



Workers Memorial Day

The Central Georgia Federation of Trades and Labor Council and Georgia State AFL-CIO

invite you to the Workers Memorial Day

April 26 at

Lake Tobesofkee. It will be from 1-4 p.m. at the Arrowhead Pavilion, 2800 Arrowhead Dr., Lizella.

Food and drinks will be provided.

Parking is free.

(Tell the guard you are with the AFL-CIO.)



Workers' Memorial Day is observed annually on April 28 to honor workers who have died, been injured, or fallen ill due to workplace conditions and to promote safer work environments.

Also known as International Workers' Memorial Day, it is a global day of remembrance and action for workers who have been killed, disabled, injured, or made unwell by their work. The day emphasizes the preventable nature of most workplace incidents and encourages campaigns, union organization, and advocacy for improved workplace safety. Its slogan, "Remember the dead - Fight for the living," highlights both commemoration and the ongoing effort to protect current workers.

The observance began in 1989 when the AFL-CIO declared the day as a day to honor workers killed or injured on the job. The date was chosen to coincide with the anniversary of the Occupational Safety and Health Act of 1970 and the formation of the Occupational Safety and Health Administration (OSHA) in 1971. In Canada, a similar observance, the National Day of Mourning, was established in 1984 and officially recognized by the Canadian Parliament in 1991.

Workers' Memorial Day is marked by a variety of events worldwide, including speeches, multi-faith services, laying wreaths, planting trees, unveiling monuments, balloon releases, and symbolic displays such as empty shoes representing workers who have died. Organizations, labor unions, and government agencies host awareness campaigns and educational events to promote workplace safety.

Workplace injuries and illnesses have significant social and economic impacts. In the U.S., work-related injuries claimed 5,486 lives in 2022, with millions more suffering nonfatal injuries or chronic occupational illnesses. The societal cost of these fatalities, injuries, and illnesses is substantial, estimated at hundreds of billions of dollars annually when considering medical costs, productivity losses, and pain and suffering. Workers' Memorial Day serves as a reminder of the importance of safety regulations, employer responsibility, and the ongoing need for vigilance in protecting workers.

In memory ...

Richard Flentie
Member since Oct 1999.



SAVE THE DATE

Membership meeting

Local 987 will have a membership meeting May 21 at 5 p.m. It will be held at Union Hall, located at 1764 Watson Blvd. Membership will be verified. You can make updates to your contact information by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

AFGE IDs top priorities for FY27 budget

By AFGE Leadership

Work is under way on developing proposed federal budgets for fiscal 2027.

As we do every year, AFGE has developed detailed issue papers identifying our key legislative priorities this year. Our legislative and political organizers are highlighting these priorities during their regular communications with key congressional committees and their staff.

Our key ask every year is to ensure that our federal agencies have the staffing and resources they need to serve the American public. This year especially, it's critical for Congress to restore staffing and funding for the agencies hit hardest by the Trump administration's war on federal workers - including the Social Security Administration, the Environmental Protection Agency, and the Equal Employment Opportunity Commission.

Here's a look at our top governmentwide legislative asks:

4.1% pay raise for federal workers in 2027

AFGE strongly supports House and Senate legislation that would provide federal employees with a 4.1% pay raise next

year. This increase would be divided between a 3.1% across-the-board raise, as provided for under the 1990 pay comparability law, plus an average 1% raise that would vary by pay locality.

Wages for federal employees aren't keeping pace with the rising cost of living and aren't competitive with what workers could earn outside the federal government for similarly skilled work. Currently there is a 27% pay gap between federal- and private-sector salaries, according to the Federal Salary Council.

The pay raise bill is called the Federal Adjustment of Incomes Rates Act, or FAIR Act for short. The Senate bill, S. 3823, was introduced by Sen. Brian Schatz (D-Hawaii) with 11 original cosponsors. The House bill, H.R. 7480, was introduced by Rep. James Walkinshaw (D-Va.) and currently has 25 bipartisan cosponsors.

Pay raise parity for civil service and military service workers

Congress historically has recognized the principle of providing equal annual pay raises to civil service employees and military service members - acknowledging the vital role both groups of workers have in ensuring our safety and deliv-

4.1 percent pay raise for federal workers

Pay raise parity for civil service, military service workers

Prevent federal worker firings during budget stalemates

ering critical services to the American people.

Unfortunately, the importance of pay raise parity has been ignored in recent years, resulting in federal civilian workers falling further behind their counterparts in not only the private sector but also their peers in the federal government.

President Trump deepened the divide between the haves and have nots when issuing this year's pay increases - providing civil service employees in certain law enforcement positions with a 3.8% increase, matching the raise for military service members, while the rest of the federal civilian workforce received just a 1% across-the-board raise.

AFGE is calling on Congress to resume the longstanding prac-

tice of ensuring equal annual pay raises for all civil service employees and military service members.

Prevent federal worker firings during budget stalemates

The continuing resolution that ended the historic 43-day government shutdown on Nov. 12 contained an AFGE-backed provision, sponsored by Sen. Tim Kaine (D-Va.), prohibiting the Trump administration from issuing reduction-in-force notices to federal employees at any agency that is being funded through a continuing resolution.

