



THE INSIDE STORY

News you can use in your life at InfoMart and beyond

January 2009

Review Month

Volume 4, Number 7



A Note from Tammy

Dear InfoMart Team,

During the holiday season, we're all reminded that we should give to the less fortunate members of our community through toy drives, food drives, volunteer events and bell-ringers for the Salvation Army. But don't forget this spirit of generosity and giving as we move into the New Year. After the holiday decorations come down in our homes and towns, there are still people in need in our communities.

I've long been a proponent of volunteering,

not only because it's the right thing to do but also because it's so personally enriching. The satisfaction you get from helping a person, community, animal or organization in need is immeasurable. And studies have shown that volunteering provides a number of other personal benefits, among them: learning new skills, gaining work experience, meeting new people and building self-esteem.

You might not think that you have time in your busy schedule to volunteer, but volunteering doesn't have to be a full-time commitment. And with many organizations, you can volunteer as a family, so you can teach your children the

importance of giving and spend quality family time together all at the same time.

So, volunteer to man a hotline for the YWCA of Northwest Georgia, read to children at Brumby Elementary or contact another organization that serves a cause you're passionate about and get out there and give back!

As Muhammad Ali once said, "Service to others is the rent you pay for your room here on earth."

Most sincerely,

InfoMart Honors Extraordinary Employees at Holiday Extravaganza

Dressed in their holiday best and arriving to the best decked halls in town, InfoMart team members and their guests gathered on December 6 for the annual InfoMart Holiday Party – a time for eating, drinking, dancing, socializing and honoring the exceptional.

First up in the holiday soiree honors spotlight were the winners of the annual InfoMart Holiday Food Contest:

Cold Appetizers	Hot Appetizers	Desserts
 BLT Bites Tina Earl	Crab Cakes Brian Earl	Peanut Butter Cups Tina Earl
 Christmas Wreath Spread Lori Dockery	Cheesy Bacon Dip Emily Townsend	Death by Chocolate Morgan Summers & Tim Gordon
 Holiday Pizza Kwellin Allen	Artichoke Dip Julie Keef	Peppermint Twist Cake Emily Townsend

While food certainly held an important place at this event – as it does at most others at InfoMart – the people were the real focus of this party. As is tradition, Tammy Cohen and Amy Phillips took to the stage to announce the winners of InfoMart's annual awards:

Employee of the Year: **Sierra Bazemore**
 Outstanding Peer: **Tim Gordon**
 Liz Camilli Award: **Sylvia Pierson**
 Rookie of the Year: **Melissa Hougham**
 Salesperson of the Year: **Mike Swilley**
 Go-Getter Award: **Kwellin Allen**
 Empowerment Award: **Suzanne Sorge, Rebecca Boudreaux, Antionette Reed, Katye Hegedus**

MVP Award: **Lisa McKay, Marlene Murphy, Cassie Lockhart, AJ Grubbs, Althea Holmes, Tina Earl, Eileen Payne**
 Team Player Award: **Sara Green, Monique Fluker**
 Shining Star Award: **Kristin Bronaugh, Tiah Carter, Dan Gordon, Marnetta Swan, Shon Sims, Michica Matthews, Tosha Howells, David Myrick, Audrey Gresham**

Congratulations to all our winners and thank you to everyone who attended the holiday party, helping to make it the best bash of the year!

TAT/ERRORS

For the month of December:

Corporate TAT: 2.22 ⬇️

- Criminal: **2.24** ⬇️
- Previous Employment: **3.58** ⬆️
- Education: **2.68** ⬆️
- Drug: **3.85** ⬆️
- MVR: **1.08** ⬇️

Error Rate

- Criminal: **0.16%** ⬆️
- Client Relations: **0.13%** ⬇️
- Verifications: **0.10%** ⬇️

⬇️ down | ⬆️ up | ● no change

"We must learn to live together as brothers or perish together as fools"

~ Martin Luther King, Jr.



New Year, New Reminders

Benefit Elections

The InfoMart HRIS system has been updated to reflect your 2009 employee benefit elections. It is very important to review your benefits screen for accuracy and contact Liz K. if you think there are any errors. Additionally, you will receive your first payroll check of 2009 on January 9. At that time, please take a few minutes to check your benefit deductions; if you feel there is a discrepancy, please see Liz K. To ensure that you are receiving the benefits you selected and are being charged accordingly for them, it is very important to resolve these issues as soon as possible.

