

Notice - re-run election: Executive vice president. /// Oct. 30, 7 a.m.-7 p.m. /// In person voting. /// Union Hall, 1764 Watson Blvd. /// Candidates (in alphabetical order): Henry Brown Gregory Collins

THE UNION ADVOCATE



Local 987

Proud to make America work

Oct. 23, 2024

‘Fair’ play



TOP: From left, Kristen Kiefer, Chair of the Houston County Democratic Committee, Congresswoman Nikema Williams and AFGE Local 987 Treasurer Jeanette McElhaney take a break from getting the voting message out at the Georgia National Fair held Oct. 3-13 in Perry. BOTTOM: McElhaney takes a picture with former President Bill Clinton and Congressman Sanford Bishop. (Contributed)



Daylight Savings ends Sunday, Nov. 3

Don't forget to set your clocks back an hour

MONTH

Save the date

Membership meeting

Local 987 will have a membership meeting Nov. 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.

AFGE sending out satisfaction survey

From staff reports

“We want to hear from you!” That is the headline from an AFGE news release to make members aware of its 2024 AFGE Member Satisfaction Survey. “As our union continues to grow,” says AFGE’s leadership corporately, “we want to make sure we hear about your experience as an AFGE member. Your feedback helps us stay connected to the membership, build on the services we provide, and continue to grow

our collective movement. The survey, per the release, was sent to members’ email inbox on Oct. 16. The survey contains questions such as:

- What caused you to join AFGE?
- How did you rate the job being done by AFGE?
- How well does AFGE keep you informed?

And more! It was sent out, per the release, to members’ onfile email inbox on Oct. 16. If you did not receive one, visit afge.org and click down on the “Contact Us” link for a list of contacts to reach out to.



Sample ballot inside

Houston County polling locations:

Houston County Annex Building Lobby 200 Carl Vinson Parkway, Warner Robins	Bonaire Middle School Gym 125 Georgia Highway 93 E, Bonaire	Centerville City Hall Community Room 300 E. Church St., Centerville	Central Georgia Technical College Roy H. “Sonny” Watson Health Sciences Bldg. 71 Cohen Walker Pkwy., Warner Robins	Feagin Mill Middle School Gym 1200 Feagin Mille Rd., Warner Robins	Haynesville Fire Station 225 GA Highway 26, Elko	Houston Health Pavilion Conference Center 233 N. Houston Rd., Warner Robins	Mossy Creek Middle School Gym 200 Danny Carpenter Dr., Kathleen	North Houston Sports Complex 900 N. Houston Road, Warner Robins	Perry Event Center 1121 Macon Road, Perry
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Rozar Park Gym 1060 Keith Dr. Perry	Thomson Middle School Gym 301 Thomson St., Centerville	Ted Wright Memorial Park Bldg. 2841 Moody Rd., Warner Robins	Veterans of Foreign Wars 1011 Corder Rd. Warner Robins	Municipalities election day polling locations	Centerville Centerville City Hall Community Room 300 E. Church St., Centerville	Perry Rozar Park Gym 1060 Keith Dr., Perry	Mossy Creek Middle School Gym 200 Danny Carpenter Dr., Kathleen	Veterans High School Auditorium 340 Piney Grove Rd., Kathleen	Warner Robins Houston County Annex Building Lobby 200 Carl Vinson Pkwy, Warner Robins
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Feagin Mill Middle School Gym 1200 Feagin Mill Rd., Warner Robins	Houston Health Pavilion Conference Center 233 N. Houston Rd., Warner Robins	Mossy Creek Middle School Gym 200 Danny Carpenter Dr, Kathleen	Ted Wright Memorial Park Bldg. 2841 Moody Rd., Warner Robins	Wellston Center 155 Maple Street, Warner Robins	Absentee ballot drop locations: Houston Health Pavilion Conference Center, 233 N. Houston Road, Warner Robins – Only open during early voting. Or Absentee ballots may be returned to Board of Elections, 2030 Kings Chapel Road, PO Box 945, Perry (8 a.m.–5 p.m. M-F, early voting hours, and election day 7 a.m.–7 p.m.) Please note: There is no voting on the Monday prior to an election. Absentee-by-mail ballots must be received election day by 7 p.m. excluding UOCAVA voters (see exceptions). UOCAVA voter ballots must be postmarked by election day and received by close of business the Friday after the election. Note: You must file a separate application for each election for which you are requesting an absentee
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See POLLING, page 3

Simple steps for an extra safe Halloween

By NATIONAL SAFETY COUNCIL

Kids love the magic of Halloween, but costume and traffic safety are essential for trick-or-treaters. These tips can help make a safe and happy holiday for everyone.

Costume safety

To help ensure adults and children have a safe holiday, follow these safety tips:

Be sure to choose a costume that won’t cause safety hazards; all costumes, wigs and accessories should be fire-resistant

If children are allowed

out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks

Opt for nontoxic Halloween makeup over masks, which can obscure vision; always test makeup in a small area first to see if any irritation develops

Remove all makeup before children go to bed to prevent skin and eye irritation

When they’re on the prow!

Here’s a scary statistic: Children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Lack of visibility because of low

lighting at night also plays a factor in these incidents.

