

★ LONE STAR PULSE ★

TF EAGLE



10 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](#)



OLS LEADERSHIP CONFERENCE
EAGLE PASS TX
02OCT-03OCT 2024



Command picture Courtesy of OLS PAO Sgt. Allen

EAGLE PASS, TX - The JTF-LS Leadership Conference was held on October 2-3, 2024, at FOB Eagle in Eagle Pass Texas. Nearly 100 leaders from across the state gathered to engage in topics that ranged from training, changes to operations, policies, and command structures. In addition to these training topics, the conference also included time for leaders to discuss challenges and solutions that are facing the Soldiers on OLS BG Tanya R. Trout, the Director of Joint Force HQ, delivered an inspiring keynote address, encouraging leaders to focus on professional growth and the continuous improvement of operations.

Money Mindfulness

A FREE 4-week virtual workshop

WHO: MILITARY IN ANY STATUS

WHEN: EVERY TUES 1900 CST FROM OCT 15 TO NOV 5

WHERE: ONLINE VIA ZOOM (NO RANKS, POSITIONS OR TITLES

COST: FREE

REGISTER: EVANSN@MAGELLANHEALTH.COM

21 OCT BASKETBALL TOURNAMENT 3X3

Scenarios: To be announced. SIGN UP DEADLINE: OCT10. Sign up and be part on a Team or Make your own.

[CLICK HERE TO REGISTER](#)

PREMIER MARTIAL ARTS SELF-DEFENSE GUN & KNIFE DEFENSE WORKSHOP

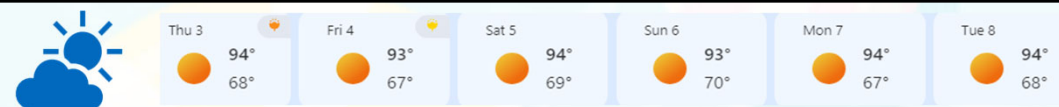
FOR MILITARY PERSONNEL

Premier Martial Arts
McAllen
6500 N 10th St.
CALL 956-428-5425

FREE

LEARN TO DEFEND YOURSELF AGAINST VIOLENT GUN ASSAULTS!

Join us Saturday, October 19, 10AM



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	

OLS Rally Point

★ LONE STAR PULSE ★

TF INFO



10 OCT 2024

CHAPLAIN'S CORNER

Reducing Anxiety In Your Life – pt.2 of 3
Last week, I mentioned one thing you can do to address and manage the anxiety in your life is to acknowledge the source of your anxiety. Here is the second thing you can do:
Reduce unconscious sources of anxiety. Some of the biggest culprits of anxiety are too much caffeine, information and choices. All of these individually stimulate the brain and body and when taken in large or ongoing quantities can make us feel edgy, overwhelmed, impatient and anxious. I have a friend who lived with immense aggravation and he was not aware that his 8 Mountain Dew's a day were contributing to any of it! Likewise, we love our choices and being connected, but research continues to show that our lives feel more satisfying and manageable when we choose to put limits on our choices and the information flowing to and from us.
Peace to you, Ch McKay

NEWS UPDATE

[How the Army is using AI during Hurricane Helene relief \(armytimes.com\)](https://www.armytimes.com)

[With US military support, Israel shifts Middle East power balance \(armytimes.com\)](https://www.armytimes.com)

[Oregon Army National Guardsman sets new world burpee record \(armytimes.com\)](https://www.armytimes.com)

[5,000 more National Guard troops mobilized ahead of Hurricane Milton \(armytimes.com\)](https://www.armytimes.com)

[These units are getting the Army's newest rifle and machine gun next \(armytimes.com\)](https://www.armytimes.com)

STARS AND STRIPES
ArmyTimes MilitaryTimes

Upcoming Releases

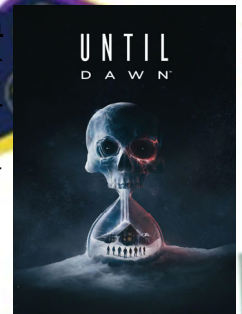


Kill Knight
Platform: PlayStation 4/5 & Xbox Series X/S, Xbox One & PC
Genre: Shooter
Release Date: October 2, 2024



MechWarrior 5: Clans
Platform: Playstation 5, Xbox Series X/S & PC
Genre: Shooter, Simulation
Release Date: October 3, 2024

Until Dawn
Platform: PC & Playstation 5
Genre: Horror
Release Date: October 4, 2024



Diablo 4: Vessel of Hatred
Platform: PlayStation 4/5 & Xbox Series X/S, Xbox One & PC
Genre: Hack & Slash, MMO
Release date: October 8, 2024



Silent Hill 2: Remake
Platform: Playstation 5 & PC
Genre: Horror
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