Performance Reviews

It's time again for Employee Performance Reviews. In January, every employee will receive a copy of the review form in their email. You should complete your self-evaluation in time for your scheduled meeting with your department manager. Please see Liz K. or your manager if you have any questions regarding this process or how to complete your portion of the review form. For advice on how to write your performance review, please see the January 2008 edition of *The Inside Story*.

Inclement Weather

In the event that winter weather conditions make it hazardous to report to work, we may elect to do one of the following:

- ❄ Opt to close.
- ⚡ Delay opening for the day and allow for late arrivals.
- 👤 Allow employees to use PTO.

On inclement weather days, it is your responsibility to contact InfoMart to find out our plan of action for the day. If driving conditions are questionable, employees should call Human Resources at extension 1372. Any severe weather procedures will be recorded on this voicemail greeting by 7:30 am. If the message makes no mention of the weather, the office will be open for business as usual. In general, InfoMart will follow the lead of Cobb County Government concerning business operations during foul weather.



InfoMart Biggest Loser Contest

Now that the holidays are over and some of us are starting to see or feel the effects of consuming too many holiday treats, it's time to start the InfoMart Biggest Loser Contest again. The first weigh-in is on Thursday, January 8. It's always easier to try to take off weight if you do it with your friends and co-workers, so please join in!

WELCOME TO THE
INFOMART TEAM!

It's a great day at InfoMart
because you are here!



INFOMART CRAFT CLUB!

Friday, January 23

See Liz K. for more information.

EMPLOYEE SPOTLIGHT

Each month, the spotlight shines on a randomly selected member of the InfoMart team. This month, meet...

Danje Davis

Verifications Analyst

How long have you been a part of the InfoMart team?

I have been at InfoMart since January 4, 2006.

What is the best thing about working here?

The food and my co-workers.

What do you enjoy doing in your spare time?

I enjoy going to church, watching movies and spending time with family and friends.

Where are you from originally? Where would be your ideal place to live?

I'm from Denver, Colorado. My ideal place to live is in a condo in Downtown Atlanta.

Name something that few, if any, of your co-workers know about you.

I am afraid of spiders and I love to travel.



Warm Up Your Winter with Uncommon Coffee Knowledge

When the weather outside is frightful, there's nothing more delightful than a hot cup (or two) of coffee to start your day off right. But how much do you really know about that cup of joe? Here are some fun and interesting facts about the world's favorite beverage fuel:

- Due to variations in serving sizes, it's difficult to determine exactly how much coffee the world actually consumes. By one estimate, though, it's a whopping 584 billion cups per year. Which country consumes the most java? That would be Finland, where consumption per capita is approximately 1,100 cups per year.
- Coffee berries were discovered by a goat herder in the Kaffa region of Ethiopia around A.D. 800. It was first brewed as a beverage in Arabia around 200 years later and, through trade, exploration and conflict, coffee then spread through Europe and to South America.
- It takes 15 to 20 minutes for the caffeine in coffee to enter the bloodstream, where it keeps on working for over three hours.
- Worldwide, more than 20 million people are employed by the coffee industry.
- Despite how their names sound, a dark roast coffee actually has less caffeine than its medium roast counterpart.
- Nineteenth-century French novelist Honore de Balzac loved coffee so much that he's said to have consumed nearly 50 cups a day.
- The coffee break became an institution in the American workplace in the early years of the 20th century. Two companies lay claim to starting the tradition: Barcalounger and the Larkin Company, a now defunct soap manufacturer.
- Stuck at a campsite with coffee but no coffee maker? Do as cowboys do; boil some water over a campfire, throw in some coffee and an eggshell, then filter it through a sock and drink up, pardner!



SAVE THE DATE

InfoMart's Biggest Loser Contest

First Weigh-In: January 8

Join us on January 8 for the first weigh-in of InfoMart's Biggest Loser Contest. Last year, participants lost a combined 353.6 pounds and enjoyed a healthy dose of camaraderie and competition in the process. Stay tuned to Morning Meeting announcements for times for the initial weigh-in and dates for subsequent weigh-ins and Biggest Loser events.



