



THE SPRINGFIELD RIFLE

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SOLIDARITY

Greeting Brothers and Sisters. Solidarity. A 10-letter word that should define us as a Union. But does it? Often times we as humans tend to focus on the little things instead of putting our hearts minds and efforts on the things that really matter. We are a Union, and there is definite strength in that. Nowhere is it written that we must agree on every little thing. Our strengths really do lie in our diversity. Each of us brings something unique to the table. And through learning about our differences, we grow. Hopefully together. And in growing together, our solidarity is enhanced. I ask each of you reading these words to write a brief word or two about yourselves. What site do you work at? How big is your facility? Is there something we as a collective unit can do to help out with a situation at your particular place of work? This is where it begins. Let's come together in 2019 as one. Local 497, let's stand tall together!

Diana Kirkland

Man's Best Friend

Everyone knows that a dog is man's best friend. I love dogs and I'm sure a lot of you do as well. I would like to tell you about some dogs that were betrayed by man.

The Redlands is an area south of Miami, Florida that borders the Everglades. This is a huge farming area where just about every fruit and vegetable you can imagine is grown. The soil is a rich shade of red (hence the name Redlands). The lands' natural beauty is on display in the palm trees, lakes and rivers. But the beauty is marred by the sadness of the dogs abandoned there. There are over 3000 abandoned dogs living in and around the Everglades, and the odds are stacked against them. There are giant snakes, alligators, traffic, starvation, and their most deadly enemy, man.

These poor dogs struggle each day to survive.

After learning of the plight of these dogs via Facebook in 2017, I traveled with The Redland Rock Pit Abandoned Dogs Group to Florida to help these poor animals in any way that I could. We traveled deep into The Everglades making about 30 stops in the most desolate areas. At times we found ourselves surrounded by nothing but gated farms, woods and lakes with no people for miles. We made random stops leaving out food and water. Sometimes the dogs came out, other times we saw nothing. Most of the dogs are now feral. They no longer trust humans, and rightfully so. Humans failed them.

I learned from the volunteers that word spread around the Redlands and Everglades that if you no longer want your dogs drop them off in this area and the farmers will take them in. This however is not the case. The farmers don't want them. They poison them and chase them away. These poor animals wander around looking for food and shelter, and some even sit and wait for their owners to

return. Some of these poor pups have sat and waited for days in vain, because no one returned for them.

One might wonder why these animals are not spayed or neutered. Some dogs have several litters a year and the cycle continues. The government doesn't care. The Miami Dade Animal Shelter is at capacity with over 400 dogs in their care weekly. They wait for adoption, but more often than not a home is not available for them. The majority of them are euthanized. They are then put in garbage bags like trash and sent to the landfills. Unwanted in life and in death.

The volunteer group I traveled with uses over 3000 lbs. of dog food each month. They also try to catch some of the dogs so that they could be vetted and hopefully fostered, but there are not enough foster homes for them all. Sadly, this leaves a lot of them to fend for

themselves in the wild. But these dogs were once house pets and are unable to survive in the wild like a coyote could. These animals are lost, confused, and hungry and disease usually takes a toll on them. Being exposed to the elements, heat rain and no shelter can have grave consequences on them.

These pups have no one to advocate for them so I have made it my business to send food, supplies etc. to help these guys out. If you would like to send supplies to these forgotten animals please contact me through the editor of this paper editor497dk@gmail.com. These dogs have been forgotten, let's change that and be their voice. After all they are Man's Best Friend.

Marilyn Ranger
Expeditor Tour 3
Springfield BMC



Arm Yourself Against the Coming Flu Season



If the last flu season is any indication, you need to take steps now to protect yourself against infection, an infectious diseases expert warns. The 2017-2018 flu season in the United States was the worst since the U.S. Centers for Disease Control and Prevention began tracking the severity of annual flu seasons. There were nearly 200 child deaths and about 80,000 adult deaths. The number of U.S. deaths in a typical flu season usually ranges from 12,000 to 56,000.

The first step in protecting yourself from the flu is getting a flu shot. "Even if it doesn't prevent you from getting the flu, it can prevent you from getting really sick from it to the point of hospitalization or death. To me, that's a huge benefit," said Dr. Catharine Paules, an infectious diseases physician at Penn State Health. Other preventive measures include: frequent hand washing; covering your face when you sneeze; avoiding sick people; and staying home when you're sick until you are fever-free for at least 24 hours.

But, Paules stressed in a university news release, "Most importantly, get vaccinated!" In addition, people at high risk for developing complications from the flu can be given antiviral medications at the first sign of symptoms, she said. Those people include infants, people older than 65 and anyone with another medical condition that may weaken their immune system.

More information

The American Academy of Family Physicians has more on preventing the flu. -- Robert Preidt - SUNDAY, Nov. 11, 2018 - HealthDay News
SOURCE: Penn State, news release | Copyright © 2018 HealthDay. All rights reserved.

Flu Shot Quick Facts

#1

It's the best way to prevent the flu according to the Centers for Disease Control and Prevention (CDC).



