

ShopTalk

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Editor, Lisa O'Donnell Connors, x4-6803

Post Staff Meet the Challenge

At the end of November, 208 staff at The Post took the Lean Plate Club Holiday Challenge and (bravely!) stepped on the scales at the Health Centers at the Northwest Building, College Park and Springfield plants. The goal – to maintain their weight during the annual holiday food fest from Thanksgiving to New Year's Day.

It was the third year that Post staff participated in the five-year-old challenge that runs in **Sally Squires'** Lean Plate Club column in

Tuesday's Health section. Just a few days after New Year's celebrations, most of the participants weighed out at the Health Centers to find out if they were successful. The result is that 143 staff met the challenge and, by watching what they ate, actually lost a total of 373 pounds!

According to Squires, the number of readers participating in the Holiday Challenge continues to grow. "A lot of the feedback I got this year was that for many people the challenge took off the pressure of trying to lose weight over the holidays," she explained. "By just maintaining their weight, instead of trying to lose, meant that they could enjoy the holidays more and made it less stressful."

The breakdown of results by Health Center:

College Park:

39 participants
23 met the challenge
53 pounds lost

Northwest:

99 participants
72 met the challenge
153 pounds lost



Yvette Griffin, occupational health manager at the College Park Plant with **Ron Murphy**, Pressroom team leader, who successfully met the 2005 Holiday Challenge.

PHOTO - PATTI ALUISE

New ShopTalk Newsracks

The latest issue of ShopTalk can now be found at a convenient corner, hallway or cafeteria near you. The Public Relations Department installed the newsracks last month throughout the Northwest Building and they have also been sent to both production plants. If you have any questions or comments regarding ShopTalk, please contact **Lisa Connors** at x4-6803.



Springfield:

70 participants
48 met the challenge
167 pounds lost

One of this year's Holiday Challenge success stories was Food Editor **Judy Havemann**, who despite having a job that is all about food, found a way to maintain her weight during the holidays.

"I did it even in the midst of tasting 30 different cookie recipes and sampling the chocolate bombe that **Tom Wilkinson** tested for the Food Section," she said. "So, how did I do it? The answer is vacation: two three-day weekends in a row took

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Fourth Quarter Award Winners



PHOTO - SYLVIA MITCHELL

The award-winning BDU team members include (l-r, front row) **Monica Concepcion, Tamara Gonzalez, Brenda Marshall, Freddie Woodland, Wendy Dade, Jamie Richardson, Shannel McConnell, Kadine Fynn,** (l-r, back row) **Carisa Benton, John Austin, Derrick Williams, and Omar Torrance.**

The Advertising Department held the 2005 year-end and fourth quarter awards at the Northwest Building on Jan. 19. The BDU service team was named the 2005 Team of

the Year and the following staff were recognized for being adjustment free for 2005:

**Justen Baskerville
Gavin Brooms
Kadine Fynn
Keva Jenkins
Audrey Washington**

The recipients of the Fourth Quarter Customer Service Excellence Award are:

**Justen Baskerville
Ayana Wong Wing
Lauren Best
Keva Jenkins
Kenny Sanderfur
Percy Covington,**
Supervisor

PHOTO - SYLVIA MITCHELL



The 2005 fourth quarter Customer Service Excellence winners are (l-r) **Justen Baskerville, Lauren Best, Percy Covington, Keva Jenkins, Kenny Sanderfur.** Not pictured is **Ayana Wong Wing.**

On Friday, Jan. 27, **Margaret Cromelin**, vice president of marketing, announced the winners of the Marketing Department's 2005 fourth quarter Marketing Excellence Awards. Recognized for their outstanding work were **Julie Davidson, Linda Haskins-Wrenn, Nick Findlay, Madonna Rabatin, Keith Michel, and Gary Palmatier.**



PHOTO - MIKE SHENK

Marketing award winners **Nick Findlay, Julie Davidson, Linda Haskins-Wrenn, Gary Palmatier, and Madonna Rabatin.** Not pictured is **Keith Michel.**

February OD&T Classes

The Organizational Development & Training Department is offering the following list of classes in February to assist employees with professional development, skill enhancement and career paths. To register for a class or for more information, contact **Vonda Coulbourn** at x4-5435.

Effective Presentation Skills

**Tuesday, Feb. 7,
9 a.m. - 5 p.m.**

This program builds self confidence for those who train or speak in front of groups, large or small. Participants explore the fundamental principles of presentation, group facilitation,

creating an interactive environment, and methods for managing presentation challenges.

