



08 MAY 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.

PULSE

NEWS

STARS AND STRIPES
ArmyTimes MilitaryTimes

[Special operators want electronic attack and firepower for watercraft](#)

[Supreme Court allows transgender military ban to take effect, for now](#)

[Hegseth champions special operations as the force for today's threats](#)

[Family sues over Florida deputy's killing of US airman](#)

REDEPLOYMENT

This week, National and State Guardsmen departing Operation Lone Star traveled from across the Joint Operations Area to attend redeployment at FOB Eagle. During their stay, these service members received essential support including housing in individual rooms, meals provided in a dining facility, and laundry services, ensuring their basic needs were met in a comfortable environment as they prepare for the major transition back to civilian life.

This redeployment period included a promotions and awards ceremony to recognize outstanding service. In addition to these acknowledgments, family and career services were made available, offering guidance and resources for the next phase of their careers and personal lives. Leaders and chaplains addressed the outgoing service members, expressing gratitude for their dedication to the State of Texas.

The collective efforts of these departing National and State Guardsmen underscore the commitment to duty deeply ingrained in the hearts of our Texas military members.

Thank you for your service.



A collective promotion and awards ceremony for current and departing service members.

LTC Teague speaks to the departing service members in an open forum.

g a m e     z o n e

[Civilization VII](#)

Console: MetaQuest
Genre: Turn-based Strategy
Available Now



[Doom: The Dark Ages](#)

Console: PC, PS5, Xbox Series X/S
Genre: Action
Release: May 15, 2025

[Project: Mist](#)

Console: PC Steam
Genre: Open World Survival
Release: May 12, 2025



[The Precinct](#)

Console: PC, PS5, Xbox Series X/S
Genre: LEO Simulator
Release: May 13, 2025



MENTAL HEALTH AWARENESS MONTH ACROSS THE JOA

What is a Hypervigilance Cycle?

Hypervigilance is an important tool for survival. Being in a state of increased alertness helps you do your job. During a high intensity situation, you must be aware of the many details and factors involved, make decisions quickly and accurately, and act without hesitation. In these situations, hypervigilance helps protect you from potentially dangerous situations. However, this state of extreme attention can lead to the hypervigilance cycle.

Causes

High Intensity Situations



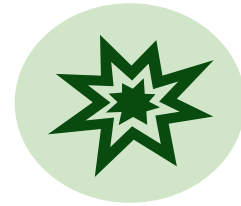
Threat-Based Perspective



Adrenal Exhaustion & Fatigue



Cortisol Dysregulation



This biological process does not stop at the end of the shift, and it will take a few hours for the body to recover. You can't just "turn off" the hypervigilance switch, even if it was a slow day. Spending several hours in that state, will cause your body to be exhausted. While in a hypervigilance cycle you will "crash and burn" hours after the shift ends.

Symptoms

On-Duty

- ✓ A heightened sense of danger
- ✓ Abnormal amounts of adrenaline and cortisol in bloodstream
- ✓ Dilated pupils
- ✓ Energetic
- ✓ Sweating
- ✓ Rapid heartbeat
- ✓ Restlessness
- ✓ Over-reactions to situations
- ✓ Over-analyzing situations

Off-Duty

- ✓ Severe tiredness
- ✓ Feeling disconnected or detached from off-duty life
- ✓ Apathetic or a lack of ability to feel compassion
- ✓ Feeling isolated
- ✓ Lashing out in irritability
- ✓ Difficulty focusing on conversations
- ✓ Unexplained anger

Coping Strategies / Treatments

It can take hours for the body to come back to its normal level of functioning, to help cope:

Awareness



Body transitions

Relaxation



Deep breathing or meditation

Exercise



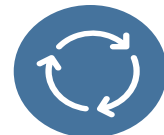
Disrupt the biological cycle

Confront



Don't avoid! Address stressors

Resilience



Engage in outside activities





MENTAL HEALTH AWARENESS MONTH ACROSS THE JOA

HOW CAN I DEFEND MY MENTAL HEALTH?



PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do

Why Mental Health Awareness is Important



#1. Promotes Early Intervention

Raising awareness can lead to earlier detection and intervention, which can significantly improve outcomes for people with mental health issues.



