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THE PULLMAN STRIKE AND THE ORIGIN OF LABOR DAY

How a Railroad Protest Laid the Foundation for a National Holiday

Today, Labor Day mostly means a day off and the closure of public pools. But when it was first created, it was a president's desperate attempt to curb the tension after one of the most violent strike breakups in American history.

In the late 19th century, the workers of the Pullman Company, which manufactured luxury train cars, all lived in a company-owned town. George Pullman, the owner, lived in a mansion overlooking houses, apartments, and crammed-together barracks, all of which were rented by the thousands of workers needed for the operation. For some time, the town operated without a hitch, providing decent wages for the workers while netting the higher-ups millions of dollars.

But after the economic depression of the 1890s brought the country to its knees, everything changed. George Pullman slashed his workers' wages by nearly 30 percent, but he neglected to adjust the rent on the company-owned buildings in turn. As a result, life became untenable in the town, with workers struggling to maintain the barest standards of living for themselves and their families.

In response, the workers began a strike on May 11, 1894. As the event ramped up, it gained the support of the powerful American

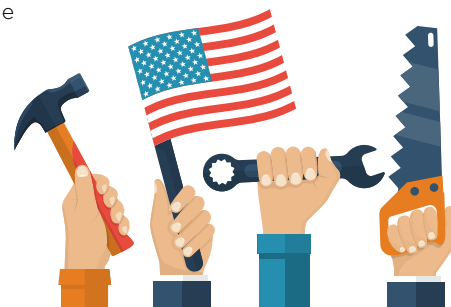
Railway Union (ARU). But Pullman, stubborn as he was, barely acknowledged the strike was happening, and he refused to meet with the organizers.

The tension increased when Eugene Debs, the president of the American Railway Union, organized a boycott of all trains that included Pullman cars. The strike continued to escalate until workers and Pullman community members managed to stop the trains from running.

Eventually, President Grover Cleveland sent in soldiers to break up the strike. Violence ensued, with soldiers making a great effort to quell the strike at its core. By the time the violence ended, 30 people had lost their lives and an estimated \$80 million in damages had been caused throughout the town.

A few months later, President Grover Cleveland declared Labor Day a federal holiday. Many experts believe that this act was an effort to build rapport among his pro-labor constituents after handling the incident so poorly.

This month, as you fire up the barbecue and enjoy your day off, take a moment to remember the workers who fought for labor rights in our country.



NEWSLETTER

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HANG YOUR SHINGLE TEACHING OUR KIDS TO FIND THEIR PATHS

This past summer, my daughter spent a few months interning at the office. I was a little nervous about it at first. As a parent, you want to believe your kid is intelligent and capable. What would I do if she couldn't do the job? What kind of parent would that make me? Fortunately, I didn't have to answer those questions. Dalya excelled beyond all expectations.

To be fair, it's not like she was helping try cases. She's 19 and this was her first time working in an office setting. We had her helping out around the office, handling files, and helping me make videos for our websites. She picked it up really fast, which may not sound like much, but I've had people come in looking for a job who didn't even know how to save a computer file! I would have loved to train Dalya to take on more responsibility, but we knew she wouldn't stay past the summer. After spending the last year studying in Israel, Dalya decided to go back again in the fall, enrolling in a more advanced course for college credit.

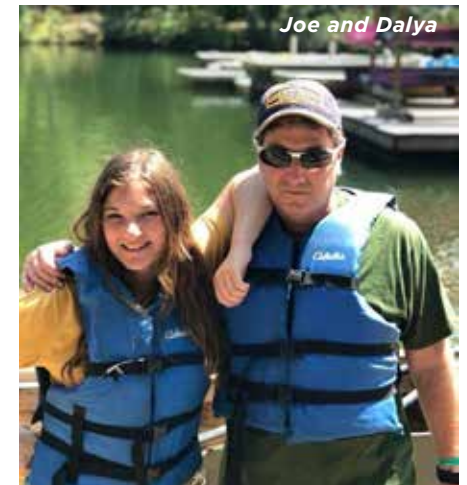
At this point, Dalya doesn't know what she'll do with her life. She's great with technology and could probably do well in social media marketing. But when it comes to arguing her point, she can go

toe to toe with me. I wouldn't be surprised if she ended up becoming an attorney! But I'm not pushing her into choosing a career right now. Both my daughters, Dalya and her younger sister, Emmi, need the freedom to grow up and discover their life's purpose.

