



17 APRIL 2025

# LONE STAR

## TF INFO

The Pulse uses your TF input.

Send content submissions and requests to: [ols-ict@sg.tmd.texas.gov](mailto:ols-ict@sg.tmd.texas.gov)

# PULSE



## CHAPLAIN'S CORNER

**Reflection:** What is one thing you can do today to make a lasting impact?

Recently I was reading a new book *Trust and Inspire*, by Stephen Covey. This book uses recent leadership authors to show the shift from the carrot and stick approach to leadership, to a trust and inspire method. Just as we have outgrown home telephones with cords and answering machines, so have we discovered better ways, more effective ways of leading people. In these troubled times, we don't need more command and control; we need better means to engage everyone's intelligence in solving challenges and crises as they arise." Margaret Wheatley. While serving on this mission, let us be reminded and thankful for all that are willing to serve this nation and this state. What an honor to serve alongside others that are willing to give up so much. In the book of Matthew, we find the two most important commandments, Love God, and love others. My challenge for us today in the dynamic and evolving world we find ourselves in, to remember to love our creator, and to love others. For when we truly love others, we can let go of the old way of the carrot and the stick and move into a better way of leading by creating trust and inspiring those we lead, at home and in uniform.

## NEWS

## UPDATES



[Trump signs shipbuilding order as Navy leaders call for 381-ship fleet](#)

[USS Carl Vinson in Mideast ahead of Iran-US nuclear talks](#)

[AR 350-1 updates](#)

[Soldier becomes first woman to compete in Best Ranger Competition](#)

## Redeployment Moved to FOB Eagle



Above: COL Hildebrand conducts an open floor.

Redeployment events have transitioned to Forward Operating Base (FOB) Eagle as part of the routine End of Mission (EOM) process to ensure service members are fully supported while preparing for reentry into civilian life. FOB Eagle is a fully supported community including meals, laundry, a gym facility, and private housing, all designed to provide comfort and convenience during this important phase.

This adjustment consolidates essential resources in one location, making them more accessible to personnel and streamlining the redeployment process. It also creates opportunities for Operation Lone Star (OLS) command and special staff to meet with troops in person to provide information. Resource Coordinators will be on site to assist with ongoing support services.

This transition phase is focused on ensuring every service member receives the support they and their families deserve when they return home.

As our troops conclude their service with OLS, we want to express our deepest gratitude for their dedication and unwavering commitment to the communities of the great State of Texas.

## Thank you for your service.

Below: CH (LTC) Gerber discusses reintegration.







Sat April 19, 2025

Mission, TX 78572 US [Directions](#)



## Anger Management 1 Day Workshop

### Modules:

- Anger Anatomy
- The Anger Management Skill Set
- The Anger Management Process
- Handling Anger in Others
- And Many More...

Thursday	Wednesday	Thursday	Tuesday	Thursday
April	May	June	July	August
24	14	19	8	7
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM

## Anger Management 1 Day Workshop Edinburg, TX

This in-person event is perfect for those looking to learn how to manage their anger effectively. Our training will cover various techniques and strategies to help you control your emotions and handle challenging situations with ease.

[CLICK FOR MORE DETAILS](#)

## Underwater Easter Egg Hunt; Ages 3-12

Apr. 19th  
1-4pm

[Click here for Details](#)

## RGV MWR & WSL MWR INVITES YOU TO THE 9TH ANNUAL USBP FAMILY FESTIVAL BRAGGIN' RIGHTS COOKOFF



USBP AND FAMILY ONLY EVENT \$5 PER CAB ENTRY TO BENEFIT THE EXPLORER PROGRAM



## 7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
90° 75°	91° 74°	90° 74°	86° 72°	86° 73°	87° 74°	87° 74°



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAST	29 MAR - 28 APR	31	6-7 MAY		29 APR - 28 MAY	30	5-6 JUN
TXSG	31 MAR - 30 APR	31			01 MAY - 30 MAY	30	



