## **Macon Bacon**

Join AFGE Local 987 and Benefit Architects at the Macon Bacon's Christmas in July event July 31. Call Union Hall at 478-922-5758 and ask for Jeanette McElhaney or Linda Baxter to ask for details on this "members only" exclusive and exciting opportunity!

Local 987

Proud to make America work

July 9, 2025

# Help raise PTSD awareness

**Special to The Union Advocate** 

There are currently about 12 million people in the United States with PTSD.

Even though PTSD treatments work, most people who have PTSD don't get the help they need. June was PTSD Awareness Month, but "every month" is PTSD Awareness Month, because the need never ends. Help spread the word that PTSD treatment works. Everyone with PTSD—whether they are Veterans or civilian survivors of sexual assault, serious accidents, natural disasters, or other traumatic events—needs to know that effective treatments can reduce symptoms and lead to a better quality of life.

### Who develops PTSD?

Anyone can develop PTSD at any age. Some factors can increase the chance that someone will have PTSD, many of which are not under that person's control. For example, having a very intense or long-lasting traumatic event or getting injured during the event can make it more likely that a person will develop PTSD.

PTSD is also more common after certain types of trauma, like combat and sexual assault.

Personal factors - like previous traumatic exposure, age and gender - can affect whether a person will develop PTSD.

What happens after the traumatic event is also important. Stress can make PTSD more likely, while social support can make it less likely.

What are the symptoms of

PTSD symptoms usually start soon after the traumatic event, but they may not appear until months or years later. They also may come and go over many

years.

If the symptoms last longer than four weeks, cause you great distress, or interfere with your work or home life, you might have PTSD.

There are four types of PTSD symptoms. To be diagnosed with PTSD, you need to have each

# WAYS TO MANAGE PTSD SYMPTOMS

PTSD Treatment works! Compare options with the PTSD Treatment Decision Aid:

o=	www.ptsd.va.gov/decisionaid/	面際語
A I	PRACTICE MINDFULNESS  Reduce stress and improve well-being with Mindfulness Coach:	
	www.ptsd.va.gov/mobile/mindfulcoach_app.asp	
<b>a</b>	LIMITALCOHOL USE	
N	Get support and cut back on drinking. Try VetChange: www.ptsd.va.gov/mobile/VetChange_app.asp	
1 :-	IMPROVE YOUR SLEEP	
	Get better quality sleep and tools to get your sleep back on track with Insomnia Coach:: www.ptsd.va.gov/mobile/insomnia_coach.asp	
a 8)	BUILD COPING SKILLS	
	Learn about and manage symptoms that often occur after trauma with PTSD Coach: www.ptsd.va.gov/mobile/ptsdcoach_app.asp	
	PLAN SOMETHING ENJOYABLE	
<b>₩</b>	Find and schedule activities that can help improve your mood with PTSD Coach Online tools: www.ptsd.va.qov/apps/ptsdcoachonline	
		EUS996270
2000	CONTROL ANGER  Manage your temper and get support with the AIMS online program:	
T	www.veterantraining.va.gov/aims	
-	TARTITUM WENNING	

Watch and read real stories of life with PTSD from Veterans who have been there:

type. That said, everyone experiences symptoms in their own

HEAR FROM VETERANS

www.ptsd.va.gov/aboutface/

U.S. Department of Veterans Affairs

Reliving the event (also •called re-experiencing symptoms). Memories of the traumatic event can come back at any time. They can feel very real and scary.

For example:

You may have nightmares. You may feel like you are going through the event again. This is called a flashback.

You may see, hear or smell something that causes you to relive the event. This is called a trauma reminder, cue or trigger. News reports, seeing an accident, or hearing fireworks are examples of trauma reminders.

Avoiding things that remind you of the event. You may try to avoid situations or people remind you of the trauma event. You may even avoid talking or thinking about the event. For example:

You may avoid crowds because they feel dangerous.

You may avoid driving

NAACP

if you were in a car accident or if your military convoy was

PTSD )

If you were in an earthquake, you may avoid watching movies about earthquakes.

You may keep very busy or avoid getting help so you don't have to think or talk about the event.

Having more negative thoughts and feelings than before the event. The way you think about yourself and others may become more negative because of the trauma. For

You may feel numb unable to have positive or loving feelings toward other people and lose interest in things you used to enjoy.

You may forget about parts of the traumatic event or not be able to talk about them.

You may think the world is completely dangerous, and no one can be trusted.

You may feel guilt or shame about the event, See PTSD, page 3



'Allyship Through Representation'

# **AFGE** webinar offers tips on getting involved

By DON MONCRIEF

Editor, The Union Advocate don.moncrief@afgelocal987.org

"Something like" 67 bills. Sixty-seven pieces of legislation that is "anti-trans". That was the number Mae apGovannon, AFGE's PRIDE Constituency Group Chair, came up with when "he/they" researched that particular arena recently.

"And the fact of the matter is," apGovannon said, "that those of us who are living this struggle are not necessarily going to change hearts and minds. What we need is for our allies to stand up for us.

"Because people really, frankly, are more likely to listen to people who are perceived to be more like them."

To that end, AFGE held a webinar June 26, "Allyship Through Representation." Jarel Sanders, the AFL-CIO's PRIDE at Work Co-President was the main speaker. He offered a few points as a start. One, join in your union's PRIDE caucus. "That's a great first step," Sanders said. "Obviously this group is hyper-specific to your sector and it's going to be able to talk through what it's like to be a federal queer worker.

"Especially considering everything happening fed-

erally. Specifically, with the AFGE contracts. It's coming together to talk about how these all interact with queer folks specifically is a great first step.'

