

★ LONE STAR PULSE ★

TF BDE CENTER



23 MAY 2024

Heat Exhaustion vs. Heatstroke

Heat Exhaustion (HE) occurs when your body struggles to keep cool in a hot environment.

Signs can include:

- Nausea
- Mild confusion
- Vomiting
- Feeling lightheaded
- Dizziness
- Trouble walking straight

If it's suspected you have HE, you must be taken to a local medical facility for care during training. During operations, combat medics or a battalion aid station can provide the right care.

Exertional Heatstroke (EHS) is when your body temperature gets too high (usually over 104°F). Extreme body temps are serious. They can cause organ damage and even be life-threatening. The first sign of EHS is usually a change in your mental state.

Signs include:

- Seizures
- Confusion, trouble performing simple tasks
- Fatigue and weakness
- High core body temperature (often > 104°F)
- Combativeness
- Loss of consciousness, fainting



Freedom Ruck

Date & Time:

Sat, May 25, 8a - 12p

Location:

6001 Bob Bullock Loop, Laredo, TX

Join us this Memorial Day weekend in Laredo, TX to honor those who paid the ultimate sacrifice and to raise awareness for issues our military members face. More info [here](#)

Identifying and Preventing Heatstroke

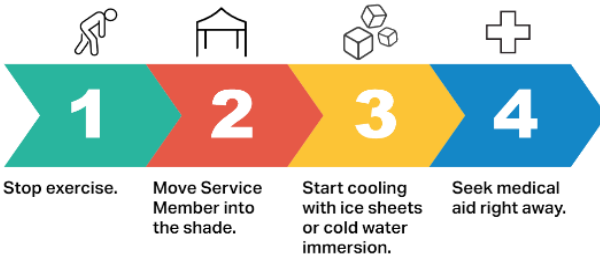
Heatstroke often occurs when your body overheats during heavy work, training, or exercise in the heat.

KEY SIGNS & SYMPTOMS

- Confusion, trouble performing simple tasks
- Combativeness, irritability
- Slurred speech
- Nausea, vomiting
- Fatigue, weakness
- High body temperature (>104°F or higher)
- Lack of coordination, trouble walking (ataxia)
- Dizziness, seizures
- Loss of consciousness, fainting (syncope)

If you or a buddy experience any of these symptoms during moderate to hard exercise in the heat, assume it's heat stroke.

4 STEPS CAN SAVE A LIFE



Date & Time:

Sat & Sun, May 25-26 @ 7:30pm

Location:

Laredo Mansion, Laredo, TX

Dances and songs of Mexico performed by Gabriela Mendoza-Garcia Ballet Folklórico. More info [here](#)

Mexico Lindo 2024
Sat, May 25 & Sun, May 26 at 7:30 p.m.
General Admission: \$15

For more information: (956)725-1832
gabymendozagarcia@yahoo.com
https://gabrielamendozagarciafolklorico.com

Laredo Mansion
1714 Houston St.
Laredo, TX 78040

2nd Annual BICICLOVIA LAREDO, TX
Saturday, May 25, 2024 9:00 am - 1:00 pm

Free bike Rentals for All Ages!

Walk Ride Play

Tres Laredos Park
1000 Pedregal St. Laredo, TX 78040

Tai Chi 10:00 am
Zumba 11:00 am

Free parking at the Outlet Shoppes at Laredo

Date & Time:

Sat, May 25-26 @ 9a - 1p

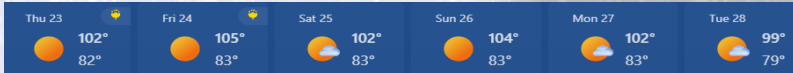
Location:

1300 Pedregal St., Laredo, TX

Join us for our upcoming car-free event in the park. Bikes, roller skates, skateboards, scooters are all welcome. More info [here](#)

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.



7 day forecast in your area

PAY DATES FY24

TASK FORCE	Period	Days	Date Paid
TF CENTER	29 Apr – 29 May	31	6-7 Jun
TF EAGLE	30 Apr – 30 May	31	
TXSG	01 May – 31 May	31	

OLS Rally Point

★ LONE STAR PULSE ★

TF BDE EAST



23 MAY 2024

Movie Calendar

<p>28TH</p> <p>MOVIE IN THE PARK</p>	<p>20TH</p> <p>MOVIE IN THE PARK</p>	<p>25TH</p> <p>MOVIE IN THE PARK</p>
<p>22ND</p> <p>MOVIE IN THE PARK</p>	<p>20TH</p> <p>MOVIE IN THE PARK</p>	<p>17TH</p> <p>MOVIE IN THE PARK</p>

MOON JUMPS, POPCORN HOT POGS, ACTIVITIES

Date & Time:
Sat, May 25 @ 6pm
Location:
Villa Garza Park 920 E Flores St, Hidalgo, TX

Join us for the kickoff of our Movies at the Park series. Free admission, hotdogs and popcorn. BYO chairs and blankets. More info [here](#)

25 MAYO

LOS INVASORES DE NUEVO LEÓN

McAllen Performing Arts Center

Date & Time:
Sat, May 25 @ 8pm
Location:
McAllen Performing Arts Center, McAllen, TX

