



WFP Departments offering workplace bullying series

Special to The Union Advocate

The Women’s and Fair Practices Departments, according to a release, have once again partnered with the Workplace Bullying Institute to offer a series of webinars on workplace bullying. “(We) understand the role that our union can play in fostering supportive, compassionate, and productive workplaces across federal and D.C. government agencies,” reads the release. “As union members, we know that the workplace can be a stressful environment. Whether it’s dealing with high job demands, poor relationships with supervisors or colleagues, navigating challenging situations, or simply trying to balance work and personal life, our jobs can take a toll on our mental well-being.”

The description and training dates and times are as follows:

Part 1: Definition, Prevalence and Perpetrators

Synopsis: Learn the definition of workplace bullying, its prevalence and other primary statistics (gender, rank, etc.) in the U.S., other forms of abuse, its international history, and who perpetrators are and why they harm others.

Date: Sept. 18

Time: 11 a.m.–3 p.m.

Register at: https://us06web.zoom.us/join/zoom/register/WN_4r5lJaihTdWgw6CaIQiaCw

Part 2 - Who Gets Bullied and Why it Happens

Synopsis: Learn the roles of unethical and dysfunctional leadership, the profile of people targeted for abuse, and why bullying happens in organizations.

See **SERIES**, page 3



Runoff election

Dear Union members,

We hope this message finds you well. We are writing to inform you about the upcoming runoff election for AFGE Local 987.

Key details:

Positions to elect: VP At Large and Trustee

Date of election: Wednesday, Sept. 25, 2024

Time: Ballot pickup is at 4 p.m.

Location: Ballots will be counted at the AFGE Union Hall located at 1764 Watson Blvd. Only candidates/candidate observers are permitted during the count. The results will be posted after the tally on the glass doors at the Union Hall building and then will be emailed to the membership and posted in the union paper thereafter.

Voting method: The runoff will be a mail ballot election. Ballots will be placed in the mail by True Ballot, Thursday, Aug. 22, 2024 and will go to the last known address on file with the local. Please ensure that your membership information is up to date to avoid any delays. If you gave your updated address to me for the last election process but did not update it with Linda Baxter at Union Hall, you will have to provide me that information again. It is only updated with the Local if you have updated it through her. If you do not receive your ballot reach out to me at 256-458-8127 or afgel987EC24@gmail.com.

In solidarity,
Casie Nation
National Representative
AFGE-AFLCIO



Membership meeting

Local 987 will have a membership meeting Sept. 19 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.



What leads to suicide?

There’s no single cause for suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety, and substance problems, especially when unaddressed, increase risk for suicide. Yet it’s important to note that most people who actively manage their mental health conditions go on to engage in life.

Risk factors

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

Health

Mental health conditions
Depression
Substance use problems
Bipolar disorder
Schizophrenia
Personality traits of aggression, mood changes and poor relationships
Conduct disorder
Anxiety disorders
Serious physical health conditions including pain
Traumatic brain injury

Environmental

Access to lethal means including firearms and drugs
Prolonged stress, such as harassment, bullying, relationship problems or unemployment
Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
Exposure to another person’s suicide, or to graphic or sensationalized accounts of suicide
Discrimination
Historical
Previous suicide attempts
Family history of suicide
Childhood abuse, neglect or trauma
Generational trauma
Protective Factors
Access to mental health care, and being proactive about mental health
Feeling connected to family and community support

port

Problem-solving and coping skills
Limited access to lethal means

Cultural and religious beliefs that encourage connecting and help-seeking, discourage suicidal behavior, or create a strong sense of purpose or self-esteem
Warning signs

Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharp concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

Talk

If a person talks about:
Killing themselves
Feeling hopeless
Having no reason to live
Being a burden to others

Feeling trapped
Unbearable pain

Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:
Increased use of alcohol or drugs
Looking for a way to end their lives, such as searching online for methods
Withdrawing from activities

Isolating from family and friends
Sleeping too much or too little
Visiting or calling people to say goodbye
Giving away prized possessions

Mood

People who are considering suicide often display one or more of the following moods:
Depression
Anxiety
Loss of interest
Irritability
Humiliation/Shame
Agitation/Anger
Relief/Sudden improvement

- Source: OSHA.gov

Emergency resources

911

Crisis services

24/7 Crisis Hotline: 988
Suicide & Crisis Lifeline
988lifeline.org
Call or text 988 or chat 988lifeline.org. Veterans, press 1 when calling.

Crisis Text Line

Text TALK to 741-741 to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

Veterans Crisis Line

Send a text to 838255

SAMHSA Treatment Referral Hotline (Substance Abuse)
1-800-662-HELP (4357)

RAINN National Sexual Assault Hotline
1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline
1-866-331-9474

The Trevor Project
1-866-488-7386

Meeting the VP nominee



AFGE Local 987 representatives had an opportunity to meet with Democratic Vice President Nominee Tim Walz Monday. They also had a chance to talk shop with him during a brunch held Tuesday in Macon. (Contributed)



AFL-CIO 5th District Georgia Vice President Marion Williams meets the vice president hopeful. (Contributed)



AFGE Local 987 Executive Vice President and acting President Henry Brown meets Walz. (Contributed)

Register to vote

Qualifications to register

You must be:

a citizen of the United States
a legal resident of Georgia
and the county in which you wish to vote
at least 17 1/2 years old to register and 18 years old on or before election day to vote in that election

You may not register to vote if:

you are serving a sentence imposed by the conviction of a felony
judicially determined to be mentally incompetent

Where can I register?

