

# ShopTalk

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## Northwest Fitness Center to Open April 12

*The much anticipated Northwest Building Fitness Center is scheduled to open April 12. The following information about the Fitness Center was provided by **Mary Ann Werner**, vice president/counsel.*

**W**e are happy to announce that the new Fitness Center at the Northwest Building will open on April 12. The Fitness Center is located on the first

for business.

A team of employees from various departments have participated in the facility's design and the decisions about its operation, and we're grateful for their efforts. We think you'll like the results.

The Fitness Center will have treadmills, bikes, elliptical trainers, a set of weight machines and free weights (up to 25 lbs.). A trainer will be available on a part-time basis to orient new members. There is a separate room for classes, and we plan to have outside instructors provide yoga, aerobics, Jazzercise, Pilates and other classes. We will adjust the class offerings depending upon our members' interests. The facility contains locker rooms with showers.

This will largely be a self-service facility, open 24 hours a day, seven days a week. During April we will offer orientation sessions on use of the equipment, and the facility will be open to anyone who wants to try it out.

Starting in May, we will charge a small membership fee to help cover equipment maintenance and replacement and the cost of the trainer. Membership fees will vary



**Mary Ann Werner**, vice president/counsel, led the team of staff responsible for the planning and creation of the Fitness Center which included (l-r) **Bill Gard**, consultant; **Lisa Heidemann**, facilities project manager; **Phyllis Waslo**, Northwest Health Center occupational health manager; and **Lyndon Williams**, Northwest Health Center administrative assistant.



*Fitness equipment began arriving at the Northwest Building on March 29.*

floor of the L Street Building, where the old Sousa Conference Room used to be. We're still finishing construction, so we ask you to refrain from visiting until the contractors are gone and we're open

based on an employee's salary and will range from \$5 to \$15 per month. Membership fees will be handled through payroll deduction.

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# News and Circulation Award Winners

**W**ith the journalism awards season well underway, Newsroom staff have been reaping numerous honors for their work during 2005. Here are some of the latest:

**Scott Higham** and **Bob O'Harrow** are the recipients of the Investigative Reporters and Editors (IRE) award for

writing category for her "Go to Sleep" story on the District's homeless population. Brown also received a first place award in the feature story writing category. According to the VPA, more than 5,900 entries were submitted for this year's contest. Other award winners include:

**Liz Clarke**, Sports – *Second Place, sports feature writing*

**Paul Duggan**, Metro – *Third Place, feature writing portfolio*

**Marc Fisher**, Metro – *First Place, column writing*

**Wil Haygood**, Style – *Second Place, feature writing portfolio*

**David Hilzenrath**, Financial – *Second Place, business and financial writing*

**Susan Kinzie**, Metro – *First Place, education writing*

**Mark Maske**, Sports – *First Place, sports news story*

**Lonnae O'Neal Parker**, Style – *Third Place, feature series or continuing story*

**Dana Priest**, National – *Second Place, in-depth or investigative reporting*

**Eli Saslow**, Sports – *First Place, sports feature writing*

**Dan Steinberg**, Sports – *Third Place, sports feature writing*

**Elizabeth Williamson**, Metro – *Second Place, health, science and environmental writing*

**Jonathan Yardley**, Style – *Second Place, critical writing*

**Dan Keating**, News Administration; **David Fallis**, Inves-

tigative – *First Place, government writing*

**Mark Maske**, Sports; **Sara Kehaulani Goo**, Financial – *Third Place, sports news story*

**Susan Schmidt**,

**Jeff Smith**, National; **James Grimaldi**, Investigative – *First Place, in-depth or investigative reporting*

**Del Wilber**, Metro; **Derek Willis**, News Administration, and **Stephen Crockett**, News Desk – *Second Place, public safety writing*

## Staff Awards

*Second Place, editorial writing*  
*Second Place, sports competition writing*  
*First Place, general news writing*  
*First Place, sports competition writing*  
*First Place, spot news writing*

The Circulation Department honored its drivers with safe driving records during the annual Circulation Transport Drivers' Safety Awards Banquet held at the Holiday Inn College Park on Sunday, March 25. The following drivers were honored based on their number of years of safe driving:

## One Year

**James Talbert**  
**Keith Hall**  
**William Bray**  
**Ransom Evelyn**  
**Verdell Winder**  
**James Ward**  
**Nevin Funkhouser**

## Two Years

**Edward Fletcher**  
**Gilbert White**

## Three Years

**Jeannette Williams**

## Four Years

**Harry Andrews**

## Five Years

**J.C. Etheredge**  
**James Wilson**  
**Francisco Calderon**  
**James Crudup**

## Six Years

**Wallace Wimbush**  
**Charles Thomas**  
**Robert Hall**

## Seven Years

**John Colbert**

## Eight Years

**Darnell Wade**

## 11 Years

**Gregory Harrelson**

## 13 Years

**Duane Wright**

## 14 Years

**Greg Green**

## 16 Years

**Rupert Jones**  
**James Johnson**

**Greg Green**, Circulation (center) receives his award 14 years of safe driving from **Bob Bolton**, (left) a representative from Penske, a sponsor of the safe driving awards and **James Dean**, general manager for transportation and facilities.