InfoMart Craft Club

January 23, 12 pm

Feeling crafty? Join your fellow crocheters, knitters, sewers, scrapbookers and other crafters to share tips and tricks, work on projects and learn new crafts as part of the brand new InfoMart Craft Club. See Liz Kressel for more information or join us in the Facility Room or January 23 at noon to see what the Craft Club is all about.



SURVEY SAYS

What's your favorite romantic movie?

- Casablanca
- Ghost
- Shakespeare in Love
- Sleepless in Seattle
- The Princess Bride
- Titanic

[Click here to cast your vote.](#)

COLLEGE FOOTBALL BOWL GAMES: 46%

BLACK-EYED PEAS & COLLARD GREENS: 36%

RESOLUTIONS: 18%

TOURNAMENT OF ROSES PARADE: 0%



What is your favorite New Year's Day tradition?



GREEN TEAM NEWS

Pick Up or Delivery: Which Video Rental Method is More Eco-Friendly?

For movie buffs, Netflix is a great modern convenience; their rental rates are competitive, they have an extensive selection of movies and they deliver movies right to your mailbox. But just how eco-friendly is having that DVD delivered right to your doorstep?

If you're feeling guilty about having a DVD rental trucked from hundreds of miles away rather than picking it up from the video store around the corner, you can rest your eco-conscience. Renting a DVD by mail is a greener choice than going to your local video store. Let's take a look at why, using Netflix and a brick-and-mortar Blockbuster store as our examples.

A Netflix DVD is initially delivered to the company's main distribution center in California, and then trucked with thousands of other discs to one of 53 regional distribution centers across the country. Then it's sent as part of a daily delivery to a nearby U.S. Postal Service hub, and regular mail carriers take over. Meanwhile, a DVD destined for a Blockbuster store first goes to the company's McKinney, Texas facility where it's repackaged into a Blockbuster-sanctioned plastic case and then it's on to your local store.

The Netflix DVD may be transported back and forth over much greater distances, but it's part of a much larger delivery in the back of a mail truck - and that reduces its environmental impact.

According to a recent study published in the *Journal of Industrial Ecology*, even just a two-mile drive to the video store will consume a few hundred times more energy than the Netflix

delivery from a distribution center 200 miles away.

Packaging accounts for another difference between renting online or from the video store. And compared with a mail-order Tyvek sleeve, a video store plastic case takes more energy and resources to make and takes up more space during shipping.



BRAIN TEASER

Are You Smarter Than a 5th Grader?

Think you're smarter than a 5th grader? Here are a few questions to help you put that theory to the test. Answers are on page 5 (Partnership Profile).

1. Geography:

Which of the Great Lakes lies farthest East?

2. History:

How long is one regular term for a U.S. Representative?

3. Math:

If you have a gross of pencils, how many pencils do you have?

4. Science:

What is a camel's hump primarily used to hold?

5. English:

'Carefully' is an example of what type of word? Adjective, noun, verb or adverb?



Build a Better Brown Bag Lunch

Be it ever so humble, there's nothing like the brown bag lunch to help you save money - since the average fast food lunch will cost you three times as much as bringing a homemade lunch to work - and drop a few pounds. But there's no reason why bringing your own lunch to the office has to be boring. Here are a few helpful tips for building a better brown bag lunch:

- Don't wait to make your lunch in the morning, when you are strapped for time. Make it the night before, no matter how tired you might be.
- Cook extra dinner the night before and take leftovers for lunch the next day. Or do some batch cooking on the weekend. Roast a turkey or chicken breast or beef to make your own lunch meat rather than buying pricy packaged meats that can be high in sodium and nitrites.
- To help round out your lunch, throw in a sliced apple or orange. Chances are, if you cut it up, you will eat it. And the same goes for veggies too.
- Pay attention to which foods give you energy - or at least don't weigh you down - in the middle of the day and bring those to eat. Eat lightly if you have a sedentary job.
- Keep food in your office that you can use any day - canned sardines, good crackers, canned soup, peanut butter, etc.
- Thinking of packing PB&J? This old standby is always a good option. Just don't slather on the peanut butter too thick and be sure to use whole-grain bread. For the side, try fruit instead of chips. Mix it up and take advantage of what's in season, including bananas, peaches, oranges and cherries.
- If you're looking for a lunch option that's a little different, try healthy finger foods. Pack cubed cheese, carrot sticks, and whole-grain crackers, with a side of yogurt.

