

AFGE offers series on mold

By AFGE Leadership

Is your work environment making you sick? And no, we're not talking about our current political climate – the air you breathe at work could be hazardous to your health.

Mold is a naturally occurring fungi that is prevalent across the world. But when it begins to grow indoors, the results can be harmful to our health.

That's why AFGE has developed a new training series about mold – from what it is to how it could affect your health. AFGE began rolling out the training series last fall, and now all four modules are online at AFGE Learn.

Here are details on each module:

Module 1
Title: What is mold?
Description: This course defines mold, details the life cycle of mold spores, and explains how mold finds its way into our workplaces.

Module 2
Title: How does mold affect the environment?
Description: This course dis-

cusses the perfect breeding ground for mold and what is the ideal relative humidity for the workplace.

Module 3
Title: How does mold affect me?
Description: This course explores how mold grows in the environment and its impact on human health. Participants will learn how to recognize signs and symptoms of mold exposure, document and assess mold in the workplace, and understand how environmental mold can affect both indoor air quality and overall well-being.

Module 4
Title: How to assess and control mold conditions?
Description: This course provides essential training on identifying, assessing, and controlling mold in occupational settings. Participants will learn about investigating mold problems, measuring and testing for mold, and applying appropriate remediation strategies. The course also covers mold prevention techniques and highlights the union's role in protecting workers' health. Simply visit www.afgelearn.org and either sign in or create an account to get started. It's that easy! Questions? Contact AFGE Health and Safety Specialist Milly Rodriguez at rodrim@afge.org.

'Labor' kick off to Labor Day Organizations join forces to host candidate 'meet, greet'

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

You can wait until the last minute, or you can begin getting ready now. That's the premise behind the "meet and greet" with local and state candidates slated for Aug. 30 in the parking lot of AFGE Local 987; located at 1764 Watson Blvd.

"So, it's a great opportunity to get to know them before you go to the voting booth," said AFGE Local 987 Trustee/Treasurer Jeanette McElhaney, who has taken the lead in setting up the event. It is hosted by the Middle Georgia Central Labor Council and AFGE. Richard Hollar and the Central Labor Council are also cosponsors. It is a "labor" event heading into Labor Day, she said, and part of the Georgia AFL-CIO's weekend of events: Saturday in Warner Robins, Sunday in Savannah and Monday in Atlanta.

It is designed, McElhaney said: "To know what they stand for." As of Aug. 15, 39 candidates had been invited (and the list continues to grow). That includes Congressmen and women and senators, nine who are running for governor, eight for lieutenant governor, three for secretary of state, three for attorney general, public service commissioners and a number of local councilmen and women. "All of Perry, Warners and Centerville," she said, with Warner Robins Mayor LaRhonda Patrick and Centerville Mayor Micheal Evans among those already confirmed they would attend, she said. (Note: Anyone running for office who would like to be a part of the event, please contact McElhaney via phone at 478-397-0212 or by email at jmac@afgelocal987.org.

She continued as far as the importance of getting a head start: "You get a chance to hear what they're saying now," – in particular those bidding for a



YOU'RE INVITED!

MEET & GREET WITH LOCAL AND STATE CANDIDATES



Hosted by Middle Georgia Central Labor Council & AFGE

Date:

Saturday, August 30, 2025

Time:

12:00 PM – 4:00 PM

Location:

AFGE Local 0987, 1764 Watson Blvd, Warner Robins, GA 31093

Join us for a community-wide meet & greet with candidates running in the November 2025 local election and the 2026 state elections. All known candidates have been invited!

This event is an opportunity for community members and organizations to: Ask questions, share concerns, connect with candidates and learn about local organizations and services.

Special Features:

Free food, Educational table presentation by GA AFL-CIO, Entertainment and activities for children.

Contact: jmac@afgelocal987.org

LET'S COME TOGETHER, GET INFORMED, AND MAKE A DIFFERENCE IN OUR COMMUNITY!

AMERICAN FEDERATION OF GOVERNMENT EMPLOYEES, AFL-CIO

state position, which will be held in 2026, she said, "and to watch their platform and see if they're keeping their word during that year, and if they're changing their platform constantly.

"Then you know once they get elected, they're going to be changing their mind, too."

She added: "Because we really don't pay attention to them

until it's coming time for elections. Well, now you have the opportunity to watch them, start contacting them, contact their staff, because everybody has a staff, to find out what their intentions are.

"So, when it comes time for you to vote in 2026 you feel comfortable about your vote and you're not asking anybody who to vote for. You know."

Not only have candidates been invited, but a wide range of groups. Those include: Voters Matter, the Democratic Party, the Republican, Rebuilding Warner Robins. Representatives from the A. Philip Randolph Institute as well as the NAACP have been invited to set up a table, she said. The Georgia AFL-CIO will also be there, she said, with an "education piece, so people will know more about what's going on.

"People hear about they're cutting back on the CDC or how they're doing this to the VA, but they need to know what effect that has on them. Because, sure, you might not go to the VA for

anything, but chances are you have uncles, parents that probably utilize some portions of that VA.

"The CDC affects all of us. Because now you know they're saying you don't need vaccinations for this. You don't need that. But there's nothing telling you why you don't need it, versus why you need it.

"If I needed it all these years, why are you going to all of a sudden take it away from me because you've said I don't need it.

"So were' hoping that all of the people in the middle Georgia area and statewide will come out and ask questions and interact with all of them."

Also, for children – just as much for parents, McElhaney said, so that they don't have to worry about a babysitter and miss the event – there would be a water slide, bouncy castle and other activities. Children were also in mind for the menu, she said. Hence: Hamburgers, hot dogs and chips.

