



13 FEBRUARY 2025

LONE STAR

TF INFO

The Pulse uses your TF input.

Send content submissions and requests to: ng.tx.txarng.list.ols-info@army.mil

CHAPLAIN'S CORNER

The Wisdom of the Ant - Reflection: What is one small step you can take today toward your goals?

"Go to the ant, you sluggard; consider its ways and be wise! It has no commander, no overseer or ruler, yet it stores its provisions in summer and gathers its food at harvest." – Proverbs 6:6-8

Ants are small creatures, often overlooked, yet they demonstrate incredible diligence, teamwork, and foresight. Without anyone standing over them, they work tirelessly, preparing for the future with persistence and discipline. They don't wait for the perfect conditions or an easy path—they simply do what needs to be done, step by step, day by day.

There is something deeply inspiring about their work ethic. In a world that often seeks shortcuts or instant gratification, the ant reminds us of the power of consistency. Success, whether in our careers, relationships, or personal growth, is rarely built overnight. It comes from steady effort, small choices, and a commitment to keep going even when no one is watching.

Perhaps today you're facing a task that feels too big or a goal that seems distant. Instead of focusing on how far you must go, take a lesson from the ant—just start. Take one step. Do the work. Stay consistent. Over time, those small efforts add up to something great.

Diligence is not about exhausting ourselves but about moving forward with purpose. When we commit to the process, growth happens, and before we know it, the harvest comes.

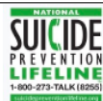
TMD Counseling Program

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.

PULSE



NEWS UPDATES



[Two charged in gruesome murder of 101st Airborne soldier in home near Fort Campbell.](#)

[Oculus founder wants to help troops surpass the limits of human form.](#)

[Airman uses military training to rescue skier during trip to the Alps.](#)

[House military personnel panel eyes reforms to recruiting efforts.](#)

Behavioral Health Resources

[Click here](#)

Jobs Opps!
[Click Here](#)

Service Member Support,
[Click Here](#)

Education Info!
[Click Here](#)

THIS Valentine's DAY...

practice safe SECS

O P S E C

I N F O S E C

C O M S E C

P E R S E C

keep it under wraps



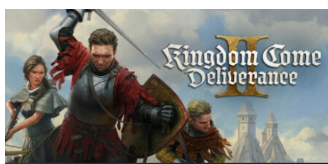
g a m e



z o n e

AVAILABLE NOW FEB 2025

COMING SOON FEB 2025



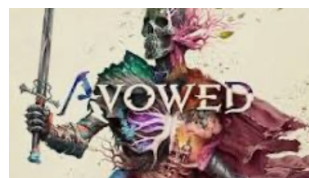
KINGDOM COME DELIVERANCE II
PS5, Xbox Series X/S, PC
Genre: Historical RPG



DETECTIVE VR
Meta Quest
Genre: Mystery VR
Release: 27FEB2025



RIFT OF THE NECRODANCER
PC
Genre: Rhythm



AVOWED
PC, Xbox Series X/S
Genre: Action RPG
Release: 18FEB2025



TF EAST

14TH FEB

Valentine's Day

TASK FORCE EAST

Kickin Exes

TIME FOR SOME AXE THERAPY

NO REASON TO BE ALONE THIS VALENTINES DAY
 JOIN US FOR SOME FUN TIMES AND GOOD LAUGHS
 IF YOU ARE FEELING SPICY BRING A PICTURE OF YOUR EX WE
 CAN HANG ON OUR AXE WALL

KICKIN AXES I START 7PM I CLOSED TOED SHOES I PAY ENTRY FEE
1017 SHASTA AVE MCALLEN, TX 78504
 FOR MORE INFO CONTACT SGT TREVINO

