

★ LONE STAR PULSE ★

TF BDE CENTER



30 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

Identifying and Preventing Heatstroke

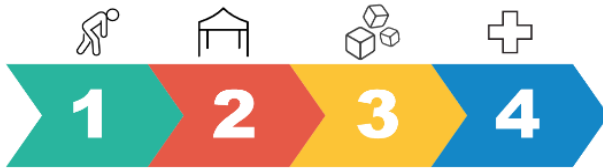
Heatstroke often occurs when your body overheats during heavy work, training, or exercise in the heat.

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



- 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.



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	



\$20.00 ENTRY FEE

JUNE 1 2024 @ 8:00 AM
NORTH CENTRAL PARK
10202 International Blvd, Laredo, TX
First 100 to sign up get a Free shirt
CONTACT US AT (956) 286-8491 & (956) 251-8328

Date & Time:

Sat, June 1 @ 8am

Location:

North Central Park, Laredo, TX

Ready, set, go for glory. This 5k run & walk kicks off bright and early with a lively crowd cheering you on. Only \$20. More info

[here](#)

Date & Time:

Sat, June 1 @ 745pm

Location:

PEG Energy Stadium, Laredo, TX

Come cheer on the Laredo Heat as they take on Houston FC. \$5 GA and kids under 12 are free! More info [here](#)

2024 SCHEDULE

ALL HOME GAMES PLAYED AT THE PEGENERGY STADIUM @ 7:45PM

MAY 18 HOUSTON, TX	MAY 26 ROUND ROCK, TX	JUNE 1 LAREDO, TX	JUNE 8 LAREDO, TX	JUNE 13 FORTY WORTH, TX
JUNE 15 DENTON, TX	JUNE 19 LAREDO, TX	JUNE 22 BROWNSVILLE, TX	JUNE 27 LAREDO, TX	JULY 3 LAREDO, TX

#VAMOSLAREDO
@LAREDOHEATSG
WWW.LAREDOHEATSG.COM

UFC 302
MAKHACHEV vs POIRIER
Saturday, June 1st
Shot Specials starting at \$4
Patron \$10 - Crown Apple \$5 - Jagermeister \$5
Jack Daniels & Jack Daniels Honey \$5
Fireball \$5 - Hoopie Shots \$4

Come on down to Hooters of Laredo and watch UFC 302 this Sat, June 1 @ 9pm. More info [here](#)



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TF BDE EAST



30 MAY 2024



Date & Time:
Sat, June 1 @ 9am
Location:
Downtown Harlingen, W. Jackson St., Harlingen, TX

Come down to downtown Harlingen for Market Days. Shop, eat, drink and play. More info [here](#)



Date & Time:
Thurs, May 30 @ 7pm
Location:
Casa Orgullo, 300 S 2nd St #101, McAllen, TX

Join us for an evening of fun and community at our Board Game Night! Everyone is welcome to this free event. Bring your own game if you want. More info [here](#)

Date & Time:
Fri, May 31 @ 6pm
Location:
923 E Washington St., Brownsville, TX

Are you ready for an out-of-this-world experience? Enjoy great food, live music, fireworks, free swag and more. More info [here](#)



Date & Time:
Sat, June 1 @ 9pm
Location:
MK'Z Nightclub, McAllen, TX

For the first time in McAllen Cesar K-Oso Cumbia Live Show! Presale tickets only \$15. \$20 at the door. More info [here](#)

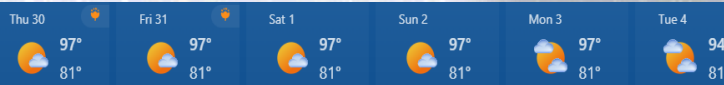


Summer Concert series will kick off with a Punk Show Concert this Sat, June 1 @ 7pm at the Edinburg Food Truck Park in Edinburg, TX. More info [here](#)



Date & Time:
Fri, May 31 @ 9pm
Location:
MK'Z Nightclub, McAllen, TX

Live music night! Los Garcia Bros 4 Vatos Locos and Jaime Deanda live! Presale tickets only \$20. More info [here](#)



7 day forecast in your area

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TF EAGLE	30 Apr – 30 May	31		31 May – 28 Jun	29	
TXSG	01 May – 31 May	31		01 Jun – 29 Jun	29	



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TF INFO



30 MAY 2024

CHAPLAIN'S CORNER

Bless the families of the fallen. Lord God, Help them to walk wisely. To stay covered in your armor. Make them constantly aware of what lurks close by whether on the battlefield or at home. Help them to be men and women of prayer. Help them to stay united and strong, bold and resolute, determined and unwavering as they navigate life without their loved one. Oh God, we thank you for the freedom you have given to us, and for the price that was paid so that we could live free. We remember today. The cost of it all. The great sacrifice for freedom. We thank you for the brave men and women who have fought, and continue to fight, so courageously for our nation. We ask for your covering and blessings over them and their families. We pray that you would be gracious and encircle them with your peace.

We pray for your great favor and goodness to be evident in their lives, as well as our own. As we mourn and remember the men and women we have lost on OLS may our memories of them and their impact on our lives stay fresh in our hearts and minds. Give us strength to press on and fight on. May we never forget!

- CH (MAJ) Eric M. Gerber -

NEWS UPDATE

[Another US military MQ-9 Reaper drone goes down in Yemen, images purportedly show | Stripes.com](#)

[Army vet gets 25 years for bomb-making class used to target cops | Armytimes.com](#)

[The military lab that identifies fallen troops decades after WWII | Armytimes.com](#)

[Pilot injured after military aircraft crashes near Albuquerque airport | Militarytimes.com](#)

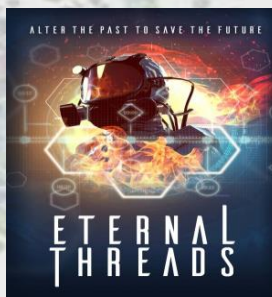
[Excerpt: 'Send Me: The True Story of a Mother at War' | Militarytimes.com](#)

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 - Thank you, - ICT Representatives