Keep these tips in mind:

A responsible adult should accompany young children on the neighborhood rounds

If your older children are going alone, plan and review a route acceptable to you

Agree on a specific time children should return home

Teach your children never to enter a stranger’s home or car

Instruct children to travel only in familiar, well-lit areas and stick with their friends

Tell your children not to eat any treats until they return

home, and take care to avoid any food allergies

Safety tips for motorists

NSC offers these additional safety tips for parents – and anyone who plans to be on the road during trick-or-treat hours:

Watch for children walking on roadways, medians and curbs

Enter and exit driveways and alleys carefully

At twilight and later in the evening, watch for children in dark clothing

Discourage new, inexperienced drivers from driving on Halloween



558th Aircraft Maintenance Squadron Planning Flight technicians review information on a C-5 aircraft blueprint at Robins Air Force Base March 14. The information provided paint details to specific areas of C-5s undergoing sustainment. (U.S. Air Force photo by Joseph Mather)

558th Aircraft Maintenance Squadron: Planning for sustainment success

By JOSEPH MATHER
78th Air Base Wing
Public Affairs Office

“If you fail to plan, you are planning to fail.” Benjamin Franklin may have said this centuries ago, but it still holds true today, and one flight in the Warner Robins Air Logistics Complex makes sure it takes its planning to the next level.

Robert Hall, 558th Aircraft Maintenance Squadron Planning Flight chief, said his flight ensures all tactical planning is done precisely by preparing all essential repair documents to aircraft undergoing Planned/Scheduled Depot Level Maintenance (P/SDLM) at Robins.

“We recommend maintenance task updates to strategic industrial engineer technician maintenance planner functions, as required,” he said. “We do this by ensuring all maintenance work requests, which are unpredictable, are charged to the correct work specification code and reconciled at job order number closure. This planning and support are achieved and tracked by the tail number of each aircraft.”

Hall said his team worked hard last year.

“Last year we approved over 10,000 MWRs and reviewed 40-plus workload offers for new workload or incoming unplanned depot-level maintenance requirements,” he said. “We had zero quality assurance findings for that year. We ensure all the MWR work specifications are correct to ensure our customers are getting what they ask for by ensuring work being performed is

properly funded.”

Hall said their main task is tactical planning for the 402nd Aircraft Maintenance Group.

“That involves making sure that all the Air Force Sustainment Center engineering requests are completed and planned by disposition instructions given,” he said. “We approve MWRs ensuring they are written correctly; all technical data is correct and all codes are correct on the document.

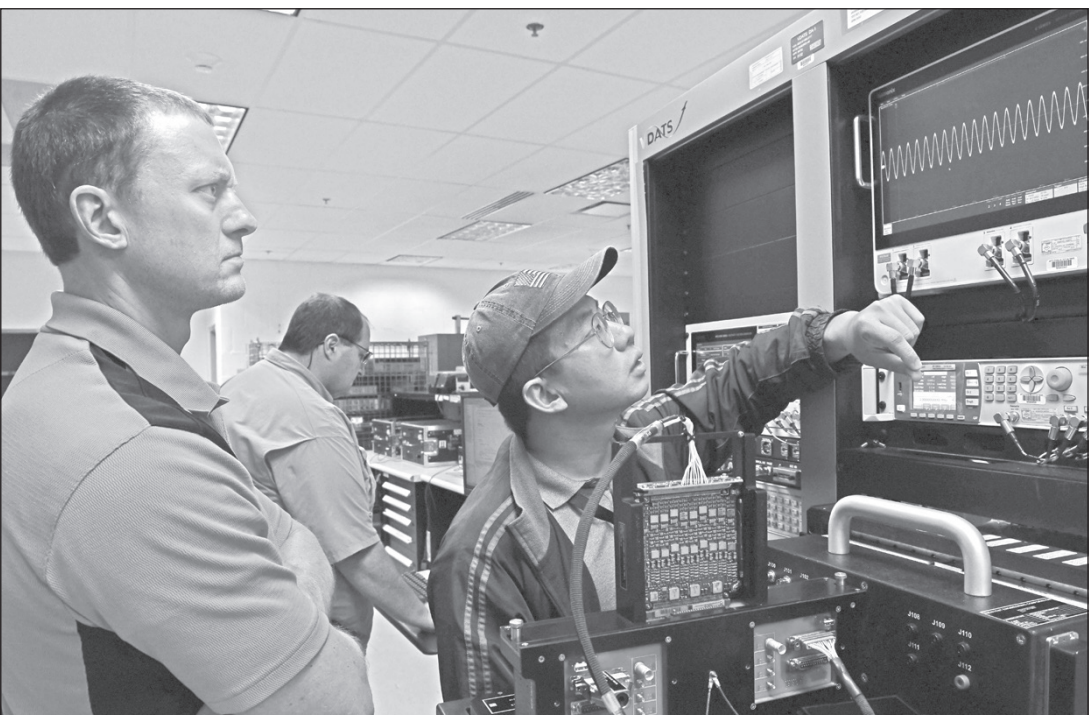
“We also provide the drawings for all corrosion control facilities, consisting of over 300 drawings a year, which all require printing, stamping and dating on each document. We maintain all the hazmat license for all the corrosion facilities within 402nd AMXG and work with process engineering for new processes,” he continued.

The 558th AMXS Planning Flight does strategic and operational planning for C-17 aircraft that will undergo P/SDLM at Robins.

“We plan all the maintenance workload for the Corrosion requirements for C-17 aircraft developing work packages for technical data updates and changes, chair production planning team meetings and ensure work is supportable whether it be licenses to obtain hazmat or needed equipment for performing the tasks,” he said. “We provide the drawings making sure all is printed out and documented for every tail number for the de-paint and paint portion of those processes.”

