

ShopTalk



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Editor, Lisa O'Donnell Connors, x4-6803

The Holiday Challenge Returns!

Step away from the kids' Halloween candy and wipe out those visions of sugarplums dancing in your head.

It's time to start planning and preparing to get through the holiday eating frenzy without gaining weight. Health columnist **Sally Squires'** Lean Plate Club Holiday Challenge is returning for a fifth year next Tuesday, Nov. 22 in the Health Section. The weekly column will provide information, tips and support to help readers and Post employees ring in the New Year at the same weight they were when they sat down to Thanksgiving dinner (before the stuffing!).

According to Squires, a study by the National Institutes of Health found that people at a healthy weight added about a pound during the holiday season, while a majority of those who were considered obese gained about five pounds. Unfortunately, those extra pounds didn't come off in the

spring. "They could easily pile on an additional 25 pounds in just five years," she noted.

Under the heading of "practicing what we preach," last year 311 Post employees joined readers in the challenge to maintain their weight during the holidays. Again this year, ShopTalk is partnering with cafeteria vendor Brock & Company, and The Post's Health Centers at the Northwest Building and College Park and Springfield



Make friends with the scales at the Health Centers. And, yes the scales are accurate.

plants to support employees' efforts to successfully meet the Holiday Challenge.

A change in this year's challenge is that there will not be an interdepartmental competition. Instead, the names of all employees who successfully meet the challenge will be entered in a random drawing scheduled for Jan. 11 to win one of five sets of four tickets, including:

- Tuesdays with Morrie* at the Warner Theatre (Jan. 28)
- The Caps at MCI Center (Jan. 29)
- The Wizards at MCI Center (Jan. 31)
- The National Symphony Orchestra at the Kennedy Center (Feb. 11)
- Don Juan* at the Shakespeare Theatre (March 4)

Your Guide to the Holiday Challenge

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 beginning tomorrow, Friday, Nov. 18 through Wednesday, Nov. 30. Tell the nurse on duty that you want to weigh-in for the holiday challenge and your weight will be recorded. Also let the nurse know if you do not want to be included in the raffle drawing for prizes that will be held at the end of the challenge. The weight information recorded at the Health Center is confidential and will not be shared with anyone outside the Health Center. Everyone who weighs-in will

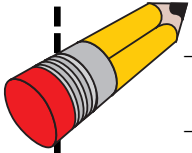
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Your Feedback is Requested

ShopTalk is your weekly employee newsletter and the Public Relations Department is interested in finding out what content and information most appeals to you. Please take a few minutes to fill out the short survey below and return to ShopTalk by Wednesday, Nov. 30 via interoffice mail, fax to x4-4963, or mail to ShopTalk, c/o the Public Relations Department, 1150 15th Street, NW, Washington, D.C. 20071.

2005 is quickly coming to an end and your feedback will be considered in determining coverage in 2006. If you have any questions about ShopTalk and its content, please contact **Lisa Connors**, ShopTalk editor, at x4-6803 or send an e-mail to *ShopTalk@washpost.com*.

What ShopTalk article or issue this year did you think was the most helpful or interesting? *(please explain)*



What types of stories or information would you like to see more of? *(please explain)*

Please note in order of importance, beginning with #1, the stories/information that you enjoy the most, or find the most helpful as a Post employee.

- | | |
|--|--|
| <input type="checkbox"/> New Faces and Promotions & Transitions | <input type="checkbox"/> Health and fitness-related stories and information |
| <input type="checkbox"/> Profiles on departments | <input type="checkbox"/> Post involvement in the community, such as the National Race for the Cure |
| <input type="checkbox"/> "Behind the scenes" stories on news coverage (elections, Hurricane Katrina, etc.) | <input type="checkbox"/> Information on the newspaper, such as the recent "The Making of The Washington Post." |
| <input type="checkbox"/> Employee Awards | <input type="checkbox"/> Other <i>(please note)</i> |
| <input type="checkbox"/> Contests | <hr/> |
| <input type="checkbox"/> Profiles on employees' volunteer activities | <hr/> |
| <input type="checkbox"/> Staff retirements, showers and other notable celebrations | <hr/> |
| <input type="checkbox"/> Marketplace ads | <hr/> |
| <input type="checkbox"/> Information from Human Resources, OD&T and Accounting | <hr/> |

Your Department: _____

Thank you for your feedback!



receive a Holiday Challenge magnet to post on your refrigerator as a reminder of your goal.

