

# ★ LONE STAR PULSE ★

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

*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



- 1** Stop exercise.
- 2** Move Service Member into the shade.
- 3** Start cooling with ice sheets or cold water immersion.
- 4** Seek medical aid right away.

## 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.

### 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 Folklorico. 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 gabymendoza@yaho.com https://gabrielamendoza@folklorico.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

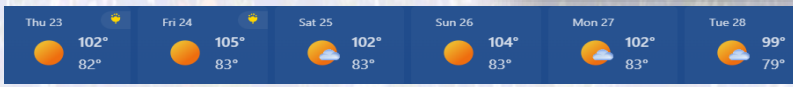
### Date & Time:

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](#)



## 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	



# ★ LONE STAR PULSE ★

TF INFO



23 MAY 2024

## CHAPLAIN'S CORNER

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

## NEWS UPDATE



[Click here](#)

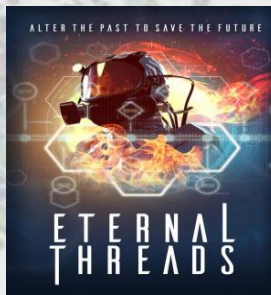
On May 5, 1868, the Grand Army of the Republic (GAR), a politically powerful organization of Union veterans led by Major General John A. Logan — issued General Orders No. 11 or the "Memorial Day Act." This issuance formally established "Memorial Day" as a Decoration Day on which the nation would remember 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



**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



**Eternal Threads**  
Platform: PlayStation 4|5, Xbox Series X/S, Xbox One, & Switch  
Genre: Adventure  
Release Date: May 23, 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](mailto:ng.tx.txarng.list.ols-info@army.mil) - Thank you, - ICT Representatives