

# ShopTalk

December 21, 2007, Vol. 33 No. 41 Editor, Mario Iván Oña, x4-6803

## Dr. Dad And Mom, M.D.

In some ways, the greatest experts in understanding very specific diseases, illnesses or disabilities are not physicians, but everyday, ordinary people called moms and dads. Forced to become overnight doctors, pharmacists, physical therapists, psychologists or advocates in order to confront their children's worst bully, parents like College Park electrician **Dwayne Jones** and his wife Myla are their children's best shot at living a "normal" life.

Jones, a former U.S. Navy electrician who joined The Post over a year ago, and his wife have a son Jahan, 6, and a daughter Journi, 9, who are both autistic. He says, "If we don't become their advocates, who will?"

With no other incidence of autism in either of their families, the Joneses had no one to turn to initially. "We felt alone and guilty," Jones says. "But once we were able to come to terms that, inexplicably, bad things can happen to good people and that it wasn't our fault, we were able to get beyond that."

Nearly five years after their daughter was first diagnosed with the disability, the Joneses have not only immersed themselves through online research, but they've also taken classes and workshops sponsored by the Arc of Prince George's County, which as Deputy Executive Director Mary Funk explains is a place where "parents can learn about and understand their child's diagnosis because this is the very first step to becoming a strong advocate for their child." She says, "The world of disabilities is complex and confusing, filled with jargon and unfamiliar terms. It is a world that is misunderstood by many people without disabilities."

"I wish I had known about this type of help a lot sooner," says Jones. "Learning about what's available to us, helps us live a more normal life."

But it's not just about the

children. It's also healthy for the parents to get a break from their 24-7, 365 days-per-year, full-time, part-time, on-call responsibility.



PHOTO - MYLA JONES

College Park electrician **Dwayne Jones** with his son Jahan, 6, and daughter Journi, 9, during a vacation trip to the Wintergreen Resort in Massanutten, Va. last year. Jones says that through organizations like the Arc of Prince George's County his family is enjoying a more "normal life" despite his two kids being autistic.

"For example," says Jones, "Through Arc we found out about respite care, which offers trained professionals to essentially baby sit for you. My wife and I can now live our lives. We can go out on a date and know that our kids are in good care."

The family also took a vacation last year to the "children-friendly" Wintergreen

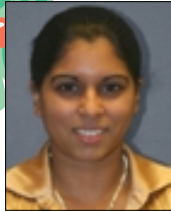
Resort in Massanutten, Va., where not only did the kids have a good time, but the parents also got some rest and relaxation. "My wife was able to enjoy a nice spa," Jones says.

Funk says, "Mr. Jones is a perfect example of an active, very pro-active parent. He is not only looking at what affects his family today, but takes advantage of what the Arc offers to learn about the many different aspects that will impact his children and family, such as governmental affairs, transitioning, special education in the future."

For the Joneses, learning from other parents about new therapies or medication has been fundamental. "The real professionals are the parents," Jones says. And now that the Joneses are on their way to becoming "professionals" themselves, he says, "You can't



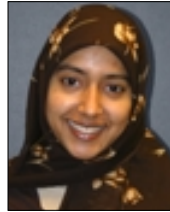
# New Faces



Nadia Bakhshi



Sherelle Eley

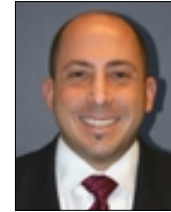


Naureen Kamdar



Becky Krystal

PHOTO - JULIA EWAN



Joe Matessa

**NADIA BAKHSHI**, Human Resources, recently joined The Post after working as a recruiter for the placement firm Mergis Group and as a member of Provident Bank's HR department. She earned her BS in business and human resources from University of Maryland-College Park. Nadia is of Pakistani descent and spent nine months in Bermuda. She likes to read and walk her Papillon dog Nike, named after the Greek goddess of victory and not the sneaker.

**SHERELLE ELEY**, IT, is a new Post business analyst with over 10 years of IT experience coming from SRA International, where she was a requirements analyst. She earned her degree in business management from Hampton University (Va.) and her MBA from Marymount University (Va.). Through the Literacy Volunteers of America, she is teaching an adult how to read. When Sherelle is not playing with her Labweiler (Labrador-Rottweiler) dog, she enjoys listening to jazz and staying fit through karate. She's currently a yellow belt.

