



26 JUNE 2025

# LONE STAR

## TF INFO

Submit your content for The Pulse: [ols-ict@sg.tmd.texas.gov](mailto:ols-ict@sg.tmd.texas.gov)

### CHAPLAIN'S CORNER

Solemnity of the Most Holy Body and Blood of Christ  
(Corpus Christi)

Luke 9:11b–17

Troops, our Gospel today tells about the feeding of the five thousand. Jesus instructs the crowd to recline, and they do so on the grass. Taking the loaves and dried fish, Jesus makes a meal that satisfies the enormous crowd. They are hungry, tired, worn out from their exertions, and Jesus gives them sustenance for the day.

For Thomas Aquinas, the great metaphor for the Eucharist is sustenance, food for the journey. The Eucharist is daily food, nourishment to get us through the day to day. How effective would we be if we never ate, or ate only on special occasions and in a festive environment? Not very. So, in the spiritual life, we must eat and drink or we will not have strength.

Is this just meant in some vague symbolic way? No, rather in a vividly analogical way. For just as the body needs physical nourishment, the spirit needs spiritual nourishment, and there is no getting around this law.

“Well, it’s no big deal if I stay away from Mass and refrain from receiving Communion.” Think again!

**Orders Ended?** You may be eligible for UNEMPLOYMENT BENEFITS through the Texas Workforce Commission (TWC).

### Your Next Mission:

Transitioning from military to civilian life can be a major shift, but you're not alone.

A variety of resources are available to support your next steps—whether you're exploring a new career, going back to school, or focusing on personal well-being.

From career counseling and resume assistance to job placement services, education benefits, and mental wellness programs, help is available when and where you need it. Connect with your local Transition Assistance Office to get started.

<https://tmd.texas.gov/next-mission>

# PULSE

**NEWS** [ArmyTimes](#) [MilitaryTimes](#) [AirForceTimes](#)

[Strikes only set back Iran's nuclear program by months, US report says](#)

[Fort named after Gen. Robert E. Lee will now honor a Buffalo Soldier](#)

[Former sergeant pleads guilty to trying to sell secrets to China](#)

[Advocates recruit vets to attend Afghan allies' immigration hearings](#)

[Lawmakers press VA for details on DOGE access to vets records](#)



PEER SUPPORT SERVICES



# DID YOU SERVE IN THE ARMED FORCES?

**WE ARE HERE TO SERVE YOU**  
AND YOUR FAMILY  
REGARDLESS OF DISCHARGE STATUS!

Every Wednesday  
1pm - 5pm  
H.E.A.R.T.S. Veterans Museum  
463 TX-75, Huntsville, TX 77320

Counseling  
Peer support/mentoring  
Assistance with resources  
(food, housing, employment, VA benefits, etc.)

**Come  
see  
Us!**

 **Tri-County**  
Behavioral Healthcare  
Healthy Minds. Meaningful Lives.





## STATE TUITION ASSISTANCE



## TEXAS MILITARY DEPARTMENT ★★★★★ STATE TUITION ASSISTANCE

# Need Money for College?

## Apply Now for the 2025 Fall Semester!

Fall Application  
opened 01 Jun 2025  
closes 03 Aug 2025



Application packet available at:  
<https://tmd.texas.gov/state-tuition-assistance-program>



### ABOUT US

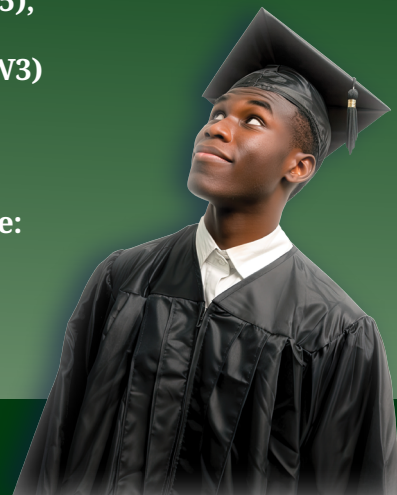
State Tuition Assistance (STA) is an education benefit for Texas Service Members (TXARNG, TXANG, TXSG), **funded by Texas for Texans**. We believe in the power of education to transform lives and aim to **support resourceful minds committed to making a positive impact through learning**.

