



15 MAY 2025

# LONE STAR

## TF INFO

Send Internal Communications images & stories of your favorite OLS memories! Submit your content for The Pulse: [ols-ict@sg.tmd.texas.gov](mailto:ols-ict@sg.tmd.texas.gov)

## CHAPLAIN'S CORNER

Just a little faith is enough. In the Christian Bible, there is a story in Mark 5:24-34 that speaks of a woman with an issue of bleeding. This was a severe condition that had been tormenting her for thirteen years. This woman had tried all logical means to become free of this condition. She had exhausted all her wealth on doctors and healers to address the issue. She was shunned from society and forced to live in seclusion. One day she heard the story of Jesus and how he was a great healer. She would go on to reach out to Jesus, merely touching the hem of his cloak, instantly becoming free from her infirmity. She thought, "If I just touch his clothes, I will be healed." Her faith in something she truly believed in was enough to heal her.

Perhaps you're a Christian; perhaps you're Muslim; maybe you are of a different religion or simply subscribe to none. Having faith in what you believe can get you through hard times. Perhaps your faith is in your leadership. Do not do life alone. Believe in something. Believe in someone. Have faith that there is someone to help in your time of need. Just like the woman mentioned in the story above, allow your faith to set you free.

# PULSE

ArmyTimes MilitaryTimes AirForceTimes

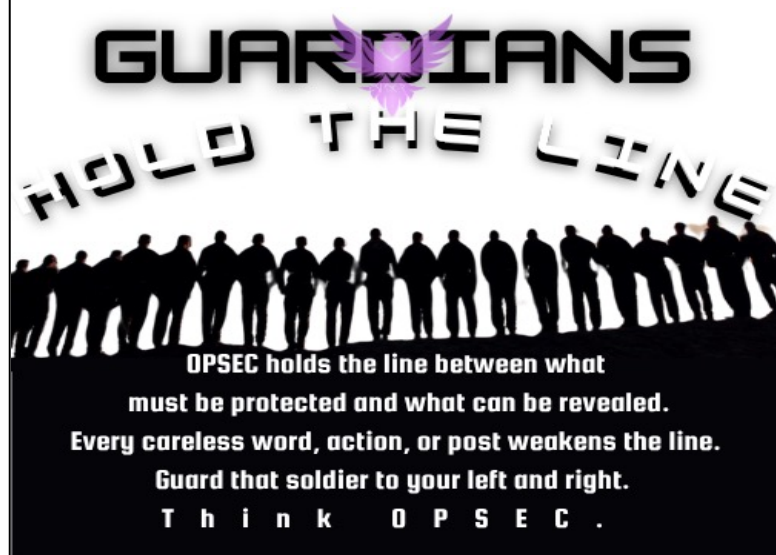
[A Historic Story: How a soldier's relentless charge broke Japan's line on Okinawa](#)

[Southern District charges over 300 individuals in border security-related cases this week](#)

[Army jailbreak foiled at Fort Leavenworth](#)

[FBI Releases the 2024 Line of Duty Special Report](#)

[Western District of Texas Adds 316 Immigration Cases in First Week of May](#)



**GUARDIANS**  
**HOLD THE LINE**

OPSEC holds the line between what must be protected and what can be revealed.  
Every careless word, action, or post weakens the line.  
Guard that soldier to your left and right.  
T h i n k O P S E C .

g a m e



z o n e

### [The Precinct](#)

Console: PC, PS5, Xbox Series X/S  
Genre: LEO Simulator  
Release: Available now



### [VR Coming Soon](#)

[GUNMAN CONTRACTS](#)  
["Stand Alone"](#)

Console: Steam PC  
VR and flatscreen  
(Not confirmed but possible in future for Meta Quest, PlayStation VR2)  
Genre: Open World Shooter  
Release: May 2025



### [Doom: The Dark Ages](#)

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





## HEAT-RELATED ILLNESS GUIDANCE

### ACCLIMATIZATION

Prevent Heat Illness In Workers

New workers should have no more than a 20% exposure to heat on day 1 and increase by no more than 20% on each additional day when working in the heat.



