

# ShopTalk



August 10, 2007, Vol. 33 No. 26

Editor, Janell Muhammad, x4-6803

## The 2007 Post Summer Resident Program

By Janell Muhammad  
ShopTalk Staff Writer

With school out of session and family vacations underway throughout the summer, all departments needed a little help around the office. That's exactly what the summer interns did.

On June 4, the summer interns arrived for The Washington Post Summer Resident Program with open minds, ready to learn the tools of the trade. The program is "a ten-week cohort residency designed to integrate new residents into The Post and provide them with professional development sessions throughout the summer," according to an outline of the program.

Working in departments that correspond to their

college majors, the interns are gaining valuable experience that will help them in developing professionally. **Alicia Raft**, property management intern, said, "I've been able to design ads for the paper and that opportunity has given me a peek into the real world of design that will help me as I pursue my degrees in graphic

opportunity to work in both the Human Resources Department and the Legal Department. **Molly Urciolo**, PostPoints, for example, will work throughout the school year. **Naureen Kamdar**, Marketing Managers and Analyst Group, was even hired as a full-time employee.

Unlike the internship

developmental cohort program focuses on developing professional skills, behaviors and learning opportunities to enable residents to engage successfully in their work and organization," according to the program's outline.

**Azizza Brown**, credit and collections intern, said, "The sessions with Careerstone

have given me a broad insight of the business world. As a young adult, I didn't know much about the 'work environment,' however with Careerstone, I've gained the ability to look at different situations in a different perspective. My views on the work environment have changed, moreover my views have grown while participating in the sessions."



PHOTO - JANELL MUHAMMAD

Before entering for their guided tour of the facility, 2007 summer interns gather for a photo in front of the College Park plant.

design and photography."

At The Post, the workload has been far from typical. Some of the interns have had very unique experiences.

**Junior McLean** had the

programs in the past, this summer, interns had the opportunity to participate in a number of developmental sessions conducted by the Careerstone Group. "The

Aside from the professional development sessions, interns also toured the College

CONTINUED ON PAGE 3

# Second-Quarter Award Recipients

## Sales Achievement

Nancy Parke  
 Charlie San Fillippo  
 Teri Parker  
 Lois Segel  
 Anne Tackabery  
 Diane DuBois  
 Teri Parker  
 Darlene McGiveron

## Sales Excellence

Mark Gross  
 Christopher Mackey  
 Nancy Parke  
 Robert Vitriol  
 Sheila Daw  
 Kim Faulkner



President **Candy Lee**, PostPoints, presents **Bruce Ewan**, a cash award for his work with PostPoints.

Teri Parker  
 Sean Scullion  
 Lois Segel  
 Judy Wise-Olsen  
 Darlene McGiveron  
 Carlos Silva  
 Larry Calvert  
 Rita Coopersmith  
 John Bollinger  
 Eric Martin  
 Ben Bayder  
 Ahilan Easwarachandran

## Service Excellence

Jeanette Strange  
 Waymond Mitchell  
 Peter Karalis

## Second-Quarter VP Club Winners

Jackie Lau  
 Nancy Parke  
 Clifford Feng

## Second-Quarter Eagle Awards

National Retailers  
 Jobs MAU  
 International Advertising



*Diane DuBois* recognizes the Second-Quarter Vice President Club winners.



Advertising Vice President **Katharine Weymouth** presents one of the three prestigious Eagle awards to **Amer Yaqub**, director of International Advertising.

## Second-Quarter Marketing Excellence



PHOTO - MIKE SHENK

(Left to right) Marketing Excellence Award recipients **Susan Heyman**, **Jackie Conrad** and **Linda Haskins-Wrenn**.

## Second-Quarter Ad Ops Excellence



PHOTO - JANE DAVIES

**Anthony Le**, Advertising, earned the Second Quarter Ad Ops Excellence for his work on the design of the PostPoints advertisements. He recently created a template and an instructional guide on the advanced features of InDesign—the graphic design program used to make ads. Additionally, he's training his co-workers one-on-one.



PHOTO - JANELLE MUHAMMAD

Interns listen attentively to **David Jones**, Public Relations, and plant tour guides **Jim Sherlin** and **Phil Kane**, as they share their personal tenures at The Post.

Park plant, which was followed by a question and answer session with **David Jones**, Public Relations, **Jim Sherlin** and **Phil Kane**, both retired Post employees now serving as plant tour guides. The interns

also had a chance to share lunch and dialogue with Publisher **Bo Jones**.

The interns bid farewell and joined together for their final luncheon on Aug. 9. With 58 undergraduate

interns selected out of the 400 applications received, this year was deemed successful by the program organizers.

Apart from the program's manager, **Charmieca Pinkney**, Human Resources, the IT

Department and other HR employees, including **BJ Johnston**, were instrumental in making this year's program a success. ■



PHOTO - CHARMIECA PINKNEY

Returning summer interns take a break from the professional development sessions. The interns were also part of the Eastern 500 Club.

## 2006 Distinguished Educational Leadership Award Winners

On July 18-23, The Post's public relations team headed by Public Relations Director **Eric Grant** led 20 Washington

and a half days of seminar, they also had the opportunity to network. The winners are selected by their school sys-

seminar speakers included Assistant Managing Editor **Bob McCartney**, News (Metro), WJLA Emmy Award-winning anchor Horace Holmes and Terri Lee Freeman from the Community Foundation for the National Capital Region. ■



PHOTO - TITO TOLENTINO

The 2007 Distinguished Educational Leadership Award winners arrive at the Ritz-Carlton hotel in St. Thomas.