### WHY STATE TUITION ASSISTANCE?

- Awards up to **\$10,000** per Fall & Spring semesters.
- STA is no longer a reimbursement program; **you can register for your classes without paying up front**.
- Available for up to **10 semesters** or five years.
- Provides up to **12 semester hours of tuition and mandatory fees**.
- For use exclusively at **Texas colleges and universities, public and private**.
- Ability to **combine** with other education grants, scholarships, and benefits.
- Applicable for undergraduate, graduate, and professional degrees, as well as vocational, technical & academic certificates, and credentials.

### ELIGIBILITY

- **Active member in good standing** with the TXARNG, TXANG, TXSG
- Enlisted (**E1-E9**), Officers (**O1-O5**), and Warrant Officers (**W1-W3**)
- **AGRs**
- **Must have completed one:** Basic training, Basic camp or OCS



Contact us & find out how we can help fulfill your educational goals: (512) 782-5270



## MODERN STATES CLEP ASSISTANCE

# MODERN STATES YOUR PATHWAY TO FREE COLLEGE CREDIT

*Pass the Modern States free online class and get a voucher to take CLEP courses towards core college requirements.*



## WHAT IS CLEP?

The College Level Examination Program (CLEP) lets you earn college credit by passing exams in subjects you already know—saving you money and accelerating your path to a degree. Over 2,900 colleges and universities accept CLEP credits!



## MODERN STATES - FREE COLLEGE CREDITS ONLINE

- **Free Online Courses:** Modern States offers 32+ self-paced, online CLEP prep courses taught by college professors. All materials, textbooks, and resources are included—completely free!
- **Exam Fee Vouchers:** Complete a Modern States course and receive a voucher to cover your CLEP exam fee. Modern States will also reimburse your test center fee!
- **Flexible Learning:** Study on your schedule, at your pace, from anywhere.
- **Support for All:** Open to high school students, college students, adult learners, and anyone seeking affordable college credit.



## HOW IT WORKS

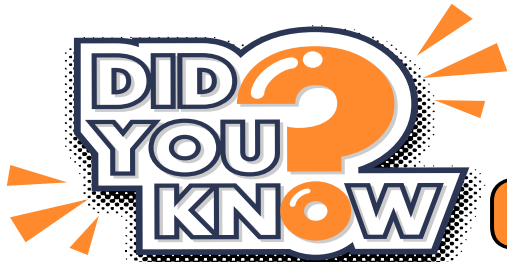
1. **Check CLEP Credit Policies:** Confirm your college accepts CLEP credits.
2. **Sign Up:** Create a free account at [modernstates.org](https://modernstates.org).
3. **Enroll & Learn:** Choose your CLEP course and complete the lessons and practice questions.
4. **Get Your Voucher:** Finish the course to receive your free CLEP exam voucher.
5. **Register for CLEP:** Sign up for your exam at [clep.collegeboard.org](https://clep.collegeboard.org) and use your voucher to pay.
6. **Take the Exam:** Schedule and complete your CLEP test at a local center.
7. **Modern States pay for CLEP exam:** Modern States provides a CLEP exam voucher, which covers the cost of the CLEP exam, for students who pass a Modern States course.
8. **Earn College Credit:** Send your CLEP scores to your college and get closer to your degree!



Visit [modernstates.org](https://modernstates.org) or [clep.collegeboard.org/practice](https://clep.collegeboard.org/practice)



## COLLEGE CREDIT FOR FEMA COURSES



# You can convert FEMA Courses to official college credits



Frederick Community College



Mid-Atlantic Center for  
Emergency Management  
& Public Safety

## CREDIT CONVERSION: YOUR EDUCATIONAL BRIDGE TO THE ACADEMY

### WHAT IS CREDIT CONVERSION?

The Mid-Atlantic Center for Emergency Management & Public Safety at Frederick Community College (MACEM&PS|FCC) awards college credit for eligible FEMA course completions. This process is called credit conversion.

