

NALC member is Super Bowl hero

The Super Bowl has become a de facto national holiday, and honoring heroes on TV is often part of the celebration. This year's pandemic put the spotlight on essential workers, including letter carriers, and **Rich Henderson** represented us before the big game.

Like every working letter carrier, Henderson, a member of Canton, OH Branch 238, has played the role of ordinary hero by serving his customers in the pandemic. But he also became an extraordinary hero in late December when, while out delivering on his route, he helped save the life of a gunshot victim.

"I was just out delivering the mail like we all do," he recalled. "I heard a pop—I thought it was a car backfiring. A man ran up to me and said he'd been shot."

Henderson's Army experience kicked in. Seeing blood spilling from the man's side, Henderson called 911 on his cell phone and then treated the man, who had fallen to the ground. Henderson removed his sweater and used it on the wound while talking to the 911 operator by speakerphone.

"All I could do was apply pressure to stop the bleeding," he said. "Soon, the police and paramedics showed up." While Henderson tended to the man's injury, the shooting victim told Henderson he didn't want to die because he had a newborn daughter.

After the man was taken to the hospital and Henderson told police what had happened, he continued on his route. The victim, though severely injured, survived the gunshot wound.

"It felt good" helping the victim, Henderson said, "especially after I found out he had made it."

Local CBS affiliate WOIO-TV covered Henderson's heroic actions. As a letter carrier, "you're trained for awareness of dogs and looking over your back shoulder and awareness of your surroundings," Henderson told the station. "But not for gunshots."

His supervisor relayed his heroic actions to USPS Headquarters. Soon after, he received a request to appear in a CBS Sports segment to be aired on Super Bowl Sunday.

A CBS Sports team came to take video footage of Henderson at work at the Canton Main Office. "They wanted to get a day in the life of a carrier," he said. "They filmed me casing; they filmed me delivering my route."

The video segment, which was broadcast by CBS Sports on Feb. 7 in the pre-game run-up to kickoff, features essential workers—including health care staff, teachers, bus drivers, grocery clerks, firefighters and delivery workers like Henderson—as the David Bowie song "Heroes" performed by Miley Cyrus plays in the background.

Like all the other workers, Henderson is seen in the video denying that



Above and below: Henderson appears in a television segment that honors front-line workers.

the label "hero" applies to him just for doing his job. The video closes with an image of Henderson walking his route in the snow with the words, "For showing up when we need you most, thank you," splashed on the screen.

"All I can hope is I [that] represented USPS in a good way," Henderson said.

You can view the video at youtube.com/watch?v=RvhsF9LcZD4. **PR**