AFGE is working closely with Kaine to retain this language in any spending deal to fund the Department of Homeland Security for the rest of the fiscal year.



Earth Day
April 22

Celebrating its 56th year, this year's Earth Day theme, "Our Power, Our Planet," calls for people worldwide to unite behind renewable energy and promote clean electricity.

The day was created to bring communities together to celebrate nature and educate the public on critical environmental issues. It has been celebrated for decades but it is not a federally-recognized holiday, according to Congress.

Earth Day's origins date back to New York, 1970, where part of the largest organized event in American history to date took

place. Over 20 million people participated in events concerning the environment. On this New York street, they are recycling glass and cans.

The first Earth Day was celebrated in 1970 when 20 million people went to inaugural events at schools, universities and other public areas around the country, according to the Library of Congress's website.

In 1969, Democratic U.S. Senator Gaylord Nelson of Wisconsin proposed a series of "teach-ins" at university campuses to raise awareness of environmental threats. He was

joined by Congressman Pete McCloskey (R-CA) and activist Denis Hawyer, according to the World Economic Forum.

McCloskey, a pro-environment, anti-war California Republican who co-wrote the Endangered Species Act and co-founded Earth Day, worked to pass the Clean Air Act in 1970. The Environmental Protection Agency was created the same year after the public demanded cleaner water, air, and land as more disasters caused by climate change and pollution impacted the country.

- Source: Internet

Kaiser Permanente to offer health, wellbeing webinar series

By AFGE Leadership

AFGE is excited to partner with Kaiser Permanente for a series of webinars focused on our health and wellbeing. Join us for this workshop series happening throughout the year!

Review the upcoming workshops and scan the QR code or visit afge.org to sign up.

Finding More Margin in Your Day

April 23
1 p.m.

Discover strategies to lessen time stress, create healthier boundaries, and build more time for yourself throughout the day.

Ready, Set, Goal: Creating Healthy Habits

June 11
1 p.m.

Changing an unhealthy habit to a healthy one can be challenging.

Explore ways to strengthen your motivation to create habits that stick.

The Power of Social Connections and Your Health

Aug. 27
1 p.m.

Learn how the four simple yet profound actions of connecting, sharing, listening, and being of service can make a significant positive impact on your health.



Why Sleep Matters

Oct. 15
1 p.m.

New research uncovers the connection between quality sleep and overall health and well-being.

Learn simple, effective tools to improve your ability to rest, relax, and sleep.

Find Your Joy

Dec. 3
1 p.m.

Discover how positive psychology and practical strategies can nurture your own happiness through practices of kindness, empathy, gratitude, and awe.

Can't make a live class? Register to receive a link to the recording! We look forward to seeing you at an upcoming workshop.



Courtesy photo

Rare lung diseases: Earlier diagnosis, treatment

(StatePoint) Rare lung diseases affect people nationwide, yet many patients go undiagnosed or misdiagnosed for years. One rare lung disease that illustrates the challenges of timely diagnosis is autoimmune pulmonary alveolar proteinosis (aPAP). Like many rare lung diseases, aPAP has no cure, but treatment can help manage symptoms and improve quality of life.

To encourage early diagnosis of rare lung diseases like aPAP, the American Lung Association, with support from Savara, Inc., is sharing these five key points:

1. Symptoms are often common, but the pattern is not. Rare lung diseases like aPAP often have symptoms similar to more common lung conditions, like persistent cough, fatigue, and shortness of breath, especially with exertion. "Part of aPAP is that its symptoms mimic many lung diseases, which means patients get misdiagnosed as having asthma or recurrent pneumonias and the correct diagnosis is often delayed," says Ali Ataya, MD a pulmonologist specializing in rare lung disease.

"However, the distinguishing factor for rare lung diseases is a pattern over time of persistent, worsening symptoms or symptoms that don't respond to standard treatments."

2. Don't wait on persistent or worsening symptoms. If symptoms are not

improving with your current treatment, seeing a pulmonologist or healthcare provider specializing in rare lung diseases is key to getting the correct diagnosis. "A doctor familiar with rare lung diseases will know to look for a specific pattern of symptoms, especially when those symptoms aren't improving with standard treatments like inhalers or antibiotics," says Ataya.

3. Diagnosis often requires specialized testing. Unlike common lung conditions, rare lung diseases often cannot be confirmed with a single test. Diagnosis may involve: a detailed medical history and family medical history, a physical examination and specialized testing. A rare disease specialist will have a better understanding of what specialized tests to order to help diagnose your disease.

Ataya says in the case of aPAP, "Ordering a chest CT scan can reveal telltale signs, such as hazy areas in the lungs known as a 'crazy paving' pattern, while a simple blood test can help confirm the diagnosis."

4. Treatment can help, especially when started early. Many rare lung diseases don't yet have cures; however, treatment may be available to help manage symptoms, slow disease progression and improve quality of life. With rare lung diseases, it is vital to have a tai-

lored treatment plan. A specialist can help get you on the path to targeted medical therapies, specialized procedures, pulmonary rehabilitation and ongoing monitoring to ensure your treatment plan continues to meet your needs.

