

THE UNION ADVOCATE

Local 987

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K-P on elevating mental fitness

By **DON MONCRIEF**
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The five “Rs”.
They are a model you can use to reduce stress and have a healthier mentality. That is according to Senior Labor Leader for Kaiser Permanente Alicia Loncar who presented them recently during AFGE’s webinar Elevating Mental Fitness in the Workplace: The Power of Prevention & Early Intervention.

The five Rs are: Resourcing and role modeling. Routine. Relationships. Rest and reflection. Recognition.

“Supporting mental health continues to be real challenge with people,” Loncar said before getting to the five Rs. “It’s been five years since the pandemic. Covid was a turning point for people as far as mental health is concerned.

“I think it allowed an opportunity for people to really address mental health. It became a topic people really began talking about. In many ways Covid does seem like it was a long time ago and it seems like a lot of things have happened. And we continue to sort of be in a crisis mode. Many people are struggling. And what do you do in a crisis? You react. Health systems, employers, even individuals have been in reactivity mode.

“And it’s understandable. But it doesn’t help us move through the health crisis. The call to action now is to shift from a reactive stance and get into a proactive approach. And to build a culture that supports good health, good mental health. This requires transformation individually. All of us as individuals. But also, at the organizational level. And I do recognize there are challenges at the federal level. You are dealing with a lot of uncertainty, dealing with a lot of changes in policy and also dealing with a little chaos.

“So, it’s difficult but you are in a union, and unions can create environments and just sharing with your colleagues, you can help in a lot of ways.”

Loncar went on to say that according to a survey 90% of workers said it was important to them to work for an organization that valued emotional and psychological well-being. In another survey, 81% of those polled said when they’re job hunting, they look for workplaces that support mental health.

“So, it’s clear mental health is important.”

Loncar went on to say

See FITNESS, page 2

The five “Rs”

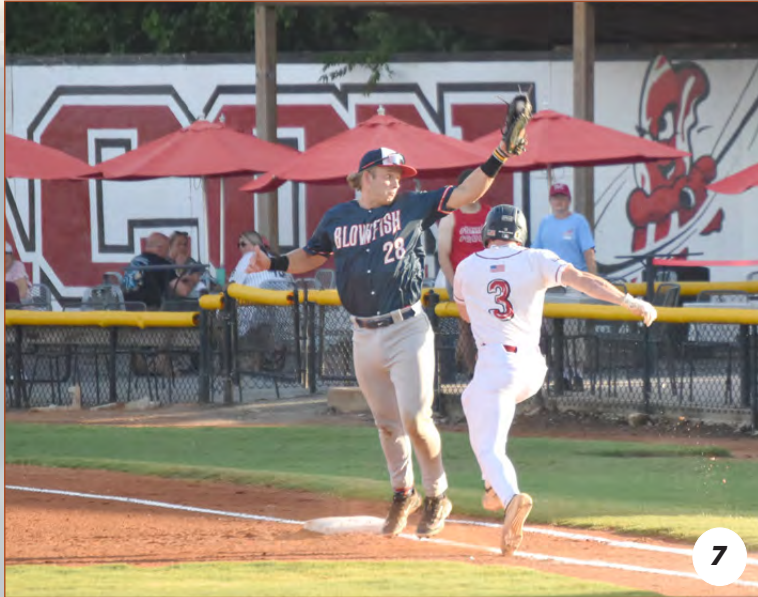
The model for a better you

Resourcing and role modeling
Routine
Relationships
Rest and Reflection
Recognition

BR
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Macon Bacon - these seats are taken

