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Photo: Shutterstock As a result of the pandemic, the United States Postal Service (USPS) now needs financial assistance - with companies sending out far fewer advertising, mail volume has dropped by a third, dramatically affecting cash flow. To make matters worse, the president has threatened to veto any stimulus package that includes a money crisis for the USPS. So why is it so important to keep the United States Postal Service, an institution as old as America itself, and what can we do to help? THE USPS serves everyoneThe postal service is unusual in that it serves every address in the United States. A stark comparison would be to consider having high-speed Internet in rural areas: About 19 million Americans do not have access to broadband Internet, while many others are dealing with substandard and/or expensive Internet access. In contrast, the Postal Service serves every address in the United States, and at a constant price. If you want to send an email from New York to Nome, Alaska, the price will be 55 cents. If you want to send an email from Alpine, Texas, to Casey, Wyoming, that will also be 55 cents. In contrast, if you use non-profit delivery services such as UPS or FedEx to send an email to the countryside, you may be amazed with the surcharge. USPS is how millions of Americans receive salaries and information from their local governments and community organizations. This is how they vote for elected officials, and postal service is one of the rare universal offerings: Many rural areas may not have access to decent cell phone service or cable television, but they all receive mail. The Postal Service is a public good designed to serve everyone in the U.S., no matter where they live. THE USPS is funded by the sale of USPS stamps that has not received taxpayer funds since 1982, with its entire budget coming from the sale of stamps. So if you want to help by buying stamps and then wait to use most or all of them until after the pandemic has passed and the volume of mail starts to recover- this is a good way to support the USPS right now. You can buy stamps from the USPS online store. Fantastic thing about buying them in such a way that you can get just about any design you want, whether it's a seal in memory of your favorite national park (Big Bend National Park looks lovely in miniature), an impactful historical figure (the lineup includes John Lennon or Sally Ride), or even a cool dinosaur (hello, Tyrannosaurus Rex). If you have stamps in hand, you can go to old school and send a handwritten card to a friend or family member. Do you remember the last time you received a handwritten letter in the mail? It was Good, isn't it? Contacting your elected officialsBud mark is a good start, but given the Postal Service is an independent federal agency that performs vital public service, it is must be supported like any other hand of government. Although the president has threatened to veto aid funds for the postal service, Congress has the power to override his veto, provided they have the votes to do so. So if you want to help, one action would be to call your senators and a representative of Congress to tell them that you support aid funds for the USPS. You can find information about contacts with senators here and information about contact with your representative in Congress here. You can also sign the petition by ingesting USPS on 50409. Once you do this, the automated chatbot will request detailed information such as your name and mailing address and then deliver your petition to local elected officials. As of the morning of April 14, more than 200,000 people had signed the petition. If you want to kill two birds with one stone, you can also send a postcard expressing your support for the USPS to your elected officials: No matter where you live, from rural Maine to Silicon Valley, a postcard will cost you 35 cents. The APA format is the official style used by the American Psychological Association and is widely used in psychology, education and other social sciences. 1 Kendra Cherry Your front page should include the page number, the title of the article, the author's name and affiliation to the author. The seventh edition of the APA Publishing Guide contained several changes to the APA style front page format, including separate guidelines for student and professional front pages. Keep in mind these pointers: Add a page number that flushes right at the top of the page on all pages of the title. Avoid extraneous words that don't add meaning to your name. The APA Style Guide advises writers to avoid phrases such as Experimental Research... or Exploring.... 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