DeNeen Brown

FILE PHOTO



PHOTO - RUBEN RODRIGUEZ



FILE PHOTO

**Scott Higham**

**Bob O'Harrow**

investigative reporting in the category of newspapers with a circulation greater than 500,000. The two were honored for their reporting on the series "The High Price of Homeland Security," which uncovered problems facing the Department of Homeland Security and prompted a Congressional investigation.

The IRE is a 4,500-member professional and educational organization based at the Missouri School of Journalism. The contest, which began in 1979, recognizes outstanding investigative work each year and this year received 563 entries, according to information on the organization's Web site.

The Virginia Press Association (VPA) presented The Post with 24 awards in its large paper division on March 25 during its annual meeting in Roanoke. Style reporter **DeNeen Brown** won a Best-in-Show award in the daily



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The classes offered by outside instructors will be priced separately, and class fees will be paid directly to the instructor. The personal trainer will be available for individual sessions and to help members design a fitness program for a separate fee as well. We expect the facility to be a bit crowded initially, so we hope you'll be patient, especially during the first month or so.

To get more information about Fitness Center membership, rules and operations, please stop by the Northwest Health Center (2nd floor outside the Cafeteria) and pick up a Fitness Center Fact Sheet and Membership Application or request a copy by sending an e-mail to **Lyndon Williams**,

at [williamsla@washpost.com](mailto:williamsla@washpost.com), or **Phyllis Waslo**, at [waslopa@washpost.com](mailto:waslopa@washpost.com). Northwest Health Center Occupational Health Manager Phyllis Waslo will be in charge of the facility. Either Phyllis or Lyndon will be happy to answer any questions you might have. The main number for the Northwest Health Center is x4-7192.

### Fitness Center Membership Fee

There will be a small membership fee to cover the cost of equipment maintenance and replacement and to pay for a part-time trainer. If you become a Fitness Center member, the fee will be automatically deducted from your paycheck. Classes provided by outside instructors will be

priced separately and class fees will be paid directly to the instructor. You must be a member of the Fitness Center to take any fitness classes. The membership fee is determined by salary level (see chart).

### Hours

The Fitness Center will be open 24 hours a day, seven days a week. It will not be supervised, but members will be able to access the center with their Post ID card.

### Other Info

There are separate rooms for fitness classes and class offerings will be adjusted based on

Salary Level	Bi-Weekly Fee	Monthly Fee
\$35,000 or less	\$2.30	\$5
\$35,001 - \$59,999	\$3.46	\$7.50
\$60,000 - \$89,999	\$4.61	\$10
\$90,000 & Above	\$6.92	\$15

the interest of members. The facility has three large flat screen televisions, which members can listen to on their own FM radio. The facility has locker rooms and showers, but since the number of lockers is limited, you must take all belongings with you when you leave the Fitness Center. ■

## WTWP Goes Live!

More than 300 employees stopped by the Northwest Building's main lobby on Thursday, March 30 to celebrate the launch of the new Washington Post radio station, WTWP. Coffee and special WTWP cookies were served from 8 a.m. until 10:30 a.m. while employees had the opportunity to listen to the station's first morning broadcast provided via speakers.

Employees also had the opportunity to win prizes provided by the Public Relations Department. In a random drawing, **Kurt Gardner**, News IT, won a Sony Sports "Street Style" AM/FM Walkman, (tuned to WTWP!) and the following employees received a pair of tickets to see the



**Madonna Rabatin**, Marketing and **Gayle Giger**, Public Relations (behind the table) answer questions and provide employees with information about the new radio station.



**Gayle Giger** and **Walter Fletcher**, Building Services, at the celebration.

Nationals, or a TWP golf shirt: **Brad Walters**, News; **Dionne Cohee**, IT; **Kadedhra Greenidge**, Accounting, **Gary Corso**, Administration, and **Eric Lieberman**, Executive.

WTWP can be found at 1500 AM or 107.7 FM. ■



Public Relations Manager **Lisa Bolton** presents **Kurt Gardner**, News IT, with his new Walkman.



## Students Flock to College Fair

More than 1,100 District high school students attended a college fair on March 29 held at the Northwest Building and hosted by The Post and the D.C. College Access Program (DC-CAP). The fair included representatives from 55 colleges and universities, as well as seven community and scholarship organizations.



