



27 FEBRUARY 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

As Soldiers, we must take care of and serve others. How can we do this if we are depleted, tired, in lack, depressed, lonely, or just fed up? Using AI, I ran across a summary of self-care in a biblical sense. According to Google's AI summary, Brita Long says the following: Self-care is a biblical concept that Christians can practice to honor God and serve others. It's a way to show that you love God with your whole heart and soul.

### Explanations:

- **Self-care is a way to glorify God:** Christians are called to glorify God in everything they do, including taking care of themselves.
- **Self-care helps you serve others:** When you're physically and emotionally healthy, you can better love and support those around you.
- **Self-care is not selfish:** When you take care of yourself, you're better able to serve God and others.
- **Jesus showed us how to take care of ourselves:** Jesus took time to get away from crowds to rest or spend time with God.
- **Self-care is about loving yourself:** You can't love others if you don't love yourself first.
- **Self-care can help you endure difficult times:** Self-care can help you have the strength to carry you through difficult seasons.

### Examples of Self-care:

- Taking time to rest and relax
- Reading the Bible
- Taking a deep breath
- Praying
- Worshiping
- Giving thanks for small moments

# PULSE



## NEWS UPDATES



- [Operation Lone Star II Departure Transforming and Modernizing Military Policing](#)
- [Airman dead after shooting at Kirtland Air Force Base](#)
- [Senate confirms Daniel Driscoll as new Army secretary](#)
- [Military spouses still face confusion in federal return-to-office rule](#)
- [Army will field its long-range hypersonic weapon by end of fiscal year](#)

**Health authorities are on Alert in San Antonio, Texas, as an individual diagnosed with the highly communicable measles visited several public places in San Antonio, Texas.**

**On February 15, these are the potential locations of exposure:**  
--UTSA Main Campus 10 am to 2 pm  
--Riverwalk Attractions 2:30 pm to 5:00 pm:  
--Wax Museum  
--Ripley's Believe it or Not  
--Ripley's Illusion Lab  
--Mr. Crabby's Seafood and Bar, Live Oak 6:00 pm to 8 pm.

**If you or someone you know visited these places at around the times listed (+2 hours after), please be alert for any rashes, cough, or flu-like symptoms. If you show symptoms, please seek immediate medical care.**

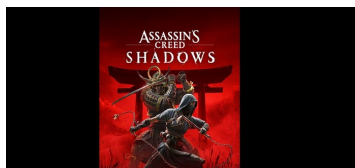
# g a m e z o n e



**STRATOGUN**  
Platform: VR PC, Switch, Xbox Series X/S, PS5  
Genre: Arcade Shooter  
Release: March 2025



**XENOBLADE CHRONICLES X DEFINITIVE EDITION**  
Platform: Switch  
Genre: RPG  
Release: March 20, 2025



**ASSASSIN'S CREED SHADOWS**  
Platform: PS, Xbox, PC, macOS, iPadOS  
Genre: Action RPG  
Release: March 20, 2025



**ATOMFALL**  
Platform: PC, Xbox, PS  
Genre: Survival  
Release: March 27, 2025



[BEHAVIORAL HEALTH](#)

[SERVICE MEMBER SUPPORT](#)

[JOB OPPORTUNITIES](#)

[EDUCATION INFO](#)

[OLS POLICIES](#)



[Click here for Scam warning](#)



If you need assistance preparing for ACFT events, we invite you to join us! Everyone is welcome to attend our sessions every Monday, Wednesday, and Friday @ 1700 outside B-08. We look forward to seeing you there!

## 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.





# Upcoming Behavioral Health Classes

Join us for sessions to boost your well-being!



Join Stress Management classes on Feb 27 & 28, 1300-1400 at MWR to learn techniques for coping with stress.



Participating in these classes not only provides valuable insights but also promotes social interaction. Engage with others who share your interests and goals for a healthier mindset.



Join us on March 3rd for a Communication Improvement class from 900 AM and a Healthy Thinking session at 1500 PM. Improve your interpersonal skills and positive thinking.



Don't miss out on these opportunities to improve your mental health! Mark your calendars and make your well-being a priority by attending these sessions.

Tap link or scan QR code

<https://signal.group/#CjQKINjnM92ndT9e8-JQkvJXYJaLqsdqTycbqSsbcSog4k6TEhAv1AS3SzbJcCTXqSEMivl5>





## CALLING ALL ARTIST

Here is your chance to be apart of FOB Eagle History!

**WE ARE LOOKING FOR AN ARTISTIC PAINTING FOR THE MAIN ROCK IN OUR ROCK GARDEN.**

Designs Must Include:  
FOB Eagle Name & Military Theme

Submit Name, Phone Number, & Design to:  
don.rymer@sg.tmd.texas.gov



**Contest runs 15 FEB - 28 FEB**

### Painted Rocks-

You have seen them at city parks and trails, military bases, and training centers. Soon, you will get the opportunity to be a part of FOB Eagle's history by participating in our very own Rock Garden!



