



## Local 987 preparing Labor Day event for community

By **DON MONCRIEF**  
Editor, The Union Advocate  
don.moncrief@afgelocal987.org

AFGE Local 987, in partnership with the AFL-CIO, International Food Workers, International Brotherhood of Electric Workers, United Steelworkers, the City of Warner Robins, as well as a number of other organizations Local 987 President Marion Williams is working with to take part, will hold a Labor Day event Sept. 3. (Labor Day is Sept. 5.)

It will be held from 10 a.m.-3 p.m. at the Union Hall, which is located at 1764 Watson Blvd.

There will be, Williams said, bouncy castles and other activities for the children - including a video game trailer. There will also be free food, he said, hamburgers, hot dogs, chips - water.

Adults - those interested - will have an opportunity to meet representatives from the aforementioned organizations, learn more about them, but it's most about "fellowship", Williams said. "Just an opportunity for people to come out and have an enjoyable day on us."

## 2022 Diversity Week, Human Rights Training Conference



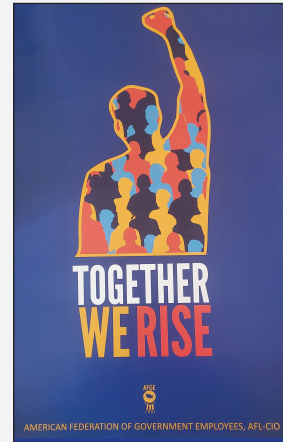
From staff reports

AFGE Local 987 had nine attend the 2022 Diversity Week and Human Rights Training Conference held Aug. 5-12 in New Orleans.

Host for the event was AFGE's Women's Fair Practices Departments. The theme was: "Together we rise."

The conference featured the Third Annual Sister's Summit

Aug. 5-7. Its aim was to bring together "women of AFGE and their allies to celebrate sisterhood and solidarity over three days of workshops, panels, and action planning sessions."



The Human Rights Training Conference, held from Aug. 8-12, offered training courses (see related articles for thoughts from some of the Local's attendees) that covered, per the overall synopsis: "Some of our most popular topics." Those included: EEO Basic, EEO Intermediate,

EEO Advanced, EEO Legal Writing, Coordinator Bootcamp, AFGE YOUNG Training, Racial Justice, Diversity, Equity, and Inclusion, Organizing Institute, Conflict Resolution, Workplace Bullying, Worker's Compensation, Community Activism and Collective Bargaining.

By **TERESA FREEMAN**  
VP, DLA and Local 987 Women's Coordinator  
Teresa.Freeman@afgelocal987.org

AFGE National Vice President Jeremy Lannan set the tone for an awesome educational experience.

As the Women's Coordinator for AFGE local 987 I thought it was important to take the class "Diversity Equity and Inclusion" taught by Rick Huntley.

This truth will make you uncomfortable.

Issues of diversity, equity and inclusion certainly don't begin and end with corporate initiatives and workplace practices. It's worth noting that while many efforts to

See **FREEMAN**, page 3

By **SHARON KORNEGAY**  
Local 987 Secretary and AFGE Local 987 Fair Practices Coordinator  
Sharon.kornegay@afgelocal987.org

The Human Rights Training Class on "Legal Writing" was an excellent course.

I would highly suggest anyone interested in learning about the EEO process to take all the courses offered by the Women and Fair Practices Department (Basic, Intermediate, Advanced) prior to attending the Legal Writing class. Otherwise, the information presented in the classroom may be found overwhelming. All classes offered may help prepare BUE's to understand applicability of the EEO hearing process.

See **KORNEGAY**, page 3

By **BRANDON RESPRESS SR.**  
Chief Union Steward, DLA and Local 987 YOUNG Coordinator  
Brandon.respress@afgelocal987.org

The conference was nothing less than phenomenal!

NVP Jeremy Lannan heads up a staff of the national Women's and Fair Practice committee and The National YOUNG Committee. The content of the various trainings was well put together and it progressively flowed.

As the Local 987 YOUNG coordinator, I took part in the YOUNG training offered. It was hosted by various members of the National YOUNG committee and I must say it was very informative.

See **RESPRESS**, page 3



New number. Same support.  
Dial 988 then **Press 1**

### In memory ...

**Jonathan Kurtiak**  
Member since December 1998

**Marlin Tiraboschi**  
Member since April 2015



### Membership meeting

Local 987 will have a membership meeting **Aug. 18 at 5 p.m.** It will be held via Zoom. Membership will be verified before you are admitted into the meeting/teleconference. To that end, you must ensure you have a current email on file or you will not receive the Zoom link. You can make updates by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

## How AFGE members have beaten the odds for nearly a century

By **AFGE Leadership**

This is the first segment of AFGE's 4-part series: **AFGE at 90: How AFGE members have beaten the odds for nearly a century:**

AFGE turns 90 this year. From the very beginning, our union's mission has been not just to empower our members in the workplace but to give the American people a government that works for them and to strengthen our democracy.

During the first three decades after AFGE was founded, federal workers had no collective bargaining rights. We won improvements in pay, sick leave, annual leave, and retirement security through political pressure since bargaining was still a distant dream.

Unlike many other unions, we have also been required to operate in an "open shop" environment. That means no one is a member of AFGE just by virtue of their employ-



ment in the federal government. Every single member of AFGE has made a deliberate, affirmative choice to join and pay dues because they understand the benefit of being part of a union.

These unique challenges have made

AFGE's history one marked by union members overcoming obstacles, with each era bringing its own challenges, some of which were designed specifically to destroy government workers, their spirit, and their union.

From humble beginnings as a tiny union 90 years ago, today we are the country's largest union representing federal and D.C. government employees. Without the will of AFGE members standing firmly together to fight the odds, we wouldn't be here today.

**This is our story.**  
Part I: It was the best of times, it was the worst of times

AFGE was born during some of the most difficult times: the Great Depression and a conflict within the American Federation of Labor (AFL), which was the umbrella organization of unions at the time.

At the AFL convention in 1931,

See **AFGE**, page 3



**Lt. Gen. John Healy accepts the Air Force Reserve Command guidon from Air Force Chief of Staff Gen. CQ Brown, Jr. during a change of command ceremony at Robins Air Force Base Aug. 3. AFRC's mission is to provide combat-ready forces to fly, fight, and win. Healy previously served as the Deputy to the Chief of the Air Force Reserve, Headquarters U.S. Air Force. (U.S. Air Force photo by Master Sgt. Louis Vega Jr.)**

## AF Reserve welcomes its new commander

By **JAIMI CHAFIN**  
Headquarters Air Force Reserve  
Command Public Affairs

Lt. Gen. John Healy received command of the Air Force Reserve Command from Air Force Chief of Staff Gen. CQ Brown, Jr., during a change of command ceremony here Aug. 3.

The change of command ceremony followed Healy's promotion ceremony where he was promoted from major general to lieutenant general.

Healy took command from outgoing AFRC commander Lt. Gen. Richard Scobee who is retiring after 36 years of service. As the new commander, Healy will have full responsibility for 74,000 Reserve Citizen Airmen and civilians at three numbered air forces, one space wing, 33 flying wings, 12 flying groups and other subordinate units. As Chief of Air Force Reserve, he will serve as principal adviser on reserve matters to the Secretary of the Air Force and the Air Force Chief of Staff.