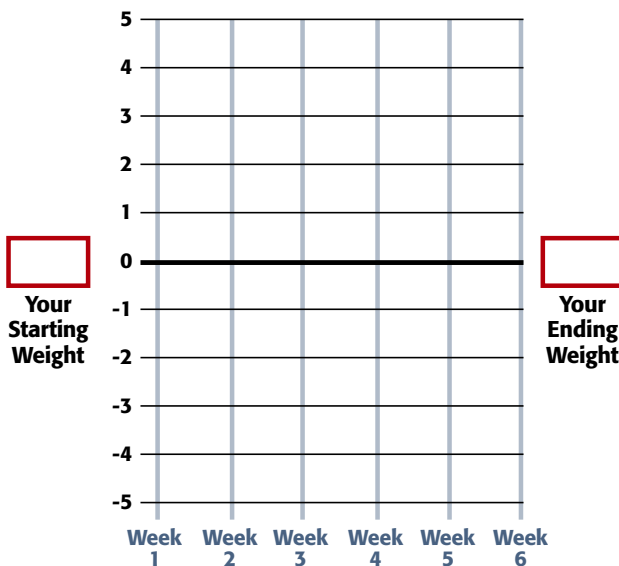
Participants are encouraged to track their weight every week, or if you want, every day. Squires reported during the 2001 Holiday Challenge that according to the National Weight Registry, people who regularly monitor their weight by getting on a scale are the most successful at long-term maintenance.

Exercise is an important component of maintaining your weight during the holidays. The new employee wellness program, Walk for a BetterLife, can help you achieve your goal of adding exercise to your daily activities or improving your current fitness level. The goal of the program is to work up to walking 10,000 steps a day or more. To get you moving, the program provides a free pedometer and walking chart - just call 1-888-355-5986.

To help you monitor your weight and exercise routine, the Health Centers will distribute weight maintenance charts and exercise activity logs to Holiday Challenge

Weight Maintenance Record

Weight Change By Week (lbs.)



participants when they weigh-in.

Resources:

- For support and information during the Holiday Challenge, look for Sally Squires' Lean Plate column every Tuesday in the Health Section. (Note: Health will not be published on Dec. 27.)
- You can also participate in Squires' online chats on washingtonpost.com Tuesdays at 1 p.m.
- To receive the free online Lean Plate Club e-newsletter, go to

washingtonpost.com/lean-plateclub look for the "e-mail newsletter" heading and click on "sign up now."

Delivered each week to your e-mail inbox, the e-newsletter includes recipes, exercise ideas and dietary information.

- The Health Center staff are great resources for information and advice. Call them at:
 - Northwest Health Center x4-7192
 - College Park Health Center x6-1181
 - Springfield Health Center x6-2240
- Ask family members, co-workers and friends to take the Holiday Challenge with you. It is easier than doing it alone!

Eat Lean and Win an iPod:

To help you during lunch, Brock & Company will again be featuring Lean Plate Club selections, Monday through Friday, at the cafeterias at the Northwest Building and College Park and Springfield plants. Look for the Lean Plate selection posted in the

cafeterias. Post employees will receive a ticket for each Lean Plate Club selection they purchase from Nov. 22 to Jan. 2. The tickets will be included in a random drawing held at each location on Thursday, Jan. 5. The winning ticket at each location will win an iPod from Brock & Company. Then you can exercise while you listen to your iPod tunes!

Measure Your Success:

The most important step you take during the Holiday Challenge is on the scale to weigh-out at the Health Center where you weighed-in.

Weigh-out dates are Jan. 3 through Jan. 10. Remember, the goal is to maintain your weigh-in weight.

Tell Us About Your Success!

If you successfully met the Holiday Challenge in years past and would like to share your tips and advice with your Post colleagues, send an e-mail to ShopTalk@washpost.com, or call **Lisa Connors** at x4-6803.

Look for a results story on how well employees met the Holiday Challenge in ShopTalk in January. ■

Lean Plate Club Holiday Challenge

Activity Log: Week # _____

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

Your to do list:

- Weigh-in at a Washington Post Health Center - Nov. 18 to 30
- Read Sally Squires' Lean Plate Club column every Tuesday in Health.
- Watch what you eat during the holidays and exercise!
- Weigh-out at a Washington Post Health Center - Jan. 3 to 10



PHOTO - KELLI NEPTUNE

Marathon V.P.

Sixteen-month-old Devin Neptune admires the medal his father, **Lionel Neptune**, vice president of affiliates, received for completing the New York City Marathon on Sunday, Nov. 6. This was Neptune's third marathon. He ran the Marine Corps Marathon in 1998 and 2000.