### WHY CHOOSE FREDERICK COMMUNITY COLLEGE?

- Affordable at \$90/credit (60 credits = \$5,400)
- 3 easy steps to complete and convert eligible FEMA courses to college credit
- Official transcripts are readily available upon completion
- Relevant coursework in public safety
- Personal support Monday - Friday at 301.624.2854 or [creditconversion@frederick.edu](mailto:creditconversion@frederick.edu)
- Credits awarded as quickly as 2 weeks

	MACEM&PS FCC	Comparable Services
Processing Time After Receiving Official Course Record	1-2 Business Days	5-10 Business Days
Transcript Services Cost	\$0	\$495
Transcript Service Renewal Fee	\$0	\$295
Cost Per Credit	\$90	\$75
Official Transcript Fee (per transcript)	\$8-\$10.50 plus sales tax	\$20



### LEARN MORE:

FEMA Credit Conversion Program  
*Earn college credits for completion of eligible FEMA Courses*

[frederick.edu/femacc](http://frederick.edu/femacc)

[creditconversion@frederick.edu](mailto:creditconversion@frederick.edu)

### 3 EASY STEPS TO EARN COLLEGE CREDIT



#### Step 1

Register for a FEMA Student ID.



[cdp.dhs.gov/femasid](http://cdp.dhs.gov/femasid)



#### Step 2

Complete FEMA courses that are eligible for college credit.



[macem.org/downloads/fcccourselist.aspx](http://macem.org/downloads/fcccourselist.aspx)



#### Step 3

Request your eligible FEMA courses be converted to college credit at Frederick Community College.



[macem.org/femais.aspx/](http://macem.org/femais.aspx/)



#### Grammy's Cookie Conveyor – Cookie Day at FOB Eagle 🍪

We are proud to celebrate another heartwarming **Cookie Day at FOB Eagle**, made possible by **Grammy's Cookie Conveyor** — a beloved supporter of our service members worldwide.

Since 2005, Grammy's Cookie Conveyor has delivered more than just cookies — they've delivered *Chocolate Chip Hugs* to our troops, spreading joy and appreciation across the globe. Their heartfelt "Thank You for Your Service" cards and delicious cookies have been a consistent morale boost for all who receive them. Since 2022, they have stood beside the brave men and women of the **OLS Mission**, providing year-round support and sweetness that lifts spirits and reminds every soldier they are seen, valued, and appreciated. As we mark another year of their incredible support, we want to send a big, heartfelt **THANK YOU** to Grammy's Cookie Conveyor for being a constant source of comfort, encouragement, and cookie-filled smiles.



#### 7 DAY FORECAST FOR EAGLE PASS

Thu	Fri	Sat	Sun	Mon	Tue	Wed
98° 78°	98° 79°	100° 80°	100° 78°	101° 79°	99° 78°	99° 79°



OLS Rally Point

PAY DATES: EAGLE, LONE STAR, TXSG							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF EAGLE/LONE STAR	30 APR - 29 MAY 25	30	5-6 JUN		30 MAY - 29 JUN 25	31	7-8 JUL
TXSG	01 MAY - 30 MAY 25	30			31 MAY - 30 JUN 25	31	



# BACK-TO-SCHOOL BRIGADE®

## Eligibility Category 5:

- Post 9/11 wounded, ill or injured service member of any rank, both currently serving and those no longer serving in the military, or
- All ranks, Active Duty, Guard and Reserves, any duty status, or
- Transitioning service members within 12 months of their discharge/retirement date

**Friday, Aug. 1st | 9am-12pm**

**Dyess AFB Fitness Center**

**525 Avenue B, Dyess AFB, TX 79607**

To register, scan the QR code or visit

**MyOperationHomefront.org**



## 7 DAY FORECAST FOR MC ALLEN

Thu	Fri	Sat	Sun	Mon	Tue	Wed
93° 77°	94° 78°	93° 78°	91° 76°	92° 77°	93° 78°	94° 78°



OLS Rally Point

PAY DATES: EAST, TXSG, WEST							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF WEST/EAST	29 APR - 28 MAY	30	5-6 JUN		29 MAY - 28 JUN 25	31	7-8 JUL
TXSG	01 MAY - 30 MAY	30			31 MAY - 30 JUN 25	31	



# HOLIDAYS -AND- HEROES

*Honoring Those Who Serve*

Good Day..!!

