

going postal no one

Going postal no one is a phrase that has become embedded in popular culture, often used to describe extreme acts of violence in the workplace, typically involving a disgruntled employee. Despite its widespread usage, the term carries significant historical weight and complex implications that warrant a deeper exploration. Understanding the origins, the psychological factors involved, and the societal impact of "going postal no one" can help foster awareness and prevention strategies. This comprehensive guide aims to shed light on this sensitive subject, providing valuable insights for individuals, organizations, and mental health professionals.

Origins of the Phrase "Going Postal"

The Historical Context

The phrase "going postal" originated in the United States during the late 1980s and early 1990s. It is believed to have been popularized by a series of postal worker shootings across various U.S. cities. These incidents involved employees of the United States Postal Service (USPS) who, after experiencing workplace stress and grievances, resorted to violence against colleagues and supervisors.

Key incidents include:

- The 1986 Edmond, Oklahoma, postal shooting, where a disgruntled employee shot and wounded two coworkers.
- The 1988 Oklahoma City shooting at a postal facility.
- The 1991 incident in Royal Oak, Michigan, where a postal worker killed several colleagues.

Media Influence and Popularization

Media coverage played a significant role in cementing the phrase "going postal" into the American lexicon. Sensational headlines emphasized the violence, often linking it directly to workplace stress and mental health issues, which fueled stereotypes about postal workers and workplace violence.

Understanding the Psychological and Social Factors

Workplace Stress and Its Impact

Workplace environments can sometimes become sources of intense stress due to various factors:

- Excessive workload
- Lack of support from management
- Job insecurity
- Poor working conditions
- Bullying or harassment

When these stressors accumulate without adequate intervention, they can lead to emotional exhaustion, frustration, and sometimes violent outbursts.

Mental Health Considerations

While not all individuals experiencing workplace stress develop violent tendencies, mental health plays a critical role. Some contributing factors include:

- Undiagnosed or untreated mental health disorders such as depression, anxiety, or personality disorders
- Substance abuse issues
- History of violence or aggressive behavior

It's important to recognize that mental health challenges are complex and require compassionate understanding rather than stigmatization.

Triggers and Warning Signs

Identifying warning signs can be vital in preventing violence. These include:

1. Sudden changes in behavior or attitude
2. Expressions of frustration or anger beyond normal levels
3. Isolation or withdrawal from colleagues
4. Threatening or aggressive language
5. History of conflicts or violent incidents

Early intervention and supportive workplace policies can make a significant difference.

Prevention and Safety Measures

Organizational Strategies

Preventing incidents associated with "going postal" involves proactive measures:

1. **Implementing Mental Health Support:** Providing access to counseling services and mental health resources.
2. **Promoting a Positive Work Environment:** Encouraging open communication, recognition, and respect among staff.
3. **Training and Awareness Programs:** Educating employees and management about

workplace stress, conflict resolution, and recognizing warning signs.

4. **Clear Policies and Reporting Mechanisms:** Establishing procedures for reporting concerns confidentially and without fear of retaliation.
5. **Security Measures:** Installing surveillance, access controls, and emergency response protocols.

Individual Strategies

Employees can also take steps to safeguard themselves and others:

- Seek help if experiencing overwhelming stress or mental health issues.
- Develop healthy coping mechanisms, such as mindfulness or exercise.
- Communicate concerns to supervisors or HR confidentially.
- Be aware of personal boundaries and avoid escalating conflicts.

Societal Impact and Media Representation

The Cultural Significance

The phrase "going postal" has evolved from a term describing specific violent incidents to a cultural shorthand for workplace violence. Its usage, however, often oversimplifies complex issues involving mental health, job dissatisfaction, and societal factors.

Media Responsibility

Media outlets have a responsibility to report responsibly to avoid sensationalism that can:

- Stigmatize certain professions or individuals
- Spread misinformation about mental health and violence
- Contribute to public fear or misunderstanding

Balanced reporting can foster awareness without perpetuating stereotypes.

The Role of Education and Awareness Campaigns

Public education initiatives can:

- Reduce stigma associated with mental health issues
- Promote workplace safety and mental well-being

- Encourage early intervention and support networks

Organizations such as mental health charities and workplace safety agencies play crucial roles in these efforts.