AFGE E-Dues

The need has never been greater! Sign up for E-Dues or direct dues. Visit Join.afge.org or Join.afge.org/L0987 or local987.com to sign up today!



Don't forget Grandparents Day Sept. 7

SAVE THE DATE

Membership meeting

Local 987 will have a membership meeting Aug. 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@afgelocal987.org or Jeanette.McElhaney@afgelocal987.org.

LOCAL SUPPLEMENT AGREEMENT

Robins Air Force Base and AFGE Local 987

Installment 7: Join us each issue as we do a refresher/reminder of the rights BUEs have under the Local Supplement Agreement.

Article 11
Last Chance Agreements

11.1 In the interest of clarifying the term of Last Chance Agreements (LCA) the parties agree LCAs will not exceed one year from the date of signatures.

Article 12
Union Facilities

12.1 In the interest of enhancing the privacy of employees and stewards, reducing Official Time travel to and from the off-base AFGE Office, and resolving conflict at the lowest level, the parties agree to establish one Satellite AFGE Office in the vicinity of building 140 and one in the vicinity of

Special
Know your rights. Know your LSA.

building 125.

12.2 The expected benefit of this Article is to reduce Official Time and the number of grievances / complaints which are filed. The base-line grievance / complaints data for comparative purposes is the FY13 end-of-year grievance data.

12.3 The parties understand the stewards who use the offices are subject to the MLA's Official Time procedures and are expected to be on approved 949s. Management may check the 949s for non-full time stewards at any time

relative to Satellite Office usage. The steward will enter into the 949 remarks section that a grievance / complaint was avoided as appropriate.

12.4 The parties agree AFGE's stewards will log office usage to help determine the agency's Return on Investment by placing a copy of the AFMC Form 949 in the log book. The installation labor relations office, will track the logbook on a monthly basis to quantify the return.

12.5 The initial furnishings for each office will be commensurate with other administrative office furnishings. This includes two networked computers, a networked printer, two local / DSN phones, two desks, four chairs, and one 5-drawer lockable file cabinet. AFGE Local 987 will provide consumable office items such as paper,

See LSA, page 3



Stephen Danko, 78th Medical Group Healthcare Operations Squadron Biomedical Equipment Technician medical equipment repair technician, runs diagnostic testing on an electrocardiogram machine, or EKG, at Robins Air Force Base July 31. After testing, a defective internal wire was replaced, restoring the EKG machine to full operational capacity. (U.S. Air Force photo by Jerry Foltz)

From thermometers to ventilators -78th BMETs help save lives

By **JERRY FOLTZ**
78th Air Base Wing
Public Affairs

Amid the beeping monitors and the hurried footsteps of medical personnel, a team of unsung heroes ensures the 78th Medical Group at Robins Air Force Base, Georgia, can deliver critical care: the 78th Healthcare Operations Squadron Biomedical Equipment Technicians. These technicians work behind the scenes to keep every piece of medical equipment, from basic thermometers to sophisticated ventilators, fully functional and ready where split second decisions make all the difference in patient care.

Often working out of the spotlight, BMETs possess a deep understanding of both the technical and clinical aspects of medical equipment. Their expertise is critical to maintaining the health and readiness of Airmen, at home and

abroad.

“The primary purpose of BMET and healthcare technology management is the safety of patients inside the medical facility,” said Tech. Sgt. Brandon Musgrave, 78th MDG BMET healthcare technology manager. “The primary way that we accomplish that is by maintaining medical equipment from the moment it enters our doors until the day it leaves.”

BMETs tackle a diverse workload, ranging from routine maintenance and calibration to complex troubleshooting and repair. Their responsibilities include installing and inspecting new equipment to meet stringent medical and technical standards, performing preventive maintenance to prevent breakdowns, calibrating equipment for accurate performance, repairing malfunctions, and conducting safety inspections.

Training to become a BMET involves nearly

See 78th BMETs, page 3

Creating a safe workplace through Safe + Sound challenges

By **LISA GONZALES**
Air Force Safety Center

KIRTLAND AIR FORCE BASE, N.M. -- The Occupational Safety and Health Administration’s annual Safe + Sound Week starts August 11th and runs through the 17th. The campaign emphasizes three core elements: Management and Leadership, Worker’s Participation, and a systematic approach to Finding and Fixing Hazards. Each year, challenges highlight workplace safety and help organizations build and maintain effective safety and health programs. This year, the Department of the Air Force will highlight the “Hazard Huddle” and “Response-Ready” workplace challenges.

“Hazard Huddle” falls under the Management Leadership element. It recognizes that a safe workplace requires open communication about hazards. Employers are encouraged to conduct discussions with their employees to identify hazards and use job hazard analysis as part of a comprehensive risk management process. This



involves identifying potential hazards, assessing the risks they pose, and implementing appropriate controls. Supervisors are encouraged to discuss potential procedural updates with employees before implementing changes, ensuring that risk management decisions are made with input from those directly affected.

“Response-Ready Workplace” emphasizes Worker Participation. It encourages employees to be familiar with emergency action plans

and to actively participate in making them more effective. The challenge lists examples of emergencies to plan for, such as weather-related disasters, hurricanes, tornados, fires, chemical spills, or explosions. It also suggests holding safety meetings to go over key points of the EAP and work through different types of emergencies that might occur. The challenge also encourages EAPs to be reviewed periodically to focus on different emergencies.

See SAFE, page 3

5 facts about sexual dysfunction in women, how to get help

(StatePoint) Forty-two percent of women experience sexual dysfunction - and Hypoactive Sexual Desire Disorder - characterized as frustrating low libido, is the most common form of it. It is estimated that about one in 10 women have this condition.