Also, part of the planning process is

See SUSTAINMENT, page 3



Nghia Le, right, 402nd Software Engineering Group electronics engineer, and Logan Hulsey, 402nd Software Engineering Group electronics engineer, use an oscilloscope to trouble shoot a Versatile Diagnostic Automated Test Station at Robins Air Force Base April 9. The VDATS system had AM94 Legacy Test System data loaded onto it to run the analog systems workload. (U.S. Air Force photo by Joseph Mather)

402nd EMXG: Maintaining ‘nerve center of a modern aircraft’

By JOSEPH MATHER
78th Air Base Wing
Public Affairs Office

Sustaining avionic systems for aircraft spanning several decades is no small task, but the Warner Robins Air Logistics Complex at Robins Air Force Base, Georgia, has the electronic engineering services to complete that task.

The 402nd Electronics Maintenance Group’s Engineering Branch provides engineering expertise to help sustain and support aircraft avionics for the entire Air Force.

William Hale, 402nd EMXG

engineering technical specialist, said the group is the center of excellence for avionics and repairs in the Air Force’s avionics systems that includes communication, navigation, radar, targeting and more.

“The Engineering Branch specializes in operating, repairing, and maintaining critical production electronic testers and radar ranges,” he said. “Engineering actively modernizes automatic test equipment and test ranges, replacing or integrating the latest advancements to enhance sustainability and effectiveness of the 402nd EMXG test and repair capabilities.”

Hale said they research and procure new sustainable and maintainable test equipment that will replace obsolete equipment.

“The new equipment can vary from new individual test instruments to the latest Air Force family tester, the Versatile Diagnostic Automatic Test Station, better known as VDATS,” he said. “The Engineering Branch maintains a 20-year plan for equipment modernization that prioritizes legacy test stations by their age, mission capable rate, mission impact, workload and

See CENTER, page 3

Beware of healthcare cons during open enrollment

If you are adding or changing your Medicare or Healthcare.gov coverage during open enrollment, watch out for unsolicited calls claiming to “help” you find the best deal. Unfortunately, scammers see this open enrollment period as a chance to trick people out of money and personal information.

Open enrollment for Medicare runs from Oct. 15 through Dec. 7 (Medicare). Medicare Advantage open enrollment is from Jan. 1 to March 31. or within three months of getting Medicare. Healthcare.gov open enrollment begins Nov. 1; Dec. 15 is the last day to enroll or change plans for coverage starting January 1, and Jan. 15 is the last day to enroll for coverage starting Feb. 1.

How the scam works

BBB Scam Tracker frequently receives reports of scam calls and texts pretending to be from Medicare. In one report, the target reported that a caller pretended to be an agent “asking if I got a new updated Medicare card in the mail. He then verified my name and mailing address. Then he wanted me to get my old card and read off info to him, such as the date on the lower right side of the card. When he asked me to read my card number, I told him I cannot.”

Another consumer reported being targeted through a text message and shared the following: “I received a text saying that my health benefits were about to expire and I needed to call the number to renew. Then, the representative told me I had to pay and my bank had to verify with them ... That’s when I knew it was a scam.”

If you stay on the line, these callers allege they can enroll you in a better plan than what you currently have, according to Scam Tracker reports. This new plan is cheaper, and you can keep all the same services.

To get started, all you need to do is provide some personal information, such as your



Kelvin Collins

Medicare ID number and your Social Security number.

No matter how good the deal sounds and how convincing the caller seems, don’t do it! The call is a scam, and sharing personal information will expose you to identity theft.

Tips to avoid open enrollment scams

Selecting a health insurance plan can be challenging and complex. Be on the lookout for common red flags.

Be wary of anyone who contacts you out of the blue. Healthcare.gov and Medicare provide legitimate help for determining which plan is right for you. These people — sometimes called Navigators or Assistants — cannot charge for their support. If someone asks you for payment, it’s a scam.

You will also need to contact them on your own. They will not call you first.

Be wary of free gifts and “health screenings.” Keep a healthy level of skepticism any time a broker offers you free gifts or other special deals.

Never sign up with a broker who offers you an expensive sign-up gift in exchange for providing your Medicare ID number or additional personally identifiable information. Other times, brokers offer free “health screenings” to weed out people who are less healthy. This technique is called “cherry picking” and is against Medicare rules.

Guard your government-issued numbers. Never offer your Medicare ID number, Social Security number, health plan info, or banking information to anyone you don’t know.

Go directly to official websites.

See CONS, page 3

Medal of Honor spotlight Army Sgt. Joe Hayashi

By KATIE LANGE
DoD News

Army Sgt. Joe Hayashi was days away from seeing the Germans surrender in Italy when he was killed. His actions in taking out enemy positions before that were integral to his unit’s success in driving the enemy back. Hayashi initially earned a posthumous Distinguished Service Cross for his bravery, but that was eventually upgraded to the Medal of Honor.

Hayashi was born Aug. 14, 1920, in Salinas, California. His parents, Chiukichi and Toyo Hayashi, had emigrated from Japan nearly two decades earlier. Hayashi had two sisters, Chiye and Kiyo.

When Hayashi was 4, his father was killed in a work-related accident. His mother then moved the family to Pasadena, California, remarried and had three more children.

Hayashi grew up as a typical American child. He played football and baseball, was a member of the Boy Scouts and loved to play outside. A slight man — Hayashi was recorded as being 5’3”, 125 pounds — he was also adept at car mechanics, which is what he chose to do for work after high school.

