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Photos by Laura Kloth. Click on blue arrows to navigate through slide show. ^

Employees Jump into Spring at Div. 3 Health Fair

By Laura Kloth
Staff Writer

(May 11, 2010) Metro employees had the opportunity to sweat to some contemporary tunes, witness a nail-biting jump rope contest and receive health screenings during the May 5 health fair at Division 3.

Newly appointed Transportation Manager Maria Reynolds provided a friendly welcome to employees as she encouraged them to get their free screenings for cholesterol, blood pressure and diabetes.

Reynolds recently assumed her position after heading the Division 8 in Chatsworth for 10 years.

Earlier this year, she touted the Chatsworth facility during a visit from local school children saying, "This is an award-winning facility. We have the lowest accident rate. We have the safest facility and it's because of all of the work they (employees) do that makes us such a good division here and a great place to work."

According to Reynolds, the health fair presented an opportunity to get to know her slightly larger staff, understand better how the division operates and mingle before inviting everyone to a traditional Mexican Cinco de

Mayo feast in the back room.

While some of her new crew had their screenings, others enjoyed the fruit salad table and picked up healthy giveaways like toothbrushes, pedometers and a bagful of health-related informational materials.

Highlights of the event included a warm up to hip-hop tunes and a jump rope contest won by Operator Aubrey Harrison who jumped for 1 minute, four seconds without breaking a sweat.

Later in the afternoon, several employees were honored at a retirement ceremony.

Those retiring from Division 3 are: Gerald Bingham, Robert Nembhard, Joe Miller, Dwain Edwards, Raymond Jaramillo, Frank Zamora, Wendell Slater, Carlos Griffith, Nathanael Morales, John Urrutia, Margaret Tucker, Robert Barnett, Gabriel Jimenez, Donald Woolley, Francis Mauliola, Eliseo Perez, and Cheryl Thomas.