Strategic Decision Making

**Wednesday, Feb. 8,
9 a.m. - 5 p.m.**

This program broadens managers' perspectives regarding one of the most common actions of people in leadership roles: decision-making. Participants are challenged to think about the actual process of making decisions, and how to use a process that results in higher quality decisions consistently.

Newly Hired and Recently Promoted Managers Orientation

**Wednesday, Feb. 15,
8:30 a.m. - 5 p.m.;**

**Thursday, Feb. 16,
9 a.m. - 2:30 p.m., and**

**Friday, Feb. 17,
midnight - 7 a.m.**

This three-day program provides an in-depth orientation for newly hired managers or those recently promoted into a managerial role. Participants learn from department leaders throughout the company. This program culminates with a late evening/early morning tour of the produc-

tion plant, where participants experience the process of engraving, producing and distributing the newspaper.

Microsoft Office

**Tuesday, Feb. 21,
9 a.m. - 5 p.m.**

This program provides exposure to the MS Office Suite: Word, Excel, Access, PowerPoint, and Outlook. Effective for beginners who want to learn more, this program is also beneficial for intermediate users who want to sharpen their skills and learn some of MS Office's more powerful functions. ■

away all my excuses for not going to the gym or getting any exercise. Not a pretty story, but true."

The names of everyone who met the challenge were included in a random drawing for prizes. The following staff were winners of a four-pack of tickets:

Chris Branin, Circulation:
Caps hockey

Chuck Cooke, Security:
Don Juan at the Shakespeare Theatre

JoAnn Goslin, News:
Wizards basketball

Harriette Johnson, Administration: National Symphony Orchestra at Kennedy Center

Ron Murphy, College Park:
Tuesdays With Morrie at Warner Theatre.

Post cafeteria vendors Brock & Company supported the challenge with a daily Lean Plate selection at the three cafeterias.

Employees were given a ticket whenever they purchased a Lean Plate dish. At the conclusion of the Holiday Challenge, each of the cafeterias held a drawing of the tickets and awarded an iPod Shuffle to the following:

College Park:
Ian Williams

Springfield:
Honey Mobley

Northwest:
Judy Gillies*

Employees interested in maintaining their healthy Holiday Challenge habits can sign up for a free e-mail newsletter from the Lean Plate Club. Go online to www.washingtonpost.com/lean-plateclub. Keep an eye out for the Lean Plate Club Family Challenge planned for this spring!

Here are also some "take-home" messages that Squires included in her Holiday Challenge kickoff column in November that are helpful for maintaining weigh year-round:

"Eat breakfast. Studies show that when you skip the first meal of the day, you're more likely to boost your appetite and overeat later. Plus, there's good evidence to suggest that eating breakfast helps boost your brainpower. And breakfast is the meal that most members of the National Weight Control Registry — a group of some 3,000 successful weight losers — don't skip.

Make time for activity. Go for a walk daily, even if it's just for 10 minutes. Not only does it help burn calories, but it helps alleviate stress. And if bad weather keeps you indoors, just put on some music and dance. Everybody can get into the act.

Plate it. This is a trick of the trade used by chefs tempted to eat their way through the workday. Get a small plate. Fill it with healthy foods. Some possibilities: olives, baby carrots, hummus, slices of sweet red pepper, whole-grain crackers, thin slices of smoked fish or low-fat cheese. Make it food that you like. Eat only from this plate while cooking or doing kitchen duties. When it's gone, well, it's gone.

Indulge in a first course. In fact, have a second course, too. Lawrence Appel, a professor of medicine at Johns Hopkins School of Medicine in Baltimore advises to first "pile your plate high with vegetables." They're filled with flavor and fiber and are low in calories. Make your second course soup, preferably a broth rather than high-calorie, cream-based varieties. Both courses will help fill you with fewer calories."

** No one came forward with the winning ticket from the Northwest Building's iPod raffle, so the name was drawn from the list of staff who met the challenge.*

NOTE: Many thanks to the Health Center staff who cajoled many less-than-enthusiastic staff to get on the scales and take the challenge, tracked the information, and then cajoled again for participants to get weighed-out. Kudos to **Ann Griffin, Yvette Griffin, Phyllis Waslo** and **Lyndon Williams**. Special thanks also to **Mark Torrence** from Brock & Company. ■



Post Honored by D.C. Crime Solvers



"Bird" Peacock, College Park Plant safety and security operations manager, presents **Aurora Gonzalez**, Public Relations, with an award from the Washington, D.C. Crime Solvers for The Post's support of the organization. Peacock is chairman of the Crime Solvers, and has been an active member of the group since 1981.

