



AFGE
LOCAL 987
ROBBINS AFB, GEORGIA

AFGE LOCAL 987

STEWARDS SPOTLIGHT

SHINING A LIGHT ON THE STEWARDS WHO STAND UP, SPEAK OUT, AND SHOW UP FOR OUR MEMBERS!



MARK MAYNARD
SHOP STEWARD

“Proud to serve. Proud to represent.
Proud to be your voice.”

WORK AREA / ORGANIZATION:
Building 125 / 402 AMXG 559th

YEARS OF FEDERAL SERVICE:
35 years

YEARS AS AN UNION STEWARD:
32 years

WHY I BECAME A STEWARD:
Coming from a union background family. I grew up with the stories about the union protecting people. So as a kid I saw the abuse. I wanted to help fight, but when I became a union member, I became a steward within a year after that. You're supposed to be able to come to work unimpeded to do your job. So that's my goals today. Just to make sure that people can come in and do his or her job and not worry about if they're going to have a job or not.

A MESSAGE TO OUR MEMBERS:
You can always ask any question from us. We are here to help you. Whether you see a shop steward on the floor or a phone call to the union hall, we'll answer any of your questions and help you decide if you have an issue, how you want to approach it. We're here to help you and guide you. That's what our job is.

KNOW YOUR STEWARD. KNOW YOUR RIGHTS. KNOW YOUR UNION.

STRONGER TOGETHER | WE SPEAK UP FOR YOU | ONE UNION. EVERY MEMBER. EVERY VOICE. | WE STAND WITH YOU | AFGE LOCAL 987 ROBBINS AFB, GEORGIA



AFGE
LOCAL 987
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MEMBER SPOTLIGHT

CELEBRATING THE PEOPLE WHO MAKE AFGE LOCAL 987 STRONG!



Mike Kennedy

WORK AREA / ORGANIZATION:
C130 Bldg 239 / 56th AMXG

YEARS OF FEDERAL SERVICE:
33 YEARS

YEARS AS AN AFGE MEMBER:
32 YEARS

WHY I JOINED AFGE:
For representation.

FUN FACT:
Enjoy his work and teaching people and leading people.

MESSAGE TO FELLOW MEMBERS:
Get the news 1st hand. Come to meetings. Get to know your union.

Thank you for being part of the AFGE Local 987 family!

We Appreciate You! YOU MAKE AFGE LOCAL 987 STRONGER EVERY DAY!

ONE UNION. EVERY MEMBER. EVERY VOICE.
Stronger Together.

WE PROTECT YOUR RIGHTS | WE RAISE OUR VOICES | WE BUILD OUR POWER | WE STAND TOGETHER | AFGE LOCAL 987 ROBBINS AFB, GEORGIA



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

“The Power of Social Connections and Your Health.”
That was the latest webinar – as sponsored by AFGE - presented by Kaiser-Permanente.

The webinar was presented by Jennifer Prince, an LMFT Design and Delivery Consultant for Kaiser Permanente, as well as a licensed marriage and family therapist and certified nature guide. She was assisted by Drea Kono, MPH, Design and Delivery Consultant.

“Connection,” Kono began. “It’s an important part of our health and well-being. Research shows that meaningful relationships and a sense of belonging can support both our physical and emotional health.”

Kono continued with, “In today’s webinar, we’ll explore the science behind the power of social connection and four practices that can help strengthen it: connecting, sharing, listening, and being of service.”

The four practices actually come from Vivek Murthy, the former 19th and 21st U.S. Surgeon General.

Building on a video shown attendees, Kono said, “So let’s talk a little bit about life’s ups and downs. It can definitely ... life can feel like a roller coaster. There’s those highs and lows and the things we can expect. Changes, you know, as our family changes or things that change over time as we age.”

“And then there’s things we never stop coming. And then of course changes at work in our families and our health and the world around us.

“How we connect and we feel how connected we feel. How we connect to other people. And sometimes our relationships do change slowly and other times, like when we have a falling out, the people we spend time with can change very fast, very quickly.

“And so you might notice relationships have grown stronger, relationships have faded, new people have become important to you. And you may have also noticed, and this is important too, that your needs have changed in terms of wanting more connection, maybe wanting in some cases less connection or simply a different kind of connection.

“So as you’re thinking about those life’s ups and downs for you, consider what kind of connection feels most important to you right now?”

Kono continued by asking those listening to consider the question: What do you think can make it harder for people to feel connected to others?

“Maybe it’s technology and social media. Perhaps it’s busy schedules, daily demands. You know that’s true for a lot of us. Perhaps it’s even a fear of rejection or getting hurt.

“Maybe it’s where we’re living or how we’re work-

Surgeon general’s 4 tips to reduce loneliness



Connect



Share



Listen



Serve

ing. Maybe that has shifted or changed.

“So, what are some of these things that can make it harder for us? Or perhaps it’s all of the above.”

All of the above was what the majority chose in her informal poll. She continued that there really wasn’t one cause of loneliness or disconnection, that our relationships are shaped by what’s happening in our world.

“So, some of this is in our control. Other things are just not in our control. So today, it’s really about how we can find more connection with others.

Loneliness, she went on, was far more than just a bad feeling. Being socially disconnected, she said, which can range from feeling alone to being isolated, is bad both for individual and societal health.

“Research shows that loneliness and isolation are associated with a greater risk of heart disease, dementia, stroke, depression, anxiety and premature death.

“In fact, lacking connection can increase the risk of premature death to levels comparable to smoking daily. Loneliness and social isolation are also far more common than we might realize. About one in two American adults report experiencing loneliness. Everyone can be impacted across all ages, socioeconomic conditions and geographies.

“This widespread disconnection presents profound threats to

our health and well-being.

Social connection then, she went on, was as fundamental to our mental and physical health as food, water and sleep, and it affects our performance and productivity at work, school, and in our communities, she said.

“Now,” she said, “is the time to invest in building social connection.”

The keys to connection, Kono said, are simple. Answer a phone call from a friend. Invite someone over to share a meal. Listen and be present during conversation. Seek out opportunities to serve others.

“These steps may seem small,” she said. “But they’re extraordinarily powerful. By strengthening our relationships, we can improve our heart and brain health, reduce our risk of diabetes and high blood pressure, boost our immune systems and lower our risk of depression.

