Election year notice:

AFGE Local 987 is preparing to hold an election (see timeline below). It is crucial that you, the

member, have your most current mailing address on file so that you do not miss out on any important correspondence sent out during this time. If you have moved within the past three years or have made any

changes to your address, please contact AFGE Local 987 Bookkeeper Linda Baxter to update your information. She can be reached by phone at 478-922-5758 or by email at linda@afgelocal987.org.

Local 987

Proud to make America work

Feb. 21, 2024

AFGE Local 987 Officer's Election Announcement

Dear Members,

Please be on the lookout for the election notice in the mail, as outlined in the timeline below. If you have not received the election notice by February 20th, 2024, please contact the election committee at AFGEL987EC24@ gmail.com.

The election committee announces an upcoming In-Person election for the following offices as outlined in the Local Constitution and bylaws:

- President
- Executive Vice-President
- **■** Treasurer

- Secretary
- Vice-President of Maintenance
- Vice-President of DLA
- Vice-President at-Large
- Sgt-of-Arms
- Trustees (3x)

In-Person Election Details:

■ Location: AFGE Local 987's Union Hall, 1764 Watson Blvd, Warner Robins, Georgia, 31099

Timelines:

- February 12th, 2024: Mailing of Election Notice and Union Newspaper (Feb 8th, 2024)
- February 26th, 2024: Special Nominations meeting by 5pm EST. Last day to request "Absentee Ballots".

- February 27th, 2024: Candidates nomination acceptance deadline by 4pm EST.
- February 28th, 2024: Candidates eligibility sent out by or before 8pm.
- March 4th, 2024: Candidates meeting to view election roster and receive election rules.
- April 4th, 2024: Absentee ballots picked up from the mailbox for tally at 11am EST. Voting In-Person from 7am – 7pm EST with immediate tallying at the end of the voting period. All results announced, posted at the polling site, and subsequently in the Union Newspaper.
- April 8th, 2024: Last day to request Run-off election "Absentee Ballots".
- April 19th, 2024: Run-off election Voting In-Person 7am – 7pm EST with immediate tallying at the end of the voting period.

Season 2 podcast released - in entirety

Special to The Union Advocate

AFGE's Women's and Fair Practices Departments' staff recently announced the release of the second season of their YOUNG podcast.

Per their news release: "This season you will hear from AFGE District Leaders and from some of the WFP Constituency Group Executive Board Leaders.

"Throughout the episodes

you will hear why our leaders started their work within AFGE, their vision for their respective areas, and some of their proudest moments." As an added bonus, they

also announced they have released "every single episode" at one time, "so you can 'binge' listen to every episode as you wish."

In addition, they made it known they have also released

In memory ...

Member since Jan. 27, 2006 Passed away Jan. 21, 2024

Member since March 2017

Passed away Jan. 6, 2024

Richard Rivera

Richard Isom



the episodes on the YouTube app/website with video and closed captioning.

To listen to the audio only,

https://podcasters. spotify.com/pod/show/ afgeyoungpodcast?

To watch on YouTube, go

https://www.youtube. com/playlist?list=PL-YG_ fNdjpEmaQ7dlpX-SaqUE7dJYGwhOz.

AFGE celebrates Black History Month

By AFGE Leadership

Each February we recognize Black History Month as a time to honor Black culture, community, and contributions throughout American history. Our nation, AFGE, and the labor movement have been led by the important work, passion, intelligence, and advocacy of Black leaders and activists. Black history is American history and AFGE history.

Our union is using this month to honor that contribution and continue to stand in solidarity with our Black union family. This year AFGE's Women and Fair

Practices Departments and our constituency group, AFGE BLACK have planned events throughout the month of February. Join us and celebrate our union siblings!

Here is our Black History Month pro-

Overview of AFGE BLACK Feb. 21, 7:30-8:30 p.m.

Note: This event takes place during AFGE

BLACK's monthly meeting.

History of Black labor in the U.S.

Feb. 26, 11:30 a.m.-1 p.m. and 7:30-9 p.m. Note: Learn more about the role Black labor has played throughout American history, including the Labor Movement, Civil



To register for the early event visit:

https://us06web.zoom.us/webinar/register/WN_fU07taT6SXC30V_ ZoKJdzg.

To register for the later event, visit: https://us06web.zoom. us/webinar/register/WN IgQDdr4gSMeJaDtnQkQQhQ.

A conversation with Black AFGE law

Feb. 28, 7:30-9 p.m.

AFGE Proudly Celebrates

Black History Month

Note: This is a virtual panel where we will continue to discuss race, policing, protest, and unionism among the Black labor com-

To register for this event visit: https://us06web. zoom.us/webinar/register/

WN 3vgVttXhSbiNqwRz3AcJyQ.

All are also being shown on Facebook. You can find the links at Facebook.com/

AFL-CIO presents its reading list

SOUTH

AMERICA

By AFL-CIO Leadership

This Black History Month, we at the AFL-CIO want to recognize that Black history is not a separate history; it's not a single month. Black history is also America's history, and it's America's labor history, too.

Black workers have always been a crucial part of the fight for justice in the labor movement, from helping to organize the meatpacking industry to the Pullman strike to the sanitation workers striking in Memphis, Tennessee. So this month, we celebrate great labor

leaders like A. Philip Randolph, Hattie Canty, Bayard Rustin, Arlene Holt Baker and Dr. Martin Luther King Jr., who won historic victories for Black working people. But Black history is not just the past—it's

also the present. It's also Black joy. It's a celebration of culture and community. It's coming together to fight for freedom and justice. That's why we'll be celebrating a new

generation of Black labor leaders and activists as well, featuring workers from across the country. And it's why labor will always be on the

front lines of fighting against racism in the workplace and systemic racism and exploitation in our economic system.

To that, our Civil, Human and Women's Rights Department has put together a list of recommended reading for the monthand we're making it easy for you to support Black authors and to buy union-made.

We've sourced each book and linked to some

union bookstore choices where you can



GATES, JR.

● Walking the Way of Harriet Tubman:

• You Mean It or You Don't: James

• Black Folk: The Roots of the Black

Public Mystic and Freedom Fighter - Therese

Baldwin's Radical Challenge - Jamie

McGhee and Adam Hollowell

Working Class - Blair Kelley Ph.D

Taylor-Stinson







order it online. Stony the Road: Reconstruction, White South to America - Imani Perry Supremacy, and the Rise of Jim Crow -• Until I Am Free: Fannie Lou Hamer's Henry Louis Gates Jr. Enduring Message to America - Keisha

 To Shape a New World: Essays on the Political Philosophy of Martin Luther King, Jr. - Edited by Tommie Shelby and Brandon

The Warmth of Other Suns: The Epic Story of America's Great Migration - Isabel

Please join the AFL-CIO in lifting Black history and culture: reading, celebrating, scholarship, conversation and much more.