As a patient living with aPAP, Niki P. advocates for getting treated by a specialist as soon as possible when living with a rare disease, "You need to know about your disease and what the treatments are."

5. Support, education and specialized care make a difference. Living with a rare lung disease can be physically and emotionally challenging. Access to education, support networks and a coordinated care team that specializes in your rare disease is an essential part of long-term management. "You can thrive if you can get the right information from the experts. Don't procrastinate. Learn as much as you possibly can. There's so much available," says Niki.

Early diagnosis starts with awareness. Learn more about rare lung diseases, like aPAP, and find trusted resources and support by calling the Lung HelpLine at 1-800-LUNGUSA.

"If you or someone you know is struggling with unexplained lung symptoms. Don't settle for uncertainty," says Ataya.

Top painting trends for 2026 show DIY isn't slowing down

(StatePoint) What are homeowners focusing on right now? Impactful, affordable upgrades. New research highlights that painting remains one of the most popular home improvement projects expected in 2026, driven by tighter budgets and a desire for lasting design.

The survey, from FrogTape brand painter's tape, found that nearly 60% of homeowners are planning interior paint projects in the year ahead, while over one-third expect to refresh exterior surfaces.

"Painting remains a top priority for homeowners because it offers an affordable, high-impact way to transform interior spaces," says Melanie Canning, director of insights for FrogTape. "DIYers are embracing projects that are creative, yet practical, with timeless color palettes and AI-assisted design choices." Based on the FrogTape research, here's what's ahead:

Affordable Upgrades

Despite a tight financial environment, over 45% of people at the time of the survey had undertaken a project in the past month, and the data indicates that this momentum is expected to continue. Nearly half of respondents agreed that tough economic conditions have influenced their 2026 DIY plans — but they still intend to complete projects, just on a tighter budget.

"When budgets tighten, homeowners become more intentional with their time and money," says Canning. "Painting gives DIYers flexibility to work at their own pace, manage costs and see noticeable results."

Timeless Over Trendy

Homeowners are gravitating toward spaces that feel calm and timeless — 71% agreed that they prefer painting projects that are long-lasting and classic. Despite being fun for the moment, trendy colors, patterns and styles can quickly lose appeal — 44% say they're motivated to repaint because their current space feels outdated. For a classic look, homeowners can opt for neutral walls and add accent colors through accessories like pillows, artwork and candles, which can easily be swapped for different seasons, moods or trends.

"Painting is a simple project in terms of skills, but it requires time and patience. DIYers want to feel like their work is going to pay off for years to come," Canning adds.

Comfort-First Colors



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DIYers are saying goodbye to plain, colorless rooms and hello to warm, inviting spaces. According to nearly half (49%) of survey respondents, stark white rooms are their biggest design "ick." For many (45%), their 2026 design outlook is warm and natural, and they plan to lean into earthy tones like beige, taupe, clay, greens and blues. The ultimate goal for 47% of DIYers is to create calm, relaxing spaces through color. Additionally, "comfortcore" is the most popular design style in 2026. Anyone can achieve "comfortcore" with soft textures and calm colors for a cozy ambiance. Personal preferences aren't the only factor impacting the trend — 65% of respondents are planning their upcoming paint projects for entertaining guests, and 62% agree that their main goal is to make the space feel more inviting, making comfort a key priority.

Tech & Tape

Making home update decisions can be difficult, but modern technologies can help. More than half of people reported using AI to assist with home improvement projects in some capacity, from previewing paint colors to assisting with design decisions and identifying paint trends.

However, even in the age of AI, traditional tools, like painter's tape, remain irreplaceable. Ninety percent of people have used or plan to use painter's tape on recent painting projects. The most common surfaces they tape include trim and baseboards (74%), doors and windows (65%), edges (58%) and walls (49%).

From cozy, comfort-first color palettes to practical room refreshes, DIYers are making meaningful updates that feel both intentional and attainable.

Travel scams - how to protect yourself before you book

Planning a vacation should be exciting, whether you're heading to the beach, taking a cruise, or booking a quick weekend getaway. Unfortunately, scammers know that travelers are often eager to lock in a "great deal," and they use that urgency to their advantage. Each year, thousands of consumers report losing money to travel-related scams involving fake listings, bogus travel agencies, and misleading offers.

The Better Business Bureau urges travelers to slow down, do their research, and recognize the warning signs before making any payments.

One of the most common travel scams involves fake vacation rentals. Scammers copy photos and descriptions from legitimate listings and repost them at a lower price to attract attention. Once a traveler shows interest, the scammer pressures them to send a deposit quickly—often through wire transfer, gift card, or payment apps. After the payment is sent, the listing disappears, and so does the scammer.

Another frequent scheme involves deeply discounted travel packages. You might receive an unsolicited email, social media message, or even a phone call claiming you've "won" a vacation or qualified for an exclusive deal. These offers often sound too good to be true—and they usually are. Scammers may ask for upfront fees, taxes, or "processing costs," promising that the full trip will be delivered later. In reality, the trip either doesn't exist or comes with hidden restrictions that make it unusable.

