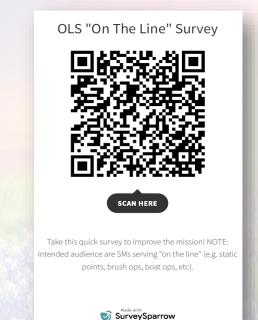
★ LONE STAR PULSE

TF CENTER

OLS "On The Line" Survey

If you have not completed the survey below, ensure you complete it <u>Before March 31, 2024.</u>

<u>This Survey</u> is anonymous and will allow your Task Force Leadership know what you think about your current work schedule(s). Access the survey by clicking the hyperlink above or by scanning the QR code below.



Heat Illness Prevention Tips!

This Guide will help us to ensure proper fluid replacement as temps continue to rise as well as signs and symptoms of heat illnesses.

FORREST GUMP BRUNCH



Date: Mar 30, 2024 Time: 12:45 PM - 3:40 PM Location(s): 11210 EastPoint Dr Laredo, TX 78045

28 MAR 2024

Order from our tasty brunch menu – Egg BLT, French Toast, or Breakfast Tacos – and pair with a brunch cocktail classic like Desert Spring Water or the Italian

•<u>https://drafthouse.com/laredo/event/special-event-</u> <u>forrest-gump-brunch</u>

Linkin Park Nu Metal Tribute Night



Date: Mar 30, 2024 **Time:** 9:30 PM **Location(s):** 920 Iturbide St Laredo, TX 78040

NO COVER all night, Music will start at 9:30, 21+ Only.

We're paying tribute to one of the best Nu Metal bands out there; Linkin Park! We can't wait for this awesome night. We'll be playing all their albums. We'll also be playing your favorite metal artists as well.

DEKA STRONG Hosted by Triumfit Training



Date & Time Sat Mar 30 2024 at 08:00 am Location 3910 E Del Mar Blvd #307 Laredo, TX 78045 Click here for details

Attention Laredo! Spartan DEKA & Triumfit Training are excited to introduce our new challenge designed to test, gamify and celebrate your fitness. Spartan DEKA STRONG consists of (10) functional training zones with zero running.

	nu 28 9 88° 64°	Fri 29 89° 67°		Sun 92° 70°	31 95 73	5° 👝 99°	Tue 2 89° 59°	7 day forecast in your area
PAY DATES FY24								
TASK FORCE	Period		Days	Date Paid		Period	Days	Date Paid
TF CENTER	28 Feb – 28 Mar 29 Feb – 29 Mar		30	4-5 Apr		29 Mar – 28 Apr	31	
TF EAGLE			30			30 Mar – 29 Apr	31	6-7 May
TXSG	01 Mar	– 30 Mar	30			31 Mar – 30 Apr	31	
200 CONTRACTOR 1100 PRODUCTOR	THE REPORT OF LEVEL							

 \star LONE STAR PULSE \star

TF INFO



The Lord is my strength and my shield; My heart trusts in Him, and I am helped; therefore, my heart exults, And with my song I shall thank Him." Psalms 28:7 We have so much to be grateful for in this life, every single day. But reality is that sometimes constant life demands, battles, and worries give more room to defeat than to a heart of thanks. Or we forget, amid busyness and pressures. just to pause and give thanks for all that God has done and continues to do in our lives. Sometimes it really is a sacrifice to offer praise and thanks. We may not feel like it. We're struggling. We're weary. Or maybe, we feel like He let us down. We think God seems distant, like he's far away, or doesn't really care about what's troubling us. Painful life blows and losses might have recently sent us spiraling. But here's what can make a lasting difference. We have a choice, every day, to give him thanks. And with a heart of thanksgiving, we realize that no matter what we face, God doesn't just work to change our situations and help us through our problems. He does more. He changes our hearts. His power, through hearts of gratitude and focused minds on Him, releases the grip our struggles have over us. We're strengthened by His peace, refueled by His joy. No matter what our current situation, or the struggles we may be facing, give thanks to God.

NEWS

28 MAR 2024

The robots are coming: US Army experiments with human-machine warfare | MilitaryTimes.com

11 pieces of movie technology the military should field | ArmyTimes.com | ArmyTimes.com

USS Eisenhower strike group locked in unrelenting fight at pace unseen in decades | Stripes.com

<u>Ghost Army, masters of WWII deception,</u> awarded Congressional Gold Medal | <u>ArmyTimes.com</u>

ArmyTimes STARS

Upcoming Releases







Open Roads Platform: Playstatio n 4|5, Xbox Series X/S, Xbox One, Switch & PC Genre: Adventure Release date: Mar 28, 2024 Turbo Golf Racing Platform: PS 5, Xbox Series X/S, Xbox One, & PC

Genre: Racing Release Date: Apr 4, 2024

> Deceit 2 Platform: PlayStation 5, Xbox Series X/S, & PC Genre: Action Release Date: Apr 3, 2024

DECET72

Freedom Planet 2 Platform: Playstation 4|5, Xbox Series X/S, Xbox One, Switch & PC Genre: Action Release Date: Apr 4, 2024



Outward Platform: Switch Genre: Action Release Date:

Mar 28, 2024

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

GAMEINFORMER

2024 release dates