Houston County Board of Elections Office
Houston County Annex (Commissioners Office)
Public Libraries and City Halls:

Warner Robins City Hall
Clerks Office
700 Watson Blvd.
Warner Robins, GA 31093
Nola Brantley Memorial Library
721 Watson Blvd.
Warner Robins, GA 31093
Centerville Public Library
206 Gunn Road
Centerville, GA 31028
Centerville City Hall
Clerks Office
300 E Church St.
Centerville, GA 31028
Perry Public Library
1201 Washington St.
Perry, GA 31069
Perry City Hall
Tax Office
1211 Washington St.
Perry, GA 31069

See **VOTE**, page 3



Audience members watch on a screen as a C-130 aircraft works to complete its flight path over Georgia while Gen. Mike Minihan, Air Mobility Command commander, delivers the keynote address during the C-130 70th Anniversary Celebration at Robins Air Force Base, Georgia, Aug. 23. Robins hosted the C-130 70th Anniversary celebration, reflecting on the aircraft’s storied history and highlighting the modernization efforts that will sustain its role in Great Power Competition. (U.S. Air Force photo by Patrick Sullivan)

70 Years of Flight: The C-130’s legacy and future

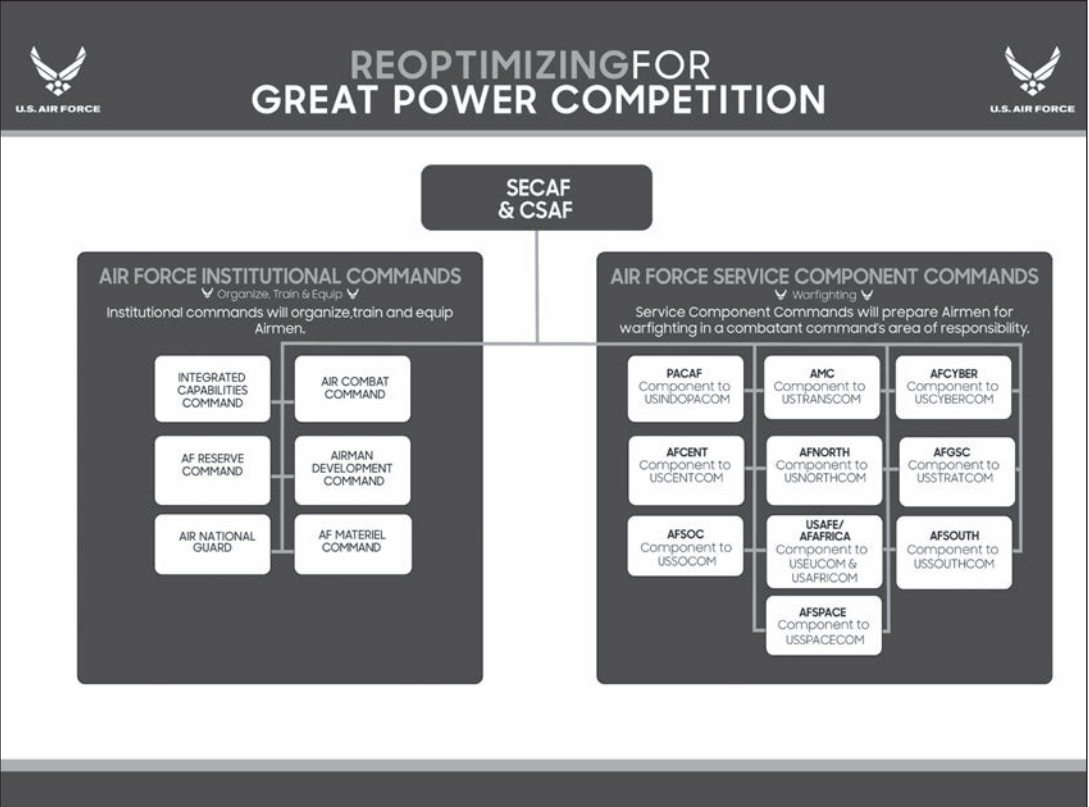
By PATRICK SULLIVAN
78th Air Base Wing
Public Affairs Office

Since its first flight Aug. 23, 1954, the C-130 has proven to be one of the most versatile and active aircraft in the Air Force’s fleet, having carried troops and supplies from the tundra of Antarctica, to the deserts of the Middle East, to the tropical islands of the Pacific, and nearly everywhere in between. Robins Air Force Base, Georgia, host of the C-130 70th Anniversary celebration, has played a key role in keeping the C-130 fleet not just flying, but equipped with the technology and modernizations that make it a critical component of the contemporary Air Force fleet. “It’s the greatest airplane ever built, and it’s stained hon-

orably with American blood, sweat and tears,” said Gen. Mike Minihan, Air Mobility Command commander. “That airplane is a monument to everyone that flies, fixes, and supports it. . . From the assembly line, to the flight line, to the depot line, it’s the hands that touch it that make it so powerful.” The Warner Robins Air Logistics Complex at Robins is the central hub for depot maintenance and modernization of the C-130. With 12 different C-130 models spread across seven major commands and the Air National Guard, totaling 436 aircraft in the Air Force fleet, effective and efficient maintenance is vital to keeping the mission running – especially in an era of Great Power Competition.

“We’re the best at what we do here,” said Ben Stuart, 560th Aircraft Maintenance Squadron director of operations. “The first flight was in 1954, and we’ve been doing depot maintenance on C-130s at Robins since 1964. “We’ve got mission partners with the program office, engineering, the Defense Logistics Agency and Lockheed Martin,” Stuart continued. “That combination is what makes us the best in the business, and we have been doing it for 60 years. Nobody else in the world does the repair and overhaul work that we do here at Robins.” Around 50 of the aircraft come through each year for maintenance, to include planned depot maintenance, unplanned depot-level

See LEGACY, page 3



As part of the Great Power Competition initiative, the Department of the Air Force is organizing its major commands into Institutional Commands and Service Component Commands. Institutional Commands are responsible for organizing, training and equipping Airmen, and Service Component Commands are responsible for preparing Airmen for warfighting in a combatant command’s area of responsibility. (U.S. Air Force graphic)