Second, you could start a chapter, he said, or join one that's already active. "Or, you could just become an 'at-large' member if you want to care about, as an organization, making sure we have more members or understand a little bit more about us as a whole and what we're doing.

"So much can happen when we come together as queer folks to help solve a lot of these problems in local areas. And we at the AFL-CIO, like the National folks, are here to support that. We have folks

in National who work behind scenes with lobbying and working with folks like on a really big scale.

"These rights can happen locally, too. A PRIDE at work chapter is a great place to get that in."

Sanders continued: "There tends to be ... You know queer folks tend to gather together. At my chapter we had a bakery that just happened to hire a staff of queer people and when there were issues happening there, we connected them with a union to help organize them as a shop to help deal with these workplace issues by having them join a union and form a CBA. "These hyper sensitive

See INVOLVED, page 3

### PRIDE At Work

Mission

We seek full equality without restrictions or barriers for LGBTQIA+ individuals in our workplaces, unions, and communities, creating a Labor Movement that cherishes diversity, promotes inclusion, encourages openness, and ensures safety & dignity. We do this through education, alliances, and building solidarity across our large and diverse

Organizing in the spirit of "An Injury to One is An Injury to All", we oppose all forms of bias and discrimination on the job, in our unions, and in the public square based on sex, gender identity and expression, race, sexual orientation, veteran status, national or ethnic origin.

# **LOCAL SUPPLEMENT AGREEMENT**

### Robins Air Force Base and AFGE Local 987

Installment 5: Join us each issue as we do a refresher/reminder of the rights BUEs have under the Local Supplement Agreement.

**Article 5 Annual & Sick Leave Call-In Procedures** 

1 In the interest of clarifying the Call-5.1 In Procedures and reducing conflict the parties agree to the following procedures. Employees may leave a voicemail if the supervisor is not immediately available. If both parties have the capability / availability, employees may further use text or email to contact the immediate supervisor or designee. It is understood the MLA procedures govern response times and approval.

### **Article 6 Bargaining Unit Medical Professionals Nurses / Dental Hygienists**

**6.1** This article is specific to bargaining unit Professional Nurses, Dental Hygienists, License Practical Nurses, and Nursing Assistant. In addition, all articles of the Master Labor Agreement, Local Supplement Agreement (LSA), Memorandum of Agreements (MOA) and civilian personnel instructions apply.

The parties agree Nurses are not required to wear uniforms. If this

Mark your calendar: Membership meeting, July 17 at 5 p.m., in Union Hall, located at 1764 Watson Blvd.

**Special** 

Know your rights. Know your LSA.

changes and uniforms become a requirement the parties recognize the obligation to bargain procedures and appropriate arrangements prior to implementation. Nurses will adhere to Dress and Appearance guidelines as specified in accordance with applicable regulations, policies, and command level agreements.

The parties recognize the Agency **0.** provides scrubs to Dental Hygienists at no cost to the employee. If this changes, the parties recognize the obligation to bargain procedures and appropriate arrangements prior to implementation. The agency provides scrubs to dental hygienists due to the nature of their duties, direct interaction with patients where they may be exposed to bodily fluids. The Agency will provide other Personal Protective Equipment (PPE) as required for the employee

See LSA, page 3

HOUSTON COUNTY YOUTH COUNCIL REGISTER ON EVENTBRITE! INVITED! **UNITY IN COMMUNITY** PROCEEDS GO TOWARDS **2K RUN & WALK** YOUTH **IEMBERSHIP** NATIONAL ONVENTION! ONSITE! **BRIDGING THE GAP WITH LAW ENFORCEMENT** SATURDAY, JULY 19TH 2025 THE WALK PARK SANDY RUN, 7 AM - 11:30 AM AVALIBLE FOOD TRUCK, LIVE DJ, AND LINE DANCING! AGES 40-100 (\$35) 18-40 (\$25) 13-17 (\$15) 6-12 (\$5) FAMILY PACKAGE (\$45) (MORE THAN ONE YOUTH, YOUNG ADULT, AND MORE THAN 2 ADULTS) SWAG BAG WITH REGISTRATION 1ST, 2ND AND 3RD PLACE WINNERS AND 1ST PLACE SENIOR FOR MORE INFORMATION CONTACT: REGISTER ON THE EVENTBRITE LINK DR. JACKSON 478-714-2419 https://www.eventbrite.com/e/unity-in-MS. KNIGHT 478-703-3695 community-5k-run-walk-tickets-1365008359749?aff=oddtdtcreator

# **Constant vigilance: Anti-terrorism efforts** protect Robins AFB

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

In an era marked by evolving and ever increasing security threats, Robins Air Force Base, Georgia, remains committed to protecting its personnel, assets and missions through robust anti-terrorism measures.

A dedicated team of anti-terrorism response professionals works behind the scenes to implement security measures and fosters a culture of vigilance across the base, aligned with Air Force policy and national directives.

This culture is enforced through a collaborative team led by members of the 78th Security Forces Squadron and Air Force Office of Special Investigations. This team integrates and augments with various specialists, including intelligence analysts, civil engineers, firefighters, communications specialists and operations personnel to deter, detect, and defend against any and all incursions.

Anti-terrorism response personnel are responsible for a multifaceted approach to security. Their duties include conducting random anti-terrorism measures, which involve unpredictable security actions designed to deter and detect potential threats. These measures range from increased ID card checks and vehicle inspections at entry control points, to scheduled and random military working dog sweeps of facilities and patrols of high-traffic areas.

"Most of the spot checks could be anything from doing 100% ID checks, making sure all the fire signatures are valid, and checking for unattended or suspicious packages in parking lots, dumpsters and near vending machines," said Staff Sgt. Ryan Cutler, 78th Security Forces Squadron electronic security systems noncommissioned officer in charge.