“We can build lives in communities that are healthier and happier, and we can ensure our country and the world are better poised than ever to take on the challenges that lie ahead.”

The good news, she said, is people don’t need to make big changes in the way they connect. Small moments of connection really do matter,” she said. “You know, maybe sending a text that says, ‘I was thinking about you.’ Maybe it’s just pausing to have that

See CONNECTIONS, page 3

Membership meeting

Local 987 will have a membership meeting Sept. 17 at 5 p.m. It will be held at Union Hall, located at 1764 Watson Blvd. Membership will be verified. You can make updates to your contact information by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

Proposed overhaul of Federal EEO process is bad for workers, public

By AFGE Leadership

The Equal Employment Opportunity Commission is proposing a major overhaul of the process federal employees must follow when challenging workplace discrimination – one that will make it harder for workers to win relief and more costly for taxpayers.

The proposed changes would, among other things, eliminate the opportunity for employees to try to settle discrimination issues early through the pre-complaint counseling process, revoke the right for employees to have their case heard by an EEOC administrative judge, and eliminate the ability for employees facing similar issues to have their cases grouped together as an administrative class-action complaint.

“The changes being proposed by the EEOC will result in discrimination cases taking longer to resolve at greater cost to taxpayers, which is a disservice both to federal employees and the American public,” AFGE National Vice President

for Women and Fair Practices Kendrick Roberson said.

“The Trump administration is assigning the fox to guard the hen house. Under these proposed changes, when federal workers allege that an agency has discriminated against them, they will no longer have the right to have their case reviewed by a neutral judge. Instead, the agency will decide if the agency engaged in discrimination, and that is a crystal-clear conflict of interest and a denial of justice.”

The EEOC voted 2-1 on Aug. 26 to proceed with publication of proposed changes to the federal EEO process. The 38-page notice was published Aug. 28 for 30 days of public comment.

One aspect of the proposed changes would eliminate the ability of federal employees to file class-action complaints at the administrative level. Instead, employees would have to pursue their cases individually – making it harder for judges to detect patterns of discriminatory behavior by agencies.

“The EEOC is undermining its legal responsibility and

obligation to keep our federal workplaces free from discrimination and retaliation by proposing these radical changes to the existing complaint process,” AFGE National President Everett Kelley said. “Congress has repeatedly said it wants the federal government to be a model employer, and these proposed changes will make that endeavor more difficult to attain.”

On July 28, AFGE and two federal employees from the Bureau of Prisons filed a lawsuit against the EEOC challenging its suspension of processing federal-sector class complaints pending before its administrative judges, which is preventing hearings and decisions on properly filed complaints. Our motion for a preliminary injunction seeking to prevent EEOC from implementing the policy is pending before the U.S. District Court for the District of Columbia.

AFGE will be submitting formal comments on the EEOC’s proposed changes ahead of the Sept. 28 deadline.

AFGE-led lawsuit challenges new performance, discipline rules

By AFGE Leadership

AFGE led a coalition of unions last week in filing a new lawsuit challenging two rules issued by the Trump administration that overhaul how federal employees are disciplined and how their performance is judged.

Both rules issued by the Office of Personnel Management scrap decades of legal precedent and run counter to the laws that Congress passed to strengthen a nonpartisan, merit-based civil service.

The first rule being challenged in the lawsuit, the Suitability Rule, lets OPM decide on its own that a civil service employee is “unsuitable” for their position and order them fired – taking that decision away from the agency that actually employs them. The standards by which OPM will make these decisions are so broad and subjective that it will allow the administration to target employees who speak out about waste, fraud, and abuse at their agencies.

Even worse, OPM also has declared itself the sole avenue for employees to appeal these suitability decisions. By

the agency’s own estimate, half of all federal firings will run through this system.

The second rule being challenged in the lawsuit upends decades of how performance is evaluated and opens the door to rating employees against each other based on a curve. Instead of measuring workers against objective standards, as the law requires, this rule will arbitrarily result in large numbers of high performers being rated lower for no other reason than the curve.

The rule also cancels an employee’s right to challenge an unfair rating once current labor contracts expire, and it drops the requirement that a manager’s boss sign off before an employee is branded a poor performer.

“Congress built the civil service on a simple principle – that public servants are hired, judged, and fired on merit, not on politics. OPM does not have the authority to write those protections out of the law, and no statute gives it the sweeping power it has claimed here,” AFGE National President Everett Kelley said in a press release announcing the lawsuit.

“OPM wants to fire people

itself and then review its own decision. That is not accountability, and it is not what Congress wrote.”

Joining AFGE in the lawsuit are the American Federation of State, County and Municipal Employees (AFSCME), the National Federation of Federal Employees (NFFE), and the International Federation of Professional and Technical Engineers (IFPTE). Together, the four unions represent nearly one million federal employees.

The lawsuit challenges both rules under the Administrative Procedure Act as arbitrary, capricious, contrary to law, and beyond the authority Congress gave OPM. The complaint shows these rules were put together haphazardly and are contrary to the Civil Service Reform Act. OPM told the public it was making no changes to employees’ appeal rights, when it had already proposed months earlier to take those appeals away from the Merit Systems Protection Board and hand them to itself.

The unions are represented by Altschuler Berzon LLP, Jonathan Weissglass, and Democracy Forward.

CONNECTIONS

From page 1

conversation with your neighbor or taking a few minutes to really listen to someone to help us feel more connected.

“And we also know that reaching out isn’t always easy. Maybe past experiences, fear of rejection, as we already talked about, can get in the way. And it looks different for everybody.”

Kono did say she needed to make a distinction between loneliness versus being alone. And there’s an important difference between the two. Being alone describes how much contact we have with other people. Loneliness is how connected we feel. We all have different needs around connections. Some people really enjoy social interaction. You know, not everyone has the social anxiety that some of us do. But others need more quiet time to recharge their battery, if you will.

“I know that’s true for me. And our needs change depending on what is happening in our lives. Time alone can actually be good for us. Reading, walking, doing a hobby, whatever that might look like, quiet time can help us to do that recharging.