AF realigns to ensure readiness, future competitiveness

Secretary of the Air Force
Public Affairs

ARLINGTON, Va. (AFNS) - The Air Force is organizing its major commands, or MAJCOMs, into Institutional Commands, responsible for organizing, training, and equipping Airmen, and Service Component Commands, responsible for preparing Airmen for warfighting in a combatant command’s area of responsibility. The changes are part of the Department of the Air Force’s Great Power Competition initiative. The Air Force is organizing its major commands (MAJCOM) into Institutional Commands, responsible for organizing, training, and equipping Airmen, and Service Component Commands (SCC), responsible for pre-

paring Airmen for warfighting in a combatant command’s (CCMDs) area of responsibility. “Over the last three decades, our Air Force has incrementally become more fragmented,” said Air Force Chief of Staff Gen. David Allvin. “This gradual diffusion was the result of decisions made in the context of a different strategic environment. After some deep introspection, it has become clear that to dominate in this challenging strategic environment, we must have a force structure that is better aligned, clearly understood, and agile enough to exploit the rapid pace of change.” The current major command structure has significant variances in how the U.S. Air Force organizes, trains and equips, and how it presents forces. Some MAJCOMs have

the responsibility of capability development (e.g., Air Force Materiel Command), some strictly for presenting forces as a service component to a combatant command, and some MAJCOMs have both responsibilities. Some service component commands are also Numbered Air Forces, or NAFs, that report through MAJCOMs, while other service component commands are themselves MAJCOMs. While this has been made to work in practice, it has evolved with new entities being bolted on, instead of baked in. Through the Reoptimization initiative, the U.S. Air Force has the opportunity to reset both definitionally and structurally. The foundation of the senior command structure in the

See REALIGNS, page 3

BBB tallies 4,000 investment scam reports; 6-fold increase

If you were offered the chance to triple an investment in two months, would you take it? It might be hard to say no, but it might really be too good to be true. Since 2020, the Better Business Bureau has received more than 4,000 reports from consumers about investment scams, many of which involved cryptocurrency or a new take on romance fraud. Reports to BBB show that investment scams often take the form of long-term confidence scams, where fraudsters pursue romantic and platonic relationships to gain the trust of their targets. That has caused losses to rise, with the median report increasing from \$1,000 in 2021 to almost \$6,000 this year. To help consumers and businesses understand investment scams, the Better Business Bureau’s International Investigations Initiative combed through thousands of reports to BBB Scam Tracker, talked with experts, and investigated the newest trends to compile the III’s newest study - Investment scams: Scams linked to crypto and romance rise, according to BBB study, located at BBB.org. The study combines consumer stories and examines how scammers convince their targets to hand over thousands of dollars. It also shows how a rise in organized crime based in southeast Asia has helped perpetuate this global scam. This in-depth study is intended to help consumers, businesses, news media, researchers and regulatory agencies understand: How investment scams work and how to avoid them What type of enforcement is helping curb the fraud Red flags for consumers and businesses An increasingly common tactic is revealed by an experience of a man from California who told BBB he was traveling through France when he matched on a dating app with a woman calling herself “Mei”. The two talked for months and even made video calls as they got to know one another. Eventually, she brought up cryptocurrency



Kelvin Collins

investing as a hobby of hers and convinced Darryl to join her. The two continued to chat on the phone for months, and he invested nearly \$1,000. One day, when Darryl went to check the app he used for investing, it appeared to be down. When he contacted Mei, she rebuffed him and disappeared. In some cases, losses grow into devastating amounts. One woman in Connecticut reported to BBB about a cryptocurrency scam she encountered on social media. Unbeknownst to her, a friend’s social media account was hacked. The scammer, posing as the friend, said they ran an automated training bot – a program used to trade cryptocurrency automatically according to a user’s guidelines – with guaranteed returns. The account appeared to grow and grow, and eventually Jeanne wanted to withdraw some of it. The scammer, still posing as the friend, said they wanted a 20% commission, which Jeanne paid. Afterward, they disappeared, and Jeanne lost \$84,000 in the process. Red flags: How to avoid cryptocurrency investment scams Deals involving little-known cryptocurrencies Requests to share your cryptocurrency wallet with someone you don’t trust completely Strategies offering guaranteed returns An investment that takes little effort or time to pull off Someone offers their secret strategy or says not to research their claims Too-good-to-be-true claims A stranger suddenly wants to befriend you You can report investment scams to the Better Business Bureau at bbb.org/scamtracker, the Federal Trade Commission at ftc.gov (877-FTC-Help), and the Federal Bureau of Investigation (FBI) at fbi.gov.

Medal of Honor spotlight Marine Corps Sgt. Dakota Meyer

By KATIE LANGE
DoD News

In 2009, during the war in Afghanistan, Marine Corps Sgt. Dakota Louis Meyer spent hours traversing an active combat zone to rescue dozens of trapped men and recover the bodies of four U.S. service members. Despite disobeying orders to do so, Meyer’s actions led him the Medal of Honor. Meyer was born June 26, 1988, in Columbia, Kentucky, to Felicia Gilliam and Mike Meyer. He grew up on his father’s farm and enjoyed hunting and playing football. After Meyer graduated from Green County High School in 2006, he decided to follow in his grandfather’s footsteps and become a Marine. He trained as an infantryman and sniper and deployed to Iraq in 2007. In 2009, Meyer volunteered to go to Afghanistan to be an advisor to the Afghan army, working as a turret gunner attached to Embedded Training Team 2-8, Regional Corps Advisory Command 3-7. Shortly before dawn on Sept. 8, 2009, the 21-year-old Meyer was working security at a patrol rally point in Kunar Province while other unit members and two platoons of



Photo courtesy defense.gov
Marine Corps Sgt. Dakota Meyer

Afghan soldiers walked into the village of Ganjgal for an early-morning meeting with its elders. It was a trap. As the unit moved in, the village’s lights suddenly went out, and the patrol was ambushed. More than 50 Taliban fighters broke the morning silence by firing machine guns, rocket-propelled grenades and mortars from houses and other fortified positions on the slopes above the town. Meyer and Staff Sgt. Juan Rodriguez-Chavez were about a mile away when the chaos was broadcast over the radio. When they heard that four U.S. team members — Meyer’s friends — were surrounded, he asked for permission four times to go in and help. Each time, he was told no — it was too dangerous.