In addition to proactive measures, ATR personnel play a crucial role in coordinating responses to security incidents. Working closely with the Base Defense Operations Center, Security Forces and other agencies ensure swift and effective



Staff Sgt. Ryan Cutler, 78th Security Forces Squadron electronic security systems noncommissioned officer in charge, conducts vehicle inspections at Robins Air Force Base June 3 as part of the installation's random anti-terrorism measures, otherwise known as RAM. During the RAM, Cutler maintained constant vigilance, proactively searching for suspicious packages and unusual activity to safeguard Team Robins members. (U.S. Air Force photo by Jerry Foltz)

action in the event of a gate runner, suspicious package or other security concern. This coordinated response includes establishing communication channels with local law enforcement and emergency services, if needed. This response planning incorporates the Incident Command System to manage incidents by defining clear roles and responsibilities and facilitating communication and coordination among different teams and agencies, which also mirrors what is utilized outside the installation in case the base needs to partner with civilian, city, state or other federal agen-

The 78th Air Base Wing Command Post is a crucial

472nd ECS activates;

18th ACCS deactivates

component of Robins AFB's incident management, serving as a central hub for alerting, directing, executing, and reporting during emergencies for effective management.

Additionally, ATR personnel are responsible for implementing security procedures according to Force Protection conditions, which dictate the security posture of the base based on current threat levels. As the FPCON increases from Normal, Alpha, Bravo, Charlie or Delta, so do security measures, including personnel, patrols, vehicle checks and scrutiny of those requesting base access. This aligns with the Air Force's risk management approach,

See VIGILANCE, page 3

# Online shopping scams still have an impact

nline purchase scams are the fourth riskiest scam type targeting consumers, according to the 2024 BBB Scam Tracker Risk Report. July is military consumer month, so BBB shares some tips for all consumers on recognizing and avoiding online The most reported scam type to BBB Scam

Tracker in 2024 was online purchase scams, making up 30.3% of all scams. More than 87% of those who reported being targeted by online purchase scams lost money. The good news is that there are simple steps

you can take to help reduce your risk of online fraud. You can learn why online purchase scams are a major concern, how to spot and avoid scams, and where to find help and more

Online shopping tips:

If it looks too good to be true, it probably is. Don't shop on price alone. Searching for a low price is why people reported losing money. Many scammers offer deals that seem too good to pass up; however, they may lose money to a counterfeit product or may not even get the product.

Beware of phony sellers. Double-check to make sure the website of the seller is safe. Check the URL for errors and misspellings and never click on a suspicious link. Does the website have accessible contact information? Read online reviews about the company or website



**Kelvin Collins** 

and see what others say. Don't pay with gift

cards! If someone asks you to pay for something with a gift card, like a Google Play or iTunes card, it's likely a scam. No real business or government agency will ever insist you pay them with a gift card. Anyone who

demands to be paid with a gift card should raise a red flag.

**Know the seller.** If the seller or website seems sketchy, it is wise to avoid it. Instead, buy directly from the source (brand, manufacturer, team, etc.) or through an established shop or authorized reseller.

Protect yourself. When buying or selling on a site that protects buyers and sellers, take advantage of them. If a buyer or seller tries to persuade you to go outside the site's usual process or payment methods, that's a big red flag.

If an online scam has targeted you or you wish to learn about common scams in your community, check out the BBB's Scam Tracker to file a report or read about others' experiences. For more tips, visit BBB's online shopping hub and our consumer HQ on BBB.org. You can also go to BBB.org/ScamTracker to report a scam and learn more about other risky scams

# Medal of Honor spotlight

# **Army 2nd Lt. John Butts**

By KATIE LANGE DoD News

After Allied troops landed in France in 1944, Army 2nd Lt. John Edward Butts and his unit faced heavy fighting as they tried to seize the continent back from German occupation.

Butts gave his life so his fellow soldiers could accomplish that mission. For his sacrifice, he received a posthumous Medal of Honor. Butts was born Aug. 8,

1922, in Medina, New York, to Jerry and Anna Butts. He had four brothers, all of whom served in World War

In his youth, Butts joined the Boy Scouts and became both a patrol leader and a member of its bugle corps. He eventually grew to be almost 6 feet tall and played football at Medina High School.

On Oct. 12, 1939, Butts enlisted in the New York National Guard. A 1945 article in the New York newspaper The Buffalo News stated that he left high school during his senior year to do so but was able to complete his studies while serving and received his diploma in 1942.

Butts was called up to active duty in October 1940. After training at Fort Ord, California, he was stationed in Hawaii before attending officer candidate school.

In November 1942, at age 19, he was commissioned as a second lieutenant, making him one of the youngest offi-

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Advocate, AFGE Local 987 or

Federation of Government



Army 2nd Lt. John Butts

cers in the Army's ground forces at the time.

Butts was assigned to the 60th Infantry Regiment, 9th Infantry Division, and was eventually sent with his unit to fight in North Africa, Sicily and Italy.

In October 1943, the division shipped to England to prepare for the invasion of Normandy, France.

On June 11, 1944, five days after the D-Day invasion, the regiment landed on Utah Beach and quickly moved inland to continue the push into German-occupied territory.

Butts was seriously injured three days later, then again, June 16, while leading an attack to set up a bridgehead across the Douve River. Both times, he refused medical attention and remained with his platoon.

A week later, the platoon was near the commune of Flottemanville-Hague when Butts led an assault on a tactically important hillside.

defended by German tanks, antitank guns, pillboxes and machine gun nests, as well as concentrated artillery and mortar fire. Just as the platoon began

to attack, Butts was critically injured by machine-gun fire. However, he still rallied his men and directed a squad to approach the Germans from

Butts then went by himself to assault the enemy from the front, drawing the enemy's fire away from the squad.