In October 1940, Hayashi

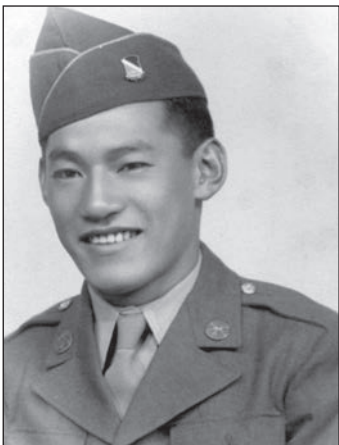


Photo courtesy defense.gov
Army Sgt. Joe Hayashi

registered for the draft. Seven months later, he enlisted in the Army. He was initially stationed in California, but after the Pearl Harbor attacks, which led to a deep distrust of Japanese Americans, he was transferred to Fort Sheridan, Illinois. Due to that same distrust, Hayashi’s mother, stepfather and half-siblings were all forced to live at an internment camp in Wyoming until the war’s end.

Hayashi was already in the military, but when the war started, other Japanese Americans — known as Nisei — were barred from service. They still wanted to serve, though, and were eventually able to in a few units, including the 442nd Regimental

Combat Team, which was activated in February 1943 and was composed of all Nisei men. Hayashi was reassigned as a drill sergeant in the unit as part of the 3rd Battalion’s Company K.

The 442nd trained at Camp Shelby, Mississippi, before deploying to Italy in June 1944. Hayashi stayed behind with a cadre to continue training soldiers. Soon after, however, he volunteered to join the fight and was shipped to France in November 1944.

In March 1945, the 442nd joined in on the Po Valley Campaign. Their mission was to be a diversion for enemy troops to break them up and weaken their defensive line, known as the Gothic Line. The 442nd ended up being incredibly successful in this endeavor; not only did they force enemy troops from that area, but they pushed them far behind the Gothic Line.

By mid-April, nearly all of Germany’s forces in the area were trying to retreat. The 442nd followed them and had moved to within 10 miles of a strategically located rail center, where the Germans were preparing to make a last stand.

At this stage of his career, Hayashi held the rank of staff sergeant; however, at some point while overseas, he was demoted to private after apparently defending fellow soldiers who had left their unit during heavy fighting, according to a June 2000 article in the Billings Gazette out of Billings, Montana. That’s why, in his Medal of Honor citation, he’s listed as a private.

On April 20, 1945, Hayashi’s

See HONOR, page 3

Hayashi dragged some of his wounded comrades to safety before returning to danger and exposing himself to small-arms fire so he could direct deadly mortar fire onto the hostile positions.



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

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"This involves validating the problem, identifying performance gaps, setting an improvement target, determining root cause, and developing countermeasures to prevent re-occurrence," he said. "Where if you have mishaps, then we'll have an A3 document with engineer-

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If you want to make changes to your healthcare plan, go directly to Medicare.gov, Healthcare.gov, or your employer's health insurance provider. Don't click on links in suspicious messages.

From page 2

unit was ordered to find enemy machine gun nests along a strongly defended hill near the small village of Tendola, Italy. Hayashi led his men to within 75 yards of enemy positions before they were seen and fired upon.

Hayashi dragged some of his wounded comrades to safety before returning to danger and exposing himself to small-arms fire so he could direct deadly mortar fire onto the hostile positions. With the remaining men in his squad, Hayashi then attacked the hill and took over the enemy position. There, they discovered that the mortars Hayashi helped direct had destroyed three enemy machine guns, killed 27 enemy soldiers and wounded several more.

Meanwhile, the town of Tendola was still being held by about 50 Germans. So, two days later, Hayashi's unit

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ballot (see exceptions for voters over the age of 65, disabled, or military or overseas citizens). You may file application not earlier than 78 days prior to date of the election.

The last day a ballot can be mailed is eleven days before each election.

Exceptions:

If you meet the following criteria, you may choose to complete one application and receive a ballot for the general primary, general primary runoff (if any), general election, and general election runoff (if any).

E - Elderly - I am 65 years of age or older.

D - Disabled - I have a physical disability which would render me unable to see or mark a ballot

U - UOCAVA Voter -
Member of armed forces
or Merchant Marines of the
United States, commissioned
corps of the Public Health
Service or the National
Oceanic and Atmospheric
Administration, spouse or
dependent residing with or
accompany said member, or a
United States citizen residing
overseas.

MOS - Military Overseas
MST - Military Stateside
OST - Overseas
Temporary Resident
OSP - Overseas
Permanent Resident (federal
offices only)

NR - No Reason
(Requesting an absentee by mail does not require a reason, but the request can only be made by voter)

Please note: Electors residing temporarily out of the county or a physically disabled voter residing within the county may have one of the following relatives complete the application.

Relatives must be at least 18 years of age -mother, father, grandparent, brother, sister, aunt, uncle, spouse, son, daughter, niece, nephew, grandchild, son-in-law, daughter-in-law, mother-in-law, father-in-law, brother-in-law, and sister-in-law. The person completing the appli

ing production or flight production. So, when we sit in our meetings, we go through, and we put our input into what kind of engineering processes we may need, which may include process orders or nonconforming technical assistance request, via an Air Force Sustainment Center engineering request form."

Anthony Ely, 558th Aircraft Maintenance Squadron Planning Flight industrial engineer technician, said this type of planning is important to success of sustainment.

receive an unexpected email about benefits policies, ask your employer about it before you click on anything to make sure it's legitimate.

If you are unsure whether a call or offer is from Medicare or you gave your personal information to someone claiming to be with Medicare, call 1-800-MEDICARE to report it. If you suspect fraud when signing up for

"The F-15, C-130, C-17 and C-5 aircraft schedulers input MWRs for a specific task or specific aircraft, and then it comes to planning," he said. "That's when we look at it and do our research on it. We make sure it's got everything it needs on it, like the correct hours, have correct and current technical data on any engineering request, and we make sure there is not any out-of-date information is on it. We're proofreading it before it gets sent out to a technician. So, when they go out there, they got what they need to do the job."