**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

HOUSTON LIVESTOCK SHOW AND RODEO™

## Armed Forces APPRECIATION DAY

PRESENTED BY CROWN ROYAL



**SAVE THE DATE**

WEDNESDAY, MARCH 5, 2025

### 7 DAY FORECAST FOR YOUR AREA



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LS	1 Feb - 27 Feb 25	27	6-7 Mar	1	28 Feb - 29 Mar 25	30	4-7Apr
TXSG	1 Feb - 28 Feb 25	28			1 Mar - 30 Mar 25	30	





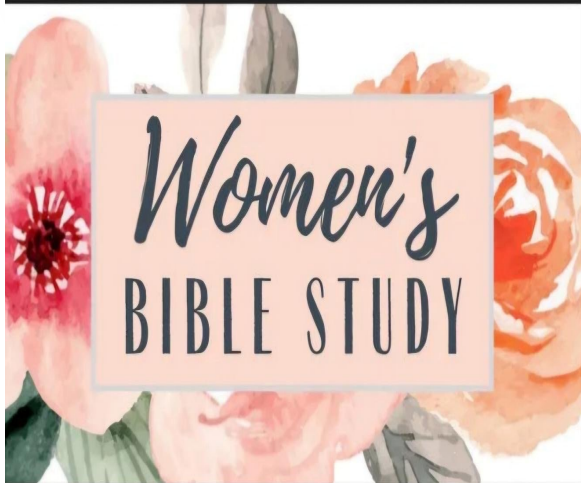
### TF EAGLE

#### The Power of Companionship: A Key Pillar of H2F and Heart Month at FOB Eagle

As we wrap up Heart Month here at FOB Eagle, it's a perfect time to reflect on the powerful connections we've made and the importance of camaraderie in our lives. Two key pillars of the U.S. Army's Holistic Health and Fitness (H2F) program are spiritual and mental readiness. While physical fitness often gets the spotlight, these two aspects are equally vital to our overall well-being—and they are deeply influenced by the companionship we share with one another.

Research shows that strong social connections are essential for mental and spiritual resilience. The bonds we form with our fellow Soldiers not only provide us with emotional support but also help us stay grounded during tough times.

As we move through the final days of Heart Month, take a moment to appreciate the value of your companions. Take those group pictures, share a laugh, and cherish the memories made. You may not always know it, but a simple smile or a shared moment can make a profound difference in someone's life. It's not just about physical readiness—it's about supporting one another in every aspect of health, from the inside out.



# Women's BIBLE STUDY



Romans 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

### Come Join us!

Every Wednesday @ 1900

Located: FOB Eagle B-18

Available free snacks and drinks!

JOIN US!



### 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



REGISTRATION FOR DISSECTION KITS OPENS FEBRUARY 14TH 2025 AND CLOSES FEBRUARY 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)

Registration ends this Friday, Feb. 28<sup>th</sup>

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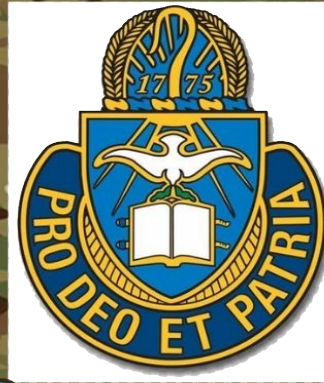
Thu	Fri	Sat	Sun	Mon	Tue	Wed
71° 52°	74° 55°	84° 61°	83° 64°	88° 67°	87° 61°	84° 57°



OLS Rally Point

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# Camp Alpha Chapel

## Signal Chats

ASG Chapel News & Info



[Tap link or scan QR](#)



TF Eagle Chapel Chat

[Tap link or scan QR](#)

## Contacts



CH (MAJ) GARCIA 832-726-5888

CPL LIBERONA 617-774-7798

SPC REBEL 603-750-3843

# We're here for you!

## Need something?

If you need something we don't have, send us a message, we'll find it.

Wanna talk? Contact us.

Chaplain Teams have confidentiality.

## Chapel

Visit the chapel at any time, we've got resources and a quiet space to gather yourself.

Give us your suggestions about what you'd like to see us do or how we can better serve.





*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, MCALEEN

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

# COMMUNITY FESTIVAL

5 PM  
613 PALMVIEW COMMERCIAL DR.

SATURDAY MARCH 1

**BBQ LOOK-OFF**

**FREE FAMILY EVENT**

LIVE MUSIC  
VENDORS  
GAMES  
RIDES  
AND MORE!

CECILIO "DON CHILO" GARZA & LORI JEANNE

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

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