



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](mailto: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

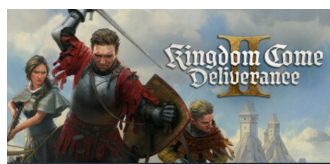
g a m e



z o n e

AVAILABLE NOW FEB 2025

COMING SOON FEB 2025



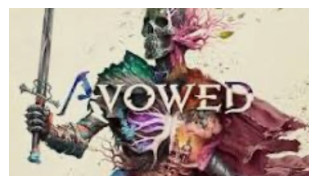
**KINGDOM COME DELIVERANCE II**  
PS5, Xbox Series X/S, PC  
Genre: Historical RPG



**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

**14<sup>TH</sup> 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**  
11/17  
12-5pm

# Mystic Market

McAllen, TX

## HOLISTIC FAIR

@Wyndham Garden Hotel  
(ACROSS FROM LA PLAZZA MALL)

INDOOR  
EVENT

MIND . BODY . SPIRIT

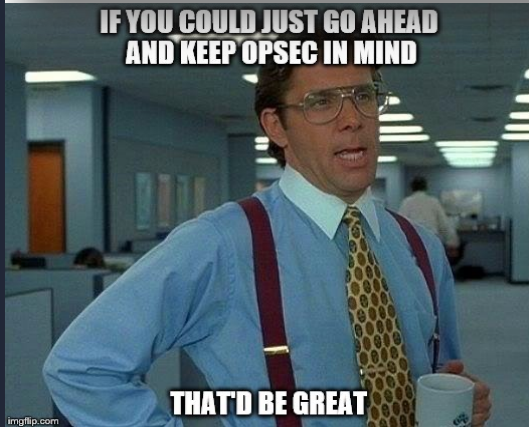
1921 S. 10th St. 78503

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 ONESOURCE**  
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	



# \*\* 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)

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