Travelers should also be cautious when booking flights, hotels, or rental cars through unfamiliar third-party websites. Some fraudulent websites are designed to look nearly identical to legitimate booking platforms. They may even provide confirmation emails and receipts. However, when you arrive at your destination, you may discover that no reservation was ever made.

To protect yourself, the BBB recommends taking a few simple but important precautions:

1. First, research before you book. Look up the company on BBB.org to check its Business



Kelvin Collins

Profile, customer reviews, and complaint history. A quick search can help you identify whether others have reported issues or suspicious behavior.

2. Second, be wary of deals that seem too good to be true. Deep discounts, especially during peak travel seasons, should raise a red flag. Scammers rely on urgency and excitement to push consumers into making quick decisions without verifying the details.

3. Third, always book through reputable sources. Whenever possible, use well-known travel agencies, established booking platforms, or contact hotels and airlines directly. If you're considering a vacation rental, confirm the listing through multiple sources and communicate through official channels.

4. Fourth, use a credit card when making travel purchases. Credit cards often provide additional protections and may allow you to dispute fraudulent charges. Avoid paying by wire transfers, prepaid debit cards, or gift cards, as these methods are difficult—if not impossible—to recover once the money is sent.

5. Fifth, get everything in writing. Legitimate travel providers will give clear details about your reservation, including dates, cancellation policies, and total costs. Be cautious if a seller avoids providing documentation or pressures you to act quickly.

6. Finally, trust your instincts. If something feels off—whether it's a rushed sales pitch, poor communication, or inconsistent information—it's better to walk away than risk losing your money.

Travel scams can turn a dream vacation into a costly adventure, but with a little extra caution, you can avoid becoming a victim. Taking time to verify before you book can save you stress, money, and disappointment down the road.

For more tips on avoiding scams and finding trustworthy businesses, visit BBB.org.

5 ways to shrink your cat's carbon pawprint this Earth Day

(StatePoint) Cats are famously low-maintenance companions. They don't need walks, they entertain themselves, and they're perfectly happy ignoring you for hours at a time. But as any devoted cat owner knows, low-maintenance doesn't mean no impact. From the food in their bowl to the litter in their box, cats leave a measurable mark on the planet.

The good news is that a few small, practical changes can add up to something meaningful — without requiring a lifestyle overhaul or a bigger budget. Here's where to start:

1. Rethink what's in the bowl. Pet food is one of the largest and least-discussed contributors to a cat's environmental footprint. Meat-heavy diets — particularly those built around beef or lamb — carry a significant carbon cost in production. Shifting toward poultry-based or fish-based formulas, or incorporating more vet-approved plant-protein options, can meaningfully reduce the emissions associated with feeding time. Even small adjustments, multiplied across 49 million cat-owning households nationwide, represent a substantial collective impact.

2. Buy in bulk, buy less often. Every trip to the pet store — or every delivery to your door — has a transportation footprint. Consolidating purchases into larger, less frequent orders reduces both packaging waste and the emissions associated with last-mile delivery. It's one of those rare environmental wins that also saves money. Fewer, bigger purchases beat many small ones almost every time.

3. Choose toys that last. The pet toy industry has its own version of fast fashion — cheap, plastic-heavy products designed to be replaced every few weeks. Durable toys made from natural materials like cotton, wool, or sustainably sourced wood last longer, generate less waste, and are often safer for cats who like to chew. One well-made toy beats 10 disposable ones on every metric that matters.

4. Switch your litter. This is the big one. Conventional clay litter is made from sodium bentonite — a material extracted through strip mining that destroys topsoil, disrupts ecosystems, and



Getty Images Plus

never biodegrades once it reaches a landfill. Americans consume 5 billion pounds of it every year, most of it moving through the supply chain at 30 to 40 heavy pounds per household per month.

Lightweight, plant-based alternatives have closed the performance gap entirely.

5. Spay and neuter. It's the oldest advice in pet ownership, and still the most environmentally significant. Every unplanned litter adds animals to a system — shelters, resources, food, waste — that already runs at capacity. Spaying and neutering remains the single highest-impact decision a cat owner can make for the long-term health of both the pet population and the planet.

Small choices, made consistently, add up. This Earth Day, align your love of your cat with your love of the planet.

THE UNION ADVOCATE



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2025 Houston County, Georgia - Annual Water Quality Report
 Feagin Mill 1530021 - Haynesville 1530004 - Henderson 1530005 p 1/6

Is my water safe?

We are pleased to present this year's Annual Water Quality Report (Consumer Confidence Report) as required by the Safe Drinking Water Act (SDWA). This report is designed to provide details about where your water comes from, what it contains, and how it compares to standards set by regulatory agencies. This report is a snapshot of last year's water quality. We are committed to providing you with information because informed customers are our best allies.

Do I need to take special precautions?

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/Centers for Disease Control (CDC) guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the Safe Water Drinking Hotline (800-426-4791).

Where does my water come from?

