



20 MARCH 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

A Life That Leaves a Mark

"Teach us to number our days, that we may gain a heart of wisdom." – Psalm 90:12

Methuselah holds the record as the oldest man in the Bible, living an astonishing 969 years (Genesis 5:27). Yet, despite nearly a millennium of life, little is written about him beyond his age and lineage. In contrast, King David lived a much shorter life but left an undeniable mark on history—leading a nation, writing psalms that still inspire, and demonstrating courage, leadership, and faith.

This contrast reminds us that longevity does not equal impact. A long life, in itself, is not the goal—it's what we do with the time we have that truly matters. Some people live decades without ever stepping into their purpose, while others make a difference in just a few short years.

Each day is an opportunity, a chance to create something meaningful. It's not about fame or grand achievements but about living with intention—choosing kindness, pursuing growth, and using our talents to uplift those around us.

Whether your years are many or few, the question remains: What will you do with the time you have? Like David, may we seek to live with passion, purpose, and a heart that leaves a legacy far greater than the number of our days.

Reflection: What is one thing you can do today to make a lasting impact?

PULSE



NEWS UPDATES



[Protect yourself from skimming scams.](#)

[Texas Charges Nearly 250 in Border Enforcement Crackdown.](#)

[Rapid Force-Wide Review of Military Standards.](#)

[Operation Take Back America: 81 Illegal Aliens Arrested, 25 Face Felony Charges.](#)

Think OPSEC: Don't make yourself vulnerable.



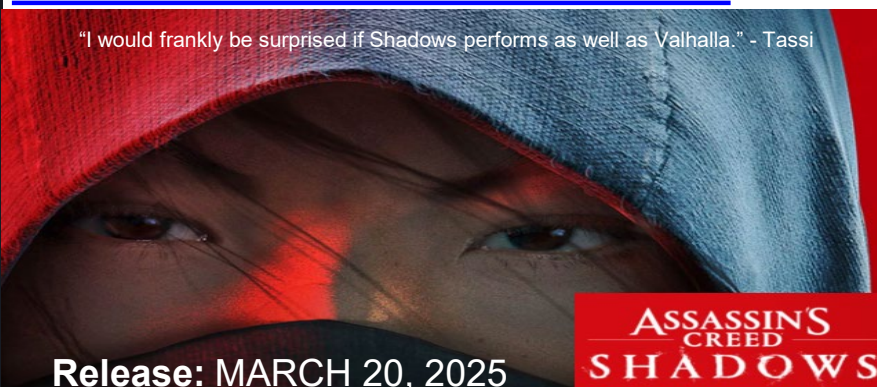
g a m e



z o n e

HIGHLY ANTICIPATED Assassins Creed S H A D O W S

VIRTUAL REALITY FUTURE VR REPLAY REVEALS





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[Click here to access the Joint Task Force Lone Star Standards Book](#)

JOINT TASK FORCE LONE STAR



STANDARDS BOOK

**"Discipline is not instinctive.
It must be taught, reinforced, and required!"**
Author Unknown

OLS Workers Comp Injury Report

[Click here
or scan QR
to submit
report](#)



If you believe you sustained a work-related injury, submit your Worker's Compensation Injury Report through this official intake form.

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
provide free counseling services
thereby providing support to
the state and its citizens.
What services are available?

*If leaving a message on the counseling line,
be sure to leave a name and callback number as
the call will be returned as soon as possible -
typically within 2 hours.

- Individual
- Counseling
- Trauma
- Collaboration

For crisis or emergency situations, please call
911 or 988



Suicide Prevention Lifeline
1-800-273-8255

[BEHAVIORAL HEALTH](#)



DOD Safe Helpline
1-877-995-5247

[JOB OPPORTUNITIES](#)



Domestic Violence Hotline
1-800-799-7233

[SERVICE MEMBER
SUPPORT](#)



Military One Source
1-800-342-9647

[EDUCATION INFO](#)

[OLS POLICIES](#)

**Military OneSource does not apply to TXSG.



Upcoming Behavioral Health Classes

Join us for sessions to boost your well-being!



Support the troops in attending a class this month!

**24 MARCH @ 0900
HEALTHY THINKING**

**24 MARCH @ 1500
COMMUNICATION**

**31 MARCH @ 0900
COMMUNICATION**

**31 MARCH @ 1500
HEALTHY THINKING**



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.



Scan QR code to join the BH Signal chat





TF BDE

20 MARCH 2025

SPRING BREAK!

Spring Break 2025 officially kicked off around the country last week and the service members of FOB Eagle, took the opportunity to enjoy some photo ops with a shark and play some lunchtime bingo to win some prizes. With training and mission readiness being a part of the soldier's everyday life at FOB Eagle, this spring break moment gave them a moment to recharge, unwind and share some memories!