The good news? Low sex drive in women can be treated. Clinically proven options are helping hundreds of thousands of women address HSDD. In fact, as of May 2025, over 25,000 healthcare providers are prescribing Addyi, a particularly effective hormone-free drug sometimes referred to as “female Viagra” or “the little pink pill.” Here are five facts

to know about HSDD and how medication can help treat it:

1. HSDD is caused by an imbalance of chemicals in the brain and its effects can extend well beyond the bedroom. HSDD can also cause feelings of frustration and create tension in relationships.
2. For the last 10 years, Addyi has been the number one prescribed treatment for HSDD in women who have not gone through menopause, who have not had problems with low sexual desire in the past, and who have low sexual desire no matter the type of sexual activity, the situation, or the sexual partner.
3. While many prescription

drugs are unaffordable, Addyi is often covered by insurance and can cost as low as \$20 a month.

4. Addyi is well-tested. Sprout Pharmaceuticals conducted the largest ever clinical trials in women’s health for its FDA filing, submitting evidence from over 13,000 patients, three times as much data as any male sexual health drug. In pooled data from three pivotal trials, Addyi significantly outperformed the placebo across all six Female Sexual Function Index domains: orgasm, lubrication, arousal, desire, satisfaction, pain reduction, as well as met all measurements of effectiveness required by the

See HELP, page 3

Here’s what to know about free trials or subscriptions

Free trials have become a go-to marketing strategy—especially for subscription-based services—and for good reason. When you shop online, you don’t get to touch, test, or experience a product firsthand. That’s where free trials offer a low-risk way to try something out before committing. It’s a win-win: sellers get to showcase their product, and buyers can make more confident decisions.

But before you click “start your free trial,” there are a few important things you should know to avoid unexpected charges and post-trial surprises.

Here’s what to look out for:

Investigate the offer. Before signing up, find out how long the trial period lasts, what exactly you are agreeing to, and how and when you would cancel should you decide you don’t want to subscribe. If this information is confusing or unavailable, it’s best to take your business elsewhere.

Review the signup form and look for pre-checked boxes. If you sign up for a free trial online, look for boxes that have already been checked, advises the Federal Trade Commission(FTC). The FTC warns that the checkmark “may give the company the green light to continue the offer past the free trial or sign you up for more products.”

Mark your calendar. Your free trial probably has a time limit. Once that passes, if you haven’t canceled your “order,” you may be on the hook for more products. Be sure to either notify the company early of your decision to cancel or track the cancellation date on your calendar.

Always review your credit and debit card statements. This will help you know immediately if you are being charged for something you didn’t order. If you see charges you disagree with, contact the company directly to sort out the situation. Call your credit



Kelvin Collins

card company to dispute the charge if that doesn’t work. Ask the credit card company to reverse the charge because you didn’t actively order the additional merchandise.

Research the company online. You can check reports with bbb.org and do other online searches to see what other people say about the company’s free trials — and its service. The FTC points out that “complaints from other customers can tip you off to ‘catches’ that might come with the trial.”

Also do general research on the company. See if you can find them on social media and review their account. In addition to checking with BBB, consider doing an online search of the company and include the words “scam” or “complaint,” to reveal red flags you should be aware of.

Find the terms and conditions for the offer. Even if you heard about an offer through a radio, TV, or print ad, the company should still provide the details on its website. As many BBB Scam Tracker reports show, you shouldn’t sign up if you can’t find the terms and conditions or understand exactly what you’re agreeing to.

Always protect your personal information online. When you sign up for a free trial online, you’ll likely need to provide some basic personal information and your credit card number. Before you hand over your information, review the site’s privacy policy and ensure the website is secure, that is, it starts with “https://” and has a lock icon on the sign-up page.

Want to subscribe past the free trial? Understand how to cancel future shipments

See FREE, page 3

Medal of Honor spotlight

Marine Corps Pfc. Robert Wilson

By **KATIE LANGE**
DoD News

“Honor before self” is a core value of the Marine Corps. It’s one Pfc. Robert Lee Wilson took to heart.

During the World War II battle for Tinian Island in the Pacific, Wilson gave his life so that three of his comrades could live. His selfless actions led to him posthumously receiving the Medal of Honor.

Wilson was born May 21, 1921, in Centralia, Illinois, to Joseph and Anna Wilson. He was one of eight children and was considered extremely helpful to his father when tending to their farm.

“He was one of the best workers I ever saw,” his father once said.

As World War II raged in Europe and the U.S. grew increasingly closer to getting involved, three of Wilson’s brothers volunteered to join the military. Wilson himself was no exception; he enlisted in the Marine Corps on Sept. 9, 1941, three months before the U.S. officially entered the war.



Photo courtesy defense.gov
Marine Corps Pfc. Robert Wilson

sion routed all enemy forces and seized a valuable airfield. Wilson also fought in the bloody battle for Tarawa in the Gilbert Islands. For these campaigns, he received two Presidential Unit Citations.

During the invasion of the Mariana Islands, Wilson served with Company D, 2nd Battalion, 6th Marines, 2nd Marine Division. The unit was fighting enemy forces on Tinian Island on Aug. 4, 1944, when Wilson made the ultimate sacrifice for his comrades.

On that day, Wilson and a group of Marines were tasked with advancing through heavy underbrush to neutralize isolated points of resistance. Despite the obvious dangers, Wilson moved ahead of the group to check out a pile of rocks where Japanese troops were supposed to be hiding.

As he did so, he saw an enemy grenade get tossed

right into the middle of a tightly assembled group of three Marines in the rear.

