

# ShopTalk



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Editor, Mario I. Oña, x4-6803

## The Making Of ‘Super Journalists’

In the new multimedia age, more and more journalists are expected to become triple threats. Post reporters, for example, are being trained to use video and photo cameras while reporting on stories. Additionally, the concept of continuous news and blogging requires tech-savvy journalists who can submit their stories from anywhere, at anytime, via whatever means.

WPNI Editors **Tanya Ballard**,



COURTESY OF TANYA BALLARD

WPNI's **Tanya Ballard** (top left) and **Amanda Zamora** (top right) with the ten high school students selected to participate in the online project to commemorate the 1963 March on Washington. (Front row, left to right) Miguel Perez (Robinson Secondary), Sam McCann (West Potomac), Paul Mathis (Annandale) and William Hirzy (School Without Walls) (Back row, left to right) Tanya Ballard (WPNI), Latasha Russell (Banneker Academic), Fuk-Ying Cheng (Banneker Academic), Karen Vanegas (McKinley Technology), Wolana Day (Wakefield), Nelly Desmarattes (Rockville), Alexandra Kennedy (Potomac School) and Amanda Zamora (WPNI).



PHOTO - AMANDA ZAMORA

Karen Vanegas, left, a senior at McKinley Technology High School, and Nelly Desmarattes, a junior at Rockville High School, prepare for their interview assignments.

Investigative Projects, who worked closely with The Post on the multi-award winning “Being a Black Man” series, and **Amanda Zamora**, World, with the help of Post and *washingtonpost.com* colleagues provided training on multimedia reporting to ten area high school students last week.

Ballard, who’s been at *washingtonpost.com* for two years and who comes from a traditional print jour-

nalism background said, “We wanted to get the kids excited about what we do and train them to become super journalists.”

“With the upcoming anniversary of the March on Washington [Aug. 28, 1963], we thought this was a perfect assignment for the students,” said Zamora. “We set up meetings with various folks, including a histo-

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# Why Meditate at The Post?

In the 80's, we exercised at work. In the 90's, we dieted. In the new millennium, we're looking for something that can't be found on a treadmill or scale: perhaps a quest for inner peace through meditation at the work place.

At The Post's deadline-driven work environment, meditation classes, provided by Visit Yourself at Work, have become a priority for many employees. **Suzanne Tobin**, Style copy editor, says, "That hour is the best part of my work week!" Tobin has been attending the meditation classes since they began at the Post just over one year ago, with the opening of the Fitness Center.

And the Post is not an anomaly. The secular meditative classes are popular throughout D.C. At the World Bank, the lunch-hour session often has waiting lists.

**Susan Canada**, administrative assistant for Vice President **Jim Coley**, Production, also started attending since the beginning and says, "I've felt calmer in stressful situations and more focused in daily life. My co-workers have also noticed a difference. They comment on how relaxed I look, especially right after class."

Some of the benefits include relaxation, improved concentration, more energy, enthusiasm and significant changes in brain activity for long-term meditators, as reported the National Acad-

emy of Sciences, one of the first organizations to offer Visit Yourself classes to its employees. Many also report that meditation sharpens their focus and provides more time.

Health concerns and doctor-recommended meditation is also leading people to make it a priority. The Post dedicated a Health section to stress reduction, including an article on meditation that profiled the Visit Yourself meditations, published Jan. 23, 2007.

Some meditation teachers are even reaching celebrity status. Sharon Salzburg, Jack Kornfield and Tara Brach teach nationally and author best-sellers. Hugh Byrne, the meditation instructor at The Post (starting in mid September) often teaches with Kornfield and Brach.

Short of signing up for a five-week series, Visit Yourself offered some tips to start your own meditation:

- Ask yourself: "Why do I want to meditate?" The answer will provide intent and consequently motivation.

- Fire the internal judge! Don't sap your energy wondering: "to meditate or not meditate."

- Take time to meditate in the morning. Go to a pre-designated meditation area to sit. Close your eyes and focus on your breath for two minutes. Watch the mind go bananas trying to convince you that you don't have time.

