Getting the Skinny on How One Employee Shed Nearly 100 Pounds

The buzz is all over Hollywood. Al Roker talked about his gastric bypass procedure on the “Today” show. Oprah Winfrey is down to 163 pounds and has others in her online boot camp joining a weight loss challenge. Star Jones Reynolds, co-host of “The View,” is now half her size and wrote a book, called Shine, detailing her issues with weight. And, of course, there’s Kirstie Alley, whose drop in dress sizes was chronicled on a series of Jenny Craig commercials.

Stephanie Reighley after one year on Weight Watchers.

And while Stephanie Reighley, a budget and administrative manager for University Relations, isn’t on TV, her weight loss is a reality. And speaking of reality TV, you could say that, around here, Reighley is the biggest loser. But don’t worry, she takes it as a great compliment.

Reighley joined USD’s Weight Watchers at Work Program when it debuted on campus last February. This month, the program is celebrating its first anniversary — and Reighley is celebrating the fact that she’s lost 96 pounds.

Weight Watchers will begin a fifth 12-week session of its at-work program at USD this month. The group meets from noon-1 p.m. on Wednesdays in the Degeher Alumni Center, Rooms 112 and 113. There must be at least 15 registered and paid participants to renew the program. Newcomers are welcome to join at any time and their fees will pro-rated. To join, either call Cristina Ruffo in human resources at ext. 2722 or attend a meeting.

Reighley still remembers the day she read the first e-mail about USD’s new Weight Watchers program. Concerned for her health, and encouraged by colleagues who were Weight Watcher members, she decided to join. What made the difference this time was having the program on campus.

“If I had to go to a meeting somewhere in Clairemont, at 6 p.m. when I’m exhausted, it would be inconvenient and I’d lose my resolve,” says Reighley, who’s worked at USD for more than 11 years. “But now that it’s here on campus, I know that even if I can’t leave my desk any other day of the week, I make sure that on Wednesdays at noon I go to Weight Watchers.”

Reighley and other members of USD’s group have lost a combined total of 630 pounds.

(Continued on page 3)

Print Shop Takes on New Roles

In December, the Print Shop jumped into action after getting an important order from the president’s office for bookmarks to accompany a holiday gift to the campus community. Working together, employees transformed the idea into reality in about a day, matching the bookmark to the new Fountains of Tradition book, which was sent to all employees. Everyone in the shop was involved — Assistant Manager Theresa Andersen even helped hand-fold the piece once it was ready.

Bindery operator Jonathan Roberts in action.

This can-do attitude is serving Print Shop employees well as their area undergoes major changes in the way it does business. In addition to playing a more direct role in making sure each project it produces properly represents the university’s image, in the future, Print Shop employees will ensure that printed materials campus-wide meet the standards being crafted by USD’s Branding and Visual.

(Continued on page 2)
Print Shop
(Continued from page 1)
Identity Task Force. These standards, say Print Shop workers, will enhance the university’s image by improving quality and consistency.

“Every piece that goes off campus is an important piece,” says Mary Ryan, who provides design and production services. “Budget is always an issue, but our materials have to look very professional, because this is a prestigious university.”

Changes to the Print Shop’s operating mode are being overseen by Dawn Anderson, procurement services manager and acting director of the Print Shop. In keeping with the myriad changes in the shop, she says a name change likely will be announced shortly.

The Print Shop already has evolved since last year, when its in-house press operations were scuttled because of high upkeep and maintenance costs. Although the shop no longer prints jobs in-house, Anderson says, the facility should still be involved in most printing projects as a print broker, bidding out jobs and finding the best combination of quality and price. The shop still handles everyday projects such as photocopying, binding and other services, and now it will provide clients with additional expertise on issues related to branding.

“Often, the work can still be done most effectively in-house,” says Ryan, who provides design services at hourly rates well below what an external freelance designer would charge. “If not, the Print Shop can make the call and bid out the job to get the best price from an outside vendor. Either way, quality is a top concern.”

With its added emphasis on marketing and design, the Print Shop expects to be an even better resource. With Ryan and Anderson both serving on the university’s branding task force, any jobs brought to the Print Shop will get special attention to make sure design and printing are up to snuff. And because its outside printers are aware of USD’s marketing standards, there’s less danger of an inferior product getting out.