Legal and Ethical Considerations

Workplace Policies and Employee Rights

Employers must balance security measures with respecting employee rights. Policies should:

- Ensure a safe working environment
- Protect employee privacy
- Provide avenues for support and reporting

Legal Implications

Legal proceedings following workplace violence incidents involve:

- Criminal charges against perpetrators
- Civil liability for organizations if negligence is proven
- Workers' compensation claims

Compliance with occupational safety laws and proactive risk management are essential.

Conclusion

While the phrase "going postal no one" captures a tragic facet of workplace violence, it is vital to approach the topic with nuance and understanding. Recognizing the root causes—such as workplace stress, mental health issues, and societal pressures—can lead to effective prevention strategies. Organizations, individuals, and communities must collaborate to create safer, more supportive environments that address underlying problems before they escalate into violence. Through awareness, education, and compassionate intervention, it is possible to reduce the occurrence of such tragedies and foster healthier workplaces for everyone.

Frequently Asked Questions

What does the phrase 'going postal' mean in modern slang?

The phrase 'going postal' refers to someone becoming extremely angry or violent, often suddenly, and is commonly associated with workplace shootings or intense outbursts.

Is 'going postal' still considered a relevant term today?

While the term originated in the 1980s and 1990s, it is still used colloquially to describe sudden

outbursts of aggression, though it can be viewed as outdated or insensitive due to its violent connotations.

Are there any recent incidents linked to 'going postal' behavior?

Yes, there have been several workplace violence incidents over the years that have been attributed to 'going postal' behavior, but the term is less used officially and more in media or casual conversation.

How can workplaces prevent 'going postal' incidents?

Workplaces can prevent such incidents by promoting mental health support, implementing conflict resolution strategies, providing employee assistance programs, and fostering a positive work environment.

Is 'no one' related to 'going postal' in any way?

The phrase 'no one' isn't directly related to 'going postal'; however, in some contexts, it may refer to feelings of isolation or being ignored, which can contribute to stressful or violent behaviors.

What mental health issues are associated with 'going postal' behavior?

While not all individuals with mental health issues become violent, stress, anger management problems, and untreated mental illnesses can contribute to outbursts that are labeled as 'going postal.'

Are there any cultural or media representations of 'going postal'?

Yes, movies, TV shows, and news reports have depicted 'going postal' incidents, often sensationalizing the violence associated with the term, which has led to its notoriety.

How has the perception of 'going postal' changed over time?

Initially a slang term for workplace violence, 'going postal' has become somewhat outdated and can be considered insensitive, as there's increased awareness about mental health and the factors behind such behaviors.

What alternative phrases can be used instead of 'going postal'?

Alternatives include 'losing control,' 'having an outburst,' 'snap,' or 'becoming violent,' which are more neutral and less culturally charged.

Additional Resources

Going Postal No One: An In-Depth Analysis of a Cultural Phenomenon and Its Societal Implications

The phrase "going postal" has become a well-known idiom in contemporary language, often used to describe sudden, violent outbursts of anger or aggression, particularly in the workplace. Originally rooted in a series of tragic incidents involving postal workers in the United States during the late 20th century, the term has evolved into a broader cultural reference that touches on issues of mental health, workplace stress, gun violence, and societal attitudes toward anger management. Despite its widespread recognition, the phrase "going postal no one" remains relatively obscure, potentially signifying a disconnect between the cultural narrative and the individuals or communities it purportedly describes. This article offers a comprehensive examination of this phrase, exploring its origins, cultural significance, societal impact, and the misconceptions surrounding it.

Understanding the Origins of "Going Postal"

The Historical Context

The phrase "going postal" originated in the United States during the late 1980s and early 1990s, following a series of high-profile incidents involving postal employees who engaged in workplace shootings. The most notorious event was the 1986 incident in Edmond, Oklahoma, where a postal worker opened fire in a post office, killing 14 people and wounding several others. Subsequent events in places like Oklahoma City, Los Angeles, and Memphis further reinforced the association between postal workers and violent outbursts.

These tragedies prompted intense media coverage, which sensationalized the link between postal workers and acts of violence. The phrase "going postal" quickly entered popular vernacular, used to describe anyone who suddenly and violently loses control, often in a workplace setting. It's important to note that these incidents, while tragic, represented a very small fraction of postal workers and were influenced by factors such as mental health issues, workplace grievances, and access to firearms.