Ely said he the enjoys being behind the scenes supporting the sustainment mission.

"There's a pride factor involved in that," he said. "It makes you have sense of purpose when you come to work and know you were involved with the end result."

Hall said he is proud to work for the 558th AMXS Planning Flight.

"I couldn't ask for better people," he said. "I couldn't do what I do if it wasn't for the job they do. They make me who I am."

ACA coverage, go to HealthCare.gov or call the Health Insurance Marketplace call center at 800-318-2596.

Get more tips from BBB on avoiding healthcare scams and learn the signs of impostor scams. If you've been the victim of a scam, please report it to [BBB.org/ScamTracker](https://www.bbb.org/ScamTracker). Sharing your experience can help others avoid falling victim to similar scams.

he was promoted to sergeant. President Bill Clinton presented the medal to Hayashi's remaining family during a White House ceremony that also honored 21 other Asian-American military heroes whose medals were being upgraded. Sadly, only seven of the recipients were still alive. Eleven had died in combat, and the rest had passed in the years after the war.

For their heroic actions in combat and steadfast loyalty in the face of ethnic discrimination, members of the 442nd and their families — including Hayashi's — were also honored in 2011 with the Congressional Gold Medal, the highest civilian award for service given out by the U.S.

Hayashi was initially buried at a U.S. military cemetery in Italy, but his family requested he be brought home in 1948. He was reinterred with full military honors in March 1949 in Evergreen Memorial Park Cemetery in Los Angeles.

From the U.S. Department of Labor's website: www.dol.gov > Office of Labor Management Standards > OLMS Publications > Conducting Local Union Officer Elections > Chapter 6 > Distributing Campaign Literature:

“A union may not regulate the contents of campaign literature it is asked to distribute and may not require that it be permitted to read the literature before distribution. The union may not censor campaign literature in any way, even if the literature includes derogatory remarks about other candidates. A union’s contention that mailing certain campaign literature may constitute libel does not justify a refusal to distribute the literature since the union is under a legal duty to distribute the material.”

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production.”

Mario Herrera, 402nd Reverse Engineering Avionics Redesign and Manufacturing engineering technical specialist, said another section of the 402nd Engineering Branch is the Reverse Engineering Avionics Redesign and Manufacturing Section, and they exist to provide other components of the Air Force the same kind of engineering services as you would find in the private industry.

“The REARM section focuses on creating what the Air Force needs to either organically repair existing items and systems or complete the manufacturing of redesigned replacements,” he said. “A majority of our workload comes in from supply chain management, though we have also worked directly with a number of Air Force Life Cycle Management Center System Program Offices.”


Herrera said REARM can bridge the gap for maintaining

legacy weapons systems until a new system is available to replace them.

“Having a section like REARM aids in keeping those legacy assets going either through repair development or redesigns that meet the form, fit and function of the legacy asset,” he said. “It’s generally much more efficient to continue keeping a legacy asset flying than it is going through the entire acquisitions process to field something new for a whole fleet.”

Hale said he is proud to support the Air Force mission.

"I may not turn a wrench, but I can help make sure those who do the direct repairs have what they need to get the job done and keep the planes in the air," he said, "My 35 years of experience at Robins has provided me with pride and purpose knowing that I am at least indirectly responsible for the Air Force's air superiority. Ensuring their functionality is vital for mission success since the avionics systems are the nerve center of a modern aircraft."