#2. Improve Quality of Life

By promoting mental health and supporting proper treatment, individuals can achieve better overall health, improved relationships, and greater life satisfaction.



#3. Healthcare and Productivity

Addressing mental health issues through awareness and proper care can reduce healthcare costs, increase productivity at work, and decrease disability claims and job turnovers.

OLS Kicks Off Mental Health Awareness Month with a Splash



May

Mental Health
Awareness Month

FOB Life: Staying strong, staying connected.

What better way to launch Mental Health Awareness Month than with some laughter, teamwork, and a little friendly competition? Soldiers at FOB Eagle found the perfect way to combine all three—by hosting a water balloon fight followed by a classic hamburger and hot dog cookout. These kinds of morale-boosting events go a long way in supporting mental well-being. They provide a healthy outlet for stress, strengthen social connections, and reminds us all the importance of taking time to recharge—even in challenging environment.



MENTAL HEALTH AWARENESS MONTH ACROSS THE JOA

TRAUMA RESPONSES

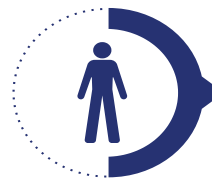
DEFENSE CASCADE & EXTREME SURVIVAL REFLEXES

The victim's physical reactions might be misinterpreted as consent. It's important to understand that these responses are **normal** reactions to trauma.

Trauma responses can occur long after the event and be triggered by reminders.

DEFENSE CASCADE

In a traumatic event like sexual assault, the prefrontal cortex is impaired, leading the victim to rely on automatic survival behaviors known as **defense cascade responses**.



Freeze

Freeze is often the first defense cascade response. The victim may go tense, still, or silent but will still be able to move.



Fight or Flight

The fighting response involves physical or verbal resistance, such as pushing or saying "no." The flight response includes actions like running, hiding, or backing away.



Involuntary Compliance

A victim might use "polite" resistance to unwanted advances, like turning away, pushing a hand away, or saying, "I have to leave soon."

THREE EXTREME SURVIVAL REFLEXES

Survival reflexes are **involuntary** and **automatic** responses to traumatic events that kick in and can become more extreme than defense cascade responses.



DISSOCIATION

A mental state where a person feels detached from their surroundings or their own body, as if they are observing from the outside.



TONIC IMMOBILITY

A temporary paralysis that occurs in response to extreme stress, making it hard to move or react.



COLLAPSED IMMOBILITY

An intense state of physical collapse or shutdown during trauma, where the body becomes limp and unresponsive.

TRIGGERS AND FLASHBACKS

A **trigger** is any sensory reminder of the traumatic event.

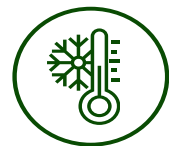
Flashbacks are when a person actually feels like they're going through the trauma again.



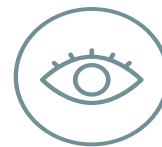
NOISE



SMELL



TEMPERATURE



VISUAL



PHYSICAL SENSATION



OPERATION BORDER HEALTH PREPAREDNESS

SUSPENSE UPDATED TO 30 MAY 2025

[TXSG Click here: OBHP 2025](#)

[Health Care Provider Credentialing Form](#)

[TXSG click here: OBPH 2025 Volunteer Interest Form](#)
[\(non-medical\)](#)

*Does not apply to Army or Air National Guard.

JULY 21-25, 2025



TEXAS
Health and Human
Services

Texas Department of State
Health Services

SAVE THE DATE



Operation Border Health 2025

Operation Border Health, formally Operation Lone Star, is an exercise to help the community get ready for disasters. DSHS and partners offer FREE services to the community during the event.