Bon appetite, brown baggers!



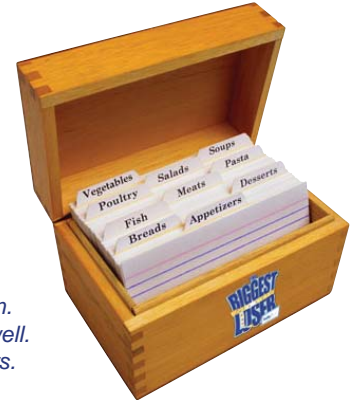
Recipe Roundup: BLT Bites

With just a handful of ingredients and a little bit of time, you can whip up a batch of BLT Bites. This recipe won Tina Earl top honors in the Cold Appetizer category of the InfoMart Holiday Food Contest, and is sure to please your party guests as much as it did guests at the 2008 InfoMart Holiday Party.

Tina Earl's BLT Bites

16 cherry tomatoes
1 lb. bacon - cooked and crumbled
1/2 cup mayonnaise
1/3 cup chopped green onions
3 tbsp grated Parmesan cheese
2 tbsp snipped fresh parsley

Cut a thin slice off the top of each tomato. Scoop out and discard pulp. Invert the tomatoes on a paper towel to drain. In a small bowl, combine the remaining ingredients; mix well. Spoon mixture into tomatoes. Refrigerate for several hours.



When you're done devouring this dish, don't forget to submit your own recipes to Liz in Media. It could be featured in an upcoming issue of *The Inside Story* for all employees to enjoy.

PARTNERSHIP PROFILE

At InfoMart, we work to build more than just standard relationships with our clients; we strive to develop strong, healthy and enduring partnerships with every organization that we serve. Each month, The Inside Story will present a Partnership Profile, helping the InfoMart team become better acquainted with our family of clients.

Did you know that the average American eats 27 pounds of bananas per year? With consumption like that, it's a good thing there's a company like Chiquita to feed our nation's need for bananas.

In 1944, Chiquita introduced Miss Chiquita and became the first company to brand a banana. The idea for sticking labels featuring Miss Chiquita came about in 1963. Chiquita has since used the stickers to promote bananas for school lunches, honor major company anniversaries, advertise sponsorship of the Olympics in 1980, celebrate Miss Chiquita's 50th birthday and feature their slogan, "Chiquita. Quite Possibly, The World's Perfect food." Each sticker is placed by hand because machines are too rough and could bruise the fruit.

Although Chiquita is best known for its bananas, they also offer a wide range of other fresh produce including apples, avocados, grapes, kiwi, cherries, pineapples, stone fruit, tomatoes and bell peppers. Chiquita also owns Fresh Express, the number one seller of packaged salads.

Headquartered in Cincinnati, Ohio, Chiquita has 23,000 employees and operations on six continents. Since May of 2008, InfoMart has helped Chiquita select employees that are the best of the bunch through our criminal, federal criminal, NSSF, education, employment and MVR services.

Brain Teaser Answers:

1: Lake Ontario, 2: 2 years, 3: 144 pencils, 4: Fat, 5: Adverb



INFOMART @ PLAY

Rocking Around the Department Trees

Armed with a three-foot tree, \$25 for decorations and their own craftiness and creativity, each InfoMart department worked diligently to trim a miniature tree for the annual InfoMart Tree-Decorating Contest. And this year – as the photos below prove – the results were merry and bright!



1st Place

Corporate Accounts took top honors in the Tree Decorating Contest for their "All I Want for Christmas is my Two Front Teeth" tree, featuring Chip Esposito as the Tooth Fairy.



2nd Place

Coming in second place was "Tree of Hope," the Client Relations Department breast cancer awareness tree.



3rd Place

Putting a literal spin on a holiday saying to earn third place, the Admin Department's "Baa Hum-bug" tree featured miniature lambs, music notes and rubber bugs.



INFOMART @ PLAY

InfoMart's Spirited Holiday Soiree

Members of the InfoMart team work hard and play hard year-round, but that celebratory company spirit is perhaps most apparent at the InfoMart Holiday Party. As in years past, revelers at the 2008 shindig were greeted by food, drinks, dancing, camaraderie and the presentation of InfoMart's annual awards. Check out the pictures below to relive the good time had by all.



INFOMART @ PLAY