Butts was struck again by gunfire, this time in the stomach, but "by grim determination and sheer courage," according to his Medal of Honor citation, he continued to crawl forward. He got within 10 yards of the enemy when he was hit a third time and died.

Butts' sacrifice enabled his platoon to take the enemy's strongpoint. It was a major factor in his battalion's ability to achieve mission suc-

On Aug. 29, 1945, Butts' parents received the Medal of Honor on their son's behalf from Army Brig. Gen. Ralph K. Robertson during a ceremony at the Medina Armory, where Butts first enlisted.

Butts was initially buried in Normandy, but his remains were brought back to the U.S. in 1948. He was reinterred at St. Mary's Cemetery in his hometown.

Butts' legacy is not forgotten. In 1957, an airfield at Fort Carson, Colorado, was renamed the Butts Army Airfield in his honor.

A year later, a street was named for him at Fort Benning, Georgia. A park and a monument in Medina were also dedicated to him in 1980.

Butts' Medal of Honor and his other service medals are on display at the public library in his hometown.

### By Airman 1st Class EMMA **FUNDERBURK** 319th Reconnaissance Wing The 18th Airborne Command and Control Squadron deactivated during a ceremony June 16, 2025. The activation of the 472nd Electronic Combat Squadron immediately followed, signifying a key step in the Air Force's modernization efforts for future warfighting. During the ceremony, Col. Brandon Cieloha, 319th

Col. Brandon Cieloha, 319th Operations Group commander, receives the guidon from Lt. Col. Richard Elmore, 18th Airborne Command and Control Squadron commander, during the 18th ACCS deactivation ceremony at Robins Air Force Base June 16. The passing of the guidon to the presiding officer symbolizes the deactivation of the 18th ACCS. (U.S. Air Force photo by Airman 1st Class Emma Funderburk)

The redesignation is a part of

the Air Force's Combined Joint

All Domain Command and

Control initiatives. The 472nd

ECS will be co-located with

950th Spectrum Warfare Group

and 116th ACW once Robins

AFB's Battle Management

Combined Operations Complex

is constructed. The BMCOC

will serve as a CONUS the-

ater-agnostic, long-range kill

chain integrated targeting cell.

"The 18th ACCS started small, there were maybe a handful of us and now we are comprised of 150 formal training, operations, maintenance, the 461st Air Control Wing, cyber and support personnel," said Elmore. "With the developments and achievements of our squadron and personnel, the redesignation as 472nd ECS was inevitable to continue the E-11A BACN mission while also assuming new mission

Operations Group command-

er, exchanged guidons with Lt.

Col. Richard Elmore, 472nd

ECS commander, symbolizing

the deactivation of the 18th

ACCS and activation of the

The 18th ACCS was acti-

vated as a geographically sep-

arated unit under the 319th

Reconnaissance Wing Feb. 22, 2023. Their mission was to

manage the E-11A Battlefield

Airborne Communication

Node, a communications and

relay gateway system that

enables theater-wide commu-

nication and data link extension

472nd ECS.

It will connect legacy command and control agencies and joint multi-domain affecters. "Designations will change,

missions will evolve, but the one constant truth through it all is you, our airmen, the men and women who make our missions happen every day," said Cieloha. "Your dedication is the reason we are able to forge new mission sets and hold our long-

standing partnerships."

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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 aforemen-

the editor and/or president.

### Butts was seriously injured three days later, then again, June 16, while leading an attack to set up a bridgehead across the Douve River. Both times, he refused medical attention and remained with his platoon.

**TREATMENT WORKS** 

No matter what you've experienced, there is a PTSD treatment for you.

Learn about and manage PTSD symptoms: **PTSD Coach** 

If you've experienced a traumatic event, a 5 question self-screen can help you decide if your feelings and behaviors may be related to PTSD.

VA U.S. Department PTSD

"Getting better" means differ-

ent things for different people.

There are treatment options for

PTSD. For many people, these

treatments can get rid of symp-

toms altogether. Others find they

have fewer symptoms or feel that

their symptoms are less intense.

Your symptoms don't have to

interfere with your everyday

What treatments are avail-

Both trauma-focused psycho-

therapy (sometimes called coun-

seling or talk therapy) and medi-

cation are proven to treat PTSD.

Sometimes people combine psy-

Trauma-focused psychotherapy

A few trauma-focused psy-

chotherapies are the most high-

ly recommended treatments

for PTSD. "Trauma-focused"

means that the therapy focuses

on the memory of the traumatic

event or its meaning. The three

most effective types of trau-

ma-focused psychotherapy are:

Cognitive Processing

chotherapy and medication.

activities and relationships.

### PTSD

### From page 1

wishing you had done more to

keep it from happening. Feeling on edge or keyed oup (also called hyperarousal). You may be jittery, or always alert and on the lookout for danger. You might suddenly become angry or irritable. For example:

 You may have a hard time sleeping.

You may find it hard to

concentrate. You may be startled by a loud noise or surprise.

You might act in unhealthy ways, like smoking, abusing drugs or alcohol, or driving aggressively.

### What are the symptoms of PTSD in children?

Children may have symptoms like those above or other symptoms. As children get older, their symptoms are more like those of adults. Here are some examples of PTSD symptoms in children and teens:

Children under 6 may

issues can only happen through the work of

these small chapters. We as National folks cannot

understand the issues in a small town outside of

Milwaukee that has a staff of 10 bakery workers

that are being discriminated against in their work-

place. Nor experience their workplace issues.