DSHS South Texas

Public Health Region 11 Serving You

FREE SERVICES INCLUDE:



MEDICAL



DENTAL



VISION



MENTAL



VETERINARY



Location information will be released when available. For more information please visit: dshs.texas.gov/obh2025

Informational email: phepphr11@dshs.texas.gov





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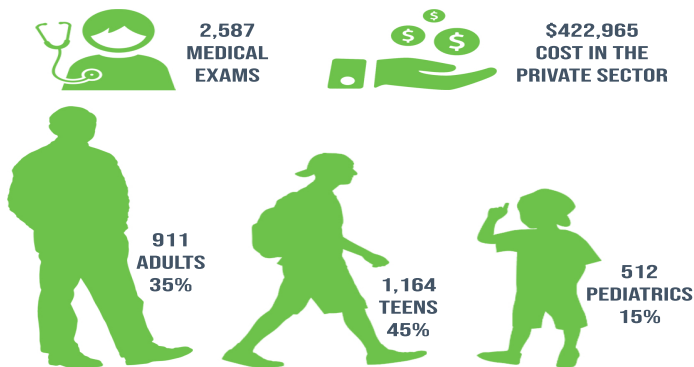


OBHP 2024 INFOGRAPHIC

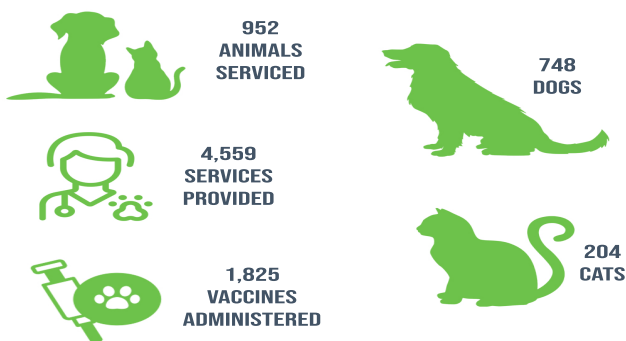
PATIENTS SEEN & HEALTH SERVICES PROVIDED



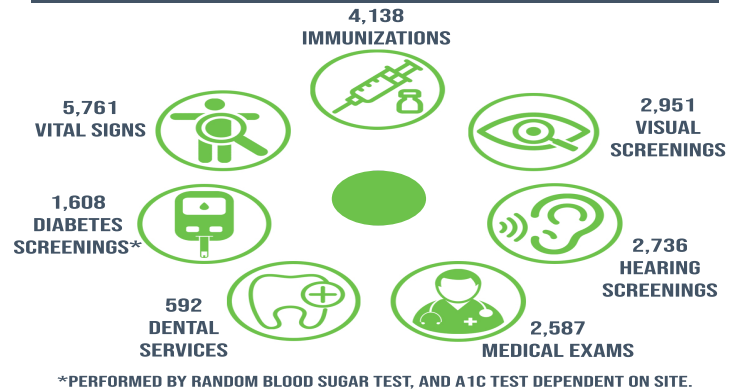
MEDICAL EXAMS PROVIDED BY AGE GROUP



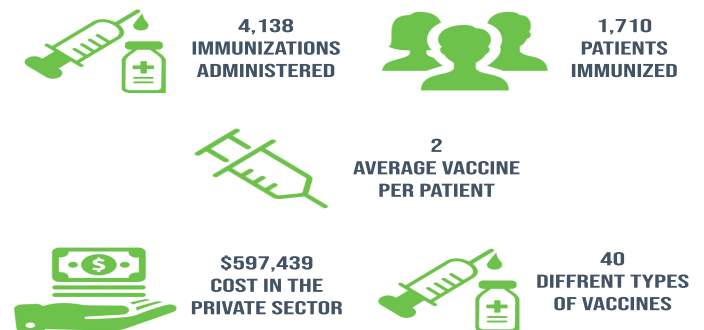
VETERINARY SERVICES



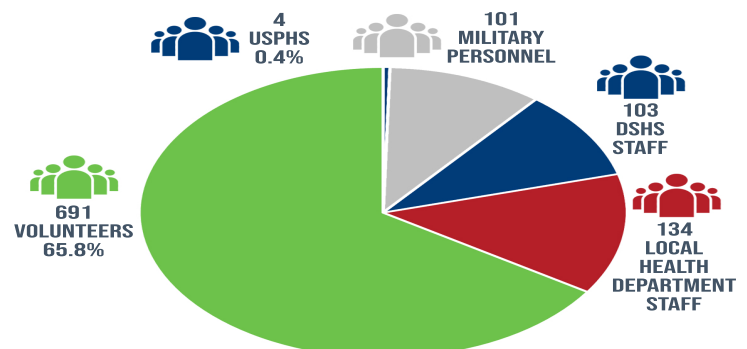
TOP HEALTH SERVICES PROVIDED



IMMUNIZATIONS ADMINISTERED



STAFF WORKING OBHP 2024





Is your uniform up to standard?