Media Amplification and Cultural Adoption

Media outlets played a pivotal role in cementing the phrase "going postal" into American culture. News reports often emphasized the "postal worker" aspect, which led to stereotypes about postal employees being prone to violence, a misconception that persists to this day. Movies, television shows, and comedy routines frequently referenced the phrase, sometimes trivializing the seriousness of the incidents or perpetuating negative stereotypes.

Over time, "going postal" expanded beyond its original context, becoming a colloquial expression for anyone exhibiting extreme anger or aggression. While this broad usage has helped embed the phrase into everyday language, it also risks trivializing the complex societal and psychological issues underpinning such acts of violence.

Dissecting the Phrase: "Going Postal No One"

Interpreting the Phrase

The phrase "going postal no one" is not a standard idiom or widely recognized expression, but it appears to combine the idiom "going postal" with a negation or a comment about societal response—possibly implying that no one is paying attention or that no one is intervening when such incidents happen. Alternatively, it might refer to a scenario where someone "goes postal" in isolation, without witnesses or community awareness.

Given its ambiguity, the phrase could be interpreted in multiple ways:

- A commentary on the silence or indifference of society when workplace violence occurs.
- An observation about individuals who "go postal" in solitude, perhaps hinting at mental health issues that go unnoticed.
- A critique of the media or authorities for failing to prevent or address these incidents effectively.

Without further context, the phrase remains open to interpretation, but its structure suggests a reflection on societal neglect or the lack of collective response.

Possible Meanings and Implications

- Isolation and Mental Health: The phrase might allude to individuals who "go postal" in seclusion, highlighting the importance of mental health awareness and early intervention.
- Societal Apathy: It could criticize societal indifference, suggesting that such violent episodes are ignored or dismissed until they reach a critical point.
- Media and Policy Failures: It may point to shortcomings in media coverage or policy responses, emphasizing that no one is effectively addressing the root causes of such violence.

Understanding these potential meanings underscores the complex web of social, psychological, and cultural factors involved in workplace violence and mass shootings.

Societal and Psychological Factors Behind Workplace Violence

Mental Health and Personal Struggles

One of the core factors associated with "going postal" incidents is mental health. Many perpetrators of workplace violence have histories of psychological issues, including depression, paranoia, or psychosis. The stigma surrounding mental illness often discourages individuals from seeking help,

leading to untreated conditions that can escalate under stress.

Workplace environments that lack support, understanding, or adequate mental health resources can exacerbate these issues. When employees feel undervalued, overworked, or ignored, frustration can build up, sometimes culminating in violent outbursts.

Workplace Stress and Organizational Culture

High-pressure work environments, tight deadlines, job insecurity, and perceived injustices contribute significantly to employee stress. When these stressors are compounded by poor management, lack of recognition, or toxic organizational cultures, employees may experience feelings of helplessness or resentment.

Research indicates that workplace violence often stems from a combination of personal grievances and environmental factors. Employers who neglect mental well-being or ignore warning signs risk fostering environments where tragedies become more likely.

Access to Firearms and Violent Outbursts

The prevalence of firearms in the United States significantly influences the severity and frequency of "going postal" incidents. Easy access to guns can turn an impulsive act of anger into a deadly event. The debate around gun control remains central to discussions of workplace violence, with advocates emphasizing the need for stricter background checks and restrictions on firearm access.

The Media's Role and Societal Perceptions

Media Sensationalism and Stereotyping

The media's portrayal of "going postal" incidents has often been criticized for sensationalism, which can distort public perception. Focusing heavily on the shooters' backgrounds or motives may inadvertently glorify or romanticize their actions, potentially inspiring copycat incidents.

Furthermore, the association of workplace violence solely with postal workers or similar professions reinforces stereotypes that may be unfair or inaccurate. These narratives sometimes overlook underlying issues like mental health, economic hardship, or social isolation.

Impact on Public Policy and Awareness

Public awareness campaigns and policy debates have been influenced by these incidents. Initiatives aimed at improving mental health services, implementing workplace safety protocols, and regulating firearms have emerged as responses to the problem.

However, the effectiveness of these measures varies, and often, political and cultural disagreements

hinder comprehensive solutions. There remains a challenge in balancing individual rights with collective safety.

Societal Attitudes Toward Anger and Violence

Cultural attitudes toward anger—particularly in American society—play a role in how "going postal" is perceived. Expressing frustration openly is sometimes normalized, yet violent outbursts are stigmatized and criminalized.

