

# ShopTalk



March 31, 2005, Vol. 31 No. 11

Editor, Lisa O'Donnell Connors, x4-6803

## Health & Safety Fair Wednesday, April 6

All Post employees are invited to attend the Spring into Health & Safety Fair on Wednesday, April 6 from 11 a.m. to 5 p.m. at the Northwest Building's second floor multipurpose room and auditorium. The fair is being coordinated by the Northwest Health Center and Security Department. Please check

new in the field. I hope employees will take advantage of the free screenings and information to improve their health, as well as safety at work and home," said **Peggy Schiff**, vice president and controller.

More than 60 health care organizations, health professionals, and security and safety experts will be on hand to provide valuable information and free

goodies, as well as answer questions. In many cases, information will be provided in both English and Spanish. There will also be free refreshments and attendees will receive a raffle ticket to

be included in the prize drawings held every 30 minutes. The grand prize is a mountain bike. Employees will

have the opportunity to get a number of free health screenings such as blood pressure, body composition, cholesterol, vision testing, and osteoporosis, among several others. The screenings will take place in the multipurpose room. Tests that require privacy will be held in the meetings rooms adjacent to the auditorium. Live demonstrations will be taking place every 30 to 50 minutes on the stage in the auditorium ranging from funk aerobics to self-defense to yoga.



The Northwest Health Center staff is coordinating the health-related activities at the fair. The staff includes **Lydon Williams, Ellen Herdman, Lynn DuPois and Phyllis Waslo**.



Security Supervisor **Charles Pfefferle** is responsible for the safety-related part of the fair.

with your supervisor about attending the fair.

"Our goal is to provide employees with health and safety information, and to make them aware of what is

**There will be a bus shuttle from the College Park and Springfield production plants. The shuttle schedule will be posted at the plants.**

Employees are encouraged to wear comfortable shoes and participate in the demonstrations. Participants in the demonstrations will receive an extra raffle ticket for the prize drawings!

"This is a great opportunity to learn about what kind of information is available in the community and find out what kind of exercise is best for you," explains **Phyllis Waslo**, R.N., the Northwest Health Center's occupational

health manager.

The entrance to the fair is through the outer lobby of the Northwest Building on 15th Street. Participants will receive a goody bag, a small gift and a brochure with a

complete list of vendors. Employees will also be given a short survey to fill out to provide input on the Northwest Building fitness center scheduled to open later this year.

The Northwest Security Department has invited several local and national security

and safety experts to participate in the fair including the Department of Homeland Security and the National Center for Missing & Exploited Children. The list of exhibitors is on page 3.

“You can talk to these people and ask questions one-on-

one, it’s not just picking up brochures,” emphasizes **Charles Pfefferle**, security supervisor. “The fair should be fun and you’re going to get a lot of good information.” ■

# Byelines

**V**iolinist Sandra Wolf-Meei Cameron, a scholarship winner in The Post’s 2004 Music and Dance Scholarship Awards, is the recipient of the National Foundation for Advancement in the Arts Gold Award in music. The Poolesville High School senior earned a \$10,000 prize. According to a report in the

**P**at Nolan, a team leader in the Springfield Plant’s pressroom, was featured last month in Ken Perrotte’s Outdoors column in the *Fredericksburg Free Lance-Star*. Nolan has married his interests in hunting and woodworking to make a small business out of creating pens made out of deer antlers. A hunter since he was 16, Nolan makes the pens out of antlers that he has obtained, or will make the pens from antlers provided by a customer. Nolan became interested in woodworking from a neighbor two years ago. He began

making Adirondack chairs, as well as the pens, first as gifts for friends, then for paying customers. To view Nolan’s work, go online to [www.nolan-creations.com](http://www.nolan-creations.com). There is also a link to the *Fredericksburg Free Lance-Star* article.

Foreign correspondent **Rajiv Chandrasekaran** was the featured speaker at the Asian American Speakers Series lunch “Post Elections in Iraq: What’s Next” held last month at the Asia Society in



**Michael Fletcher (left) and Kevin Merida (right) moderated the political forum at Howard University.**

the District. The series features Americans of Asian origin speaking on topics of their choice.

Chandrasekaran was The Post’s Baghdad Bureau chief from April 2003 to October 2004, responsible for report-

The Post and Howard University presented a political literacy forum and expo “To Vote or Not to Vote? That is the Question!” at the university’s Armour J. Blackburn Center on March 9. The panel was moderated by The Post’s White House correspondent **Michael Fletcher** and Associate Editor **Kevin Merida**. The panelist included representatives from D.C. City Council, the Green Party, Howard University College Republicans and the NAACP, among others. The forum and expo were part of The Post and Howard University Partnership which began in 1982 and works to ensure that a pool of talented and diverse candidates are attracted to news and business positions in newspaper publishing. ■



**Rajiv Chandrasekaran was the featured speaker at the Asia Society.**

ing on the war in Iraq, as well as coordinating the bureau’s coverage. He has also covered the war in Afghanistan. He is currently on book leave to write about the U.S. occupation of Iraq.