“So being alone isn’t necessarily a problem. You can be alone and feel perfectly content. But the opposite can also be true. You can be surrounded by people and still feel lonely. You might have coworkers or family, friends, maybe even people online, social media, hundreds of connections and still feel like something is missing. So one helpful way to think about loneliness is it’s that gap between the connection we have and the connection we want. And that can look different for each of us.”

The important thing is, she said, was to find what was true for you in terms of how much alone time you needed and how much time you needed to connect.

“Do you have in your life? Maybe you’d like more time for yourself. Maybe you’d like to connect more with others. And it depends, you need a mix of both.”

Kono shifted her focus from there from the risks of disconnection to what helps people stay connected.

“When we say connection, we don’t only mean having more people in our lives,” she said. “Connection come from a lot of different places. Perhaps it’s to people or pets. Maybe it’s music or creativity or for me it’s also nature, perhaps for you as well, our community. We’re giving back to something that gives us that sense of meaning and belonging.”

The volunteering part, Kono said, could include a wealth of opportunities, at home, at work, in the community.

To watch the full video go to <https://event.on24.com/wcc/r/5256612/F9EDB744025B5014FC75972110D97EE8?> For more information on the four steps, visit surgeongeneral.gov/connection.

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ITEMS - OR SWAP FOR SOMETHING
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THOSE ITEMS AND/OR WHAT YOU
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UPON RECEIPT.)



Rapper stole checks, sold recipe for others to copy him by Ty Tagami

ATLANTA — A Stone Mountain rapper will spend six years in federal prison after pleading guilty to charges involving the theft of thousands of checks from the mail.

Shamarri Tache Brooks, 34, pleaded guilty in May to bank fraud and aggravated identity theft, according to his record in the U.S. District Court for the Northern District of Georgia.

The federal indictment filed against him in December accused him of altering purloined checks to name recruits with their own accounts as the payees.

One check from August 2024 was for more than \$655,000. Another the same day was for more than \$122,000. Another the next day was for more than \$405,000.

In a brazen twist that displayed an instinct for business, Brooks traded on his knowledge by promoting and selling a collection of his financial fraud methods, the indictment said.

As part of his fraud-promotion business, the indictment said, Brooks sold the check images on their own or packaged with check-forgery tutorials in what he called the “Sauce Book,” accepting payment on various digital platforms.

He even sold apparel, registering Brooks Merchandise as a limited liability company with the Georgia Secretary of State and marketing balaclava-style masks with bank logos and clothing with the logo “No Free Sauce” or “NFS.”

Authorities alleged that he used his own product while working: the indictment said he wore “No Free Sauce” masks when depositing stolen, altered checks at ATMs.

It is unclear how much money Brooks made from the side hustles, but Hertzberg’s office said he went unrewarded by the underlying work of check theft.

Brooks and his associates stole checks with a combined face value of more than \$6.5 million, but law enforcement recovered many of the checks from Brooks’s home, adding that there was no evidence Brooks succeeded in “negotiating” the remainder of the stolen checks.

Hertzberg said Brooks’ victims were spared from any known loss. “Thankfully, Brooks’s ineptitude matched his boldness,” he said.

After prison, Brooks, who also goes by Juney Knotzz, will serve five years of supervised release.

Authorities noted that Brooks already had a criminal history, including convictions for drug trafficking, weapon possession, obstruction of law enforcement and battery.

This case was investigated by the FBI, FDIC Office of Inspector General, the U.S. Secret Service and the U.S. Postal Service Office of Inspector General. The Dunwoody Police Department and the U.S. Treasury Inspector General for Tax Administration assisted.

Federal government completing distribution of hospital grants

ATLANTA — The federal government announced the delivery Thursday of the rest of a \$218 million award to Georgia to support rural hospitals.

The \$93.3 million completes the first fiscal year of a five-year, \$50 billion national funding program approved by Republicans in Congress last year in President Donald Trump’s One Big Beautiful Bill Act.

The Centers for Medicare & Medicaid Services said the money will pay for technical innovations at rural hospitals, such as surgical robotics and telehealth,

plus medical training and recruitment, maternal and behavioral services, and newborn screening. It will also help 87 rural Georgia hospitals prepare to provide what the federal agency is calling “value-based” care.

Dr. Dean Burke, the physician who leads Georgia’s Department of Community Health, said in a statement Thursday that the program will “have decades of positive impact” on rural healthcare.

The Democratic Party has portrayed healthcare in Georgia as a crisis caused by Republicans and their refusal to expand Medicaid in the state.

A recent survey conducted by the University of Georgia for the Georgia Health Initiative found rising healthcare costs to be a potent political issue, especially among Democrats.

Concerns about rising costs cross party lines, according to the UGA survey, with 54% of Democrats and 38% of Republicans saying they were very or somewhat worried about being able to afford their monthly premiums over the next year.

The federal Rural Health Transformation Program that emerged from the One Big Beautiful Bill is sending \$10 billion a year to the states over five years in the form of grants.

Eight hospitals will split a portion of nearly \$10.4 million for a dozen “telepods” for telehealth and for pediatric “telepsychiatry” training. The money will also cover other initiatives to improve healthcare access.

Meta settlement would require new teen safeguards

ATLANTA — An agreement to resolve a federal lawsuit brought by Georgia and other states and U.S. jurisdictions would require Meta to impose new limits on teen accounts on its social media platforms while also giving parents the option for more control.

The operator of Facebook and Instagram also agreed to pay up to \$17.1 billion to the plaintiffs as part of the settlement proposal filed Wednesday in federal district court in California.

The proceeds would be shared among 47 states, Washington, D.C. and several U.S. territories, with Georgia to receive between \$100 million and \$135 million, state Attorney General Chris Carr’s office said.

Carr called it a landmark agreement, suggesting in a statement that there could be future cases, “and while Meta is the first to come to the table, they shouldn’t be the last. It shouldn’t take lawsuits, legislation or investigations to do the right thing.”

The lawsuit grew from a bipartisan, nationwide investigation that alleged Meta had designed Instagram to addict children despite the resulting mental health harms the company documented but did not publicly disclose, Carr’s office said.

The settlement also would resolve claims against Meta for sharing nonpublic information about Facebook users with Cambridge Analytica and others ahead of the 2016 election.