"For the men and women of the Air Force Reserve, you fill that unique role of bringing diverse strengths and experiences gained from your dual civilian and military identities - not just to one area, but to everything we

provide the nation," said Brown.

"I'm thankful for the professionalism, capability and competency of the Reserve Citizen Airmen here at Air Force Reserve Command."

Brown shared some words of praise and encouragement with Healy.

"John, in every role, you've led our Air Force and Airmen to remarkable success," said Brown. "I'm excited for you to have this opportunity to pour your immense talent and dedication to leading the professionals of the Air Force Reserve Command."

"I look forward to watching the Air Force Reserve Command continue to grow and thrive under your steady hand."

Following receipt of the guidon, Healy gave his first address at Robins' Museum of Aviation as the new commander of AFRC.

"We're in a great place thanks to your steady leadership," Healy said to Scobee. "And I'm all in to continue down the path that you so ably set out in front of us. My priorities and goals are going to be pretty basic and straightforward - ready now, transforming for the future."

Healy entered the Air Force in 1989, receiving his commis-

sion from the Air Force ROTC program at the University of Connecticut. He has not only commanded at the squadron, group, wing and numbered Air Force levels, but has served in a variety of high-level positions - with the most recent being deputy to the Chief of Air Force Reserve, at the Pentagon.

The general is a command pilot with more than 5,000 military hours and 402 combat hours in the T-37, T-38, C-141B, C-17A and C-5A/B. Healy has also flown for the civilian airline industry, logging flight time on the Boeing 737 and the Airbus 320.

Brown made a special presentation to Janis Scobee, who was awarded the Distinguished Public Service award for her outstanding support and mentorship of the families during Scobee's time serving as commander.

During Scobee's final address to the command he said all he was able to accomplish within the command during his time was due to the excellence of his team and the Reserve Citizen Airmen serving alongside him.

"There has been no point in my career more meaningful than this and it's all because of you," Scobee said.

## Medal of Honor spotlight

### Army Spc. 5 Dennis Fujii

By **KATIE LANGE**  
DoD News

In 1971, Army Spc. 5 Dennis M. Fujii spent five grueling days fending off enemy fighters after his medevac helicopter crashed during a rescue attempt in Laos. During that time, he took care of wounded South Vietnamese soldiers and found a way for U.S. air support to successfully extract him. Fujii recently received the Medal of Honor for those actions, more than 50 years after the ordeal made him a hero.

Fujii was born March 1, 1949, in Hanapepe on the Hawaiian island of Kauai. He was one of six children of Gladys and Charles Fujii, the latter of whom had served in the National Guard.

Growing up, his mother said he liked to hunt in the mountains, which might have helped him survive his ordeal in Vietnam. Fujii played football and basketball, too. According to a 1971 Miami Herald article, his high school coach said he was an athlete with a "burning desire to excel."

Fujii enlisted in the Army in the middle of his senior year of high school in 1968, and he was able to earn his diploma while he was in the service. He deployed to Vietnam that same year as an assistant machine gunner with the 4th Infantry Division.

The young soldier returned home but was deployed again in 1970, this time with the 237th Medical Detachment, 61st Medical Battalion of the



Photo courtesy defense.gov

**Army Spc. 5  
Dennis Fujii**

67th Medical Group.

On Feb. 18, 1971, Fujii was serving as the crew chief aboard a medevac helicopter, which was sent to evacuate seriously wounded South Vietnamese soldiers from a raging battle in Laos. Laos borders Vietnam to the northwest, and battles were being waged there because part of the infamous Ho Chi Minh Trail went through the country. North Vietnamese troops used the trail to infiltrate South Vietnam.

As Fujii's helicopter tried to land, it was met with heavy enemy fire. Fujii later told reporters that he and a medic began pulling screaming Vietnamese soldiers into the aircraft. But, as it tried to take off, a mortar round exploded through the chopper, causing it to crash during the fight.

Fujii said he and two medics sought cover in a nearby bunker. As he ran there, he was hit in the shoulder by shrapnel from a mortar explosion.

About 45 minutes later,

another U.S. helicopter successfully landed near the wreckage of the first. Fujii and the survivors of the medevac ran toward it, but Fujii was again hit by shrapnel, this time in the eye. By the time he'd reoriented himself, the intense enemy fire had been redirected at him.

"I knew that there was no way I could make it from where I was into the chopper," he said in a later interview. "And the longer I stayed there and waited, I was putting everybody at risk, so I just waved the bird off."

Fujii was now the only American left on the ground, surrounded by the enemy. Quickly, he found a radio transmitter and told other U.S. aircraft in the area not to try any more rescue attempts because of intense enemy anti-aircraft fire at the landing zone. Fujii spent the night and the next day in the hot zone, offering first aid to wounded South Vietnamese troops while ignoring his own injuries.

The evening of his second day there, a reinforced enemy regiment began assaulting the small unit's perimeter with heavy artillery. Using the call sign "Papa Whiskey," Fujii grabbed the radio and began directing air strikes at the enemy to repel them. He later told reporters that he'd never done that before, but he was the only man on the ground who could speak English, so he learned quickly. Fujii also said that U.S. observation

**See FUJII, page 6**

## BBB tip: How to detect hidden fees in a hidden cost economy

With the rising prices of gas and seemingly everything else, restaurants, travel companies, rideshares, and other businesses are tacking on new fees to the basic costs of their services. Businesses are feeling inflation impacts just as the rest of us are, and some are adding fees to help them survive. Consumers should be aware of what fees businesses are adding, so they can make informed decisions on where to spend their money.

These hidden fees might not be evident at first glance, so if you want to avoid paying them, or at the very least plan for them in your budget, there are a few things you should do. BBB recommends the following tips to help you spot fees and avoid them where possible.

How to protect yourself from hidden fees:

- Don't believe the promoted price. More businesses are implementing "drip pricing," where additional fees are added as you move through the buying process. But before you head to the store or click the checkout button, find out what fees, if any, will apply to your purchase. Be wary of low advertised prices because you may discover expensive cleaning fees, facility fees, administrative fees, fuel surcharges, kitchen appreciation fees, noncash adjustments, and more.

- Don't be afraid to take your business elsewhere. Harvard Business School found that shoppers typically continue with a purchase - even if they are unhappy with the additional hidden fees. If you think the fees are too high, keep

**"These hidden fees might not be evident at first glance, so if you want to avoid paying them ... there are a few things you should do."**

- Kelvin Collins, President and CEO of BBB serving the Fall Line Corridor



**Kelvin Collins**

shopping around, recommends the Washington Post.

- Comparison shop with fees in mind. Fees make comparison shopping more of a challenge. Be ready to do a little research before you buy. Shop around, considering each business's fees as you calculate the total cost

of any purchase.

- Pay with cash. Rising credit card swipe fees are forcing many retailers to add a noncash surcharge or increase it for consumers purchasing goods or services with a credit or debit card. Avoid these fees by paying cash if you can.