HOUSTON COUNTY SAMPLE BALLOT			
General Election			
NOVEMBER 5, 2024			
<p>This SAMPLE BALLOT contains all races and questions to appear on the General Election ballot.</p> <p>To confirm your voter registration, where to vote or view your specific sample ballot:</p> <ul style="list-style-type: none">• Secretary of State My Voter Page: www.mvp.sos.ga.gov• Download the GA Votes App on your smartphone or tablet• Scan the QR code to the right• Contact the Board of Elections Office, 2030 Kings Chapel Rd., Perry Phone: 987-1973 Website: www.houstoncountygavga.gov <p>Early voting will start at all locations on October 15, 2024:</p> <ul style="list-style-type: none">• Board of Elections office• Houston Health Pavilion Conference Center• Central GA Tech. Health Sciences Bldg.• North Houston Sports Complex <p>To view the full early voting schedule visit one of the above websites or contact our office.</p> <div></div>			
<p>For President of the United States (Vote for One)</p> <p><input type="radio"/> Donald J. Trump – President JD Vance – Vice President Republican</p> <p><input type="radio"/> Kamala D. Harris – President Tim Walt – Vice President Democrat</p> <p><input type="radio"/> Chase Oliver – President Mike ter Maat – Vice President Libertarian</p> <p><input type="radio"/> Jill Stein – President Rudolph Ware – Vice President Green</p> <p><input type="radio"/> Claudia De la Cruz – President Karina Garcia – Vice President Independent</p> <p><input type="radio"/> Cornel West – President Melina Abdullah – Vice President Independent</p> <p><input type="radio"/> _____ Write-in</p>	<p>For State Senator RUNS BY DISTRICT</p> <p>For State Senator From 18th District (Vote for One)</p> <p><input type="radio"/> John F. Kennedy (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For State Senator From 20th District (Vote for One)</p> <p><input type="radio"/> Larry Walker (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For State Senator From 26th District (Vote for One)</p> <p><input type="radio"/> David E. Lucas, Sr. (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For State Representative RUNS BY DISTRICT</p>	<p>For District Attorney Houston Judicial Circuit (Vote for One)</p> <p><input type="radio"/> Eric Z. Edwards (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For Judge of the Probate Court (Vote for One)</p> <p><input type="radio"/> Kristy Warren Harris (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For Clerk of Superior Court (Vote for One)</p> <p><input type="radio"/> Terri L. Childers (Incumbent) Republican</p> <p><input type="radio"/> Angela Anderson (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For Sheriff (Vote for One)</p> <p><input type="radio"/> Matthew L. Moulton (Incumbent) Republican</p> <p><input type="radio"/> Arthur Lee Harris (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For Tax Commissioner (Vote for One)</p> <p><input type="radio"/> Mark Kushinka (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For Coroner (Vote for One)</p> <p><input type="radio"/> James "JimBob" Williams (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For Solicitor General (Vote for One)</p> <p><input type="radio"/> Amy Elaine Smith (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For County Commissioner Post 3 (Vote for One)</p> <p><input type="radio"/> Gall Robinson (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For County Commissioner Post 4 (Vote for One)</p> <p><input type="radio"/> Tal Talton (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p>	<p>For County Commissioner Post 5 (Vote for One)</p> <p><input type="radio"/> Mark Byrd (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>PROPOSED CONSTITUTIONAL AMENDMENTS</p> <p>-1-</p> <p>Provides for a general law state-wide homestead exemption that may differentiate among political subdivisions.</p> <p>House Resolution No. 1022 Ga. L. 2024, p. 1191</p> <p>"Shall the Constitution of Georgia be amended so as to authorize the General Assembly to provide by general law for a state-wide homestead exemption that serves to limit increases in the assessed value of homesteads, but which any county, consolidated government, municipality, or local school system may opt out of upon the completion of certain procedures?"</p> <p><input type="radio"/> YES</p> <p><input type="radio"/> NO</p> <p>-2-</p> <p>Provides for a state-wide Georgia Tax Court.</p> <p>House Resolution No. 598 Ga. L. 2024, p. 1189</p> <p>"Shall the Constitution of Georgia be amended so as to provide for the Georgia Tax Court to be vested with the judicial power of the state and to have venue, judges, and jurisdiction concurrent with superior courts?"</p> <p><input type="radio"/> YES</p> <p><input type="radio"/> NO</p> <p>STATEWIDE REFERENDUM</p> <p>-A-</p> <p>Raises amount of tangible personal property tax exemption from \$7,500.00 to \$20,000.00.</p> <p>House Bill No. 808 Act No. 581, Ga. L. 2024, p. 696</p> <p>"Do you approve the Act that increases an exemption from property tax for all tangible personal property from \$7,500.00 to \$20,000.00?"</p> <p><input type="radio"/> YES</p> <p><input type="radio"/> NO</p>
<p>For U. S. House of Representatives RUNS BY DISTRICT</p> <p>For United States House of Representatives District 2 (Vote for One)</p> <p><input type="radio"/> A. Wayne Johnson (Incumbent) Republican</p> <p><input type="radio"/> Sanford Bishop (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For United States House of Representatives District 8 (Vote for One)</p> <p><input type="radio"/> Austin Scott (Incumbent) Republican</p> <p><input type="radio"/> Darrius Butler (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p>	<p>For State House of Representatives District 143 (Vote for One)</p> <p><input type="radio"/> Barbara Boyer (Incumbent) Republican</p> <p><input type="radio"/> Anissa Jones (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For State House of Representatives District 146 (Vote for One)</p> <p><input type="radio"/> Shaw Blackmon (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p> <p>For State House of Representatives District 147 (Vote for One)</p> <p><input type="radio"/> Bethany Ballard (Incumbent) Republican</p> <p><input type="radio"/> Ariel Phillips (Incumbent) Democrat</p> <p><input type="radio"/> _____ Write-in</p> <p>For State House of Representatives District 148 (Vote for One)</p> <p><input type="radio"/> Noel W. Williams, Jr. (Incumbent) Republican</p> <p><input type="radio"/> _____ Write-in</p>		

How women can break the cycle of spiraling before bedtime

(Family Features)

Sleep is a priority for holistic health, but many women aren't getting enough of it. Not only does it affect your overall health, but stress-related sleep loss also makes it difficult to maintain focus and energy throughout the day.

Nearly half (45%) of women ages 40-60 lose more than two hours of sleep each night due to spiraling thoughts with 10% reporting losing more than four hours of sleep, according to Natrol's Sleep Spiral Survey, revealing challenges women in this age range face for achieving quality sleep.

"Busy women often struggle with sleep due to lingering stress and anxiety from managing work, family and personal responsibilities, which can lead to spiraling thoughts, keeping the mind active at night," said Dr. Shelby Harris, a sleep expert and director of sleep at Sleepopolis.

According to survey participants, personal finances are the top sleep disruptor, with 50% of women citing concerns over money as the primary reason they can't fall asleep most nights.

Additionally, 45% of women cite anxiety about the future often keeping them from falling asleep.

Seasonal factors can also impact a good night's rest. The holiday season is the most challenging time for sleep, with 51% of women experiencing increased late-night

thoughts during this period.

Understanding the cause of your sleep disruption is an important step toward improving your sleeping habits, especially since 1 in 3 women have more difficulty sleeping now than they did one year ago.

Regain control of your sleep with these tips:

Set the scene for sleep. Harris recommends updating your sleep environment for better results.

"Avoid bright light and limit screen time at least an hour before bed and focus on creating a cozy sleep environment that suits your needs for quality rest," she said. "Choose comfortable bedding, set the room to a cool temperature and incorporate soothing sounds like a white noise machine or fan to set yourself up for a good night's sleep."

Establish a consistent bedtime routine. You can teach your body to anticipate bedtime and ease into better sleep. Begin preparing for bed at the same time each night and go through the same ritual. That might include grooming and self-care habits to help you wind down for the night.