AFGE Local 987 were special guests of the Macon Bacon when they hosted Lexington County July 20. The score was 2-2 after one and remained that way until the third where the Bacon took over for good. They scored one that inning, four in the fourth, two in the fifth, two in the seventh and four in the eighth to go on to a 15-8 win over the Blowfish. Photos clockwise: 1) AFGE Local 987 Acting Vice President James Watson sits with his family members: Courtney, Jordan and Jenesis. 2) A view from of the stands. 3) A glimpse of the program. 4) AFGE Local 987 Trustee/Treasurer Jeanette McElhaney and her nephew Javontae enjoy the festivities. 5) Macon’s starting pitcher delivers to the plate. 6) David and Linda Baxter also enjoy the event. 7) A Bacon runner reaches base safely thanks to an errant throw. (AFGE Local 987 photos by Don Moncrief)



SPECIAL: The War Horse

My little sister is deployed in the Middle East. Her base was hit

With text and calls, two sisters stay connected through a spreading war zone

By KAREN MARKS
The War Horse

My little sister has been in the military for 19 years, serving in Germany, U.S. territories, South Carolina, and elsewhere. Since February, she’s called a base in the Middle East home.

I’ve known her location and her proximity to danger for months, but it had felt like she wasn’t really there. Iran seemed intent on attacking bases other than hers, and American casualties were rare. Our conversations were often about how bored she was. The lousy food. How unbearable the heat and the flies are.

Sometimes I send her articles and ask if what I’m reading about is happening near her. If she answers, it’s usually to tell me not to believe everything I see. But she doesn’t tell me much. She doesn’t want me to worry and can’t tell me information she’s not authorized to share. There are many reasons; none of them let me sleep better at night.

My sister and I couldn’t be more different. Growing up, I cared about good grades, college, and building a fairly traditional life, whereas she spent high school partying and then working while she figured out her path.

When we were young, our differences created distance in our relationship, but when my sister joined the Air Force—creating an actual, physical distance—it somehow brought us closer.

We haven’t lived in the same state in almost 20 years, but we talk and text almost every day. When she’s on leave from the military, it’s at my house. We’re now as close as two sisters can be. When her spouse suddenly died two years ago, I was in the car almost immediately, driving 13 hours to be with her.

It wasn’t until she was badly injured by a drunk driver while stationed overseas that I learned what it’s like to worry about her from so far away.

She was supposed to be home by Memorial Day. “Start looking for a lake house,” she told me. It made no sense without firm dates, but I still looked. Then Memorial Day passed, as did the next anticipated date in June. Now her departure date is at the end of August. But we both know that date isn’t any



Karen Marks, left, with her little sister at Easter. Her sister is currently deployed to the Middle East, and the two talk or text nearly every day. (Photo courtesy of the author.)

more real than the others.

On a Monday in July, I texted her a picture of the French toast I had cooked. She responded with a funny GIF and told me to fuck off because she’s tired of rice. She sent me a picture of some gray hair she found and I sent her a picture of mine. This is what middle-aged sisters send each other when they’re 6,000 miles apart.

Later that week, she video called me at 7:30 p.m. my time. It was 2:30 a.m. for her, and so dark that I could barely make out her helmet and vest. She calmly told me her base had just been hit. Her friend was in the dorm that was struck. He survived, but she didn’t know much more.

She turned around the camera for the briefest of moments to show me the dark sky and the pinkish-purplish smoke. She had heard over the radio that there were casualties.

The distance is not new, but the worry is different now. A few days ago, my sister was merely danger-adjacent. Now she has survived an attack on her base that killed three Americans. My heart and my concentration are gone. My phone’s primary use? News alerts and texts from my sister.

I don’t want to constantly ask if she’s alive. That’s morbid. But I need to know that she’s alive.

I recently asked her if she was scared. In 19 years of service, it was the first time I ever asked her that.

“Yes, of course,” she wrote back. “Anyone saying different is lying.”

The news cycle is very slow. I knew what happened for almost 24 hours before it was in the media. So I scrolled through TikTok looking for something funny to send her—because when she hears it, I know that she’s OK.

Here in the United States, we debate this war in the abstract—whether the Iranian regime is evil, if we should even be there, whether this administration made the right call.

