the Army] right away that have these types of tattoos,” Andrews said. “We don't want people walking away from opportunities in the Army who are otherwise qualified.”

The Army relaxed restrictions on tattoos in 2015 when the service updated Army Regulation 670-1 to remove limits on the number of tattoos Soldiers could have on legs and arms. Andrews said the limits on tattoos impacted the Army's ability to recruit top talent.

Several Soldiers have stated that the change allowed them to join the Army including Army Ranger, Staff Sgt. Matthew Hagensick a Madison, Wisconsin native who sports many tattoos on his arms.

Hagensick enlisted in the Army after the service updated the regulation in 2015 and he later went on to win the 2018 Soldier of the Year contest.

From **SAAPM**, Page 2

Helis added that the PWF will study the unique cultural differences of each Army installation. For instance, installations in Alaska must deal with the psychological effects of harsh, isolated conditions, while other installations may have challenges unique to their unit and location.

“A professional workforce will allow the commander to identify risks and protective factors unique to their unit or location by using data and science,” Helis said. “This information will help them, in coordination with the PWF, to develop research tested, scientifically accepted ways to get at their particular risks and to enhance their protective factors. It's a new way of looking at prevention.”

The PWF will help commanders design prevention plans as well as proactively study spikes in harmful behaviors at their installations. And commanders can collect data from installations with low rates of sexual assault, harassment and suicide and use that information for prevention plans at other posts.

“Commanders have lots of data available to them right now,” Helis said. “But often they don't have the staff with the knowledge, expertise and time to be able to analyze that data so they can better understand the organizational climate.”

“The PWF can understand the risk and protective factors particular to their installation,” he added. “And they can help develop prevention activities after the installation that will help mitigate the risk factors.”

The Army, through the PWF, will focus on boosting the social determinants of good health which centers on five key domains: economic stability, education, health care, neighborhood and environment and social and community context. Helis said the service will pay particular attention to how it treats women and minorities and respect cultural differences.

The service will continue advocating for victims and has taken steps to further strengthen its response and care for victims.

The Army will implement an IRC recommendation to replace its collateral duty sexual assault response coordinators and victim advocates with more seasoned, full-time personnel to provide higher quality care to victims. All collateral duty SARCs and VAs will be phased out except those stationed in remote locations.

“They don't have the experience or training to provide the highest quality services to victims,” Helis said. “When you take on a SHARP case that can become a near full-time responsibility to ensure victim care. Collateral duty SARCs and VAs sometimes find themselves in position where they're torn between providing victim care and their primary duties.”

Helis said the Army will foster a protective environment by creating a culture of dignity and respect. The new focus area is in accordance with the Army's People Strategy, which strives to address harmful behaviors like sexual assault, sexual harassment and suicide to build cohesion in Army units.

Community

Fort Irwin Suicide Prevention Office hosts 1st Annual Push-Up Competition

Every day, 22 Soldiers and Veterans die by suicide, that is 22 too many.

On the morning of June 22, the Suicide Prevention Office hosted a Push-Up or Sit-Up competition, at the Box Gym, for 22 minutes to bring awareness to the 22 a day that die by suicide.

Thank you to all who participated, and congratulations to our winners; Sergeant First Class Greene with 598, Sgt. Reyes with

460, and Sgt. Cramer with 396 Push-Ups & Sit-Ups in 22 minutes.

Reach out and check on your Battle Buddies. Its okay to not be okay.

If you or someone you know needs help, please contact Suicide Prevention Lifeline at 1-800-273-TALK (8255) and press 1 for the Military Crisis Line.

Military One Source 24/7 Support +1(800) 342-964.



Fort Irwin celebrates U.S. Army's 247 birthday!



Community

THE CITY OF BARSTOW PRESENTS
The 25th Annual
FIREWORKS Spectacular
JULY 4TH, 2022

ROBERT A. SESSIONS MEMORIAL SPORTSPARK
 2800 MAYOR KATY PARKWAY • BARSTOW
 GATES OPEN AT 5:00 P.M. • FIREWORKS START AT 9:00 P.M.

THIS IS A FREE COMMUNITY DAY CELEBRATION!