The Cretaceous Sand Aquifer supplies Groundwater to Houston County Water Systems. The largest system is **The Feagin Mill System (1530021)** with sixteen deep wells and 11 Water Treatment Plants. (WTP's): Woodard, Sandy Run, Sandefur, Quail Run, Dunbar, Elberta, Houston Lake, Hwy 96, Piney Grove, Lakeview, and Bear Branch. **The Henderson System (1530005)** is served by the Henderson and Hodge Road WTP's and their respective wells. **The Haynesville System (1530004)** also has two WTP's: Haynesville and Pyles Road, each with their own well. The Haynesville system now also serves the Elko Community.

Source Water Assessment and its availability.

Water sources are inspected on a schedule determined by the Georgia Environmental Protection Division (EPD). To obtain information concerning

the latest report available, contact John Bell, or Matthew Scott M-F 9:00 - 5:00, at the Houston County Lakeview Water Treatment Facility, located at 1601 Feagin Mill Road, Warner Robins, GA 31088, (478) 953-1110.

Why are there contaminants in my water?

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's (EPA) Safe Drinking Water Hotline (1-800-426-4791). The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it dissolves naturally occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity: microbial contaminants, such as viruses and bacteria, that may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife; inorganic contaminants, such as salts and metals, which can be naturally occurring or result from urban stormwater runoff, industrial, or domestic wastewater discharges, oil and gas production, mining, or farming; pesticides and herbicides, which may come from a variety of sources such as agriculture, urban stormwater runoff, and residential uses; organic chemical contaminants, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban stormwater runoff, and septic systems; and radioactive contaminants, which can be naturally occurring or be the result of oil and gas production and mining activities. In order to ensure that tap water is safe to drink, EPA prescribes regulations that limit the amount of certain contaminants in water provided by public water systems. Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same protection for public health.

How can I get involved?

The Houston County Commissioners meet on the 1st and 3rd Tuesdays of each month. Additional information regarding these meetings can be obtained by calling (478) 542-2115. Your participation is welcome.

Additional Information for Lead

County Water Systems have no lead service Lines to date. Evaluation of materials are being done by Houston County Public Works employees in collaboration with Carter and Sloope and 120Water. See the chart of service lines below as of 2/26/2026:

LSL Inventory	1530021	1530004	1530005	All
Connections	19,063	687	464	20,214
Lead	0	0	0	0
Non-Lead	14,429	388	251	15,066
Galvanized	11	0	3	14
Unknown	4,623	299	210	5,134

The link below displays more information on-line concerning the lead service line inventory. A blue link at the top of that on-line page goes to an enlargeable map showing the addresses already submitted to the EPA/EPD. On the on-line page at the link below, click the Search Icon to enter an address. <https://www.houstoncountyga.gov/business/servicelineinventory.cms>

Water Quality Data Table

In order to ensure that tap water is safe to drink, EPA prescribes regulations which limit the amount of contaminants in water provided by public water systems. The table below lists all of the drinking water contaminants that we detected during the calendar year of this report. Although many more contaminants were tested, only those substances listed below were found in your water. All sources of drinking water contain some naturally occurring contaminants. At low levels, these substances are generally not harmful in our drinking water. Removing all contaminants would be extremely expensive, and in most cases, would not provide increased protection of public health. A few naturally occurring minerals may actually improve the taste of

drinking water and have nutritional value at low levels. Unless otherwise noted, the data presented in this table is from testing done in the calendar year of the report. The EPA or the State requires us to monitor certain contaminants less than once per year because the concentrations of these contaminants do not vary significantly from year to year, or the system is not considered vulnerable to this type of contamination. As such, some of our data, though representative, may be more than one year old. In this table you will find terms and abbreviations that might not be familiar to you. To help you better understand these terms, we have provided the definitions below the table.

2025 CCR – THE FEAGIN MILL WATER SYSTEM 1530021 p 3/6

Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Detect In Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
DISINFECTION AND DISINFECTION BYPRODUCTS (There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Chlorine (as Cl2) (ppm)	4	4	1.0 (Avg.)	.64	1.22	2025	No	Water additive used to control microbes
Haloacetic Acids and Total Trihalomethanes were not detected.								
INORGANIC CONTAMINANTS								
Fluoride (ppm)	4	4	.96	.7	.96	2025	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate [measured as Nitrogen] (ppm) 11 Tests	10	10	3.0	ND	3.0	2025	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
MICROBIOLOGICAL CONTAMINANTS – Total Coliform and Escherichia Coli								
Total Coliform (RTCR) (% positive samples/month)	0	5% of monthly samples are positive.	1.1	ND	1.1	2025	No	Naturally present in the environment
E. coli – none of Total Coliform samples were positive for E. coli.	0	EC+ or Failure to monitor after TC+ &/or EC+	0	0	0	2025	No	Human and animal fecal waste
RADIOLOGICAL CONTAMINANTS (pCi/L)								
Combined Radium 226/228	0	5	4.81	0	4.81	2024	No	Erosion of natural deposits
Gross Alpha	0	15	8.83	0	8.83	2024	No	Erosion of natural deposits
VOLATILE ORGANIC CONTAMINANTS								
No VOC contaminants were detected in 2025.	0	5	ND	NA	NA	2025	No	Discharge from industrial chemical factories.
LEAD AND COPPER CONTAMINANTS – The next samples are scheduled for analysis in 2027.								
Copper - action level at consumer taps (ppm)	1.3 ppm	1.3 ppm	90th % 0.11 ppm	0.007 ppm	0.74 ppm	2024	No	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems
Lead - action level at consumer taps (ppb)	0 ppb	15 ppb	90th % 0 ppb	0 ppb	12.0 ppb	2024	No	Corrosion of household plumbing systems; Erosion of natural deposits
PFAS (Per & Poly Fluoro Alkyl Substances)								
We sampled 3 Entry Points for PFAS analytes in 2023 and 2024 during UCMR5 monitoring and there were no detections. In 2025, we completed the initial monitoring for PFAS for the remaining 8 entry points. There was only one detection for PFOA (Perfluorooctanoic Acid) which was 1.6 ppt and below the EPA RL of 2.0 ppt, and the MCL of 4.0 ppt.								

