

ShopTalk



October 6, 2005, Vol. 31 No. 33

Editor, Lisa O'Donnell Connors, x4-6803

Health News You Can Use

This fall and winter you can become more fit, avoid holiday weight gain, and prevent a bout with the flu.

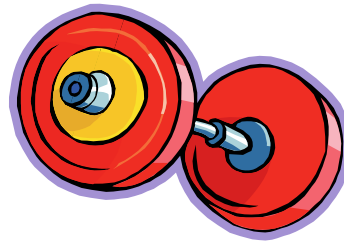
The Post's Health Centers and the Health section are providing a menu of opportunities to help keep employees healthy and (relatively) stress-free.

Fitness Month Programs

The Northwest Health Center

began its series of fitness month activities with a lunch time Hatha Yoga session that was scheduled for yesterday, Oct. 5. There are three more opportunities to "try out" a new fitness program, or take a break from your desk to

stretch a few muscles. The classes begin at 12:30 p.m. in the second floor auditorium and last approximately 40 minutes. Employees are



encouraged to wear comfortable clothing, bring water and a mat, if you have one. Please register for the classes by calling the Health Center at x4-7192.

Fitness Class Schedule:

Pilates – Wednesday, Oct. 12, with instructor Liz Kitzmiller

Urban Funk Aerobics – Friday, Oct. 21, with instructor Harold Sanco

Jazzercise – Friday, Oct. 28, with instructor Pretha Mitchell

Flu Shots

The Post's Health Centers are offering flu shots to Post employees and their immediate family members. The cost is \$20 per person and is payable by cash or check. Due to the overwhelming response in past years, you must have an appointment to receive a flu shot. Call the health centers to make an appointment – College Park at

x6-1181, Northwest at x4-7192, or Springfield at x6-2240.

Flu Shot Schedule:

Oct. 4: Springfield, 8 - 10 a.m.

Oct. 6: Springfield, 1 - 3 p.m.

Oct. 18: Northwest, 8 a.m. – 2 p.m.

Oct. 18: College Park, 8:30 – 9:30 p.m.

Oct. 25: Northwest, 4 – 8 p.m.

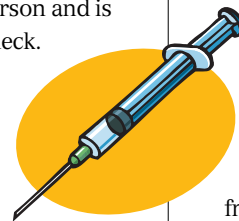
Nov. 3 – College Park, 11 a.m. – 12:30 p.m.

Employee Assistance Program

Have you been emotionally impacted by the recent hurricane disasters, or struggling with alcoholism in your family? The Post's Employee Assistance Program (EAP) is available for free confidential consultation and support on a wide-range of personal and job-related issues. For assistance call the EAP at (800) 765-0770.

Massage

Got a crick in your neck or a stress-induced headache? The Northwest Health Center offers seated massages on Wednesdays and Thursdays from noon to 3 p.m. A 15-minute massage is \$15 and a



Daryl Martin, IT/Springfield Plant and Springfield Health Center Nurse **Ann Griffin** in January after Martin successfully met the 2004 Lean Plate Club Holiday Challenge.

New Faces



Susan Garrett



Tamika Gittens



Joe Heim



Kimberly Hines



Steve Holmes



Tammy Johnson



Adam Kobus



Mildred Nicaragua



Larry Nista



Sai Pushpala



Anika Richburg



Noah Roberson



Katie Subach



Raheim Swann

SUSAN GARRETT, News, was hired in August as the budget administrator in News Administration. Prior to her new position, she was a medical malpractice insurance agent for Contemporary Insurance Services and director of finance for the Hebrew Academy of Greater Washington in Silver Spring. Garrett attended the College of Wooster in Ohio and Northern Virginia Community College. She is a CASA volunteer (court appointed special advocate) and enjoys spending time with her children.

TAMIKA GITTENS, News, recently became a nightside news aide. She came to The Post from the Council for Early Childhood Professional Recognition where she was a finance associate. She has also held editorial internships at *BET.com* and *All You* magazine. Gittens earned a BA in print journalism from Howard University. Her interests include writing and traveling.

JOE HEIM, News, joined the Sunday Source as assistant editor in August. He was most recently the music editor for Washingtonpost.Newsweek Interactive's Entertainment Guide for five years. He has also written several articles for *Style*, *Book World* and *Travel*. In addition, Heim has worked for *Education Daily* and the *Seattle Times*. He earned a BA in English from Villanova University and received his masters in journalism from the University of California at Berkeley's Graduate School of Journalism.

KIMBERLY HINES, Marketing, was hired in July for the position of consumer research analyst. She was previously a

research coordinator for Michael Fox International in Owings Mills, Md. and a senior account executive for StrategyOne. Hines holds a BA in psychology from the University of Maryland.