They might not know where to go. It takes our

resources as queer union folks to help them orga-

"So, it's a way for us to help support each

Third, Sanders said, was to turn/look to con-

tracts that are already in place. These, he said,

already have strong anti-discrimination language

INVOLVED

From page 1

nize to that.

**VIGILANCE** 

which includes threat assess-

ments, vulnerability assessments

and risk assessments to prioritize

Although Air Force command-

ers appoint unit anti-terrorism

representatives who are trained

by the Anti-Terrorism/Force pro-

tection office on vulnerability

assessment and suspicious activ-

ity reporting, base security is

not solely the responsibility of

dedicated personnel. Every Team

Robins member, both military

and civilian, plays a critical role

in maintaining a secure environ-

security forces or law enforce-

ment, they can still prevent

something," said Cutler. "If they

see something, say something. If

something seems odd or out of

"Even though they're not

From page 2

resources.

ment.

get upset if their parents are not close by, have trouble sleeping, or act out the trauma in their

Children ages 7 to 11 may also act out the trauma through play, drawings or stories. Some have nightmares or become more irritable or aggressive. They may also want to avoid school or have trouble with schoolwork or friends.

Children ages 12 to 18 have symptoms more similar to adults: depression, anxiety, withdrawal, or reckless behavior like substance abuse or running

### Do people with PTSD get better?

After a traumatic event, it's normal to think, act, and feel differently than usual--but most people start to feel better after a few weeks. Talk to a doctor or mental health care provider (like a psychiatrist, psychologist, counselor or social worker) if your symptoms:

Last longer than a month

Are very upsetting Disrupt your daily life

Therapy where you learn skills to understand how trauma

"Also, if there are things happening as queer folks are experiencing these things. Sometimes it's not a grievance. Sometimes it's sitting down with your leadership to talk through these issues so they don't need to be a grievance and go through that process but something that can be resolved and is not as serious as filing a grievance. Or getting toward that progressive discipline, but also (to know) what the progressive actions are leading up to a grievance. Not everything needs to be a grievance. Sometimes it's just literally sitting down. Sometimes it's with the member. Sometimes it's the shop steward. To say, 'Hey there are queer people in this work environment who are saying hey this. Can we come to a

"The system that is in place can work, he said. Having competent shop stewards. Having competent staff that will listen and respect these ideas. It can be hard but that's where chapter can

"So, working with your shop stewards on the grievance process. If it's something someone's experienced or experiencing, connecting (you can

connect) that person with a shop steward.

solution on this in a way that makes sense?'

place, call BDOC and have them send a patrol over to investigate."

Simple actions, such as being aware of surroundings, reporting suspicious activity and challenging unidentified individuals in restricted areas, can significantly contribute to overall base security. This reflects the Air Force's emphasis on training and aware-

Personnel are also reminded to be cautious about what information they share online and to be mindful of potential surveillance. The AT/FP office also monitors and gives recommendations for mass gatherings of Department of Defense personnel on and off base, ensuring unit representatives assist their unit deployment managers and supervisors in updating personnel on travel restrictions for official and leisure travel, and teach threat awareness information

via websites or classroom train-

ing. These efforts are regularly reviewed and improved based on lessons learned and changes in the threat environment.

In the event of a nearby security threat, personnel are advised to stay calm, be safe and report any and all details to Robins AFB BDOC at (478) 926-2187.

Robins AFB prioritizes anti-terrorism efforts to protect personnel and maintain a secure environment. Base officials integrate AT programs into operations and contingency plans, allocating resources to eliminate vulnerabilities and relying on the vigilance of all Team Robins personnel to ensure Robins AFB remains a resilient installation in the face of ongoing terrorism threats, while balancing security measures with the need to main-

tain operational effectiveness. "The bad guys only have to be right once. We have to be right all the time," Cutler said.

# Join today for only

To join or renew today, call 800-313-8887 and reference

group promo code: 8 2 0 0 8 5

Or join today: \_\_www.bjs.com/agelocal987



The Club Card Membership with BJ's Easy Renewal



The Club+ Card Membership with BJ's Easy Renewal

New members The Club+ Card Membership: \$40° when you purchase a 1-year The Club+ Card Membership with BJ's Easy Renewal.

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Renew The Club Card Membership with BJ's Easy Renewal for \$50. To renew at this discounted offer, you must call the above toll-free number.

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BJ's Membership Sales Representative: Kim Sbrogna

Email: ksbrogna@bjs.com

\_Offer expires: \_\_JULY 31, 2025

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The Club+ Card members earn 2% back in rewards (up to \$500/membership year) on eligible net BJ's purchases in-club and online. Terms apply — see BJs.com/terms.

retims apply — see on.com/arms.

"Each annual membeship period, The Club + Card primary members receive 2 same-day deliveries with no standard delivery fee on eligible net orders of \$50+ placed on Bls.com or in the BI's app. Same-day delivery is not available in all ZIP codes or for all orders and is not quantited. Residential addresses only, terms apply, see &&.com/nems.

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### **WOMEN VETERANS AND PTSD** PTSD IS MORE COMMON IN WOMEN VETERANS:

PTSD IN WOMEN VETERANS

IMPACTS WELL-BEING:

**PHYSICAL** 

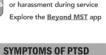
MENTAL

**SOCIAL** 

# RISK FACTORS FOR PTSD IN WOMEN VETERANS:











Find VA health services for women Veterans: o Call the Women Veterans Call Center: 1-855-VA-Wo o <u>www.womenshealth.va.gov</u>

changed your thoughts and feelings. Changing how you think about the trauma can change how you feel.