“Find a skill set and become so good at it that you could hang out your own shingle.”

My father told me, “Joe, whatever you decide to do in life, be indispensable. Find a skill set and become so good at it that you could hang out your own shingle.” Basically, don't let yourself be subject to the whims of your employers. Having a law degree is great, because I can work at a big firm if I want to, or I can start my own company — hang out a shingle, as my dad said.

The advice my father gave to me is what I want to impress upon my daughters. I think Dayla would make a great lawyer, but she could also be a doctor, engineer, or a social media marketer if that's what she wants.



And I encourage her to choose a path that lets her go off on her own if she needs to.

Having Dayla at the office this summer was a good experience for us both. Will she be back next year? Maybe. In the meantime, I'm proud of the drive I see in her that pushed her to do so well at the office and to travel around the world again to broaden her knowledge and horizons. Whatever she chooses to do with her future, I'm confident my daughter will be able to hang her own shingle wherever she chooses.

-Joseph Miller

If you belong to a union or other labor-related group and want to schedule my presentation at your group's speaking arrangement, you can do so by calling 888-694-7994. The presentation is free of charge, offers important information for taking appropriate action in Virginia workers' compensation cases, and everyone in attendance gets a free copy of my book, “10 Traps and Lies That Can Ruin Your Virginia Workers' Compensation Case.” Education is the best way to protect yourself from making a mistake. So call now, before it's too late.

EASY RIDER

AVOID NECK PAIN WHILE DRIVING

Long commutes will always be a pain in the neck, but the discomfort doesn't have to be literal. Developing stiffness or soreness in your upper back and neck is all too common in the driver's seat. It's annoying at the time, and repeated incidents can lead to more chronic problems down the road. Luckily, there are a few simple steps you can take to prevent this pain from developing behind the wheel.

Make Adjustments

If you frequently experience neck pain while driving, the position of your seat and mirrors may be the issue. Ideally, you want the back of your driver's seat to be almost straight, at about a 100 degree angle to the seat. If you find yourself leaning forward to reach the steering wheel from this position, shift the whole seat forward. In older cars without built-in lower back support, it's a good idea to slide a small pillow between your back and the lower part of the seat.

After you have your sitting position figured out, make the necessary adjustments to your mirrors. You should be able to glance at each with minimal head movement. Constantly bobbing or craning your neck to see what's behind you is a surefire way to develop neck and shoulder pain.

Stay in the Clear

A dirty windshield can be just as bad as poorly adjusted mirrors. Having to lean forward to see when sun and dust cut your visibility causes stress as your neck muscles accommodate. In general, poor vision is a consistent source of these sorts of aches and pains, so it's a good idea to ensure you have the right pair of glasses (including shades) every time you drive.



Let Off the Gas

Normally, good sitting posture entails having both feet firmly planted on the floor. Drivers don't have that option unless they literally put the pedal to the metal. During long drives on the highway, cruise control is a great option to give your feet a welcome rest. Otherwise, pull over to take a break and stretch your legs if you feel your neck beginning to tense up.

There are also preventative measures you can take to avoid pain and discomfort before your next road trip or traffic jam. If you find yourself haunted by chronic neck, back, or shoulder pain no matter how long you drive, it may be time to contact a trusted physical therapist. These may be signs of more serious issues, but physical therapy can help you live and drive pain-free again.

WHAT CAN I DO?