My sister doesn’t get the abstract version. So I will keep sending her pictures of my food, the dogs, and funny TikTok videos—so she knows how much she is loved, and I know that she’s still there.

This War Horse Reflection was edited by Kim Vo, fact-checked by Trey Strange, and copy-edited by Mitchell Hansen-Dewar.

Summary of AFGE lawsuits against Trump, how litigation works

By AFGE Leadership

Since taking office in January 2025, President Trump has issued a series of unlawful executive orders and taken other unlawful actions seeking to shut down congressionally mandated agencies, fire and displace federal workers, outlaw their unions, and gut merit systems protections.

In response, AFGE and its allies have filed more than a dozen federal lawsuits challenging these actions. AFGE and its partners have secured multiple preliminary injunctions, reversing actions and stopping plans that would harm federal employees.

While some of AFGE’s injunctions have been paused by higher courts, AFGE’s successes have resulted in potentially hundreds of thousands of jobs being saved.

AFGE’s efforts, and those of its partners and other organizations fighting for federal employees, have only been possible because of our members, leaders, and activists. Members not

only help fund and fuel the litigation but provide essential information and stories that show the courts and the American people how egregious and unlawful this administration’s actions have been. Together, AFGE members have been fighting, and will continue to fight, for all federal employees’ rights and for all Americans.

Stay connected: Follow these cases closely and sign up for AFGE action alerts for updates.

1. Collective Bargaining Executive Order

AFGE v. Trump, No. 3:25-cv-03070 (N.D. Cal.)

On March 27, 2025, President Trump signed Executive Order 14251, “Exclusions from Federal Labor-Management Relations Programs,” frivolously designating over a dozen federal agencies as performing “intelligence, counter-intelligence, investigative, or national security work” and stripping collective bargaining

See LAWSUITS, page 3

Save money, avoid scams this back-to-school season

As students and families prepare for a new school year, back-to-school shopping is once again in full swing. From school supplies and laptops to clothing, dorm essentials, and electronics, families are expected to spend hundreds or even thousands of dollars preparing for the first day of class.

Unfortunately, scammers know this is one of the busiest shopping seasons of the year and are ready to take advantage of bargain hunters.

Online shopping continues to be the preferred option for many consumers because of its convenience and the ability to compare prices quickly. However, fake websites, fraudulent social media advertisements, counterfeit products, and phishing scams are becoming increasingly sophisticated. A deal that appears too good to be true often is.

Many online shopping scams begin with advertisements on social media or search engines promoting steep discounts on popular brands. Consumers may pay for merchandise that never arrives, receive counterfeit or poor-quality products, or discover later that their payment information has been compromised. Some scammers even create websites that closely resemble legitimate retailers, making it difficult to tell the difference.

Before clicking “Buy Now,” take a few extra minutes to verify that you’re dealing with a legitimate business. Those few minutes could save you hundreds of dollars and a great deal of frustration. Better Business Bureau offers the following tips to help you save money and avoid scams this back-to-school season:

Take inventory before shopping

Before heading to the store or shopping online, check closets, desks, backpacks, and storage bins for unused school supplies. You may already have notebooks, calculators, folders, or other essentials left over from previous years.

Compare prices before you buy

Don’t assume the first sale is the best deal. Compare prices at multiple retailers, both online and in stores. Many retailers offer price matching, student promotions, or tax-free shopping events.

Research expensive purchases

If you’re purchasing a laptop, tablet, printer, or other costly item, spend time researching the brand, warranty, customer reviews, and return policy. If shopping for college dorm items, verify that the school allows the appliance or electronics before making the purchase.

Ask about student discounts

Many retailers, software companies, wireless providers, and streaming services offer discounts for students and educators. A valid student ID or .edu email address may qualify you for significant

FITNESS

From page 1

that within the past two years she had heard a lot about burnout in workplaces. Many have experienced it, she said, including colleagues and family.