Please share with your SM/FM.

Holidays and Heroes will soon be opening the registration for their Military Family Christmas Party. If you would like to participate, please reply to the link below and they will send you the link on 3JUL25. You must be E1-E6, and be assigned to a unit the DFW area.

The event will take place on December 7, 2025, 12:00 - 15:00. Approved applicants will be notified by October 1st. At that time, you will receive a wish list to fill out.

[https://holidaysheroes.formstack.com/forms/2024\\_h\\_h\\_application\\_copy](https://holidaysheroes.formstack.com/forms/2024_h_h_application_copy)

"Holidays & Heroes primary purpose is to provide holiday assistance for military families in need".  
<https://www.holidaysandheros.org/>



## 7 DAY FORECAST FOR EL PASO

Thu	Fri	Sat	Sun	Mon	Tue	Wed
86° 69°	85° 70°	91° 70°	96° 73°	93° 75°	91° 75°	91° 74°



OLS Rally Point

PAY DATES: EAST, TXSG, WEST							
TASK FORCE	Period	Days	Date Paid		Period	Days	Date Paid
TF WEST/EAST	29 APR - 28 MAY	30	5-6 JUN		29 MAY - 28 JUN 25	31	7-8 JUL
TXSG	01 MAY - 30 MAY	30			31 MAY - 30 JUN 25	31	



## REDEPLOYMENT RESOURCES: For Your Family Members & Loved Ones



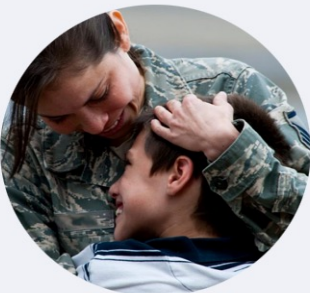
### **Mental Health After Deployment: What to Know and Where to Get Help**

Returning home from deployment can be challenging in a variety of ways for service members. Not only will they be adjusting to a new routine, but they may also be wrestling with strong feelings of fear, sadness or helplessness from their experiences while deployed. While some combat and operational stress reactions are common and heal with time, others may require professional attention. By recognizing the warning signs and knowing how to get help, you and your service member can become more resilient in the face of reintegration challenges.



### **What to Expect: An Overview of Reunion and Reintegration**

Deployment is coming to an end, and service members are finally heading home. Next comes the reunion and reintegration phase. There are five key stages within reunion and reintegration. Learn about the timeline and what you may expect during each stage.



### **Creating a New Normal as a Family**

Even if your family has experienced deployment before, this time things may be different. Things may have changed, and it's okay if you're not able to go back to how things used to be, before the deployment. Focus on how you can make things comfortable and normal for the family.



### **Five Tips to Support Children During Reintegration**

Returning home after deployment is exciting, but it can also be an adjustment for you and your loved ones. For children in particular, it may be emotional or confusing. To help your children with the transition, it's important to develop a plan that's personalized for their age, level of understanding and development stage.



## REDEPLOYMENT RESOURCES: Housing Services



# Homeless & Housing Assistance

### Texas Veterans Commission – Homeless Veterans Program

Works to reduce and prevent veteran homelessness by connecting individuals to essential services.

Phone: 512-962-4681

Website: [veteransmentalhealth.texas.gov/homelessness](https://veteransmentalhealth.texas.gov/homelessness)

### VA Homeless Programs

Supports Veterans who are homeless or at risk. A few questions connect you to a local VA staff member for help. Available for low-income and very low-income Veterans and their families.

Phone: 877-424-3838

Website: [va.gov/homeless/nationalcallcenter.asp](https://va.gov/homeless/nationalcallcenter.asp)

### 2-1-1 Texas

A statewide service offering information on affordable housing, shelters, accessibility modifications, and subsidized housing options.

