



10 JULY 2025

LONE STAR

Message from your OLS Internal Communications Team

The last edition of The Pulse will be 24 JUL 2025.



It has been our honor to serve you.
Thank you for reading.



CHAPLAIN'S CORNER

Feast of Saint Thomas, Apostle

John 20:24–29

Troops, today's Gospel tells of Thomas' doubting the Resurrection. Indeed, Catholicism has a rich tradition of questioning, seeking understanding. Aquinas, another great St. Thomas, spent much of his life asking and answering hard questions about the faith.

Do you remember Hamlet's great line "There are more things in heaven and earth, Horatio, than are dreamt of in your philosophy"? If we stubbornly say—even in the area of science—that we will accept only what we can clearly see and touch and control, we wouldn't know much about reality.

There is, in most areas of life, a play between knowing and believing. It is not unique to the religious sphere of life. Blaise Pascal summed it up: "The heart has its reasons that reason knows not."

It is not that we who have not seen and have believed are settling for a poor substitute for vision. No, we are being described as blessed, more blessed than Thomas. God is doing all sorts of things that we cannot see, measure, control, fully understand. But it is an informed faith that allows one to fall in love with such a God.

PULSE



NEWS **ArmyTimes** **MilitaryTimes** **AirForceTimes**

You don't lose until you quit trying.

Militarized zones now make up 1/3 of southern border.

House passes Trump megabill with \$150 billion in military funding.

Three Foreign Nationals Sentenced for Illegally Reentering the United States After Deportation.

Three indictments returned for previously deported illegal aliens.

g a m e     z o n e

STRATEGIZE YOUR MISSILE DEFENSE



Missile Command Delta

Console: PS5, Steam, Switch, Xbox

Genre: Turn-based Strategy

Available Now



Prison Boss PROHIBITION

Console: PSVR, Steam, MetaQuest

Genre: Virtual Reality Strategy

Available today at 2300



OLS JOB FAIR

16-17 JULY SAN ANTONIO

Coordinate transportation with your chain of command.

Full time

Part time

Freelance

Register with QR



Stars, Stripes & Smiles: 4th of July at FOB Eagle

The spirit of Independence Day was alive and well at FOB Eagle as soldiers came together to celebrate the 4th of July with classic and patriotic flair. From a good old-fashioned watermelon eating contest that brought out everyone's competitive (and messy) side, to red, white, and blue photo ops that captured the pride of service, the week was full of fun, laughter, and camaraderie.

Whether they were cheering on their battle buddies or striking a pose with patriotic dinosaurs and a patriotic duck, soldiers made memories that honored the day's meaning while embracing the joy of being together. Because nothing says "freedom" like watermelon juice and a whole lot of American pride!!



IMPORTANT ANNOUNCEMENT



ATTENTION TXSG SMs being listed in tranches for redeployment. If you have medical files, please stop by the BAS to collect them prior to your departure. If you do not want them, TXSG Medical staff will shred them for you. Any files left for greater than 120 days from redeployment will be destroyed. TXSG does not maintain medical records and thus will not be able to hold them for an extended period of time. Your cooperation and understanding is much appreciated.

FOB EAGLE BAS LOCATED IN BUILDING A-05

7 DAY FORECAST FOR EAGLE PASS

Thu



94° 76°

Fri



96° 77°

Sat



93° 78°

Sun



92° 78°

Mon



91° 77°

Tue



96° 77°

Wed



96° 76°



OLS Rally Point

PAY DATES: EAGLE, LONE STAR, TXSG

TASK FORCE	Period	Days	Date Paid	Period	Days	Date Paid
TF EAGLE/LONE STAR	30 MAY - 29 JUN 25	31	7-8 JUL	30 JUN - 30 JUL 25	31	6-7 AUG
TXSG	31 MAY - 30 JUN 25	31		1 JUL - 31 JUL 25	31	



TALKING ABOUT DEPLOYMENT



Families JUST THE FACTS: and Friendships Talking About Deployment

Talking About Deployment

It's a good idea to talk about difficult things when:

- You feel ready to share. Don't let anyone pressure you into talking about anything that makes you too uncomfortable.
- You're well-rested.
- You're with someone you know and trust.
- You know you'll have enough time to share your thoughts and feelings and get feedback.
- You're not already feeling upset.
- You have some privacy.

Here are some tips for starting a conversation with someone close to you.

1. Set up a structure:

- Pick people who understand and support you.
- Talk with people you've turned to in the past.
- Plan the conversation in advance so that the person you will talk with can give you their full attention.
- Choose a time and place where you will have privacy and few distractions.
- If you've got kids, get a babysitter. This will free you up so you can say what you need to, without your children hearing something that might confuse or scare them.
- Tell others what you need and how they can help.
For example, you may want to ask them to listen, and not interrupt or judge you.
- Some people worry that their "personal business" will get passed around. Let the person you're confiding in know up front that you don't want the conversation to be shared with others.