The leader of Fairplay, a Boston-based organization that has pressured state and federal lawmakers to act, heralded the settlement as a “watershed moment” protecting children from “addictive and dangerously designed social media.”

Still, Fairplay Executive Director Josh Golin said the court agreement did not exact enough concessions from Meta.

“We are disappointed that the settlement does not turn off by default recommendation algorithms that connect kids to predators and send young people down dangerous rabbit holes,” Golin said in a statement. “In general, the settlement is too

focused on offering parents tools rather than restricting harmful features.”

The agreement calls on Meta to limit teen access to its platforms to two hours per day with access restricted from midnight to 6 a.m. and to restrict notifications during school hours. It also would limit features linked to eroding mental health, such as plastic surgery filters and “like” counts.

Meta already bans accounts for those under 13. The settlement would require the company to implement better processes to identify users that young and delete their accounts.

The agreement also would require that Meta encourage parents of teens ages 13 to 17 to take supervisory control over their children’s accounts.

Parents who take that step would be notified if their child communicates with another adult on the platform or engages in repeated searches for terms related to suicide, self-harm or eating disorders.

Meta would also have to give teens a “reasonably accessible” option to turn off algorithmic feeds, something parents could also control if their child’s account was enrolled in parental supervision. The account would then be restricted to content from accounts the teen follows, in chronological order.

Key lawmaker exploring legislation to curb Flock camera misuse

ATLANTA — Growing public concern about license plate reader systems has led a key state senator to consider legislation to limit abuses by police.

After nearly weekly news reports of law enforcement officers accused of misusing license plate reader data for personal purposes, such as spying on friends and family, Sen. John Albers, R-Roswell, said on Tuesday that he was joining a new task force to explore whether legislation is needed.

He said other lawmakers also were invited to join.

“Like every citizen in our state, we’re concerned about the abuses that have taken place,” said Albers, who, as chairman of the Senate Public Safety Committee, has influence over law enforcement legislation.

News reports about police misuse of the camera systems in Georgia increased this year, as more local departments started auditing use and reporting potential abuses to the Georgia Bureau of Investigation.

Atlanta-based Flock Safety is one of the leading companies in the license plate reader industry. The company told Atlanta News First in 2023 that its cameras were watching in at least 70% of Georgia’s cities.

The proliferation of its cameras has been accompanied by concerns about privacy.

At least 30 localities across the country had deactivated their Flock cameras or canceled their contracts with the company since the beginning of 2025, NPR reported in February. That report noted that Flock CEO Garrett Langley had criticized DeFlock, a crowdsourced mapping project.

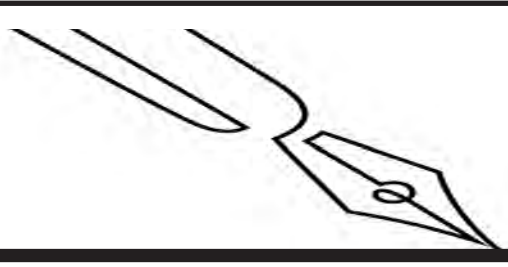
As of Tuesday, DeFlock’s website reported that more than 130 cities had canceled Flock contracts, deactivated their cameras or otherwise rejected the systems. But the website said there were still at least 135,000 license plate readers in use.

In mid-August, Flock announced new accountability and privacy measures. The company said it was reducing its recommended default data retention period from 30 days to seven. It also said it was letting cities control the types of offenses that external law enforcement agencies could search their data for.

Flock’s network stitches together law enforcement across the country. Last week, the Utah News Dispatch reported that 10 Flock cameras in one county had been searched more than five million times between February 2022 and July, nearly 97% of the searches coming from law enforcement in 45 other states.

Flock has said its technology helped locate 10,000 missing persons in 2025, adding that the cameras contributed “significantly” to the recovery of stolen vehicles.

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Just for

King Crossword

- ACROSS**
- 1 Actor Sharif
5 "Humbug!"
8 JFK guesses
12 Cape —, Portugal
13 In the style of
14 Seniors' gp.
15 Manhattan, for one
17 China (Pref.)
18 "The Sopranos" restaurateur
19 Brunch fare
21 Thick chunk
24 TV spots
25 Ancient invader
28 Uber competitor
30 Mas' mates
33 Chef Garten
34 Bo of "10"
35 Pen filler
36 — chi
37 Location
38 — B'rith
39 Young fellow
41 "Absolutely!"
43 Texas city
46 Caravan stops
50 Big rackets
51 Pulled-back hairdo
54 Icelandic epic
55 Chang's brother
56 "Andor" actor Diego —

1	2	3	4		5	6	7		8	9	10	11
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57					58				59			

- 57 Optimistic
58 Tic-tac-toe loser
59 Mountain ht.
- DOWN**
- 1 Sea predator
2 Heath
3 Ad agcy. client
4 Debonair
5 Sheep call
6 Boxer Laila
7 Angelic light
8 Allayed
9 Severe decline
- 10 "Rule, Britannia!" composer
11 Espy
16 Aviv preceder
20 Mardi Gras wear
22 Computer brand
23 Exposes
25 "Shoo!"
26 — tear (raging)
27 Hindmost parts
29 Boyfriend
31 Comic Gasteyer
- 32 Enjoy Aspen
34 June honorees
38 Ringo, for one
40 Analyze
42 Trigger's rider
43 Baltic feeder
44 Queen of Carthage
45 Pinnacle
47 Biblical king
48 Aachen article
49 Serb or Croat
52 Musician Yoko
53 Private aid gp.

Gomphrena
This compact and colorful plant produces flowerheads that brighten any garden. It is excellent for use in freshly-cut bouquets, or dried to use in dried flower arrangements. Gomphrena likes well-drained soil in full sun, typically growing about 12" to 24" tall. It may need support for its stems. These plants show good tolerance for drought and high heat, and do very well in borders, rock gardens or cutting gardens.

Source: www.gardening.cornell.edu

— Brenda Weaver

Five Spot™

Mason's milieu

S	T	O	N	E

Solve each row by replacing one letter from the answer above or below and scrambling to make a new word. When complete, the top and bottom words will have no letters in common.