Task Force East

YOU ARE CORDIALLY INVITED TO THE

OPERATION LONE STAR MILITARY BALL

MAY
 SATURDAY **17** AT 6:00 PM
 2025

THE GRAND BALLROOM, CASA DE PALMAS
 101 N MAIN ST, MCALLEN

ATTIRE: (FORMAL) DRESS BLUES/ DRESS
 MESS, SUIT AND TIE OR BALLGOWN

TICKETS: \$55 INCLUDES CHICKEN
 CORDON BLEU
\$65 INCLUDES STEAK DINNER

PURCHASE TICKETS:
 CASH APP \$C3TFE
 RANK, LAST NAME, FIRST NAME

Clear your Mind, Lift your Spirit and Re-Charge your Body.
 FREE ADMISSION & PARKING – [RSVP Recommended](#)

Free Admission & Parking

Hello@MysticMarket.org
 (714)926-4131

SUNDAY
 11/11
 12-5pm

Mystic Market

McAllen, TX

HOLISTIC FAIR

@Wyndham Garden Hotel
 (ACROSS FROM LA PLAZA MALL)

INDOOR EVENT

MIND . BODY . SPIRIT

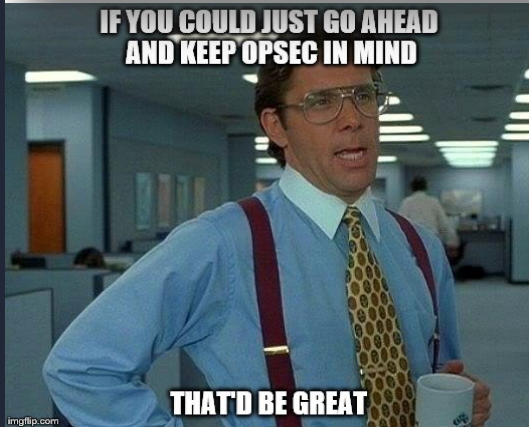
1921 S. 10th St. 78503

IMAS Guild 5K Art Run/Walk, supporting the International Museum of Art & Science in the Rio Grande Valley. [Register here!](#)

I RUN for Art

Sun February 16, 2025

Mcallen, TX 78501 US [Directions](#)



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NATIONAL SUICIDE PREVENTION LIFELINE
 1-800-273-8255

DOD Safe Helpline
 1-877-995-5247

Safe Helpline
 Sexual Assault Support for the DoD Community
 safehelpline.org | 877-995-5247

The National Domestic Violence HOTLINE
 1-800-799-7233

MILITARY ONE SOURCE
 Military One Source
 1-800-342-9647
 **Military OneSource does not apply to TXSG.

7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
54° 47°	59° 55°	87° 60°	72° 47°	77° 62°	87° 59°	63° 38°

OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAST	1 Jan - 31 Jan 25	31	6-7 Feb	1	1 Feb - 26 Feb 25	26	6-7 Mar
TXSG	1 Jan - 31 Jan 25	30			1 Feb - 28 Feb 25	27	



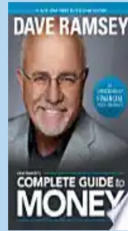
TF BDE

Building Strong & Ready Teams



INSTRUCTOR FINANCIAL BSRT:
SFC JOHN BARKLE

WHO: TF EAGLE AND FOB
EAGLE SOLDIERS
WHAT: FINANCIAL BSRT
WHEN: 27 FEB 2025
TIME: 0900-1300
WHERE: MWR



LOOKING FORWARD TO SEEING EVERYONE THERE

CIVILIAN ATTIRE ONLY

Build Strong & Ready Teams with financial advice to eliminate debt, budget effectively, and build wealth. Two sessions available: Thursday, 27 FEB and Friday, 28 FEB at FOB Eagle.

Building Strong & Ready Teams



INSTRUCTOR FINANCIAL BSRT:
SFC JOHN BARKLE

WHO: TF EAGLE AND FOB
EAGLE SOLDIERS
WHAT: FINANCIAL BSRT
WHEN: 28 FEB 2025
TIME: 0900-1300
WHERE: C-05



LOOKING FORWARD TO SEEING EVERYONE THERE

CIVILIAN ATTIRE ONLY

FREE TICKETS!! FREE TICKETS!! FREE TICKETS!!