- Make a complaint. Consumer Reports found that 64% of consumers who complained about a hidden or unexpected fee successfully had the fee taken off a bill or refunded. If you get hit with a surprise charge as you check out, try speaking up tactfully and politely.

- Budget for fees. In most cases, hidden costs are not illegal, which means there are some hidden fees you might just be obliged to pay. Incorporate necessary fees into your monthly budget, so they don't break the bank.

- Watch out for cramming. Cramming is the illegal act of adding unauthorized service charges without your knowledge or approval. Less-than-scrupulous companies add small charges to your bill and describe them with generic terms, such as "service fee," "voice-mail," or "other fees."

- Review your monthly bills. Take a few minutes to review your statements each month and check for new or unexpected fees. If you find a hidden fee, take it up with the company. They may be willing to reduce or remove the fee in some cases. Even if they don't, you'll still want to know what you're paying for and how much you can expect to pay monthly for recurring bills.

If you feel a hidden fee is particularly unscrupulous, report it to your State Attorney General or the Federal Trade Commission. If you spot a fee scam, report it at BBB.org/ScamTracker.

## What you need to know about heel pain

(StatePoint) Very common in adults and on the rise in children, heel pain continues to be the number one reason patients seek care from foot and ankle surgeons.

While experts say there are many reasons for heel pain, including bursitis, Achilles tendonitis, bone bruises, fractures, growth spurts and nerve pain, the most common cause is plantar fasciitis, a condition that one in 10 people will suffer from in their lifetime.

According to the American College of Foot and Ankle Surgeons, plantar fasciitis can have serious repercussions if left untreated. Here's what to know:

### What is Plantar Fasciitis?

Plantar fasciitis is an inflammation of the band of tissue



PHOTO SOURCE: (c) Jacoblund / iStock via Getty Images Plus

(the plantar fascia) that extends from the heel to the toes in which the fascia becomes irritated and then inflamed.

Symptoms include pain on the bottom of the heel, pain in the arch of the foot, and swell-

ing on the bottom of the heel. For many, the pain is worse upon arising and increases over a period of months.

A telltale sign of mechanical issues in the foot, those

**See HEEL, page 4**

## Buyer beware: 'Ironing out' the facts on vitamins, supplements

(StatePoint) The supplement industry is booming, with more than four in five Americans taking vitamins or supplements, according to a recent Harris Poll on behalf of the American Osteopathic Association.

Despite their popularity, the FDA doesn't test the effectiveness, safety or quality of supplements or their ingredients. To help you navigate this largely unregulated industry, NovaFerrum, a leading manufacturer of iron supplements for children and adults whose products have been clinically proven safe, effective and well tolerated, offers the following primer:

- Good sourcing. Where it comes from is almost as important as what's in it. Manufacturers can cut corners by working with lower-quality global suppliers or operating in places that require little oversight.

- Look for products sourced and manufactured in the United States, such as NovaFerrum.

- Proper dosage. There is wide variation in the amount of active ingredients in each

supplement. Some iron supplements, for example, contain only slightly more iron than a glass of tap water.

- Make sure you get what you're paying for. On the other hand, taking too high a dosage can be dangerous. Know the Tolerable Upper Intake Level or UL (the maximum amount you can ingest without negative side effects) of each supplement you take.

- Truthful product claims. Don't be fooled by product claims not backed by third parties. The "certified gluten-free" symbol on food packaging means stringent steps were followed to prevent gluten cross-contamination and that the food has been independently tested by a third party.

- Similarly, many products are listed as vegan, kosher and halal, but smart consumers know to look for those that are vegan-verified and Etimad Halal or Kosher certified.

- The right ingredients. While organic is a good thing when you buy vegetables, when it comes to products that require a shelf-life, this might

not be the best approach.

- Some popular "all-natural" supplements have been recalled due to bacterial contamination. Without some level of preservative, harmful bacteria can grow in liquid supplements and make users seriously ill.

- Trustworthy brands. The supplement industry has experienced a number of lawsuits and recalls for issues related to ineffectiveness and adverse reactions. Do your homework.

- Science-backed products. Don't trust your family's health to a formula cooked up in a kitchen sink. Seek scientifically proven solutions based on years of pharmaceutical and health care experience and recommended by licensed medical professionals.

- Choose only supplements that have voluntarily undergone full-scale, multi-year clinical trials to prove that they're safe, effective and well-tolerated.

- Easy ingestion. Look for infant and children's products that actually taste good enough that they'll take them.

Also, when it comes to

**See FACTS, page 6**

### KORNEGAY

From page 1

Some of my takeaways – in a long, long list of takeaways – included:

- How to review a summary report from an EEO Investigator to see if any documents were requested but not provided and are missing from the ROI.
- How to properly respond to PCI and how to fill it out correctly and understand that it is

an order, timelines, and do not ignore it

- Preparing for Initial Conference (missing documents, dismissed claims, amendments to complaint, et cetera).
- Getting an overview of the difference between the Federal Sector EEO process and Non-Federal
- Discussing the nine protected Group Categories: Age, Gender/Sex, National Origin, Disability, Race, Religion,

Genetic Info, Retaliation/Protected EEO Activity, Color.

- Teaching on the importance of ensuring areas of deficiency in the record is addressed.
- Teaching on how to correctly format legal documents (font, spacing, block quotes, section headings, Date, Certificate of Service).
- Observing the mock hearing/initial conference portion.
- Looking at the discovery process as “surgical”, and all that entails.

### RESPIRESS

From page 1

Many of the subjects presented I was already in the works of implementing here at Local 987. However, the material that was introduced advanced my knowledge of many of these things!

The content varied from different types of protests and rally demonstrations, which we simulated, to various software programs offered to better serve the people that we serve.

I could go on and on about the marvelous content and the way it sparked so many ideas as to how we as stewards can better serve our Local, as well as our community.

Yet that was merely the tip of the iceberg. The fellowship of the brother and sisterhood

truly embodied the theme of this training: “I am my Sister’s Keeper”. The networking and meeting of minds even outside of the scheduled trainings was just as powerful, insightful, and beneficial.

To be surrounded by like-minded Unionists can be challenging. Because we all have the fighting spirit. Yet in that same spirit, we find that any indifference that we may have, actually make us the same!

I was truly blessed to meet some old faces, as well as some new amongst my Union brothers and sisters!

We reflected on past Unionists that had fought before us and that have since gained their wings, as well as honored some of our sister Unionists still very well working among us by gifting them with awards while still with us.

Even though the theme was “Sisters Summit”, our brothers showed up to support the cause just as we should even in the fight for women’s rights. Which are HUMAN’S RIGHTS! My expectation is for us at Local 987 to embody the unity that was exemplified at this summit, as we continue to fight for the many issues that we must. Fair pay increases to combat the rise in inflation, as well equal opportunity promotions within the Federal service. Just to name a few.

I want to challenge each and every member to come be a part of AFGE’s movement by getting more involved starting here at our Local level.

The opportunities are endless and the work starts at home. After all the “U” in Union stands for “you”! I ask, who are we? AFGE!