FiveSpot is a trademark of Michael McLinden. See more at www.fivespotpuzzles.com

Word with "birth" or "tomb"

A way to keep your spouse awake

Washing machine cycle

Pickle juice, often

Someone in leather or Lycra

A baked building product

"No, they're not playing cops and robbers—they're playing baseball players and ———."

SCRAMBLERS

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

Restore
PRARIE

Virtue
REMIT

Rancor
RUGGED

Tether
SHALE

TODAY'S WORD

Play Better Golf with JACK NICKLAUS

THE OPTIONS IN BAD WEATHER ARE TO STAY HOME, COMPLAIN AND SCORE BADLY OR ACCEPT AND RESPOND TO THE CONDITIONS AS AN EXTRA CHALLENGE. I'VE ALWAYS LIKED THE THIRD OPTION THE BEST.

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THE MORE SEVERE THE CONDITIONS, THE MORE CONSERVATIVELY YOU SHOULD PLAN AND PLAY YOUR SHOTS.

BY RESISTING THE TEMPTATION TO ATTACK THE COURSE, YOU'LL FIND YOU RETAIN MORE ENERGY FOR THE LATTER STAGES OF THE ROUND WHICH IS IMPORTANT IN WILD WEATHER.

THE ILLUSTRATED BIBLE

My little children, let us not love in word or in tongue, but in deed and in truth. And by this we know that we are of the truth, and shall assure our hearts before Him.

1 JOHN 3:18,19

K	C	I	R	B
R	E	K	I	B
E	N	I	R	B
E	S	N	I	R
E	R	O	N	S
E	N	O	T	S

Solution

SCRAMBLERS

Today's Word

3. Grudge; 4. Leash
1. Repair; 2. Merit

Solution

SNOWFLAKES

by Japheth Light

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

DIFFICULTY THIS WEEK: ♦

♦ Easy ♦♦ Medium ♦♦♦ Difficult

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Americanisms

"The artist must bow to the monster of his own imagination."
— Richard Wright

Just Like Cats & Dogs by Dave T. Phipps

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V	E	L	E		O	O	X		Y	S	O	R
A	N	L			E	N	G		A	D	D	E
L	A	I	L		P	O	N		S	N	S	D
S	E	S			O	A	S	E	S	A	S	O
					E	S	U	R	E	L	A	D
I	A	N			B	A	R	E	A			T
K					K	E	R	E	D	A		I
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					S	I	N		C	O	C	K
					A	A	R	P	A	C	A	R
					E	T	A	S	B	A	H	O

King Crossword

Solution time: 24 mins.

Answers

Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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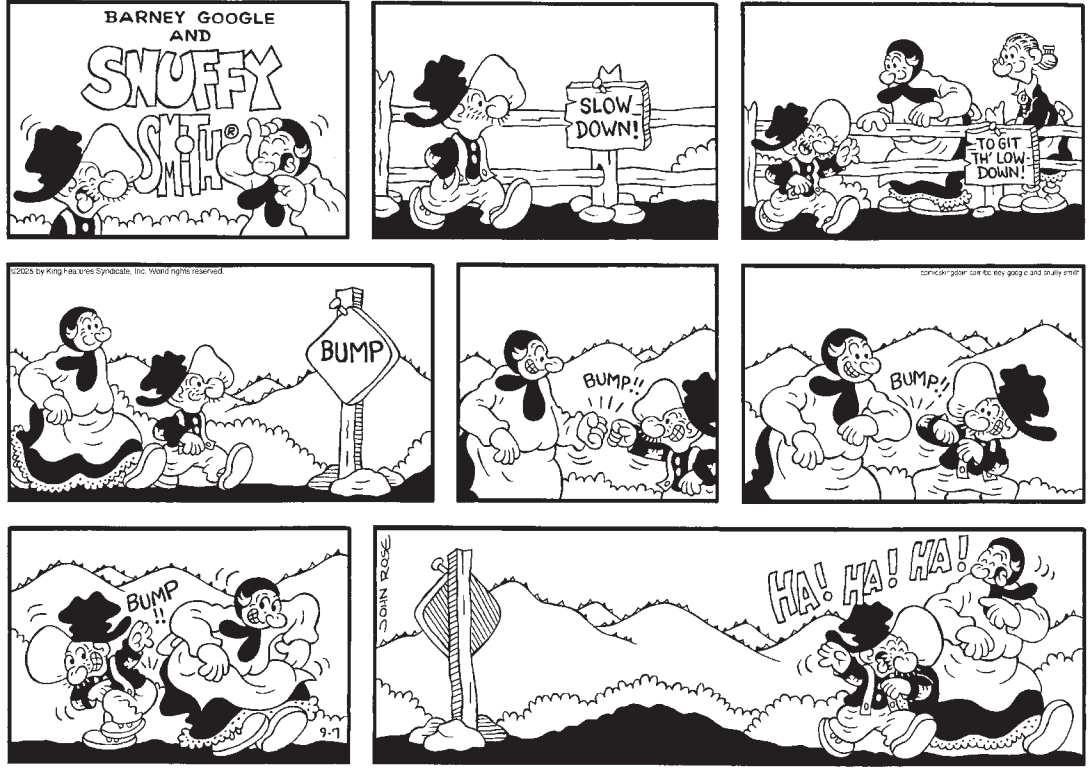
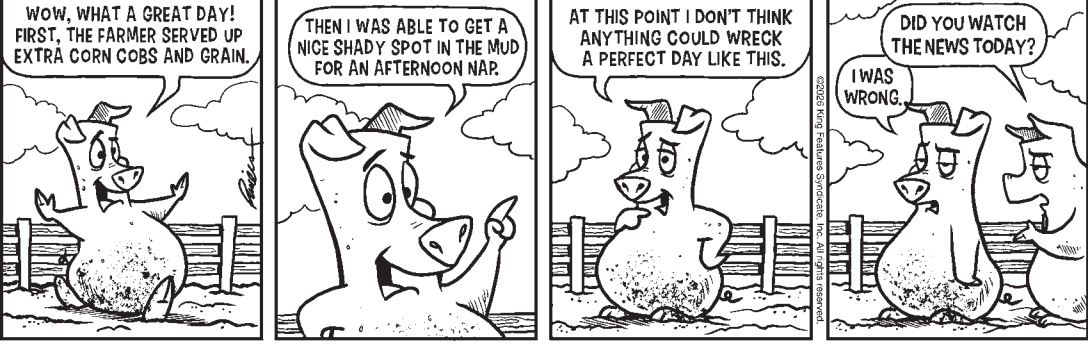
Weekly SUDOKU