Do it anyway and then try to sneak a few more minutes later.

- Meditate with others once a week to undo the social norm that doesn't support sitting still.

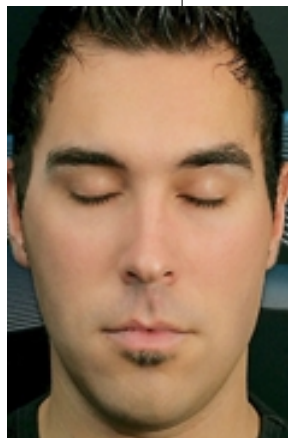
The next five-

week series with Hugh Byrne will start on Sept. 19 and conclude on Oct. 10. The weekly sessions will be on Wednesdays from 1:45 to 2:30 p.m. Employees sit on chairs and can meditate in their work clothes.

Fitness Center (membership not necessary); \$75 for all five weeks. Email [meditate@visityourself.net](mailto:meditate@visityourself.net) for questions or to reserve a space. Visit [www.visityourself.com](http://www.visityourself.com) for more information. ■

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*Editor's Note: Klia Bassing contributed to this story.*



rian at Howard University.”

“The students were responsible for writing the material, but also taking photos and recording video,” said Ballard. “Their work will be available at [washingtonpost.com](http://washingtonpost.com) on the anniversary day.”

Realizing the necessity to start training students even before they get to college on the multi-functions that have now become expected of most journalists, Ballard consulted with colleagues on both sides of the river and with the help of Zamora got all the necessary permission to move forward.

“Amanda was great in taking care of all the paperwork and making sure we had everything necessary to move forward,” said Ballard.

One of their biggest Post allies was **Athelia Knight**, director of the Young Journalists Development Program (YJDP), who provided contacts at all the high schools that participate in YJDP to help get the word out. Consequently, nine of the ten students came from active YJDP-



PHOTO - AMANDA ZAMORA

From left Miguel Perez, senior at Robinson Secondary, Fuk-Ying Cheng, senior at Benjamin Banneker, Alexandra Kennedy, junior at The Potomac School, and Wolana Day, junior at Wakefield High School, prepare for their assignment.

participating high schools. Knight also put the word out during various YJDP events.

“**Phil Bennett** [Post managing editor] and **Jim Brady** [WPNI executive editor] stopped by to start the week-long course and set the right tone,” said Zamora. Politics Reporter **Krissah Williams**, News (National), and Knight also stopped by on different days to offer perspective and more tools of the trade.

Knight said, “This high school project is a perfect

example of how the newsrooms at [washingtonpost.com](http://washingtonpost.com) and The Post work together, just as they do everyday to put out the newspaper and [washingtonpost.com](http://washingtonpost.com). It also shows our continued commitment to help develop the next generation of journalists, as we expand to multimedia platforms like newspaper, online, video, audio, et cetera.”

Latasha Russell, a senior at Benjamin Banneker Academic High School (D.C.) and one of the ten students selected, said, “I found out through my assistant principal and immediately signed up. It has been a very good opportunity to get exposed to journalism. I also learned so much more about the 1963 March. I realized there was so much more to it than Dr. King’s ‘I Have a Dream’ speech.” ■

To view the students project, please go to:  
[www.washingtonpost.com/highschoolworkshop](http://www.washingtonpost.com/highschoolworkshop)