Send a LoveNote!

On Valentine's Day tell someone special how much you care. Publish a LoveNote in The Post on Tuesday, Feb. 14 and let them know you're thinking of them. Write a LoveNote to anyone who's important to you - a friend, coworker, significant

other, spouse, parent, sibling, grandparent, etc. Call x4-6200 or visit www.washingtonpostads.com. The cost is \$25 for the first 4 lines. To make your ad stand out there are eye-catching icons and borders available. The deadline is Friday, Feb. 10 by 6:45 p.m. If you have additional questions contact **Diane** on x4-5748 or **Sarah** on x30605.

The V. Tran Retires

Press operator **The V. Tran's** long career at The Post was celebrated at his retirement reception held at the Springfield Plant on Jan. 12. Guests included Chairman **Don Graham**, Publisher **Bo Jones**, Vice President of Operations **Mike Clurman**, Vice President of Production **Jim Coley** and several dayside pressroom and administration staff employees. Tran was hired by The Post for a position in Building Services in March 1976, after fleeing Vietnam with his family one day before the fall of Saigon in 1975. He was selected to be a pressroom



PHOTO - MARTHA YEATER

The V. Tran (center in suit) at his retirement reception with his Springfield Pressroom team two colleagues (l-r) **Nhan Le**, **Donna Chretien**, **Sam Dorick**, (Tran), **Ed Raynor**, **Tien Hoang**, **Rick Jones**, and **Danny Wilson**.

trainee at the former Northwest Building pressroom at the end of 1976. He also

worked at the former Southeast Plant before moving to Springfield in the early 1980s.

Centrex is on Seventh Floor - For Now



The Centrex Call Center at the Northwest Building has moved into temporary quarters on the seventh floor of the Northwest Building. The group is expected to move back into their offices on the first floor in the spring after construction is completed on the fitness center. Standing outside their

temporary space are **Margo Hartso**, **Monica Williams**, **Harriette Johnson**, **Georgie Solomon** and **Grace Byrd**.

Marketplace

ISO: Anyone interested in knitting, stitching, crocheting, quilting. Whatever your preferred craft is I'm looking start a group to share ideas and learn from each other. We can meet every other Thursday at 12:30, location TBD, to share our projects and techniques. If you are interested contact Madonna at x4-7966 or e-mail at rabatinmj@washpost.com.

FOR SALE: Vacation week in Villas at The Boardwalk. This is a beautiful oceanfront resort in Virginia Beach. Check in Saturday 09/09/06 and check out 09/16/06. One BR, 2 sofabeds, kitchen. Sleeps up to 6 people. Accommodations: indoor pool, jacuzzi, gym, restaurant. Asking \$700. Call Trinh x4-4021.

FOR SALE: Furniture: Lillian August 3-cushion sofa, red background, tropical "Tommy Bahama" type print. Originally \$3,500, asking \$700/OBO. Also, Hekman square coffee table, orig. \$500, asking \$250. Great furniture, but our living room requires smaller pieces. Call Ellen Gerhard, x4-7762.

FOR SALE: DVD collections, previously viewed, asking price \$15 per each season. Includes Futurama seasons 1, 2, 3; The Sopranos season 1; Babylon 5 season 1; The Simpsons seasons 1, 2, 3; Smallville season 1, 2, 3; Millennium season 1; The Larry Sanders Show season 1, and Rosewell season 1. Call Madonna at x4-7966 or e-mail at rabatinmj@washpost.com.

FOR RENT: 2901 E. Monument Street, Baltimore, 21205 Zip. Large 3 possible 4 BR townhouse, 1 BA, and basement storage area. Separate living, dining, and den, and a huge country kitchen w/small fenced-in backyard. Appliances in excellent condition. Close to John Hopkins School of Medicine, shopping, and bus line. \$825+ utilities. Avail. 2/1/06. All credit considered. No pets. (First month, last month, and deposit required) Section 8 accepted. Call Ms. Johnson at (301)793-8282 or (202) 247-8457.

FOR SALE: 2000 Saturn SL1 sedan, no engine problems, good condition, 72,400 miles, asking \$4,500. Call Andrew at (301) 213-1942.

FOR SALE: Jewelry! Perfect for Valentine's Day, Mother's Day, or any day you want a gift for that special someone - or a treat for yourself! Beautifully handcrafted, unique designs. Free gift wrap and \$10 off every \$100 for Washington Post employees. Use coupon code "washpost" at www.kelseyforbes.com. Call Ellen at x4-7762.

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.