

★ LONE STAR PULSE ★

TF WEST



1 FEB 2024

In need of mental health resources?

[Veterans Crisis Line](#) is a free confidential resource for all service members that is available 24/7
Dial 988 and then press 1
OR
Text 838255



Featuring over 20 hit Queen songs! We Will Rock you follows two revolutionaries trying to save rock in a post-apocalyptic world. Join us this Fri – Sun, Feb 2-4 at UTEP Dinner Theatre, Union Bldg W. Room 209, 500 W University, El Paso, TX
[More info here](#)



Dial 988 then Press 1
 or Text 838255

How We Help Signs of Crisis Resources and Support About

Support for All Who Serve

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they're not enrolled in VA benefits or health care.



Dial 988 then Press 1
 Chat online
 Text 838255

The Military Crisis Line is Here for You

- Free & Confidential**
There's no charge and you decide how much information to share.
- Always Available**
Accessible 24/7/365.
- Trained Counselors**
Many are Veterans who understand the challenges service members and their loved ones face.

How It Works



Love Your Heart

Date: Sun, Feb 4, 8 AM - 12PM MST
Location: Scenic Drive, El Paso, TX
Cost: Free

Take care of yourself by taking care of your heart! Join us as we honor American Heart Month with a 3-mile walk/run and wellness booths.

[More info here](#)

Date: Sat, Feb 3, 8 AM MST
Location: 4999 North Stanton St, El Paso, TX
Length: 3.5 miles
Difficulty: Strenuous
Cost: \$5



Challenge yourself against some of the most difficult hikes in the Franklin Mountains. Meet up at the Thousand Steps Trail. [More info here](#)

	Thu 1 72° 52°	Fri 2 60° 40°	Sat 3 56° 40°	Sun 4 59° 36°	Mon 5 60° 42°	Tue 6 66° 51°
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7 day forecast in your area

PAY DATES FY24

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF CENTER	28 Dec – 28 Jan	32	6-7 Feb	29 Jan – 27 Feb	30	6-7 Mar
TF WEST	29 Dec – 29 Jan	32		30 Jan – 28 Feb	30	
TXSG	30 Dec – 30 Jan	32		31 Jan – 29 Feb	30	

OLS Rally Point



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TF INFO



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CHAPLAIN'S CORNER

This mission continues for many of us are way past the 1-year mark, many more are coming up fast on 2-years (730) days on mission. This past week I was reminded from my own life and talking with a Soldier this past week, relationships are what is most important. That may be your relationship with your God in your faith tradition. It is also the family and friends who are closest to us throughout our life. If you are like me maintaining key relationships has been a challenge after multiple missions over the past 5 years. A few steps to ponder. Realize you want to feel closer to God, and to others in your life. Give yourself some grace life has been challenging to say the least. Start where you are today, send a text or prayer, saying hey I am sorry for having been away for a while, fallen out of touch. It has been a while; I have missed our talks. I look forward to smiling and laughing again with you. The years are going by fast, this uniform will come off and maybe hung in the back corner of our closet one day. The relationships in our lives are what matter most! Be encouraged to reach out and invest in them, they will be all we have once our military service is complete. They are why we put on this uniform, to serve and protect the ones we love. May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you. [1 Thessalonians 3:12](#) Thank you for all that you do each day! Blessings, CH Gerber

NEWS UPDATE

[Texas Guard Flies 'Come and Take It' Flag amid Dispute with feds | Armytimes.com](#)

[Texas-bound convoy tries to recruit veterans for border protests | Armytimes.com](#)

[Fatal drone attack similar to recent incidents in Iraq and Syria | Armytimes.com](#)

[No diploma, no problem: Navy lowers requirements as it struggles to meet recruitment goals | Stipes.com](#)

[Meet the Soldiers who have created a lifesaving network of bone marrow donations in the Army | Military.com](#)

ArmyTimes STARS AND STRIPES

Upcoming Releases



U.S. ARMY
— ESPORTS —

The U.S. Army Esports (USAE) Team is a highly successful, Department of the Army (DA) sanctioned program ran by the U.S. Army Recruiting Command & the Marketing and Engagement Brigade. The organization fields competitive teams, streaming talent, and commentators to represent the U.S. Army both online and in person at events across the nation. Our mission is simple: connect America to its Army through Soldiers' passion for gaming.

We are looking to expand its talent pool of Active Duty, Army Reserve, and National Guard Soldiers across select Esports genres and platforms to join our At-Large Team. All interested Soldiers should join the **DISCORD** server no later than **01FEB2023** to be considered for the teams and to receive additional instructions on the selection process and timelines

Join our **DISCORD** server here <https://www.discord.gg/usarmy esports>

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