To that end, she defined it. “Burnout is not caused entirely by having a stressful work environment. Or having too many responsibilities. It can be experienced by anyone and it’s all about having prolonged levels of chronic stress and pressure which can lead to you feeling overwhelmed by demands at work or at home. And a lot of times you feel fatigued and tired. Those are some of the symptoms.

“And why does this happen? Having unfair or inequitable treatment at work. Employees who feel they are treated unfairly are two times more likely to experience burnout. Unfair treatment from favor (to others) or mistreatment from a coworker or supervisor to policies. Unimaginable workload. That can really stress you out. Especially if it’s demanding and unsustainable. Lack of role clarity. Not knowing what you’re supposed to do. That can be very exhausting.”

Loncar said they have done studies that show that 40 percent of people don’t have an understanding of their role.

“So that’s something management needs to work on. And that’s why communication is so important. Employees who feel like they are supported by their managers are 70 percent more likely to not experience burnout. So really good communication is important. And not just managers, but communication among yourselves can help.

“Then unreasonable pressure (is a contributor). If employees say they have time to get their work done, they are 70 percent less likely to experience burnout.”

Symptoms of burnout include some of what you may or may not expect: muscular, skeletal pain, headaches, trouble sleeping, being irritable, depression, absenteeism, pre-absenteeism – where you show up, but you’re really not there; disengaged – job dissatisfaction, decreased productivity, diabetes.

Mental fitness, she went on by definition, she said is a combination of activities, habits and attri-

butes that contribute to overall health and wellness.

“Just like if you want physical health, you’ve got to go to the gym or get outside, get active and that will help prevent health risks. Mental fitness is the same thing and it’s going to help our emotions. It’s like exercising our mind to improve our cognitive ability, our resilience and our ability to manage our emotions.

“When getting physically fit, you’re not going to be strong every day. Some days you’re strong. Some days you are not. I think it’s true of physical fitness that not every day is the same.

“And so, it’s about building a resilient mind that can adapt and survive. And by encouraging a mindset of daily habits that strengthens mental resilience and fitness to prevent health issues and decreasing absenteeism and those things and promotes mental health.”

Loncar said it was important at that point to define what a psychologically safe work environment looked like. One, where you feel safe to speak up, she said. A “speak up culture,” where you’re comfortable about talking about mental health issues if you choose to. Or even just expressing an opinion.

“You’re treated with dignity and respect. You have a healthy life/work balance. You feel both heard and seen. It’s a sensible one. You know what your job is. You know what your responsibilities are. You feel appreciated, recognized and valued and you know how to rapport when you need it.

“Management has a huge role in this,” she went on, “but it’s also something you can advocate as a union and do better. And also, some of these things you can do amongst your coworkers, like definitely recognizing and showing appreciation. Doing that.”

Having a psychologically safe environment is important, she continued. That is sort of a building block to mental fitness, she said.

That in turn brought her to the five “Rs”.

First, “Resourcing and Role modeling”. “Seventy-one percent of HR (human resources) professionals say their benefit programs are not fully utilized and only 35 percent feel their efforts affect and support mental health.

“So, in a lot of ways, it’s about awareness. Are people aware of what is avail? Do you



Kelvin Collins

savings.

Shop smart online

When shopping online:

■ Verify the website address begins with https:// and displays a secure lock icon.

■ Look carefully at the web address. Scammers often create look-alike websites using slightly misspelled domain names.

■ Research unfamiliar businesses by checking customer reviews and searching for complaints before making a purchase.

■ Be cautious of websites that only provide an email address or have no physical address or customer service phone number.

Watch for social media shopping scams

Scammers frequently advertise heavily discounted products through Facebook, Instagram, TikTok, and other social media platforms. Just because an advertisement appears on your feed doesn’t mean it’s legitimate. Visit the retailer’s official website instead of clicking directly on the ad whenever possible.