Wilson quickly shouted out a warning. Then, without hesitation, he threw himself on top of the device before it exploded. Wilson sacrificed his life so that others could survive.

One of the men Wilson saved was Marine Corps Sgt. Harry H. Lehman, who later told The Times Record newspaper out of Brunswick, Maine, that Wilson had joined their company only three weeks before his death.

“What I remember most were the nights we sat around in our foxholes listening to his jokes,” Lehman said of Wilson. “They were terrible, but any humor was appreciated then.”

Lehman said he and the other two men who Wilson saved later wrote a letter to Wilson’s family, explaining how he’d given his life for them. The trio was also integral in nominating the fallen Marine for the Medal of Honor.

On July 26, 1945, Wilson’s parents were presented with the nation’s highest medal for valor on their son’s behalf during a ceremony at an American Legion in their hometown of Centralia.

Wilson was initially buried in a military cemetery on Tinian; however, in 1948, his body was flown home and laid to rest in Centralia’s Hillcrest Memorial Park.

To honor him, the Navy commissioned the destroyer USS Robert L. Wilson in 1946 — a ceremony that Wilson’s mother and Lehman attended. The ship served nobly until its decommissioning in 1980.

... without hesitation, he threw himself on top of the device before it exploded.

THE

UNION ADVOCATE

AFGE

Logo

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Please submit articles, photos, etc to don.moncrief@afgelocal 987.org. For questions about story content, to pass on story ideas or to request coverage, please contact the aforementioned.



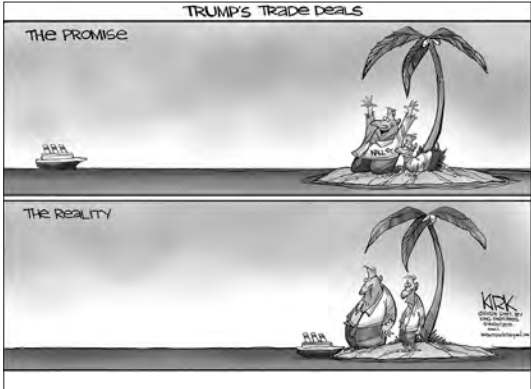
Just for

King Crossword

- ACROSS**
- 1 AWOL pursuers
- 4 Lab sci.
- 8 Beach crawler
- 12 Fair-hiring letters
- 13 Corporate symbol
- 14 Aware of
- 15 — pro nobis
- 16 Long-haired feline
- 18 Windshield cleaner
- 20 Hide-hair insert
- 21 Elite alternative
- 24 Bar legally
- 28 Three digits after 1
- 32 Lighten
- 33 Auction action
- 34 Tools for duels
- 36 — Na Na
- 37 Beatnik's assent
- 39 "The danger has passed"
- 41 Aquarium favorite
- 43 Morales of "Jericho"
- 44 Non-dairy milk type
- 46 Bounds
- 50 "Play it cool"

1	2	3		4	5	6	7		8	9	10	11
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15				16				17				
18				19			20					
			21		22	23		24		25	26	27
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50	51	52				53	54			55		
56					57					58		
59					60					61		

- 55 Protrude
- 56 Challenge
- 57 — Domini
- 58 Whatever
- 59 Egg on
- 60 Harvest
- 61 Reuben bread
- DOWN**
- 1 Calico's call
- 2 Actress Gilpin
- 3 Ivory, for one
- 4 "The Silence of the Lambs" role
- 5 Sweetie
- 6 Custard ingredient
- 7 Earth circler
- 8 Sandpaper type
- 9 GOP org.
- 10 — glance
- 11 Droid
- 17 Caviar
- 19 Ecol. watchdog
- 22 Nightclub of song
- 23 "Rumour Has It" singer
- 25 Hit with a stun gun
- 26 Job-safety org.
- 27 Dessert fruit
- 28 Slightly
- 29 Go by subway
- 30 Redact
- 31 Congers
- 35 Edible mol-lusk
- 38 Food seller
- 40 Fib
- 42 Small battery
- 45 Despot
- 47 Slightly open
- 48 Weak
- 49 Eyelid woe
- 50 Billboards
- 51 Tube top
- 52 Capote nickname
- 53 French article
- 54 Navarro of "The View"



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Implore

VLOGER

Slide

UTECH

Direct

NAILER

Spongy

SOORUP

TODAY'S WORD

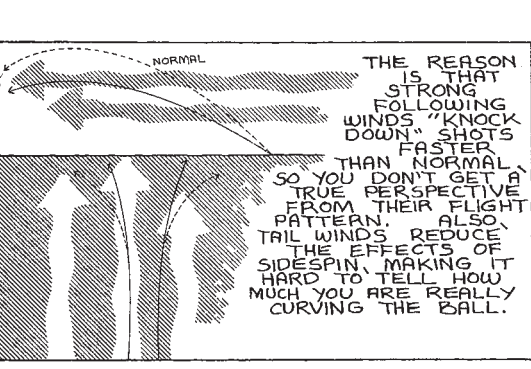
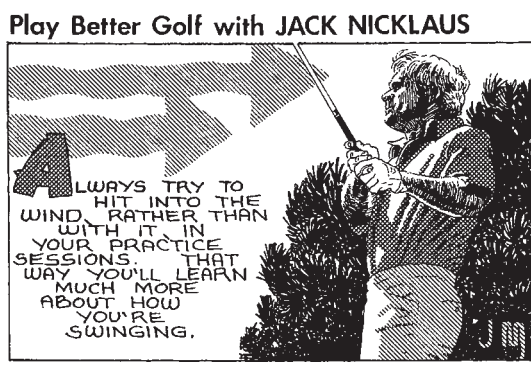
SCRAMBLERS