### AFGE

From page 1

the National Federation of Federal Employees (NFFE) voted to leave the AFL after losing a debate over its decision to organize craft workers, which other skilled trades unions saw as a jurisdictional threat. 42 unionists who disagreed with NFFE’s vote to leave the AFL stayed and formed AFGE.

On Aug. 18, 1932, AFGE received a charter from the AFL and held our first convention a few months later – on Oct. 17. The delegates elected John Shaw as national president and kept Helen McCarthy, who had helped organize the new union, as chief organizer.

the Government Employees Sick Benefit Association and made improvements in the Civil Service Retirement Act and Classification Act, which classified civilian positions.

One of the most worker-friendly bills to date was also signed into law by FDR – the Fair Labor Standard Acts, which “put a ceiling over hours and a floor under wages” – as the president himself said – by creating the right to a minimum wage, establishing overtime pay for those working more than 40 hours a week, and prohibiting most child labor.

FDR also created Social Security. Both the law and the social safety net program still stand today, providing crucial benefits to workers, including AFGE members.

government geared up for war, making labor peace at home a priority.

FDR expanded Civil Service to another 100,000 federal workers, issued protections for those whose jobs were abolished to make room for war agencies, and provided paid overtime for federal workers. AFGE finally won uniformity in salary increases.

But some in Congress tried to exploit union workers’ patriotism. In 1942, Rep. Howard Smith from Virginia introduced a bill lifting the limit on hours worked, banning overtime pay, and making union contracts illegal. Rep. Lyle Boren from Oklahoma wanted to suspend all laws limiting work hours and to impose \$10,000 fines on unions calling strikes.

Against the backdrop of the Great Depression, our young union immediately faced immense challenges. The year AFGE was founded, President Herbert Hoover began implementing his Economy Act of 1932, which slashed federal workers’ pay by 15%, halted all hiring, wiped out promotions and transfers, and eliminated the 30-year optional retirement.

At the time, federal workers had no collective bargaining rights. There was no law that determined the hours they should work in a day or a week. There was no overtime pay for holidays, and not even a law requiring the government to give its workers paid annual and sick leave.

Another major win for AFGE under FDR was that the War Department, which was later named the Department of Defense, granted workers the right to organize.

Most important for federal workers, the spoils system, which remained entrenched despite the 1883 Pendleton Act, was eliminated. The system had harmed public employees and the effectiveness of American government, allowing the mission of government agencies to be distorted for partisan political purposes.

But, under FDR, almost 14,000 jobs were taken off the patronage roles, giving those workers a voice and job security. AFGE’s effectiveness in lobbying Congress grew. By 1936, the union had grown to more than 37,000 members.

Federal workers, including AFGE members, organized against these anti-worker bills and successfully defeated them.

**The Red Scare**

After the war, tensions between the U.S. and the Soviet Union grew. To contain the growing fears of communism that swept across America, President Truman signed an executive order authorizing a security program to perform security checks on federal workers to “drive out” subversive and communist elements operating in federal offices. A Congress-enacted Loyalty Review Board listed 91 organizations it considered subversive. AFGE endorsed a loyalty bill that required fingerprints of all federal workers. Loyalty boards were set up in every agency.

**If there is no wind, row**

By the time Franklin D. Roosevelt took office in March, 1933, the U.S. was in the throes of a Great Depression and thousands of banks had already closed their doors. Later that year, AFGE members voted in our new president – E. Claude Babcock.

FDR’s administration was a mixed bag for federal workers. He proposed a second devastating Economy Act and vetoed a bill that would restore the 15% pay cut, overtime, and pay adjustments federal workers had suffered. To get a raise, AFGE members worked hard to get Congress to override the veto, which it did overwhelmingly.

But FDR also appointed labor-friendly Frances Perkins as Secretary of the Department of Labor. Babcock would work closely with Perkins and others in the FDR administration to win improvements in retirement benefits, annual and sick leave, and more fairness on the job. In 1934, our union was able to help create

Concerns about the involvement of federal workers in electoral politics also led to the passage of the Hatch Act in 1939. The law prohibited nearly all partisan political activities by federal employees. Confusion over its scope and fear of being in violation of the act led to political paralysis among government workers.

Some mistakenly believed they were not even allowed to vote. It would take AFGE more than 50 years to reform the Hatch Act. The 1993 reform law allowed federal employees to engage in partisan political activities during off-duty hours so that they can exercise their democratic rights as American citizens.

**The war years**

In the 1940s as the United States entered World War II, union members across America willingly signed up for the war effort, and AFGE pledged our full support. The

making a medical decision. Don’t rely on slick advertising. Always get your doctor’s counsel.

“Whether you’re taking supplements for athletic performance, to fill nutritional gaps or to boost wellness, it’s essential to make smart choices,” says Patrick Monsivais, CEO of NovaFerrum. “The good news is that with a little research, you can determine which are effective and made from high-quality ingredients, and which are a waste of money or worse, potentially harmful.”

### FREEMAN

From page 1

implement Diversity Equity and Inclusion have been undertaken in the business world, in which represented a major setback for many within already marginalized groups affected Black and Latinx workers.

In general, unfortunately, individuals or groups are commonly marginalized for their race, gender, sexuality and religion.

While Diversity Equity and Inclusion might be uncomfortable it must be addressed with a clear understanding.

Allies for gender equity are dominant group members (men) who actively promote gender equality and equity in

their personal lives and in the workplace through supportive and collaborative relationships and public acts of sponsorship and advocacy intended to drive systemic improvements to the organizational culture.

We need our dominant group to align in solidarity. Authentic allyship starts with humility and vulnerability to accept our complicit role in systemic inequities and then have the courage to change those practices and help be the change we seek.

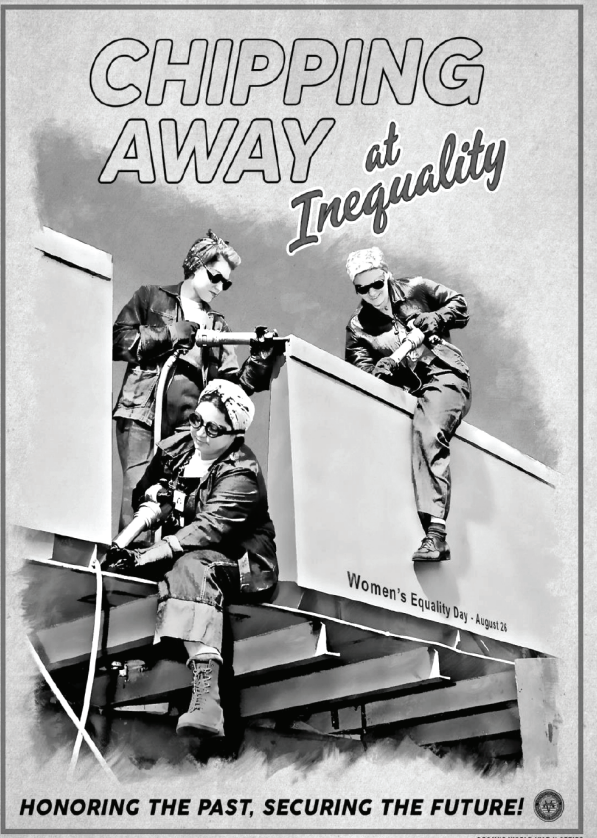
When I think about allyship when it comes to the dominant group, I think about my Union brothers and sisters who help me on my journey, who stand with me, who perpetuate autonomy, not dependence.