Post award winner Sandra Wolf-Meei Cameron wins national award.

March 15 issue of *USA Today*, the foundation’s gold award winners are selected by a panel of experts for “extraordinary talent and promising professional potential.” A photo of her taken by Post photographer **Bill O’Leary** performing at last fall’s Music and Dance Scholarship Awards is featured in the Public Relations Department’s series of in-paper ads titled “To listen is to learn.”

PHOTO - BILL O'LEARY

PHOTO - DAVID JONES

PHOTO - DAVID JONES

# Health & Safety Fair Exhibitors

(List based on information available prior to ShopTalk publication.)

AARP

Jessica Ahlers (reflexology)



American Red Cross  
Bikram Yoga Dupont  
Dr. Paul Caffrey (chiropractic)  
Curves (fitness)  
D.C. Asthma Coalition

DC Impact (self defense)

Employee Assistance Program – Life Management

EPA, office of drinking water

Fairfax County Police Department

Susana Galle, PhD – Life Management

Anne Mascolino-Gi Gong (dance/exercise)

Greater Falls Church Chiropractic

Heater Meals

Home Safety Council

Mary Hurst (acupuncture)

Institute for Allergy and Asthma

Jazzercise

Dr. Joshua Katz (colorectal cancer)

Kathy King (dentistry)

Liz Kitzmiller (pilates)

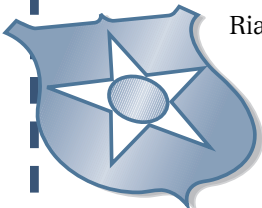
Lifeline (osteoporosis)

Lions Community Outreach Foundation (hearing and vision)

Jana Long (yoga)

Ria Manglapus (Tai Chi)

Maryland State Highway Safety Office



Mobile Osteoporosis Screening

Audrey Moore Rec Center, Fairfax County (fitness)

National Capital Lyme Disease Association

National Center for Missing & Exploited Children

National Integrated Health Association

National Kidney Foundation

Northwest Building Security Department

Orthopaedic Medicine & Surgery (back health)

Dr. Vikas Patel (dermatology)

Mary Kay Powers (diabetes)

Prevention of Blindness

ROA-US Freedom Walk (fitness)

Harold Sanco – Urban Funk Aerobics

Cindy Schelhorn (Alzheimers)

Kun Lun Shan Feng Shui Institute

Diane Shandor (acupuncture)

The Spectrum Center for Natural Medicine

Sally Squires – Lean Plate Club

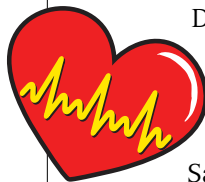
U.S. Coast Guard

USDA Food Nutrition Service

U.S. Postal Inspections Service

Catherine Varchaver, RD (nutrition)

Zinnia and Claudia Vess – Alexander Technique (movement)



Washington Area Bicycle Association

Washington, D.C. Emergency Management Agency

Washington, D.C. Fire and EMS

Washington, D.C. Police Department

Weight Watchers

**If you have old eyeglasses that you no longer wear, bring them to the Lions Community Outreach Foundation booth. The foundation will recycle and repair the eyeglasses to provide to people who can not afford eyeglasses in developing countries.**

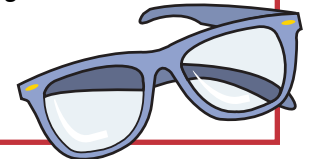


PHOTO PROVIDED BY CIRCULATION



**Rupert Jones** was honored for his 15-year safety record.

## Driver Safety Awards

The Circulation Department honored its drivers with safe driving records during the annual Drivers Safety Awards Banquet on March 13 at Martins Crosswinds in Greenbelt, Md. The following drivers were honored:

- 15-years – **James Johnson** and **Rupert Jones**
- 13-years – **Gregory Green**
- 12-years – **Duane Wright**
- 10-years – **Gregory Harrelson**
- Seven-years – **Darnell Wade**
- Six-years – **John Colbert**
- Five-years – **James Adams**, **Craig Hall**, **Wallace Wimbush**

- Four-years – **Newell Jackson**, **Francisco Calderon**, **Frank Douglass**, **James Clark**, **J.C. Etheredge**, **James Crudup**
- Three-years – **Joseph Harrison**
- Two-years – **Harry Andrews**, **James Robinson**, **Jeannette Williams**
- One-year – **Edward Fletcher**, **Gilbert White**, **Kelly Silver**

## Tickets for Eastern Choir

The award-winning Eastern High School Choir, with special guest the DC Boys Choir, is holding its annual benefit concert on Sunday, April 3 at 5 p.m. at the National Presbyterian Church, 4101 Nebraska Avenue, N.W., in the District. Tickets are \$20. There is free parking and the church is located near the Tenleytown Metro stop on the red line. All proceeds benefit the Choir's *Excellence Without Excuses* program. For more info and tickets, call (202) 293-7508.