Use secure payment methods

Whenever possible, pay with a credit card. Credit cards generally offer stronger fraud protections than debit cards or peer-to-peer payment apps. Never pay an unfamiliar seller using wire transfers, gift cards, cryptocurrency, or payment apps that don’t offer buyer protection.

Beware of “too good to be true” deals

Deep discounts on high-demand items such as laptops, gaming systems, brand-name shoes, or designer backpacks should raise suspicion. If the price is dramatically lower than every other retailer, it may be a scam.

Protect your personal information

Legitimate retailers only ask for information necessary to complete your purchase. Be cautious if a website requests unnecessary personal information such as your Social Security number or banking credentials.

Save your receipts

Keep copies of receipts, confirmation emails, shipping information, and tracking numbers until your purchase has been received and you’re satisfied with the product. This documentation can be helpful if you need to dispute a charge or file a complaint. Back-to-school shopping should be an exciting time—not one filled with fraud and financial loss. By taking a few simple precautions, families can stretch their budgets while protecting themselves from scammers.



Weekly SUDOKU

fun

Amber Waves

AHH GEEZ, I LOOK ROUGH. I GOTTA MAKE SOME CHANGES.

HMM, MAYBE A NEW HAIRSTYLE AND FACELIFT FOLLOWED BY A RIGOROUS WORKOUT REGIMEN?

YEP, THAT WOULD DO IT. THROW IN SOME FANCY NEW DUDS AND I'LL LOOK LIKE A MILLION BUCKS.

AH HECK, WHY MESS WITH A CLASSIC.

by Dave T. Phipps

Out on a Limb

by Gary Kopervas

MY DOCTOR TELLS ME I'M OVERWEIGHT. I PREFER TO THINK I'M CALORICALLY UPSCALE.

GOOD LUCK, POPEYE! I BROUGHT YOU HERE, JUST AS I PROMISED!

OF COURSE I NEVER PROMISED TO BRING HIM BACK HOME! HA!

BARNEY GOOGLE AND SWEET SMITH

HERE'S ALL TH' STUFF I BORRIED FROM YA, LO !!

AN' HERE'S ALL TH' STUFF I BORRIED FROM YOU, ELVINEY !!

AN' DON'T FERGIT-- I WANT MY WHEELBARROW BACK !!

HEY, ELVINEY, HOW D'YA SPELL "CONTINENT"?

C...O...N...

HEY, ELVINEY, HOW D'YA SPELL "GALVANIZE"?

G...A...L...

HEY, ELVINEY, HOW D'YA SPELL "METEOR"?

M...E...T...

HEY, ELVINEY...

APRRG!!

HEY, ELVINEY, WHEN YA GONNA RETURN THAT DADBURN DICTIONARY YA BORRIED FROM US ?!

The Spats

by Jeff Pickering

IT'S NICE OUT!!

I THINK I'LL LEAVE IT OUT.

TIGER

by BUD BLAKE

RIGHT HERES WHERE THAT SKUNK GOT STRIKE

THIS IS WHERE WE GOT THE POISON IVY. REMEMBER?

HERES THE MUD HOLE WHERE I LOST MY SHOE

HERES WHERE THAT BIG SNAKE SCARED US!

THIS SWAMP IS BUG HEAVEN!

I KNOW WHY PEOPLE INVENTED INDOORS!

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GRIN & BEAR IT

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"It's about three gallons thataway."

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		-		=	2		
+		+		-				
	+		-		=	8		
-		÷		÷				
	-		+		=	11		
=		=		=				
1		13		1				
1	2	3	4	5	6	7	8	9

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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

ETD
NADILI
HANSE
PTAO
YOMENT
LYP
♥PSUO
HETIG
OSH
♥SEAPLE
RYNIO
AHPT

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

FEAR KNOT

answer

GO FIGURE!

