

ShopTalk



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Editor, Lisa O'Donnell Connors, x4-6803

Safety Tips for Metro Riders

An estimated 378 Post employees regularly ride the Metro trains and buses to work, based on the number of MetroCheks and SmarTrip cards provided through the Human Resources Department. Many other employees also use Metro occasionally. To help prepare staff in the event of an attack similar to the bombings in London last month, the Security Department hosted a brown bag lunch on Metro safety and evacuation on July 27.

Security Manager **Chuck Cooke** hosted the hour-long presentation and discussion,



Security Manager **Chuck Cooke** discusses safety tips on riding the Metro during a brown bag lunch presentation on July 27 at the Northwest Building.

which included practical information on what to look for and what to do in the event of suspicious activity on a Metro train or bus. He also

provided insight from his training in Israel on suicide bombers while working for the Prince George's County Police Department.

Cooke urges Post employees who use Metro to go the Web site www.metroopendoors.com and familiarize themselves with safety and evacuation procedures. On the home page, scroll to "How To Travel" on the left side of the screen and look for the "safety" heading. The Security Desk on the first floor, L Street side of the Northwest Building (x4-7874) also has a supply of Metro safety publi-

cations and copies of the Metro Emergency Guide that was published in *Express* last summer. The Metro Emergency Guide can also be downloaded from the home page of the *Express* Web site at www.readexpress.com.

Here are some of the tips on Metro safety and evacuation provided by Cooke:

Be aware of your surroundings at all times.

Look for suspicious people or unusual activity, such as:

- unattended bags, packages, boxes, backpacks, etc.
- someone wearing inappropriate clothes for the season, i.e., long sleeves in summer, unusually baggy jacket.
- smoke or odd smells.
- someone acting nervous or sweating.
- someone carrying a sprayer bottle/aerosol canister.

What to do?

- If you see someone leave a package/bag, politely bring it to his or her attention.
- If you see someone acting



Being aware of suspicious people or unusual activity is important while riding Metro.

PHOTO — MICHAEL LUTZSKY

2005 MBA and Production Interns

This summer's four MBA interns and four Production Department interns are giving high marks to their 2005 Post internship experiences.

Cheryl Chang is working with **Divakar Mehta** on two projects at the Springfield Plant including a study of the palletizing and dispatch processes, and a redesign of the mailroom to increase efficiencies.

"I really enjoyed this internship because we had interesting and



This summer's MBA interns include Nick Grudin, Min Wei, Thao Tran and Pavani Reddy.

important projects," said Chang. "It actually fell right in my major, industrial and systems engineering, which was pretty cool because I saw a couple of my classes come to life by working at The Post."

Mehta added, "There is a major difference between textbook problems and real world problems. By getting the experience of this internship, I think I have gained a lot of insight into the real world problems faced by the industry today."

MBA intern **Pavani Reddy** has returned for a second summer in the Circulation Department. She is



The Production Department interns based at the Springfield Plant are (l-r) Divakar Mehta, Cheryl Chang and Brian Devens.

working on two projects assisting single copy sales, including ways to address recent trends among The Post's retail partners.

"My experience has helped me tailor my JD/MBA program and has convinced me that a long-term career at The Washington Post Company would be extremely fun and rewarding," she explained.

MBA INTERNS:

Nick Grudin

Advertising
Harvard University, John F. Kennedy School of Government

Pavani Reddy

Circulation
University of Virginia, Darden School of Business

Thao Tran

Advertising
Stanford University School of Business

Min Wei

Advertising
MIT, Sloan School of Management

PRODUCTION INTERNS:

Cheryl Chang

Mailroom/Springfield
Virginia Tech

Brian Devens

Maintenance/Springfield
Virginia Tech

Matthew Langevin

Mailroom/College Park
Virginia Tech

Divakar Mehta

Mailroom/Springfield
Virginia Tech ■

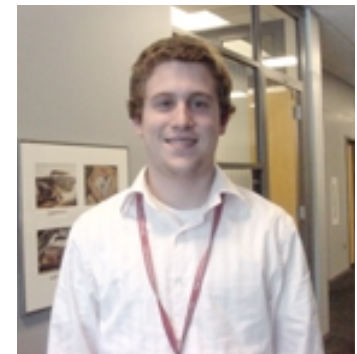


PHOTO - PARTI ALLUISE

Matthew Langevin has been an intern at the College Park Plant this summer.