Membership meeting Local 987 will have a membership meeting March 21 at 5 p.m. (Doors open at 4 p.m.,

with refreshments/available.) It will be held at Union Hall, located at 1764 Watson Blvd. (It will also be on Zoom.) As always, membership will be verified before admittance into the meeting. You can make updates to your contact information - address, phone, email - by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or

Jeanette McElhaney at jmac@afgelocal987.org.

Celebrating women veterans

5 meaningful ways to pay tribute

(Family Features) Veterans play an important role in U.S. history. Over time, the demographics of veterans have changed, but few realize the growing role of women in the armed forces.

Today, women comprise 11% of the veteran population. According to the Pew Research Center, that number is expected to increase to 18% by 2048.

Fannie Griffin McClendon is one of those women. She enlisted during a tumultuous period of history that spanned World War II, the Korean War and the Vietnam War. Her more than two decades in the military



included service in both the Army and Air Force.

In an oral history interview for the Library of Congress Photos courtesy of the Library of Congress Veterans History Project, Fannie Griffin McClendon

Photos courtesy of the Library of Congress Veterans History Project, Fannie Griffin McClendon Collection, AFC2001/001/119440 and Fannie Griffin McClendon.

Veterans History Project, she recalled her proudest memory was her time with the 6888th Central Postal Directory Battalion during World War II. As the only all-African American, all-female unit deployed to Europe, it processed mountains of mail for U.S. servicemembers in Europe in 1945 and is credited with boosting the troops' morale.

McClendon also provided a unique perspective of life as a career military officer in an era when African American women faced bigotry and barriers.

Through the Veterans History Project, the Library of Congress collects and preserves the firsthand remembrances of U.S. military veterans like McClendon and makes them accessible for future generations to better understand veterans' service and sacrifice. Stories are available to the public on the Library's website and at the Washington, D.C. campus.

You can extend this work and honor women veterans in your community with simple acts of appreciation such as:

Support women veteran-owned businesses

Take your support for small businesses one step further and look for women veteran-owned businesses to support. These leaders are making waves in the business world and the nonprofit sector.

If possible, provide mentorships for women veterans

See VETERANS, page 3

Don't fall prey to pine straw scams

etter Business Bureau is again noticing an increase in calls related to door-to-door pine straw scams, particularly targeting elderly homeowners. Consumers complain about aggressive tactics used by disreputable landscapers showing up at their door, claiming to have left over pine straw or mulch from a previous job.

The "landscaper" is willing to offer it to the unsuspecting homeowner at a heavily discounted rate.

Once the homeowner agrees to a price or number of bales, the scammer will either lay down fewer bales than agreed and then need more money to sufficiently cover the area; or completely cover the area and insist that the consumer pay the extra costs. If the consumer refuses, the scammer will then resort to intimidation tactics to frighten the homeowner into paying more.

their yard, but when the workers were finished, they demanded \$1,200, or else. In the end, the consumer was bullied into paying the exorbitant fee.

Many door-to-door salespeople are legitimate,

One elderly consumer agreed to pay \$400 for

but others might only be looking to make a sale and then, move on. BBB recommends consumers be suspicious of "too good to be true" offers and to have a plan in place when hearing that tell-tale knock:

Ask about licensing. Many cities require

door-to-door salespeople to have a peddler or solicitor license. Ask if the salesperson has checked in with the city and gotten proper licensing. Not sure? Call the city or county offices to verify.

□ Check identification. A reputable seller will

ing a photo ID and a business card. If possible, use your phone to take a photo of their vehicle and tag.

Urify the individual and the company. A

provide all the information asked of them, includ-

reputable salesperson should not have a problem with having their identity checked with a quick



Kelvin Collins

phone call to the company. Research the company and contact them to check if the salesperson is in fact an employee. Read the company's Business Profile and customer reviews at BBB.org.

☐ Get promises in writing. If you are interested in a product or service, get

everything in writing including price, contract details and all other terms and conditions. Tell the salesperson the proposal will be reviewed, and a decision will be made. Verify the physical address and valid contact information for the company are included.

□ Don't give in to pressure. Watch out for

high-pressure sales tactics and be aware that anything you sign could construe a contract. If you feel pressured, end the sales pitch and ask the person to leave. Be prepared to call the police if they refuse.

Commission's Three-Day Cooling-Off Rule gives the customer three days to cancel purchases over \$25 that are made in their home or at a location that is not the seller's permanent place of business. Along with a receipt, salespeople should also include a completed cancellation form that customers can send to the company to cancel the agreement.

☐ Stand strong. Be careful about allowing strangers into your home. If you do allow a salesperson inside your home and decide during the presentation that you are not interested in making a purchase, simply ask them to leave. If the salesperson refuses to leave, tell them you will call the police — and follow through if they do not leave immediately.

People who have issues with door-to-door solicitors can submit a BBB Scam Tracker report at BBB.org, as well as reporting anyone suspicious to local law enforcement.

One year later ...

AFMC continues to advance Strategic Plan Lines of Effort

By MARISA ALIA-NOVOBILSKI

Air Force Materiel Command

The Air Force Materiel Command continues to make progress on the lines of effort identified in its 2023 Strategic Plan as it develops, delivers, supports and sustains the war-winning platforms and capabilities our warfighters need to succeed.

Accelerated hiring initiatives; bringing new talent

onboard sooner across the command

priorities through education, research

consulting, and best practices.

Sponsor programs lead to greater employee

support during onboarding, augmenting ability for newcomers to make impacts faster.

COE will accelerate Digital Materiel Management

Digital Innovation & Integration Center of Excellence

Together we are one AFMC...

powering the world's greatest Air Force

Sponsorship -

"Our Air Force relies on AFMC Airmen to deliver capabilities and maintain our installations across the enterprise. The strategic plan ensures we are leveraging all the tools and talent at our disposal to do this effectively," said Gen. Duke Z. Richardson, AFMC Commander. "We continue to focus on enterprise solutions, digital materiel management, and collaboration with every

MAJCOM for every weapon system as we look ahead and align our efforts to deliver on the blueprint for the Air Force of the future."

The AFMC Strategic Plan, released early 2023, identifies four key lines of effort supported by cross-cutting attributes of speed, strength, endurance, balance, flexibility and coordination. The lines of effort are:

See ADVANCE, page 3

Medal of Honor spotlight

Army Spc. 4th Class Gary Wetzel

By KATIE LANGE DoD News

TOD MEM2

Imagine losing your arm and suffering other severe injuries, yet still putting others' safety before your own. That's exactly what Army Spc. 4th Class Gary George Wetzel did during a firefight in Vietnam that took out his unit's helicopter. Wetzel miraculously survived the day, and his valor earned him the Medal of Honor.

Wetzel was born on Sept. 29, 1947, in South Milwaukee, Wisconsin. He was one of nine children; he had five sisters and was the oldest of four boys. His father was a factory worker who'd served in World War II, and his mother went to work as a part-time nursing assistant once the kids were old enough to take care of themselves.