NATIONAL GUARD FAMILY PROGRAM

JOIN US ON THE 26TH OF MARCH AT THE FOB EAGLE DFAC

Bryan Clark - PFC Megellan Financial has been approved and assigned to FOB Eagle for March 26th.
Eva Carwile - GAPSI - Transition Assistance Advisor
Peter Seaberg - GAPSI - Transition Assistance Advisor
Shawn Sessions - wfwtx.org - Work for Warriors SFRS:
Ricardo Quijano - Laredo
Yesinia Elizondo - Weslaco

CAMP ALPHA BIBLE STUDY

TUESDAY AT 1900 AT THE CHAPEL TRAILER

LEAD BY CHAPLAIN GARCIA

7 DAY FORECAST
FOR YOUR AREA

Wed



83° 50°

Thu



76° 52°

Fri



85° 61°

Sat



90° 67°

Sun



89° 66°

Mon



84° 64°

Tue



88° 68°

Wed



86° 67°



OLS Rally Point

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



TFEAGLE

LONE STAR PULSE

20 MARCH 2025

Annual Crawfish Boil

Saturday, March 22nd
3 to 9 pm

All you can eat tickets:

\$40 advance

\$45 at the door

249 Airport Blvd. 900-3113



Hangar 6 Annual Crawfish Boil

Sat, 22 Mar, 2025 at 03:00 pm to 09:00 pm (CDT)
249 Airport Blvd, Tx 78801-3036, Texas, Uvalde
Crawfish Season is HERE!!!

Join us for Hangar 6's Annual "All You Can Eat" Crawfish Boil from 3pm - 9pm, or while crawfish last. We plan on having at least 500 lbs of crawfish. First come, first served. Warrior Armour will be hosting their cornhole tournament on site inside the hangar. \$20 per NO OUTSIDE FOOD or DRINKS

[Click here for details](#)



100+ Women for Elias Diaz

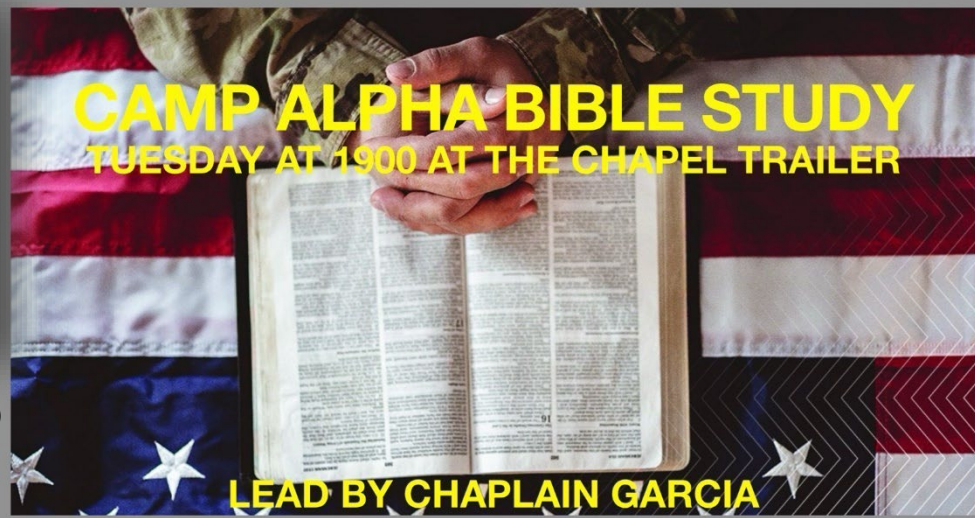
Let's celebrate the accomplishments we've had in the last four years and talk about what the next term could look like.

Join us for some light appetizers, drinks, and lots of fun!

Sun, 23 Mar, 2025 at 03:00 pm (CDT)

The Colonial Events

2150 Del Rio Blvd, Texas, Eagle Pass



CAMP ALPHA BIBLE STUDY

TUESDAY AT 1900 AT THE CHAPEL TRAILER

LEAD BY CHAPLAIN GARCIA

Community Fun Day

join us! bring your friends, family, & neighbors

FREE EVENT!

- PETTING ZOO
- FOOD & DRINKS
- LIVE MUSIC (FT. CMC)
- GAMES & PRIZES
- DEVOTIONAL & PRAYER

22 MAR 2025 | 2 PM - 5 pm
1309 N 13TH ST, CARRIZO SPRINGS, TX 78834

[Click here for details on this event](#)



Culture Chalk, Street Art Block Party

22 Mar, 2025 at 11:00 am to 04:00 pm

302 Cantu St, Tx 78840 Del Rio

Get ready for a day of creativity, community, and culture! Culture Chalk is bringing together artists—both amateur and professional

[Click here for details](#)

7 DAY FORECAST FOR YOUR AREA

Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
83° 50°	76° 52°	85° 61°	90° 67°	89° 66°	84° 64°	88° 68°	86° 67°



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[Click here to get help for yourself or a buddy](#)

B U D D Y C H E C K ! !

P I C K A B U D D Y T O C H E C K O N T O D A Y .

Some warning signs may help you determine if a battle buddy is at risk for suicide, especially if their behavior is new, has increased, or seems related to a painful event, loss, or change:

- Talking about wanting to die or to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

[Click here to get help for yourself or a buddy](#)

988

SUICIDE & CRISIS
LIFELINE

[Click here to get help for yourself or a buddy](#)

Get in Touch

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365.

The signs aren't always this obvious.

Would you notice?