Prolonged Exposure where you talk about your trauma repeatedly until memories are no longer upsetting. This

will help you get more control over your thoughts and feelings about the trauma. You also go to places or do things that are safe, but that you have been staying away from because they remind you of the trauma.

Eye

Movement

- Source: https://www.ptsd.va.gov

Desensitization

Reprocessing, which involves focusing on sounds or hand movements while you talk about the trauma. This helps your brain work through the traumatic

### **LSA**

### perform their duties.

From page 1

**Article 7** 

# Civilian Police / Security

1 It is recognized by the parties that due to the type of work being performed by the employees of the unit (driving motorized vehicles, standing or sitting for long periods of time in isolated locations and during the hours of darkness and responding to emergency situations) alertness of employees is of the utmost importance. Therefore, adequate and timely relief will be given employees to obtain a beverage on an as required basis. The Defense Force Commander (78th Security Forces Squadron Commander) or his / her designated representative will periodically inquire through the appropriate

AFGE steward to determine if employees are given adequate and timely relief for beverage and latrine breaks.

7.2 The Department of Air Force Police/ Guards will adhere to the article governing Hours of Work / Tours of Duty.

Latrine breaks shall **1.5** be on an as required basis. Employees who do not have immediate access to latrine facilities because of the location or nature of their assignment shall request by the most available means of communication to be temporarily relieved. The Employer will take the most immediate action possible to ensure prompt relief of the employee.

7.4 Prior to the on-coming shift Guard Mount, the supervisor will post the duty assignments for the flight's next daily work shift. To the maximum extent possible the daily manning of posts will

be on a rotational basis as equitably as possible among personnel assigned to Flight. The official assignments as reflected on the daily police blotter will be the record to establish equitable rotation.

Uniforms will be • **D**furnished at no cost to the employee or a uniform allowance will be paid in accordance with applicable laws and instructions. Initial issue of uniforms and protective clothing will be in accordance with appl cable regulations, policies, and command level agreements. Uniforms are replaced annually or upon need due to being unserviceable or presenting an unprofessional appearance.

7.6 The Employer retains the right to prescribe the uniform of the day. The Defense Force Commander will consider the mission, employees' needs, comfort, and weather conditions in determining the uniform.



🤍 WHY UNION DUES MATTER — AND WHY YOU NEED TO JOIN NOW 🐚 Protect Your Job. Protect Your Voice. Protect Your Rights. AFGE | American Federation of Government Employees

What Your Union Dues Do:

Union dues aren't just a fee — they're your investment in power. They fund the tools we need to fight for YOU:

Contract Negotiations

Better wages, benefits, and working conditions.

Legal Defense

Protection against unfair treatment, removals, and policy violations.

Training & Education

Know your rights. Strengthen your workforce skills.

Political Advocacy

We push back on laws and executive orders that hurt federal workers.

Operational Strength

Your union stays ready, responsive, and resourced.

THE URGENCY IS NOW.

TRUMP'S MARCH 27 EXECUTIVE ORDER + OPM MEMORANDUM

This administration is:

Slashing official time for union reps

Weakening grievance and appeal rights

Number of the second se

Eroding employee protections This is a direct attempt to silence your voice in the workplace.

★ WHAT CAN STOP THIS?

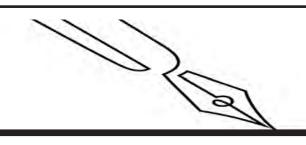
MEMBERSHIP. SOLIDARITY. PARTICIPATION.

When we stand together, we protect one another.

JOIN. PAY DUES. STAND UNITED.

Visit AFGE.org to JOIN or CONTACT your local AFGE union office. Don't wait until your rights are stripped away.

Join your union today. Protect your tomorrow.



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41 Corn serving

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Spy"

2 Robert of "I

3 Stop on a

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# Just for

# King Crossword

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- symptom 8 Daub
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- 11 Research
- 13 Nocturnal
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  - 19 Levy
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- 6 H.H. Munro's 23 Sci-fi's
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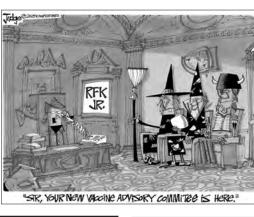
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- 31 Begged
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- 34 Visa rival,
- briefly 35 Inventor's
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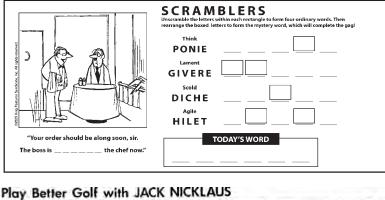


DO YOU HAVE A CREDIBLE FEAR?



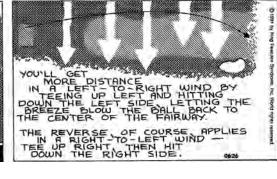






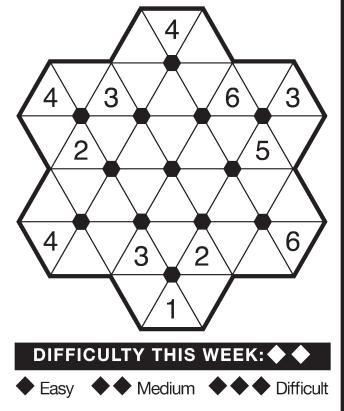
HIBING Today's Word 3. Chide; 4. Lithe 1. Opine 2. Grieve; uoitulos SCRAMBLERS

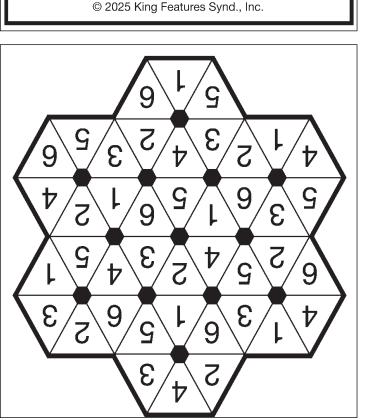


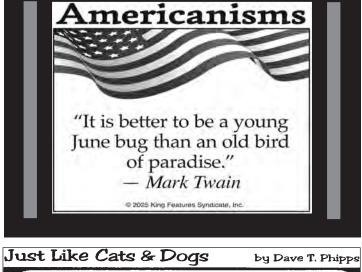


# **NOMELTARES** by Japheth Light

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.