STEVE HOLMES, News, was recently named deputy national editor. He came to The Post from the *New York Times*, where he had been a reporter and editor for almost 16 years and was most recently the deputy education editor. Holmes was part of the *Times* staff that won a 2001 Pulitzer Prize for the series "How Race is Lived in America." He has also worked for *Time* magazine, the *Atlanta Constitution*, U.P.I. and the

Herald Statesman in Yonkers, N.Y. Holmes attended City College of New York.

TAMMY JOHNSON, Administration, was hired in July as a security guard based at the Northwest Building. She had been a security guard for Guardsmark at The Post for six years. Her interests include writing, poetry and photography.

ADAM KOBUS, Advertising, came to The Post in July and is a telephone service representative for Classified. Previously he held internships at Elisco Advertising and Great American Federal Bank, both in Pittsburgh. He earned a BS in marketing from Indiana University of Pennsylvania.

MILDRED NICARAGUA, Writers Group, was named production administrator in July. Prior to joining the newspaper, she was a grant writer for the National Hispana Leadership Institute. Nicaragua holds an MPA from the Uni-



Anthony Sylvain



Therease Taylor



Lauren Wiseman

versity of Baltimore and a BA in English from Towson University. In her spare time she enjoys traveling and learning the Chinese language.

LARRY NISTA, News, is the new assistant art director for graphics in News Art. He had been the graphics director for the *Orange County Register* in California, where he had also held the positions of sports design editor and copy editor. He has also worked for the *Torrance Daily Breeze*. Nista holds a BA in journalism from California State University, Fullerton.

SAI PUSHPALA, IT, joined the paper in late August in the position of developer. He was previously a software developer for Telecommunications Systems (TCS). Pushpala earned a bachelors degree in commerce from the University of Madras in India. His interests include racquetball, badminton and cycling.

ANIKA RICHBURG, Advertising, was hired as a service representative in July. She had been a substitute teacher with Lipton Corp. Childcare in Florham Park, N.J. She has also interned at Virgin Mobile in New Jersey and the Naval Historical Center in D.C. Richburg holds a BA in communication from Fairleigh Dickinson University in Madison, N.J. She enjoys spending time with her family and traveling.

NOAH ROBERSON, Advertising, recently joined The Post as a telephone service representative. He was previously a program services associate and motivational speaker with College Summit. Roberson was a 2001

summer intern for the Accounting Department and is a graduate of Eastern High School.

LOIS SEGEL, Advertising, was named to the position of international advertising manager for the Africa and Asia territory, based in New York. She was most recently the advertising director for *Archeology* magazine. She has also been a media marketing consultant and prior to that was the fashion advertising sales manager for *People* magazine. She is a graduate of the University of Pennsylvania with a BA in political science. (Photo not available.)

KATIE SUBACH, Advertising, is a new service representative. Before coming to The Post, she was a marketing and promotions assistant for Miller Brewing Company and Anheuser Busch, Inc. She has also held public relations internships with the Philadelphia Eagles and NovaCare Rehabilitation. Subach earned a BA in journalism from Penn State University.

ANTHONY SYLVAIN, Production, joined the College Park Plant in August as the maintenance manager. He came to The Post after 20 years in the U.S. Air Force as an aircraft maintenance manager, most recently as a chief of maintenance operations at Andrews Air Force Base. He has also worked for General Dynamics Corporation as a construction coordinator. Sylvain holds an MS in management from Troy State University and a BS in mechanical engineering from Wright State University.

RAHEIM SWANN, Advertising, is a new inside sales representative for the Jobs unit. He was previously an area sales manager for Hecht's. He has 13 years of sales experience in the automotive industry for companies including Toyota, Honda and Lexus. Swann attended Loyola Marymount University and his interests include reading and listening to jazz.

THEREASE TAYLOR, Accounting, joined the paper as a telecharge specialist in July. Previously, she was a telephone sales representative for Verizon. Her interests include shopping and attending church functions.

KENNETH TRICE, Advertising, is a new inside/outside sales representative for the jobs unit. He came to The Post from One Source Imaging Solutions, Inc. where he was a sales representative. Trice earned a BS in business economics from Florida A&M University. He enjoys basketball, golf and home improvement projects. (Photo not available.)

LAUREN WISEMAN, News, joined the Annapolis Bureau in August as an editorial aide. She had been a freelance Web copywriter. Wiseman has also worked for *W* magazine, *Women's Wear Daily* and the *Baltimore Sun*. She earned an MA in journalism from New York University and a BA in organization behavior from the University of Michigan. Her interests include skiing, music and photography. ■

CONTINUED FROM PAGE 1

20-minute massage is \$20. Call the Health Center for an appointment at x4-7192.

Weight Watchers Classes

Several employees have expressed interest in participating in a Weight Watchers® class at the Northwest Building. A minimum of 18 employees are needed to form a class. If you are interested in Weight Watchers, call the Northwest Health Center for more information at x4-7192.