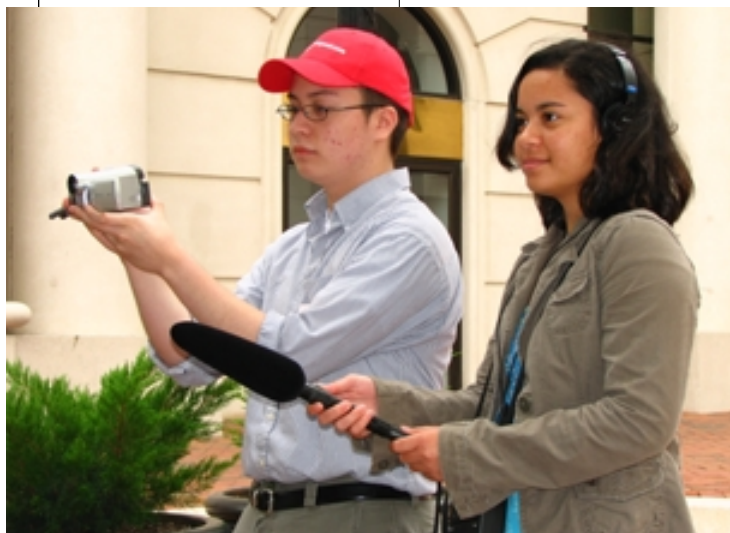


PHOTO - AMANDA ZAMORA

Miguel Perez, senior at Robinson Secondary, and Wolana Day, junior at Wakefield High School, practice interviewing near the Courthouse Metro.

### Project Volunteers:

- Lensay Abadula, WPNI
- Tanya Ballard, WPNI
- Julia Beizer, WPNI
- Debra Bell, WPNI
- Phil Bennett, The Post
- Jim Brady, WPNI
- Andrea Browne, WPNI
- Jen Cheney, WPNI
- Paul Compton, WPNI
- Jenn Crandall, WPNI
- Ben de la Cruz, WPNI
- Nancy Donaldson, WPNI
- Mike Keefe-Feldman, WPNI
- Tom Kennedy, WPNI
- Athelia Knight, The Post
- Jonathan Krim, WPNI
- Susa Lim, WPNI
- Dan Murano, WPNI
- Ed O’Keefe, WPNI
- Chet Rhodes, WPNI
- Ju-Don Roberts
- Matt Sheehan, U of Maryland
- Francine Uenuma, WPNI
- Krissah Williams, The Post
- Amanda Zamora, WPNI

## SAT-Ready!



PHOTO - TOBY HANSEN

The annual eight-week long KAPLAN SAT prep course sponsored by Kaplan and The Post completed recently. The 18 Eastern 500 Club and Latino Student Fund students spent one and a half to three hours at The Post on Tuesdays and Thursdays throughout the summer to improve their chances of scoring higher on the SAT. The program started 20 years ago. (Left to right) Vanessa Hernandez, Kate Myers (Kaplan instructor), Jose Alfaro, Duncan Brook (Kaplan instructor), Cortanai Wright, Delonte Moore, Leila Pree, Lou Arnold (Kaplan Instructor), Jessica Hall and Ricky Castro. Not pictured: Alesia Ashley, Gabby Fuentes and Tiara Hatchett.

## Post Softball Tourney Champs



PHOTO - JOHN MANDISH

The Mailers defeated the Pressroom in the final 20-14 to become the 2007 Post Softball Champion. Circulation finished third.

### No ShopTalk Next Two Weeks

ShopTalk will be back on Sept. 21—right before you start to miss it really bad.

### 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.

## Events Calendar

**September 10:** "Being a Black Man" book release party

**October 27:** Marine Corps Marathon  
Healthy Kids Fun Run\*

**October 28:** Marine Corps Marathon:  
The People's Marathon\*



\*PostPoints - earning event (usually 25 points for participation)

If you wish to include any events open to all Post employees, send an email to [shoptalk@washpost.com](mailto:shoptalk@washpost.com).

## 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.apsheplink.com](http://www.apsheplink.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.

## Marketplace

**FOR SALE:** Garage kept, freshly painted 1986 Hunter Green Corvette with spoiler and charcoal grey interior. Needs some work, but runs great. Asking \$6,000 OBO. Contact Jermaine at 240-752-3744.

**FOR SALE:** Brand new professional portable massage table. Holds up to 450 lbs. and makes a great guest single bed for guests. Fold it up and stow it away, when not in use. Regular price \$350, but selling for \$175. Contact Jermaine at 240-752-3744.

**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. One ad per employee. ShopTalk reserves the right to publish and edit all ads.