2. Most encountered uniform deficiencies

- Headgear. The patrol cap is the primary day-to-day headgear unless the threat level increases and ACH becomes mandatory. The sun hat or boonie cap is authorized on points, brush ops, or construction (Engineer) functions only (not on camps or garrison). When service members are working outdoors, they will always have approved headgear.
- Neck Gaiter. IAW AR670-1, tan, is only authorized when temperatures are 45 degrees or below and during dusty conditions. Balaclava, bandanas, etc... are not authorized.
- Patches. Colored American patches are authorized on the right shoulder sleeve only. Subdued American patches are **not authorized** for Army personnel. Air Force personnel are authorized to wear subdued American flags on the right shoulder. Morale patches are not authorized (blood type, American flag, Texas flag, Mexican flag, colleges, etc...).
- Combat shirts. Only authorized for wear in the training / operational area requiring the wear of body armor. At no time will service members purchase/wear after-market combat shirts.
- Trousers. Will be bloused IAW AR670-1. No baseball-type blousing.
- OCP's. Uniforms will not be worn if they are extremely faded, have a grey/bleached-out appearance, are torn, have holes, or are tight fitting to body contour. Patrol Caps will present a clean appearance; oil/grease stained PC's do not present a professional appearance. PC's will not be torn, or damaged.

*SURVEY DOES NOT APPLY TO TXSG. See State TA flyer here. →



Education Support



FY25 ARNG EDUCATION NEEDS ASSESSMENT

Your feedback is important! We are seeking your input to ensure ARNG education programs and services are meeting Soldier needs. This is an important national survey conducted every two years with all 54 states and territories. Please complete this survey and add your comments where applicable to help us, help you obtain your educational goals and objectives!

*SURVEY DOES NOT APPLY TO TXSG. See State TA flyer here. →

Army Directive 2025-06 Army Fitness Test

This directive establishes the Army Fitness Test (AFT) as the physical fitness Test of record, updates Army policies related to the AFT, and prescribes effective dates for implementation. The AFT includes one fitness standard for all combat areas of concentration (AOC's) and military occupational specialties and increase fitness standards for all Soldiers. The AFT will improve readiness, enhances lethality, and reinforce the warrior ethos.

- 📌 The AFT replaces the Army Combat Fitness Test on 1 June 2025. The Army will no longer conduct the ACFT after 31 May 2025. Soldier ACFT for record tests taken before 31 May 2025 will remain valid IAW army policies.
- 📌 The AFT will consist of five (5) events. Max Dead-lift (MDL), Hand release Pushup (HRP), Sprint, Drag, Carry (SDC), Plank (PLK), and the 2-mile run (2MR).
- 📌 The AFT combat standard is sex neutral and age-normed. Soldiers serving in combat specialties must achieve a minimum of 60 points per event and overall minimum of 350. The AFT combat standard applies to Soldiers serving in the following MOS's: 11A, 11B, 11C, 11Z, 12A, 12B, 13A, 13F, 18A, 180A, 18B, 18C, 18D, 18E, 18F, 18Z, 19A, 19C, 19D, 19K, and 19Z.
- 📌 Beginning 1 June 2025, all Soldiers requiring a record fitness test must pass the AFT general standard.
 - 📌 Soldiers serving in the Regular Active duty must pass
 - (a) two record AFT's per calendar year, with no less than four (4) months between passing record tests.
 - (b) Pass a record AFT within 90 days of a Record AFT or ACFT failure.
 - 📌 Soldiers serving in the Reserve Component must
 - (a) Pass the AFT once per calendar year for record, with no less than eight (8) months between passing record test.
 - (b) Pass a record within 180 days of a record AFT or ACFT failure.

State Tuition Assistance



Funded by Texas for Texans

WHAT IS STATE TUITION ASSISTANCE (STA)?

An education benefit that provides money for college to eligible members of the Texas Military Department who are interested in pursuing their educational & career goals.

APPLICATION PROCESS

- The Online Application
- Statement of Understanding (SOU)
- Authorization Release Form

WHEN IS FALL 2025 OPEN FOR APPLICATIONS?