	1		13		1
	=		=		=
11 =	5	+	1	-	7
	÷		÷		-
8 =	3	-	9	+	2
	-		+		+
2 =	8	-	4	+	6

answers

Go Figure!

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: G equals R

VL NZPGP QPGP S OVBRY
GPEVHVBYR HGBRO LBRXCPC
AD BXP BL NZP APSNEPY,
QBREC NZPD AP EPXXBXVNPY?

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

HOCUS-FOCUS

BY HENRY BOLTINOFF

Differences: 1. Line in sidewalk is moved. 2. Window sill is missing. 3. Rear car window is smaller. 4. House window is moved. 5. Man is thinner. 6. Briefcase is larger.

Back-to-School Sandwiches to Nourish Kids’ Bodies and Minds

FEATURE IMPACT

When you picture a schoolchild sitting down at a cafeteria table and opening their lunchbox, you’re probably already imagining there’s a sandwich inside. After all, it’s a classic back-to-school staple that parents rely on for ease, convenience and nutrition when they’re trying to get everyone out the door on time – all you have to do is put bread and fillings together, and you’re good to go. That, of course, only leaves the question of which bread and fillings to choose.

A new survey conducted by Atomik Research on behalf of Nature’s Own indicated that modern parents care a lot about nutrition when deciding which kind of bread to buy, with 88% of survey respondents agreeing that feeding their kids wholesome bread feels like an easy parenting win.

With clean, simple ingredients that balance taste and nutrition, Nature’s Own bread supports an attainably healthy lifestyle for busy families. Whether you choose a classic white bread, reach for a whole-wheat loaf or need to account for dietary restrictions, you can feel confident you’re selecting bread that’s free from artificial colors, flavors and preservatives.

For a nutritious lunch that fits the bill for 85% of parents who show strong interest in breads made with whole grains,

pack this Ham, Turkey, Bacon and Cheese Pocket made with honey wheat bread. The flavorful mixture of deli meats and American cheese baked to perfection make every bite satisfying. Consider getting the whole family involved assembly-line style to make multiple batches at once, cutting down on time in the kitchen during the week ahead while encouraging learning opportunities as kids count ingredients and measure fillings.

Some school days call for simple, fun comfort food, and that’s where the Fluffernutter comes in. Soft bread, creamy peanut butter and fluffy marshmallow make for a combination that nourishes kids of all ages not just physically, but emotionally. Whether you pack it as a lunchbox surprise or have it ready as an after-school treat, this is a sandwich that promises sweetness and nostalgia – a perfect fit for the 78% of parents who agreed that sandwiches are a canvas for small moments of care, like notes in lunch bags.

Since sandwiches are so customizable, you can easily adapt these recipes to your family’s unique preferences and needs. Whether you decide to use different seasonings or swap to a multigrain bread, there’s no such thing as a wrong sandwich decision as long as it works for you.

To view ingredients and decide what kind of loaf you want to stock up on during the school year, visit naturesownbread.com.



Ham, Turkey, Bacon and Cheese Pocket

- 8 slices Nature’s Own Honey Wheat Bread
- 1/4 pound deli turkey
- 1/4 pound deli ham
- 4 slices cooked bacon
- 4 slices white American cheese
- 1 egg
- 1 tablespoon cold water
- 1 teaspoon coarse salt

Preheat oven to 350 F.
Chop turkey, ham and bacon and toss together. Set aside.
Using knife, cut off crust on each piece of bread.

With rolling pin, roll and flatten each slice of crustless bread. Take four slices and place spoonful of chopped meats in middle of each slice. Top with broken slices of cheese.
Place remaining slices of crustless bread on top of each pocket.
In small bowl, crack egg and add water. Beat together. Dip fork into egg mixture and crimp each edge of pocket until two slices are sealed together. Repeat on each pocket. Brush top of each pocket with remaining egg mixture and sprinkle salt on top.
Place on sheet pan and bake until golden brown, 7-10 minutes.
Let cool a few minutes and enjoy.

