

★ LONE STAR PULSE ★

TF BDE CENTER



19 OCT 2023

BREAST CANCER
awareness month



PREVENTION TIPS



Keep a healthy weight.



Don't drink alcohol, or limit alcoholic drinks.



Exercise regularly.



Breastfeed one's children, if possible.

SIGNS AND SYMPTOMS

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

INFORMATION PROVIDED BY: WWW.BREASTCANCER.ORG WWW.CDC.GOV/CANCER

SUNDAY STUNNER



WWE Live
Date: Sun, Oct 22
2 PM
Location: Sames

Auto Arena 6700 Arena Blvd, Laredo, TX
Get Ready for the Action, Laredo!

World Wrestling Entertainment is coming to town this October, and if you act now, you can score the best tickets for this WWE Laredo event! Anything can happen at the WWE vs. WWE Sunday Stunner promotion, and you can be there to see it all live from the best seats at Sames Auto Arena!

[Click here for ticket prices.](#)

El Centro De Laredo Farmers Market



Date: Sat, Oct 21,
11 AM – 3 PM
Location: The Outlet Shoppes at Laredo
1600 Water St, Laredo, TX

Laredo Main Street hosts the El Centro de Laredo Farmers Market, the only certified Farmers Market in Laredo. Farmers Market takes place once a month; and now with a new location and new time from 11 a.m. to 3 p.m. [Click here for details](#)

2023 Stronger Than Cancer Gold's Fit Competition



Join us for our 15th Annual Stronger Than Cancer Gold's Fit Competition!

Grab a partner and sign up for the best competition in Laredo! [Read more on Eventbrite](#)

Date: Sat, Oct 21,
9 AM – 4 PM
Location: Gold's Gym
2446 San Isidro Pkwy,
Laredo, TX



Fri 20	Sat 21	Sun 22	Mon 23	Tue 24	Wed 25	Thu 26	Fri 27
92° 66°	94° 69°	91° 72°	91° 74°	89° 74°	89° 76°	92° 72°	90° 71°

7 day forecast
in your area

PAY DATES FY23

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF CENTER	01 Sep – 28 Sep	28	5-6 Oct	29 Sep – 29 Oct	31	6-7 Nov
TF ENGINEER	01 Sep – 29 Sep	29		30 Sep – 30 Oct	31	
TXSG	01 Sep – 30 Sep	30	01 Oct – 31 Oct	31		

OLS Rally Point

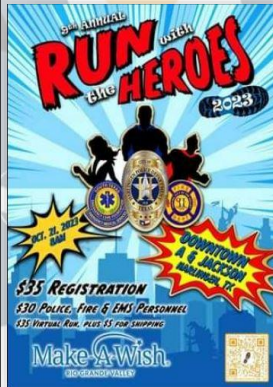


★ LONE STAR PULSE ★

TF BDE EAST



19 OCT 2023

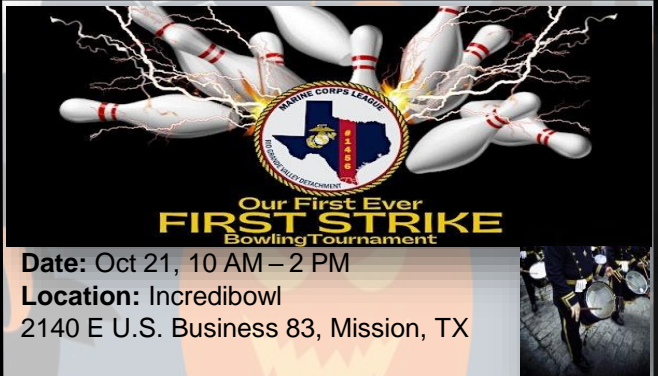


The 9th Annual Run with The Heroes 5K Run/Walk hosted by the Harlingen Police Department