“We know how to turn it around and make it look like Vogue with PennySaver dollars,” Ryan says.

— Kelly Knufken

The Alcalá View wants to hear from directors, managers or department heads with news to share. To participate, send an e-mail to Krystn Shrieve at kshrieve@sandiego.edu or call her at ext. 4934.

Library Tech is Halfway to Weight Loss Goal

So, why are the Weight Watchers at Work programs so popular? Teresa Yerbury, the group leader for USD’s program, says it’s because of the convenience of the meetings as well as the camaraderie.

Holly Romo walks to a Weight Watchers meeting.

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Stephanie Reighley
(Continued from page 1)
Reighley had been taking various medications for her high blood pressure and Type 2 diabetes, but no longer has these ailments. She stopped taking the elevator and now hikes up stairs two at a time. She got a treadmill for Christmas and says she actually uses it — and not as a clothes rack. She adds that she can fit comfortably in the rides at Disneyland, doesn’t worry about whether she’ll have to ask for a seat belt extension on airplanes, and says her closet is no longer the enemy. In fact, it’s full of new clothes that are six sizes smaller.

The Flex Program assigns points to all foods. People on this program are assigned an ideal number of points to eat per day and throughout the week. Here are some examples of common foods:

- Vegetables: 0 points
- 1 large apple: 2 points
- 1 slice of bread: 2 points
- 1 chocolate candy bar: 3 points
- 1 cup cooked white rice: 4 points
- 2 cheese enchiladas: 10 points

In stark contrast to the old days, Reighley’s cupboards and refrigerator are now stocked with healthy foods — fat free milk, whole wheat pasta and plenty of fresh fruits and vegetables. During a recent trip to the grocery store, a customer standing in front of her at the check-out line told her she had the healthiest looking cart he’d ever seen.

“I used to hide a carton of Ben & Jerry’s under the bag of carrots in the cart,” Reighley says. “So to have this man say that to me meant a lot.”

TransBorder Institute Forum
The TransBorder Institute will hold a forum, “Assessment of the Mexican Vote Abroad,” from noon-2 p.m., Feb. 2, at the Joan B. Kroc Institute for Peace & Justice. Experts will discuss the ramifications of the first Mexican presidential election in which Mexicans living abroad can participate. Free. For information, call ext. 4090, e-mail emily-06@sandiego.edu or go to www.sandiego.edu/tbi.

All-Faith Service
The USD community will celebrate the annual All-Faith Service at noon, Feb. 3, in The Immaculata. The annual prayer service, which marks the beginning of the spring semester, features traditions from diverse faith communities. This year’s theme is “Unifying a Divided World.” For information, call ext. 4735.

Spirituality Lecture
The Rev. Robert Schreiter, Vatican Council II Professor of Theology at Catholic Theological Union in Chicago, will discuss “Reconciliation in a Polarized World,” touching on public and personal realms. The fourth annual Center for Christian Spirituality Lecture will be held at 7:30 p.m., Feb. 6, at Shiley Theatre, Camino Hall. Students with USD ID will be admitted free. For others, pre-registration tickets are $10 ($15 at the door) and half-price for USD faculty and staff. To register call ext. 4784.

Outdoor Adventures
Outdoor Adventures is ready to start the spring semester with lots of adventure. Call ext. 4709 or go to the Hahn University Center, Room 136, to sign up for the February trips:

- Feb. 14: Moonlight canoe ride with dessert in the San Diego Bay, $12.
- Feb. 21: Indoor rock climbing, $10.

Leadership Event
Los Angeles Police Chief William Bratton will present “Leading Through the Tipping Point.” The event will be held at 7:15 p.m., Feb. 15, in the Joan B. Kroc Institute for Peace & Justice, Conference Rooms A-D. To register in advance, go to www.sandiego.edu/bratton. For information, call ext. 4828.

TransBorder Institute Forum
Experts will discuss solutions to improve the region’s security during a forum on “Rule of Law Challenges Along the U.S.-Mexican Border.” Topics will include rising crime in the border region, using the Mexican states of Baja, California, and Chihuahua as case-study examples. The free event will be held from 8:30 a.m.-2:30 p.m., Feb. 15, at the Joan B. Kroc Institute for Peace & Justice. RSVP by Feb. 8 to emily-06@sandiego.edu. For information, call ext. 4090.

