



24 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)

## CHAPLAIN'S CORNER

### Tuesday within the Octave of Easter

By Chaplain Buchanan

John 20:11–18

Troops, in today's Gospel, we find Mary Magdalene weeping by the tomb of the risen Lord. She then sees Jesus and doesn't recognize him immediately.

In a wonderful detail, she thinks he's the gardener. In the book of Genesis, God, the gardener of Eden, walked with his creatures in easy friendship. Sin, the sundering of the loop of grace, put an end to those intimate associations.

Throughout the history of salvation, God had been trying to reestablish friendship. Through the death of Jesus, through that tomb placed right in the garden, he accomplished his goal. So now, in Christ, he appears again as a gardener. "Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni.'"

Then Jesus says: "Stop holding on to me, for I have not yet ascended to the Father. But go to my brothers . . ." The not clinging has to do with the call to proclaim. The idea is not to hang on to Jesus but to announce what he has accomplished. The content of the proclamation is, once again, that we have become the intimates of God:

*"My Father and your Father . . . my God and your God."*

g a m e



z o n e

### [Clair Obscur: Expedition 33](#)

Console: PC, PS5, Xbox Series X/S

Genre: JRPG

Release: April 24, 2025



### [MotoGP25](#)

Console: PC, PS4, PS5, Xbox One, Xbox Series X/S, Switch

Genre: Racing

Release: April 30, 2025



### [The Hundred Line](#)

### [Last Defense Academy](#)

Console: Nintendo Switch, PC

Genre: Tactical RPG

Release: April 24, 2025



### [Vertigo 2: Into the Aether](#)

Console: PC VR (Steam)

Genre: Action

Release: April 25, 2025

### [Secrets of Antares](#)

Console: PC VR (Steam)

Genre: Open World

Release: April 29, 2025



# PULSE



## NEWS



[The best officers I've known live that test every day.](#)

[Will TMD have a Space Force branch some day?](#)

[Texas Army sergeant convicted of attempted murder, rape in attacks on 5 women in base barracks.](#)

[U.S. Attorney's Office Charges 329 Individuals for Immigration-Related Criminal Conduct in Arizona this Week.](#)



[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*

#### Army Directive 2025-06 - Army Fitness Test

This directive establishes the Army Fitness Test (AFT) as the physical fitness Test of record, updates Army policies related to the AFT, and prescribes effective dates for implementation. The AFT includes one fitness standard for all combat areas of concentration (AOC's) and military occupational specialties and increase fitness standards for all Soldiers. The AFT will improve readiness, enhances lethality, and reinforce the warrior ethos.

📌 The AFT replaces the Army Combat Fitness Test on 1 June 2025. The Army will no longer conduct the ACFT after 31 May 2025. Soldier ACFT for record tests taken before 31 May 2025 will remain valid IAW army policies.

📌 The AFT will consist of five (5) events. Max Dead-lift (MDL), Hand release Pushup (HRP), Sprint, Drag, Carry (SDC), Plank (PLK), and the 2-mile run (2MR).

📌 The AFT combat standard is sex neutral and age-normed. Soldiers serving in combat specialties must achieve a minimum of 60 points per event and an overall minimum of 350. The AFT combat standard applies to Soldiers serving in the following MOS's. 11A, 11B, 11C, 11Z, 12A, 12B, 13A, 13F, 18A, 180A, 18B, 18C, 18D, 18E, 18F, 18Z, 19A, 19C, 19D, 19K, and 19Z.

📌 Beginning 1 June 2025, all Soldiers requiring a record fitness test must pass the AFT general standard.

📌 Soldiers serving in the Regular Active duty must pass  
(a) two record AFT's per calendar year, with no less than four (4) months between passing record tests.

(b) Pass a record AFT within 90 days of a Record AFT or ACFT failure.

📌 Soldiers serving in the Reserve Component must  
(a) Pass the AFT once per calendar year for record, with no less than eight (8) months between passing record test.

(b) Pass a record within 180 days of a record AFT or ACFT failure.