2025 CCR THE HAYNESVILLE WATER SYSTEM – 1530004 p 4/6								
Contaminants	MCLG or MRDLG	MCL, TT, or MRDL	Detect In Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfection By-Products (There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants)								
Chlorine (as Cl2) (ppm)	4	4	1.05 (Avg.)	0.75	1.24	2025	No	Water additive used to control microbes
Haloacetic Acids (HAA5) (ppb)	NA	60	ND	NA	NA	2025	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	ND	NA	NA	2025	No	By-product of drinking water disinfection
Inorganic Contaminants								
Fluoride (ppm)	4	4	.68	.68	.68	2025	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate (ppm) Nitrite (ppm)	10	10	ND	NA	NA	2025	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Copper-Action level at consumer taps (ppm or mg/L)	1.3 ppm	1.3 ppm	90% .29 ppm	.10 ppm	.95 ppm	2025	No	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems
Lead - action level at consumer taps (ppb or ug/L)	0 ppb	15 ppb	90% 1.5 ppb	0 ppb	2.3 ppb	2025	No	Corrosion of household plumbing systems; erosion of natural deposits
Microbiological Contaminants								
Total Coliform (RTCR)	0	NA	0	NA	NA	2025	No	Naturally present in the environment
E. Coli	0	TT	0	NA	NA	2025	No	Human and animal fecal waste
Radiological Contaminants (pCi/L)								
Gross Alpha excluding Radon and Uranium	0	15	3.18	3.18	3.18	2025	No	Erosion of natural deposits
PFAS (Per & Poly Fluoro Alkyl Substances)								
Both Entry Points for the Haynesville Water system were sampled on February 3 and June 24, 2025. They were sent to the EPD Lab for analysis. No PFAS analytes were detected in any of the samples (ND).								

2025 CCR THE HENDERSON WATER SYSTEM 1530005 p 5/6								
Contaminants	MCLG or MRDLG	MCL, TT or MRDL	Detect In Your Water	Range		Sample Date	Violation	Typical Source
				Low	High			
Disinfectants & Disinfection By-Products								
Chlorine (as Cl2) (ppm)	4	4	1.03	0.68	1.28	2025	No	Water additive used to control microbes
Haloacetic Acids (HAA5) (ppb)	NA	60	ND	NA	NA	2025	No	By-product of drinking water chlorination
TTHMs [Total Trihalomethanes] (ppb)	NA	80	ND	NA	NA	2025	No	By-product of drinking water disinfection
Inorganic Contaminants								
Fluoride (ppm)	4	4	.84	0.79	.84	2025	No	Erosion of natural deposits; Water additive which promotes strong teeth; Discharge from fertilizer and aluminum factories
Nitrate/Nitrite (ppm)	10	10	.207	0	.207	2025	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Copper-Action level at consumer taps (ppm or mg/L)	1.3 ppm	1.3 ppm	90% .22 ppm	.009 ppm	.23 ppm	2025	No	Erosion of natural deposits; Leaching from wood preservatives; Corrosion of household plumbing systems
Lead - action level at tap (ppb or ug/l)	0 ppb	15 ppb	90% 2.5 ppb	0 ppb	2.5 ppb	2025	No	Corrosion of household plumbing systems; erosion of natural deposits
Volatile Organic Compounds								
The 2025 VOC Analytes were not detected in the 2025 sample.								
Microbiological Contaminants								
Total Coliform (RTCR)	0	NA	0	NA	NA	2025	No	Naturally present in the environment
E. Coli	0	TT	0	NA	NA	2025	No	Human and animal fecal waste
PFAS (Per & Poly Fluoro Alkyl Substances)								
Both Entry Points for the Henderson Water system were sampled on January 28 and June 24, 2025. They were sent to the EPD Lab for analysis. No PFAS analytes were detected in any of the samples (ND).								

