

★ LONE STAR PULSE ★

TF CENTER



30 MAY 2024

Heat Exhaustion vs. Heatstroke

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

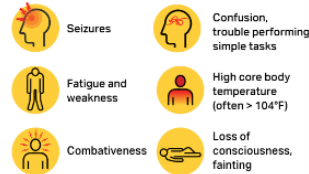
Signs can include:



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:



5K MUSTANGS STAMPEDE

\$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](#)

Identifying and Preventing Heatstroke

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

KEY SIGNS & SYMPTOMS



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.

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
@LAREDOHEATFC
WWW.LAREDOHEATFC.COM

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.

UFC 302

MAKHACHEV vs POIRIER

Saturday, June 1st

Shot Specials starting at \$4

Patron \$10 • Crown Apple \$5 • Jägermeister \$5
Jack Daniels & Jack Daniels Honey \$5
Fireball \$5 • Hoopie Shots \$4

HOOTERS

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



Thu 30	Fri 31	Sat 1	Sun 2	Mon 3	Tue 4
100° 80°	99° 81°	99° 80°	99° 81°	100° 80°	99° 79°

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	
	30 May – 27 Jun	29	5-8 Jul
	31 May – 28 Jun	29	
	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](#)

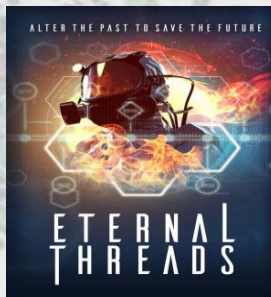
[Excerpt: 'Send Me: The True Story of a Mother at War' | Militarytimes.com](#)

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