



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.



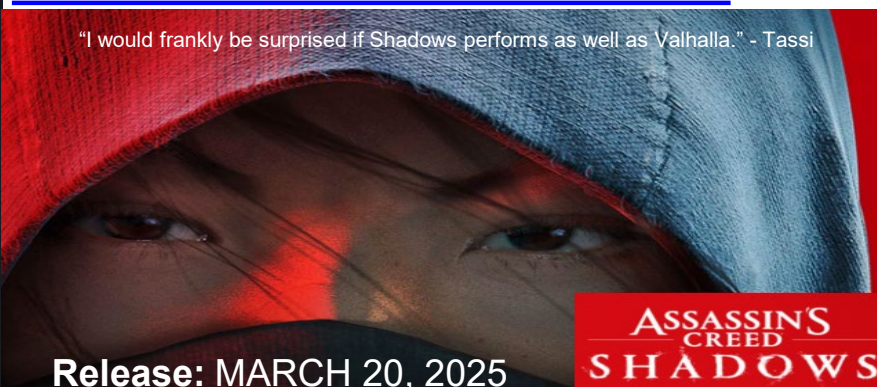
g a m e



z o n e

HIGHLY ANTICIPATED Assassins Creed S H A D O W S

VIRTUAL REALITY FUTURE VR REPLAY REVEALS





[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 provides free counseling services to all active-duty personnel and their families. What services are available?

*If leaving a message on the counseling line, please 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



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.

[BEHAVIORAL HEALTH](#)

[JOB OPPORTUNITIES](#)

[SERVICE MEMBER
SUPPORT](#)

[EDUCATION INFO](#)

[OLS POLICIES](#)



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





[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

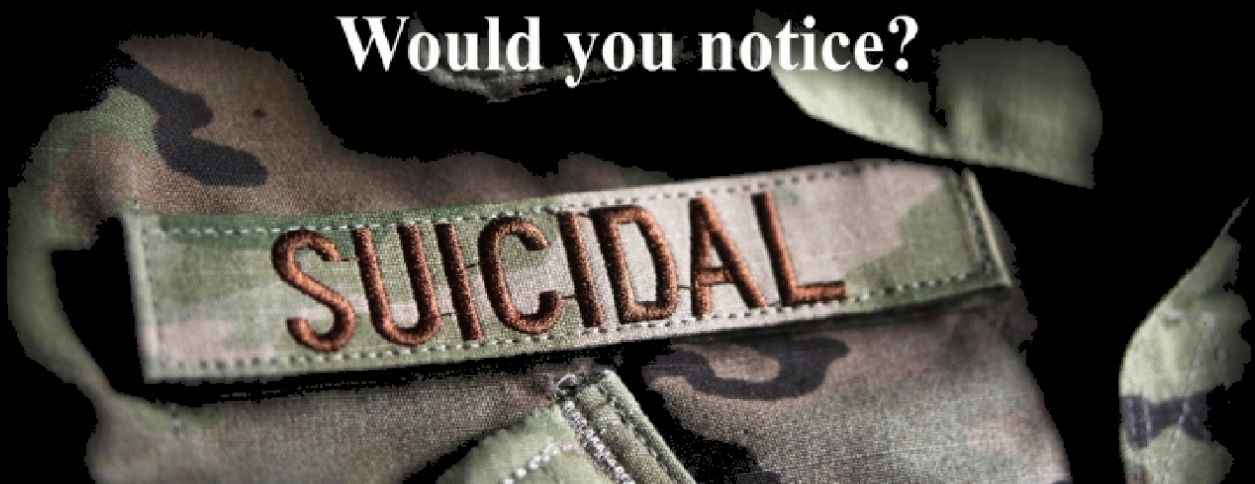
[Click here to get help for yourself or a buddy](#)

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?





20 MARCH 2025

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CHICAGO

Back by Popular Demand!

Friday March 21st – 23rd

Plaza Theatre

[Click here for detail](#)



Friday 21 March 2025

Tito Double P

El Paso County Coliseum,

El Paso, TX,

[Click here for details](#)



The Ides of March - A Lucha Libre Event supporting the Boys & Girls Club of El Paso

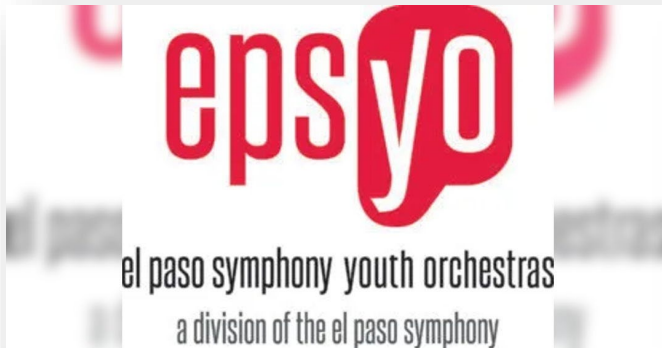
• Mar 22 at 5:00PM - 9:00PM

801 South Florence Street

El Paso 79901

• \$10.00 - \$30.00

[Click here for details](#)



Side by Side Concert

Abraham Chavez Theatre

El Paso, TX

Mar 23, 2025

[Click here for details](#)



Poppies Fest continues 10 a.m. to 3 p.m. each Saturday in March at the El Paso Museum of Archaeology, 4301 Transmountain Road in Northeast El Paso.

March 22: "Fiesta Time!" A festive day featuring artisan vendors, food trucks and folklórico performances.

[Click here for details](#)



El Paso, TX

Decade of Dreams

Shoppes at Solana

Mar 13 - Mar 23

750 Sunland Park Dr, El Paso, TX 79912

OPENING NIGHT ONLY! 40% off General Admission or Premier Gallery Tickets! [Click here](#)

7 DAY FORECAST
FOR YOUR AREA

Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
62° 36°	70° 42°	76° 46°	80° 52°	79° 53°	81° 54°	85° 58°	85° 56°



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	