The phrase "going postal" itself reflects a societal tendency to pathologize and sensationalize anger, potentially discouraging open conversations about emotional regulation and conflict resolution.

Addressing the Root Causes: Prevention and Intervention

Improving Mental Health Support

Investing in accessible mental health services is crucial. Employers can implement Employee Assistance Programs (EAPs), provide training on recognizing warning signs, and foster a workplace culture that promotes openness and support.

Community-based mental health initiatives can also play a role in early intervention, reducing the likelihood of violence stemming from untreated psychological issues.

Workplace Policies and Safety Measures

Organizations should develop clear policies addressing workplace violence, including:

- Zero-tolerance policies for threats or aggressive behavior.
- Training for managers and employees on conflict resolution.
- Secure access controls and surveillance.
- Protocols for reporting and responding to concerns.

Creating a safe and supportive environment reduces stress and minimizes triggers for violent episodes.

Gun Control and Legislation

Stricter gun laws, background checks, waiting periods, and restrictions on firearm purchases for individuals with a history of violence or mental illness can help prevent such incidents. Public policy must balance rights with safety, emphasizing responsible firearm ownership.

Societal Change and Cultural Shifts

Addressing societal attitudes toward anger, frustration, and conflict is essential. Promoting emotional intelligence, conflict resolution skills, and community engagement can foster resilience and reduce the risk of violence.

Conclusion: Moving Beyond the Stereotype

The phrase "going postal no one" encapsulates complex societal issues that extend beyond sensational headlines and stereotypes. While the origins of "going postal" are rooted in tragic events, modern usage often trivializes or misrepresents the realities faced by individuals struggling with mental health, workplace stress, and social alienation.

A comprehensive approach—combining mental health support, workplace safety, firearm regulation, and cultural change—is necessary to address the underlying causes of such violence. Recognizing that "going postal" is not an inevitability but a preventable outcome requires societal commitment to understanding and intervention.

By moving beyond the stereotypes and addressing systemic issues, society can create safer workplaces, communities, and a more nuanced understanding of anger, mental health, and violence. Only through these efforts can the phrase

Going Postal No One

going postal no one: Going Postal Terry Pratchett, 2009-10-13 "Pratchett's books are almost always better than they have to be, and Going Postal is no exception, full of nimble wordplay, devious plotting and outrageous situations, but always grounded in an astute understanding of human nature."—San Francisco Chronicle A splendid send-up of government bureaucracy, corruption, the postal system, and everything in between in this ingenious entry in Sir Terry Pratchett's internationally bestselling Discworld series. By all rights, Arch-swindler Moist von Lipwig should be meeting his maker at the end of a noose. Instead, Lord Vetinari, supreme ruler of Ankh-Morpork, has made him the city's Postmaster General. Death may be preferable to fixing the Postal Service—a creaky, outdated institution beset by eccentric employees, mountains of old, undelivered mail Moist swears is talking to him, and a dangerous secret order. To restore the postal service to its former glory, Moist accepts the help of the tough talking and very attractive activist Adora Belle Dearheart. But to succeed, Moist must overcome two formidable foes—new technology and the greedy chairman of a communication monopoly who will stop at nothing to delay Ankh-Morpork's post for good . . . The Discworld novels can be read in any order, but Going Postal is the first book in the Moist von Lipwig series. The series, in order, includes: Going Postal Making Money Raising Steam

going postal no one: Through the Rain Marla Bernard, 2014-02-24 In a motel room on the east side of the city, a little girl is brutally murdered by her mothers sadistic boyfriend for failing to know her ABCs. The family disappears, along with the child's body, and the scene of the crime spans over 1,000 miles. Despite the lack of a body, the detectives of the 1020 Squad obtain a conviction but it will take another eight long years before the little girl's remains come home to rest. In a twist

of fate, the 1020 Squad no sooner closes the final chapters of this case when the headless body of a tiny girl is found discarded in a makeshift dump site in the woods. Sgt. David Bernard and the 1020 Squad will work over four years, following 1,500 leads and conducting the single largest area canvass in the history of the Kansas City, Missouri Police Department before finding the true identity of the seemingly orphaned little girl known only as Precious Doe. *Through the Rain* is a candid and touching account of the painful impact that these brutal murders had on Sgt. Bernard, his family and the KCPDs 1020 squad. It chronicles the all too frequent stories of child abuse, failed social services, a flawed court system, and battered women who sacrificed their own children to shield their abusive lovers, echoing the same preposterous explanations of but I love him. It is the story of a family, a group of committed volunteers and a community who reached out to embrace Angel Lea Hart and Erica Michelle Marie Green aka Precious Doe and give them in death the humanity and affection they so desperately deserved in life.