Cookie & Book Sale is Dec. 7

The Newsroom's annual Cookie and Book Sale is scheduled for Wednesday, Dec. 7, 1 to 4 p.m. in the Northwest Building's auditorium on the second floor. Proceeds from the sale benefit the N Street Village, a complex of

living quarters and programs for homeless women located in the District. The cash and carry sale will include baked goods, and a large selection of books, CDs, toys and other items from Book World, Financial, Food, Home, KidsPost, Sports, Style, Sunday Source, Travel and Weekend.

Kelly's Campaign Returns

Columnist **John Kelly** will kickoff his annual campaign to raise funds for Children's Hospital on Monday, Nov. 28. The campaign, which has been supported by The Post and its readers for more than 50 years, raised more than \$600,000 last year. All the money contributed through

the campaign is used to pay the hospital bills of families who otherwise would not be able to afford the level of care and services provided by Children's Hospital. Post employees have always been a big part of the effort and are invited to participate in this year's campaign. Look for details about the campaign in the John Kelly's Washington column in the Style section beginning Nov. 28 until the campaign ends on Jan. 20.

Donations to Children's Hospital are eligible for The Post's Matching Gifts program. Matching Gifts forms can be found on the *Intranet* home page, under online forms, or call **Tito Tolentino**, Public Relations, at x4-6835.



Columnist **John Kelly** and Post mascot **Ned the Newshound** during an interview last year at a salon-a-thon event that benefited Kelly's annual Children's Hospital Campaign.

An Invitation to the Eugene Meyer Awards

All Post employees are invited to attend the 2005 Eugene Meyer Awards and reception on Monday, Dec. 5 from 5 to 8 p.m. in the Northwest Building's auditorium and multi-purpose room. Honor your colleagues who have received the prestigious award and spend a fun evening with your friends at The Post. Look for news on this year's awardees in the Dec. 1 issue of ShopTalk. If you plan to attend, please RSVP to the Public Relations Department at x4-7969.

No ShopTalk Next Week

Please note that ShopTalk will not be published next week, Thursday, Nov. 24 due to the Thanksgiving holiday. The deadline for Marketplace ads for the next issue of ShopTalk (distributed on Thursday, Dec. 1) is Wednesday, Nov. 23 at noon. If you have any questions, please contact **Lisa Connors** at x4-6803.

Marketplace

FOR SALE: 2003 Honda Accord LX, 34k miles, all maintenance done, new brake pads/rotors, silver metallic paint. \$15,000. Call Gina at (703) 447-7667 or e-mail lvaldes@aol.com.

ISO: Experienced sewing person to make four very simple lined drapery panels. Call Pam at x4-7889 (5 p.m. - midnight) or at (703) 941-2371 during the day.

OLD CELL PHONES: Empty out your drawers...I am collecting old cell phones, any condition. The Knights of Columbus gives them to an organization that distributes them to battered women to use 911 in case of emergencies. Please e-mail John M. White at whitejm@washpost.com or call x4-5138.

DONATE BABY CLOTHES: Proud aunt of one-month-old girl twins, is looking for your used baby clothes and equipment. Call Tammy at (202)396-0960 or by e-mail at johnsontt@washpost.com. Will arrange pick-ups.

ISO BAKERS: To bake or bring something yummy for the annual Cookie and Book Sale. All proceeds benefit the N Street Village (see Postscripts). All bakers are welcome, novice or experienced. Feel free to buy goodies to donate to the sale. The sale is Wednesday, Dec. 7 from 1 to 4 p.m. in the Northwest Building's auditorium on the second floor. Contact Aimee at x4-6748 or e-mail sandersa@washpost.com for more info.

CONDO FOR SALE: 1BR, 1BA in one of Washington's best condo communities, McLean Gardens, 3941 Langley Court, NW, C579. Sun drenched condo, gleaming hardwood floors in the living and dining rooms. Beautifully renovated bathroom with ceramic tile, pedestal sink, fixtures and custom window treatment. New Plantation shutters in spacious living room and separate dining room. Slate floor and updated dishwasher in the kitchen. Designer light fixtures throughout. Large washer/dryer. \$379,900. Contact Traci (202) 363-7785 or ballta@washpost.com, x4-5383.

FOR SALE: Wrought iron dining room set w/ 4 chairs and beveled glass top (no cracks or chips). Cushion tops are upholstered, painted dark beige; checkered cushion covers match with warm shades. Asking \$150/OBO. Originally purchased from Pier 1. Please call Tuesday Bell at x4-4726 for a picture or if you have any questions.

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.