Today's Word

1. Grovel 2. Chute; solution

3. Linear; 4. Porous

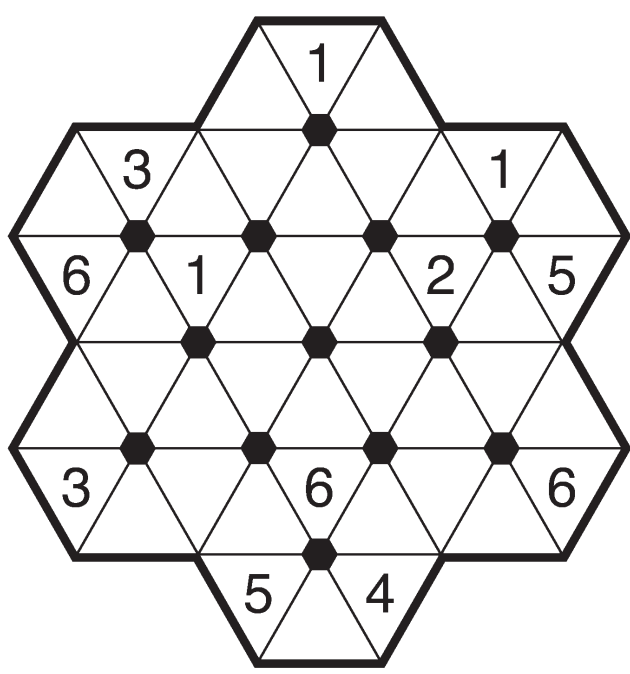
ATROCIOUS



SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

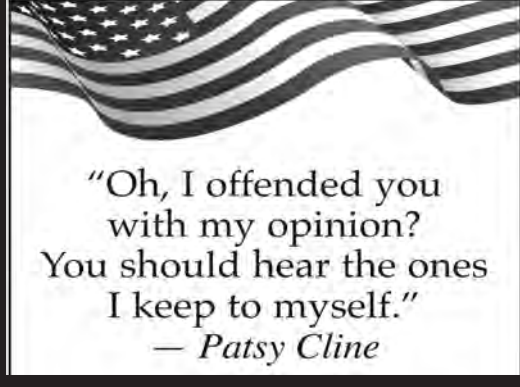


DIFFICULTY THIS WEEK: ♦♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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Americanisms



Just Like Cats & Dogs

by Dave T. Phipps



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

Solution time: 24 mins.

King Crossword — Answers

Weekly SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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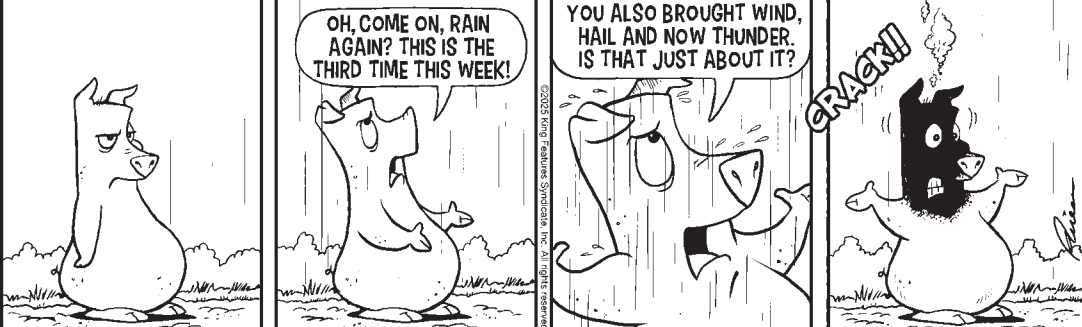
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9	6	4	1	3	7	8	2	5
2	3	5	9	8	4	6	7	1
4	9	3	8	7	6	5	1	2
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Answer