Consider a sleep aid supplement. Many women (1 in 4) often simply give up trying to fall asleep when experiencing spiraling thoughts, with



Photo courtesy of Shutterstock

"Busy women often struggle with sleep due to lingering stress and anxiety from managing work, family and personal responsibilities, which can lead to spiraling thoughts, keeping the mind active at night."

- Dr. Shelby Harris

89% at least occasionally giving up on sleep altogether and choosing to get out of bed. Melatonin supplements

can help calm the mind before bed so you can fall asleep faster and stay asleep.

Take steps to manage stress. Prioritizing stress relief can benefit your overall health along with helping you get better rest. Engaging in relaxing activities like reading, meditating or listening to music can be especially helpful in the evening to clear and soothe your mind before you head for bed.

Harris recommends talking with your doctor if you've tried various sleep hygiene strategies and find you're still struggling to get restorative sleep.

"You can discuss whether a sleep aid such as melatonin is appropriate for you and align on the right amount and timing to address your sleep concerns," she said.

Find more ideas to support better sleep health at Natrol.com.



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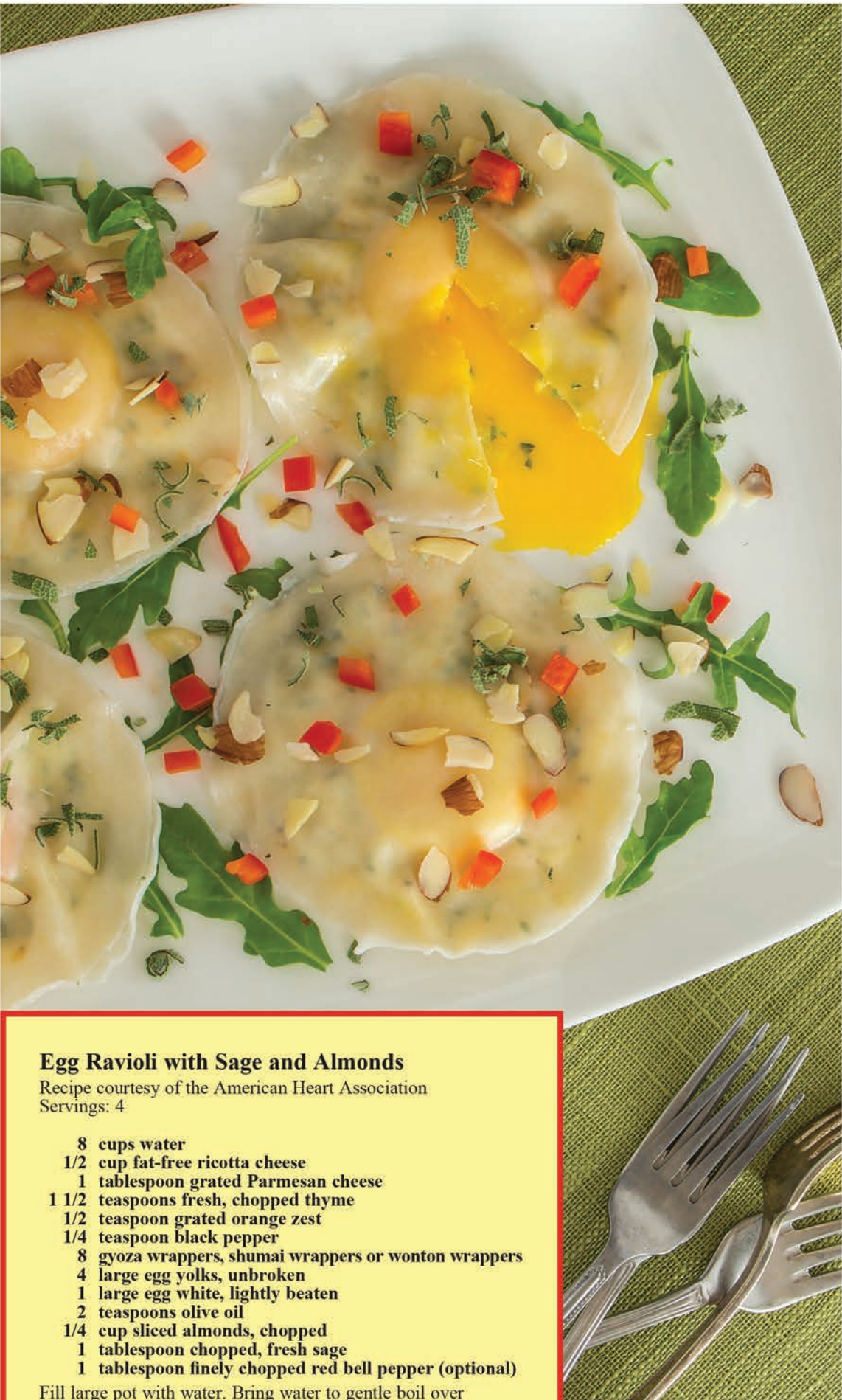
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Nourish Family Connections with Every Bite



Egg Ravioli with Sage and Almonds

Recipe courtesy of the American Heart Association
Servings: 4

- 8 cups water
- 1/2 cup fat-free ricotta cheese
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons fresh, chopped thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon black pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 4 large egg yolks, unbroken
- 1 large egg white, lightly beaten
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped, fresh sage
- 1 tablespoon finely chopped red bell pepper (optional)

Fill large pot with water. Bring water to gentle boil over medium-high heat.

In medium bowl, stir ricotta cheese, Parmesan cheese, thyme, orange zest and pepper.