Meyer chose to go in anyway. He hopped into a nearby Humvee and, with Rodriguez-Chavez driving, took the gunner’s position as they drove through steeply terraced terrain into the fight. “They were defying orders, but they were doing what they thought was right,” President Barack Obama later said during Meyer’s Medal of Honor ceremony. Suddenly, the intense insurgent fire was focused on them. Even though Meyer’s entire upper body was exposed, he ignored the intense fire around him. Using mounted machine guns and a rifle, he took out several insurgents, including some at point-blank range. Meyer and Rodriguez-Chavez made several trips like this into the ambush area. During the first two trips, the pair were able to evacuate two-dozen Afghan soldiers, many of whom were wounded. According to Meyer’s Medal of Honor citation, when one of his Humvee’s machine guns stopped working, he directed Rodriguez-Chavez to go back to the rally point to exchange vehicles. On their third trip into the ambush area, Meyer used his fire power to help more trapped men fight their way out. By then, their vehicle was riddled with bullets and shrapnel. “Those who were there called it the most intense combat they’d ever seen,” Obama later said. “Dakota and Juan would have been

See HONOR, page 3

THE UNION ADVOCATE

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Experts: Representation of women, people of color in clinical trials is crucial

(StatePoint) Cardiovascular diseases and stroke remain leading causes of death worldwide. As researchers work to find new treatments that have the potential to benefit patients, they say that more diversity is needed among participants in clinical trials to advance understanding of these conditions.

“Clinical trials are a cornerstone of medical research and healthcare innovation. They are essential to advancing medical science and ensuring patient safety, and often lead to the development of effective new treatment options. However, it is crucial that they include participants from diverse backgrounds, encompassing a wide range of lived experiences and living conditions, and representing diverse races, ethnicities, ages, genders, and sexual orientations, so that all communities can benefit from scientific advancements,” says Roxana Mehran, MD, FACC, FACP, FCCP, FESC, FAHA, MSCAI, Professor of Medicine in Cardiology and Population

Health Science and Policy Professor in Cardiovascular Clinical Research and Outcomes Director of Interventional Cardiovascular Research and Clinical Trials Mount Sinai Health System.

According to research published in JAMA Network Open, women with atrial fibrillation, which is an irregular heart rhythm, face a higher risk of complications, like stroke, compared to men.

The American Heart Association reports that cardiovascular disease prevalence remains highest among non-Hispanic Black females and non-Hispanic Black males. Experts believe such gaps in care are partially due to representation in clinical trials.

Historically, women and people of color have been underrepresented in cardiovascular research, which has in recent decades, relied primarily on white male study participants.

One program in particular is helping to address gaps in

heart disease treatment as the first clinical program to enroll nearly 50,000 patients across three trials. It’s actively recruiting women and members from diverse populations in an effort to ensure its results are inclusive, equitable and relevant for all patients.

The Librexia program is a phase 3 clinical trial investigating a potential new treatment for patients with blood clotting diseases, including acute coronary syndrome (i.e. heart attack), atrial fibrillation and prevention of repeated strokes.

The program is designed to find treatment options that can potentially help improve outcomes in a wide range of patients, including underserved populations like women and people of color.

To ensure that trial enrollment represents the individuals likely to take the medication, all who meet the criteria are encouraged to explore if the trials are a fit for them. A clinical trial helps advance research that may benefit family members,



PHOTO SOURCE: (c) kate_sept2004 / iStock

the community and future generations.

To learn more about cardiovascular and stroke trials near you, visit [researchincludesme.com](#).

“Diverse representation in clinical trials can help us better understand the benefits of a particular medication across all segments of the population,” says Dr. Mehran.

LEGACY

From page 2

maintenance like battle damage repair, and modifications.

While Robins does significant C-130 work on the installation, the scope of its mission does not stop at the gates.

The Air Force Life Cycle Management Center’s C-130 engineering team regularly receives Engineering Technical Assistance Requests, where in-unit maintenance teams run into issues they are not able to solve on station. In 2023, the AFLCMC team received almost 3,500 ETARs, many of which resulted in the aircraft being grounded. In responding to these, Robins coordinates with the home units to find a solution. When

needed, engineers will deploy to the aircraft’s location to resolve the issue, keeping the global C-130 fleet flying and active.

As the Air Force calls on its members to reoptimize for Great Power Competition, the C-130 is being prepared for its next chapter. The call for reoptimization, the emphasis on Agile Combat Employment and the challenges of the Pacific theater mean that the C-130 will need to continue evolving.

“To survive and operate in that environment, it will absolutely be on the backs of our C-130s,” said Michael Beasley, the Mobility Directorate C-130 Hercules division senior materiel leader and retired maintenance officer.

According to Beasley, one of the biggest challenges in reoptimizing for

GPC is the logistical hurdles that come with the change in area of responsibility.

Beasley spoke on how flights in the Middle East were often short range, only lasting a few hours, with less concern for fuel and range management.

Moving to operations in the Pacific, with major hubs often thousands of miles apart with nothing but ocean in between, that sentiment has changed.

“In the past we never had to worry about that, right? We’re just flying from Ramstein Air Base, (Germany), down to Iraq,” said Beasley. “We didn’t have to worry about that long term, or that margin at the end of the flight that says, ‘Man, I need to squeeze just another hour and a half out of this airplane.’ GPC has us thinking about how we can do that.”

From increases in engine power and

efficiency, to new propellor technologies and weight reduction efforts, the modernization efforts of the C-130 are a series of upgrades that not only provide individual benefit but work in tandem to make the aircraft as effective as possible.

“We’re trying to squeeze out every bit of performance out of this airplane we can, because we know that we’re probably the bedrock of that ACE concept,” said Beasley. “Once we get everything in theater and we’re in the battle, what’s going to keep that battle alive are the C-130 tactical transports, getting that stuff from island to island.”

The C-130 has also seen a number of avionics upgrades aimed at increasing effectiveness in a connectivity-contested environment.

Two technologies being utilized are

the Real-Time in Cockpit and Dynamic Retasking Capability systems. These allow the C-130 to receive key information from command-and-control communication systems, or C2CS, prior to entering a battle space and provides the ability to forward this information off to advance commanders. Not only does this increase the awareness of the air crew, but also acts as a force multiplier in expanding the reach of C2CS.