Lean Plate Club Holiday Challenge

Before you take a bite of the Halloween candy stashed in your desk, make a note that Lean Plate Club columnist **Sally Squires** will kickoff the 2005 Holiday Challenge on Tuesday, Nov. 22. Look for details next month in the Health Section and in ShopTalk. The goal of the challenge is to maintain your weight and avoid weight gain through the holiday season that begins with Thanksgiving. ■

Bradlee Addresses Ad Club

Ben Bradlee was the featured speaker at the Advertising Club of Metropolitan Washington reception and program that was sponsored by The Post and the *Washington Business Journal* on Tuesday, Sept. 27. Make Up Manager **Ron Sweeney**, president of the Advertising Club, coordinated the event which was an opportunity for local advertising professionals to network with business leaders.



Ron Sweeney, Advertising, with Vice President at Large **Ben Bradlee** and **Ken Umanski**, managing director of *Arnold Worldwide*, at the Advertising Club of Washington, D.C. reception at The Post.

New Security Brochures

The Northwest Security Department has published three new brochures which can be picked up at racks on



the second, sixth and seventh floors and in the main lobby.

The free brochures provide important guidelines and safety tips, including:

Fire Safety Procedures

How Safe is Your Mail?

City-Wide Emergencies

The brochures can also be found on the Security Department home page on *Intranet*.



Tim Russert (left) presents the Charging Buffalo award to The Post's Tom Toles (right) last week.

PHOTO - DUGALD GILLIES

Toles Is Honored

The Post's Editorial Cartoonist **Tom Toles** was honored by the New York State Society on Wednesday, Sept. 28 for his "distinguished career bringing great credit to himself, the city of Buffalo, Western New York and the Nation." **Tim Russert**, managing editor and moderator for "Meet The Press" presented his fellow Buffalo native with the Charging Buffalo award during the Society's annual Buffalo Nite held at the Dirksen Senate Office Building. Prior to coming to The Post in 2002, Toles worked at the *Buffalo News*, where he received the

1990 Pulitzer Prize for his editorial cartoons. He also worked for the *Buffalo Courier Express*.

CORRECTION

James McKinley, who was mentioned in the ShopTalk story on Hurricane Katrina in the Sept. 22 issue, was misidentified as an inserter at the Springfield Plant. He is a foreman at the plant.

Marketplace

FOR SALE: Kitchen table, smoke grey glass table with glass base and four high back chairs. \$350/OBO. Also, Queen Anne arch back sofa and chair, blue pin stripes on sofa. Solid beige chair. \$300/OBO. All in good condition. Light color wrought iron end tables and coffee table \$175. Pictures available. Call April at x4-7997.

ISO CARPOOL RIDER: Depart from Braddock Road and Stonehaven Drive (Burke/Annandale area) at 8:05 a.m. Leave Northwest Building at 5:30 p.m. Share driving and parking expenses. Call John at x4-4291.

FOR SALE: 2002 Toyota Tundra truck, like new, five-speed power window, four wheel drive, 98k miles, black, am/fm cassette, CD, and more. \$9,000/OBO. Call Theresa at x4-4732 or (301) 520-1844.

FOR SALE: Timeshare - Eagle Trace at Killy Court units at Massanutten Resort in Harrisonburg, Va., located in two three-story hotel style buildings. Units have two BRs each sleeping six comfortably. Unit includes two BA, kitchen, fireplace and deck. Great for skiing, snowboarding, hiking, or relaxing. Will sell for balance on original note (as of Aug. 30 was \$4,500). Visit www.massresort.com to look at the accommodations and resort amenities. Call Ed at x4-9279 or (703) 646-5039.

FOR SALE: 1991 Toyota Camry LE Sedan w/189K miles. 2.5L V6 EFI. Fair condition. Only two owners. AC, power locks, power windows, cruise control. Stereo does not work. Kelly blue book valued at \$3,200 retail; asking \$1,500 OBO. Call Jill at x4-5299 or 410-451-5926.

FOR SALE: Contemporary off white leather sectional sofa. Purchased from Townhouse Leather. Great condition. Purchased for \$2,000, will sell for \$1,200/OBO. Beautiful beige marble dining table with four beige leather dining chairs. Purchased from Marble Works. Purchased for \$1,800, will sell for \$1,000/OBO. Two custom upholstered beige dining stools. Purchased from Ethan Allen. Paid \$200 each, will sell \$200 for both. Kids colorful bunk bed set (red and blue) with built in desk, drawers and shelves. Two years old. Paid \$900, will sell for \$600/OBO. I have photos available, please call Crystal at x4-5720 or davisc@washpost.com.

FOR SALE: Wool rug, teal, unpatterned. Bound on four sides. High quality, excellent condition, 9' x15', \$150. Pick-up on Capitol Hill. Sample is at my desk in Northwest Building. Call Mary at x4-7547 or home (202) 543-0318.

FOR SALE: 2000 BMW Z3, 2.5 engine, black w/black leather interior, 45k miles, fully loaded, \$21,000/OBO. Call Solomon at (240) 350-9256.

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.

PHOTO PROVIDED BY RON SWEENEY