CCR UNIT DESCRIPTIONS AND TERMS p 6/6	
Unit Descriptions	
Term	Definition
NA	NA: not applicable
ND	ND: Not detected
NR	NR: Monitoring not required but recommended.
pCi/L	% positive samples/month: Percent of samples taken monthly that were positive
positive samples	positive samples/yr: The number of positive samples taken that year
ppb (= ug/L)	Ppb: parts per billion, or micrograms per liter (ug/L)
ppm (= mg/L)	ppm: parts per million, or milligrams per liter (mg/L)
ppt (=ng/L)	ppm: parts per trillion, or nanograms per liter (ng/L)

Important Drinking Water Definitions	
Term	Definition
90th Percentile	90th Percentile. Compliance with the lead and copper action levels is based on the 90th percentile lead and copper levels. This means that the concentration of lead and copper must be less than or equal to the action level in at least 90% of the samples collected
AL	AL: Action Level: The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
EC	EC; Escherichia coli (A Fecal bacteria)
J	Estimated concentration is above the Method Detection Limit, and below the adjusted Reporting Limit.
LSLI	Lead Service Line Inventory
MCL	MCL: Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
MCLG	MCLG: Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.
MNR	MNR: Monitored Not Regulated
MPL	MPL: State Assigned Maximum Permissible Level
MRDL	MRDL: Maximum residual disinfectant level. The highest level of disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MRDLG	MRDLG: Maximum residual disinfection level goal. The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
MRL	Method Reporting Limit
RL	Analytes below the Reporting Level do not have to be reported.
RTCR	RTCR: Revised Total Coliform Rule
TC	TC: Total Coliform (Bacteria group)
TT	TT: Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.
U	Analyzed for, but not detected at or above the Method Detection Limit (MDL)
Variances and Exemptions	Variances and Exemptions: State or EPA permission not to meet an MCL or a treatment technique under certain conditions.

For More Information, contact John D Bell or Matthew Scott
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Meet the *Red Kiwi* Everyone's Talking About This Spring

FEATURE IMPACT

While spring may be a season of fresh starts, your reset doesn't have to include a closet clean-out or juice cleanse. Sometimes the easiest upgrade is simply adding something new, fresh and unexpectedly delicious to your plate – and when something as unique and exciting as a red kiwi hits stores, it's the kind of spring discovery you have to try. Enter Zespri RubyRed Kiwifruit, the berry-sweet seasonal fruit dietitians are already excited about, and one you'll only find in stores for a limited time this spring. With its naturally vibrant ruby-red center and sweet flavor that tastes like a cross between a kiwi and berries, it's quickly becoming one of the most talked-about fruits in the produce aisle. Beyond its striking color, it delivers antioxidant vitamin C along with anthocyanins – the beneficial plant nutrients that naturally give red fruits their signature hue.

Plus, it makes it easy for families to add more whole-fruit nutrition to everyday routines. Naturally sweet and simple to prepare, it's a kid-friendly snack parents can feel good about serving on its own or adding to breakfast bowls, lunchboxes and quick spring recipes.

Registered dietitian Lauren Manaker said it's exactly the kind of simple upgrade people are looking for this time of year.

"I love recommending foods that make healthy choices feel effortless, and Zespri RubyRed Kiwifruit is a great example," Manaker said. "It's naturally sweet, visually beautiful and a nutrient-dense fruit that delivers antioxidant vitamin C in every bite. Adding foods like kiwi to your routine is an easy – and delicious – way to boost the overall nutritional quality of your day."

Forget restrictive resets. Adding one colorful, crave-worthy fruit to your routine can be a smarter – and more enjoyable – place to start.

Simple Ways to Enjoy Kiwi This Spring

Easy to enjoy on its own – just slice and scoop – RubyRed Kiwifruit also makes everyday meals a little more special.

For a quick breakfast or snack, try layering sliced kiwi into a yogurt parfait with Greek yogurt and granola. The berry-sweet flavor pairs perfectly with creamy textures and adds a refreshing seasonal twist.

Or finish a warm spring day with Red Kiwi Ice Pops. Blended with fruit juice and frozen with fresh slices of kiwi, they're simple, colorful treats that feel just as fun for adults as they do for kids.

A Seasonal Find Worth Grabbing While You Can

Part of the excitement: it isn't around for long. This limited-time seasonal fruit is available in stores nationwide through May, so it's one you'll want to grab while you can.

Visit Zespri.com/RubyRed to find a store near you and explore more recipes before the season ends.



Learn more about this limited-time seasonal fruit.

Red Kiwi Ice Pops

**4 Zespri RubyRed Kiwifruit, peeled
pineapple juice (or fruit juice of choice)**

Dice three kiwis into small cubes. Thinly slice remaining kiwi and reserve. In blender, blend kiwi cubes and pineapple juice until smooth. Put sliced kiwi in ice pop mold and pour juice mixture over top. Freeze until chilled.



Red Kiwi Yogurt Parfait

**2 Zespri RubyRed
Kiwifruit
1 cup Greek yogurt
1/3 cup nutty granola**

Dice one kiwi and thinly slice one.

In bottom of tall glass, layer 1/4 cup yogurt, kiwi and granola. Continue layering with remaining ingredients.



Sheet pan pizza frittata - a fast, frugal dinner that feels like a treat

Photo and story by
Patti Diamond
King Features Syndicates

Is it pizza for breakfast or breakfast for dinner? It's part frittata, part pizza and all quick weeknight cooking.

This is one of those meals that solves a lot of problems. It's ready in about 30 minutes and works just as well for brunch or lunch as it does for dinner. It's naturally gluten-free, lower in carbs and far less expensive than takeout. And if you happen to have leftovers, you're in luck.