It makes symptoms milder and sick time shorter if you do get the flu.



It's CDC recommended for most people age 6 months and up.

100%

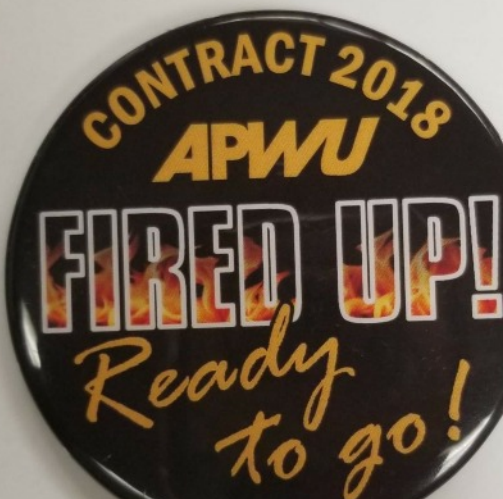
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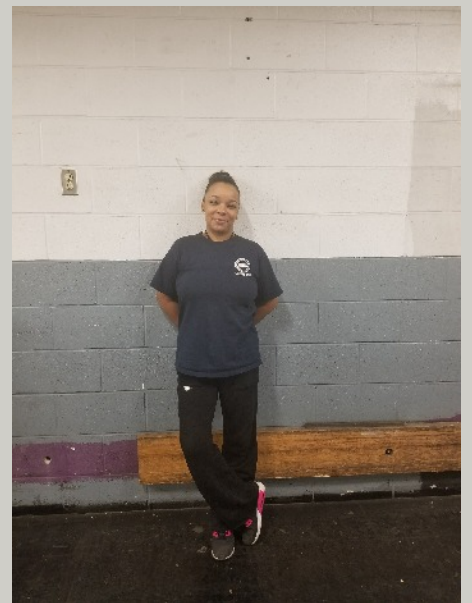
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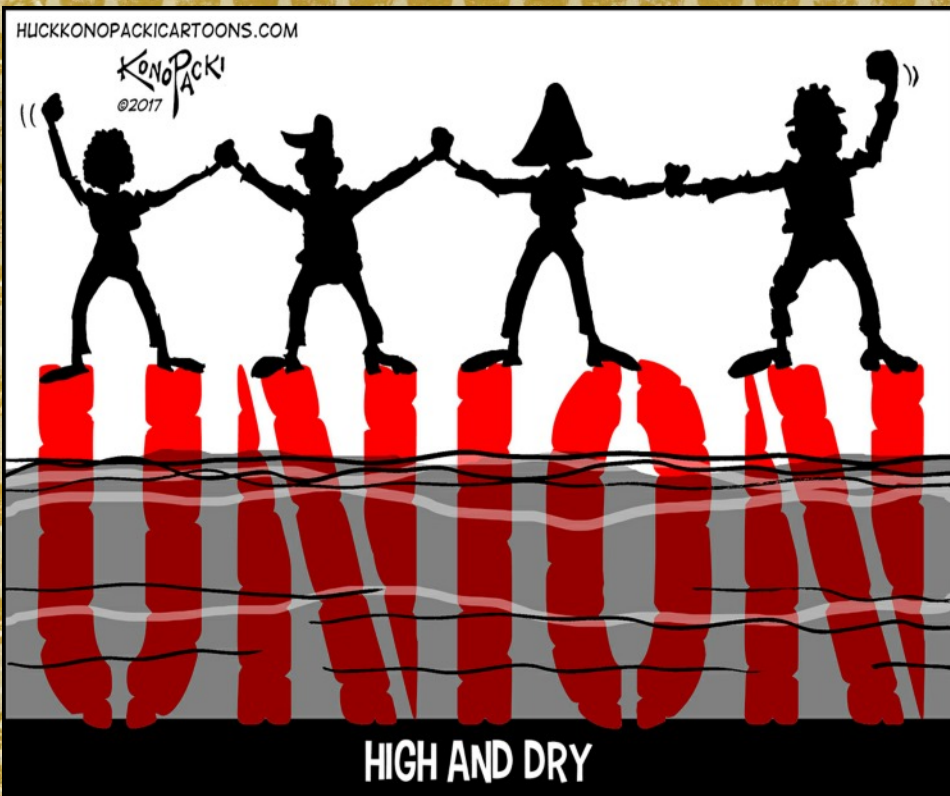
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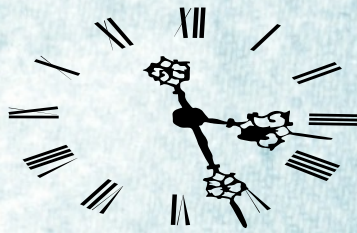
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Union organizing
isn't about signing
cards - it's about
empowering
people and
changing lives

**UNIONS ARE NOT A
SPECTATOR SPORT.
UNIONS REQUIRE
MEMBER PARTICIPATION.**

**You aren't in the game
if you're sitting on the
sidelines.**

AFL-CIO



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