going postal no one: Psychomachia H.S. Sowards, 2014-01-15 Is it fiction? Non-fiction? Seventeen years later and I still don't know. *Psychomachia* is an act of confession and penance. Jump in and discover the story of a twenty-something fundamentalist preacher with delusions of grandeur--a real misfit searching for a place to call home. Follow him into the U.S. Army where he hopes to become a well-remembered hero to folks back home. Listen in as his mind turns violently against him, and his number one enemy becomes The Brain. Observe as he is rescued from death by a hallucinatory pop singer. Sit with him in the crazy person hospital as he searches for answers to the mess that was once his life. It is a somewhat true story that is stranger than fiction. I ought to know. It's based on my life, and it is my effort to come to terms with my own walk down crazy lane.

going postal no one: Will I Go Postal? Sandra Heart, 2010-05-21 Emotionally, a person could be destroyed. You have to figure out what is most important in your life. What comes first in your life? What do you love most? Who really gave you the job? You don't have to let the job work you into an institution. Will you work the job? Is going postal an option? Are you determined to work your job regardless of circumstances? Who is your trust in? You can claim peace! You can find peace!

going postal no one: Going Postal Stephan Jaramillo, 1997 The hero is Steve Reeves of California, the first person in his family to attend college. He considers himself superior to his father, a postman, and feels the world owes him a living. A look at a first-generation intellectual and a debut in fiction.

going postal no one: Does God Hear Your Cries Malaysia Sinclair, 2019-08-16 I wrote this book because I feel that it is about time to write my life story and to give hope to the downcast, the brokenhearted, and the wounded souls. My hope in writing this book is to touch the hearts of those who feel they have no hope left in their weary souls. I'm now in a place where I'm able to share the most embarrassing and horrendous assaults that were meant to destroy me. I now walk in freedom because the Lord came into my life and straightened every crooked place in my life.

going postal no one: Skinny Women Are Perfect T. Richard, 2013-05-17 Rory Carter grew up obsessed with her looks. Teased relentlessly about her weight, Rory was happy to leave her past behind when she enrolled in a Washington, DC, college and met her new best friends, Sierra, BJ, and Neekoo. Now a loving wife, devoted mother, and the owner of an image-branding agency, Rory is the one who keeps it all together. Years later, it is obvious she is perfect. But what about the other three? Fast-talking and unfiltered, Sierra finds solace as a therapist who helps people overcome their hardships. BJ is a brilliant and beautiful fashionista who proudly showcases her culinary prowess at her well-known restaurant. The notoriously shy Neekoo has made her mark in Washington, DC, as a renowned journalist. On the surface, it appears that the girlfriends have the world in the palm of their hands. But what no one knows is that deadly secrets lurk in the midst of the seemingly perfect lives of these women's secrets that could cause each of their worlds to crumble. In this compelling tale, an unanticipated intervention forces four long-time friends to face their personal demons and decide if preserving their picture-perfect images is worth the hefty price they have already paid.

going postal no one: Precious Few Clues Marla Bernard, 2023-04-11 A true crime account of

the Kansas City police investigation of the murder of a three-year-old girl, whose brutalized body took four years to identify. On an unseasonably warm April evening in 2001, the headless body of a tiny girl was found discarded in a makeshift dump site in the woods on the southeast side of Kansas City, Missouri. One long night turned into four long years for Sgt. David Bernard and the Kansas City Police Department's 1020 Squad. They followed 1,500 leads, had a replica of the child's head sculpted from her skull, and ultimately conducted the single most extensive area canvass in the KCPD's history. Erica Michelle Marie Green, aka "Precious Doe," captured the hearts of not only the dedicated detectives who fought tirelessly to identify her and her killer but of an entire community. *Precious Few Clues* is a candid and touching account of the painful impact that this brutal murder had on Sgt. Bernard, his family, and the KCPD's 1020 squad. It chronicles the all too frequent story of child abuse, failed social services, a flawed court system, and battered women who sacrificed their own children to shield their abusive lovers, echoing the same preposterous explanations of "... but I love him."

