

★ LONE STAR PULSE ★

TF CENTER



14 MAR 2024

Spring is upon us and as the weather continues to get hotter and more humid, it is important that we as Leaders ensure our Soldiers recognize the risks and take action to prevent heat illnesses.

Below are a few graphics that help us to ensure proper fluid replacement as well as signs and symptoms of heat illnesses. [Full Guide Here](#)

Table 1. Fluid Replacement and Work-Rest Guidelines for Training up to 4 Continuous Hours
If activities will be greater than 4 hours use Table 2 – along with adequate rest.

Heat Cat	WBGT Index, °F	Easy Work		Moderate Work		Heavy Work		Very Heavy Work	
		Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr
1	78° - 81.9°	NL	½	NL	¾	40/20	¾	20/40	1
2	82° - 84.9°	NL	½	NL	¾	30/30	1	15/45	1
3	85° - 87.9°	NL	¾	NL	¾	30/30	1	10/50	1
4	88° - 89.9°	NL	¾	50/10	¾	20/40	1	10/50	1
5	> 90°	NL	1	20/40	1	15/45	1	10/50	1

Table 2. Recommendations for Continuous Work Duration and Fluid Replacement
Specific rest cycle durations are not prescribed for continuous operations; however, leaders should ensure rest breaks for Heat Category 3 and above.

Heat Cat	WBGT Index, °F	Easy Work		Moderate Work		Heavy Work		Very Heavy Work	
		Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr	Work (min)	Water Intake qt/hr
1	78° - 81.9°	NL	½	NL	¾	100	¾	45	¾
2	82° - 84.9°	NL	½	NL	1	70	1	40	1
3	85° - 87.9°	NL	¾	NL	1	60	1	25	1
4	88° - 89.9°	NL	¾	180	1 ¼	50	1 ¼	20	1 ¼
5	> 90°	NL	1	70	1 ½	45	1 ½	20	1 ½

Table 4. Warning Signs, Symptoms, and Immediate Actions
Extracted from Table 5-1, TB Med 507.

Common Signs and Symptoms	Immediate Actions
<ul style="list-style-type: none"> Dizziness Headache Nausea Unsteady walk Weakness Muscle cramps Fatigue Chills 	<ul style="list-style-type: none"> Remove from training Rest casualty in shade; fan and spray with water Loosen or remove unnecessary clothing Drink water Medically evaluate casualty; monitor rectal temperature and mental status If no medic available, call for an ambulance
Significant Signs and Symptoms	Immediately call for an ambulance for emergency transport while doing the following:
<ul style="list-style-type: none"> Persistent mental status changes Delirium Inappropriate behavior or aggressiveness Convulsions and/or seizures Coma High rectal temperature (> 104 °F) Recurrent vomiting Loss of bowel control/fecal incontinence Flaccid muscles or persistent rigidity Weak or rapid pulse 	<ul style="list-style-type: none"> Lay casualty down in shade, elevate feet until an ambulance arrives Remove as much clothing as possible Cool rapidly using best method possible: <ul style="list-style-type: none"> Pour water over body while fanning Repeatedly wrap in iced sheets Apply contour conforming ice bags/frozen gel packs covering torso, neck, and scalp Douse or immerse in iced/cold water If conscious, provide sips of water If persistent hyperthermia not improving, and emergency evacuation delayed, start IV hydration Monitor airway and breathing

Fight Fest – Unfinished Business

Saturday, March 16
Doors Open at 6:30 p.m. | First Bell at 7:30 p.m.
General Admission Arena Bowl seats are \$30
Tickets available at the [Sames Auto Arena](#) Box Office or [Ticketmaster.com](#)



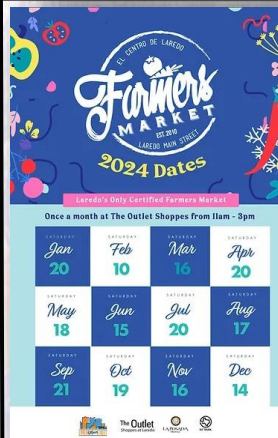
[Click here for additional details and prices](#)

Laredo Job Fair - Laredo Career Fair

Date: Thu Mar 14 from 11:00 am to 03:00 pm
Location: Laredo

Technology Virtual Job Fair

To register [visit the webpage](#), scroll to the middle of the page and follow the steps.