## 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 One Source**

**1-800-342-9647**

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



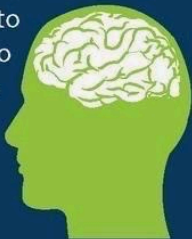
# APRIL IS ALCOHOL AWARENESS MONTH

### 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.

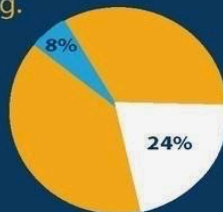


Take our online alcohol training program, Iowa Program for Alcohol Compliance Training.  
[IowaABD.com/I-Pact](http://IowaABD.com/I-Pact)

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.



**MALE**  
26 YEARS OLD  
5'11" 180 LBS.



GLASSES OF WINE



BEERS

**.13 BAC**

SHE WILL RETURN TO .00 BAC IN  
**9 HOURS 35 MINUTES**

**.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



## 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**

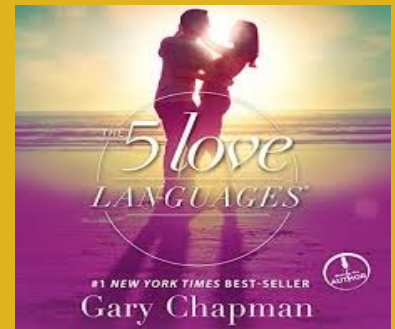
Married in DEERS- Questions get with your TF Chaplain team.

**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





# 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.



## \$28.00 each



### 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**



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

# BUDDY CHECK !! PICK A BUDDY TO CHECK ON TODAY.

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

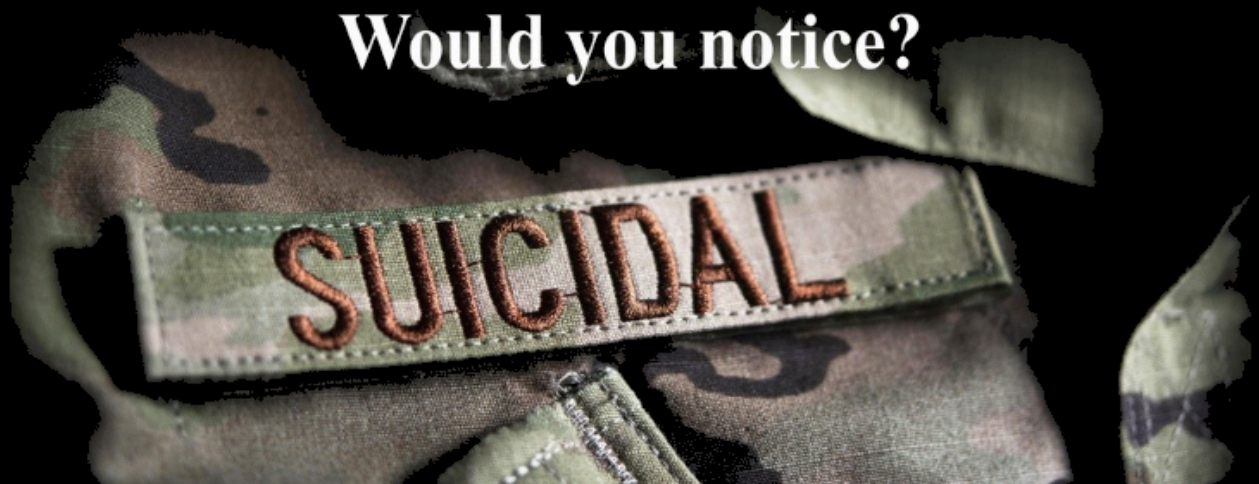
[Click here to get help for yourself or a buddy](#)

### 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?



# A “Hoppy Easter” at FOB Eagle



This Easter Sunday was extra special at FOB Eagle as service members were treated to a visit from the USO Easter Bunny and the delight of Girl Scout Cookies.



Thanks to the United Service Organizations (USO)—a steadfast supporter of our military since 1941—and the Girl Scouts, who have shared support with troops since “Operation Cookie” during the Persian Gulf War in 1990, the afternoon was filled with smiles!

The proud traditions of these two organizations, combined with the dedication of the soldiers currently serving or having served on the Operation Lone Star (OLS) mission, made for a memorable and meaningful Easter celebration.