The dominant group must move beyond performance

and self-interest, commit to action-oriented, results-driven, and outcomes-based allyship – no matter how uncomfortable it is, we need you to show up as allies by listening, learning, and doing the work as a true Unionist.

AFGE Local 987’s Women’s team, LaVetta Williams, Ife Bonner and Women’s Coordinator and myself: “We are Still the Hope Providers in Diversity Equity and Inclusion.”

HOPE – Help is available; Opportunity exists; People care; Expect good things – originally began as a way to give airmen hope when they were at their lowest points. HOPE providers come from all walks of life and can be found around the installation here at Robins Air Force Base.



**- TEAM ROBINS - JOIN US IN CELEBRATING WOMEN'S EQUALITY DAY!**

*Speed Mentoring!*

- Small group speed mentoring with women leaders of Robins
- Women's equality video presentation
- Guest brief from our very own Women's Initiatives Team
- Light breakfast refreshments

\*All are welcome, but attendance limited to first 50 attendees, or as current HPCON levels dictate\*

**Friday, 26 August 2022  
0830 – 0930  
Museum of Aviation's Art Gallery**

Questions? Contact Lt Graham (472-7242) or MSgt Pectol (468-6399)

MUSEUM OF AVIATION **CAMPUS MAP**

Art Gallery is located on the 2nd Floor of the Eagle Building, above the Theater

**CULTURAL AWARENESS**

**OBSERVE WOMEN'S EQUALITY DAY**

**THE FUTURE IS ALL OF US**  
EQUALITY IS A HUMAN RIGHT

**FACTS**

Women's Equality Day celebrates the passage of the 19th Amendment to the Constitution which guarantees all American women the right to vote. The Amendment changed Federal law and the face of the American electorate forever.

It is important to note that the drive to win the vote was a broad and diverse effort. There was a strong suffrage movement in many Black communities, but Black women, particularly in the South, were barred from voting for decades after 1920. It wasn't until passage of the Voting Rights Act in 1965, that their rights were finally upheld.

Additionally, the voting rights of Native American women were not recognized until 1924. For Chinese American women, it was 1943, and for Japanese and other Asian American women it was 1952. And for Hawaiian women, it wasn't until 1959 when Hawaii became a state.

Women's Equality Day gives us an opportunity to reflect on the many benefits of true equality and the role of women in our public life.

Women in public service and government have long served this nation by working to clear barriers, enforce laws, implement new ideas, and change people's attitudes.

It is a day that calls us to action — to renew our commitment to the principles of equity and equal opportunity that define who we are as Americans.

Today we are reminded we all have the opportunity—and the responsibility—to create a society that gives both men and women equal voice. A century after ratification, it is clear that though the Nineteenth Amendment did not perfect American democracy, it advanced gender equality in important ways.

**DEOMI PRESS**

# HOST A HALL OF FAME HOMEGATE



Layered Mediterranean Hummus Salad

## FAMILY FEATURES

From kickoff to the final whistle, taking your game day party to the next level starts with serving an all-star lineup of menu items. From starting-caliber appetizers to MVP-level main courses and a supporting cast of side dishes, dips like salsa and hummus can play the role of superstar when it comes to serving up game day grub.

One of the benefits of cheering on your favorite teams from the couch and bringing the tailgate to your literal home field is the availability of appliances you may not otherwise have access to at the stadium like the oven or air fryer. However, that doesn't mean missing out on the

action and being sidelined in the kitchen all game or that these recipes won't travel to a tailgate.

With a flavor-packed, vibrant recipe, the lineup of Fresh Cravings Salsa offers a homemade-tasting alternative to softer, duller blends of jarred salsa. Made with high-quality ingredients like vine-ripened tomatoes, crisp vegetables, zesty peppers and spices, the salsas make a perfect addition to these recipes from celebrity chef and entertainer George Duran, author of "Take This Dish and Twist It" and host of Food Network's "Ham on the Street" and TLC's "Ultimate Cake Off."

Kickoff your menu with an app like these Jalapeno Bacon and Salsa Biscuit Bites that

meld together traditional tailgate tastes. Then put a Tex-Mex twist on a traditional favorite with this Enchilada Lasagna, perfect for feeding a crowd of hungry fans.

To round out the playbook, this Layered Mediterranean Hummus Salad can make for an accompaniment to a variety of main courses. The cucumbers, olives, cherry tomatoes and other veggies are balanced by the savory taste of Fresh Cravings Hummus. Made with a short list of high-quality ingredients like chickpeas, tahini and Chilean extra-virgin olive oil, it has a smooth, creamy mouthfeel.

Find more game-winning recipes made for homegating and tailgating at FreshCravings.com.

## Layered Mediterranean Hummus Salad

Recipe courtesy of chef George Duran  
Servings: 4-6

- 2 containers (10 ounces each) Fresh Cravings Hummus, any flavor
- 1 cup sliced cucumbers
- 1/2 cup Kalamata olives, seeded and roughly chopped
- 1/2 cup canned garbanzo beans, drained
- 1/4 cup crumbled feta cheese
- 3/4 cup cherry tomatoes, quartered
- 1/4 red onion, finely chopped
- 2 tablespoons finely chopped fresh parsley
- 1/2 lemon, juice only
- extra-virgin olive oil
- zaatar, for sprinkling (optional)
- pita bread or tortilla chips

On bottom of large, flat serving dish or platter, use spoon to evenly spread hummus.

Layer cucumbers, olives, garbanzo beans, feta cheese, cherry tomatoes, red onion and parsley throughout hummus. Squeeze lemon juice over top.

Drizzle with olive oil and sprinkle with Zaatar, if desired. Serve immediately with pita bread or tortilla chips.



Enchilada Lasagna

## Enchilada Lasagna

Recipe courtesy of chef George Duran  
Servings: 4-6

- 2 tablespoons olive oil
- 1 large onion, chopped (1 cup)
- 1 deli roasted chicken, skin and bones removed, shredded
- 2 tablespoons taco seasoning
- 1 cup chicken stock or broth
- 8 ounces cream cheese, at room temperature
- 2 cups shredded Tex-Mex cheese blend
- 16 ounces Fresh Cravings Chunky Salsa, plus additional for serving
- 1 cup fresh cilantro, chopped
- nonstick cooking spray
- 6 flour tortillas (9 inches each)
- 1 cup tortilla chips, crushed
- 1 cup shredded cheddar cheese

Preheat oven to 350 F.

In large skillet over medium-high heat, add olive oil. Add onions and cook until soft and translucent, 4-5 minutes.

Add shredded chicken and stir in taco seasoning. Add chicken broth and bring to simmer, about 5 minutes.

Add cream cheese, Tex-Mex cheese, salsa and cilantro. Stir until cream cheese is melted and simmer 3-4 minutes until slightly thickened.