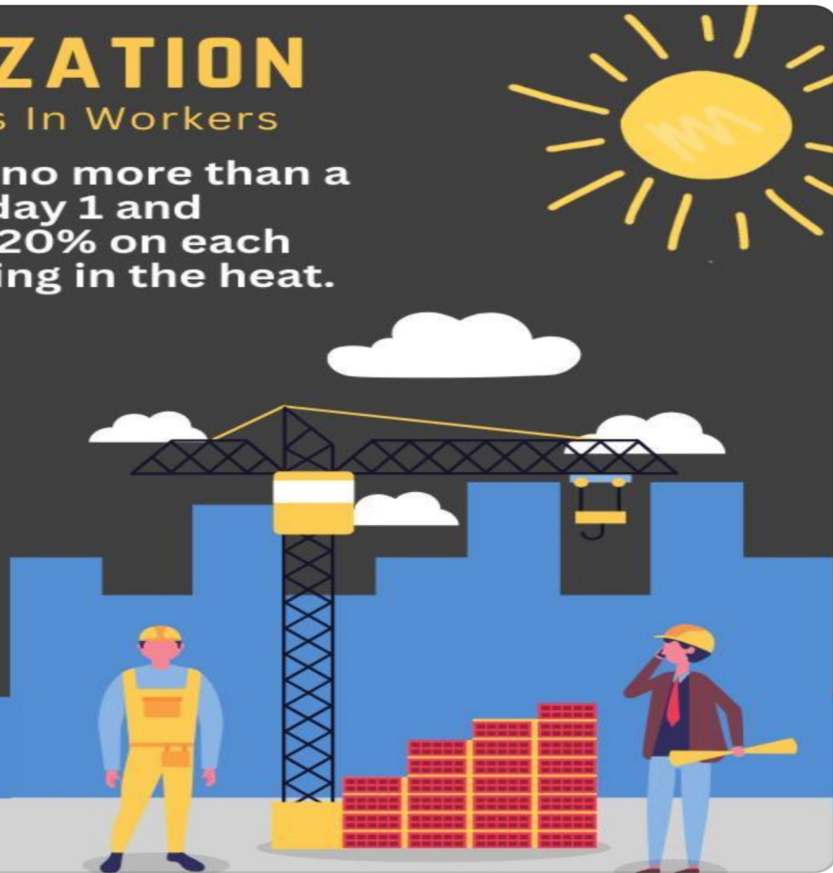
Day 5 - 100%

Day 4 - 80%

Day 3 - 60%

Day 2 - 40%

Day 1 - 20%



## Work/Rest Times and Fluid Replacement Guide

| Heat Category | WBGT Index (°F) | Easy Work<br>Walking on hard surface, 2.5 mph, <30 lb. load; weapon maintenance, marksmanship training. |                            | Moderate Work<br>Patrolling, walking in sand, 2.5 mph, no load; calisthenics. |                            | Hard Work<br>Walking in sand, 2.5 mph, with load; field assaults. |                            |
|---------------|-----------------|---|----------------------------|---|----------------------------|---|----------------------------|
|               |                 | Work/Rest (minutes)   | Fluid Intake (quarts/hour) | Work/Rest (minutes)   | Fluid Intake (quarts/hour) | Work/Rest (minutes)   | Fluid Intake (quarts/hour) |
| 1             | 78° - 81.9°     | NL  | ½                          | NL  | ¾                          | 40/20 (70)*   | ¾ (1)*                     |
| 2 (GREEN)     | 82° - 84.9°     | NL  | ½                          | 50/10 (150)*  | ¾ (1)*                     | 30/30 (65)*   | 1 (1¼)*                    |
| 3 (YELLOW)    | 85° - 87.9°     | NL  | ¾                          | 40/20 (100)*  | ¾ (1)*                     | 30/30 (55)*   | 1 (1¼)*                    |
| 4 (RED)       | 88° - 89.9°     | NL  | ¾                          | 30/30 (80)*   | ¾ (1¼)*                    | 20/40 (50)*   | 1 (1¼)*                    |
| 5 (BLACK)     | > 90°           | 50/10 (180)*  | 1                          | 20/40 (70)*   | 1 (1¼)*                    | 10/50 (45)*   | 1 (1½)*                    |

NL = No limit to work time per hour.

