

★ LONE STAR PULSE ★

TF EAGLE



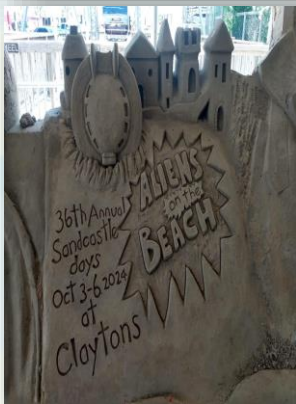
3 OCT 2024

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



21 **BASKETBALL** **3X3**
OCT **TOURNAMENT**

Location: To be announced
Sign up and be part on a Team or Make your own.

[CLICK HERE TO REGISTER](#)

PREMIER **SELF-DEFENSE**
MARTIAL ARTS **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



Thu 3	Fri 4	Sat 5	Sun 6	Mon 7	Tue 8
94° 68°	93° 67°	94° 69°	93° 70°	94° 67°	94° 68°

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 EAGLE	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



The history and tradition of Operation Paperback comes to FOB Eagle. OUR BOOKS AND MAGAZINES HAVE ARRIVED!

Operation Paperback began in 1999, sending its first shipments to Kuwait and Saudi Arabia. They have since shipped 2.9 million books to over 30 locations overseas and they can proudly announce they will be sending books to the Soldiers of FOB Eagle serving on the OLS Mission in Eagle Pass Texas.

Operation Paperback has been proudly supporting the Soldiers on the OLS mission for over two years with an "Operation Paperback Library " at Camp Charlie and now that Soldiers have relocated to FOB Eagle, the tradition will continue.

The Operation Paperback Library is set to launch on October 7, 2024. Books will be available in the MWR Lounge, allowing Soldiers to pick up and exchange books at no cost!

You can find out more information about Operation Paperback at www.operationpaperback.org

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TF INFO



3 OCT 2024

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

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