As a boy, Wetzel enjoyed sports and Boy Scout outings, and he idolized John Wayne. But school wasn't really his thing, so in February 1966, a few months after he turned 18, he joined the Army.

After basic training, he served as a heavy equipment instructor at Fort Leonard Wood, Missouri. In a 2003 interview with the Library of Congress' Veterans History Project, he said because he knew he would get sent to Vietnam eventually, he put in a request to deploy, but it was denied. Later, he put in another request that was accepted, and by October 1966, he found himself on his way to Vietnam.

Wetzel first served in an ordnance unit, but he wanted to do something with aviation, so while he was overseas, he



Army Spc. 4th Class Gary Wetzel

reenlisted to get his choice of duty station. He was assigned to the 173rd Assault Helicopter Company of the 11th Combat Aviation Battalion, 1st Aviation Brigade. He got his first taste of combat experience in that unit and was shot down four times during his service.

It was the fifth time he got shot down — about 10 days before his second tour of duty would have concluded — that he earned the Medal of Honor.

On Jan. 8, 1968, then-Pfc. Wetzel's unit was doing flights to check for enemy activity near Ap Dong An in the southern end of Vietnam when they touched down in a landing zone that was immediately bombarded with enemy fire.

"The crossfire was tremendous," Wetzel, who was serving as his chopper's door gun-

ner, later said.

Seconds after landing, a rocket hit the aircraft. As Wetzel and his crew chief, Bart Jarvis, tried to help their wounded aircraft commander, Tim Artman, two more enemy rockets exploded just inches from them. Those explosions blew Wetzel out of the helicopter and into a rice paddy.

Wetzel was critically wounded. He discovered his left arm was useless, and his right arm, chest and left leg were also bleeding profusely. However, he still managed to shoot down an enemy soldier who was about to throw a grenade.

Getting his bearings, Wetzel staggered back to his helicopter's gun well to return fire. According to his Medal of Honor citation, his machine gun was the only weapon effectively firing back at the enemy. Eventually, his shooting took out the automatic weapons emplacement that had pinned down and inflicted heavy casualties on U.S. troops.

Wetzel refused to attend to his extensive wounds and instead tried to drag himself back to Jarvis to help Artman; however, he passed out from blood loss. When he regained consciousness, he remained persistent in his effort to

See HONOR, page 3

He got his first taste of combat experience in that unit and was shot down four times during his service. It was the fifth time ... that earned hi the Medal of Honor.

PROGRESS Deliver Integrated Capabilities Revolutionize Our Processes Re-optimizing for Great Power Competition – • Digital Materiel Management -Ongoing efforts are working to bolster and White paper identifies the shared vision for accelerating materiel life cycle integrate the work of every AFMC Center toward delivery of the force design capabilities needed through digital processes to deter, or fight and win if necessary • Digital Acceleration Task Force - New Software Directorate Established -Team established to lead enterprise New organization to integrate command's digital transformation efforts. software ecosystem capabilities. Digital Industry Association Consortium · Wargames -New collaborative consortium unites Participation in wargames and major experts from across DoD, defense industry exercises assessed AFMC's ability to and academia to drive digital transformation deliver capabilities now and for the future. Common Aviation Support Equipment **New Aviation Support Equipment Flight to** Initiatives result in elimination of duplicitous embed with supply to lead enterprise compliance processes through an enterprise management activities. Spark Tank Spurs Innovation – Innovation culture led to 24 ideas submitted to DAF competition, with two selected as departmental finalists along with game-changing digital idea funded **Amplify Warfighting Culture** Emphasized AFMC warrior spirit through integrated capability delivery of B-21 LOE 2: Strengthen Our Team platform in front of key Air Force audience

Fully Threat-Informed -

People of AFMC

New intelligence briefings drive greater awareness of global threats across

AFMC Airmen and Civilians highlighted

for expertise on and off the job.

UTHE NION ADVOCAME

Published by the American Federation of Government Employees Local 987, Warner Robins, Georgia. Contents of The Union

Advocate are not necessarily the official view of AFGE Local 987, or endorsed by the U.S. Government, the Department of the Air Force or The Document Company.

of the Air Force or The Document Company.

The appearance of advertising in this publication, including inserts, does not constitute endorsement by The Union Advocate, AFGE Local 987 or

the Department of Defense.

Houston Home Journal
Editor/layout and
design
Don Moncrief

Printer

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, nationality, age, marital status, physical or mental health, political affiliation, or any other non-merit factor for the pur-

chaser, user or patron.

Editorial content is edited,

prepared and provided by AFGE Local 987. Submitted news and editorial content/photographs are welcome - applicability to AFGE Local 987's mission to be determined by the discretion of the editor and/or president.

Please submit articles pho-

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.

Connecting family during long deployments

(StatePoint) It was a long-awaited homecoming for the USS Gerald R. Ford (CVN 78), which returned to Naval Station Norfolk on January 17. The U.S. Navy aircraft carrier operated for an additional 76 days in the Mediterranean Sea due to the Israel-Hamas conflict, for a total of 8 months deployment.

As part of the homecoming, many sailors met their newborn babies on the pier for the first time. In fact, nearly 100 babies were born while the Ford was deployed. To celebrate, the USO hosted a Special Delivery baby shower honoring the new parents with refreshments and gifts.

The USO Special Delivery program features baby showers that provide a touch of home and are an important part of the USO's mission to strengthen the well-being of the people serving in America's military and their families.

Through these events, expectant parents can build meaningful connections with other military families who understand the challenges of pregnancy when far from home and separated from the support of loved ones, including even their spouses sometimes.

They also fill a much-needed gap – last year, 72% of participants stated that this is the only baby shower they will receive. The USO hosted 85 Special Delivery events in 2023 that supported over 3,000 parents.



One of those expectant parents was Stacey Dyadushenko, who attended a Special Delivery event at the USO center on Fort Liberty in North Carolina while her husband was deployed to Eastern Europe.

"The USO has helped me connect with – and build a sense of community with – other military spouses here in the Fort Liberty area who are going through some of the same challenges I am.

"Sometimes you feel you don't have the resources you need, but that's where pro-

grams like this really help and support us."

To learn more about these programs and how to support them, visit uso.org/

Deployments and relocations can put a strain on the military community, particularly when they are in the process of starting a family. But thanks to programming that fosters community and provides connection, military families can feel supported during a challenging, but exciting time in their lives.

6 long-term care myths that could impact your retirement

(StatePoint) When it comes to planning their retirement, most people will rely upon their savings, 401(k)s and other forms of income to provide the security they will need for that phase of life. However, many don't consider a crucial need for their later years: long-term care insurance.

In fact, a recent Forbes study revealed only about one-quarter of adults nearing retirement have seriously considered getting long-term care insurance or a savings account dedicated to long-term care expenses.

Further, many consumers mistakenly think their health insurance or Medicaid will cover various aspects of long-term care services when that might not be the case. In a LIMRA study, 29% of respondents said they believe they own some form of standalone long-term care insurance coverage or combination life/long-term care insurance coverage. The data shows long-term care ownership is closer to 3.1%.