- ★ FREE 5K FREEDOM RUN (Register at the Sportspark at 7 a.m., race begins at 7:30 a.m.)
- ★ LIVE MUSIC featuring Carol-Lyn's All Stars
- ★ CHILDREN'S ACTIVITIES (bounce houses, inflatable water slides & other water-related activities)
- ★ BRING YOUR PICNIC BASKETS! NOTE: No BBQs, outside alcohol or glass allowed
- ★ BEER GARDEN
- ★ MUSICAL SIMULCAST at 8:00 P.M., provide by **KDUC 94.3 FM & 102.5 FM**
- ★ FREE BUS SERVICE for this event. Schedule available at City's website www.barstowca.gov

Presented by  Presented in association with 

As they are available, more details will be made available on the City's website: www.barstowca.gov

FREEDOM FALLOUT

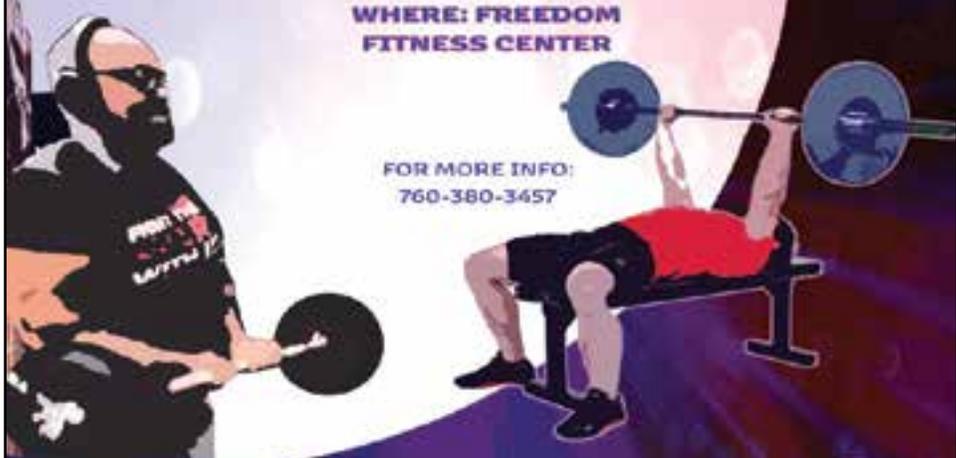
WHO: ALL ACTIVE DUTY & SPOUSES

WHAT: BENCH PRESS & STRICT CURL EVENT

WHEN: JULY 9TH, 2022 @ 10 A.M.

WHERE: FREEDOM FITNESS CENTER

FOR MORE INFO: 760-380-3457



MAX ENTRY: 25 MEN & 25 WOMEN
 FIRST EVENT: BENCH PRESS
 MEN: 185 LBS | WOMEN 65 LBS

SECOND EVENT: STRICT CURL WITH FRENCH CURL BAR
 MEN 75 LBS | WOMEN 30 LBS

REGISTRATION DEADLINE: JULY 8TH, 2022 @ ALL FITNESS CENTERS




SCAM OF THE WEEK: WATCH OUT FOR PHISHY FB MESSAGES

In a new scam, cybercriminals have been using compromised Facebook accounts to send links to fake login pages. This scam is gaining popularity, with over eight million people viewing just one of the phishing pages so far this year.



In this scam, cybercriminals hack users' Facebook accounts and then use these accounts to send messages to the users' Facebook friends. When a user clicks on a link from one of these messages, they are directed to a fake Facebook login page. On this page, the user is asked to enter their email and password to verify their credentials.

If you fall for this scam, any credentials that you share will be delivered directly to the cybercriminals. The cybercriminals could then log in to your Facebook account and send similar links to your Facebook friends. It's important to remember that cybercriminals can also use ad tracking tools to receive money from visits to these pages. They profit from every click!

FOLLOW THE TIPS BELOW TO STAY SAFE FROM THIS UNIQUE THREAT:

- Hover your mouse over links before you click. Watch out for links that are suspiciously long or show a domain for a different website than the website you want to visit.
- If you receive a suspicious Facebook message, reach out to your Facebook friend by email, text message, phone call, or another app. If they didn't send you the message, let them know that their account has been hacked and they should change their password immediately. Do not reply to the suspicious message.
- Stay informed about the latest scams. Information is one of our most powerful tools against cybercriminals.

