

★ LONE STAR PULSE ★

TF WEST



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/Rest (min)	Water Intake qt/hr	Work/Rest (min)	Water Intake qt/hr	Work/Rest (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	¾	70	1	40	1
3	85° - 87.9°	NL	¾	NL	¾	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

Who's Next PRESENTS:
HIP HOP MIC MASTERS
Hosted By: BL Entertainment

SATURDAY'S BEGINNING IN MARCH 2024

16 March Show begins at 11:30 pm

TICKET: 11 PM - 2 AM
Free Admission

Registration: FREE

CONTACT: BL ENTERTAINMENT
Email: Skye111@gmail.com
Instagram: b_skye111

The Home of Live Entertainment
4201 Skyline Ave El Paso, TX 79904
Social Media: @skylineentertainmentcenter
www.skylineentertainmentcenter.com

Date: Sat Mar 16 at 10:00 pm (GMT-07:00)
Location: 4201 Skyline Ave, 4201 Skyline Avenue, El Paso, TX

Join us for a musical experience as some of the top rappers, emcees, and lyricists, grace the stage to show us what they go. Let's see who could be NEXT!
FREE ADMISSION.

To El Paso With Love

EL PASO BALLET THEATRE PRESENTS
TO EL PASO WITH LOVE
March 16th at 7:00
March 17th at 2:30
Magoffin Auditorium

Date: Sat. Mar 16 7:00 PM Sun. Mar. 17 2:30 PM
Address: Magoffin Auditorium
500 West University Avenue

To purchase tickets please click on the link and any additional information you would like to see. [Click here](#)

Jerry Karnes Comedy Presents
from Phoenix, AZ
PHILLIP JEWELL
HEADLINING
JOSHUA HARRISON
FEATURING
JERRY KARNES

SATURDAY MARCH 16
18+ Welcome! Doors Open at 8pm 9pm SHOWTIME!
www.skylineentertainmentcenter.com
4201 SKYLINE AVENUE 79904
\$10 Advance / \$15 at the door / Free Parking

Jerry Karnes Comedy Presents
Date: Saturday, March 16, at 8 PM to Saturday, March 16, at 11 PM
Location: Skyline Entertainment Center 4201 Skyline Ave · El Paso, TX

<https://www.skylineentertainmentcenter.com/event/s.html> Click on the link above for tickets



Thu 14	Fri 15	Sat 16	Sun 17	Mon 18	Tue 19
73° 53°	69° 49°	68° 48°	66° 51°	65° 47°	67° 48°

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 WEST	30 Jan – 28 Feb	30		29 Feb – 29 Mar	30	
TXSG	31 Jan – 29 Feb	30		01 Mar – 30 Mar	30	



★ LONE STAR PULSE ★

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