So why are Americans neglecting this aspect of financial planning? For many, common misconceptions are preventing them from being prepared. Here are six myths about long-term care and the truth you might not know from Bankers Life, a national life and health insurance brand.

Myth #1: I won't need long-term care.

Reality: Needing help with such daily activities as eating, bathing, dressing, toileting and continence, among others, may seem like an unlikely scenario. However, about 70% of people aged 65 and older will need some type of long-term care during their lifetime, according to the Department of Health and Human Services.

Myth #2: My family will take care of me.

Reality: Physical, financial and geographical limitations prevent many people from caring for their aging relatives, even if they intended to. That's why it's important to be prepared to pay for the long-term care you may need some day.

Myth #3: Medicare will cover my long-term care.

Reality: Medicare is designed to cover acute care, or the care you need when you're sick and will eventually recover from an illness. It doesn't cover ongoing activities of daily living services when those are the only care you need. Long-term care insurance is designed to help cover ongoing custodial care services, which includes assistance with dressing, bathing, eating or other activities of daily living.

Myth #4: I'll use my Social Security benefits to pay for long-term care.

Reality: Long-term care is expensive, with homemaker services costing \$163 per day on average and a semi-private room in a nursing home costing \$260 per day on average, according to SeniorLiving.org. Even the maximum monthly Social Security

benefit of \$3,6275 won't cover these amounts.

Myth #5: Nursing homes are the only option.

Reality: When you hear "long-term care," you may immediately think "nursing home," but today there are a wide variety of services available that you may receive at a facility, in the community or in the comfort of your own home.

Owning long-term care insurance can help ensure you receive the care you need on your terms.

Myth #6: I will get long-term care insurance later, when I need it.

Reality: Qualifying for long-term care insurance coverage after you're diagnosed with an illness is difficult. Applying for long-term care insurance at a younger age helps you qualify for coverage and lock in lower premiums. For this reason, many people purchase long-term care insurance in their 50s when they're still in good health.

VETERANS

From page 2

to help transition to civilian life.

Encourage women veterans to share their stories

Interview the women veterans in your life and capture the details of their military experiences. Then share your documentation with the Veterans History Project, which helps preserve these stories for future generations.

Submit a 30-minute (or longer) unedited video or audio interview sharing service

details and/or a collection of original photos or correspondence. Veterans, or families of deceased veterans, may also submit a minimum 20-page journal and/or unpublished memoir or 10 or more original photos or letters

Visit loc.gov/vets and click "How to Participate" for instructions.

Learn more about women veterans

Educate yourself, your children and those around you. Visit museums and memorials, many of which have specific displays to honor the sacrifices and triumphs of women yeterang.

Advocate for and empower women veterans

Support initiatives and programs that serve women veterans. Empower them to acknowledge their service and take advantage of the programs and resources available

Say "Thank you"

This may be the easiest, yet most impactful, way you can support veterans, and there are many ways to do so. Shake her hand, buy her lunch or send her a card or letter. None of these take much time, but each can have a big impact.

ADVANCE

From page 2

Deliver Integrated Capabilities - Drive the integration of research, development, test, sustainment, support, and infrastructure to maximize readiness and lethality for each individual capability, and across all

capabilities.

Advance the professional and personal development, retention, resilience, and innovation of our workforce so every AFMC Airman and Guardian can achieve their full potential.

Revolutionize Our Processes - Implement enter-

prise solutions, Digital Materiel Management, and other methods to revolutionize critical processes in support of the mission and warfighter.

Amplify Warfighting Culture - Connect every AFMC Airman and Guardian to the mission and focus the materiel enterprise on delivering capabilities and services in support

of operational execution and deterrence.

Each line of effort directly supports AFMC's ability to enable Department of the Air Force priorities as it supports the warfighter through innovation, delivery of enterprise solutions, and ensuring every individual reaches their full potential.

HONOR

From page 2

help his commander.

"I recall thinking even then how miraculous it was that the man was still alive," another soldier in Wetzel's helicopter said in a statement after the incident. "Pfc. Wetzel's actions, in my opinion, will stand out for years to come as a prime example of a truly selfless devotion to the survival of one's

After an agonizing effort, Wetzel made it to Jarvis, who was still trying to drag the wounded Artman out of the rice paddy and to the safety of a nearby dike. Wetzel continued to assist him until he passed out again. Sadly, Artman didn't survive.

Wetzel said his crew fought for 10 to 12 hours before they got any help and were able to evacuate. He later said that he was determined to make it out of there because, even though he thought he was dying, he didn't want to do so in a rice paddy.

"Medically, I should have been dead," he said in his Library of Congress interview. Wetzel said he met some of the nurses who worked on him when the Vietnam Women's Memorial was erected in 1993. They told him he went through 18 units of blood

during his immediate recovery.

Wetzel's arm had to be amputated at a

field hospital. He was flown out of Vietnam and spent six months in hospitals before being discharged in June 1968.

That September, shortly after he turned 21, Wetzel said his superiors mentioned that he'd be going on a trip, but they couldn't tell him where or why. He eventually learned it would be to Washington, D.C., to receive the Medal of Honor.

President Lyndon B. Johnson presented Wetzel with the medal during a White House ceremony on Nov. 19, 1968. Wetzel's father, fiancée and several other family members were able to attend. Four other men received the same honor that day.

Since that day, Wetzel has taken his role as a recipient of the nation's highest honor for valor very seriously.

"It's been four and a half decades, and

every time I have the privilege of wearing that blue ribbon around my neck, I am in awe," Wetzel said in a 2016 USA Today article. "I try to live up to it for the guys who aren't here."

Wetzel left the service shortly after the medal ceremony. He went on to marry his fiancée, Kathy, and they had a son.

Wetzel took a job as a welder for a time before working for Ameriprise starting in 1971. He has stayed involved with veterans' organizations and has taken part in several iterations of the annual Rolling Thunder motorcycle ride to D.C. over Memorial Day weekend. Wetzel often speaks to students about his time in the military and patriotism.

The Medal of Honor recipient has received many accolades in recent years, too.

In 2015, the Milwaukee County War Memorial Center unveiled a street sign and stone marker commemorating Wetzel's heroics. He was also the 2015 Milwaukee County veteran of the year and the first recipient of the Milwaukee County Purple Heart Pass.

The Gary G. Wetzel Way nature trail at Camp American Legion, Wisconsin, was named for him in 2016. The camp helps post-9/11 veterans and their families rehabilitate and heal.

That same year, Wetzel was seriously injured in a motorcycle crash, but he recovered after extensive rehab. When he returned to his South Milwaukee home, it was to a parade-like atmosphere, with neighbors, family and well-wishers welcoming him back – a very different homecoming than what he got in 1968.

coming than what he got in 1968.

Wetzel's home had been renovated by the Gary Sinise Foundation to accommodate

his needs due to his extensive injuries.