Weekly SUDOKU

fun

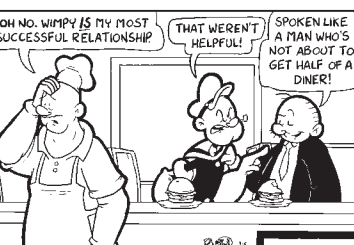
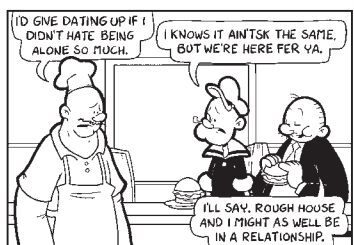
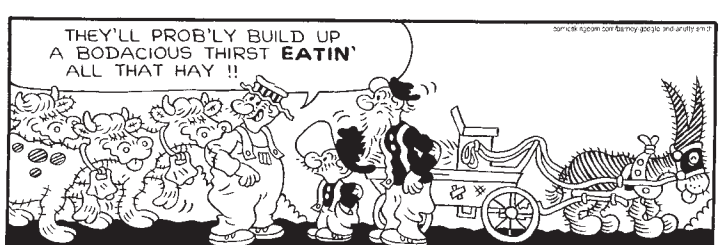
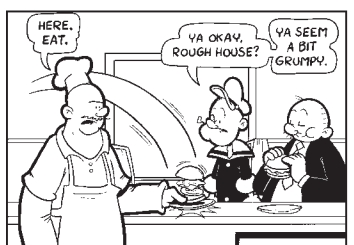
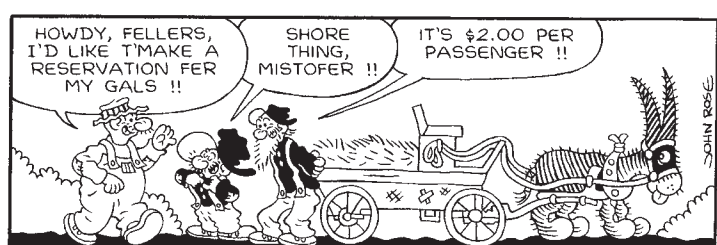
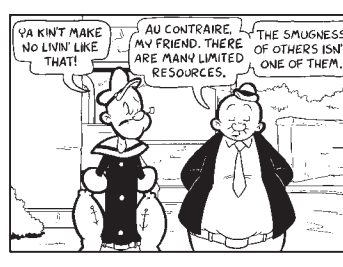
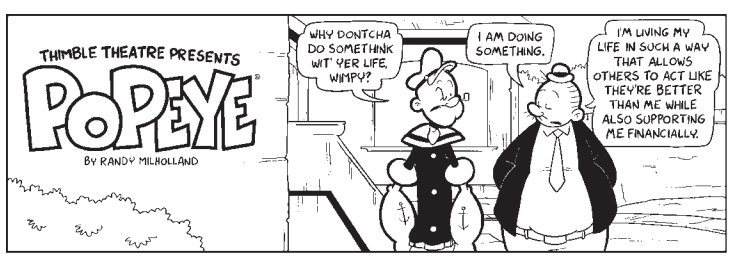
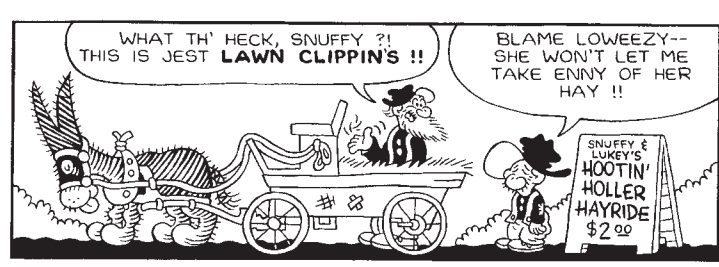
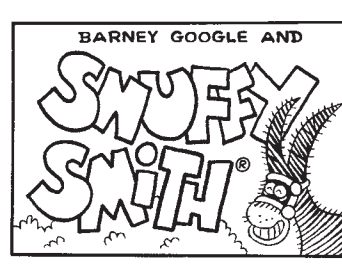
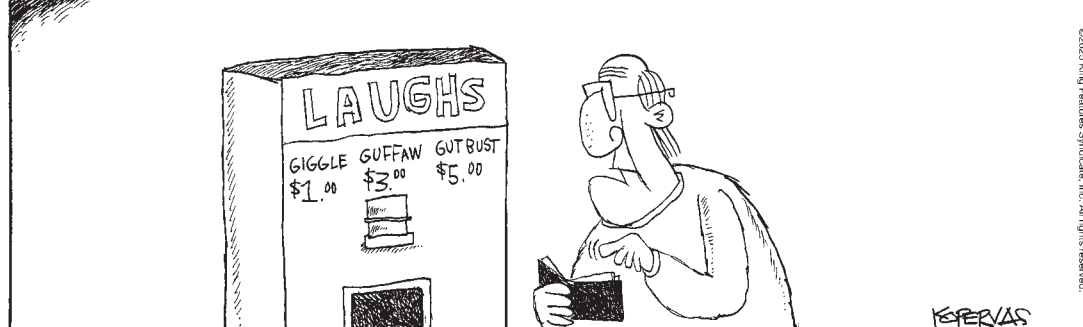
Amber Waves



by Dave T. Phipps

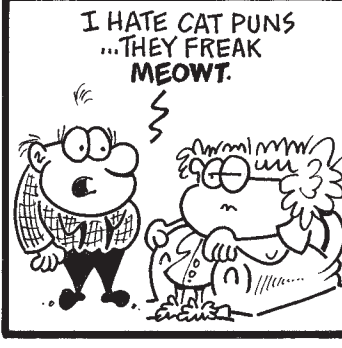
Out on a Limb

by Gary Kopervas



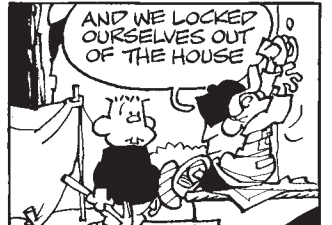
The Spats

by Jeff Pickering

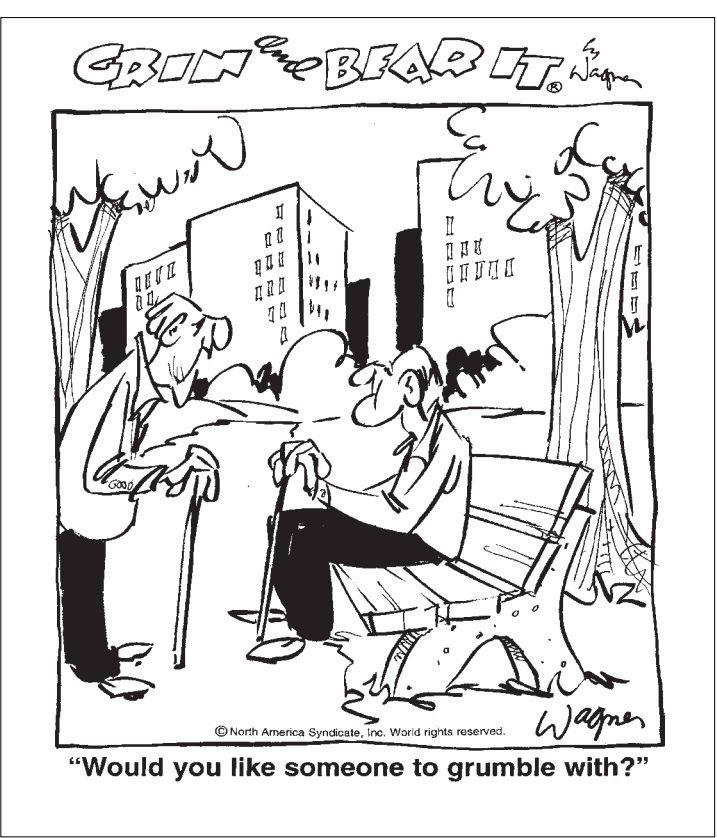


TIGER

by BUD BLAKE



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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.