With 70 years of history as one of the most versatile and battle-tested aircraft in the Air Force fleet, the C-130 looks to enter its next era in the reoptimization for Great Power Competition – and just as Robins has kept the aircraft flying the last seven decades, it will be sending out the aircraft to maintain air dominance for years to come.

REALIGNS

From page 2

Air Force will consist of two types of commands: Institutional Commands and Service Component Commands.

Institutional Commands will serve as enterprise integrators for capability modernization, acquisition and sustainment, developing human capital and generating readiness, while Combatant Command-aligned Service Component Commands will employ operational forces in pursuit of Combatant Command missions.

Institutional Commands will include the existing commands with the following modifica-

tions:

Air Education and Training Command is expected to evolve into Airman Development Command, which will train and develop Air Force personnel across the entirety of their career.

The new Integrated Capabilities Command is planned to accelerate force modernization by aligning capability development efforts to a singular, prioritized demand signal for future airpower capabilities, aligned with the Force Design. The transition of capabilities development into one institutional command will enable the service component commands to focus on readiness.

Air Combat Command

will integrate readiness for CONUS-based service-retained forces and prepare and present mission-ready forces to combatant commands.

Air Force Materiel Command will consolidate and establish new centers to rapidly develop, procure, field and sustain a pipeline of competitive capabilities to deliver decisive advantages to the force.

Air Force Reserve Command and the Air National Guard will provide strategic and operational depth and surge capacity by developing and managing an experienced, modernized and accessible Reserve Force.

Service Component Commands project air power

to the joint force combatant commands through theater-assigned and rotationally allocated Air Force units in each of the CCMDs.

To streamline how the Air Force presents force offerings to Combatant Commanders, the Component Numbered Air Forces listed are planned to become Service Component Commands, reporting directly to the Secretary of the Air Force through the Chief of Staff of the Air Force. This alignment ensures the Air Force better prepares, presents and generates airpower effects for the Joint Force and enables service component commands to focus on preparation and presentation for their combat missions.

Activate Air Forces Southern

Activate Air Forces Central

Activate Air Forces Northern and Air Forces Space

Elevate and redesignate Air Forces Cyber. Note: The ultimate makeup and structure are still being finalized.

Pacific Air Forces; U.S. Air Forces in Europe – U.S. Air Forces Africa; Air Force Special Operations Command; Air Mobility Command; and Air Force Global Strike Command will be considered SCCs and will retain their current Combatant Command force alignment and readiness-related roles, responsibilities and authorities.

Streamlining Air Force

organizations into either Institutional Commands or Service Component Commands will allow them to focus solely on developing Airmen, generating readiness and sustaining and delivering capabilities, or projecting airpower to the Joint Force, respectively.

Air Forces Southern, or AFSOUTH, will become the first Service Component Command under the new construct. AFSOUTH’s operational mission as the Air Force Component to USSOUTHCOM will not change. However, as a Service Component Command, AFSOUTH will be better positioned to advocate for service-related matters such as personnel, administration and unit training.

HONOR

From page 2

forgiven for not going back in. But as Dakota says, you don’t leave anyone behind.”

Meyer had suffered a shrapnel wound to his arm, but he disregarded the pain and made two more trips into the ambush area to recover more Afghan soldiers, this time with support from other friendly vehicles.

By their fifth trip into the ambush area, cover fire from a UH-60 Black Hawk had finally arrived to offer air support, according to a 2011 Associated Press article. The helicopter reported that it could see what appeared to be four bodies, so Meyer went to that area to search for his missing team members.

“He kept going until he came upon those four Americans, laying where they fell, together as one team,” Obama said. “Dakota and the others who had joined him knelt down, picked up their comrades and — through all those bullets, all the smoke, all the chaos — carried them out, one by one. Because, as Dakota says, ‘That’s what you do for a brother.’”

For his commitment and courage during those harrowing six hours, Meyer received the Medal of Honor on Sept. 15, 2011, during a White House ceremony hosted by Obama, with whom the Marine shared a beer earlier in the week.

“Because of your honor, 36 men are alive today,” Obama said at the ceremony. “Because of your courage, four fallen American heroes came home, and in the words of James Layton’s mom, could lay their sons to rest with dignity.”

Meyer told the president he accepted the award to honor the men who died in the Ganjgal firefight: Marine Corps 1st Lt. Michael Johnson, Marine Corps Gunnery

Sgt. Edwin Johnson, Marine Corps Staff Sgt. Aaron Kenefick, Navy Petty Officer 3rd Class James Layton, a medic; and Army Sgt. 1st Class Kenneth Westbrook, who was wounded in the ambush and later died.

Meyer was the first living Marine to be awarded the Medal of Honor for actions in Iraq or Afghanistan. Only two other Marines from those conflicts were bestowed the high honor: Cpl. Kyle Carpenter, who received the award in 2014 for actions in Afghanistan in 2010; and Cpl. Jason Dunham, who died in Iraq in 2004 and received a posthumous Medal of Honor in 2007.

Rodriguez-Chavez, who fought with Meyer in Ganjgal, received the Navy Cross for his valor.

Meyer left the active duty Marine Corps in June 2010. According to the Department of Veterans Affairs, he took a job at a construction site and worked for the Marine Corps Scholarship Foundation. He’s also spent time as a firefighter and first responder.

Meyer has co-written two books: “Into the Fire,” about the Battle of Ganjgal; and “The Way Forward,” which focuses on life lessons after war. He continues to work with service members, visiting various military installations and taking part in the U.S. Chamber of Commerce Hiring Our Heroes initiative. He’s also a vocal advocate for post-traumatic stress disorder awareness, something which he suffers from and has sought treatment.

Meyer continues to be honored by his community. In 2011, he earned an honorary doctorate degree from Lindsey Wilson College in his hometown. A portion of Highway 61 in Columbia was also named for him.

Meyer has two daughters and is an active church member.