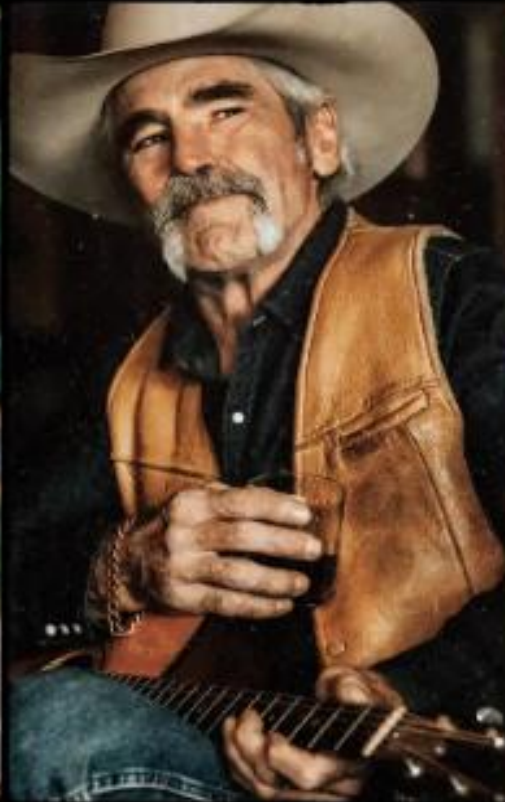


USO ENTERTAINMENT PRESENTS

## LIVE PERFORMANCE WITH FORRIE J. SMITH + FRIENDS



LUCAS HOGE



FORRIE J. SMITH



LANCE CARPENTER

**April 21<sup>st</sup>**

Montana Armory  
11701 Montana Ave  
El Paso, TX 79936

1800 hours

**April 22nd**

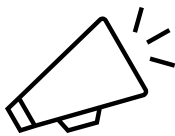
Laughlin Air Force Base  
XL Landings  
472 7<sup>th</sup> Street  
Del Rio, TX

1800 hours

**April 23rd**

FOB Eagle Pavilion  
Eagle Pass, TX

1100 hours



## OPERATION LONE STAR BELT BUCKLE – “HOLD THE LINE” EDITION



<https://pitchandrudder.com/product/operation-lone-star-belt-buckle-hold-the-line-edition/>

### Time Sensitive

#### DESCRIPTION

Commemorate your service with this custom **3.5-inch Western-style belt buckle**, created to honor the ongoing mission of **Operation Lone Star**.

Forged from high-quality **zinc alloy** and featuring our **integrated bottle opener back**, this buckle embodies strength, pride, and commitment to the front line.

POC for your orders is: SFC Jared Crouse email him ASAP [joeacoe@sg.tmd.texas.gov](mailto:joeacoe@sg.tmd.texas.gov)  
[jared.crouse@sg.tmd.texas.gov](mailto:jared.crouse@sg.tmd.texas.gov)

- 3.5" Western-style zinc cast**

- Available in Antique Gold or Color Enamel finish**

- “Hold The Line” barbed wire detail + Texas silhouette**

- Optional personalization on the back (free)**

- Bottle opener integrated into the back of every buckle**



## OLS MARRIAGE EVENT 8-10 MAY 2025 San Antonio

**Only 10 seats, for 10 couples first  
come first serve sign up asap**

Back by popular request CH (MAJ) Hutto will be leading the marriage event:

Curriculum for session: **5 Love Languages**

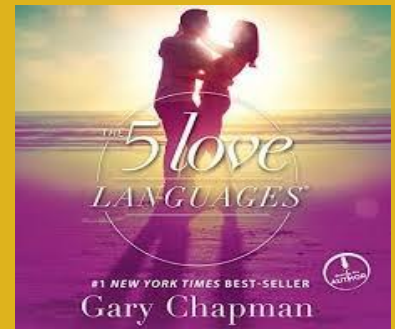
Married in DEERS- Questions get with your TF Chaplain team.

**The promise:** A time to reflect, reconnect, learn and grow.

**The Intent:** Focus on thoroughly evaluating one character and role in their marriage. Taking time to get to know each other at a deeper level, paying attention to their thoughts, words and behavior. Setting clear boundaries, not ignoring red flags like consistent disrespect, manipulation, or a lack of accountability. Essentially, prioritizing healthy communication and mutual respect throughout one's marriage.