Saturday, March 1, 2025
EchoPark Automotive Grand Prix
And/or
Sunday, March 2, 2025
Focused Health 250: Xfinity Series

Circuit of the Americas wants to bring Veterans and their Families FREE Tickets to NASCAR!

Race fans will experience another unforgettable weekend of NASCAR in Austin, Texas, March 1/2, 2025. Race fans will see three different series taking on the 17 turns of Circuit of The Americas on Saturday, March 1, 2025. The NASCAR Cup Series will take on the world-class Circuit of The Americas Sunday, March 2 for the fifth running of the EchoPark Automotive Grand Prix!

Tickets include Free **GRANDSTAND** Admission at the event.

Event is for Veterans and their Families.

- When requesting, please include:
- Name and Rank
- Unit
- Personal Email and Phone Number
- # of tickets requesting
- Last deployment date
- Which race day you want to attend

For information or to request tickets, please email:
Danielle Sanders - Soldier and Family Readiness Specialist
Danielle.R.Sanders4.nfg@army.mil



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TF EAGLE

Super Bowl Sunday at FOB Eagle, Eagle Pass, Texas

Super Bowl Sunday is a time of celebration for many across the United States, and that includes the soldiers stationed at FOB Eagle in Eagle Pass, Texas. As with any Super Bowl gathering, food plays a central role in the festivities. With the warm South Texas weather, soldiers took advantage of the opportunity to cook out on the grill, while others helped in the kitchen, preparing a variety of delicious game day snacks.

The celebration wouldn't have been complete without the USO games and giveaways. Soldiers enjoyed spending time watching the game, savoring great food, and participating in the fun. The event became an unofficial holiday of sorts, offering a day of camaraderie, and shared memories of their deployment along the Texas border.



NOT Valentines Day Event

Guess how many kisses are in the jar? **A: 613**; Thank you for your participation and for adopting a Fuggler!



CHAPLAIN'S OFFICE

TF OLS ASG FOB EAGLE



Chaplain (MAJ) GARCIA, M.
(832) 726-5888
Chaplain Assistant
CPL Liberona, M.
(617) 774-7798

Call the numbers above, any time of the day or night.

Good day,
This is a friendly reminder that we will be celebrating Protestant Sunday Morning Bible Study
Every SUNDAY at 0900 in the Chaplains Offices (B-18)
Everyone is welcome to join us, regardless of denominational background.
We look forward to seeing you there!
Blessings,
Chaplain Team



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Thu	Fri	Sat	Sun	Mon	Tue	Wed
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** CAMP IN A BOX IS BACK!



CAMP IS COMING TO YOU THIS
SPRING 2025

STEM DISSECTION KITS

OPEN TO TXARNG DEPENDENTS AGES 6-18



WHAT IS INCLUDED IN THE BOX?

- PRESERVED ANIMAL OR GUMMY RAINBOW/CLOUDS
- DISSECTION SCISSORS
- FOAM DISSECTION TRAY
- DISSECTION GUIDE
- PLASTIC FORCEPS
- SCALPEL



PLEASE BE ADVISED
THAT ADULT
SUPERVISION IS
REQUIRED FOR ALL
DISSECTION KITS.

**REGISTRATION FOR DISSECTION KITS OPENS FEBUARY 14TH
2025 AND CLOSSES FEBUARY 28TH, 2025**

**THIS EVENT IS FULLY FUNDED BY THE TEXAS CHILD AND
YOUTH PROGRAM**

POC: HANNAH.A.WALKER8.CTR@ARMY.MIL OR 512-364-5005

[HTTPS://FORMS.GLE/CTQ6UNIRCKAMY9T68T](https://forms.gle/CTQ6UNIRCKAMY9T68T)

**Program does not apply to TXSG.