SERIES

From page 1

Date: Oct. 2
Time: 6–10 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_G0w6jV1cQx2lsA91GEA9Zw

Date: Oct. 8
Time: 11 a.m.–3 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_qbbb-myJJSuuZvLj7fLmUqg

Part 3 – The Harm Bullying Causes
Synopsis: Health, Social and Economic: Learn the impacts of bullying on people, including stress-related health harm (physical and psychological science useful to bolster grievances and arbitrations), how bullying disrupts social support from coworkers, the psychology of victim blaming, and economic harm endured by bullied targets.
Date: Nov. 7
Time: 6–10 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_UPNTf3LXQjCVs2qn8PWDJA

Date: Nov. 13
Time: 11 a.m.–3 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_7kG2selyRpmEYTF1k9CMkg

Part 4 – Action Plan for the Union, Becoming Anti-Bullying Champions in Your Local
Synopsis: Learn the impact of bullying on organizations, why employers should care (but don’t), what unions can do to help bullied members (an 8-step action plan, including compelling positive employer actions), how to start an Expert Members Team in your local or region, how Teams serve members, and benefits of Teams to the Union.
Date: Dec. 4
Time: 6–10 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_yZRnxcy-it2uCNaQdQMUFdQ

Date: Dec. 11
Time: 11 a.m.–3 p.m.
Register at: https://us06web.zoom.us/webinar/register/WN_HEsMxaFYRQWEDBvjUDUTqw

VOTE

From page 1

Department of Driver Services

Public or Private High Schools or Colleges (if a student or employee)

Online (If you have a GA Driver’s License or GA ID Card)

Mail in Application - download at houstoncountytga.gov

Recruitment Offices

Public Assistance Offices

Do I have to register by party?

In the state of Georgia, you do not have to register by political party to vote in the state’s regular primaries or general elections.

Registration deadlines

The last day to register is the 5th Monday prior to an election.

Mail-in application must be postmarked by the US Postal Service on or before the 5th Monday prior to an election

If you have moved/changed your name you must notify our office on or before the 5th Monday prior to an election

Not sure you’re registered contact our office or visit <https://mvp.sos.ga.gov/s/> (My Voter Page)

Once your application is approved and processed a pre-cinct card will be mailed within two to three weeks. If you do not receive your card, please contact our office or you can visit the My Voter Page on the Secretary of State’s website.

- Source: houstoncountytga.gov

5 travel tips for people with diabetes

(Family Features)

Be it a short week-end trip to an epic destination or a longer trip to a dream spot, 212 million American adults are planning much-deserved vacations, according to The Vacationer’s Summer Travel Survey 2024.

However, one thing travelers living with type 1 diabetes can’t leave behind: their diabetes.

This is why many frequent travelers living with type 1 diabetes like Nicky Williams, a full-time student who loves documenting travel on her blog, are always prepared by having a checklist when she travels.

This checklist helps those like Williams carefully manage type 1 diabetes and allows them to manage the unexpected.

“I was born with a sense of wanderlust,” Williams said. “However, 14 years ago, my ability to travel was challenged when I was diagnosed with type 1 diabetes. Thanks to my diabetes tech, my love for travel and my passion for trying different foods around the world is as strong as ever.

“When I travel, I’m less stressed‡ when enjoying new cultures and foods where I might not get the carb count just right. I let my MiniMed 780G system do what it does best and account for the unexpected so I can truly immerse myself in the experience instead of my diabetes.”

If you’re planning a trip this summer and looking for a better way to manage your diabetes, consider these tips:

Talk to our healthcare provider



Discuss your current treatment plan and any concerns you have. Talk about adjustments you may need to make, depending on where you’re going, what you’ll be doing and how your diet may be affected.

Also be sure to get a current letter stating you have diabetes and any special information regarding your needs that you can provide in the event of an emergency.

Pack your supplies

Put your diabetes supplies in a carry-on bag and pack twice as much insulin as you think you’ll need. Consider packing insulin with a gel ice pack, which is less likely to get flagged by luggage scanners. With a solution like the Medtronic Extended infusion set, travelers with diabetes have the option for an extended wear duration of up to seven days, leaving more space for packing other items.

Navigate the airport


Traveling with a medical device or supplies can be a nerve-wracking experience, especially if flying to your destination. Upon arriving at the security screening, notify security officers of any equipment in your carry-on or attached to your body. While you will not be required to remove an attached device, you may be subject to additional screenings, including a visual inspection, self-pat down and other trace testing of the device and supplies.

Research pharmacies

Look into where you can access additional supplies if you run low, your luggage gets misplaced, or some other unforeseen event affects your insulin or other supplies.

Verify whether the pharmacy accepts your insurance and the types of supplies you might need. You may even want to call ahead to get your information entered in their system so they’re able to help you more efficiently if an urgent need arises.

If something happens to your insulin pump, know your options for getting a



Medtronic

Live your best summer life!

Since your summertime plans are unique to you, speak with your health care team for specifics regarding your care.

Take extra precautions on summertime adventures.

By air:

- ✓ Wear your full system in an airport metal detector or alternate screening, like a pat-down.
- ✗ Don’t go through the full body scanner with a pump, infusion set, sensor or transmitter.
- ✗ Don’t put your insulin pump through the baggage X-ray.



By car:

- ✓ Pack plenty of emergency supplies for road trips or overnight stays.
- ✓ Store insulin at the temperature recommended by your insulin manufacturer.
- ✓ Don’t leave a device or supplies in a hot car, or in direct sunlight by a pool or beach.

No matter how you travel, keep a close eye on your glucose because stress, activities, foods and time zones can all affect you. If changing time zones, talk to your health care team about when to update the time on your pump.

If summer activities include some splash-splash...

Know the water guidelines for your device.

-  **Insulin pump:** MiniMed™ 700-series insulin pumps are waterproof at the time of manufacture and when the reservoir and tubing are properly inserted. These pumps are protected up to 12 feet (3.6 meters) for up to 24 hours.
-  **CGM:** After the transmitter and sensor are connected, they form a waterproof seal to a depth of 8 feet (2.4 m) for up to 30 minutes. Shower and swim without removing them. CGM readings may not be transmitted from the CGM to the pump while in water. See user guide for more details.