Spray square baking dish with nonstick cooking spray. Place two tortillas in bottom of pan, folding over or trimming sides of tortillas to fit.

Spoon half chicken mixture over tortillas. Repeat then place remaining tortillas over top. Mix crushed tortilla chips with cheddar cheese and sprinkle over top. Bake 30 minutes, or until lasagna is bubbling and lightly browned.

Let stand 10 minutes then top with additional salsa before serving.

## Jalapeno Bacon and Salsa Biscuit Bites

Recipe courtesy of chef George Duran  
Yield: 16 biscuit bites

- 1 tube biscuit dough (8 biscuits total)
- 7 ounces grated mozzarella cheese
- 1/4 cup jarred jalapenos, chopped
- 8 slices cooked bacon, chopped
- 1 cup Fresh Cravings Restaurant Style Salsa
- nonstick cooking spray

Preheat air fryer to 350-360 F.

Divide each biscuit in half by pulling apart in centers. Use hands to flatten each biscuit into circles. Set aside.

In bowl, mix mozzarella cheese with chopped jalapenos, bacon and salsa.

Add heaping spoonful into each flattened biscuit and pinch each together tightly to form balls. Top each with small amount of salsa mixture.

Spray nonstick cooking spray in air fryer and, working in batches, cook biscuit bites 6-9 minutes until golden brown.

Serve warm.

Note: If air fryer access is unavailable, biscuit bites can be baked 8-10 minutes at 400 F in oven, or until golden brown.



Jalapeno Bacon and Salsa Biscuit Bites

## HEEL

From page 2

with overly flat feet or high-arched feet are more prone to developing plantar fasciitis. Lifestyle factors can also play a role. Wearing non-supportive footwear on hard, flat surfaces puts abnormal strain on the plantar fascia. This is particularly evident when one's job requires long hours on the feet. Obesity

and overuse may also contribute to plantar fasciitis.

### How is it treated?

"We typically treat plantar fasciitis conservatively, at first," said Michael J. Cornelison, DPM, FACFAS, a foot and ankle surgeon and president of the American College of Foot and Ankle Surgeons. "This can include a combination of remedies, including rest, exercises that stretch the calf muscles, orthotics, icing the heel, over-

the-counter medications like ibuprofen, supportive footwear and physical therapy."

Most patients respond well to conservative treatments. However, depending on the severity of the plantar fasciitis, additional therapies may be required, including:

- Injection therapy: Growth factor injections and platelet rich plasma injections are used to boost the body's healing response and help repair injured

tissue.

- Shockwave therapy: This in-office treatment uses sound waves delivered over the skin to slightly damage the tissue and stimulate the body's natural repair process. This helps the plantar fasciitis heal and relieves pain symptoms without making an incision. Patients can expect to be up and moving immediately after treatment, but it may take three to six months to see results.

- Ultrasonic treatment: In this newer procedure, a small incision is made into the heel of the foot and a probe directs ultrasonic energy at the fascia to break down bad tissue and help the healing process. A diagnostic ultrasound tool is used to create an image of the inside of the foot and guide the probe.

- Surgery: Also called a plantar fasciotomy, this minimally invasive, minimally traumatic surgical treatment involves mak-

ing a small incision through the heel into the damaged tendon to try to lengthen it and relieve tension.

No matter what kind of treatment a patient undergoes, the underlying causes that led to the condition may remain. Preventive measures, such as wearing supportive shoes, stretching and using custom orthotic devices, are the mainstay of long-term treatment for plantar fasciitis.

# JUST FOR FUN



## SUDOKU

**GRAND ALASKAN CRUISE & TOUR**  
12 days, departs May - Sep 2022

**YMT** vacations  
promo code N7017  
**1-855-208-9533**



		5	9		8			1
3	9							
	8				5			9
4	3					6	1	
	6	1					8	3
2			6				7	
								2
9			3		4	1		

© StatePoint Media  
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

When the cannibal showed up late to the buffet, they gave him the cold shoulder.

If you don't pay your exorcist, do you get repossessed?

**Hockey Penalties - Word Search**

Have you committed any of the hockey penalties listed in this word search? The words in this word search are hidden across, down, and diagonally, with backwards.

E C N E R E F R E T N I T A W E E E N E  
F T N E M P I U Q E L A G E L L I T C N  
L E A D S E N P M D I O G I G A S C R R  
I E E E Y R S E T V A H S M N D P A O N  
O T R L O O T M D C O T E E I M L T S R  
T G S L C B I T K H U M T A P L K N S I  
R S R T E U N G C E B D A H P N O O C A  
T A E T O U A N I A E O N A I H I C H O  
N D Y R A A T I T D T H A O L O R D E E  
C G A S E L O T S B O N O R C P O A C I  
H N L I L A R H H U C M O L D S A E K S  
A I P R P E E G G T P O B C D I I H E L  
R H Y M G T W I I T O I S G E I N M N A  
G G N R A T N F H H O S A P N I N G A S  
I U A R W E S O O E G M O I E I L G U H  
N O M O D E L A Y O F G A M E A E A O D  
G R O J A M S B G N T N D H E M R E O E  
M E O G N I K O O H R H R M D I V I N G  
M R T M O E T S W I K K E E T O N F N K  
E C O A D W N H H U P E U C I S V D P G

BOARDING	FIGHTING	ILLEGEQUIPMENT	ROUGHING
CHARGING	GOALIECONTACT	INSTIGATOR	SLASH
CLIPPING	HEADBUTT	INTERFERENCE	SLEWFOOT
CROSSCHECK	HEADCONTACT	KNEEING	SPEARING
DELAYOFGAME	HIGHSTICK	MAJOR	TOOMANYPLAYERS
DIVING	HOLDING	MINOR	TRIP
ELBOW	HOOKING	MISCONDUCT	

## STATEPOINT CROSSWORD

THEME: FOOTBALL

### ACROSS

- '90s Don Johnson TV character
- India's smallest state
- Light on one's feet
- Arctic floater
- Mouthful, swallowed
- Rocks at mountain base
- Reading helper
- Serve soup
- Clean & \_\_\_\_\_, in a workout
- \*QB's target
- Wholly engrossed
- Religious ritual table
- Scot's woolen cap
- Relating to milk
- Oil-producing plant
- Shakespearean "fuss"
- Crowd
- Like the White Rabbit
- Chip feature
- Mozart's "L" \_\_\_\_\_ del Cairo
- Asian goat antelope
- Turn sharply
- Yield
- Compass bearing
- \*When QB changes play at line of scrimmage
- \_\_\_\_\_ identity
- Failed Molotov cocktail
- Alicia Keys' instrument
- Final notice
- \*It results in change of possession in football
- Off-white color
- Actor Pitt
- Type of ore
- Classic TV's "lovely lady"
- Stiff hair
- Vegetative state
- Distinctive elegance
- Prior to, prefix
- \*Tom Brady's 2008, 2018 or 2021 award