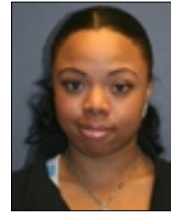
**NAUREEN KAMDAR**, Marketing, is a National Advertising Unit analyst who was previously a student at the University of Georgia in Athens. She completed internships with



Scott Palmer



Jill San Marco



Lauren Williams

News America Marketing, 10x Media and Grady College External Affairs. She earned her BA in journalism, specifically publication management, at the University of Georgia's Henry Grady School of Journalism and Mass Communication. Naureen likes to make scrapbooks and travel. She is also a freelance editorial writer for the Atlanta Journal.

**BECKY KRISTAL**, News, recently joined The Post as a TV Week/Sunday Source editorial aide. She has been a features writer, designer and reporter at the Northern Virginia Daily in Winchester for the past two years. While earning her degree at the University of Virginia, she also worked at the Cavalier Daily and eventually became the student paper's executive editor. She also interned with the Richmond Times-Dispatch and the Center for Politics in Charlottesville. She speaks un poquito de español and likes to cook, play tennis and read.

**JOE MATESSA**, Advertising, is a new sales manager for the Business Development Unit. He came to The Post from the Daily Herald in Chicago, where he was a major retail and national sales manager. He also spent eight years with the Newspaper Services of America agency and the Spanish-language newspaper, La Raza, also in Chicago. Joe ran the Chicago Marathon in 2000, and in 1994, he took a break from conventional work and spent a summer dodging "Jaws" as a boat captain at Universal Studios.

**SCOTT PALMER**, Advertising, is a new new account manager in the Jobs Advertising Multi-media division. He was previously an associate at the executive search firm DHR International. Scott earned his BS in business administration from Elon University (N.C.). He preferred the small school setting and wanted to "go away" for college. He grew up in Lynchburg, Va. He enjoys

the outdoors, particularly running and skiing.

**JILL SAN MARCO**, Advertising, recently joined The Post as an account manager. She was previously with GreenPoint Mortgage, where she received the SOAR award in 2006, acknowledging a commitment to service excellence with clients and colleagues. Jill earned her degrees in general business and logistics from the University of Maryland. She comes to The Post with "eternal optimism" and a "willingness to go the extra mile." She bakes and knits. She believes in holiday shopping all year round and firmly supports the idea that Christmas music should have its own radio station.

**LAUREN WILLIAMS**, Accounting, joined The Post a few months ago as a customer accounting specialist after first working at The Post as an intern during the summer. While attending North Carolina A&T State University, she also worked as an administrative assistant. She earned her BS in marketing there and also did a marketing internship with the U.S. Postal Service. Lauren is also an alumna of the Eastern High School 500 Club. She hopes to attend law school and become an entertainment lawyer.

horde good information.”

When Jones first contacted ShopTalk, he wrote that he wanted to make the information available to other Post employees who might have family members with the disability. He wrote, “I wanted to let other individuals who might be in a similar situation to know that there is support and help available if they are dealing with autism.”

Here’s what Jones wanted to share:

- *Diagnosing autism before the age of two is very difficult because the strongest signs are slow speech development and not making eye contact, which both start around the age of two. Without any family history of autism, we thought our daughter might have a hearing problem and did not realize she was autistic until*

she was five.

- *Autism is a spectrum disorder, which affects individuals in various ways, such as language, social interaction and education. Journi, who has a mild form of autism, attends High Bridge Elementary, in a self-contained special education class (CSEP), while Jahan, whose autism is severe, attends Glenn Dale Elementary in a dedicated autism class.*
- *Anyone can start their research online and receive a variety of information from diets and allergies to forms or sources of diagnosis, as well as education, behavioral methods and the right clinicians to diagnose and help treat other issues, which accompany autism, such as attention deficit disorder, violent outbursts or very selective appetite.*
- *Aside from the original*

*diagnosis by a physician, one of the most difficult things that a parent or guardian faces is knowing who and where they can turn to for support. Because autism is not hereditary, many individuals find that they are the only ones in their family coping with this diagnosis.*