Important safety information:
MiniMed™ 780G system is for type 1 ages 7 and over. Prescription required. **WARNING: Do not use SmartGuard™ feature for people who require less than 8 units or more than 250 units of insulin/day.** For details, please visit <https://www.medtronicdiabetes.com/download-library/minimed-780g-system> and <https://www.medtronicdiabetes.com/important-safety-information> for complete details.
US-CGM-2400033

replacement or loaner while traveling.

Safeguard your routine

Mealtimes are consistently cited as one of the most difficult aspects of diabetes management and the change of pace that comes with travel and excursions can disrupt your routine. An automated insulin delivery system can help alleviate that stress for those times when you forget to plan ahead. An option such as the MiniMed 780G system has your back if you occasionally forget or miscalculate a dose.† The system’s world-class algorithm measures sugar levels every 5 minutes, assessing if a meal has been eaten and giving automatic corrections and adjustments to insulin.

With some of the manual work being taken on by the system, traveling becomes a more seamless experience, allowing you to enjoy your favorite foods, relax and revel in your vacation.

To learn more about managing diabetes on the road, visit medtronicdiabetes.com/TravelTips.



Your Union Insurance Benefits

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-  **Dental & Vision:** 3 Plans to choose from, dependent children covered to age 26, extended family is eligible for their own plan.
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-  **Aflac Hospital Indemnity:** Pays Benefits for on and off-the-job accidents and sickness/surgery/maternity.
-  **Aflac Critical Illness:** Pays Benefits up to \$30,000 upon the occurrence of cancer, heart attack, stroke, and many other Critical Illnesses.

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

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

I found this new drug that makes you indifferent to the world. It's called crystal 'neh'.

What do you call a rodent with a machine gun? A ratatatatat

60's Actresses

E	O	L	H	I	A	N	A	P	X	V	A	Y	N	X	X	Q	T	U	L	I	C
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DUNAWAY
GARDNER
KELLY
MONROE
REED
TATE

COLLINS
DEE
EDEN
HAYWARD
LEIGH
MOOREHEAD
RUSSELL
WOOD

CRAWFORD
DUKE
FONDA
HEPBURN
MACLAINE
OHARA
STANWYCK
WYATT

A little humor ...

A criminal said to the judge, “Your Honor, I’m not guilty. I know I can prove it if you’ll just give me some time.”
“Sure,” replied the judge. “Ten years. Next!”

The woman pulled her car over to the side of the road when she heard the police car’s siren.
“How long have you been

driving without a taillight?” demanded the officer.
“Oh, no!” screamed the woman. She jumped out and ran to the back of the car.
“Just calm down,” said the officer. “It isn’t that serious.”
“But wait ‘til my husband finds out!”
“Where is he?”
“He’s in the trailer that was hitched to the car!”

STATEPOINT
CROSSWORD

THEME: GREEKS AND ROMANS

ACROSS

1. Fountain order
5. Christian minister, abbr.
8. Betelgeuse or Deneb
12. Isaac’s firstborn
13. Senegal’s neighbor
14. Nobody (2 words)
15. Bangladeshi currency
16. Chopin’s creation, e.g.
17. Like thick smoke
18. *Greek goddess in 1995 Woody Allen movie title
20. *Mars, to the Greeks
21. Ooze out
22. Edible tuber
23. *Poet of “Aeneid” fame
26. **Pair of writing tablets”
30. Outrage
31. A small part
34. European currency
35. Jousting pole
37. B & B
38. Sunni religion
39. Et alibi, abbr.
40. Newspaper VIP
42. First woman, Biblically-speaking
43. Return of disease
45. Washer, during a certain cycle
47. Last month
48. Belittle
50. Taro plant
52. *Athenian Acropolis tourist attraction
56. Anticipate
57. Black-and-white cookie
58. Small European freshwater fish
59. *#18 Across, to Romans
60. Big cat sound
61. Future atty.’s exam

62. Work units
63. Tight one, in football
64. Sunrise direction

DOWN

1. Facebook owner
2. Quickly, acr.
3. Hundred thousand, in India
4. Sahara’s Berber people
5. R in R.E.M.
6. Wash out with solvent
7. Workbench holding device
8. *Plato’s famous teacher
9. Ripped
10. Black tropical cuckoo
11. *Not black-figure, but ____-figure
13. Spacecraft’s detachable unit
14. W.E.B Du Bois’s org.
19. Oxygen-containing compound
22. *Olive derivative
23. More reprehensible
24. About to explode
25. Kidney-related
26. Exertion
27. Christmastides
28. Have a hankering
29. *Poet of “Iliad” fame
32. Ocean motion
33. “Wheel of Fortune” request (2 words)
36. **I, ____”
38. Like Bushmills whiskey
40. Boston time
41. *Demosthenes of Cicero
44. Land parcels
46. Conifer’s leaf
48. New York Jets’ quarterback
49. Bakery offering
50. Pitcher
51. “Shoot!”
52. Minute opening
53. Civil space org.
54. #22 Across, pl.
55. Left after deductions
56. Map abbr.

CROSSWORD

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56						57				58		
59						60				61		
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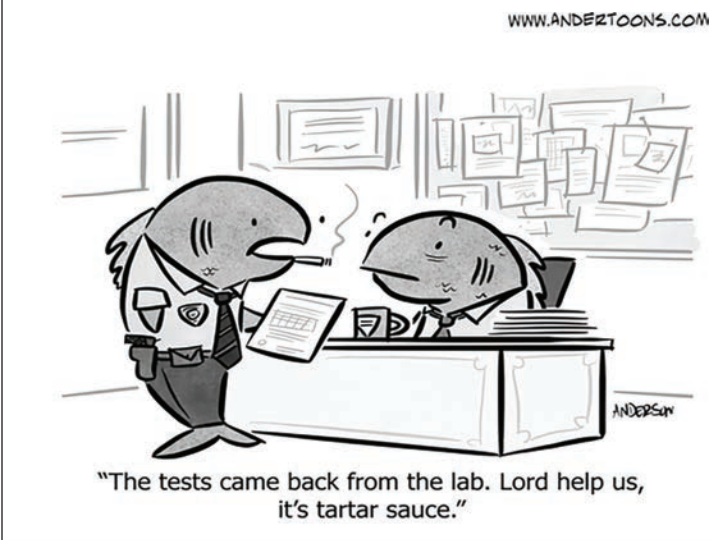
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STR8TS

No. 699

Medium

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

Previous solution - Easy

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

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

locked the door. Please send help!”