Most recently, May 18, 2017, was declared Gary G. Wetzel Day in South Milwaukee.

Equal Employment Opportunity Commission *Actions/decisions:*

JC Market Thriftway to pay over \$50K following EEOC investigation

JC Market, Inc., doing business as JC Market Thriftway, a Lincoln County, Oregon grocery chain, has agreed to provide \$50,000 in compensatory damages, backpay, and furnish other injunctive relief to resolve a charge of disability discrimination filed with the U.S. Equal Employment Opportunity Commission, the federal agency announced recently.

The EEOC investigation found the applicant interviewed

for a position with the owner of JC Market and was given a job offer and instructions to report to work the following day for training. However, upon informing JC Market about their disability and requesting to carry related medical supplies, JC Market refused to provide a reasonable accommodation and fired the employee.

Following a reasonable cause finding, the parties

engaged in the pre-litigation conciliation process, which resulted in a settlement that included monetary damages, revisions to policies and procedures related to disability discrimination and requesting reasonable accommodations, and separate trainings for managers and employees designed to prevent future discrimination by enhancing accountability and oversight of managers and employees.

As part of the settlement, JC Market also agreed to make a donation to a non-profit organization whose mission supports the rights of individuals with disabilities.

EEOC sue Sinclair Broadcast Group - to pay \$85K to settle disability suit

Sinclair Broadcast Group will pay \$85,000 and provide other relief to settle a disability discrimination lawsuit filed by the U.S. Equal Employment Opportunity Commission, the federal agency announced recently.

A help desk technician who was diagnosed with schizoaffective disorder worked for Sinclair Broadcast Group at an office located in Cockeysville, Maryland. After Sinclair Broadcast Group learned of the help desk technician's mental impairment, the company suspended and fired her, the EEOC said.

The one-and-one-half-year consent decree settling the suit requires Sinclair Broadcast Group to pay \$85,000 in back pay and compensatory damages, and to provide periodic reporting, monitoring, and a process for reviewing future disability discrimination complaints. The decree also requires Sinclair Broadcast Group to provide training to ensure compliance with the ADA, including anti-stigma training aimed at reducing stigmatizing behavior in the workplace and protecting those with mental impairments from harassment, degrading conduct and discrimination.

Jury awards more than \$36M in disability discrimination case against Werner Trucking

An eight-person jury in Omaha, Nebraska returned a verdict of \$36,075,000 in favor of the U.S. Equal Employment Opportunity Commission on disability discrimination claims against Drivers Management, LLC and Werner Enterprises, Inc., the federal agency announced recently. The jury awarded Robinson \$75,000 in compensatory damages and \$36,000,000 in punitive damages after deliberating for less than two hours following a four-day trial, finding that Drivers Management and Werner's conduct violates the Americans with Disabilities Act (ADA).

"Victor Robinson had the courage to step forward and say what happened to him was wrong," said EEOC Chair Charlotte A. Burrows. "The jury agreed, and their substantial verdict sends a clear message to employers everywhere that our nation will not tolerate disability discrimination."

The jury found that the truckload carriers failed to hire and failed to accommodate Victor Robinson, who is deaf, for a truck driving job in 2016. The EEOC presented evidence that Robinson applied to work at Werner after completing training at Roadmaster, a Werner-owned truck driving school, and obtaining his commercial driver's license (CDL). Robinson also obtained from the U.S. Department of Transporta-tion's Federal Motor Carrier Safety Administration (FMCSA) an exemption from the hearing regulation for the operation of a commercial motor vehicle. After he applied, Werner's Vice President of Safety told Robinson that the company would not hire him because he could not hear. The Vice President of Safety testified at trial that Werner continues to deny employment opportunities to new Deaf drivers.

iTutorGroup to pay \$36K to settle discriminatory

iTutorGroup, three integrated companies providing English-language tutoring services to students in China, will pay \$365,000 and furnish other relief to settle an employment discrimination lawsuit filed by the U.S. Equal Employment Opportunity Commission, the federal agency announced recently.

iTutorGroup, composed of iTutorGroup, Inc.; Shanghai Ping'An Intelligent Education Technology Co., Ltd.; and Tutor Group Limited hired tutors based in the United States to provide online tutoring from their homes or other remote locations. According to the EEOC's lawsuit, iTutorGroup programmed their tutor application software to automatically reject female applicants aged 55 or older and male applicants aged 60 or older. iTutorGroup rejected more than 200 qualified applicants based in the United States because of their age.

"Prohibitions on age and other types of discrimination do not stop at the border," said Trial Attorney Daniel Seltzer. "Even companies doing business abroad will face serious consequences if they discriminate against U.S-based employees. Where, as alleged here, companies closely control the way fully remote workers perform their jobs, those workers are employees protected by federal anti-discrimination laws," said Jeffrey Burstein, regional attorney for the EEOC's New York District Office. "The EEOC will continue to enforce those protections for all covered employees."

The decree settling the suit provides the money be distributed to applicants who were automatically rejected due to age. Although iTutorGroup has ceased hiring tutors in the U.S., the decree also provides for significant non-monetary relief designed to prevent discrimination should it ever resume its U.S. operations. That relief includes extensive and continuing training for those involved in hiring tutors, issuance of a robust new anti-discrimination policy, and strong injunctions against discriminatory hiring based on age or sex and requesting applicants' birth dates. The EEOC will monitor iTutorGroup's compliance for at least the next five years or longer if iTutorGroup resumes hiring tutors in the United States, and if it does resume its U.S. operations, it must notify and interview those applicants allegedly rejected because of age.

4 Tips to Get High Cholesterol Under Control

FAMILY FEATURES

eart disease is the nation's leading cause of death for men and women, according to the Centers for Disease Control and Prevention, but many people aren't aware they may be at elevated risk. More than 71 million adults in the United States have high low-density lipoprotein (LDL) cholesterol and nearly 50 million don't have it under control, which puts them at higher risk for cardiovascular events, such as heart attack and stroke.

What's more, nearly one-third (31%) of U.S. adults are not aware that having high cholesterol puts them at greater risk for heart attack and stroke, according to the findings of a recent study conducted by The Harris Poll commissioned by Esperion Therapeutics, Inc. The poll also revealed some inconsistent understanding about treatment options available for those with uncontrolled cholesterol. Fully 3 in 10 (30%) of those taking statins believe statins are the only LDL lowering treatment available for those with high LDL cholesterol.

"In auto racing, the red flag means danger on the track, stopping the race immediately," said Dr. JoAnne Foody, chief medical officer at Esperion. "We are launching a patient education program, 'Wave the Red Flag,' to encourage people with uncontrolled high cholesterol to have their levels checked right away and discuss appropriate treatment options with their health care provider."

If your high cholesterol is uncontrolled, understanding how you can achieve greater control can reduce your risk for serious health conditions, including potentially life-threatening cardiovascular events.

Consider these tips to get high cholesterol under control.