2. Take your time to think:

- Are you comfortable with and trusting of the person you're talking to?
- Remember that **trust** is built over time.
- Test the waters. Say a little and see how they deal with it. This also gives the other person time to think about what you said and how to respond.
- Pace yourself. You don't have to talk about your entire deployment in one sitting.
- Go slow. Make sure you're being understood.
- Begin by talking about how you prepared for the deployment and move on through time.
- Share the funny, good, and interesting events you had along with the difficult times.
- If the response you get upsets you, mention this. Try to understand the other person's point of view.
- It can be helpful to get more than one opinion about what you're going through.

3. Follow up:

When you are finished sharing, you can:

- Thank them for listening and for being there for you.
- Schedule a cool-down time after talking.
- Make a plan to continue the conversation (maybe weekly or monthly).
- Seek Out Support: Schedule time to meet with a professional such as a psychologist, counselor, member of the clergy, or your doctor or nurse.
- Join a support group in which you can relate to people who have had similar experiences.
- **If you are thinking about harming yourself or harming someone else, seek help immediately by calling 911 or visiting the closest emergency room.**
- If you are active duty, you can call MilitaryOneSource, which provides services including brief counseling to active duty military personnel, including Reservists and the National Guard (1-800-342-9647; www.militaryonesource.com). Services are also available through the VA at www.seamlesstransition.va.gov, or through a Vet Center at www.va.gov/rccs/index.htm.



JUST THE FACTS: Families and Friendships
Beating Isolation

Ways to overcome isolation:

- Make plans to hang out with others and stick to the plan. For example:
 - Make at least one phone call a day, even if it's just five minutes.
 - Commit to leaving the house for at least 30 minutes a day and go somewhere around other people like a park or maybe the mall, or where people are engaging in social activities.
- Talk with people you trust so you don't feel alone. For example, you can talk about:
 - What happened during your service (the actual events that occurred).
 - Your thoughts and feelings about what happened.
 - How you're coping, including positive coping (exercising more), and harmful coping. (using recreational drugs, sleeping too much).
 - How you've grown or changed for the better.
 - Practical decisions such as how to look for a job or how to quit smoking.
 - Reactions you might be having that concern you (nightmares, heart pounding, becoming startled by loud noises, being irritable often).
- Get involved in your community. You can:
 - **Work out:** join an athletic event; take a class at a local gym or community center; try a new sport or physical activity.
 - **Start a hobby:** find a group nearby with similar interests, whether it's music, motorcycles, reading, basketball, cooking, golf, or anything else that interests you.
 - **Participate in a church, synagogue, mosque or temple:** joining a place of worship can help you start new relationships and give you spiritual direction.
 - **Join a professional group or a neighborhood organization:** participate in a book club at your local library or bookstore.
 - **Take a class:** learn an instrument, take an art class, or join a community education course to meet people with similar interests.
 - **Join a veteran's organization, even while you're active duty:** groups for veterans (such as VA's, Vet Centers, and Veterans of Foreign Wars) can be a comfortable, safe place to talk and experience a sense of belonging.
 - **Volunteer for community service projects:** join a park cleanup detail, get involved in activities at your local hospital, work with disadvantaged youth.
 - **Join a cause:** get together with a group of people working toward a goal you believe in, such as an election or the protection of a natural area.
 - **Be a good neighbor:** help a neighbor with a garden or home maintenance project; invite a neighbor over for coffee.



Connecting with others can help you:

- Improve your mood.
- Decrease your boredom.
- Help your friends and loved ones feel good.
- Lower your chances of harmful coping (such as heavy drinking).
- Find meaning in what happened during your deployment.
- Understand and reduce painful deployment memories and feelings.
- Help friends and family better appreciate your deployment experiences.
- Remember: isolation can **increase** upsetting thoughts and feelings.

7 DAY FORECAST
FOR MC ALLEN

Thu	Fri	Sat	Sun	Mon	Tue	Wed
91° 78°	92° 79°	91° 80°	93° 79°	94° 79°	93° 78°	95° 77°



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FATHER FORWARD CLASS



Father Forward: Present. Engaged. Supportive.

Welcome to Father Forward: Present. Engaged. Supportive. This supplemental module intends to provide support to fathers or father figures who have childrearing responsibilities for a child or children. This module can also support those who parent alongside fathers or father figures and can help these individuals gain a better understanding of the value fathers can bring to a child's life and their role in the parent-child relationship.