Special thanks to Mr. E. Bunny for hopping in and making the day unforgettable!



# Earth Day was a success!



## 7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
						
86° 73°	90° 73°	91° 72°	94° 72°	93° 73°	93° 71°	92° 68°



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LS	30 MAR - 29 APR	31	6-7 MAY		30 APR - 29 MAY 25	30	5-6 JUN
TXSG	31 MAR - 30 APR	31			01 MAY - 30 MAY 25	30	



## FORWARD OPERATING BASE (FOB) EAGLE REFERENCE SHEET

### Physical Address:

496 County Road 523  
Eagle Pass, TX 78852

### Mailing Address:

496 County Road 523 Suite A-01  
Eagle Pass, TX 78852

### SECURITY - ECP #1

#### **MAIN ENTRY CONTROL POINT**

- Open 24/7
- 100% ID Check

### HOUSING & BASE CAMP OPERATIONS

#### **A-01 MAYOR CELL**

- Daily Office Hours: 0600-2000
- Mail pick up inside
- Phone: [512-987-8462](tel:512-987-8462)

#### **A-03 LAUNDRY SERVICE**

- Daily Full-Service: 0700-1900
- Daily Self-Service: 0700-1600
- \*10 lbs. per laundry bag. No bag limit.
- Phone: [512-987-8462](tel:512-987-8462) (Mayor Cell)

#### **A-04 DINING FACILITY (DFAC)**

Breakfast: 0700-0900

Lunch: 1100-1300

Dinner: 1700-1900

Midnight: 2300-0100

\*100% ID Check & Dress Code in effect.

Phone: [512-987-8462](tel:512-987-8462) (Mayor Cell)

### MEDICAL

#### **A-05 BASE AID STATION**

- Office Open: Mon-Fri 0800-1600
- Sat-Sun & After-Hours: On-Call
- Phone: [512-897-5234](tel:512-897-5234)

### BASE CAMP RESOURCES

#### **B-01 BEHAVIORAL HEALTH**

- Office Open: Mon-Fri 0900-1700
- Daily On-Call: 0700-1900
- Phone: [512-542-4638](tel:512-542-4638)
- Crisis Line: 988

#### **B-03 GYM**

- Open 24/7
- Phone: [512-987-8462](tel:512-987-8462) (Mayor Cell)

#### **B-05 MWR/LOUNGE**

- Open Daily: 0600-0100
- Contact the Mayor Cell for reservations.
- Phone: [512-987-8462](tel:512-987-8462) (Mayor Cell)

#### **B-08 FORCEPRO**

- Office Open: Mon-Fri 0800-1600
- Phone: [512-470-3850](tel:512-470-3850) (24 Hours)

#### **C-05 CONFERENCE ROOM**

- Open 24/7
- Contact the Mayor Cell for reservations.
- Phone: [512-987-8462](tel:512-987-8462) (Mayor Cell)



TF BDE

24 APRIL 2025

SPACE LOVERS:  
DON'T MISS THESE EVENTS IN THE  
LAST 10 DAYS OF APRIL



April 24  
Venus at its Brightest



April 25  
Smiley Face in the Sky



April 29  
4 Planets Appear Together

A M O N G   T H E   S T A R S

## ARMY COMBAT FITNESS TEST

GREAT THINGS NEVER COME FROM THE COMFORT ZONE

### ACFT MOTIVATION



## FOB Eagle

  
Prayer  
Request  
Link



## Occupational Burnout Prevention

Please join us to learn strategies to prevent excess work stress and techniques to minimize its effects. We will also be discussing the causes of excess stress and signs that indicate its presence.

April 25<sup>th</sup> 0900 & 1500  
FOB Eagle MWR



## 7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
						
86° 73°	90° 73°	91° 72°	94° 72°	93° 73°	93° 71°	92° 68°



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LS	30 MAR - 29 APR	31	6-7 MAY		30 APR - 29 MAY 25	30	5-6 JUN
TXSG	31 MAR - 30 APR	31			01 MAY - 30 MAY 25	30	