Talk with your doctor. Speaking with your physician is an important first step to

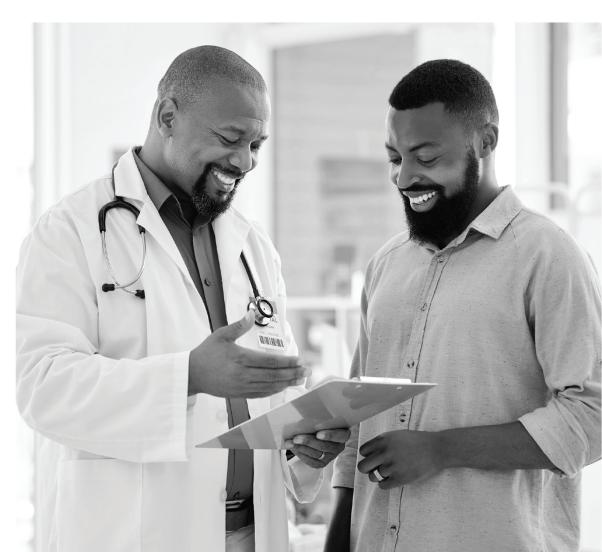
managing any health condition. Your doctor can help you understand the severity of your condition and whether a treatment plan should be moderate or aggressive.

Check your progress. Keeping tabs on your cholesterol can help you and your health care team gauge whether your treatment plan is working. If you don't have heart disease, you may not need to check as frequently, but your doctor can recommend the appropriate intervals to help manage your cholesterol most effectively.

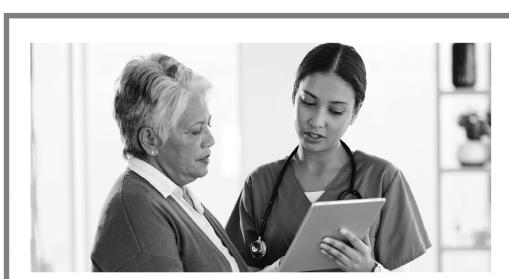
Take medications as prescribed. Statins are the medications most often recommended by treatment guidelines for the management of blood cholesterol, and nearly one-third (30%) of those taking statins believe they are the only cholesterol-lowering treatment available, according to the survey. However, even with maximal statin therapy, some patients with chronic disease do not meet recommended LDL cholesterol levels. Taking your medications regularly and as instructed helps your doctor determine whether additional therapies — including non-statin treatments — could be useful to help manage your blood cholesterol.

Make lifestyle adjustments. Your diet plays a major role in lowering LDL cholesterol. Limiting fatty foods, especially those that are high in saturated and trans fats, is key. Monitoring your overall diet and exercising can also help reduce your risk of high cholesterol. Even if you don't have high cholesterol, adopting more cholesterol-friendly habits can help prevent your levels from rising to unhealthy levels in the future.

To find additional information about managing your high cholesterol, talk to your health care provider and visit WaveTheRedFlag.info.



Photos courtesy of Shutterstock



Fast Facts About Cholesterol

What is cholesterol?

The liver creates a fat-like waxy substance called cholesterol. It serves useful purposes for the body, including producing hormones and helping digest food.

How do you get high cholesterol?

The human body makes all the cholesterol it needs naturally, so any cholesterol you eat is cholesterol you don't need. However, it can be difficult to avoid because you can find dietary cholesterol in many common foods, including meat, seafood, poultry, eggs and dairy. Other non-dietary contributing factors include health conditions like obesity and diabetes, as well as family history and advancing age.

What is a normal cholesterol level?

An average optimal level of LDL cholesterol is about 100 milligrams per deciliter (mg/dL). An average optimal level of high-density lipoprotein, or HDL, cholesterol is at least 40 mg/dL for men and 50 mg/dL for women. HDL cholesterol can actually lower your risk of heart disease and stroke.

Are there symptoms of high cholesterol?

Unlike many health conditions, there are rarely any symptoms that your cholesterol is high. That's what makes regular screening so important.

Your Union Insurance Benefits

Life: Permanent, Portable, Cash Value, Living Benefits. A Much Better Plan

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

Emal: NWells@Benefitarchitects.com



70. *What actors do

72. Wisecrack

DOWN

parts

2. Snap up

5. Death-related

10. Use a ladle

11. At any time

15. Suitors

love song"

24. Slumber

22. "Just an

73. Like Phoenix

71. Spinner's product

1. Cornelius of the movies

3. 'I' in Greek alphabet

4. Howard of radio fame

One of the Earnhardts

7. Spermatozoa counter-

8. Muhammad's birthplace 9. Review service, with .com

12. *"No Country for Old

20. Trojan War story

25. Fl., as in fl. oz.

," sing.

29. Dueler's strike

33. Divine saying

"Poor Things"

38. Table hill

42. Wooden pin

49. Love-love, e.g.

57. Forum, pl.

method

"OK, kids, this is the moment we've been preparing for."

58. Deed hearing

61. #20 Down, e.g.

63. *Da'Vine ____

62. Traditional learning

65. Orinoco or Grande

67. *Ryan Gosling's char-

36. *"The

26. "A Confederacy of

27. Place above a ceiling

32. Shoelace bunny ears

34. *Producer and star of

45. *Like nominated ones

51. Meat-cooking contrap-

54. Roaring of an engine

56. Hindu religious teacher

59. Medical diagnostic test

60. Abe Lincoln's hat material

Randolph

WWW.ANDERTOONS.COM

of Interest"

31. Overnight lodgings

" multi Oscar winner

-fashioned

JUST FOR FUN

STATEPOINT

CROSSWORD

ACROSS I

Champagne

15. Bob and

17. "Le

THEME: The Oscars

1. Anti-seniors sentiment

Pérignon,

13. Prefix for earliest

18. Like yesteryear

nominated movie

23. Nothing

agency, acr.

event

spoon

14. Call to Maria

9. Big Bang's original matter

16. "Peter, Peter Pumpkin

19. *Greta Gerwig's Oscar

21. *He's nominated for

playing Leonard Bernstein

24. White shopping

25. Federal food safety

28. It ran away with the

30. ROTC happenings

35. Figure skating jump

40. Archaic preposition

46. Money in Mexico City

52. Sigma Alpha Epsilon

nominations in one Oscar

55. Emergency responder,

60. *What kind of moon?

63. "Finnegan's Wake"

64. Mother load offering

68. Artemis' companion

66. Java cotton tree

69. Fat of olives

53. *Typical number of

57. *"Nyad" nominee

39. Arrogant one

41. Passé

43. Scrubbed

44. Sugarcoating

47. What DJs do

48. Trickery

50. Swerves

category

author

___ des cygnes"



© 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.

I have a fear of speed bumps, but I'm slowly getting over it.

My wife's favorite song is "Ain't no sunshine." She reminds me every time it comes on. I tell her: "I know, I know, I know ..."