Answer

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

fun

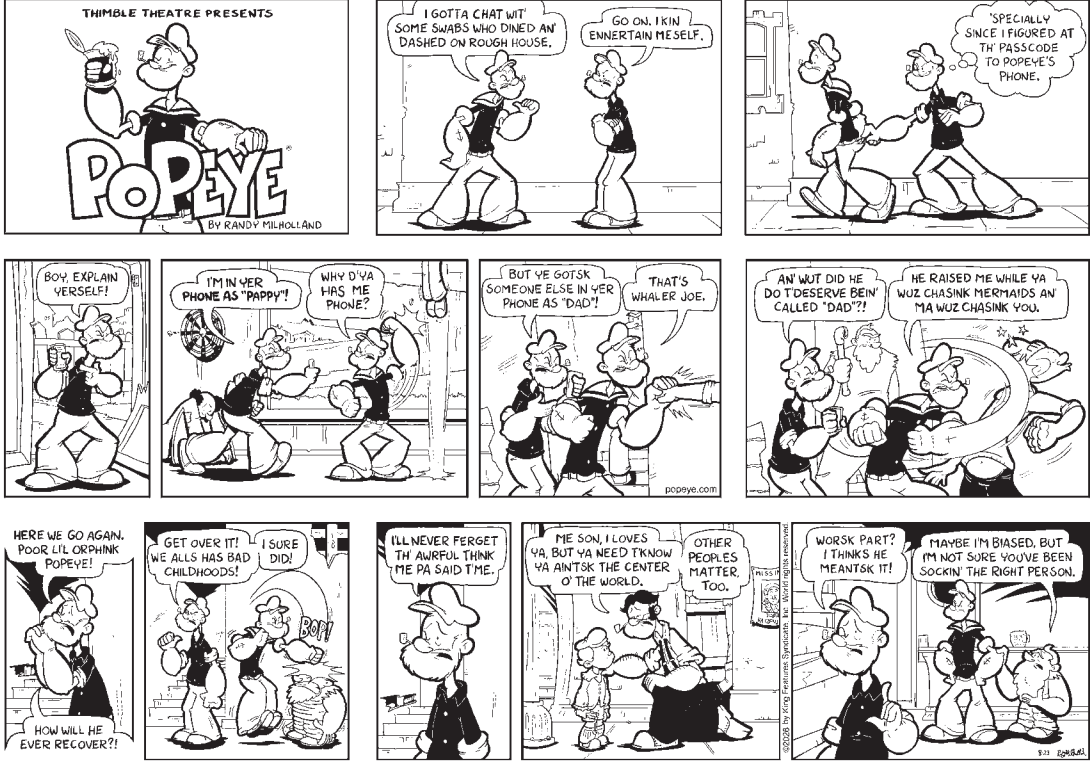
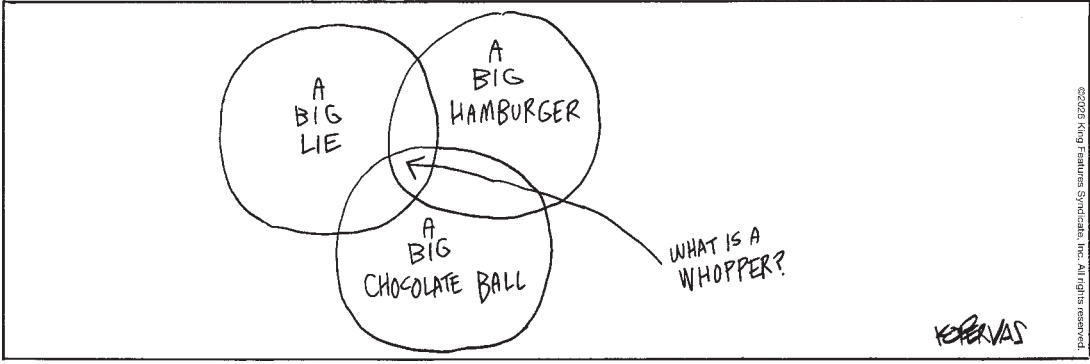
Amber Waves



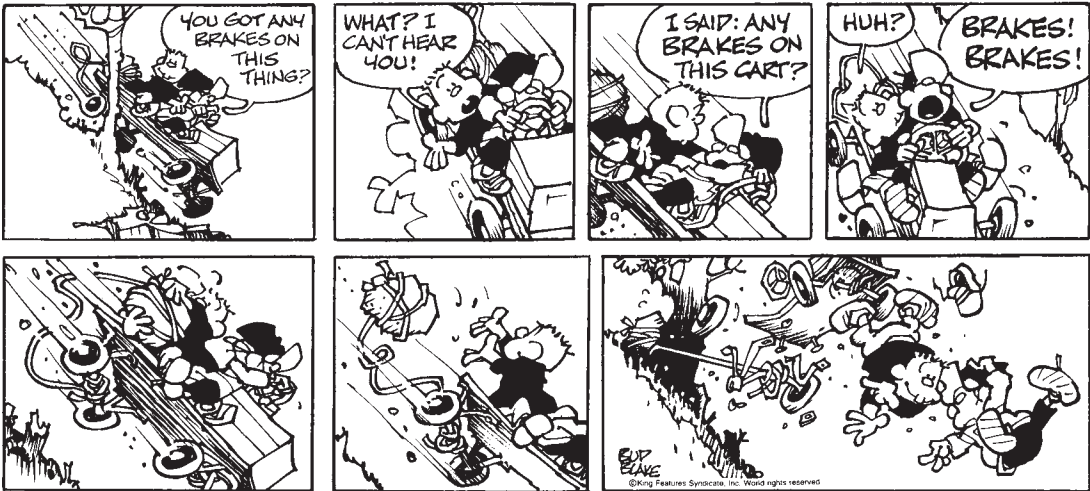
The Spats



Out on a Limb



TIGER



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GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		×		= 63			
+		+		+				
	+		÷		= 6			
÷		×		×				
	+		+		= 15			
=		=		=				
7		84		72				
1	2	3	4	5	6	7	8	9

		72			84		7
		=			=		=
		8	+	6	+	1	
		= 15					
		x		x		÷	
		2	÷	9	+	3	
		= 6					
		+		+		+	
		7	x	5	+	4	
		= 63					

answers

Go Figure!