How to Support a Friend After an Accident

After someone we care about is injured in a terrible accident, we want to be there for them. But when a person's life changes in an instant, it's challenging to figure out how to be there for them. You can't snap your fingers and make their pain disappear. However, even if you can't help them recover, there are many little things you can do to make a world of difference during this difficult time.

Offer a Ride to Their Appointments

Depending on the nature of a person's injuries, they may be unable to easily drive themselves to appointments with their doctor, physical therapist, or attorney. If you are able to, driving your friend to an appointment can be a huge help. Offering to help run errands or pick their kids up after football practice can also lift the huge burden your loved one is experiencing at this time.



Help With Dinner

After an accident, physical injuries can make it difficult to spend time in the kitchen, and depression often leads accident victims to skip meals altogether. Take the hassle of dinner time off their plate by surprising them with a hot meal. You don't have to break out Grandma's cookbook in order for this gesture to be impactful. Grab take-out or order a pizza to make sure your friend is fed and knows you care.

Listen

We can't stress this enough. Depression and anxiety are very common after an accident, and while you shouldn't be your friend's therapist — even if you happen to be a trained therapist — you can offer a compassionate, open ear. Let them vent about their anger and their fears. Don't try to encourage them by saying, "You just need to power through this." Instead, acknowledge their pain is valid while reminding your friend they are not alone and that you're there for them.

After a debilitating accident, a lot of our clients struggle to ask for the help they need. They don't want to "be a bother." But while we're able to provide much-needed legal support, emotional support from friends and family members also helps determine the quality of a person's life after an accident.

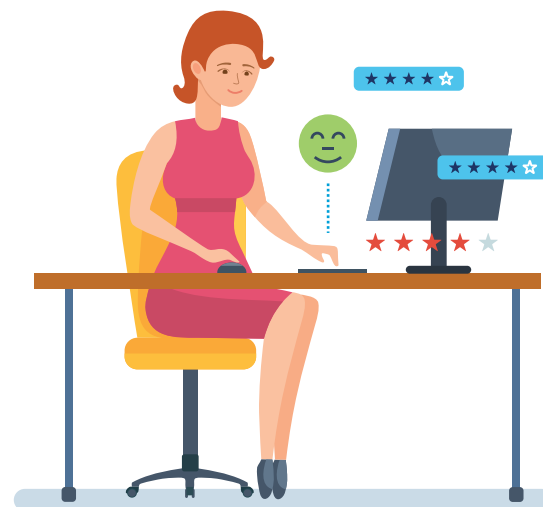
Our Clients Say It Best

"I was apprehensive before I called Joe Miller, simply because I was told by a seemingly 'huge' law firm that I didn't have a case. Joe Miller and his team produced such a strong case that I didn't have to do hardly anything but concentrate on getting better. As far as I'm concerned, Joe, you're one of my best friends!"

-Recardo

"Joe Miller and Lisa helped my husband win his workers' comp case after it was originally denied. I highly recommend their office!"

-Eleena



Joe's Monthly 'SOUL SNACKS'

If you won't be better tomorrow
than you were today, then what
do you need tomorrow for?
-Rabbi Nachman

Whoever is happy will make
others happy too.
-Anne Frank



Late-Summer Panzanella

Ingredients

- 1 small loaf French bread, cut into 1-inch cubes (6 cups)
- 3 tablespoons extra-virgin olive oil
- 2 large tomatoes, cubed
- 2 red bell peppers, seeded and cubed
- 1/2 red onion, thinly sliced
- 1 cucumber, sliced into rounds
- 20 basil leaves, chopped
- Salt, to taste
- Vinaigrette

Directions

1. In a large sauté pan, set to medium-low heat and add olive oil. Add bread and 1 teaspoon salt, and toss often for 10 minutes or until toasted.
2. In a large bowl, mix vegetables and herbs. Toss in bread and your favorite vinaigrette and mix again.
3. Serve immediately or let sit 30 minutes to allow the flavors to meld together.