

★ LONE STAR PULSE ★

TF WEST



3 OCT 2024

H-E-B is bringing out Dallas Cowboys Legends, Dallas Cowboys Cheerleaders, Rowdy and the Hall of Fame Trailer to you! Don't miss out on this FREE event!

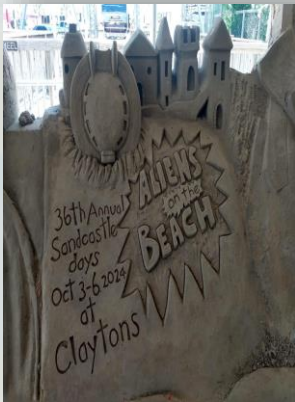


Saturday, October 5 | 9AM - 12PM
H-E-B Plus!
2409 East Expressway 83, Mission, TX 78572

Sunday, October 6 | 9AM - 12PM
H-E-B
613 South Expressway 83, Harlingen, TX 78550



[CLICK HERE FOR TICKETS AND MORE INFO](#)



21 OCT **BASKETBALL TOURNAMENT** 3X3

Location: To be announced soon (9/19/2024 @ 9:00 AM)
Sign up and be put on a Team or Make your own.

[CLICK HERE TO REGISTER](#)

Halloween Kids Fest

FREE TRICK-OR-TREAT BAG FOR THE FIRST 60 KIDS
Saturday, October 5 • 10am-12pm
JOIN US AT
1570 Lomaland Dr, Ste A, El Paso, TX 79935

COSTUME CONTEST **CRAFTS AND TREATS** **LIVE DJ**
*RESOURCES: BOOTHS

Free Flu Vaccines for Kids!
*FLU VACCINES FOR CHILDREN THAT QUALIFY FOR TVPD PROGRAM

[CLICK HERE FOR TICKETS AND MORE INFO](#)

PREMIER MARTIAL ARTS **SELF-DEFENSE GUN & KNIFE DEFENSE WORKSHOP**

FOR MILITARY PERSONNEL

Premier Martial Arts
McAllen
6500 N 10th St.
CALL
956-428-5425

FREE

LEARN TO DEFEND YOURSELF AGAINST VIOLENT GUN ASSAULTS!

Join us Saturday, October 19, 10AM

EMBAJADORES DEL MARIACHI
SOL DE MEXICO
DE JOSÉ HERNÁNDEZ

With Annual **EL PASO BORDER FOLK FESTIVAL**
Music & Dance Conference & Concert Series

PRESENTS

Friday, October 4th, 2024 **7PM** at the Plaza Theatre

[CLICK HERE FOR TICKETS AND MORE INFO](#)



Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8
90° 66°	90° 64°	88° 64°	92° 63°	87° 64°	87° 64°

7 day forecast in your area

PAY DATES FY24

TASK FORCE	Period	Days	Date Paid
TF EAST	1 Sep – 28 Sep	28	4-7 Oct
TF WEST	1 Sep – 29 Sep	29	
TXSG	1 Sep – 30 Sep	30	
	29 Sep – 29 Oct	31	6-7 Nov
	30 Sep – 30 Oct	31	
	1 Oct – 31 Oct	31	

OLS Rally Point

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CHAPLAIN'S CORNER

Reducing Anxiety In Your Life – pt.1 of 3

For most people, anxiety is a reaction to life's challenges, not a biological disease to be treated. Feelings of anxiety are warning signs which tell us that something in our lives that needs attention. So, how can you address and manage anxiety in your life?

Acknowledge the source of your anxiety and tell yourself it is okay to feel anxious —this is part of being human. Today, we tend to “medicalize” human emotion: if you have anxiety then something must be wrong with you. But this is not the case—we all get anxious at times. Here's what Horror Movie Directors know: the longer they can keep the scary monster in the shadows the more intense the horror because the audience's imagination of the unknown is the greatest source of fear. Likewise, by verbalizing the anxiety to a friend you are taking it from the shadows into the light thereby weakening the mental and physical bonds that are making you anxious.

Peace to you,

Ch McKay

Upcoming Releases



Kill Knight

Platform:

PlayStation 4|5 & Xbox Series X/S, Xbox One & PC

Genre: Shooter

Release Date:

October 2, 2024



MechWarrior 5: Clans

Platform: Playstation 5, Xbox Series X/S & PC

Genre: Shooter, Simulation

Release Date: October 3, 2024



Until Dawn

Platform: PC & PlayStation 5

Genre: Horror

Release Date:

October 4, 2024



Diablo 4: Vessel of Hatred

Platform:

PlayStation 4|5 & Xbox Series X/S, Xbox One & PC

Genre: Hack & Slash, MMO

Release date:

October 8, 2024



Silent Hill 2: Remake

Platform: Playstation 5 & PC

Genre: Horror

Release Date:

October 8, 2024

STARS AND STRIPES
ArmyTimes MilitaryTimes

[Here are all the veterans running for Congress in 2024 | ArmyTimes.com](#)

[These units are getting the Army's newest rifle and machine gun next | ArmyTimes.com](#)

[Iran preparing imminent ballistic missile attack on Israel, US warns | MilitaryTimes.com](#)

[Hezbollah confirms leader Hassan Nasrallah killed in Israeli airstrike | MilitaryTimes.com](#)

[The Air Force's special recruitment problem: Americans know SEALs and Green Berets, not PJs | Stripes.com](#)

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