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: N equals P

YJK NKYWYWAS BRM NVKMKSYKL

BWYJ YJK MYVASEKMY

NVAYKMYAVM RY YJK YAN.

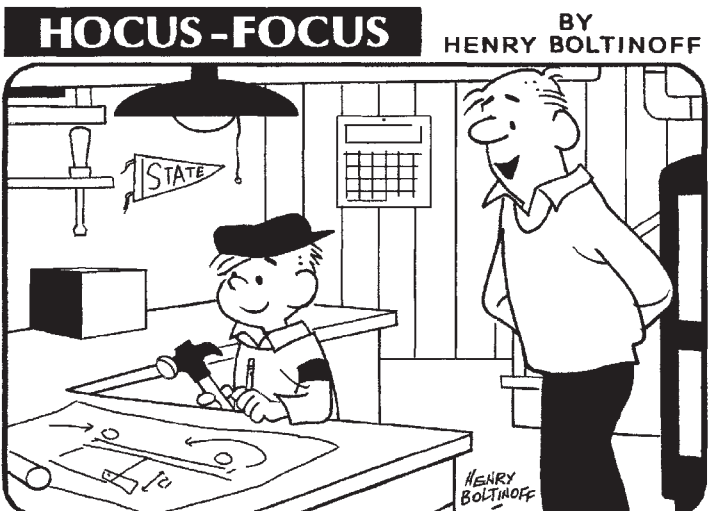
WY'M WS LWMMKSYWSE AVLKV

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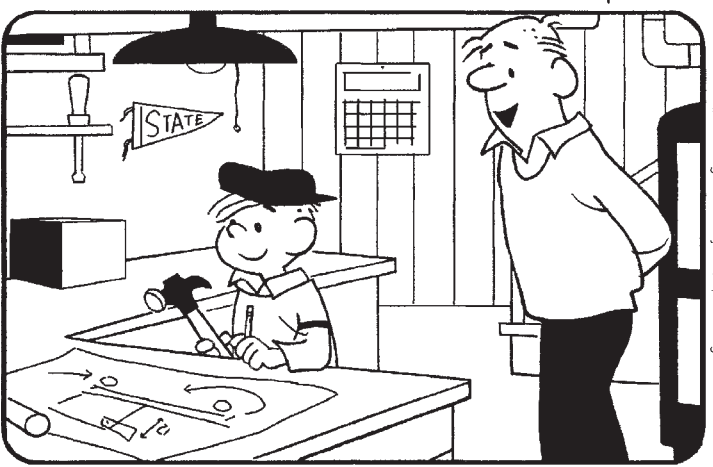
FEAR KNOT
By: rj johnson
DOUBT? ...OR DARE!

TSE
RADBUS
♥RSVEE
♥EVNA
VIRTEN
♥ABR
ATBI
DEENU
♥NBA
♥BALUNE
♥AIRLV
♥ESRU

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Find at least six differences in details between panels.



Differences: 1. Arm is not showing. 2. Hammer is longer. 3. Box is moved. 4. Cap is tilted back. 5. Lightbulb is smaller. 6. Stripe on sleeve is smaller.

FEAR KNOT
By: rj johnson
DOUBT? ...OR DARE!

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answer

The petition was presented with the strongest protestors at the top. It's in dissenting order.

CryptoQuip

Build Heart-Healthy Habits That Last with 4 Simple, Everyday Steps

FEATURE IMPACT

Your heart works around the clock, making heart health one of the most important parts of your overall well-being. The good news is improving heart health doesn’t require an overnight transformation. Small, consistent lifestyle changes and healthy habits, including staying active and making smart food choices, can help support cardiovascular health.

Sit Less Throughout the Day

If you work in an office setting, spending long periods sitting may be the norm. Even if you exercise regularly, those long-seated hours may affect heart health. Look for opportunities to move more by taking short walking breaks, standing while on the phone, stretching between meetings or taking the stairs instead of an elevator.

Prioritize Foods That Support Heart Health

A heart-healthy eating pattern can begin with foods that are low in saturated fat and sodium, and provide beneficial vitamins and plant compounds, like fresh, juicy grapes. They contain 7% of the daily recommended intake of potassium per serving, are a good source of vitamin K and deliver beneficial antioxidants and other polyphenols, including flavonoids, that can help relax blood vessels and promote healthy circulation.

Some studies also suggest grapes have a beneficial impact on blood lipids and more. In fact, one study found women who consumed 1 1/4 cups of grapes every day benefited from reduced blood triglyceride levels, LDL cholesterol levels, inflammatory proteins and other markers of heart disease.

Whether enjoyed as a snack, added to salads or blended into smoothies, Grapes from California make it easy to add more heart-smart nutrition throughout the day. For example, this Warm Lentil, California Grape and Arugula Salad includes a quick homemade rosemary lemon vinaigrette to pack in the flavor and complement black lentils and sweet grapes.

Cut Back on Added Sodium

Adding heart-healthy foods like grapes to your menu is a good place to start, but caring for your cardiovascular system is also about what you’re

not eating. Many packaged and restaurant foods contain more sodium than some people realize, making it important to read nutrition labels, prepare more meals at home and flavor foods with herbs, spices, citrus or vinegar instead of extra salt to support healthy blood pressure.

Make Good Sleep a Priority

Quality sleep affects many aspects of health, including cardiovascular. Adults should aim for 7-9 hours of sleep each night in a cool, comfortable environment. To get a good night’s rest, try limiting screen time before bed, blocking out light and avoiding alcohol or caffeine in the evenings.

To learn more about the heart-health benefits of grapes and find additional health-supporting recipes, visit GrapesFromCalifornia.com.