Think Drinks

COHOLTKWRIQZNWXROYRO H F X V J K F Z F J F D L E Q J G M T D K N CLI WMARGARI TAS WVI Y OUBI OOKOGLVUGWHFTPUVJAKFSC MACOFFEESUDETROPMIPSQC ITLKEOFTDFRNEELEWLBECU L S G U T R O U Q I L E E S L S E J W S I P K C X W E A J U I C E R S S P N C A O M D P H K E W A O I W M B Z G Q O N A T D Z V E A I V V Y S D X L P S Y Y P A Z E A J K M R R DI GKZEI NSTANTMRSOCAERF S M M Q P E C I L O H C L A N O N L W W E J WUXAPJVBFLAVOREDTKEZJH ERJAOCOCTOHHZBESEKAHSS

ALCOHOL COFFEE FLAVORED HOT COCOA JUICE MALTS **MOCHA**

SODAS

CIDER **ENERGY FLOATS IMPORTED** LATTEES MARGARITAS NON ALCHOLIC

COCKTAILS **ESPRESSO FRAPPUCCINO** INSTANT LIQUOR MILK SHAKES

A little humor ...

A man sought medical aid because his eyes popped and his ears rand. A doctor looked him over

and told him bluntly, "You've got six months to live." The doomed man decided

he would treat himself right while he could. He bought a flashy car, hired a chauffeur, and retained the best tailor in town to make him 30 suits. He even decided his shirts would be made-to-order. "Okay," said the tailor, "let's

WATER

get your measurements. Hmm, thirty-five sleeve, sixteen collar-" "Fifteen," the man said.

"Sixteen collar," the tailor repeated, measuring again. "But I've always worn a fifteen collar," said the man.

"Listen," the tailor said, "I'm warning you, if you keep on wearing a fifteen collar, ears will ring.'

A woman advertised a brand-new Porsche for sale for \$10. A man answered the ad, but he was slightly disbelieving. "What's the gimmick?" he

inquired. "No gimmick," the woman answered. "My husband died, and in his will he asked that the car be sold

secretary."

fect choice.

all his life in a religious atmosphere. So remember that he'll never start if you order, 'Giddyap.' You've got to say, 'Praise the Lord.' Likewise, a 'Whoa' will never make him stop. You've got to say, 'Amen." Thus forewarned, the

parson paid for the horse, mounted him, and with a cheery "Praise the Lord" set off for home. Suddenly, however, he

he forgot his instructions and cried "Whoa" in vain several times. The horse just can-

your eyes will pop and your and the money go to his

Did you hear about the country parson who decided to buy himself a horse? The dealer assured him that the one he selected was a per-"This here horse has lived

noticed that the road ahead

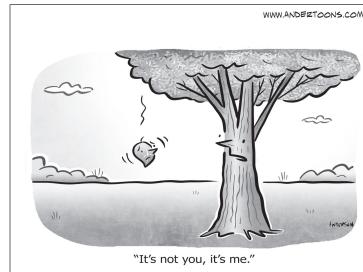
had been washed out, leaving a huge chasm. In a panic,

tered on. At the very last moment he remembered to cry "Amen," and the horse stopped short at the very brink of the chasm. But that's when the parson, out of force of habit. murmured fervently, "Praise

the Lord!"

888-804-0913

© StatePoint Media 3|E 3 Ξ 0 lW 3 ٦ 0 A Я 0 3 3 Ы В 7 | 1 Я l ⊥ S 0 0 3 Μ \exists W Ы 0 C 0 D \exists Ν 0 Ν S M \cap Z 0 Я D Н S D D \exists ٦ A S Ν \exists 0 0 С \exists В Я A В Ы DIE ٦ 0 Э Α ٦ Я Ε Α \exists Ν 3 O Α $\exists | \mathsf{W} |$ 0 Ь Μ 0 M



One Sunday a farmer went to church. When he entered he saw that he and the preacher were the only ones present. The preacher asked the farmer if he wanted him mon. to go ahead and preach. The farmer said, "I'm not

8

too smart, but if I went to feed my cattle and only one showed up, I'd feed him." So the minister began his feed him all the hay."

7 6

9

7

8

9

3

6

6

8

†

8

†

6

8

G

sermon. One hour passed, then two hours, and then two and a half hours. The preacher finally finished and came down to ask the farmer how he had liked the ser-The farmer answered

slowly, "Well, I'm not very smart, but if I went to feed my cattle and only one showed up, I sure wouldn't 8

†

6

7

6

6

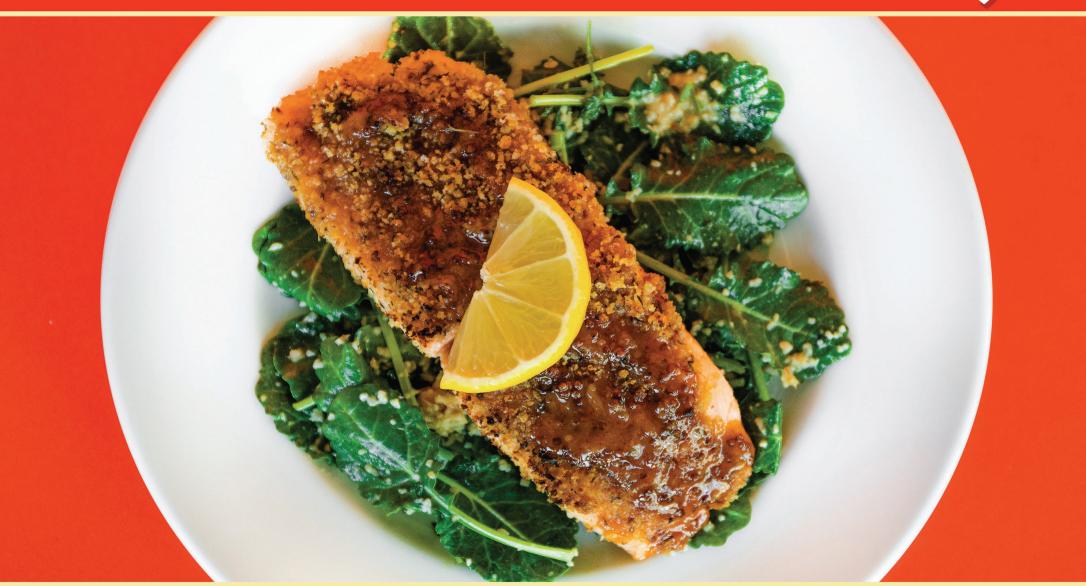
STR8TS No. 674 Easy 2 6 4 3 6 9 4 2 7 8 6 5 7 4 3 5 5 7 3

You can find more help and strategies at www.str8ts.com along with more puzzles, Apple apps and books



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.

SERVE FLAVORFUL,



SUSTAINABLE SEAFOOD

FAMILY FEATURES

hether seafood night at your house means sauteed shrimp, baked fish or anything in between, it's an exciting excuse to bring the family together for favorite meals. Delicious recipes abound when seafood is on the menu. However, this is no longer your grandparents' seafood.