	+		÷		=	5		
+		+		+				
	-		+	2	=	5		
x		÷		÷				
	+		÷		=	1		
=		=		=				
68		13		1				
1	2	3	4	5	6	7	8	9

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FEAR & KNOT

By: rj johnson

DOUBT? ...OR DARE!

PGY
SLINYO
ORCAP
♥EIAD
MOYPEN
RYA
EANO
MIGNA
♥EAP
♥SUDCER
IGPNI
♥YPER

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.

CRYPTOQUIP

When you're more amicable to people who look up facts in books, is that the referential treatment?

answer

FEAR & KNOT

Go Figure!

answers

	1		13		89
=			=		=
1 =	5	÷	1	+	4
	÷		÷		x
5 =	2	+	9	-	6
	+		+		+
5 =	3	÷	7	+	8

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: T equals F

LEAZ JXH'OA RXOA PRMKPQGA
NX BAXBGA LEX GXXW HB
TPKNV MZ QXXWV, MV NEPN
OATAOAZNMPG NOAPNRAZN?

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HOCUS-FOCUS

BY HENRY BOLTOFF

Find at least six differences in details between panels.

Differences: 1. Leg is moved. 2. Sign is lower. 3. Sailboat is smaller. 4. Skirt is longer. 5. Pocket is added. 6. Boy is moved.

4 Everyday Ways to Keep Your Brain Sharp

FAMILY FEATURES

Staying in shape goes beyond physical fitness – keeping your brain health top of mind is crucial for your overall well-being, too. To sharpen your mind, consider these everyday ways for prioritizing brain health.

Stimulate Your Mind

While “exercising” typically refers to running, walking or biking, remember you can give your brain a workout as well. Provide a boost for your brain with easy and enjoyable activities like reading, puzzles, math games like sudoku or artistic challenges such as drawing or crafting.

Eat Healthy Foods

Establishing a strong foundation for brain health can start in the kitchen by preparing healthy foods. Adding whole grains, fish, legumes, healthy fats and fruits and vegetables, including grapes and leafy greens, can encourage better brain wellness.

Research suggests grapes help maintain a healthy brain. UCLA researchers, in a human study of elderly subjects with mild cognitive decline, found consuming 2 1/4 cups of grapes every day preserved healthy metabolic activity in regions of the brain associated with early-stage Alzheimer’s disease.

This Walnut Sunflower-Crusted Salmon with Honey-Lemon Grapes is a flavor-packed way to add California grapes to the menu while simultaneously supporting brain and heart

health. Salmon, rich in omega-3s, is topped with a crunchy walnut-sunflower seed crust for a savory, nutty bite. Pair with juicy grapes and onions marinated in honey and lemon for a burst of sweetness and tang to balance the rich salmon in this nutritious meal.

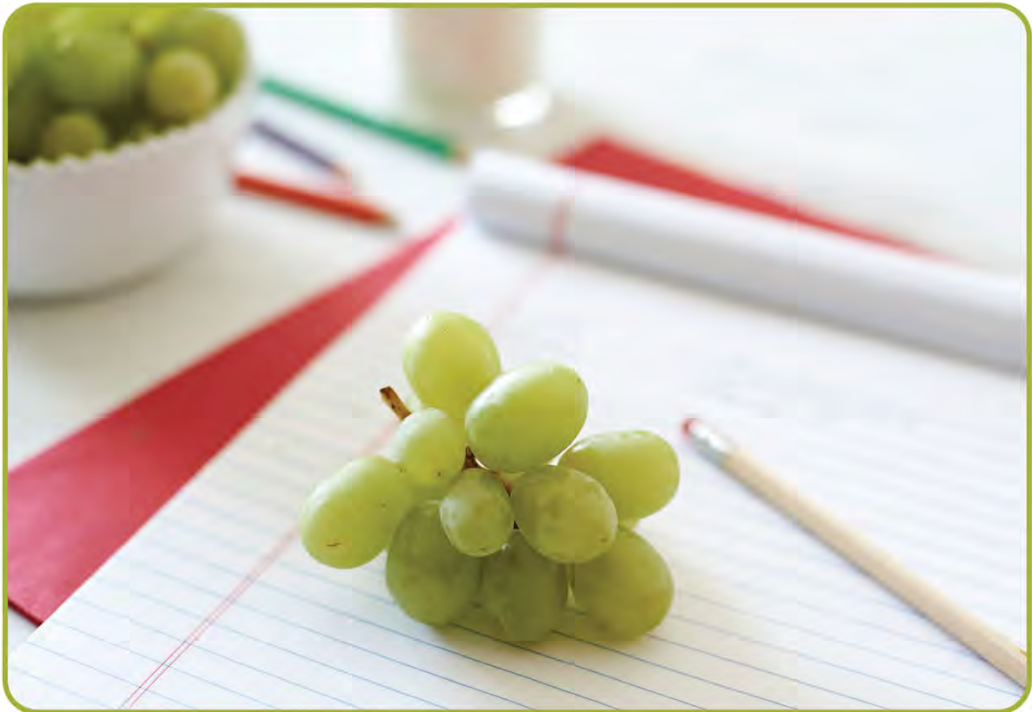
Prioritize Mental Health

Reducing anxiety may be easier said than done, but it starts with healthy everyday habits. Practice mindfulness by meditating or simply turning off distractions like social media. Get outside for fresh air or find a hobby you enjoy. Join a support group, reach out to loved ones and, if you feel you’re experiencing negative mental health systems, talk with a mental health professional.