Los Invasores de Nuevo Leon performing live in McAllen. Don't miss your chance to hear great tunes. More info [here](#)

Date & Time:
Sun, May 26 @ 9pm
Location:
2021 Orchid Ave, McAllen, TX

Larry Hernandez performs live in McAllen this Sunday. Tickets start at just \$40 More info [here](#)

MKz NIGHTCLUB

LARRY HERNANDEZ

MEMORIAL WEEKEND

NO SCHOOL OR WORK THE NEXT DAY

DOMINGO 26 MAYO

PREVENTA ESPECIAL 2ND

INFO Y RESERVACIONES (956) 342-5888 // (956) 402-7039

2021 ORCHID AVE, MCALEN, TX 78504

Date & Time:
Sun, May 26 @ 9am
Location:
Hidalgo Youth Center, 2nd St, Hidalgo, TX

We are looking for the top team in Texas to bring the heat at Summer Blaze Inferno and claim their border championship rings. More info [here](#)

CRISM III

Promotions

SUMMER BLAZE INFERNO

BORDER CHAMPIONSHIPS

SUNDAY MAY 26TH

AWARDS: RINGS, TROPHYS, MEDALS

DIVISIONS: BOYS, GIRLS, MEN, WOMEN

UWC - UICOR ORIGINALS PRESENTS

GAMER'S NIGHT HANGOUT

MAY 23, 2024

7pm - 9pm

300 S. 2nd St., McAllen, TX

FREE FOOD AND DRINKS

Join us for an evening of gaming, connection and celebration @ Casa Digital. We'll be playing Smash Bros Ultimate, Mario Kart and Mortal Kombat!

Date & Time:
Thurs, May 23 @ 7-9pm
Location:
300 S. 2nd St, McAllen, TX

Get ready for a night of gaming and community. Mario Kart & Smash Bros Ultimate on the Switch. More info [here](#)

DISNEY MARKET

SATURDAY MAY 25TH

5 PM - 9 PM

THE MIX

2509 COLORADO ST, MISSION, TX 78572

Embark on a whimsical journey through your favorite Disney tales at The Mix Open Air Market on May 25 from 5-9pm at 2509 Colorado, St, Mission, TX. More info [here](#)



7 day forecast in your area

PAY DATES FY24						
TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF EAST	29 Apr – 29 May	31	6-7 Jun	30 May – 27 Jun	29	5-8 Jul
TF EAGLE	30 Apr – 30 May	31		31 May – 28 Jun	29	
TXSG	01 May – 31 May	31		01 Jun – 29 Jun	29	

OLS Rally Point

★ LONE STAR PULSE ★

TF INFO



23 MAY 2024

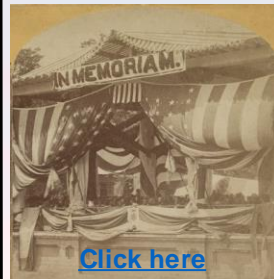
CHAPLAIN'S CORNER

NEWS UPDATE

This past week I was reminded of the story of the lady by the well in John Chapter 4. In this story Jesus has a set time and place to meet this woman who is coming to fill her water jug for the day. They have a good conversation and at the end he shares, he is the promised messiah. Over the years I have read this passage and found it very meaning full. However, this week I was stuck with the fact that in the story we find a woman at the well. However, the truth is that Christ has a place and time for all of us, he is waiting and ready to give us the living water only he can give.

My hope and prayer this week. Whatever you are facing in life and on this mission, you are not alone at the well, in the spiritual context as well while on this mission. You have leaders, friends, and battle buddies that care for you and are willing to support you, sometimes we just must be brave and strike up a conversation just like the women at the well.

CH (MAJ) Eric M. Gerber



[Click here](#)

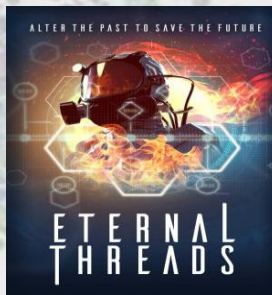
On May 5, 1868, the Grand Army of the Republic (GAR), a politically powerful organization of Union veterans led by Major General John A. Logan — issued General Orders No. 11 or the "Memorial Day Act." This issuance formally established "Memorial Day" as a Decoration Day on which the nation would remember its war dead and decorate their graves with flowers. "decoration days." The practice of strewing flowers on graves has been documented from Classical Roman times to western Europe in the nineteenth century.

STARS AND STRIPES
 ArmyTimes MilitaryTimes

Upcoming Releases



Hauntii
 Platform: PC
 Genre: Adventure
 Release Date: May 23, 2024



Eternal Threads
 Platform: PlayStation 4 | 5, Xbox Series X/S, Xbox One, & Switch
 Genre: Adventure
 Release Date: May 23, 2024

MultiVersus
 Platform: PlayStation 4 | 5, Xbox Series X/S, Xbox One, & PC
 Genre: Fighting
 Release Date: May 16, 2024



Humanity
 Platform: Available on all platforms
 Genre: Action
 Release date: May 30, 2024



GAMEINFORMER
 2024 release dates



Nine Soles
 Platform: PC
 Genre: Action
 Release Date: May 29, 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