\*Use the amounts in parentheses for continuous work when rest breaks are not possible. Leaders should ensure several hours of rest and rehydration time after continuous work.

This guidance will sustain performance and hydration for at least 4 hours of work in the specified heat category. Fluid needs can vary based on individual differences ( $\pm \frac{1}{4}$  qt/hr) and exposure to full sun or full shade ( $\pm \frac{1}{4}$  qt/hr). Rest means minimal physical activity (sitting or standing) in the shade if possible. Body Armor - Add 5°F to WBGT index in humid climates. NBC (MOPP 4) - Add 10°F (Easy Work) or 20°F (Moderate or Hard Work) to WBGT Index.

**CAUTION:** Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.



Approved for public release,  
distribution unlimited.

CP-033-0415





## OLS CLASSES

### Operation Lonestar Presents

#### Financial Literacy 201

If you've ever felt like you just can't get in control of your money, you're not alone. You'd be surprised how many people you know are struggling just like you. But it's time for your struggle to end—starting today. Join my virtual Financial Peace University class starting on Wednesday, May 28, 2025 and learn how you can pay off debt, save more money, and build wealth.

Find *freedom*  
with your money.

Wednesday:

28 June – 23 July

BLDG C5: 1800-1900

Questions:

For More Information Contact

MSG John Barkle @ ng.tx.txarng.list.ols-bde-r3sp@army.mil

Register Now:



Classes Start Soon

### COMBAT LIFE SAVER COURSE

#### What You Will Learn

- Care Under Fire
- Responding in a crisis
- Treat the casualty
- Basic burn treatment
- Wound packing
- Airway management
- Tactical Field Care
- Life-threatening bleed control
- Tourniquet use including self-aid
- Rapid trauma assessment
- Moving casualties for evacuation
- Prevent additional casualties



LEAD INSTRUCTOR: SGT ANDERSON

Interested in Attending?  
next class  
**18-22 JUNE**  
at FOB Eagle

Contact your task force training NCO to register.  
Army, air, and state all eligible to attend.

TRAINING CONTENT FEATURED BY DEPLOYED MEDICINE

\*Details subject to change.



**COMBAT LIFE SAVER**  
FIGHT WHAT OTHERS FEAR



June 5<sup>th</sup>-7<sup>th</sup>, 2025

Register for Married Soldier ID:  
OLS-FY25-June-MS The Speed of  
Trust



Building Strong  
& Ready Teams

Open to ALL OLS SMS



Location: Hotel Indigo San Antonio-Riverwalk  
830 N St Mary's St, San Antonio, TX 78205

Facilitated by CH Goss

Married  
OLS Member



June 5<sup>th</sup>-7<sup>th</sup>, 2025

Register for Single Soldier ID: OLS-  
FY25-June-SS How to Avoid Falling  
in Love with a Jerk



Building Strong  
& Ready Teams

Open to ALL OLS SMS



Location: Hotel Indigo San Antonio-Riverwalk  
830 N St Mary's St, San Antonio, TX 78205