Phone: Dial 2-1-1

Website: [www.211texas.org](https://www.211texas.org)

### Homes for Our Troops

Builds and donates specially adapted custom homes for severely injured post-9/11 Veterans to help them rebuild their lives.

Website: [www.hfotusa.org](https://www.hfotusa.org)



# Home Financing Resources

### Personal Financial Counselors (PFCs)

Free, one-on-one support to help you manage your finances and create a personalized home-buying or budgeting plan.

Flyer: [https://tmd.texas.gov/Data/Sites/1/media/next-mission/2025/pfc-flyer\\_june24.pdf](https://tmd.texas.gov/Data/Sites/1/media/next-mission/2025/pfc-flyer_june24.pdf)

### Military OneSource – Home Financing Assistance (Not available to non-veteran TXSG.)

Offers guidance on saving, home buying, refinancing, and navigating VA loan benefits.

Phone: 800-342-9647

Website: [militaryonesourceconnect.org](https://militaryonesourceconnect.org)

### VA Home Loans

Benefit program offering low interest rates, limited closing costs, and no private mortgage insurance (PMI) required.

Website: [benefits.va.gov/homeloans](https://benefits.va.gov/homeloans)

### Texas Veterans Land Board

Provides home, land, and home improvement loans for Texas Veterans.

Phone: 800-252-8387

Website: [glo.texas.gov/veterans](https://glo.texas.gov/veterans)



## NETWORKING OPPORTUNITIES



**OPERATION GOOD JOBS** is a program dedicated to assisting veterans and their immediate family members connect to sustainable employment opportunities while exploring ways to increase their skills, continue their education or connect to other services in the community. This program provides a dedicated Success Coach equipped to work with those that have served our country to transition into civilian life, use their military experience to advance their careers, and grow a sense of purpose for their lives.

## BENEFITS

In order to address the individual needs of those who have served our country and may face the challenges of transitioning into a civilian world, advance beyond their military careers, and regain a new sense of pride, dignity and purpose each individual is offered:

- Individualized Career and Financial Plan
- Skills assessments
- One-on-one career coaching
- Employment preparation courses
- And other skill building classes

Heart of Texas Goodwill is also a member of the Veterans Services Alliance of Central Texas (VSACT), which allows Operation Good Jobs participants access to a host of services including shelter and housing assistance, transportation assistance, health services, Veterans Benefits Assistance and more – all aimed at helping veterans secure meaningful and secure employment.

## ELIGIBILITY

- Veterans and/or transitioning military members must be able to provide documentation of veteran/military status (i.e. DD-214, VA Card, Copy of Orders, etc.)
- Immediate family members must be able to provide documentation or military member's stats and one document showing family link (i.e. marriage certificate, birth certificate, bill with all names listed, etc.)
- Must be 16 years or older
- Must be willing to maintain constant communication with the Success Coach
- Must be willing to participate in all assigned trainings and classes



SCAN HERE  
to fill out the online  
application!



For more information on Operation Good Jobs or VSACT, please contact:

