

# ShopTalk

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Editor, Lisa O'Donnell Connors, x4-6803

## The Challenge is Back! Brown Bag on Nov. 19

**T**he Health section's Lean Plate Club Challenge is back and Post employees are invited to participate in the challenge to maintain their current weight over the holiday season. Last year, 290 employees from the College Park and Springfield printing plants and the Northwest Building participated in the challenge. Close to 200 staff maintained their weight or lost weight (a total of 429 pounds) when the challenge ended after New Year's Day.

This is the fourth year for Health columnist **Sally Squires'** Lean Plate Club Challenge. She cites a National Institutes of Health study that indicates that people with a healthy weight gain roughly one pound during the holiday season. However, overweight or obese people will gain five pounds over the holidays. This is weight that doesn't



**Sally Squires**

come off in the spring.

"If you can just hold the line on your weight during the holidays you are a step ahead," Squires notes. "If you pay attention and stay on top of your calorie intake and exercise you can enjoy the holidays in moderation. If you

want to make cookies, go ahead, but limit yourself to one cookie a day."

The challenge will launch in the Health Section next Tuesday, Nov. 16. Squires' weekly column in

Tuesday's Health Section will provide support and information to readers during the food-filled holiday season celebrations from

Thanksgiving through New Year's Day.

According to Squires, a change to the challenge this year is that it will begin the week before

Thanksgiving.

"This is to have a week of planning," she explains. "A time for people to get prepared before Thanksgiving when a lot of us are traveling." Some of Squires suggestions include cleaning out refrigerators and shopping for healthy food, and making sure you have a comfortable pair of walking shoes.

### Your "To Do" List

To participate in the challenge you need to weigh-in at one of

The Post's Health Centers at the Northwest Building, or the College Park or Springfield Plants.

Weigh-ins will take place during the week of Nov. 15.



Last year Health Editor **Craig Stoltz** weighed in at the Northwest Health Center to participate in the Lean Plate Club Challenge. Recording his weight is Health Center assistant **Lyndon Williams**.

Tell the nurse on duty that you want to weigh-in for the holiday challenge and your weight will be recorded. This information is confidential and will not be shared with anyone outside the Health Center without your permission.

During the weigh-in you will be asked if you would like to be included in a weekly drawing of prizes. Beginning Monday, Nov. 29, a random weekly drawing will be held



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# Readers Visit Springfield

**M**ore than 1,400 readers visited the Springfield Plant during The Post's annual Readers' Day on Sunday, Nov. 7. During 45-minute tours held from 11 a.m. to 4 p.m., groups of approximately 100 people were able to view the facility's reel room, pressroom and mail-room. At the end of the tour, staff from the Newsroom, Production and Circulation departments were available to answer questions.

According to Public Relations Manager **Lisa Bolton**, the event couldn't have happened without the efforts of the Springfield Plant and Public Relations staff and more than 70 volunteers.

"The plant staff led by **Roddy MacPherson** spent many hours cleaning the plant and making it shine for our visitors," she said. "The volunteers, including employees, retirees and family members, did a great job of informing readers and making them feel welcome." ■



**Carrie Morse**, Public Relations, explains the printing process to a tour group.



**KidsPost Copy Editor Scott Moore** answered many questions from kids on their favorite part of the newspaper.



**Eric Brinkmann**, facilities manager, discusses the technical aspects of the printing process with a reader.



Springfield Plant employees **Robert Haydon** (center left) and **Trinh Hung** (center right) brought their families for a tour of their work place.



**Margaret Glaser**, Advertising, retirees **Barbara Hudson** and **Polly Boyle** and volunteer **Kevin Spangler** process the long line of readers who came to visit the Springfield Plant.



of the names of everyone who weighed-in as a participant in the challenge. It is strictly voluntary to have your name included in the drawing.

Participants are encouraged to track their weight every week, or if you want, every day. Squires reported during the 2001 Holiday Challenge that according to the National Weight Registry, people who regularly monitor their weight by getting on a scale are the most successful at long-term maintenance. Adding exercise to your daily routine is also important to meeting the challenge.

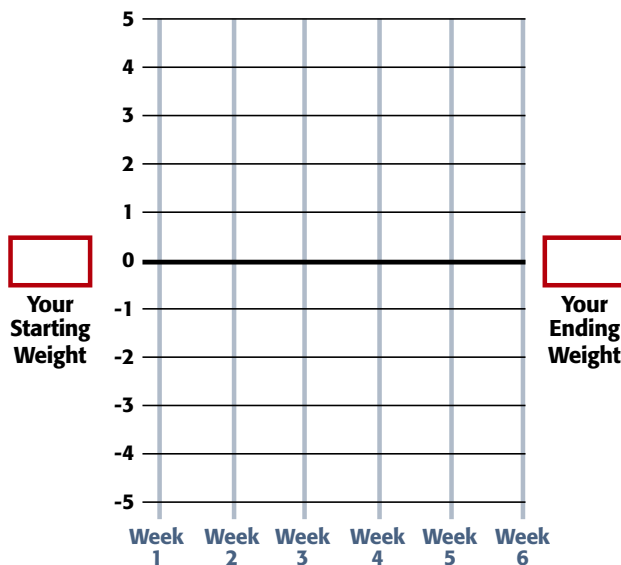
Weight maintenance charts and exercise activity logs will be distributed at the health centers during weigh-ins.

