

# ★ 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](mailto:ng.tx.txarng.list.ols-info@army.mil)



# ★ LONE STAR PULSE ★

**TF EAGLE**



**17 OCT 2024**

**VOTETEXAS.GOV**  **NOV: 5:**  
 POWERED BY THE TEXAS SECRETARY OF STATE

- 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](#)



**EAGLE PASS, TX** - On October 15, TXSG Leadership visited with the TXSG Soldiers serving on the OLS Mission. Major General Woods & CSM Thompson hosted a Leadership Luncheon with the individual command teams. It was here, they were able to discuss the topics that the soldiers are facing while serving on mission.

After lunch, soldiers were invited to a sit-down talk session, that include a question-and-answer period that allowed the time to discuss any topics or issues that they would like addresses.

The talk session was followed up with the promotion of 2LT Shavers to 1LT and a few challenge games of air hockey & Pool with the General.

The TXSG Soldiers serving on the OLS Mission would like to say thank you to MG Woods, Major Bice, & CSM Thompson for talking the time to visit with us today.

-CPL Don Rymer-  
MWR/USO Liaison



**COMPUTER CLASSES**  
PARENTS & COMMUNITY

COME AND LEARN MICROSOFT OFFICE

START DATE: SEPTEMBER 17, 2024  
END DATE: MAY 8, 2025

**FREE**

CLASS SCHEDULE: TUESDAY & THURSDAY 5:30 PM - 7:30 PM

Jackson Professional Learning Center  
902 Rev R.A. Abercrombie Drive  
Killeen, TX 76543  
254-336-0211/0208

Registration is not required.

**VETERANS WALKUP LEGAL CLINIC**

**LONE STAR LEGAL AID**

EVERY WEDNESDAY FROM 9AM-12PM  
2929 MCKINNEY ST., HOUSTON TX 77003

• Learn about free legal services and get connected to additional resources for Veterans.  
• Legal Services offered: Clearing Criminal Records, Wills, Discharge Status Upgrade, ID Registrations, and more...  
• Staff will be on hand to answer any questions you may have.

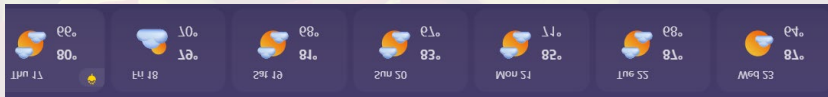
REGISTRATION: 

**UTHealth McGovern Medical School**

**UTHealth Texas and Baylor County VSO**

• We are here to support you.  
• Have your partner transitioned? We have you or we'll connect you.  
• Have you left behind? We have you or we'll connect you.  
• Have you been transitioned or discharged? We have you or we'll connect you.

We offer treatment on referral at no cost, directly into patients' lives. For more information, please call 713-646-3000 to schedule an appointment.



**7 day forecast in your area**

**PAY DATES FY24**

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