District high school students filled the Northwest Building's auditorium and multipurpose room during the fair.



George Mason University's historical trip to the NCAA's Final Four tournament made its booth a popular draw at the college fair.

## TWP On-Line Store Blow Out!

Everything Must Go Merchandise Sales Event

**Tuesday, April 18  
11 a.m. to 4:00 p.m.**

**Multipurpose Room,  
Northwest Building**

We are making room for NEW merchandise so everything is 40 percent off! You

won't want to miss out! All credit cards, checks and cash accepted. Contact **Nicole Marshall** at x4-6874 for more information.

## College GradFest on April 11

The Post is hosting GradFest for college seniors and recent graduates at the Northwest Building's second floor meeting space on Tuesday, April 11 from 10 a.m. to 4 p.m. GradFest will include opportunities to meet with prospective employers, as well as vendors who can help students get started in their post-grad life with bank accounts, apartments and more. If you know of a college senior or recent graduate, they can pre-register and get more information at [www.washingtonpost.com/gradfest](http://www.washingtonpost.com/gradfest). Also look for the GradFest supplement in The Post on Friday, April 7. For more Information contact **Nicole Marshall** at x4-6874 or e-mail [marshallnd@washpost.com](mailto:marshallnd@washpost.com).

## Mommy Wars at The Post

The Post is hosting a luncheon and panel discussion featuring the new book *Mommy Wars* about working and stay-at-home motherhood on Thursday, April 13. The panel discussion will include the

book's editor **Leslie Morgan Steiner**, former general manager of The Washington Post Magazine, as well as book contributor, **Sydney Trent** from the Magazine, and regular Post contributors Page Evans and Reshma Yaqub. The event begins at noon in the Northwest Building's auditorium with an introduction by **Katharine Weymouth**, vice president of advertising. *Mommy Wars* will be available for purchase and a book signing will follow the luncheon. A limited number of discounted tickets are available to Post employees for \$25

until noon on Tuesday, April 11. For information or to purchase tickets, contact **David Jones**, Public Relations at x4-4917.

## No ShopTalk Next Week

ShopTalk will not be published next Thursday, April 13. The next issue will be published on Thursday, April 20. The deadline for Marketplace ads for that issue is noon on Friday, April 14. Marketplace ads should be e-mailed to [ShopTalk@washpost.com](mailto:ShopTalk@washpost.com).

## Marketplace

**FOR SALE:** Vision Fitness, semi-recumbent training bike, perfect condition. Used less than 12 times. Designed for health clubs, the R2200HRT uses its extra-heavy steel frame and top quality components to withstand hours of use and abuse. The Easy-8 console features four Heart Rate Training (HRT) programs with a separate Heart Rate Feedback window for optimal training as well as five custom programs. Bought for \$1,500, sells now for \$1,999. Asking \$800/OBO. You pick it up, take it away. Call Marie Arana at x4-7884 or Jonathan Yardley at (202) 544-7779.

**FOR SALE:** A cat lovers dream! 31 cat figurines from the 1986 Franklin Mint limited edition series called the "Curio Cabinet Cat Collection". All figurines are in MINT condition, stand about 2 1/2 inches high, comes with a certificate of authenticity, and individual product card that describes the material (such as glass, jade, bronze, etc) and history of the piece. Each piece was originally purchased for \$29, making the entire initial cost of the collection at \$899. I'm willing to part with it for only \$300! Contact Diane at x4-5968, or [reederd@washpost.com](mailto:reederd@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, two sofas, kitchen. Sleeps up to six people. Accommodations include indoor pool, jacuzzi, gym, restaurant. Asking \$700. Call Trinh at x4-4021 (between 7 to 11 p.m.).

**FOR SALE:** Four glass and brass curio cabinets (come in a set with mirror backs, several with hooks for hanging on a wall). One is long and rectangular (great for a mantle) and measures 29" long x 4" high x 4" wide. The other three sit next to one another: 2 are curved glass with one shelf (measure 9" at the highest point x 4" wide, 8" long) and fit on either side of a larger cabinet with three shelves (which measures 4" wide and 9" high). All four cabinets are in excellent condition, come in their original boxes, and would be great to display a small collection. \$250. Contact Diane at x4-5968, or [reederd@washpost.com](mailto:reederd@washpost.com).

**FOR RENT:** Sunny corner apartment for five or six months while I am out of the country. It's a large efficiency in Dupont Circle, only 15-minute walk to TWP. A few blocks from restaurants, stores, clubs and Safeway and furnished with books, antiques and love. Kitchen includes dishes, basic appliances, and many diverse cookbooks. Please call Kate at (202) 462-3553 or e-mail [kathrynrichmann@mac.com](mailto:kathrynrichmann@mac.com).

**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.