**successcoach@hotgoodwill.org**  
**254-753-7337 ex 456**



NETWORKING OPPORTUNITIES

# Texas Veterans Commission Employment Services

**We can provide employment services and resources to  
qualifying veterans and transitioning service members**

**Formal Employment Planning**

**Supportive Service Referrals**

**Transition Assistance**

**Résumé / Application Assistance**

**Job Searching Techniques Training**

**Post-Employment Follow-Up**

**Work Opportunity Tax Credit Pre-Certification**

**Contact us to see how we can help you  
find a career you'll love**

**Stephanie Perez**

**Veterans Career Advisor**

**[stephanie.perez@tvc.texas.gov](mailto:stephanie.perez@tvc.texas.gov)**

**Steven San Agustin**

**Rural Veterans Career Advisor**

**[steven.sanagustin@tvc.texas.gov](mailto:steven.sanagustin@tvc.texas.gov)**



**2002 W. Loop 289, Suite 117**

**Lubbock, TX 79407**

**(806) 765-5038**

**TEXAS VETERANS  
COMMISSION**



## FOOD PANTRIES

# Food Pantry SCHEDULE

Happening Monthly



<https://go.combinedarms.us/food-pantry-rsvp>

**1st  
Monday**

**12:00 PM - 2:00 PM - Midtown Pop-up Grocery**

Buffalo Soldier National Museum  
3816 Carolina Street, Houston, TX 77004

**10:00 AM - 2:00 PM - HQ In-House Food Pantry**

Combined Arms HQ  
2929 McKinney St Houston, TX 77003

**2nd &  
4th  
Friday**

**3rd  
Tues.**

**12:00 PM - 2:00 PM - Ellington Field JRB Pop-Up Grocery**

Lone Star Flight Museum (Warbird Ready room)  
11551 Aerospace Ave, Houston, TX 77034

**3:30 PM - 5:30 PM - Galveston County**

The Connection Parking Lot  
9300 E.F. Lowry Expressway Texas City, TX 77591

**3rd  
Wed.**

**4:00 PM - 6:00 PM - Montgomery County**

**3rd  
Thurs.**

The Ark Church (Secondary Parking Lot)  
450 Humble Tank Rd, Conroe, TX 77304

ARE YOU A VETERAN IN NEED OF  
RESOURCES NOW OR HAVE QUESTIONS?  
CALL US! 1-844-489-8387



## LONE STAR PULSE



### Food Pantry Fresh Market

Fresh produce will be available on the following dates:

**SPRING 2025 | 1 - 3 P.M.\***

Wednesday, January 29  
Monday, February 24  
Wednesday, March 26

Thursday, April 24  
Monday, May 5

**SUMMER 2025 | 11 A.M. - 1 P.M.\***

Wednesday, June 25 Thursday, July 31

**FALL 2025 | 1 - 3 P.M.\***

Thursday, August 28

Must bring your own bags or carts to carry your food.

Weight of produce exceeds 35 lbs.

\*Ending time subject to change.

**Dining Hall SSTU 1114**

**Tarrant County College South**

**5301 Campus Drive | Fort Worth, TX 76119**

For more information contact: [so.foodpantry@tccd.edu](mailto:so.foodpantry@tccd.edu) | 817-515-4332

**TCC** | Tarrant County College  
South Campus

**TARRANT  
AREA FOOD BANK**

An Equal Opportunity Institution/Equal Access to persons with disabilities. 65904.12.24.AW



HOUSTON AREA & VIRTUAL FINANCIAL COACHING



YOU'RE INVITED!

# VETERAN & VETERAN FAMILY FINANCIAL COACHING WORKSHOP

We're excited to invite you to our Financial Coaching Workshop - designed to help veterans and veteran families take control of their finances and build a secure future. In this workshop, you'll learn how to:

1. Organize your finances to match your lifestyle
2. Understand your VA benefits
3. Set meaningful financial goals
4. Build healthier money habits
5. Save money effectively
6. Break free from debt

MONDAYS  
**10AM IN-PERSON**  
OR  
**6PM VIRTUAL**



*Simply reply to Veteran Navigator Chasity Wohlford, US Navy Veteran, at [cwohlford@eastersealshouston.org](mailto:cwohlford@eastersealshouston.org) with your preferred time.*

Easter Seals Greater Houston | 4888 Loop Central Dr, Houston, TX 77081



## FORWARD OPERATING BASE (FOB) EAGLE REFERENCE SHEET

### Physical Address:

496 County Road 523  
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](tel: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](tel: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](tel: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](tel:512-897-5234)

### Mailing Address:

496 County Road 523 Suite A-01  
Eagle Pass, TX 78852

### BASE CAMP RESOURCES

#### B-01 BEHAVIORAL HEALTH

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

#### B-03 GYM

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

#### B-05 MWR/LOUNGE

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

#### B-08 FORCEPRO

- Office Open: Mon-Fri 0800-1600
- Phone: [512-470-3850](tel: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.