going postal no one: Decisions and Orders of the National Labor Relations Board United States. National Labor Relations Board, 2004

going postal no one: Key of Valor Nora Roberts, 2015-12-08 Zoe is about to discover her true courageous spirit. She must find the key of valor--on the last of three dangerous quests that will force her to confront her darkest fears ... or suffer immeasurable loss.

going postal no one: How to Get Anything on Anybody Lee Lapin, 2003-01-15 The world's only hands-on guide to electronic, surveillance, people tracking and asset discovery. How to do it, how to protect yourself from those who would. Used by all major intelligence agencies, now available to the public. People tracking to computer violating. The best of the worst. Or, perhaps the worst of the best. How to track, trace, and investigate anyone, anywhere, anytime. Uncover hidden assets and agendas, build a dossier, put together anyone's background. Used by the FBI as a training manual, *How To, Book 3*, teaches you the inside secrets of surveillance, people tracking, asset discovery, electronic and physical surveillance. Let the world's top experts, including the FBI and the KGB teach you hands-on surveillance, people tracking, asset location and rock turning. Nothing else like it on the planet.

going postal no one: Lawyers' Reports Annotated , 1890

going postal no one: Discworld and Philosophy Nicolas Michaud, 2016-08-09 In *Discworld*, unlike our own frustrating *Roundworld*, everything makes sense. The world is held up by elephants standing on the back of a swimming turtle who knows where he's going, the sun goes round the world every day, so it doesn't have to be very hot, and things always happen because someone intends them to happen. Millions of fans are addicted to Pratchett's *Discworld*, and the interest has only intensified since Pratchett's recent death and the release of his final *Discworld* novel, *The Shepherd's Crown*, in September 2015. The philosophical riches of *Discworld* are inexhaustible, yet the brave explorers of *Discworld* and *Philosophy* cover a lot of ground. From discussion of Moist von Lipwig's con artistry showing the essential con of the financial system, to the examination of everyone's favorite *Discworld* character, the murderous luggage, to the lawless Mac Nac Feegles and what they tell us about civil government, to the character Death as he appears in several *Discworld* novels, *Discworld and Philosophy* gives us an in-depth treatment of Pratchett's magical universe. Other chapters look at the power of *Discworld's* witches, the moral viewpoint of the golems, how William de Worde's newspaper illuminates the issue of censorship, how fate and luck interact to shape our lives, and why the more simple and straightforward *Discworld* characters are so much better at seeing the truth than those with enormous intellects but little common sense.

going postal no one: The Philatelic Gazette , 1910

going postal no one: Death, Bereavement, And Mourning Samuel C. Heilman, An encounter with the death of another is often an occasion when the bereaved need to be sustained in their loss, relieved of the anxiety that the meeting with death engenders, and comforted in their grief. It is a time when those left behind often seek to redress wrongs in themselves or in the relationships that death has shaken and upset. In both collective and individual responses to the trauma of

encountering death, we witness efforts to counter the misfortune and to explain the meaning of the loss, to turn memory into blessing, to reconcile life with death, to regenerate life, and redeem both the bereaved and the dead. Sometimes loss may transform the bereaved in ways that lead to growth and maturity; other times a loss leads to unrelenting anger or melancholia. There may be a variety of spiritual expressions that the bereaved experience in their time of loss, but there appears to be some common elements in all of them. Overtime, survivors' feelings are transformed into growing exploration of the spiritual, a profound sense of rebirth, newfound feelings of self-mastery or confidence, and a deeply held conviction that life goes on. The contributions to this volume are based on a conference held in New York on the first anniversary of September 11, 2001.

Contributors include Peter Metcalf, Robert Jay Lifton, Ilana Harlow, Robert A. Neimeyer, Samuel Heilman, and Neil Gillman. This sensitive and heartfelt volume relates specifically to issues of death, bereavement, and mourning in the aftermath of the attack on the World Trade Center, but the applications to other individual and catastrophic events is obvious. The contributions do not simply explore how people deal with bereavement or are psychologically affected by extreme grief: they address how people can try to find meaning in tragedy and loss, and strive to help restore order in the wake of chaos. The multidisciplinary perspectives include those of anthropology, psychology, theology, social work, and art. Samuel Heilman is the Distinguished Professor of Sociology and holder of the Harold Proshansky Chair in Jewish Studies and Sociology at the City University of New York, and has also taught at the University of Illinois at Chicago, the Hebrew University in Jerusalem, Tel Aviv University, and the Universities of New South Wales and Melbourne. He is the author of several books, including *Synagogue Life* and *The People of the Book*, both published in paperback by Transaction.