### DOWN

- \*Professional football org.
- Relating to armpit
- Not all
- Jazz subculture hipster
- Tropical juice flavor
- Comparative form of #40 Down
- Imitator
- \*QB's run
- SAT or ACT \_\_\_\_\_ course
- Catch one's breath
- "Owner of a Lonely Heart" band
- Malfunxion
- Hair product
- Chosen few
- Dress like Ancient Greeks
- Butterfly, pre-metamorphosis
- Bye, to Élisabeth Borne
- Encrypted
- \*a.k.a. hike
- Dog-\_\_\_\_\_ pages
- Do penance
- Not as old
- Casanova, e.g.
- Two before Dec.
- \*NFL playing field
- Shorthand
- Antediluvian
- Idi Amin's country
- Butane derivative
- Not an expert
- Less adulterated
- All worked up
- Like Joe Biden's office
- \_\_\_\_\_ Bora
- Chef's amt.
- Son of Aphrodite
- Boisterous play
- \*\_\_\_\_\_ the kicker
- "Uh-uh"

## CROSSWORD

1	2	3	4		5	6	7		8	9	10	11	
12					13					14			
15					16					17			
		18			19					20			
					21					22			
23	24	25							26		27	28	29
30					31		32	33					34
35					36					37			38
39							40				41		42
43							44				45	46	
							47			48	49		
	50	51								52		53	54
55										56			58
59										60			61
62										63			64

**dish** BRING EVERYTHING YOU LOVE TOGETHER!

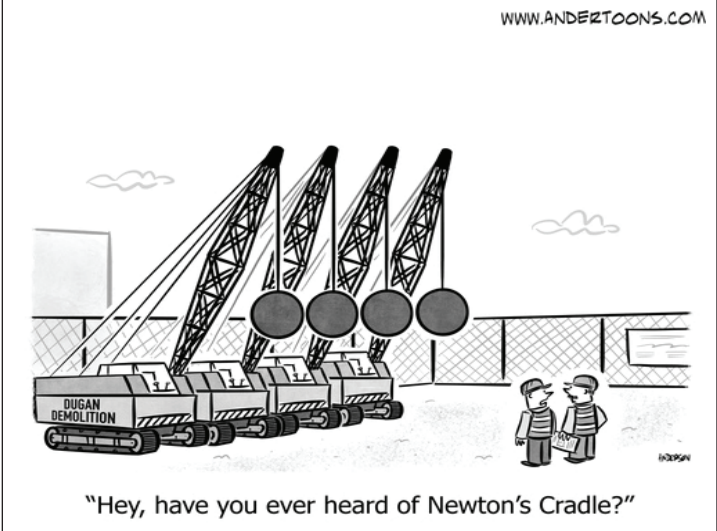
Blazing Fast Internet! ADD TO YOUR PACKAGE FOR ONLY \$19.99/mo. where available.

2-YEAR TV PRICE GUARANTEE \$69.99 MO. to 12/31/22. America's Top 120 Package Including Local Channels!

CALL TODAY - For \$100 Gift Card Promo Code: DIS100 1-888-416-7103 Offer ends 7/31/22. d:sh

© StatePoint Media

Y	P	E		R	E		N	A	L	E			
A	C	O		A	T	S		L	O	R	V	C	
N	I	R	O	N	I	R	O	R	L	O	V	I	
R	V	E	R	O	N	T		I	T	O	B	I	T
		O	N	I	A	N		P	I	D	D		
R	E	R		E				E		B	I	D	A
E	N	E		T	P	U	T	O		R	E	E	V
W	S	E	R	O		C	O	C	A	G	E	R	I
E	L	A	T	E		G	N	O	R	H	T		O
N	A	N		B	E	A		S	O		I	C	T
				M	A	T		A	R	T	A	L	T
				T	A	P	T		R	E	R	E	C
				S	S			P	R	E	S		L
				E				S	C	R	E		F
				R				S	P	R			N



## A little humor ...

It was the worst rainstorm of the century. Half of the valley was gone.  
Agitated, a man called an already overworked flood hot line worker. "Help me; I'm standing in two feet of water!"  
The hot line worker said, "I'm sorry sir but two feet of water does not constitute a flood emergency around here."  
"Well it does around here", yelled the man, "I'm calling

from the fourth floor!"  
A son returns from his first day at school and immediately questions his father.  
"Dad, today we had a Spelling Class - All the other kids could only say half the alphabet, but I knew the whole thing. Is that because I am American?"  
"No son, that's because you are intelligent." replies his father.  
Happy with the answer, the

father.  
The son seeming content with the answer, asks his father another question, "Dad, today we had Math class - All the other kids could only count from 1 to 10, I could count from 1 to 20. Is this because I am American?"  
"No son, that's because you are intelligent." replies his father.  
Happy with the answer, the

son poses another question to his father, "Dad, today we had Medical Examination, all the other boys were shorter than me, I was at least twice their height. Is that because I am American?"  
The father replies, "No son, that's because you are 30 years old."

person in the world for a serious traffic violation but I don't know what to do.  
Gov: Wilson, who could you possibly have pulled over?  
Trooper: I have no idea, but he's sitting in the back seat of a limo, eating a sandwich and the Pope is his driver!

some good news and some bad news."  
The man says, "OK, give me the good news first."  
The doctor says, "The good news is, you have 24 hours to live."  
The man replies, "Oh no! If that's the good news, then what's the bad news?"  
The doctor says, "The bad news is, I forgot to call you yesterday."

## STR8TS

No. 601 Medium

	4					9		8
			3	5	9			
							7	
	6				4			3
								4
9			6				3	
	2				7			6
			7					

Previous solution - Tough

8	7	3	2	1			6	5
7	5	9	1	2	3	6	8	4
1	9	8		4	6	5	7	
	6	7	4	3	5	8		2
5	8	6	7	9	4	3	2	1
6			3	5	2	1	4	
	3	4	5	6	7	2	1	
2	1	5	6	8	9	4	3	7
3	2		7	8		5	6	

How to beat Str8ts - Like Sudoku, no single number can repeat in any row or column. But... rows and columns are divided by black squares into compartments. These need to be filled in with numbers that complete a 'straight'. A straight is a set of numbers with no gaps but can be in any order, eg [4,2,3,5]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

© 2022 Syndicated Puzzles

You can find more help and strategies at [www.str8ts.com](http://www.str8ts.com) along with more puzzles, Apple apps and books.

