

★ LONE STAR PULSE ★

TF WEST



14 November 2024

For All Tricare Beneficiaries that live in Texas

January 1st 2025, Texas, Illinois, Louisiana, Oklahoma, and Wisconsin will transition from TRICARE East to TRICARE West.

To prevent lapses in your current TRICARE coverage:

1. Log in to ID Card Office Online (osd.mil) to update your Profile and update Dependent Profiles
 2. Log into the Beneficiary Web Enrollment (BWE) milConnect - BWE (osd.mil) to ensure healthcare coverage is correct.
 3. Starting in early November you should create an account on the TriWest patient portal.
 4. To ensure you can make your payments to TriWest (if applicable), update your payment information (Note: If you pay by allotment, you do not need to do this. Allotment payments will transfer automatically).
 5. Search for providers in the new TriWest provider network directory on the patient portal.
- Sign up for email updates and visit <https://www.Tricare.mil/changes> to stay informed.

Upcoming

El Paso Texas Women Veterans

November 16 @ 9:00 am - 12:00 pm
Join other women Veterans in El Paso County for networking, socializing, and education.

Info: <https://tvc.texas.gov/event/el-paso-texas-women-veterans/2024-11-16>

Platform 9 3/4 Art Show & Market

November 16, 2024
Free 5:00 PM - 10:00 PM
Head to Platform 9 3/4 for a fun evening of all things Harry Potter!
1301 Texas Ave.

This Veterans Day, Soldiers and Airmen stationed at FOB Eagle observed the holiday with a series of events designed to honor their service and boost morale. The JTF Garrison Command Post facilitated a variety of recreational activities, including access to a modern fitness center, pickleball and basketball courts, and a dedicated space for classic games.



Wade Bowen's Tuesday performance at FOB Eagle was a special event for the soldiers serving on the OLS Mission. Wade's connection to both our military community is important to him. He stayed after the show to sign autographs and take photos with soldiers.



All of us at FOB Eagle and OLS-wide would like to say, "Thank You!" to Mr. Bowen.



We appreciate your support!

Task Forces operating along the Texas-Mexico border from El Paso to Brownsville continued their vital security mission, seamlessly integrating Veterans Day commemorations into their daily operations. Local businesses across the region showed their appreciation for the sacrifices of our veterans by offering exclusive discounts and special tributes.



Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
70° 40°	75° 45°	80° 49°	78° 51°	60° 40°	62° 40°	65° 36°	57° 34°

7 day forecast in your area

PAY DATES FY25

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF WEST	30 OCT - 28 NOV 24	30	5-6 Dec	29 NOV - 29 DEC 24	31	6-7 Jan
TXSG	1 NOV - 30 NOV 24	30		1 DEC - 31 DEC 24	31	

OLS Rally Point



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TF INFO



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call to **ACTION** CHIEF OF STAFF'S CHALLENGE

NEWS UPDATE

Daily step Count | +7000 (walk + 2 miles)
Weekly Workout | 3 lift days | 2 cardio days | mobility day | 1 off day | 4 sets | X reps almost to muscle failure
Push Day | bench press | DB lateral raises | Overhead press | Skull-crushers | DB flies | Dips
Leg Day | leg curls | back squats | leg extension | Romanian DL's | hyperextensions
Mobility Day | elephant walks | Jefferson DB curls | bar hangs | AG split-squat | couch stretch
Pull Day | bent-over rows | hammer curls | bicep curls | lat-pulldowns | BB shrugs | Deadlifts
Cardio Day 1 | 30-45 minutes weighted walk or ruck
Cardio Day 2 | 1 Mile Warm Up | .5 Mile at 90% | .5 mile 80% | .5 mile Walk

Routine Weigh daily | Stay hydrated | Fast until noonish | No meals after 8PM | Workout upon wake up | Go to bed @ same time daily | Max of 2-3 alcohol drinks per month | Log strength gains and weight loss | Protein intake relative to weight (1g per lb)

[Air Force to retire A-10 attack jets from South Korea, modernize F-16s](#)

[Trump builds out national security team with picks of Hegseth for Pentagon, Noem for DHS](#)

[US forces again strike back against Iran-linked militants in Syria](#)

[Navy destroyers near Red Sea fend off 16 Houthi drones, missiles](#)

STARS AND STRIPES
ArmyTimes MilitaryTimes

Upcoming Releases



Microsoft Flight Simulator 2024
Xbox Series X, PC
Genre: Simulator
Release Date:
November 19, 2024

Genshin Impact
Xbox One, Xbox Series X
Genre: Action RPG
Release Date:
November 20, 2024



Mario & Luigi: Brotherhood
Platform:
Nintendo Switch
Genre: RPG & Adventure
Platformer
Release date:
November 7, 2024



Polygon
[2024 Release Dates](#)



LEGO Horizon Adventures
Platform: PC, PS 5, Switch
Genre: Action Adventure
Release Date:
November 14, 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