Facilitated by CH Gerber

Single  
OLS Member



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

# BUDDY CHECK !!

## PICK A BUDDY TO CHECK ON TODAY.

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

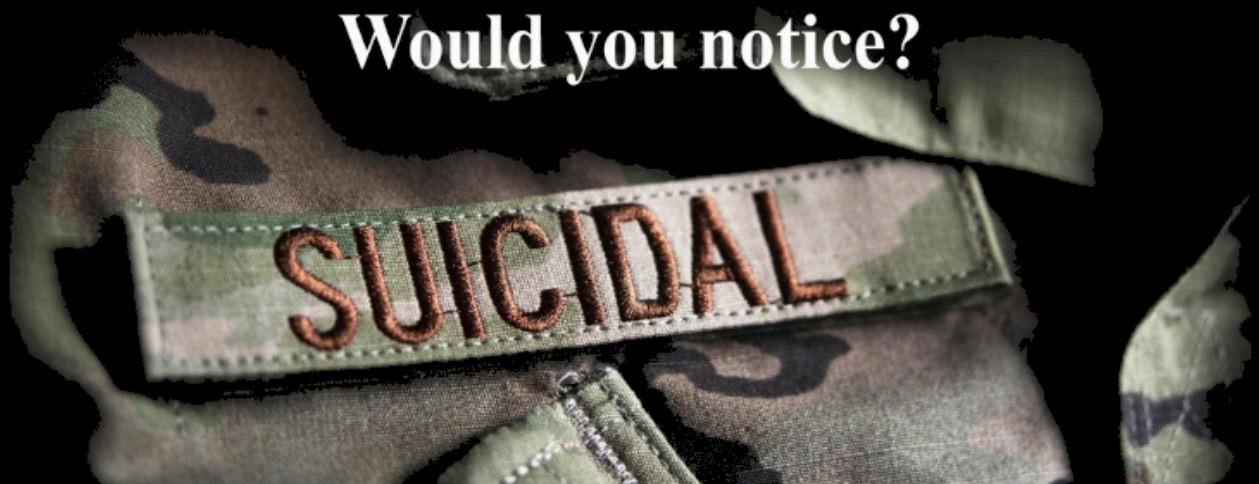
[Click here to get help for yourself or a buddy](#)

### 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?







STATE OMBUDSMAN

# STATE OMBUDSMAN LINK

Texas Military Department

## STATE OMBUDSMAN



### Our Mission

To provide continuing assessment and recommending resolutions relating to efficiency, morale, welfare, and readiness of State Active-Duty matters through a process of receiving, inquiring into, and responding to complaints or request for information.

## STATE OMBUDSMAN LINK

- ✓ SAD Pay
- ✓ SAD Entitlements
- ✓ Command and leadership decisions or misconduct
- ✓ Passes
- ✓ Hardships
- ✓ Claims of fraud waste and abuse

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Location: Camp Mabry Building 8, C135, Austin, Texas

Office: 512-782-5834

Mailbox: [stateombudsman@military.texas.gov](mailto:stateombudsman@military.texas.gov)



## Congratulations

## MAY 31ST 2025



We rise by lifting others up.



## Lace Up and Let's Go!

Join your Behavioral Health Team in front of the DFAC at  
1730 on Thursday, May 15th  
for a refreshing evening walk around the FOB Eagle fence line!

### TCOLE 2025 Training Cycle Ends 31 AUG Need a TCOLE Study Buddy?

Open invitation:

Any TCOLE online class you're on.  
Quiet study buddy session in a quiet  
place with PFC Atom.

**May 15<sup>th</sup> & 22<sup>nd</sup>  
1830-1930 in C-05**

[See TCOLE Training Mandates](#)