Today, more than half of all seafood consumed in the U.S. is farm-raised – a practice known as aquaculture. While the industry has made strides throughout the last few decades, from increasingly sustainable farming practices to technological advancements that can help feed a growing population, not all farmed seafood is equal and neither are the

certifications you see on its packaging. For more than a decade, the global nonprofit Aquaculture Stewardship Council (ASC) has created and enforced the world's strictest standards for farmed seafood. Its sea green ASC certification label is only found on farmed seafood that meets these high standards - helping seafood shoppers make informed purchasing decisions.

It's a movement some of the nation's leading seafood

grocers and chefs are getting behind.

"About 2/3 of our seafood offerings are raised on farms, which reflects both growing supply and demand,' said Abe Ng, CEO of the Sushi Maki restaurant chain and market stations. "There's a much broader customer

understanding and appreciation of aquaculture than, say, 10 years ago. However, not all farmed seafood is equal in terms of quality, environmental sustainability and social responsibility.'

A unique combination of standards help ensure supply chain integrity from the farm to the store while protecting the environment, workers and communities. ASC's sea green label only appears on seafood from farms that have been independently assessed and certified as environmentally and socially responsible.

"Whether your seafood is wild-caught or farmed, what matters to today's shoppers is that it's high-quality, flavorful and was fished or farmed in a responsible way that's good for you and the planet," said Roger O'Brien, president and CEO of the Santa Monica Seafood market and cafe. "Farm-raised seafood that's been responsibly certified by the ASC delivers on the assurance that the seafood you're buying is what it claims to be, which is a key commitment we make to our customers.

With a trusted certification like the ASC, you can confidently enjoy make-at-home recipes like Honey Mustard Crunch Salmon, Blackened Shrimp Tacos with Creole Remoulade Slaw and Almond Stuffed Rainbow Trout without sacrificing taste or sustainability.

To find more certification information and discover family-friendly seafood recipes, visit SeaGreenBeGreen.org.

Honey Mustard Crunch Salmon

Recipe courtesy of North Coast Seafoods

> 1 bag (1 pound, three 6-ounce portions) North Coast Seafoods ASC-certified Naked Norwegian Salmon salt, to taste pepper, to taste

Honey Mustard Glaze:

1/3 cup honey

1/4 cup whole-grain mustard

tablespoons smooth Dijon mustard

tablespoons mayonnaise teaspoons horseradish 1 teaspoon smoked paprika

Crunch:

3/4 cup panko breadcrumbs

2 tablespoons dried parsley 2 tablespoons olive oil

Thaw salmon and pat dry. Arrange on oiled baking tray. Season with salt and pepper, to taste.

To make glaze: In small bowl, combine honey, mustard, Dijon mustard, mayonnaise, horseradish and paprika; mix until well combined. Chill glaze until ready to use.

To make crunch: In bowl, combine breadcrumbs, parsley and oil; mix well. Reserve.

Preheat oven to 400 F.

Top each salmon portion with 1 tablespoon glaze and spread evenly over fish. Press crunch evenly onto glaze.

Bake 15-17 minutes until fish is

cooked through. Serve with drizzle of remaining

Blackened Shrimp Tacos with Creole Remoulade Slaw

Recipe courtesy of Coastal Seafoods and Fortune Fish & Gourmet Prep time: 30 minutes

Cook time: 10 minutes Coleslaw:

- 1/3 cup mayonnaise
- tablespoon capers, chopped
- teaspoon stone ground mustard
- 1/3 cup parsley, chopped 1/2 teaspoon horseradish
- 1/3 cup red onion, diced tablespoon Cajun seasoning
- 1/2 bag coleslaw mix

Tacos:

- 6 small corn tortillas
- 1 tablespoon Cajun seasoning 1/2 pound peeled and deveined
- ASC-certified shrimp, thawed green onions, sliced
- fresh salsa or pico de gallo optional) 1 lime, sliced (optional) To make coleslaw: In bowl, mix mayonnaise,

capers, mustard, parsley, horseradish, red onion and Cajun seasoning. Mix coleslaw and about 3/4 of dressing. Stir until coated then add more dressing, if desired. Refrigerate coleslaw until ready to serve. To make tacos: Heat grill to medium

heat. Once hot, toast tortillas on each side until browned on edges. Stack toasted tortillas on plate and cover with towel until

ready to serve. Pour Cajun seasoning over shrimp and stir until shrimp are coated.



Cook shrimp 3-5 minutes per side, or until shrimp are firm and Cajun seasoning is blackened. Remove shrimp from grill to prevent overcooking.

To serve, place about 1/4 cup coleslaw in each tortilla then top with 3-5 shrimp and green onions. Top with salsa or pico de gallo, if desired. Squeeze wedge of fresh lime over top, if desired.



Almond Stuffed Rainbow Trout

Recipe courtesy of Riverence Provisions

- 2 ASC-certified Riverence **Steelhead Trout fillets** (8 ounces each) nonstick cooking spray
- 1/2 cup sliced almonds, toasted
- and coarsely chopped tablespoons lemon zest
- 2 tablespoons lemon juice 1/4 cup chives, chopped
- 1 1/2 cups breadcrumbs 1/4 cup Italian parsley
 - salt, to taste pepper, to taste
 - egg, beaten kitchen twine (6-inch lengths)
 - 1 tablespoon olive oil

Preheat oven to 350 F.

Rinse steelhead trout fillets and pat dry with paper towel. Line baking pan with parchment paper and spray with nonstick

cooking spray. Mix almonds, lemon zest, lemon juice, chives, breadcrumbs and parsley. Season with salt and pepper, to taste.

Add beaten egg to breadcrumb mixture and stir until well incorporated.

Lay first trout fillet skin side down on baking pan. Place twine pieces underneath fish, spacing 1 1/2 inches apart; leave untied.

Place breading mixture over trout fillet and remaining trout fillet on top of breadcrumb mixture, skin side up.

Secure trout fillets together using kitchen twine. Brush olive oil on trout and sprinkle with salt and pepper, to taste.

Bake 15-20 minutes, or until fish is cooked through. Slice into portions to serve.

YOUNG

Young Organizing Unionists for the Next Generation

the AFGE Young Organizing Unionists for the Next Generation program seeks to mobilize young union members to become leaders and activists for social change within AFGE and the Labor Movement.

AFGE members who are under the age of 40 and those mentors that are over 40 work together to include younger workers into the union structure and keep them engaged in what's at stake for working class Americans. YOUNG intends to provide young members with networking opportunities and resources to engage in mobilizing other young workers into AFGE, union training to promote leadership skills, innovative social gatherings, AFGE conference meetings, and other engaging events. In doing so, partici-

pants work to build lasting labor solidarity, advance issues of social and economic justice, and find more inclusive ways to engage the current and future generations in the Labor Movement.

For more information, or to get involved at the Local 987 level, contact Brandon Respress at brandon.respress@afgelocal987.org.