

# ★ LONE STAR PULSE ★

TF WEST



30 MAY 2024

## Heat Exhaustion vs. Heatstroke

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

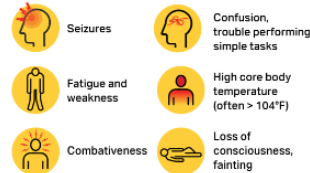
Signs can include:



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:

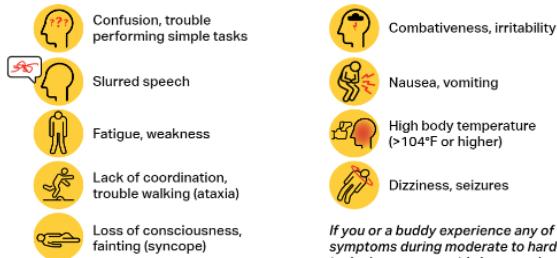


16th Annual Billy the Kid Fest this Sat & Sun June 1-2 from 12-8pm at 1501 Main St, San Elizario, TX. Enjoy reenactments of the historic breakout at the old county jail. More info [here](http://www.BillyTheKidFestival.com)

## Identifying and Preventing Heatstroke

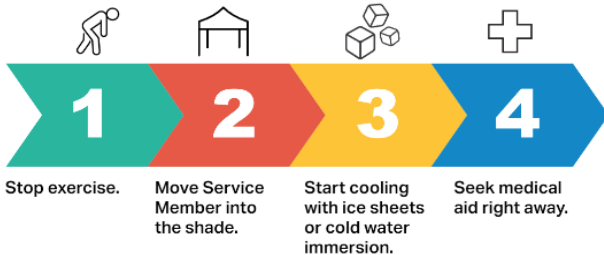
Heatstroke often occurs when your body overheats during heavy work, training, or exercise in the heat.

### 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



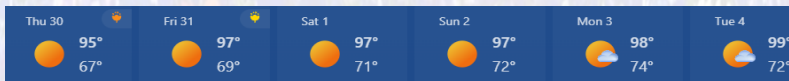
Support your El Paso Locomotive FC as they take on Birmingham Legion this Sat, June 1 @ 7pm at 1 Ballpark Plaza, El Paso, TX. More info [here](http://www.ElPasoLocomotiveFC.com)



Sal Y Limon Festival this Sat, June 1 at 2pm in San Jacinto Plaza, El Paso, TX. Enjoy Mexican drinks, Tacos, Mariachis and more! Admission starts at \$25. More info [here](http://www.SalYLimonFestival.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.



**7 day forecast in your area**

### PAY DATES FY24

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF CENTER	29 Apr – 29 May	31	6-7 Jun	30 May – 27 Jun	29	5-8 Jul
TF WEST	30 Apr – 30 May	31		31 May – 28 Jun	29	
TXSG	01 May – 31 May	31		01 Jun – 29 Jun	29	



# ★ LONE STAR PULSE ★

TF INFO



30 MAY 2024

## CHAPLAIN'S CORNER

## NEWS UPDATE

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 -

[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](#)

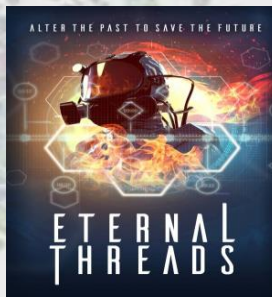
[Excerpt: 'Send Me: The True Story of a Mother at War' | Militarytimes.com](#)

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](mailto:ng.tx.txarng.list.ols-info@army.mil) - Thank you, - ICT Representatives