Fluffernutter Sandwich

Total time: 10 minutes
Servings: 1

- 2 tablespoons peanut butter
- 2 slices Nature’s Own Butterbread
- 2 tablespoons marshmallow fluff

Spread peanut butter on one bread slice. Spread marshmallow fluff on second slice. Put both slices together to form sandwich.

School Night Meals That Help Busy Families Share Time Together

FEATURE IMPACT

Weeknights often feel like a race against the clock. Busy families feel the squeeze from school pickups, homework and social commitments, but dinner remains one of the few opportunities for everyone to slow down, reconnect and share important moments together at the close of a hectic day.

With a little planning and convenient ingredients like Little Potatoes – which come pre-washed, require no peeling and are small enough that they don’t

need to be cut – families can spend less time in the kitchen and more time at the table.

For example, The Little Potato Company’s new A Little Homestyle Ranch Microwave Ready Kit serves up a favorite flavor in an easy-to-prepare side dish your whole family will love. Simply pop the steamable tray into the microwave for 5 minutes, sprinkle on the included ranch seasoning pack and enjoy without any prep or cleanup.

They’re also a perfect foundation for this easy, all-in-one Sheet Pan Chicken and Little Potatoes recipe. It’s ideal for

busy weeknights as a balanced, flavorful meal that requires just 10 minutes of prep and minimal cleanup. Plus, you can customize with fresh herbs and a squeeze of lemon juice for extra zest.

If you’re in search of a simple side dish that can accompany a variety of family favorites, these flavor-filled Ranch Green Beans and Little Potatoes with Bacon are a great fit for a backyard barbecue or casual evening with your nearest and dearest.

To find more ways to bring loved ones together at the table throughout the school year, visit LittlePotatoes.com.



Sheet Pan Chicken and Little Potatoes

Prep time: 10 minutes
Cook time: 30-35 minutes
Servings: 4

- 1 1/2 pounds Little Potatoes
- 2 cups broccoli florets
- 1 bell pepper
- 1 red onion
- 2 tablespoons olive oil, divided
- 2-3 teaspoons of your favorite seasoning blend
- 4 boneless, skinless chicken breasts
- fresh parsley or cilantro (optional)
- lemon wedges (optional)

Preheat oven to 400 F and line baking sheet with parchment paper or foil.

Slice Little Potatoes in half. Slice broccoli florets, bell pepper and onion into bite-sized pieces.
In mixing bowl, toss veggies with 1 tablespoon olive oil and 1-1 1/2 teaspoons seasoning. Spread veggies evenly on baking sheet.
In same bowl, add chicken, remaining seasoning and remaining olive oil. Toss to combine then place chicken between veggies in single layer.
Roast 30-35 minutes, or until chicken is cooked through to internal temperature of 165 F and potatoes are tender. Flip veggies and chicken halfway through cooking to ensure even browning.
Let chicken rest 2-3 minutes. Divide Little Potatoes, veggies and chicken into bowls. Garnish with fresh parsley or cilantro and squeeze of lemon juice, if desired.

Ranch Green Beans and Little Potatoes with Bacon

Prep time: 30 minutes
Cook time: 10 minutes
Servings: 2

- 1 package maple bacon
- 1/2 pound fresh string beans, washed
- 2 tablespoons olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon rosemary salt, to taste

- pepper, to taste
- 1 package A Little Homestyle Ranch Microwave Ready Kit

On stovetop, cook bacon until crispy, reserving 1/4 cup bacon grease. Crumble bacon and set aside.
In same pan, add fresh string beans, bacon grease, olive oil, garlic powder and rosemary. Season with salt and pepper, to taste. Saute until soft.
Peel back plastic on potatoes kit and microwave 5 minutes.
Let potatoes cool 1-2 minutes and spread ranch seasoning over potatoes followed by bacon and string beans.