**Employees are invited to attend a brown bag presentation and Q&A by Sally Squires on the Lean Plate Club Challenge on Friday, Nov. 19 from noon to 1 p.m. in the Northwest Building's auditorium on the second floor. A light snack will be provided. Please RSVP to Lisa Connors at x4-6803 or e-mail [ShopTalk@washpost.com](mailto:ShopTalk@washpost.com).**

For support and information read the Lean Plate Club column in the Health section

## Weight Maintenance Record

Weight Change By Week (lbs.)



every Tuesday during the challenge. You can also participate or learn how other people are maintaining their weight during Squires' online chats on [washingtonpost.com](http://washingtonpost.com), Tuesdays at 1 p.m. The Health Center nurses are another resource for information. You can call the Northwest Health Center at x4-7192, College Park Health Center at x6-1181, or Springfield Health Center at x6-2240.

If you are interested in receiving the Lean Plate Club e-newsletter, you can sign up on [washingtonpost.com/lean-plateclub](http://washingtonpost.com/lean-plateclub). The free newsletter was launched in January and to date has more than 140,000

subscribers. The newsletter is delivered to your e-mail address and includes recipes, exercise ideas and the latest dietary guidelines.

Ask family members and friends to take the challenge with you. It's easier than doing it alone! Last year **Acquanette House**, Accounting, enlisted her husband and daughter to take the challenge with her, so she wouldn't gain back weight during the holidays that she had lost through Weight Watchers. All three successfully met the challenge and ended up losing weight just by watching what they ate.

### Help from the Cafeterias

To support employee's efforts, Brock & Company will again be featuring Lean Plate Club selections at the Northwest, College Park and Springfield cafeterias. Post employees will receive a ticket for every Lean Plate Club selection they purchase from Nov. 15 through Jan. 4. (This is separate from the weekly drawing of challenge participants.) The tickets will be included in a

random drawing on Friday, Jan. 7 for an employee to win a gift basket valued at \$150, chock full of health-related food and cooking items.

### The Department Challenge

Last year's department challenge is back to encourage colleagues to support each other. At the end of the challenge, the department with the highest percentage of participants who maintain their weigh-in weight will receive a catered afternoon snack compliments of Brock & Co. We're including College Park and Springfield as two "departments" for the challenge. Departments will not be broken into groups, desks, or units, i.e., Advertising, including Ad Ops is one department, News is another department, etc. Last year, the College Park Plant had the highest percentage of participants that met the challenge, followed by the Springfield Plant and the Newsroom. (The Public Relations department had the highest percentage, but was "recused" from the competition.)

### Measure Your Success

After the holidays, participants will be asked to "weigh-out" at the Health Center where they did their weigh-in between Jan. 3 and Jan. 10. The Health Centers will award "good job!" prizes to participants who maintain their weigh-in weight.

For more information, contact ShopTalk Editor **Lisa Connors** at x4-6803. In January, ShopTalk will run a follow up story on how well Post employees did. ■

## Lean Plate Club Holiday Challenge

Activity Log: Week # \_\_\_\_\_

ACTIVITY	TIME	INTENSITY
<b>Sample:</b> Walk at lunch	10 minutes	Moderate
<b>Monday:</b>		
<b>Tuesday:</b>		
<b>Wednesday:</b>		
<b>Thursday:</b>		
<b>Friday:</b>		
<b>Saturday:</b>		
<b>Sunday:</b>		

## Election Night Results on Democracy Wall

News Art and the Carpenters Shop created a wall-size map of the United States to track the election night results in the Newsroom. Dubbed the "Democracy Wall," the map was created by Director of Cartography **Dick Furno**. The carpenters built a frame for the map and placed it behind Plexiglas so that the red and blue ink from Nov. 2 could be erased and the map used for another election.

## OD&T Courses in November

The Organization Development & Training (OD&T) Department's November course offerings include:

### Stress Management:

Tuesday, Nov. 16

### Organizing Your Workspace:

Monday, Nov. 18

The list of November course offerings is available in Lotus Notes by clicking on the OD&T "classroom" icon. The Lotus Notes link to the OD&T

database is included in the department's monthly e-mail notice to all employees. Once you have clicked on the link it will place itself into your workspace in Lotus Notes. If you missed the e-mail or have not been able to access the database, contact **Vonda Coulbourn** at x4-5435. To register

for a course, call the OD&T hotline at x4-5425.