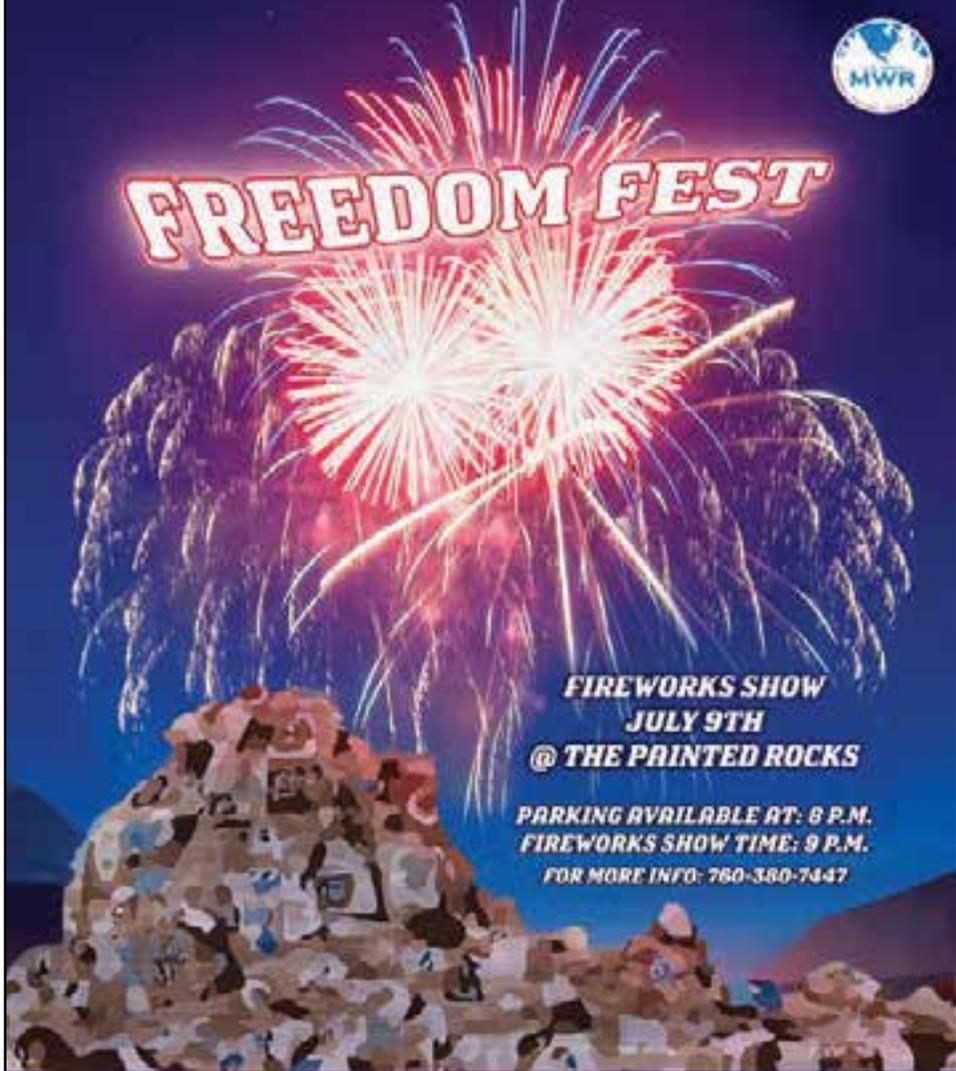
THINK • PROTECT • OPSEC



FREEDOM FEST

FIREWORKS SHOW JULY 9TH @ THE PAINTED ROCKS

PARKING AVAILABLE AT: 8 P.M.
 FIREWORKS SHOW TIME: 9 P.M.
 FOR MORE INFO: 760-380-7447





-AAPES FOOD TRUCKS WILL BE ON SITE
 -LIMITED PARKING. CARPOOL ENCOURAGED!
 -PLEASE BRING YOUR OWN CHAIR.
 -DON'T FORGET MILITARY ID TO RETURN ON POST!

From **TOUR**, Page 1

sion of Fort Irwin and the NTC.

During the immersion part of the tour, guests had the opportunity to fire multiple weapons systems, climb inside tanks

and Humvees, and put on helmets and body armor and fire M4 carbines during a patrol lane.

Chad Brown, the chief marketing officer with Virgin Hotel

Las Vegas and a U.S. Army veteran, served in 11th Armored Cavalry Regiment from 2000-2001 and said the installation as well as the training had changed for the better.