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suspiciously, find an unattended package or witness anything unusual, *stay away from it* and tell the bus operator, train operator or station manager immediately.

On Metrorail:

- Locate the emergency intercoms at either end of the car.
- Use them to report suspicious people, unusual activity or unattended items to train operator.
- If instructed, follow the emergency procedures posted next to the center doors.
- If the train stops, listen for



Some of the publications available at the Security Desk on the first floor, L street side of the Northwest Building.

- the operator's instructions and follow them quickly and calmly.
- Don't block doors from closing.
 - Remember that a train can only move if all doors are closed.

On a station platform:

- Familiarize yourself with all the entrances to the station that you frequently use in case you ever have to take a different exit.
- Locate the emergency intercoms on specially marked pylons and use them to report suspicious people, unusual activity or unattended items to the station manager.
- Listen for station announcements and follow instructions quickly and calmly.

On Metrobus:

Follow the bus operator's instructions. Emergency exit procedures are listed on win-

dows, ceiling escape hatches and on doors.

Keep in mind:

- An emergency situation could create crowds much like we experience at special events like July 4th.
- Stay calm and orderly.
- Consider alternative ways to travel - always have a backup plan. ■

Metro Contact Information:

(202) 637 - 7000

Metro Transit Police

(to report emergencies):

(202) 962 - 2121

Web Site:

www.metroopensdoors.com

Second Quarter Advertising Award Winners

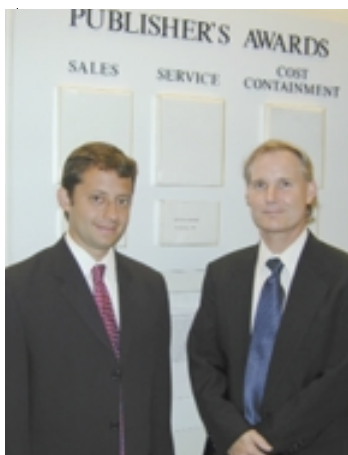
Katharine Weymouth, vice president of advertising, announced the second quarter of 2005 sales award winners on July 20. The list of winners provided by the Advertising Department is as follows:

Sales Achievement

- Ann Tran
- Andy Flank
- Judy Wise Olsen
- Todd Berman
- Rita Coopersmith
- Carlos Silva
- Anna Knapp
- John Richmond

Sales Excellence

- Larry Calvert
- Yasmine Gahed
- Dave Rosen
- Kim Faulkner
- Noelle Wainwright
- Clifford Feng
- Cassie Halstead
- Anna Knapp



Publisher Award winners Dan Levine and Kevin Conner. Not pictured is Judy Wise Olsen.

Second Quarter VP Club Winners

- Judy Wise Olsen
- Yasmine Gahed
- Eileen Murnane
- Kim Faulkner
- Elizabeth Nixon
- Wanda Frazer
- Clifford Feng
- Kevin Dammeyer
- Bud Humphries

- Pete McCormick
- Jennifer Hall
- Craig Cole
- Anne Tackaberry
- Terry Lando
- Ann Marie Ditchey
- Shirlevia Watson

Eagle Awards

- Tim Condon – Entertainment
- Kate Humphries – Real Estate
- Stuart McKeel – BDU Virginia Directories

Weekend Trip Winners

- Eileen Murnane
- Craig Cole

Publishers Awards

Sales

- Judy Wise Olsen (*Classified*)
- Dan Levine (*National*)

Service

- Kevin Conner (*Production*)

Marketing Award Winners



Vice President of Marketing Margaret Cromelin announced the second quarter Marketing Excellence Award winners on Friday, July 29. The winners are (l-r) Carla Taylor, Andrea Meendering and Keith Michel.

Kelly's Camp Campaign



PHOTO - TIMOTHY WILSON

John Kelly (in orange shirt) and his assistant **Julia Feldmeier** were among the many staff who supported a bake sale to raise money for Kelly's Send a Kid to Camp Campaign. In the foreground is **Jeff Baron**, Metro copy editor, who coordinated the fundraiser. The bake sale, held in the Newsroom on Wednesday, July 27, raised \$500.

Columnist **John Kelly's** 2005 Send a Kid to Camp Campaign raised \$500,587.50 to fund a week of summer camp at Camp Moss Hollow in Virginia for at-risk children. According to Kelly, more than 3,000 Post readers made

donations, including an anonymous donor who gave \$100,000.