- *The majority of our assistance comes from the Children’s Developmental Clinic, which is held on Saturdays at the college campuses of the University of Maryland at College Park and Prince George’s Community College. Melonee Clark, the Arc’s infant and toddler resource coordinator and family service specialist moderates an adult session that provides parents with an opportunity to support each other, network, advocate, attend conferences and workshops*

*and investigate community resources (www.thearcofpgc.org).*

- *We are given a measure of hope when we are introduced to adults who are currently living with or providing care for young adults who have a variety of disabilities.*
- *Here are some useful Web sites: www.autismspeaks.org and www.autism-society.org.*
- *Anyone who has a minor with a developmental delay or disability can request an informative package from Yvette Snowden at 301-322-0072 or Kathy Hinkal at 301-322-0519.*
- *Thank you very much. I do think that this makes us more appreciative and aware of how good it is for some and makes others just smile, even if they don’t have it as good! ■*

## Post Editor To Make TV Debut

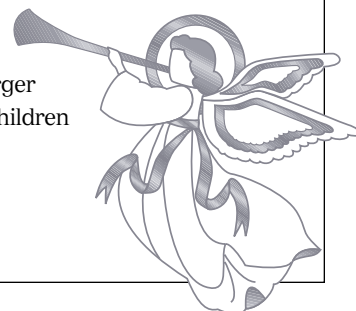


Metro copy editor **Leonard Hughes** will make his TV debut on Dec. 23. The special called “The Hunt for John Wilkes Booth” will air on the History Channel at 8 p.m. and then again at midnight on the following night (Dec. 24). During his “five minutes of fame,” Hughes will play one of President Abraham Lincoln’s doctors at his death bedside during a short scene. Post retiree **Kathryn Miller** (next to Hughes) will play President Lincoln’s widowed wife, Mary Todd Lincoln. Direc-

tor-producer-writer Tom Jennings, an old colleague and friend of Hughes, wanted Hughes to be in this 20-year-in-the-making dream in some form. After floating around some possible cameos, Hughes finally ended up as “one of a half-dozen doctors who attended Lincoln in the last hours of his presidency and life.” Most of the film is based on Michael Kauffman’s book, “American Brutus: John Wilkes Booth and the Lincoln Conspiracies.”

## Be An Angel Campaign And Three Ways You Can Help (Through Dec. 31):

1. **Make a contribution** to support the vital work of Safe Shores, a non-profit that works to reduce trauma and promote healing for children who are victims of abuse and witnesses to violent crimes in D.C. Make donations payable to Safe Shores.
2. **Donate needed items** to Safe Shores. Items should be new and unwrapped. These include: infant, children and teen clothing and coats; infant care items (bottles, pacifiers, diapers, bibs); electronic games/cartridges in English and Spanish for all ages; educational games and toys for infants through teens; duffle/overnight bags or large backpacks; Metro fare cards in \$2 increments and Metrobus tokens; books for children of all ages and small, soft stuffed animals or culturally diverse dolls (such as Groovy Girls).
3. **Donate a gift card** to any of the following stores: Giant, Safeway, Target, Old Navy, Wal-Mart or CVS.
4. **Support Safe Shore’s growth.** In late 2008, Safe Shores will be moving to a larger facility and providing more services to children and families. To support this expansion effort, please contact Sue Ann Roberts at 202-638-2575 ext. 115.



COURTESY OF LEONARD HUGHES

## 2008 Post Calendars Available Now



Give the gift that can be used 365 days out of the year! The 2008 Post calendars are now available for only \$3. Pick them up at the Print Shop (second level, near cafeteria).

## 2007 Expense Deadlines

Please note the following 2007 deadlines from Accounting:

### Delinquent expense reports:

Dec. 17

### Final current expense

reports (dated after Dec. 1):

Dec. 19

### Accounts payable vouchers:

Dec. 19

### Accrual worksheets:

Jan. 3 (by noon)

Please submit expense reports immediately after travel; they're delinquent if submitted more than one week after the expenditure was incurred. Although considered delinquent, expenses from September through November must be submitted by Dec. 17 in order to be reimbursed. Submissions after Dec. 17 will be returned unpaid. December expenses must be received by Jan. 10, 2008 or they will be returned unpaid.

For December expenses to appear in 2007 budget, they must be received by Dec. 19. Consistent with past years, December expense reports will not be accrued. December expenses received

between Dec. 19 and Jan. 11, 2008 will appear in 2008 budget. If you have any questions, contact **Nadeem Awan**, Financial Accounting Supervisor, at x4-7812.