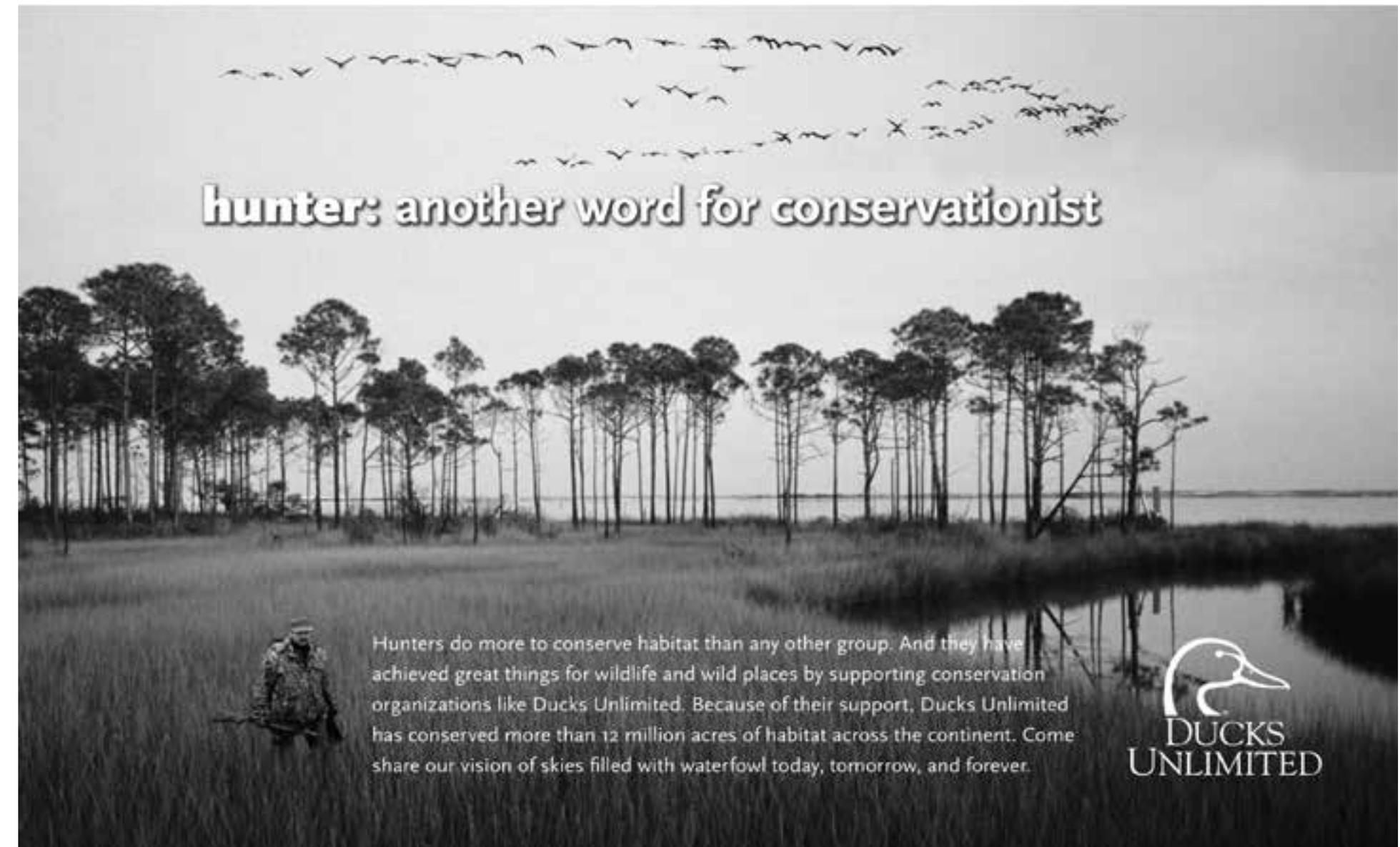
NTC & Fort Irwin Retention

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From **CAVALRY**, Page 1

near-peer threat is critical to a rotational unit's success. 3rd CR welcomed enabling units with capabilities ranging from aerial resupply to psychological operations, with units traveling from out of state and one from another country - the Joint Aviation Command, United Arab Emirates Armed Forces.