PHOTO - TITO TOLENTINO

Listening to the keynote speaker, winning principals listen in during the final session of the seminar.

metropolitan area principals and administrators to a crisis communications and media relations seminar in St. Thomas. Apart from the two

tems based on their ability to go beyond the call of duty in providing an exceptional learning environment for their students. This year's

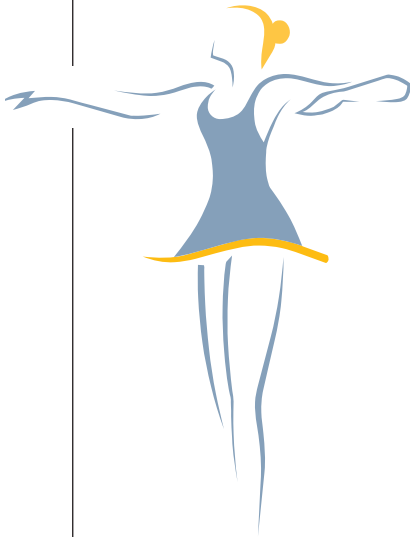


PHOTO - TITO TOLENTINO

Principals participate in a session discussing crisis communications.

## Free Summer Jazzercise Class

New students can attend one free Jazzercise class during the summer. Classes are held in the Northwest Fitness Center and are also open to non-members. You can pick up your coupon for your free class at the Health or Fitness Center.



### Schedule and Pricing:

Tuesdays and Thursdays at 6:30 p.m.

Monday Morning Express at 7:00 a.m.

Unlimited classes: \$75  
6-8 classes: \$56  
4-5 classes: \$35  
Walk-ins: \$10

We advise bringing a small mat, small weights and drinking water.

Contact Beth Sanzone or Lynne Maloney at [elizabeth.sanzone@hotmail.com](mailto:elizabeth.sanzone@hotmail.com) or [maloneylm@washpost.com](mailto:maloneylm@washpost.com) for more information.

## Post Softball

**John Mandish**, College Park's assistant plant manager, is taking the lead on the annual softball tournament, following **Mike Bahr's** retirement. Anyone interested in participating should contact their departmental representatives. The eight-team tournament is set and will take place at 9 a.m. on August 19 at Wakefield Park, Va.

Marty Kady (Advertising)  
x4-7500

Charles Bagwell (Circ. mgmt)  
x4-5149 or 202-306-7715

Harry Westwood  
(Circ. distrib.) 703-863-0519  
or [homerunhar@cox.net](mailto:homerunhar@cox.net)

Joel Barefoot (Pressroom)  
x6-2471

Jan Pastor (Mailers)  
x6-2400

Danielle Newman (News)  
x4-4131

Jim Brady (WPNI)  
703-469-2627 or  
[jim.brady@wpni.com](mailto:jim.brady@wpni.com)

Thomas Burke (IT)  
x4-5569

Contact John Mandish at x6-1101 with any other questions or comments.

## Debit Cards at Northwest Cafeteria

Now you can use your debit cards at the Northwest cafeteria for purchases over \$3.50. Note: Northwest coffee cart and cafeterias at the plants are still cash only.

## New EAP Tip

An estimated 66 percent of U.S. adults are either overweight or obese, and an estimated 17 percent of children and adolescents ages 2-19 years are overweight, according to the Centers for Disease Control and Prevention. Most people know that exercise is an important component of a healthy lifestyle, but may not be familiar with some of the specific health benefits. As part of APS Healthcare's continuing effort to promote the Employee Assistance Program (EAP), a promotional tip sheet titled "Benefits of Exercise" is now available on Intranet. Remember: Your EAP is committed to being "Healthy Together" and is available 24 hours a day, seven days a week at 1-800-765-0770 or online at [www.apshelplink.com](http://www.apshelplink.com) (company code: Post).



## Recognize Your Employees or Colleagues in ShopTalk

ShopTalk can be a tool for any Post manager or supervisor to highlight the achievements of an employee or a colleague. Please submit the name of anyone who has been promoted or achieved something important in their job or community. Send an email to [shoptalk@washpost.com](mailto:shoptalk@washpost.com) or [onam@washpost.com](mailto:onam@washpost.com). Include: person's name, department, job title and what they accomplished.



## Events Calendar

- October 27** Marine Corps Marathon Healthy Kids Fun Run
- October 28** Marine Corps Marathon: The People's Marathon
- November 17** Music and Dance Scholarship Awards

## Marketplace

**FOR SALE:** Oak dining table, 36 x 60 with four chairs. Very good condition with a few barely visible scratches. \$800 obo. Contact Margaret at x4-4053 or home at 301-622-2272.

**FOR RENT:** Charming in-law suite for rent just blocks from the Capitol. Studio apartment with full kitchen, washer/dryer, fireplace, cable TV. Easy walking distance to Union Station and Eastern Market. Address is 624 Constitution Ave. NE. Year lease preferred. Rent: \$975, plus utilities. Available Sept 1. If interested, contact Eric Rich at 202-744-7459 or [riche@washpost.com](mailto:riche@washpost.com) or Allison Klein at [kleinallison@washpost.com](mailto:kleinallison@washpost.com).

**NEW MARKETPLACE DEADLINE: Noon Thursdays.** Please include your name, extension and phone number. Ads are for Post employees only. Send ads to ShopTalk, seventh floor, or call x4-6803. To send ads via fax dial x4-4963 or to email send to [shoptalk@washpost.com](mailto:shoptalk@washpost.com) or [onam@washpost.com](mailto:onam@washpost.com). Ads run for two issues unless otherwise requested. ShopTalk reserves the right to publish and edit all ads.