



National Postal Mail Handlers Union

THE BREAKDOWN

ONLY THE STRONG

SURVIVE!
 NPMHU LOCAL 308
 STRENGTH & HONOR
A DIVISION OF THE LABORERS' INTERNATIONAL UNION OF NORTH AMERICA, AFL-CIO 1308

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In the United States, Philadelphia carpenters went on strike in 1791 for the ten-hour day. By the 1830s, this had become a general demand. In 1835, workers in Philadelphia organized a general strike, led by Irish coal heavers. Their banners read, From 6 to 6, ten hours work and two hours for meals. Labor movement publications called for an eight-hour day as early as 1836. Boston ship carpenters, although not unionized, achieved an eight-hour day in 1842.

The eight-hour day was realized for many working people in the U.S. in 1938, when the Fair Labor Standards Act (29 U.S. Code Chapter 8) under the New Deal made it a legal day's work throughout the nation.

HEALTH TIP Staph infection prevention

As we know from recent news reports, the number of reported staph infection cases is growing nationwide. Staphylococcus aureas, staph aureus or just plain Staph is a bacteria found on everybody's skin and almost anywhere in the environment. Most of the time, staph bacteria live happily on the skin without causing any problems. However, when you get a bug bite, scratch, or anything that breaks the skin, staph bacteria may get into your body and cause an infection. When Staph become resistant to methicillin, a type of penicillin, it is designated an MRSA. This does not mean those particular staph are any more likely to cause infection — it just means that if they do cause infection, they will be much harder to defeat. Since Staph infections spread most commonly by touching contaminated hands or fingers, the best preventive measure is to wash your exposed hands thoroughly. If you think you have a staph infection, see your doctor.