WE'RE LOOKING FOR A RESORT WITH PLENTY OF AMENITIES, FULL OF DISTRACTION FROM .... MY STRESS.

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	Solution time: 24 mins.											

Answers King Crossword

# Weekly **SUDOKU**

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

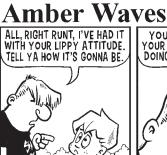
# ◆ Moderate ◆◆ Challenging

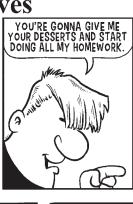
**DIFFICULTY THIS WEEK:** ◆

♦ ♦ HOO BOY! © 2025 King Features Synd., Inc.

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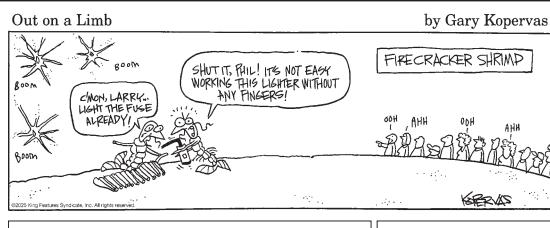
**Meekly SUDOKU** 

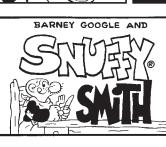






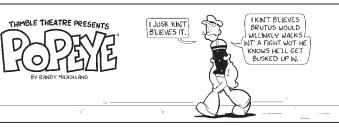












HEY THANKS FER HELPIN ME.
I WAS THINKIN,
FER THE MATCH



















THIMBLE THEATRE

PRESENTS
BUMMER SLAM







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6 = 54

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PFO

ARMCLE

♥ ERLFI

**♥**IRTO

LEWUFO

ALM**♥** HWTE

**VAPRCE ♥** TPA AFENIC OMPTE **♥** MPLA







"And it's being offered with this alternative fuel option!"

M

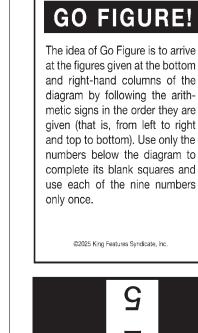
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answers										

Go Figure!

# **CryptoQuip**

This is a simple substitution cipher in which each letter used stands

for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error. Clue: C equals N

FHCBXCHN TYCJHF MCN MSMCA-

JMFNH MFAYTA XRB'T MC

MGARBFYAL BC M WHNYAMAYSH

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(ex.  ${f HAGNEC}$  becomes  ${f CHANGE}$  ). Prepare to use only ONE word from any marked ( f v ) 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. BY HENRY BOLTINOFF PICNIC AREA

Unscramble these twelve letter strings to form each into an ordinary word

Find at least six differences in details between panels.



WHARBN: LBJM BCB.

# authority on a meditative method: Yoga Ono.

**SUSWEL** 

Renowned singer and avantgarde artist who's an JƏMSUD

CryptoQuip

moved. 4. Mouth is open. 5. Man is thinner. 6. Tree trunk is Differences: 1. Cap is larger. 2. Hair ribbon is moved. 3. Thumb is

# Protect Skin from the Sun

# 3 simple tips for summer skin care

FAMILY FEATURES

aking good care of your skin all year long is essential, but even more so in the summer when the power of the sun is at its strongest. Healthy skin doesn't require fancy moisturizers or expensive skin care products. You just need to adopt a few healthy habits.

For example, keeping your skin healthy and glowing starts from the inside out by eating and drinking healthy foods and beverages that nourish your body's largest organ and promote healthy skin cells. Additionally, studies show certain foods, such as fresh, juicy grapes, may help protect healthy skin even when exposed to UV light, which is known to

A study published in the journal "Antioxidants," in which people consumed 2 1/4 cups of grapes every day for two weeks, showed increased resistance to sunburn and reduced markers of UV damage at the cellular level. This study reinforced previous and similar findings published in the "Journal of the American Academy of Dermatology." Grapes

hydration is essential to healthy skin. Along with snacking on fresh, delicious California grapes, consider these everyday ways you can keep your skin safe from the sun's rays.

are also a hydrating food with 82% water content;

### Seek Shade

Most experts recommend avoiding the sun at the height of the day, between 10 a.m. and 2 p.m., when its rays are at full strength. That doesn't mean you

can't be outside - just seek shade as often as possible while enjoying the warm summer air.

### Prioritize Hydration

Drinking water and staying hydrated is important year-round, but especially when it's hot and you're more likely to lose water content through sweat. Keep your body full of moisture with simple and delicious Grape-Infused Waters. For a zesty kick, try Grape, Ginger and Lime that combines the sweetness of grapes with the zing of ginger and lime, or Grape, Lemon and Mint, offering a bright and invigorating blend of citrus and mint. Enter your Zen state with a mellow, spa-like sip from Grape, Cucumber and Mint.

For a cool, hydrating snack, try freezing grapes. Simply rinse, pat dry, remove from the stems and freeze for 2 hours in a single layer on a sheet pan. You can even enjoy them as flavorful ice cube replacements in these easy-to-prepare, flavorful beverages.