Date: Fri-Sat, Oct 20-21, 6 PM

Location: 701 Harlingen Heights Drive, Harlingen, TX
Cost: \$35

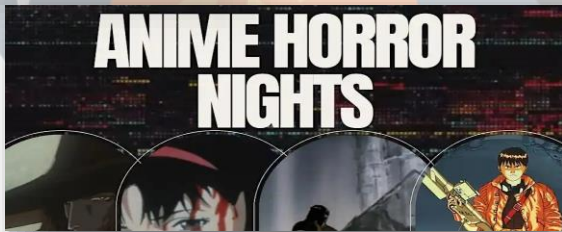
[Click here to register...](#)



Date: Oct 21, 10 AM – 2 PM

Location: Incredibowl
2140 E U.S. Business 83, Mission, TX

[Click here for tournament details and social event](#)



Four pivotal animated features from Japan that explore the horrors of space, the psyche, vampires, and the end of the world.

Date: Fri-Sat, Oct 20-21, 6 PM

Location: ENTRE Film Center, 415 West Jackson Avenue Harlingen, TX 78550

Cost: FREE [Click here for more info...](#)

Kiri Kiri K-pop Night at our local Kiri Kiri Korean Fried Chicken. Stop by for family friendly entertainment by local performers, vendors, games, raffles, and Korean Fried Chicken!

This is a night you won't want to miss.

Date: Sun, Oct 22, 6 PM - 9 PM

Location: 5401 N 10th Street, Ste, McAllen, TX

[Click here for more info...](#)



Enjoy family friendly activities with live music a costume contest, arts and crafts, a kids zone, and more at RGV's 1st annual Fall Festival.

Date: Sat, Oct 2, 1030 AM - 330 PM

Location: 2722 Fountain Plaza Blvd, Edinburg, TX

[Click here for more info...](#)



STVT McAllen Campus is hosting Pumpkin Patch Night. We will have a Haunted House, Food, Games, photos and lots of candy.

Date: Thur, Oct 19, 4 - 7 PM

Location: South Texas Vocational Technical Institute 1800 S Main, Suite #500, McAllen, TX

[Click here for more info...](#)



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7 day forecast in your area

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OLS Rally Point



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TF INFO



19 OCT 2023

CHAPLAIN'S CORNER

NEWS UPDATE

The Lord Jesus appointed seventy-two disciples whom he sent ahead of him in pairs to every town and place he intended to visit. He said to them, "The harvest is abundant but the laborers are few; so ask the master of the harvest to send out laborers for his harvest. Go on your way; behold, I am sending you like lambs among wolves. Carry no money bag, no sack, no sandals; and greet no one along the way. Into whatever house you enter, first say, 'Peace to this household.' If a peaceful person lives there, your peace will rest on him; but if not, it will return to you. Stay in the same house and eat and drink what is offered to you, for the laborer deserves payment. Do not move about from one house to another. Whatever town you enter and they welcome you, eat what is set before you, cure the sick in it and say to them, 'The Kingdom of God is at hand for you.'" Luke 10: 1-9

[Pentagon briefs Hill on Army special ops cuts, vacant slots targeted | armytimes.com-](#)

[These new Army formations can reach across Europe to strike a target | armytimes.com](#)

[7 terrifying items to put in a haunted house for veterans | armytimes.com](#)

[US B-52 bomber to make rare landing on Korean Peninsula amid North's threats | stripes.com](#)

[The military is studying ketamine infusers for wounded service members | stripes.com](#)

ArmyTimes STARS AND STRIPES

Upcoming Releases



Super Mario Bros. Wonder
Platform: Switch
Genre: Platforming
Release Date: October 20, 2023



Marvel's Spider-Man 2
Platform: PlayStation 5
Genre: Action
Release Date: October 20, 2023

World of Horror
Platform: PlayStation 4 | 5, & PC
Genre: Role-Playing
Release Date: October 19, 2023



Gangs of Sherwood
Platform: PlayStation 5, Xbox Series X/S & PC
Genre: Action
Release date: October 19, 2023



GAMEINFORMER
[2023 release dates](#)



Cities: Skylines II
Platform: PC
Genre: Simulation
Release Date: October 24, 2023

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 - Thank you, - ICT Representatives