going postal no one: Angry White Men Michael Kimmel, 2013-11-05 [W]e can't come off as a bunch of angry white men." Robert Bennett, chairman of the Ohio Republican Party One of the enduring legacies of the 2012 Presidential campaign was the demise of the white American male voter as a dominant force in the political landscape. On election night, after Obama was announced the winner, a distressed Bill O'Reilly lamented that he didn't live in "a traditional America anymore." He was joined by others who bellowed their grief on the talk radio airwaves, the traditional redoubt of angry white men. Why were they so angry? Sociologist Michael Kimmel, one of the leading writers on men and masculinity in the world today, has spent hundreds of hours in the company of America's angry white men - from white supremacists to men's rights activists to young students - in pursuit of an answer. *Angry White Men* presents a comprehensive diagnosis of their fears, anxieties, and rage. Kimmel locates this increase in anger in the seismic economic, social and political shifts that have so transformed the American landscape. Downward mobility, increased racial and gender equality, and a tenacious clinging to an anachronistic ideology of masculinity has left many men feeling betrayed and bewildered. Raised to expect unparalleled social and economic privilege, white men are suffering today from what Kimmel calls aggrieved entitlement: a sense that those benefits that white men believed were their due have been snatched away from them. *Angry White Men* discusses, among others, the sons of small town America, scarred by underemployment and wage stagnation. When America's white men feel they've lived their lives the 'right' way - worked hard and stayed out of trouble - and still do not get economic rewards, then they have to blame somebody else. Even more terrifying is the phenomenon of angry young boys. School shootings in the United States are not just the work of "misguided youth" or "troubled teens"—they're all committed by boys. These alienated young men are transformed into mass murderers by a sense that using violence against others is their right. The future of America is more inclusive and diverse. The choice for angry white men is not whether or not they can stem the tide of history: they cannot. Their choice is whether or not they will be dragged kicking and screaming into that inevitable future, or whether they will walk openly and honorably - far happier and healthier incidentally - alongside those they've spent so long trying to exclude.

going postal no one: SPIN , 1997-11 From the concert stage to the dressing room, from the recording studio to the digital realm, *SPIN* surveys the modern musical landscape and the culture

around it with authoritative reporting, provocative interviews, and a discerning critical ear. With dynamic photography, bold graphic design, and informed irreverence, the pages of SPIN pulsate with the energy of today's most innovative sounds. Whether covering what's new or what's next, SPIN is your monthly VIP pass to all that rocks.

going postal no one: The Tail of the Tip-Off Rita Mae Brown, 2004-03-30 The Tail of the Tip-Off When winter hits Crozet, Virginia, it hits hard--and hangs on for months. That's nothing new to postmistress Mary Minor "Harry" Haristeen and her friends, who keep warm with hard work, hot toddies, and rabid rooting for the University of Virginia's women's basketball team at the old stadium affectionately dubbed "The Clam." But the usual postgame high spirits are laid low when contractor H. H. Donaldson drops dead in the parking lot. And pretty soon word has spread that it wasn't a heart attack that did him in. It just doesn't sit right with Harry that one of her fellow fans--perhaps even an acquaintance or neighbor sitting close by in the stands--is a murderer. And as tiger cat Mrs. Murphy is all too aware, things that don't sit right with Harry make her restless, curious, and prone to poking her not-very-sensitive human nose into dangerous places. So the animals start paying closer attention to what the people around them are doing--and they're the first ones to realize when the next murder occurs. It seems obvious to Harry that the deaths are connected--and she intends to find out exactly how. There's no shortage of suspects, considering that H.H. was a ladies' man who'd left a trail of broken hearts all over town--the most recent belonging to his wife-- and that the second murder victim was not very popular in Crozet. As the police launch their investigation, Harry picks up clues through savvy questioning of everyone she knows. But it's the critters who are most attuned to trouble--they scent something wicked wafting Harry's way on the tail of the next snowstorm. And as Harry draws closer to the truth about a brutal killer, Mrs. Murphy and her friends realize it's up to them to make sure their intrepid mom lands on her feet.

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