3rd CR combined with Reserve, National Guard, Air Force and the UAE military units to form a robust joint fighting force with the firepower and manning to engage and defeat the formidable opposing forces at the National Training Center. Units often fight alongside allies and partners and other branches to form coalition forces during real-world operations, and the National Training Center is the perfect location to test a unit's ability to integrate with other units, coordinating capabilities to create a lethal force.

"The United States is entering a new strategic paradigm," said Capt. Zach Beecher, a team leader assigned to Bravo Company, 450th Civil Affairs Battalion (Airborne). "For the first time in decades, the focus is on large scale combat operations. Keeping ourselves sharp on what this means for each military occupational specialty across the military is vital to ensuring that we can deliver meaningful results for our mission. NTC enables us to pressure test at scale."

Another advantage of enabling units is the ability for commanders to incorporate and integrate combined arms into their fighting strategy. 1-9 Combined Arms Battalion, 1st Cavalry Division, under the command of Lt. Col. Brian Panaro, provided the combined arms element to the regiment's task organization during the rotation.

1-9 CAV brought armor assets including the Abrams tank and Bradley fighting vehicles to support regimental maneuver operations, increasing lethality and combat reach on the battlefield.

The austere terrain coupled with constant movement throughout the desert proved to be a challenge for sustained communications systems operations, but the regiment's communications teams kept all systems above 90% operations rate, enabling more than 700 successful indirect fire missions across the regiment -430 of which were from the Regimental Field Artillery Squadron, averaging a firing mission processing time of 1 minute, 42 seconds.

"Comms are important because if we can't talk, we can't shoot," said Capt. Thomas McDermott, fire direction officer for the RFAS. "The saying normally is 'shoot, move, communicate,' but for us as field artillery it is really more 'communicate, move, shoot.'"

Strategic maneuvering and the opportunity to shoot live rounds also attributed to the regiment's success on the battlefield, a culmination of three quarters of the year's worth of training. As a whole, the regiment maneuvered 163 kilometers over the battle space, engaged in 259 hours of continuous contact, conducted six breaching operations, and improved in lethality each fight; killing more enemies and their assets, while decreasing simulated casualties during each battle period.

"Our platoon was fortunate enough to get to test our battle drills, systems, leadership, and cohesion in a crucible that ended an 8 month training cycle," said 1st Lt. John Sheridan, platoon leader for Killer Troop, Thunder Squadron, 3rd CR. "We were able to grow ourselves not only as Troopers of Thunder Squadron, 3rd CR, but also as individuals learning to operate in austere conditions."

For much of the regiment, their first experience at the National Training Center did not disappoint.

"The National Training Center provides world-class training," said Capt. Demario Lowe, a battle captain assigned to the Regimental Headquarters and Headquarters Troop, 3rd CR. "There are not many places where we can train with such a large amount

of land and the simultaneous support of enablers. The vast training area strains logistics, and working with partners in real time strengthens interoperability."

The training rotation was also an opportunity to retain combat power in the regiment.

Forty-six Troopers took the oath of re-enlistment during the training rotation. "The number of Soldiers who re-enlisted is unmeasurable because even one contract signifies the efforts given through leadership and counseling that provided the Soldier the information to make an informed decision," said Staff Sgt. Jennifer Licata, Regimental Field Artillery Squadron career counselor.

Overall, the regiment was able to give their undivided attention to the mission, allowing unwavering focus to the training.

"I saw my platoon and squad become more reliant on each other, the lower enlisted seemed to be putting the pieces of the operations together and understanding the full picture of the operations they were taking part in," said Staff Sgt. Michael Matthews, a weapons squad leader assigned to Killer Troop, Thunder Squadron, 3rd CR. "I feel my squad is more lethal and more well-rounded than they were before we left - that's why we came here."

Happy Independence Day!

Thank you for your service today and every day. Have a safe and fun holiday.



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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 20th day of July 2022** or thereafter. The auction is being held at **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.

E09	Soriano, Silva
D35	Challoner, Brian
F37	Shepherd, Melissa
F66	Acosta, Amber

Date: June 27th, 2022 Signed NOVA STORAGE

This notice is given in accordance with the provisions of section 21700 et seq. of Business & Professional Code of the State of California. The owner reserves the right to bid at the sale. All purchased goods are sold "As Is" and must be paid for and removed at the time of sale. Sales subject to prior cancellation in the event of settlement between owner & obligated party.

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