

★ LONE STAR PULSE ★

TF INFO



17 OCT 2024

CHAPLAIN'S CORNER

Reducing Anxiety in Your Life – pt.3

In the previous two newsletters, I said you can better manage the stress in your life by acknowledging the source of anxiety and reducing the unconscious sources of anxiety. The third thing you can do is: Engage your spirituality. Taking time to engage with the Eternal and the bigger purposes of life helps to reframe my world in its proper context. This may include spiritual practices like attending Mass or deep meditation. One practical thing I do is when I take a short work break, I consciously disconnect from people and technology and re-engage with God in quiet contemplation in nature. This settles me so that I can step back into the workflow with a clearer and less anxious perspective.

These three practices address the body, soul and spirit and have proven to be an enormous benefit to those who do them.

- Chaplain Scott McKay -

NEWS UPDATE

[Russian sabotage is escalating risk of greater conflict in Europe, Army's Williams says | Stripes.com](#)

[Pentagon restores honor to more than 800 LGBTQ+ veterans after 'don't ask, don't tell' discharge review | Stripes.com](#)

[Training changes on the horizon for Army Guardsmen | Armytimes.com](#)

[Russia casualties reach 600,000 during war in Ukraine, Pentagon says | Armytimes.com](#)

STARS AND STRIPES
ArmyTimes MilitaryTimes

Upcoming Releases



Fear the Spotlight

Platform:

PlayStation 4/5
& PC

Genre: Indie Horror

Release Date:

October 22, 2024



Super Mario Party Jamboree

Platform: Nintendo Switch

Genre: Party Game, Platformer,
Puzzle & Racing

Release Date: October 17, 2024

A Quiet Place: The Road Ahead

Platform: PC,
Playstation 5, Xbox
Series X/S

Genre: Horror

Release Date:

October 17, 2024



Yakuza Kiwami

Platform: Nintendo
Switch

Genre: Fighting &
Adventure

Release date:

October 24, 2024



Polygon

[2024 Release Dates](#)



Slay the Princess: The Pristine Cut

Platform:Playstation
4/5, Xbox One, Xbox
Series X/S, Nintendo
Switch & PC

Genre: Adventure &
RPG

Release Date:

October 8, 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

★ LONE STAR PULSE ★

TF EAST



17 OCT 2024

VOTETEXAS.GOV
 POWERED BY THE TEXAS SECRETARY OF STATE

NOV:5:

- 25 OCT**
[Mail Ballot Application Deadline](#)
- 21 OCT**
[Early Voting Begins](#)
- 1 NOV**
[Early Voting Ends](#)

- [AM I REGISTERED?](#)
- [REGISTER TO VOTE](#)
- [WHAT'S ON THE BALLOT?](#)
- [VOTER ID](#)
- [WHERE'S MY POLLING PLACE?](#)
- [APPLICATION FOR BALLOT BY MAIL](#)
- [TRACK MY BALLOT](#)



Fiesta De Palmas McAllen Convention Center
 From October 18th – October 20th, Fiesta de Palmas returns to the McAllen with 3 days of live music, entertainment, cultural festivities, fireworks, and more!
 Click to Learn More: [Fiesta De Palmas at McAllen Convention Center](#) | [Explore McAllen](#)

VETERANS WALKUP LEGAL CLINIC

LONE STAR LEGAL AID

EVERY FRIDAY FROM 9AM-12PM

COMPUTER CLASSES
 PARENTS & COMMUNITY

COME AND LEARN MICROSOFT OFFICE

START DATE: SEPTEMBER 17, 2024
 END DATE: MAY 6, 2025

FREE!

CLASS SCHEDULE: TUESDAY & THURSDAY 5:30 AM - 8:30 PM

Business Professional Learning Center
 1610 S. 16th, Brownsville, Texas
 Brownsville, TX 78520
 361-888-0000

ON SALE NOW

CRISTELA ALONZO

SAT. OCTOBER 19
 MCALEN PERFORMING ARTS CENTER

Cristela Alonzo
 October 19 @ 7:00 pm
 Learn more by clicking on the URL: [Cristela Alonzo in McAllen | McAllen Performing Arts Center](#) ([experiencemcallen.com](#))

FALL FEST

FOOD, INFLATABLES, GAMES, AND MUCH MORE!

19 OCTOBER

CALVARY CHRISTIAN CENTER
 3616 E. BUSINESS 83
 WESLACO, TX 78596

6:30PM-9:30PM

956-375-2450 | CALVARYRCU.COM

Date and Time
 Sat Oct 19, 2024
 6:30 PM - 9:30 PM
 Location
 CCC Weslaco - Calvary Christian Center
 Weslaco 3616 E Business 83
 FREE Community Event
 Click: [Fall Fest - Calvary Christian Center - Oct 19, 2024](#) ([weslaco.com](#))



Day	High	Low
Thu 17	82°	70°
Fri 18	86°	70°
Sat 19	88°	68°
Sun 20	88°	70°
Mon 21	89°	71°
Tue 22	90°	71°
Wed 23	87°	68°

7 day forecast in your area

PAY DATES FY24

TASK FORCE	Period	Days	Date Paid
TF EAST	1 Sep – 28 Sep	28	4-7 Oct
TF WEST	1 Sep – 29 Sep	29	
TXSG	1 Sep – 30 Sep	30	
	29 Sep – 29 Oct	31	6-7 Nov
	30 Sep – 30 Oct	31	
	1 Oct – 31 Oct	31	





Registered to vote?

Check your registration and update your name or address at [VoteTexas.gov](https://www.votetexas.gov/) (<https://www.votetexas.gov/>).

Make Plans to Vote by Mail or In Person Today

Vote by Mail

- Application for a Ballot by Mail (ABBM) - Available to all Texans – Apply before **October 25, 2024**.
- Federal Post Card Application (FPCA) - Available to members of TXARNG and TXANG

Vote in Person

Early Voting (October 21st through November 1st)

- Any registered voter may vote early in person. You may vote at any early voting locations in your county of registration.

Voting on Election Day (November 5, 2024)

- Many newspapers publish Election Day polling locations. Election Day voting hours are 7:00 a.m. to 7:00 p.m. at all polling places statewide.

For questions regarding polling places, always consult your County Elections Office

(<https://www.sos.state.tx.us/elections/voter/county.shtml>)