**Free registration, curriculum and room. You are responsible for your meals.**

Hotel Indigo San Antonio Riverwalk  
830 N. St. Mary's St.  
San Antonio, Texas 78205  
210-527-1900 ☺



Register For OLS Marriage  
Enrichment Event: ARNG-FY25-  
06549/06521/06512



## OLS SINGLE SOLDIER EVENT 8-10 MAY 2025 San Antonio

**Only 30 seats, for 30 singles first  
come first serve sign up asap**

Instructors for Event: CH Gerber, SSG Dreher

Curriculum for session: **Got Your Back**

**The promise:** A time to reflect, learn and grow. How to find your equal.

**The Intent:** focus on thoroughly evaluating one's character by taking your time to get to know the people you date, deeply paying attention to their behavior towards others, setting clear boundaries, and not ignoring red flags like consistent disrespect, manipulation, or a lack of accountability, even if you are initially attracted to them; essentially, prioritizing healthy communication and mutual respect throughout the dating process.

Single in DEERS-Questions get with your TF Chaplain team.

**Free registration, curriculum and room. You are responsible for your meals.**

Hotel Indigo San Antonio Riverwalk  
830 N. St. Mary's St.  
San Antonio, Texas 78205  
210-527-1900 ☺



Register For OLS Single Soldier  
Event ARNG-FY25-  
06532/06527/06523





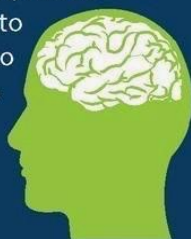


# APRIL IS ALCOHOL AWARENESS MONTH

### BE INFORMED

**38%** Among those who were given, rather than purchased, alcohol, the most common source was an unrelated person age 21 or older.

Underage alcohol use can cause alterations in the structure and function of the brain, which continues to mature into the mid to late twenties, and may have long term consequences.



Alcohol is a factor in the deaths of approximately **4,700** young people in the United States per year, shortening their lives by an average of 60 years.

R. I. P.



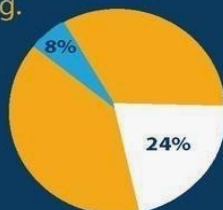
Take our online alcohol training program, Iowa Program for Alcohol Compliance Training.

[IowaABD.com/I-Pact](http://IowaABD.com/I-Pact)

It takes 20 minutes to take your kids to school; use **5** of those to talk with them about underage drinking.



**8%** of high school students reported driving a car one or more times when they had been drinking.



**24%** Reported riding in a car driven by someone who had been drinking.

Parents are the leading influence in their kid's decision to drink - or not to drink - alcohol.

“PEOPLE WHO START DRINKING BEFORE AGE **15** ARE **5X** MORE LIKELY TO DEVELOP ALCOHOL DEPENDENCE OR ABUSE LATER IN LIFE”

### ADOLESCENTS AND PARENTS

### KNOW YOUR LIMITS

Alcohol affects people differently based on: gender, weight, age, type and number of drinks consumed, and time elapsed.

#### HOW DOES ALCOHOL AFFECT YOU?

##### FEMALE

23 YEARS OLD  
5'5" 120 LBS.

**4 DRINKS**



GLASSES OF WINE

**.13 BAC**

SHE WILL RETURN TO .00 BAC IN

**9 HOURS 35 MINUTES**

##### MALE

26 YEARS OLD  
5'11" 180 LBS.

**4 DRINKS**



BEERS

**.07 BAC**

HE WILL RETURN TO .00 BAC IN

**6 HOURS 10 MINUTES**

OWI will cost an offender nearly **\$9,000**

These different amounts of alcohol have roughly the same effect on you.



12 oz. BEER

5 oz. WINE

1.5 oz. LIQUOR



Calculate Your Alcohol intake  
[IowaABD.com/CALCohol](http://IowaABD.com/CALCohol)

Get the free mobile app for your phone

<http://gettag.mobi>



In 2011 **ONE IN THREE** Traffic deaths involved alcohol.

In 2011, **83** people died in drunk driving crashes, accounting for 23% of traffic deaths that were drunk driving related in Iowa.



Parents are the most important driving instructors for teens.

**161** Impaired driving arrests are made every hour in the U.S., one person still dies every **51** minutes because someone chose to drive drunk.



Alcohol related deaths decreased 2.4% from 2011 to 2012.

**2.4%**

The number of Iowans arrested for first time operating while intoxicated offenses increased.

### TEENAGE DRIVERS



# Learn. Act. Change.



## What you say matters.

Every day, your words send a message about what you value and believe. When you stand up for survivors, you send a powerful message that you believe and support them.

Lots of different things shape our beliefs about sexual abuse, assault, and harassment.

- TV shows, movies, news reporting, and other forms of media might inform your views. Recognizing that media portrayals may be inaccurate and rarely tell the whole story is important.
- Think about where you've seen sexual violence shown or talked about. How could that have impacted your views or led to assumptions?