The dispatcher told him to stay calm, then sent an officer to investigate. The officer soon returned to the station with a large knot on his head.
“That was fast,” said the chief. “How did you do it?”
“It was really pretty easy,” replied the officer. “I stepped on the rake, too.”

A pizza-shop owner was audited by the IRS. The agent said, “You have some travel expenses that need to be explained. How do you justify four trips to Rome this year?”
“Oh, I don’t need to justify that,” replied the shop owner. “Don’t you know? We deliver.”

An inmate wrote his wife a letter. “Don’t plant the potatoes—that’s where I buried the money.”
He soon received a reply from his wife. “They censored your letter and have dug up the entire backyard.”
He wrote back, “Now you can plant the potatoes.”

Alex: “Weren’t you afraid when the robber pulled a knife on you?”

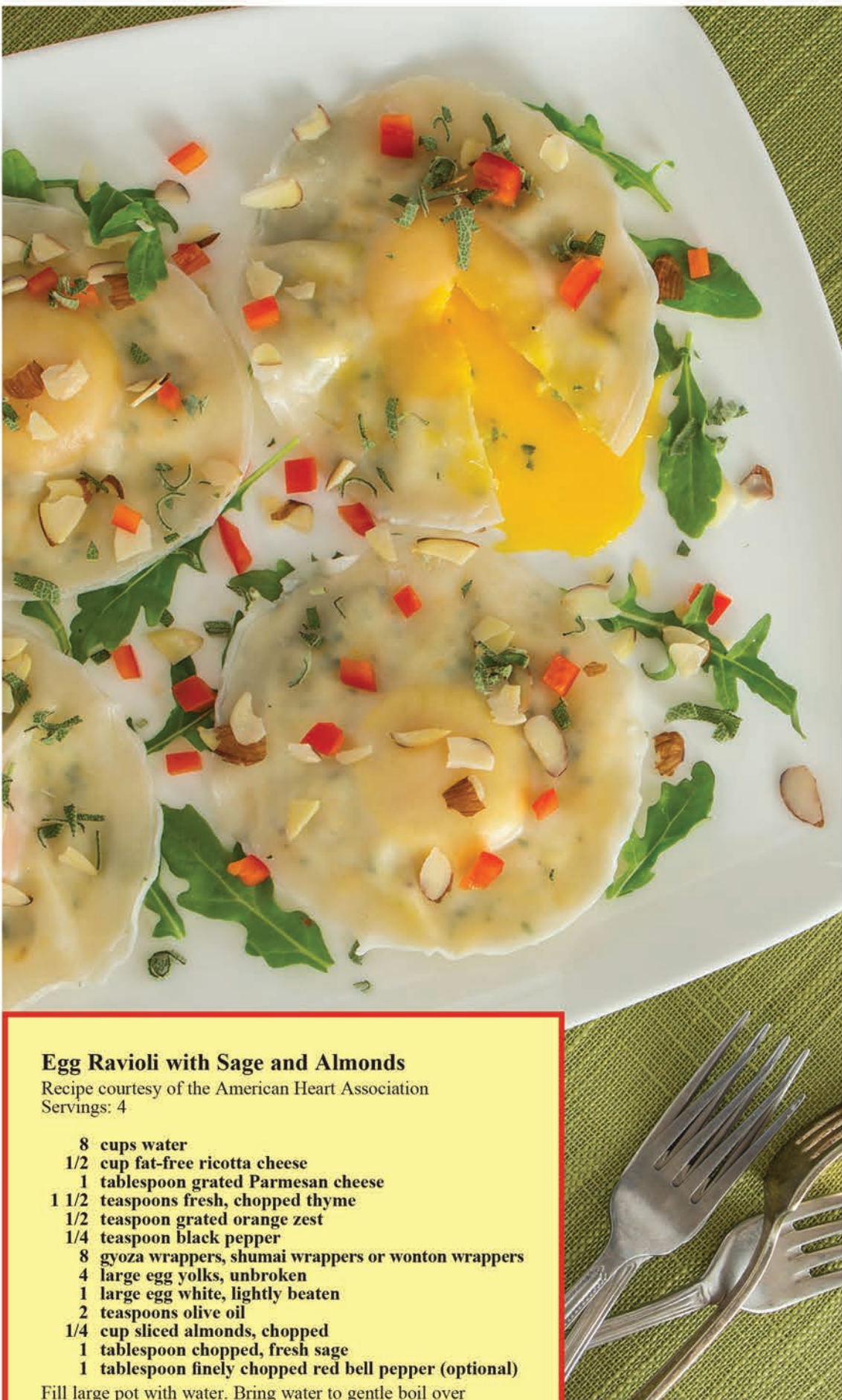
Will: “No. I knew he wasn’t a professional. The knife still had peanut butter on it.”

Three older ladies were driving down the highway at a very slow speed. A policeman pulled them over and explained that driving so slowly on the highway could be hazardous.
The driver explained that she was following the posted

limit: 20 miles per hour.
The policeman hid a smile, looking at the sign the woman had indicated.
“Ma’am,” he said, “that sign indicates that you are traveling on Highway 20.”
“Well, that explains why Sally has been so quiet back there,” the woman admitted. “From what you’ve explained, we just turned off Highway 110.”

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

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.

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.

Southwestern Quinoa and Egg Breakfast Bowls

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.



Poached Eggs with Pesto Bulgur

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.

Young Organizing Unionists for the Next Generation

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

AFGE members who are under the age of 40 and those mentors that are over 40 work together to include younger workers into the union structure and keep them engaged in what's at stake for working class Americans. YOUNG

intends to provide young members with networking opportunities and resources to engage in mobilizing other young workers into AFGE, union training to promote leadership skills, innovative social gatherings, AFGE conference meetings,

and other engaging events.

In doing so, participants work to build lasting labor solidarity, advance issues of social and economic justice, and find more inclusive ways to engage the current and future generations in the Labor

Movement.

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