



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

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.

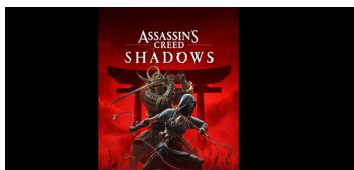
g a m e z o n e



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



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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.



TF WEST



1-2 Mar

Experience Monster Jam® live and become a fan for life. With awesome trucks, amazing stunts, action-packed excitement and big air, it's the definition of fun for everyone!

[Get Tickets](#)



27 Feb – 2 Mar

Straight outta the Andes, there's an unstoppable Peruvian invasion of comedy in the Andes and her name is Luz Pazos.

[Get Tickets](#)



2 Mar

Community is our focus for a wonderful early afternoon filled with live music, food trucks, local vendors, artisanal bread, fresh produce and so much more! FREE Admission; family and pup friendly!

More Info, [click here.](#)

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 FEBRUARY 14TH 2025 AND CLOSSES 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. 28th

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

Thu	Fri	Sat	Sun	Mon	Tue	Wed
63° 42°	69° 45°	78° 49°	72° 48°	74° 45°	66° 41°	71° 44°



OLS Rally Point

PAY DATES FY25							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF WEST	1 Feb - 26 Feb 25	26	6-7 Mar	1	27 Feb – 28 Mar	30	4-7 Apr
TXSG	1 Feb - 28 Feb 25	27			1 Mar – 30 Mar	30	