El Centro De Laredo Farmers Market

Farmers Market takes place once a month; and now with a new location and new time from 11 a.m. to 3 p.m. at The Outlet Shoppes at Laredo, 1600 Water St.

[Click here for additional information, vendors, etc...](#)



Thu 14	Fri 15	Sat 16	Sun 17	Mon 18	Tue 19
97° 74°	95° 72°	80° 68°	75° 64°	70° 62°	70° 60°

7 day forecast in your area

PAY DATES FY24

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF CENTER	29 Jan – 27 Feb	30	6-7 Mar	28 Feb – 28 Mar	30	4-5 Apr
TF EAGLE	30 Jan – 28 Feb	30		29 Feb – 29 Mar	30	
TXSG	31 Jan – 29 Feb	30		01 Mar – 30 Mar	30	



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TF INFO



14 MAR 2024

CHAPLAIN'S CORNER

NEWS UPDATE

Comprehensive Soldier and Family Fitness

Combat and its associated risks are obviously not the only mission of the military. But yet physical and emotional wounds, and death, can still claim any one of us without warning. SGT McGarity's passing was one such tragedy. SGT Molina and SPC Girma were two more. On Wednesday we learned of another: PFC Preston Cherry, from Task Force Eagle. Then yesterday – two Title 10 National Guard Soldiers and a Border Patrol Agent died on the border in a helicopter crash. It's more than any of us expected to have to deal with, isn't it?

AR 350-53 is titled "Comprehensive Soldier and Family Fitness" and it addresses physical, emotional, social, spiritual, and family well-being and strength. How are you doing in those five areas of your life...and which one do you believe is the most important? Frankly, that's a bit like asking which wing of an aircraft is more important.

But read Isaiah 40:31 – "Those who wait upon the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint." Then there's Jeremiah 17:7-8 – "Blessed is the man who trusts in the Lord, and whose hope is the Lord. For he shall be like a tree planted by the waters, which spreads out its roots by the river, and will not fear when heat comes; but its leaf will be green and will not be anxious in the year of drought, nor will cease from yielding fruit."

While your physical fitness, emotional stability, social relationships, and family environment are all critical to your overall health and performance as a soldier, I suggest that THE most important element is spiritual...your faith and beliefs...because they undergird everything else. So that when doubts come or when fears try to take hold, you remain firmly grounded and are not shaken.

If you need help, a shoulder to cry on, or just someone to vent to, contact your chaplain.

[A Week After Suspending Reenlistment Bonuses, Army National Guard Says It Found Money to Reinstate the Incentives | Military.com](#)

[Pentagon to Give Ukraine \\$300 Million in Weapons Even as It Lacks Funds to Replenish US Stockpile | Military.com](#)

[2025 budget: 4.5% pay raise, shift of troops from active to reserve | ArmyTimes.com](#)

[Four more ships deploy to build Gaza humanitarian aid port | ArmyTimes.com](#)

ArmyTimes STARS AND STRIPES

Upcoming Releases



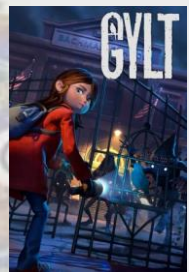
Cartel Tycoon
Platform: PS 5, Xbox, PC
Genre: Simulation
Release Date: Mar 14, 2024



Star Wars: Battle Front Classic Collection

Platform: PS 4|5, Xbox, Switch, PC
Genre: Shooter
Release Date: Mar 14, 2024

Gylt
Platform: Switch
Genre: Adventure
Release Date: Mar 14, 2024



What the Golf?
Platform: PS 4|5
Genre: Sports
Release date: Mar 14, 2024



Highwater
Platform: PS4|5, Xbox, Switch, PC
Genre: Adventure
Release Date: Mar 14, 2024

GAMEINFORMER
[2024 release dates](#)

The Internal Communications Team needs your feedback. Please let us know what you would like to see. We can be reached at: ng.tx.txarng.list.ols-info@army.mil - Thank you, - ICT Representatives