Warm Lentil, California Grape and Arugula Salad

Servings: 6

Rosemary Lemon Vinaigrette:

- 1/4 cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 2 tablespoons fresh rosemary leaves
- 2 teaspoons honey
- 1/2 teaspoon sea salt
- 1 clove garlic
- freshly ground pepper, to taste

- 1 pouch (8 ounces) precooked black lentils
- 1 1/2 cups Grapes from California, halved
- 1 cup radicchio, torn
- 1 cup arugula
- chopped toasted walnuts

To make rosemary lemon vinaigrette: In small blender or food processor, process olive oil, lemon juice, rosemary, honey, salt, garlic and pepper, to taste, until rosemary is finely chopped; set aside until ready to use. May be made 2 days in advance and refrigerated in covered container until ready to serve. Bring to room temperature before using.

In large glass bowl, microwave lentils 45 seconds, or until warm. Add grapes, radicchio, arugula and dressing to bowl and toss lightly to coat. Sprinkle with walnuts.

Nutritional information per serving:
160 calories; 4 g protein; 18 g carbohydrates; 9 g fat (51% calories from fat); 1.5 g saturated fat (8% calories from saturated fat); 0 mg cholesterol; 200 mg sodium; 4 g fiber.



Celebrate any day with a late-summer mezze board

Photo and story by Patti Diamond
King Features Syndicates

Let’s make a late-summer mezze board: a relaxed Mediterranean-style feast of smoky vegetables, creamy dips, warm pita and salty little nibbles. It looks lavish, but its principal players -- beans, bread and seasonal produce -- are happily inexpensive.

The secret here is restraint. Otherwise, what starts as a casual graze board becomes 17 tiny bowls and a grocery receipt requiring smelling salts.

Build your board around a few contrasting elements: grilled zucchini, sweet peppers and red onion; baba ghanoush and hummus; sliced cucumber and tomatoes; olives, feta and toasted pita wedges. Fill any gaps with pepperoncini, grapes, watermelon, fresh herbs or whatever looks delicious and reasonably priced.

Arrange everything in generous, overlapping piles. Mezze should look invitingly abundant.

The smoky centerpiece is baba ghanoush, a creamy

eggplant dip with variations found throughout the Middle East and Mediterranean. Grill the eggplant alongside the vegetables, and one cooking session accomplishes most of the meal.

GRILLED BABA GHANOUSH
Yield: about 2 cups or 6 servings
Total Time: 1 hour 40 mins.
2 small globe or Italian eggplants
1/4 cup tahini
2 to 3 tablespoons fresh lemon juice
1 teaspoon finely grated lemon zest
1 large garlic clove, minced
1 tablespoon plain Greek yogurt
1/4 teaspoon each kosher salt and black pepper
1 teaspoon sumac
3/4 teaspoon Aleppo pepper or 1/4 teaspoon crushed red pepper flakes, optional
Extra-virgin olive oil and chopped parsley, for serving

To grill: Heat the grill to medium-high. Grill the whole eggplants, turning occasionally, for about 30 minutes, until deeply charred, collapsed and completely soft.

To oven-roast: Heat the oven to 425 F. Halve the eggplants lengthwise and place them cut side down on a lightly oiled baking sheet. Roast 35 to 40 minutes, until very tender.

Let the eggplant cool. Peel grilled eggplant and discard the stems; scoop roasted eggplant from its skin.

Place the flesh in a colander and drain for 15 minutes, pressing gently to release excess liquid. Transfer to a bowl and mash with a fork. Stir in the tahini, lemon juice and zest, garlic, yogurt, salt, pepper, sumac and Aleppo pepper.

Cover and refrigerate for at least 30 minutes. Spoon into a shallow bowl, drizzle with olive oil and garnish with parsley. Serve with pita and vegetables. Refrigerate leftovers for up to four days.

Prepare the dip a day ahead, grill the vegetables at the same time, and add fresh produce and herbs shortly before serving. For outdoor gatherings, bring out smaller portions of dips and cheese as needed.

Bring bowls of food to your table

Photo and story by Donna Erickson
King Features Syndicate

Big bowls, tiny bowls, bowls that are just right -- they’re all part of the “bowl” craze that has grabbed the attention of the culinary world and landed on our kitchen tables. And I’m in! So is my son, Anders, who has a special bowl that he uses day in and day out, starting with breakfast. Come dinnertime, he uses it again and often assembles last night’s leftovers, topped with veggies or herbs from the garden and grated cheese for bowl-food deliciousness! Of course, he could put everything on a plate, but bowls are unexpected, easy to hold, and simply more fun.

Robin Asbell, cookbook author of “Great Bowls of Food,” says that bowl meals are colorful, and their simplicity really appeals to all ages. “They’re great for families because they’re so flexible and can be customized for each diner with no fuss. If someone doesn’t like beets, leave them out of their bowl, or use a vegetable they prefer.”

Her recipes reflect her commitment to healthy eating and trying new ingredients to make family meals interesting and tasty. Inspired with the many possibilities for creating bowls of food, I landed on a “Pizza Bowl With Soft Polenta, Spinach and Mozzarella.” It’s a twist on pizza and full of good-for-you ingredients, including

a fall comfort food, polenta, as a base.

PIZZA BOWL WITH SOFT POLENTA, SPINACH AND MOZZARELLA
Serves 4
-- 1 cup polenta
-- 3 cups water
-- 1/2 teaspoon salt
-- 1/2 cup shredded Parmesan cheese
-- 4 ounces baby spinach
-- 1 cup prepared spaghetti sauce, heated
-- 8 ounces fresh mozzarella, small balls or chopped
-- 1/2 cup fresh basil, finely sliced

In a 2-quart saucepan, whisk the polenta, water and salt. On medium-high heat, stir until the mixture comes to a boil. Reduce heat to low and stir every 5 minutes, scraping the bottom of the pan. Cook for about 25 minutes, until thick. Stir in Parmesan cheese until melted. Keep warm.

To serve, divide the spinach between 4 bowls and top with polenta. Measure 1/4 cup of hot spaghetti sauce over each bowl and top with mozzarella. Top with shredded basil and serve.

Cook’s Note: If preparing polenta in advance, transfer to a 9-inch pan after cooking, smooth the top, and let cool. To serve, reheat in the microwave, or cut in wedges and saute in olive oil until crisp and heated through.

Resources: Find Robin’s books, recipes, cooking techniques at RobinAsbell.com.