The Eastern Choir performing on the steps of the Northwest Building in December.

## ISO Your News

ShopTalk needs your news! If you are a volunteer, or have an unusual/interesting activity you are involved in outside your hours at The Post, send an e-mail to [ShopTalk@washpost.com](mailto:ShopTalk@washpost.com) with a short summary and contact information. The information will be considered for inclusion in an upcoming issue of ShopTalk.

## PLI Graduates

Twenty-two area principals completed the 2004-2005 Vincent E. Reed Principals Leadership Institute (PLI) ear-

lier this month. The program's closing session was held on March 16 at the Northwest Building. Featured speakers included Tamara Copeland, president of Voices for America's Children; **Colby King**, The Post's deputy editorial editor; and Bob Peck, president of the Greater Washington Board of Trade. Founded in 1977 and named after The Post's former vice president of communications, the PLI provides principals with a year-long series of workshop designed to develop leadership and management skills.



Vice President of Communications **Ted Lutz** presents Rabbi **Hal Klugerman**, principal of M.J. Berman Hebrew Academy in Rockville, with a certificate of completion for the PLI.

# Marketplace

**ISO YARN AND NEEDLES:** Did you see today's (3/31) article in KidsPost about the student-knitters at the SEED School in Southeast Washington? Nearly a third of the charter school's 320 students meet before or after school, or at lunch, to knit and crochet scarves, sweaters and blankets for themselves, family and friends. They make their own needles from wooden dowels and they go through about \$100 a week in yarn. Donations are much appreciated. If you have any extra knitting needles or left-over skeins of yarn — even one is enough to make a scarf — Marylou Tousignant in KidsPost will forward them to SEED. Drop off any donations at KidsPost (on the 5th floor, in Style) or call Marylou at x4-4369.

**FOR RENT:** Six month sublet of furnished studio in Cleveland Park NW. Near Metro and shopping. NO pets. Available in mid April. \$850/mo util incl. Call Lyn (202) 262-7585.

**FOR RENT:** Cancun vacation at a Crown Royal Resort - Beach Palace, accommodations for two. Dates from Friday 5/20 through Friday 5/27 (dates could be flexible). This is an all-inclusive vacation, everything at the resort is covered, price is negotiable. Photos and information available online. If you are interested call Joe Supko at x6-1994 or at home (540) 659-5122.

**FOR SALE:** Vibrant figurative fine art and giclee prints that evoke power, passion and beauty. Go online to view at [www.tiffanyyanceyart.com](http://www.tiffanyyanceyart.com). Call Tiffany at x4-7025 or (240) 274-1969.

**FOR RENT:** Aruba vacation at the Paradise Beach Villas, July 2 - July 9, 2005, accommodation for 4 with ocean front view, \$600. If interested, contact John Graham at x6-2100 (nights) or (301) 675-9282.

**FOR SALE:** Leather furniture - tan loveseat in great condition only \$400; cream leather club chair in like-new condition for \$500; sage green armless chairs, pair in like-new condition only \$500. Photos available. Call Kim at x4-6434 or (202) 288-4243 (cell).

**FOR SALE:** White wooden bathroom vanity with gray Corian sink, white-and-gold-colored fixtures, fine working order, cosmetically good: \$50. Gold-colored bathroom light-over-sink, about three feet wide, with four clear, flower-shaped lamps: \$20. Brass fireplace hearth set, with glass doors and various implements; pretty nice: \$50. Wooden bi-fold closet doors, about three feet wide each: \$20. Hollow interior wooden door (about 30 inches wide): \$10. Two wooden louvered interior doors (about 24 inches wide): \$15 for both. Call Frank at x4-5158.

**FOR RENT:** \$2000/month. 1 BR - prime DC location w/fireplace, new kitchen+bath in Dupont Circle (West End). 2 blocks to Dupont Metro and restaurants, walking distance to Post, GW, World Bank, State Dept., LA Sports Club, Georgetown. Washer/dryer. Built-in bookshelves. Hardwood floors. 1-2 year lease starting July or August. Can be furnished or unfurnished. Call Dan at x4-6172, or (617) 470-5450.

**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.