## Yoga

Increase flexibility, strength and balance in yoga taught by instructor Viviana Chieme.

She's certified in the Sivananda Vedanta tradition and has studied yoga in India, Nepal and Argentina. Chieme holds a yoga diploma as a Sport/Olympic/Artistic Trainer from the International Yoga Federation.

Classes started on Dec. 12 at the Northwest Building Fitness Center exercise room and will be held on Wednesdays at 6 p.m. and Fridays at 8 a.m. Class is open to members and non-members.

**Cost:** Five classes: \$65.00 (single class: \$15.00)

Contact **Lyndon** at x4-7193 to sign up.

## Recreational Association Goodies

Looking for a last minute inexpensive holiday gift? How 'bout movie tickets?

**AMC Gold tickets \$8.00**

(unrestricted)

**AMC Silver tickets \$7.00**

(restricted)

**Regal Premiere Blue tickets**

\$8.00 (unrestricted)

**Regal Red \$7.00 (restricted)**

### Contacts:

**Jamie Ward-Black**, x4-5030

IT third floor

**John Wong**, x4-7823

Financial seventh floor

**Pamela Mitchell-Scott**,

x4-5882, Accounting 1st floor Front Counter

## EAP Tip

The holiday season may bring increased stress to many individuals, as well as an increase in the danger on the roadways due to drunk and drugged driving. As part of APS Healthcare's continuing effort to promote the Employee Assistance Program (EAP), tip sheets on "Stress Management" and "Driving Under the Influence" are now available near the Health Center or by contacting ShopTalk (onam@washpost.com). Remember: EAP is committed to being "Healthy Together" and is available 24 hours a day, seven days a week at 1-800-765-0770 or at [www.apshelplink.com](http://www.apshelplink.com). Just enter company code: Post.

## DVD Kiosk

A DVD-vending machine, which includes movies like "The Hoax" starring Richard Gere, is now available in the Northwest cafeteria. The cost is \$1.79 for the first night and 99 cents each additional night. You will need a credit card to check out movies and it is available to all Post employees and contractors. The rental machine has a Web site that allows you to enter "The Washington Post" machine to check inventory, print credit card receipts and check on new release dates.

NEW WEBSITE:

<http://ynotdvd.com>.

## Marketplace

**FOR RENT:** Condo in Columbia, Md. Two bedroom, 1.5 bath. Beautiful, bright, spacious rooms, two walk-in closets. Kitchen has sunroom and dining room combination. Updated bath. Freshly painted. Neutral colors. Close to shopping. Rent: \$1,250 plus utilities. Contact Rita at 410-963-6203 for showing.

**FOR SALE:** 2007 White House Historical Association Xmas ornaments. Selling as part of a fundraiser for my son's daycare. They are \$18 each. To see this year's ornament featuring President Grover Cleveland's White House wedding: [whitehousehistory.org](http://whitehousehistory.org). Free Northwest Building delivery. Contact Liz Whyte at x4-6545 or [whytel@washpost.com](mailto:whytel@washpost.com).

**ISO:** Board games or table games that you're not using anymore. They will be given to an orphanage in Vladimir, Russia where I will be working for 10 days in January. The children love games like Jenga, checkers, Twister, Mancala, Uno, etc. Also need tennis balls (14) and beanbags (4). Just label them to me: Steve Allis, Springfield Pressroom and send them through inner-office mail. Thank you. Contact me at x6-1900 or at home at 703-528-7174.

**FOR SALE:** Give the book "I Have Risen" as a holiday gift this season. All proceeds of the book, featuring essays by young African Americans, will benefit the Ron Brown Scholar Program, a nonprofit organization, which provides full collegiate scholarships to graduating minority high school students. The essays, written by Ron Brown Scholars, offer insight into the struggles they have faced and overcome. Contact Kimberly x4-7727 to purchase a copy.

**FOR SALE:** Looking for the perfect gift for that special lady? Then buy her a brand new stylish leather Playboy watch for \$200 or an elegant silver Pamela Anderson watch with charms that comes with original box and papers for \$245. Pictures available. Contact Nicole at x4-4937.

**NEW MARKETPLACE DEADLINE:** Close of business on Fridays. 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.