Place four wrappers flour sides down on cutting board. Spoon 1 1/2 tablespoons cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create well about 1 1/2 inches across (width of large egg yolk), leaving at least 1/2 inch space around edges of wrapper. Without breaking it, carefully place one egg yolk in center of each well.

Using pastry brush, brush edges of wrappers with egg white. Place one top wrapper with flour side up on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.

Using slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook 2 1/2-3 minutes, or until wrappers are al dente (cooked not too soft but not overdone). Using slotted spoon, gently remove raviolis from pot, draining well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper, if desired.

Tips: Gyoza wrappers (or shumai wrappers) are preferred because they're thinner than wonton wraps. Look for gyoza wrappers in the dairy aisle, deli department or freezer section.

Use these guidelines to determine how you want eggs cooked: At 2 1/2 minutes, eggs are yellow and slightly thickened but not set around edges, similar to sunny-side up. At 3 minutes, eggs are deeper orange and slightly set around edges, similar to over-easy.

Poached Eggs with Pesto Bulgur

Recipe courtesy of the American Heart Association
Servings: 4

- 2/3 cup uncooked instant or fine-grain bulgur
- 1 1/3 cups, plus 2 tablespoons, fat-free, low-sodium vegetable broth, divided
- 1 cup tightly packed fresh basil
- 2 tablespoons chopped walnuts, dry roasted
- 1 small garlic clove, minced
- 1/8 teaspoon salt
- 1 dash cayenne
- 1/2 cup finely chopped yellow or red bell pepper
- 1/4 cup thinly sliced green onions
- 4 cups water
- 1 tablespoon white vinegar
- 4 large eggs
- 1 medium lemon, cut into 4 wedges

In medium saucepan, prepare bulgur according to package directions, omitting salt and substituting 1 1/3 cups broth for water. Fluff with fork.

In food processor or blender, process basil, walnuts, garlic, salt, cayenne and remaining broth until smooth. Stir basil mixture, bell pepper and green onions into bulgur.

In large skillet, bring water and vinegar to boil over high heat. Reduce heat and simmer. Break one egg into cup then carefully slip egg into simmering water. Repeat with remaining eggs, placing in water so they don't touch. Simmer 3-5 minutes, or until whites are completely set and yolks are beginning to set but aren't hard. Using slotted spoon, drain eggs well and place on bulgur mixture. Serve with lemon wedges.

Note: White vinegar helps firm egg whites quickly, preventing them from spreading too much.

Boost social, emotional and physical health with egg-inspired recipes

FAMILY FEATURES

Dine together, shine together. Weekly sit-down meals with family can reduce stress, boost self-esteem and make everyone feel more connected – all while sharing delicious, healthy and easy-to-prepare food.

Give your family the opportunity to refuel and reconnect each week with recipes that bring everyone together. Whether it's 10 people or two, research shows that those who enjoy frequent meals with others, particularly parents with their children, have better social and emotional well-being, according to the American Heart Association.

Enjoying great conversation and camaraderie is at the heart of every meal, and with the right dishes, you can make every bite as delicious as it is nourishing. Ingredients like eggs are affordable, easy to use and versatile, making them the perfect choice in the kitchen to help you cook up conversation.

Gently cooked egg yolks take center stage in this Egg Ravioli with Sage and Almonds recipe, and delicate poached eggs rest atop whole grains in the Poached Eggs with Pesto Bulgur recipe. If breakfast is the best time of day for your tribe to gather, whip up these Southwestern Quinoa and Egg Breakfast Bowls for added protein and fiber.

These egg-inspired recipes and more are part of the American Heart Association's Together Tuesdays and Healthy for Good Eat Smart initiative, nationally supported by Eggland's Best. Both initiatives stress the importance of gathering at least once a week around the table with family or friends to satisfy cravings for connection, a delicious meal and overall healthy living.

In addition to the social and emotional benefits of dining together, shared family meals can help promote healthier choices at the table.

Eggs, for example, can be included as part of a heart-healthy diet that emphasizes vegetables, fruits, nuts and seeds, whole grains, lean protein and fish, according to the American Heart Association. Remember not to isolate just one food – it's not only about the egg, but also about what's eaten alongside it. For example, eating eggs alongside foods high in saturated fat – like bacon – is different than eggs eaten with steamed veggies, whole grains or a side of fruit.

For more heart-healthy recipe ideas and conversation starters to make Together Tuesdays a tradition in your household, visit heart.org/together.



Southwestern Quinoa and Egg Breakfast Bowls

Southwestern Quinoa and Egg Breakfast Bowls

Recipe courtesy of the American Heart Association
Servings: 4

- 1/4 cup uncooked quinoa, rinsed and drained
- 2 medium tomatoes (about 2 cups), chopped
- 1 cup no-salt-added frozen corn, thawed
- 1/2 medium avocado, pitted and diced
- 1/4 cup chopped green onions
- 1/2 cup chopped fresh cilantro (optional)
- nonstick cooking spray
- 4 large eggs

- 1/8 teaspoon salt
- 1/4 teaspoon pepper
- red hot pepper sauce, to taste (optional)

Cook quinoa according to package directions. Remove from heat. Spoon quinoa into four bowls. Top each with even amounts of tomatoes, corn, avocado, green onions and cilantro, if desired.

Lightly spray large skillet with nonstick cooking spray and set over medium-high heat. Crack eggs into skillet. Sprinkle with salt and pepper. Cook, uncovered, 3-4 minutes, or until egg whites are set but yolks are still runny. Using spatula, carefully transfer one egg, sunny side up, into each bowl. Sprinkle with hot sauce, to taste, if desired.



Poached Eggs with Pesto Bulgur