**DON'T BE AFRAID TO STAND ALONE  
IF IT MEANS PROTECTING YOUR  
FLOCK FROM THE STORM.**

### 7 DAY FORECAST FOR YOUR AREA

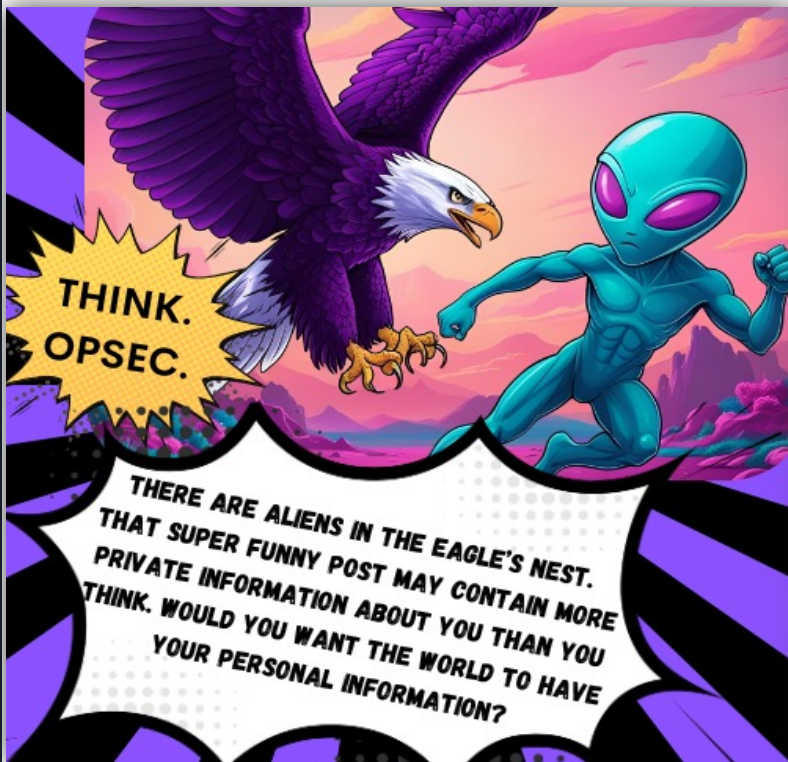
| Thu      | Fri      | Sat      | Sun      | Mon      | Tue      | Wed      |
|----------|----------|----------|----------|----------|----------|----------|
|          |          |          |          |          |          |          |
| 106° 79° | 104° 81° | 100° 79° | 103° 79° | 102° 77° | 104° 77° | 104° 78° |



OLS Rally Point

| PAY DATES FY25 |                 |      |           |  |                    |      |           |
|----------------|-----------------|------|-----------|--|--------------------|------|-----------|
| TASK FORCE     | Period          | Days | Date Paid |  | Period             | Days | Date Paid |
| TF EAGLE/LS    | 30 MAR - 29 APR | 31   | 6-7 MAY   |  | 30 APR - 29 MAY 25 | 30   | 5-6 JUN   |
| TXSG           | 31 MAR - 30 APR | 31   |           |  | 01 MAY - 30 MAY 25 | 30   |           |





**FOB EAGLE TRAINING <<< >>> SPACE IS LIMITED**  
**MAY | JUNE | JULY**  
**TRAINING AREAS ARE FILLING UP**  
 Contact your S3 to reserve the MWR and C-05



### 7 DAY FORECAST FOR YOUR AREA

| Thu      | Fri      | Sat      | Sun      | Mon      | Tue      | Wed      |
|----------|----------|----------|----------|----------|----------|----------|
|          |          |          |          |          |          |          |
| 106° 79° | 104° 81° | 100° 79° | 103° 79° | 102° 77° | 104° 77° | 104° 78° |



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## 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: 0700-1900
- Daily Self-Service: 0700-1600
- *\*10 lbs. per laundry bag. No bag limit.*
- Phone: [512-987-8462](#) (Mayor Cell)

#### **A-04 DINING FACILITY (DFAC)**

Breakfast: 0700-0900

Lunch: 1100-1300

Dinner: 1700-1900

Midnight: 2300-0100

*\*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 (ish)
- Phone: 706-627-4395 SFC Evans

#### **C-05 CONFERENCE ROOM**

- Open 24/7
- Contact the Mayor Cell for reservations.
- Phone: [512-987-8462](#) (Mayor Cell)