

★ 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 BDE 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

GA

LONE STAR LEGAL AID

EVERY MONDAY FROM 10AM-12PM

FREE

COMPUTER CLASSES
PARENTS & COMMUNITY

COME AND LEARN MICROSOFT OFFICE

START DATE: SEPTEMBER 11, 2024
END DATE: MAY 16, 2025

FREE

CLASS SCHEDULE: TUESDAY 6:00 AM - 8:00 PM

McAllen Professional Learning Center
4011 Bar St., McAllen, TX 78502
850-488-0000

ON SALE NOW

CRISTELA ALONZO

SAT. OCTOBER 19
MCALLEN 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](#))

CALVARY CHRISTIAN CENTER

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 | CALVARYRGV.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](#))



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

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 WEST	1 Sep – 29 Sep	29		30 Sep – 30 Oct	31		
TXSG	1 Sep – 30 Sep	30		1 Oct – 31 Oct	31		



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17 OCT 2024

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>)