PHOTO - DAVE BURKE

## TWP Dodgeball Team

Members of the multi-departmental Post dodgeball team "Postmortem" line up for a friendly dodgeball game. Games are held in the gym at St. John's High School in Northwest D.C. At last count, 35 Post employees were on the roster and are having a great time, according to **Frank Harris**, IT, one of the team's coordinators. If you were a talented dodgeball player on your elementary school playground, you can still join the fun and help the 0-5 team record. Call Harris at x4-4434 for more information. The dodgeball games continue until mid-December.

## Body Composition Profile Tests at Northwest

Body composition profile tests will be held at the Northwest Health Center on Thursday, Nov. 18, 8 a.m. to 6 p.m. The test is a method of measuring fat-free mass, body fat, and total body water. It is a simple, painless, and non-invasive

procedure done by lying down for 10 minutes while attached to two electrodes, one on a hand and the other on a foot, similar to that of an EKG machine. This is done by appointment only so please call the Health Center at x4-7192 to schedule your session or for further information.



PHOTO - STACEY HUGGINS

An unidentified Newsroom employee looks over the "Democracy Wall" map on election night.

# Marketplace

**FOR SALE:** Beer box, w/seven glass doors, one service door, 8' deep x 15' long, new was \$12,000, asking \$4,500/OBO. Call Rene at (240) 643-0438 or (301) 283-0277.

**ISO VA SLUG:** Ride available from Burke Centre to Northwest Building on Monday, Wednesday and Friday mornings at 8 a.m. Call Lisa at x4-6803 or e-mail [connorsl@washpost.com](mailto:connorsl@washpost.com).

**FOR SALE:** Broyhill entertainment unit w/ two corner/end units 20"x18"x76", One- 36"x20"x76" unit accommodates up to a 30" TV, \$500. Two oval beveled-cut glass-top tables with burnished bronze, \$150 for both. Size 12 evening dress, size 14 evening skirt set, and size 10 dress, \$25-\$75. Call Angela at x4-4848 or preferably (410) 998-9840; e-mail [Astamay@aol.com](mailto:Astamay@aol.com).

**ISO CARPOOL:** Moving to Westminster, Md. and would love to find a carpool to join. I work at the Northwest Building and would be coming from Westminster, near Rt. 97 and Nicodemus Rd. My hours are 9 a.m. - 5:30 p.m. four days a week. Flexible about carpooling to a Metro or bus stop or even to the Frederick Marc train, whatever we could arrange. Call Donna at x4-6437.

**FOR SALE:** All brick 3-levels, 3 BRs, 1FB, townhouse, well located at the junction of Carroll Ave. and Piney B. Rd. Close to shopping & public trans. Mins. to Beltway and Takoma Metro, 2-year-old roof and CAC. Hardwood flr., Gas heat and cooking. Contact Denise x4-7137 or (301) 445-5208.

**FOR RENT:** Thanksgiving, Christmas or New Year's at the beach in a four BR house, 1 block from the beach in Corolla, NC. Sleeps 10. Located in a wild pony sanctuary. Sports club that has a fitness area, indoor swimming pool/jacuzzi, indoor tennis and walleyball. Championship golf course three miles away. Also two BR condo across from beach and on golf course on Seabrook Island, SC. Call Larry or Barbara at 843-768-6697 or email [foxl@erols.com](mailto:foxl@erols.com) for rates, info.

**FOR SALE:** 1985 30' Catalina sailboat, tall rig. New sails, includes spinnaker, autopilot, sleeps seven. Includes terrific slip w/view on bay, 20 minutes from D.C., paid through May 2005. Asking \$33,000. Call Dave or Debra at (703) 494-0565 or e-mail [daubeda@washpost.com](mailto:daubeda@washpost.com).

**FOR SALE:** Big bird cage, practically brand new. Paid \$300, will sell for \$200. Measurements are 32"x24"x60". Call Kareem at (240) 462-4653.

**FOR SALE:** Washington Post t-shirts, sweatshirts, caps, umbrellas, bags, mugs, books and more! Shop online at: [www.washingtonpost.com/store](http://www.washingtonpost.com/store). Enter POST in coupon code during checkout for 10% discount.

**MARKETPLACE DEADLINE:** Noon Fridays. Please include your name, extension and home phone number. Ads are for Post Employees only. Send ads to Shop Talk, 7th floor, or call x4-6803. To send ads via fax dial x4-4963; via e-mail send to [shoptalk](mailto:shoptalk). Ads run two issues unless otherwise requested. One ad per employee, please.