Exercise Regularly

Physical activities that increase your heart rate also increase blood flow to the brain and throughout your body. It doesn’t have to be rigorous or strenuous – go for a walk around the neighborhood, dance in the living room, tend to your garden or enjoy a bike ride when the weather cooperates. Remember to replenish your energy and hydration – California grapes are an easy way to deliver both.

Find more information on the connection between grapes and heart health, and discover more nutritious recipes, by visiting [GrapesfromCalifornia.com](#).



Walnut Sunflower-Crusted Salmon with Honey-Lemon Grapes

Servings: 4

Honey-Lemon Marinated Grapes:

- 2 tablespoons extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 1 tablespoon fresh basil
- 1/4 teaspoon sea salt
- freshly ground pepper, to taste
- 3 cups halved red Grapes from California
- 1/2 cup thinly sliced red onion
- 1 small handful arugula

Salmon:

- 3/4 cup walnuts, chopped
- 2 tablespoons roasted, unsalted sunflower seeds
- 2 teaspoons honey
- 2 teaspoons spicy brown or Dijon mustard
- 1/4 teaspoon sea salt
- 4 salmon fillets (6 ounces each)

Heat oven to 350 F and line baking sheet with parchment paper or lightly oiled foil.

To make honey-lemon marinated grapes: In medium bowl, whisk oil, lemon juice, honey, basil, salt and pepper, to taste. Stir in grapes, onion and arugula; set aside.

To prepare salmon: In small bowl, stir walnuts, sunflower seeds, honey, mustard and salt until thick paste forms.

Place salmon on prepared baking sheet, skin side down, and press equal amounts walnut mixture over surface of each. Bake 20 minutes, or until salmon flakes easily with fork.

Set salmon on plates; using slotted spoon, spoon marinated grape and onion mixture over salmon and around plates.

Nutritional information per serving: 640 calories; 39 g protein; 31 g carbohydrates; 41 g fat (58% calories from fat); 7 g saturated fat (10% calories from saturated fat); 95 mg cholesterol; 390 mg sodium; 3 g fiber.

Give Backyard Barbecues a Boost with Easy Crowd-Pleasers

FAMILY FEATURES

Classic burgers and hot dogs might get the spotlight during backyard barbecues, but tasty sides and twists on tradition are what take your cookout to the next level.

Since no meal is complete without Bush’s Baked Beans, chef James Briscione turns to these hearty Hamburger Baked Beans, which provide a twist on a cookout favorite with seasoned ground beef combined with baked beans. Simply cook ground beef with onions then add ketchup, mustard and baked beans, stirring everything together until heated through.

With their sweet and savory flavor, Bush’s Baked Beans perfectly complement whatever is on the table, whether you’re hosting a backyard barbecue or heading to a neighborhood potluck. They make it easy

to bring big flavor and a dish that everyone will enjoy – no extra prep required.

Varieties like Original and Brown Sugar Hickory are musts for your next cookout, and the Vegetarian version makes Briscione’s go-to Grilled Chile Rellenos a new grilling favorite. It’s an easy vegetarian recipe with some zing, as poblano chiles are stuffed with baked beans, peppers and onions then covered with cheese and grilled.

“Bush’s Baked Beans bring a depth of flavor and texture that works with anything on the grill,” Briscione said. “They hold their own next to barbecue and can also be the base for easy, delicious dishes that bring people together.”

To complete your cookout and please potluck crowds with more delicious recipes, visit [bushbeans.com](#).



Grilled Chile Rellenos

Prep time: 20 minutes
Cook time: 40 minutes
Servings: 6

- 6 large poblano chiles
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, finely chopped
- 2 jalapenos, seeded and chopped
- 1/2 red bell pepper, finely chopped
- 1/2 cup chopped fresh cilantro
- 1 teaspoon cumin
- 1 can (28 ounces) Bush’s Vegetarian Baked Beans, drained
- 1 1/2 teaspoons hot sauce
- 12 ounces pepper jack or Monterey Jack cheese, coarsely grated, divided
- salt, to taste
- freshly ground black pepper, to taste

Cut poblano chiles in half lengthwise to create boats for filling; scrape out seeds. In nonstick skillet, heat olive oil. Add onion, garlic, jalapenos, red bell pepper, cilantro and cumin; cook over medium heat until golden brown, about 4 minutes. Remove pan from heat and stir in vegetarian baked beans, hot sauce and 8 ounces cheese. Add salt and pepper, to taste. Spoon mixture into hollowed chiles and sprinkle with remaining cheese.

Preheat grill to medium heat. Arrange chiles on grill away from heat. Cook until chiles are tender and cheese is browned and bubbling, 30-40 minutes. Remove from grill and serve.



Grilled Chile Rellenos

Hamburger Baked Beans

Prep time: 10 minutes
Cook time: 5 minutes
Servings: 4

- 1/2-1 pound ground beef
- 1/2 small onion, diced
- 2 tablespoons ketchup
- 1 teaspoon spicy mustard
- 28 ounces Bush’s Original Baked Beans

In skillet over medium heat, cook ground beef with onion. Drain fat. Add ketchup, mustard and baked beans. Stir together until heated through.

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