Truthfully, I'd like to take the car for a drive. I'm the Pope, and everything is done for me. I've never driven an automobile. Please allow me.  
Driver: Certainly, Your Holiness. Let me assist.  
Pope: Sit, my son. Finish your dinner. The Pope begins to drive. Naturally, he is not very good at it as he has never done this before. After hitting several parked cars, lamp posts, and stop signs, he is pulled over by a state trooper. The police man gets out of his cruiser, approaches the driver's window and knocks. The Pope lowers the window; trooper eyes the scene and retreats to his cruiser. Immediately, he grabs his cell phone and phones the governor.  
Trooper: Governor, this is State Trooper Wilson. I've just pulled over the most important

8	5	1	4	2	3	9	7	6
6	2	6	1	7	8	3	4	5
4	7	3	6	5	6	8	1	2
3	8	5	2	6	4	1	9	7
7	6	4	3	9	1	2	5	8
2	1	6	7	8	5	9	3	4
9	6	2	5	3	7	4	8	1
5	4	8	6	1	2	7	9	3
1	3	7	8	4	9	5	2	6

# 78th Force Support Squadron Events calendar

**COMING SOON!**

**FALL FEST CONCERT  
FALL BASH  
2022**

FEATURING

**30H!3**

**Live Concerts,  
Games, Prizes,  
Food & Fun!**

**Sick Puppies**

**Leerae**

ROBINS AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

**Outdoor Recreation**

Bldg. 984  
Comm. 478-926-4001 | DSN 468-4001  
robinsodr@gmail.com

**Day at the Lake** August 27  
at Lake Blackshear 7 a.m.-7 p.m.  
\$10 per person

Kayaking, Paddle Boards, Boat Rides & Biking  
Limited transport available - first come/first serve  
Sign up NLT 23 August at ODR Bldg 984  
Open to all Valid ID card holders

**Pine Oaks Golf Course**

Golf Pro - Rashad Wilson • Bldg. 595  
Comm. 478-926-4103 | DSN 468-4103

**RANGE TARGET GOLF CHALLENGE**

Host an offsite wingman event, grab a Boar's Head sandwich for lunch (prices vary per sandwich) follow it with a friendly Target Golf Competition

Every Tuesday

\$8.00/range token and driver rental  
\$5.00/range token bring your own driver

Every Tuesday  
**Ladies' Day at Pine Oaks**

Starting at 9 a.m.  
Members pay their regular rate.

Non-Member Ladies golf for \$12 - 9 holes with cart or \$24 - 18 holes with cart & complimentary drink of your choice.  
Drink choices: Wine, Beer, Fountain beverage  
Bring a friend, or meet someone new.

**Heritage Club**

April Harris, Manager, Bldg. 956  
Heritage Club: Comm: 478-926-2670 | DSN: 468-2670  
Catering: Comm. 478-926-5665 | DSN: 468-5665

**BRUNCH-N-BINGO**

Tuesday, August 23  
10 a.m. - 12 p.m. • Heritage Bingo Hall

Come join us for a fun Bingo session and brunch complete with a Coffee Bar, Juice Station and Mimosas for purchase!  
Each ticket comes with full "Bingo Pack" eligible to play all games for CASH Prizes!

Club Members \$25  
Non Members \$30  
RSVP RECOMMENDED - 50 attendees max

**Robins Bowling Center**

Dan Bueno, Manager, Bldg. 908  
Comm. 478-926-2112 | DSN 468-2112

**Robins Annual King & Queen CHAMPIONSHIP TOURNAMENT**

August 19 6 p.m.  
Entry Fee: \$20

- Entry paid for Monthly King and Queen Winners!
- Bowl 5 scratch games across 10 lanes; Total Pin Fall
- Guaranteed \$150.00 for 1st Place in Men and Women's Division

**2022-2023 Bowling League Season Now Forming!**

Sign up now for the following leagues:

<b>Monday Charity League</b> A mixed league where prize fund is donated towards a charity	<b>Wednesday AFRC League</b> Open to all AFRC members active or retired to include dependents.
<b>Monday Night Fun League</b> A short season league that runs only 10 WEEKS long. This league is for all types of skill level whether you are a beginner or a seasoned veteran.	<b>Thursday Intramural League</b> See your squadron sports rep to participate. Sign-up at gym
<b>Tuesday Peterson Point League</b> A four person team playing head to head handicap match play.	<b>Saturday Youth League</b> Ages 18 yrs and younger are eligible to bowl

**Fitness Center**

DEPARTMENT OF THE AIR FORCE  
**FITNESS & SPORTS**

Bldg. 826 DSN 472-7684 478-222-7684	Main Fitness Center, Bldg 826 Mon. - Fri: 5 - 8 a.m. Military Only / 8 a.m. - 9 p.m. Sat: 8 a.m. - 4 p.m. Sun: Closed	Fitness Center Annex, Bldg 301, Bay H Mon. - Fri: 6 a.m. - 6 p.m. Open 24/7 to authorized registered users Pool Temporarily Closed
---	---	---

**TO APPLY FOR AIR FORCE NONAPPROPRIATED JOBS VISIT USAJOBS.GOV**

Nonappropriated Human Resource Office (NAF HRO)

640 Macon Street, Bldg. 765  
**MONDAY - FRIDAY**  
7:30 a.m. - 3:30 p.m.  
**ALL SERVICES AVAILABLE**  
**PHONE APPOINTMENT**  
**COMM: 478-926-4759**  
**DSN: 468-4759**

## FUJII

From page 2

aircraft dropped smoke canisters to him that he used to create reference points to guide the airstrikes.

For more than 17 hours, continued to direct airstrikes in this way, repeatedly leaving the safety

of his entrenchment to get a better view of enemy troop positions to relay to U.S. air support. He said that North Vietnamese troops tried to overrun their position at least three times. His citation said that the fighting was so intense at some points that Fujii had to stop his radio transmissions to fire at encroaching enemy fighters.

By Feb. 20, Fujii was exhaust-

ed and in pain, but he continued to bear the responsibility for the surrounded South Vietnamese troops until another helicopter successfully rescued him. That medevac, however, was also shot up and forced to crash-land at another South Vietnamese encampment about two miles away.

Fujii remained at that camp for

two more days. Finally, on Feb. 22, yet another helicopter picked him up and took him to safety.

At a hospital after the ordeal, Fujii told reporters he thought he was going to be court-martialed for fighting in Laos. At the time, President Richard M. Nixon had promised the American people that the war wouldn't spread into Vietnam's neighboring countries.

While Fujii's mission wasn't to fight in Laos, he ended up doing that to survive. Instead of a court martial, the 22-year-old received a hero's welcome when he returned to Hawaii on leave a few weeks after.

His bravery during those days on the battlefield initially earned him a Silver Star, which was later upgraded to the Distinguished

Service Cross. He also received two Purple Hearts and, by the end of 1971, was named Army Aviation Soldier of the Year.

That same year, he left active-duty service and transferred to the Hawaii National Guard and the Pacific Army Reserve. He attended college and eventually married. He and his wife, Raynette, had a daughter.

## Your Union Insurance Benefits

- Life:** Permanent, Portable, Cash Value, Living Benefits. A Much Better Plan than FEGLI.
- Dental & Vision:** 3 Plans to choose from, dependent children covered to age 26, extended family is eligible for their own plan.
- Aflac Accident:** Pays over fifty Benefits for on or off-the-job accidents.
- Aflac Hospital Indemnity:** Pays Benefits for on and off-the-job accidents and sickness/surgery/maternity.
- Aflac Critical Illness:** Pays Benefits up to \$30,000 upon the occurrence of cancer, heart attack, stroke, and many other Critical Illnesses.

### NEW AFLAC DISABILITY

- Pays benefits for off-job accidents, sickness (covid included), surgery, & maternity.
- No health questions asked to enroll.
- Benefit amounts up to \*\$6,000 per month.
- It can be used with leave, or independently.

\*Max Benefit of \$6,000 per month.

Nick Wells  
Cell: (478) 538-1652  
Email: NWells@Benefitarchitects.com

ENROLL



MORE INFO

