



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

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



[Doom: The Dark Ages](#)

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



[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

GUNMAN CONTRACTS
"STAND ALONE"

"Gunman Contracts - Stand Alone" is an action-movie inspired shooter playable both in VR and in Non-VR (First Person). As a professional hitman, the player takes on ruthless forces in the criminal underworld, bringing justice and order in the world beyond the reach of law - one contract at a time.



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 Walking on hard surface, 2.5 mph, <30 lb. load; weapon maintenance, marksmanship training.		Moderate Work Patrolling, walking in sand, 2.5 mph, no load; calisthenics.		Hard Work 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 (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ 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 5th-7th, 2025

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



Open to **ALL** OLS SMS

Building Strong
& Ready Teams

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

Facilitated by CH Goss

Married
OLS Member



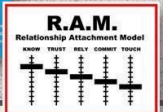
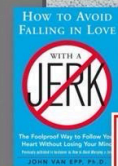
June 5th-7th, 2025

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



Open to **ALL**
OLS SMS

HOW TO AVOID
MARRYING A
JERK
OR
Jerkette



Building Strong
& Ready Teams

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

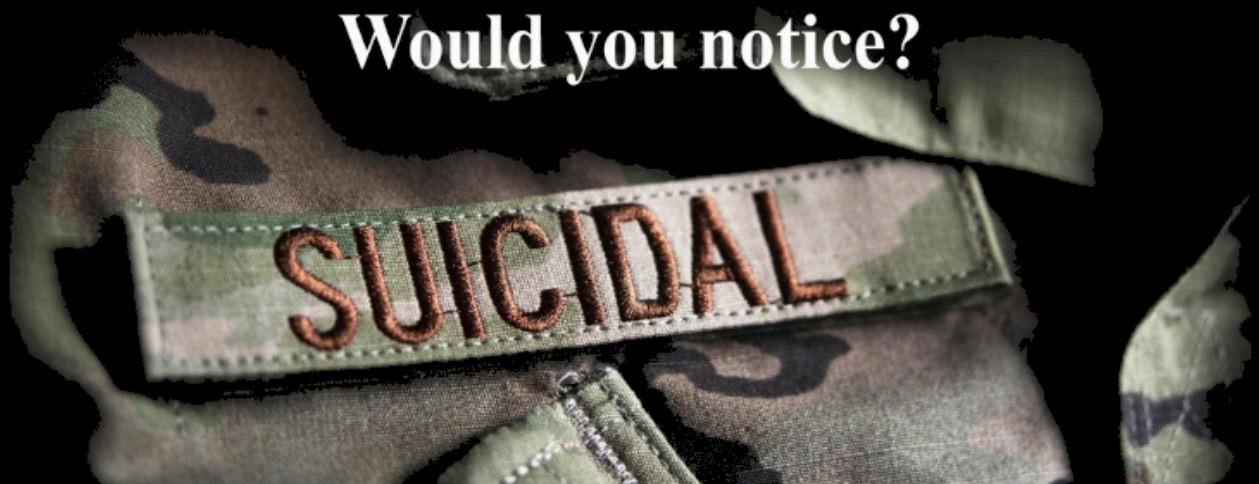
[Click here to get help for yourself or a buddy](#)

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

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

Office: 512-782-5834

Mailbox: stateombudsman@military.texas.gov



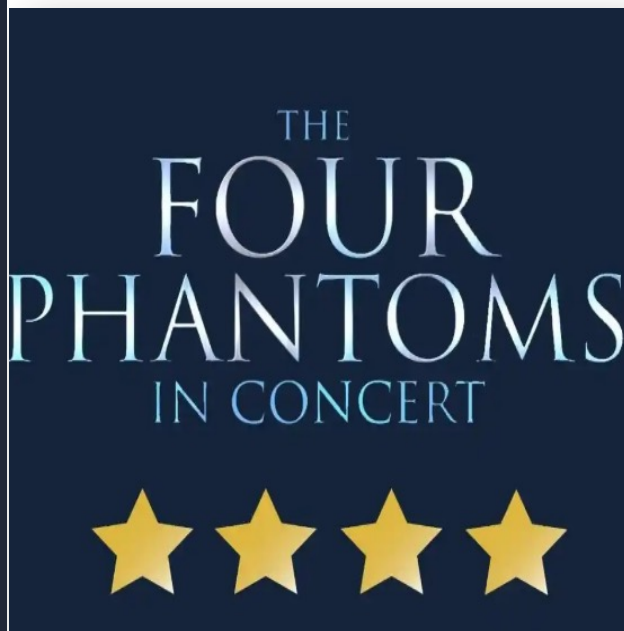
Featuring the posting of our nation's colors by the Marine Corps League Detachment #1456 and live music performances. Enjoy a reception with cake and take part in a car show by Oldies But Goodies American Muscle.

MAY 16TH; The Landmark On Tower – Alamo 159 N Tower Rd, Tx 78516-2521, Alamo, TX; [More Info](#)



Enjoy mouthwatering bites from food trucks and unique arts & crafts vendors. Catch live music by David Gutierrez starting at 8pm.

MAY 17TH; 6-10PM; 10 N. Broadway, McAllen, TX; Cost: Free; [More Info](#)



The Four Phantoms In Concert brings together four Phantoms from the Tony Award-winning The Phantom of the Opera for an unforgettable night of entertainment. Run time: Approx. 2 hours and one intermission.

[Get Tickets](#)



7 DAY FORECAST FOR YOUR AREA

Thu	Fri	Sat	Sun	Mon	Tue	Wed
99° 79°	97° 80°	97° 79°	96° 80°	96° 81°	98° 80°	98° 79°



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	