Philosophy Conference
USD will host a regional meeting of the Society of Christian Philosophers. Speakers at the “Selves, Souls and Survival” meeting will include Peter van Inwagen of the University of Notre Dame and Paul Churchland of UCSD. The event will be held Feb. 16-18 at the Joan B. Kroc Institute for Peace & Justice. For information, call ext. 2749.

Lenten Program
A series of talks marking Lent, titled “A Judeo-Christian Perspective on Suffering and Death,” will begin Feb. 28. The series, which runs through April 4, will explore questions such as “Where is God when bad things happen?” and “How do we approach our own death or the death of a loved one?” The Feb. 8 event will be held from 10:30 a.m.-noon in the RSCJ Casa Maria Community at the north end of Founders Hall. There is a fee to attend. To register, call ext. 4784.

It’s A Date!
The Chance to Explore Jazz
The Christopher Adler Trio will perform exploratory jazz and improvisation at 8 p.m., Feb. 10, at Shiley Theatre, Camino Hall. Saxophonist Alan Lechusza and drummer Vikas Srivastava will join Adler, a pianist and USD faculty member, for the event. $10 general admission; $8 for non-USD students, seniors, USD faculty, staff and alumni; $5 for USD students with ID.
SEA Snippets

The following issues were discussed at the January meeting of the Staff Employees Association:

• Kelly Douglas, USD’s general counsel, attended the meeting to announce that the university is updating and revising USD’s policies and procedures. The policies have been categorized into seven volumes including those policies related to: general governance and administration of the university; the campus community; general employment for faculty, administrators and staff; faculty and staff administration; academics; and students. Douglas told SEA representatives that the university is forming committees to review each of the categories and was looking for representatives to sit on committees for those categories that affect staff. To volunteer, contact SEA Co-President Penny Navarro at pnavarro@sandiego.edu or call her at ext. 4585.

• Sue Lowery, in the biology department, met with SEA representatives to spread the word about some upcoming workshops designed to get girls in middle schools interested in science. For more information about these events contact Lowery at ext. 4078.

• To offer suggestions for ways the Charity Begins at Home fund raiser could be improved, contact SEA Co-President Penny Navarro at ext. 4585.

SEA meetings are open to all employees, especially staff. The next SEA meeting is at 2 p.m., Feb. 8, in the Hahn University Center, Room 103.

MILESTONES

Erin Brown, assistant director of budget and treasury, gave birth to a baby girl, Malia Nicole, on Nov. 28. The baby weighed 8 pounds, 9 ounces.

Helen Louise Eherenman, mother of Kimberly Eherenman, chair of languages and literatures, passed away on Jan. 14.

Prena Burke, mother of Karen Burke, Warren Distinguished Professor of Law, passed away on Dec. 26.

Bob Bustya, father of Traci Merrill, assistant director of sponsored programs, passed away on Dec. 25.

Pat Gardepie, mother of Larry Gardepie, research and planning analyst, passed away on Dec. 24.

Jane Zenith Fellmeth, mother of Robert Fellmeth, Price Professor of Public Interest Law at the School of Law, and executive director of the Center for Public Interest Law/Children’s Advocacy Institute, and mother-in-law of Julie D’Angelo Fellmeth, CPIL administrative director and supervising attorney, passed away on Dec. 13.

William Morales, father-in-law of Nina Sciuto, employee relations and diversity/inclusion director in human resources, passed away on Dec. 9.

Belen Limon Quezada, mother of Reyes Quezada, associate professor in the School of Leadership and Education Sciences, and grandmother to USD students Raymundo and Kristina Quezada, passed away on Dec. 8.

Javier Robles, stepfather of Guadalupe Corona, director of the United Front Multicultural Organizations, passed away on Nov. 22.

Thank you to the many people who called or sent condolences after my mother’s death. Your support and prayers are a source of comfort. Christmas is a time of joy. Her death on the eve of this holy day will be a reminder to my family of the gift of the Christ Child in our lives, the promise of new life. Thank you again for your kindness!

— Larry Gardepie

The Milestones section is meant to allow people to celebrate all the milestones in the lives of their co-workers, colleagues and friends — including the happiness of marriages, births and major anniversaries, as well as the sorrows of death. Send milestone notices to Krystn Shrieve at kshrieve@sandiego.edu.