June 01, 2025 - August 03, 2025



STA is a needs-based benefit subject to the availability of funds.



WHAT DOES STA COVER?

- Up to \$10,000 in tuition & mandatory fees
- ▲ Benefit paid up front
- Credentials & certification programs
- Undergraduate Graduate degree
- ▲ Professional degrees such as ph.D., Law & Pharmacy degrees
- Up to 12 credit hours

WHO IS ELIGIBLE?

- Active member in "Good Standing" with TXARNG, TXANG or TXSG.
- ▲ Eligible ranks are: Enlisted (E1-E9), Officers (O1-O5), Warrant Officers (W1-W3).
- Must have successfully completed Basic Training or RBOT prior to the start of the semester
- Attend a Texas school - Public or Private
- ▲ Must maintain a 2.0 cumulative GPA

<https://tmd.texas.gov/state-tuition-assistance-program>



Task Force East
YOU ARE CORDIALLY INVITED TO THE

OPERATION LONE STAR MILITARY BALL

MAY
SATURDAY 17 AT 6:00 PM
2025

THE GRAND BALLROOM, CASA DE PALMAS
101 N MAIN ST, McALLEN

ATTIRE: (FORMAL) DRESS BLUES/ DRESS
MESS, SUIT AND TIE OR BALLOON

TICKETS: \$35 INCLUDES CHICKEN
CORDON ROUGE
\$65 INCLUDES STEAK DINNER

PURCHASE TICKETS:
CASH APP \$C3TFE
RANK, LAST NAME, FIRST NAME

Mother's Day BRUNCH

May 9, 10

few appointments available

CALL US TO BOOK
956-800-5133

DIAMOND SPA LOUNGE

We invite you to celebrate Mother's Day in style at Diamond Spa Lounge. Join us for our fourth annual event on May 9th and 10th. Enjoy a fabulous nail treatment paired with tasty drinks, treats, and fun surprises. Treat yourself or your loved one with a day of relaxation. Don't wait, book your appointment today by giving us a call or sending a DM. Book Your Appointment ☎ 956-800-5133
8001 North 10th street, suite 160, McAllen tx 78604

[Click for details](#)

CHECK DAY

NO BATTLE LEFT BEHIND

The 11th of each month is designated as Buddy Check Day—a reminder for Texas Veterans to reach out and check in with fellow Veterans.

By staying connected, Veterans can foster camaraderie, support one another's well-being, and help connect each other to valuable resources and services.

Buddy Check Day

Every 11th of the month

Heat Exhaustion or Heat Stroke— A Guide

Heat-related illnesses can be life-threatening. The U.S. Centers for Disease Control and Prevention describes the following differences between heat exhaustion and heat stroke and how to respond to each.

HEAT EXHAUSTION

Faint or dizzy
Cool, pale or clammy skin
Excessive sweating
Rapid, weak pulse
Nausea or vomiting
Muscle cramps

HEAT STROKE

Throbbing headache
Dizziness, confusion
Red, hot, dry skin
No sweating
Rapid, strong pulse
Body temperature above 104°F
Nausea or vomiting
May lose consciousness

- ▼ Get to a cooler, air-conditioned place
- ▼ Loosen clothes
- ▼ Sip water if fully conscious
- ▼ Take a cool shower or use cold compresses

- ▼ Take immediate action to cool the person until help arrives

SOURCES: National Weather Service; Centers for Disease Control and Prevention

7 DAY FORECAST FOR YOUR AREA

| Thu | Fri | Sat | Sun | Mon | Tue | Wed |
|---------|---------|---------|---------|---------|---------|---------|
| | | | | | | |
| 84° 72° | 82° 66° | 84° 63° | 86° 64° | 90° 71° | 92° 73° | 94° 76° |



OLS Rally Point

| PAY DATES FY25 | | | | | | | |
|----------------|-----------------|------|-----------|--|-----------------|------|-----------|
| TASK FORCE | Period | Days | Date Paid | | Period | Days | Date Paid |
| TF EAST | 29 MAR - 28 APR | 31 | 6-7 MAY | | 29 APR - 28 MAY | 30 | 5-6 JUN |
| TXSG | 31 MAR - 30 APR | 31 | | | 01 MAY - 30 MAY | 30 | |