The campaign is still accepting donations and Kelly will announce a revised amount this month in his Style section column "John Kelly's Washington." If you are interested in making a tax-deductible donation, here is what to do:

Make a check or money order payable to "Send a Kid to Camp" and mail it to Family and Child Services, P.O. Box 96237, Washington, D.C. 20090-6237. To contribute online, go to www.washingtonpost.com/johnkelly. Click on the icon "Make a Donation." To contribute by phone using a Mastercard or Visa, call x4-5100 and follow the instructions on the taped message. Donations are eligible for The Post's Matching Gifts Program.



PHOTO COURTESY OF WASHINGTON NATIONALS

Post Carriers Honored at Nationals Game

The Post's Carriers' Appreciation Day was held at the Nationals vs. Mets game at RFK Stadium on July 7. The Circulation Department hosted more than 4,000 carriers who enjoyed a fun afternoon of baseball, despite the Nats 3-2 loss. Home Delivery Director **Gregg Fernandes** and **Virginia Lacey**, The Post's 2004 Carrier of the Year, are pictured with the Nationals team mascot, Screech.



PHOTO - PETE MORSE

Morse and Mom Participate in 3-Day Walk

Carrie Morse, Public Relations, and her mother **Patty** participated in the Michigan Breast Cancer 3-Day walk on July 15-17. The 60-mile walk began in Rochester Hills and ended in Detroit. Morse raised more than \$3,000 to participate in the walk, which benefits the Susan G. Komen Foundation and the National Philanthropic Trust.

Marketplace

FOR RENT: One BR apt. in D.C., avail. Sept., on first floor of an 8-unit building. Features beautiful hardwood floors, a washer-dryer, central a/c, dishwasher and brightly-colored living room/dining room walls. Community outdoor pool and bike storage rooms (it's on the edge of Rock Creek Park near 16th St. and E/W Highway and lots of good bike trails). Walk to neighborhood shops, health club and more. Convenient to Metro and several different bus lines. Contact Sara: (202)486-4397/ sarageb@gmail.com.

FOR SALE: Doghouse, large-medium breed, sturdy plastic, excellent condition, disassembles easily, center skylight. Asking \$45. Call Danielle at (301) 839-3629.

FOR SALE: Lexmark Color Jetprinter Model Z715, brand new, never out of the box! Asking \$50. Prints up to 17 ppm in black, 10 ppm in color. Prints popular sizes of borderless photos from 3.5" x 5" to 8.5" x 11". Call Yvette at x6-1182 or (703) 731-5494.

ISO VAN POOL RIDERS: Professional VPSI commuter vanpool needs full-time and part-time riders for pickup and drop off between (Anne Arundel County) Severna Park Park-n-Ride and Crofton to/from D.C. with 7 a.m.- 4 p.m. TWP work schedule. Inexpensive and reliable transportation with experienced drivers. Limited seating and an excellent alternative to public transportation or commuting alone. Contact Dawn Salvand-Evans at x4-4499 or e-mail salvand@washpost.com.

FOR YOUR NEW BABY: A nicely-crafted wooden crib, barely used; a bassinet; a changing table; a portable crib (Eddie Bauer "pack n' play"); a sturdy high chair; an infant chair; a circular bouncer with dangling toys; a "Band Walker" musical toy for learning to walk; and an infant car seat—all for \$500/OBO. We would need you to cart these items away, but it will save you many trips to the store—and at a fraction of the original cost. E-Mail Paul at blusteinp@washpost.com, or call x4-6096 or (301) 896-0589.

FOR SALE: Metallic Silver 2000 BMW 323i w/ gray leather interior and wood trim. Only 42K miles, premium sound, premium package, 5 spd. manual, pristine condition, clean title, one owner. Price negotiable. Call Ryan at x 4-4531 or (703)-407-2086.

FOR RENT: Enjoy Vermont's spectacular fall foliage during the peak week of Oct. 14 - 21. Two BR condo in luxury resort, two BA, fully equipped kitchen, tennis, indoor pool and more. Available eight days and seven nights, \$1,130 including tax and cancellation fee. Call Doug at (540) 636-6712 or isabeaumarie@earthlink.net.

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. Ads run two issues unless otherwise requested. One ad per employee, please.