### Layer Up

While you're enjoying the sunshine, layer up with a generous application of 30 SPF or higher sunscreen every 1-2 hours. Wear lightweight, long-sleeve shirts; wide-brimmed hats; sunglasses; and other protective clothing to reduce sun exposure, which can lead to wrinkles, age spots and other health problems, including an increased risk of skin cancer.

Visit GrapesFromCalifornia.com for more delicious recipes and information on grapes and health.



Servings: 4

A Trio of Grape-Infused Waters

Grape, Ginger and Lime:

- heaping cup Grapes from California, muddled, plus additional for serving (optional)
- quarter-size slices peeled fresh ginger, muddled
- lime slices 4 cups water

Grape, Lemon and Mint:

- 1 heaping cup Grapes from California, muddled, plus additional for serving (optional)
- 3 large stems fresh mint 4 cups water

Grape, Cucumber and Mint:

1 heaping cup Grapes from California, muddled, plus additional for serving (optional)

- 6-8 thin slices cucumber, halved
- 3 large stems fresh mint
- 4 cups water

To make grape, ginger and lime water: In pitcher, place grapes, ginger and lime slices. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, if desired.

To make grape, lemon and mint water: In pitcher, place grapes, lemon slices and mint. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, as desired.

To make grape, cucumber and mint water: In pitcher, place grapes, cucumber and mint. Add water and stir well. Cover and chill overnight.

Before serving, stir well and pour into ice-filled glasses, adding grapes to each glass, as desired.

Nutritional information per serving: 25 calories; 0 g protein; 7 g carbohydrates; 0 g fat; 0 mg cholesterol; 0 mg sodium; 0 g fiber.



# **Expert Advice to Cook for a Summer Crowd**

# 7 chef-inspired tips to reduce hosting stress

FAMILY FEATURES

on't let cooking for a crowd add undue stress to summer fun. Barbecues are meant to bring joy, excitement and delicious foods to the table - without leaving hosts frantically flipping meat on the grill.

To help make your next cookout a success without the sweat, chef Trimell Hawkins and Current - on a mission to break down barriers to outdoor cooking with electric technology that's smarter, cleaner and more sustainable - offer these tips and tricks for hosting (and feeding) large groups.

### Think In Themes

Giving your menu a theme, like street food, helps set the tone for the party. Portable, flavorful and easy to prep in bulk, street foods such as tacos are perfect for large gatherings. Hawkins' signature move is combining mini street foods - think tacos. gyros or bao - with skewers to create "bundle skewers." These Bundle Skewer Street Tacos are an ideal example of a playful, practical solution for portioning and presentation.

### **Portion Planning**

Assume about two tacos per guest when other dishes are served alongside. This taco recipe yields around 50 tacos at 3 ounces each or closer to 80 if sized down to 2 ounces, making it a practical way to serve buffet-style meals with multiple offerings.

## Temperature and Texture

Diversify your table with hot, cold and roomtemperature options. Fruit and cheese plates, veggie platters and salads are "set and forget" staples that free up time while satisfying guests.

### Master Make-Ahead Dishes

Success starts a day in advance by preparing marinades, salads, grilled veggies and sides. The more you prep early, the more you can enjoy the party.

## **Bundle Skewer Street Tacos**

Recipe courtesy of chef Trimell Hawkins on behalf of Current

- cloves garlic, minced onion, diced
- tablespoon cumin

tablespoons salt tablespoon pepper

tablespoon onion powder tablespoon garlic powder Trust in Technology

If the thought of grilling for a crowd keeps you up at night, skip the messy charcoal and turn to the Current Model G Dual Zone Electric Grill. It allows hosts to grill promptly and eliminates the need for pauses to refuel or adjust flames. With sensing technology that precisely monitors and controls temperature at the grate level, it ensures accurate cooking - hosts can even monitor progress from afar and enjoy the party thanks to its app and Wi-Fi connectivity.

Plus, its patented cooking system and dual-zone flexibility are crucial for preparing large batches of food or simultaneously accommodating varied cooking preferences - like medium-rare versus medium-well steak - so hosts can confidently grill at different temperatures at the same time. Reduced flareups and no open flames or briquettes improve safety, comfort and cleanliness, all welcome benefits when managing large events. After grilling, simply wipe down surfaces rather than handling ashes or residue.

### **Offer Inclusive Options**

Hawkins recommends including universally friendly dishes like hummus with veggies, fruit salads, grilled vegetables with chimichurri and gluten-free proteins like wings or tacos on corn tortillas to make sure there's something for everyone.

### Be Present

Design your menu with the goal of enjoying your event - not dreading it. One of Trimell's favorite tricks is hot-holding proteins like chicken in stock and butter, which enhances flavor while reducing stress. The result: A more relaxed host and better opportunities to enjoy time with guests.

To find more summer hosting tips and recipes that can feed a crowd, visit CurrentBackyard.com.

- 1 teaspoon coriander
- 1/4 cup lime juice
- 1/4 cup vegetable oil 10 pounds chicken or beef shoulder
- steak, sliced thin taco shells or tortillas salsa (optional) shredded lettuce (optional)

diced tomatoes (optional) Combine garlic, onion, cumin, onion powder, garlic powder, salt, pepper, coriander,

lime juice and vegetable oil. Coat meat thoroughly. Cover and refrigerate at least 1 hour, or up to 24 hours.

(about 3 ounces each) onto skewers. Aim for three per skewer to streamline portioning. Grill chicken until it reaches internal temperature of 165 F. For steak, grill to

desired doneness. Transfer bundles to small taco shells and serve with salsa, lettuce and tomatoes, as desired.