Program Objectives

This module intends to teach two main concepts. First, fathers can be nurturant, effective caregivers to their children from infancy through adulthood. Second, fathers' parenting practices impact their children's development.

This module will discuss the following:

- Factors that influence fathers' experiences.
- Fathers' impact on their children's outcomes.
- The benefits of father involvement on fathers.
- Ways that fathers are, or can be, involved.
- Unique experiences of divorced and unmarried fathers.
- Fathering around parental absences.
- Challenges that fathers may face.
- Strategies fathers can use to incorporate self-care into their daily routines.



Fathers play an important role in their children's lives and development. Every child needs their father.

Resources included:

Activities for all childhood phases

Developing a media plan

Family meetings

Paternal Perinatal Depression

Coparenting

Online communities for fathers

Dads, take the free course here.

7 DAY FORECAST FOR EL PASO

Thu	Fri	Sat	Sun	Mon	Tue	Wed
102° 81°	105° 80°	101° 75°	94° 75°	94° 76°	95° 77°	95° 75°



OLS Rally Point

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MILITARY AND VETERAN CAREER FAIR

MILITARY TO MANUFACTURING

CAREER FAIR

Fort Cavazos, TX | July 30, 2025



Connecting the military and veteran community with manufacturers and supply chain companies who are hiring!

Regional and national employers will be in attendance.

Career Opportunities in:

- > Supply Chain
- > Leadership
- > Logistics
- > Quality Assurance
- > Accounting
- > Maintenance
- > Operations
- > Production
- > Human Resources
- > Sales

July 30, 2025

10 AM - 2 PM CT

Lone Star Conference Center
24th Street, BLDG 5764 Fort
Cavazos, TX 76544



Participating Employers



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CATERPILLAR®



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LUNCH AND LEARN



Anheuser-Busch

Lunch & Learn Event

Unlock Your Future with Anheuser-Busch!

Discover nationwide careers opportunities and gain valuable insights direct from their Talent Acquisition Team

Tuesday, July 29th
11:30am-1:00pm CT

Copeland Soldier Service Center
18010 Legends Way
Room A-311
Fort Hood, Texas 76544

This is an event for transitioning service members, veterans, and National Guard/Reserve members preparing for their next career opportunity!

Lunch provided! Please Scan the QR code to RSVP:



**HEROES
MAKE
AMERICA**



Anheuser-Busch



HIRING EVENT

SUMMER SURGE! HIRING EVENT

**TUESDAY
JULY 22
10 A.M. - 2 P.M.**

**CADENCE BANK
CENTER
301 W LOOP 121
BELTON, TX**

This event is free and open to all job seekers.



A proud partner of americanjobcenter network



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COMMISSION

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www.workforcesolutionsctx.com



HIRING



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completo para Temple, TX!**

Starting pay \$12.31/hr
Full Time Days & Nights
Monday-Friday
6am-3pm & 4pm-12:30am



TQRCG



HIRING EVENT

Join us July 9 and July 10 from 10am - 2pm
Location: Temple WorkForce Center
201 W Ave A, Temple, TX 76501



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CLASS:



MONDAY-FRIDAY



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08:30 AM -
4:00 PM



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Heart of Texas
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on **coursera**

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To Sign Up

Fill out the form by scanning this QR code:

For more information or help signing up, please contact your nearest Community Connect 254-753-7337.



<https://app.smartsheet.com/b/form/9884d2c5656f4084923917f373a4b0f0>

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254-753-7337



hotgoodwill.org



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
- [MAYOR CELL WORK ORDER REQUEST](#)
- Mail pick up inside
- Phone: [512-987-8462](#)

A-03 LAUNDRY SERVICE

- Daily Full-Service: 0800-1900
- 24-Hour Turnaround**
- Daily Self-Service: 0800-1900
- Select machines only**
- *10 lbs. per laundry bag. Two bag limit.*
- **Prohibited Items:** shoes, backpacks, military equipment (TA-50), and pillows.
- Ensure all pockets and equipment are checked for pens or other items before laundering.

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

A-04 DINING FACILITY (DFAC)

Breakfast: 0700-0900; Lunch: 1100-1300;
Dinner: 1700-1900; Midnight: 2300-0100;
Snacks / Drinks: 24/7 (*Two per item, per person*)

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

Phone: [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](#)

BASE CAMP RESOURCES

B-01 BEHAVIORAL HEALTH

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

B-03 GYM

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

B-05 MWR/LOUNGE

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

B-08 FORCEPRO

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

B-18 CHAPLAINS | EO

Chaplains:

- Office Open: 0800-1700

EO:

- In Office: 0800-1700
- Phone: 706-627-4395 SFC Evans

C-05 CONFERENCE ROOM

- Open 24/7
- Contact your unit S3 for reservations.