What I love most about this recipe is how flexible it is. You can use just about any vegetables you have on hand. Mushrooms, onions and bell peppers are a great starting point, but zucchini, spinach or tomatoes work beautifully too.

**SHEET PAN PIZZA
FRITTATA SUPREME**

Yield: 4 to 6 Servings

Total Time: 30 minutes

12 large eggs

1/3 cup half and half, cream or whole milk

1 1/2 teaspoons Italian seasoning, divided

1 teaspoon kosher salt, divided

1/2 teaspoon black pepper,

divided

1 tablespoon olive oil
8 ounces mushrooms, sliced
1/2 cup diced yellow onion
1/2 cup diced bell pepper
1/2 teaspoon garlic powder
1/2 cup pizza sauce (store-bought or recipe below)

8 slices pepperoni
1 cup (4 ounces) mozzarella cheese, shredded

Preheat the oven to 425 F. Lightly coat a quarter sheet pan (or a 9x13-inch baking dish) with cooking spray.

In a large bowl, whisk together the eggs, cream or milk, 1/2 teaspoon Italian seasoning, 1/2 teaspoon salt and 1/4 teaspoon pepper until well combined. Set aside.

Warm the olive oil in a skillet over medium-high heat. Add the mushrooms, onion and bell pepper along with the remaining Italian seasoning, garlic powder, salt and pepper. Cook, stirring occasionally, until the vegetables are softened and lightly browned, about 5 to 7 minutes.

Spread the cooked vegetables evenly over the prepared pan. Pour the egg mixture over the top and place in the oven. Bake for 9 to 10 minutes, or until the eggs are mostly set.

Remove the pan from the oven and switch the oven to broil.

Spoon the pizza sauce over the eggs, then scatter the pepperoni and mozzarella on top. Return to the oven and broil for about 2 minutes, or until the cheese is melted and bubbly and the eggs are fully set.

Serve this with a quick salad and maybe a slice of warm crusty bread, and you've got a complete meal that feels a little special without requiring much effort at all.

**PETITE PORTION PIZZA
SAUCE**

Yield: About 3/4 cup
Prep Time: 20 minutes
1 (8-ounce) can tomato sauce
1 teaspoon garlic powder
1 teaspoon Italian seasoning
1 teaspoon sugar

Line a fine-mesh strainer with a coffee filter (a paper towel works in a pinch) and set it over a bowl. Pour in the tomato sauce and let it drain for about 15 minutes, or until noticeably thickened.

Transfer the thickened sauce to a small bowl. Stir in the garlic powder, Italian seasoning and sugar until well combined. Use immediately or cover and refrigerate until ready to use.

A baking pan, a dozen eggs and a few simple odds and ends -- that's all it takes to turn what you have on hand into something perfectly delicious.

Bake a fresh apricot buckle

Photo and story by Donna Erickson
King Features Syndicate

Juicy, slightly tart, ripe apricots in a butter cake, often referred to as a buckle, is a treat for dessert. Shop for ripe apricots with your young kids, letting them count up to 5-7 (depending on size) for this recipe, or let them weigh about 1 1/4 pounds' worth. Look for firm fruit that gives under light pressure.

When you return home, wash the apricots and gather ingredients. While you wait for the butter to come to room temperature, your school-aged child may zest a lemon, and another may butter and flour the pan while you slice the fruit. Now everything will be ready to go together in a snap!

FRESH APRICOT BUCKLE

Makes 9 large servings

-- 1 1/2 cups

all-purpose flour

-- 1 teaspoon

baking powder

-- 1/4 tea-

spoon ground

nutmeg

-- 1/4 tea-

spoon salt

-- 1 cup

unsalted butter,

at room tem-

perature

-- 1 cup gran-

ulated sugar

-- 2 large eggs

-- 1 1/2 tea-

spoons grated

lemon zest

--1/3 cup milk

-- 3 cups firm,

ripe apricots, pit-

ted and cut into

1/3-inch wedges

Topping:

-- 1 tablespoon sugar

-- 1/2 teaspoon ground cinnamon

-- Powdered sugar (optional)

To prepare oven, pan: Preheat oven to 325 F. Butter an 8-inch square glass baking pan. Dust with flour, knocking out any excess. Set aside.

To make cake batter: In a medium bowl, let your child measure and combine flour, baking powder, nutmeg and salt. Set aside.

In the bowl of an electric mixer, beat butter and 1 cup sugar at high speed until smooth and light. Add eggs one at a time, beating well after each addition. Beat in lemon zest. Stir half of flour mixture into batter mixture. Add milk. Gently stir in remaining flour mixture, only until blended and smooth.

To arrange apricots: Spoon batter into prepared pan. Smooth the top with a spatula. Arrange apricot slices, slightly overlapping in rows or decoratively over the batter. Combine 2 tablespoons sugar and cinnamon. Sprinkle over batter and apricots.

To bake cake: Bake for 45-50 minutes until golden and until toothpick inserted in center comes out clean. Cool on wire rack.

To serve: Slice. Serve warm or at room temperature. Dust with powdered sugar, if you wish.

Shopper's note: Firm ripe plums can be substituted for apricots.