## Your words affect others.

- Whether you know it or not, each of us knows people who are survivors of sexual violence. They might not have told anyone out of fear of being blamed or judged or not told you because they were not comfortable or didn't think you would take it seriously.
- If someone in your life is considering sharing something personal with you, they are listening to your opinions or attitudes for clues on how you will respond.





- A comment or joke based on assumptions or stereotypes might not seem like a big deal, but it could make someone feel unsafe about sharing personal or difficult things with you. This is also true for the things you like or share on social media – they can be signs to others about the attitudes and beliefs you have about sexual abuse, harassment, or assault.

*For example, someone might think: “I could never tell her what happened to me. She makes comments online saying if victims of sexual assault don’t go to the police, then it wasn’t that serious.”*

### What can you do?

- Don’t wait for a critical moment to say the right things. The things you do and say every day are telling people your values.
- When you hear comments that blame victims or make light of sexual abuse, assault, and harassment, speak up so others know you disagree. Even if you don’t have a perfect response, challenging misconceptions and stereotypes sends the message that you believe survivors and you are a safe person to talk to.

*For example: “That commercial made me uncomfortable. I think everyone should be treated with respect.” or “I don’t think that’s true — I believe people when they say that someone has hurt them.”*

Your voice is powerful and necessary in changing attitudes and educating about sexual abuse, assault, and harassment. People listen to the things you do and speak. Your words and actions can tell people that you are safe to talk to and that you support and believe survivors.





[Click here to get help for yourself or a buddy](#)

## B U D D Y C H E C K ! ! P I C K A B U D D Y T O C H E C K O N T O D A Y .

Some warning signs may help you determine if a battle buddy is at risk for suicide, especially if their behavior is new, has increased, or seems related to a painful event, loss, or change:

- Talking about wanting to die or to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

[Click here to get help for yourself or a buddy](#)

# 988

## SUICIDE & CRISIS LIFELINE

[Click here to get help for yourself or a buddy](#)

### Get in Touch

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

## The signs aren't always this obvious.

## Would you notice?



SUICIDAL



[Click here to access the Joint Task Force Lone Star Standards Book](#)

### JOINT TASK FORCE LONE STAR



#### STANDARDS BOOK

**"Discipline is not instinctive.  
It must be taught, reinforced, and required!"**  
*Author Unknown*



### Texas Department of Public Safety

#### Statement on Beaver and Roma Islands

*DPS and TMD Release Joint Statement on Inaccurate Reports*

AUSTIN – The Texas Department of Public Safety (DPS) and Texas Military Department (TMD) are aware of public reports that mischaracterize Beaver Island and Roma Island—two small islands along the Texas-Mexico border—as a “cartel-infested” “smuggler’s paradise,” “plagued by” rampant violence. These reports are inaccurate. Both DPS and TMD maintain operational control throughout the area where these islands are located. The State of Texas will never cede one square inch of its territory or allow terrorist organizations to gain a foothold to operate in the manner suggested by recent statements.

Governor Greg Abbott signed multiple Executive Orders designating dangerous cartels as foreign terrorist organizations. Also under Governor Abbott’s direction, DPS and TMD have carried out operations to clear islands actually “plagued by cartel violence,” like Fronton Island in October 2023. Texas continues to maintain robust law enforcement and intelligence capabilities along the border, working alongside the Trump Administration and U.S. Border Patrol to identify areas of concern and disrupt cartel activity before it proliferates.

###



## TMD Counseling Program

Promoting Emotional Wellness, Resiliency and Readiness of our Military Community.

The Texas Military Department Counseling Program can be reached via the counseling line.

# 512-782-5069

The Texas Military Department (TMD) Counseling Program was created to provide free and confidential counseling to Texas Military Service Members, thereby promoting overall wellness. We are located in various cities across the state and are available to meet via telephone, video or in person.

What services do our counselors provide?

- Individual counseling
- Counseling Line support
- Traumatic Event Management
- Collaboration with Unit Leadership to promote wellness



**Suicide Prevention Lifeline**  
**1-800-273-8255**



**DOD Safe Helpline**  
**1-877-995-5247**



**Domestic Violence Hotline**  
**1-800-799-7233**



**Military OneSource**  
\*\*Military OneSource does not apply to TXSG.

**Military One Source**  
**1-800-342-9647**