

CIO's Corner

This morning I was driving down a main road and there was a big line headed up the hill in front of me. I could tell someone was stranded, but I couldn't tell who or exactly where.

I switched lanes and approached the stranded car. It was an older lady (about 55) in an older Olds Cutlass that had stalled and would not start. There was a string of about 20 cars - mostly men - who had already passed her up <sigh>. I pulled up next to her, but she was on her cell phone and I couldn't get her attention to let her know I was going to come back to help, but needed to pull into the gas station on the corner.

I waited for the light to turn green; as I looked around I saw two young men in a Ford pickup behind me and another man about my age behind her trying to get over to go around her. I pulled around the corner into the Chevron. I was assuming someone would be racing me to help her, but to my surprise, when I parked, everyone was still just going around her as if she was just some type of annoyance.

I waited to cross the street as four more men went around her and drove through the light. Finally a guy in a cement truck let me cross the street. I startled her when I knocked on the window. She was obviously stressed out and on the cell phone. I said, "Please put it in neutral and I'll push you over to the gas station."

I summoned up my eagle powers (Nacho Libre) to push the 2 ton vehicle, but was amazed at how light the car was when I started to push it. I could almost push it with one finger. Several other cars went around, honking and cutting us off, until I pointed to the person behind her and told them to wait. I was waiting to push again when, all of a sudden, she started the car. She waved at me, said "Thanks young man!" and off she went...

Did she just need someone to help her faith? Was it just a freak show?

Here comes the best part of all: I drove over to the DMV (Monday, the worst day ever) and walked into a herd of people sitting around. I pushed the button and B203 popped out. Almost before I could tear it off, the loud speaker said, "Now serving B203 at desk number 2". I was shocked, and everyone looked at me as I walked straight up. I got the pink slip and was out the door just that fast.

I don't call that chance.

It made me think about people who are out of shape, eating wrong, and not setting their goals to have good fitness in general. Most people just walk by, passing them up saying, "Wow that person sure is lazy." Or worse, they look down on them as if they have some disease. They don't, and just like this lady who was stranded, they need someone to walk beside them.

This is what we are doing here at Bodybuilding.com, with BodySpace, Articles, Forums, our products, and our people. We are the ones pushing the car, pointing the finger to tell someone to wait. We help people get to the next level...the next stop...the gas stations of life. It's amazing to me how so many just walk by (big companies) and look at the lady in the car like "GET OUT OF THE WAY LADY...GET YOUR DUMB CAR FIXED!" But we at Bodybuilding.com get out to push and give them a hand.

Kelly Householder
Bodybuilding.com CIO

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Company Notes

Company Luncheon Dates:

- **Corporate Offices**
Friday, October 17th
- **Idaho Warehouse**
Thursday, October 16th
- **Florida Warehouse**
Wednesday, October 22nd
- **Pennsylvania Warehouse**
Thursday, October 16th

Happy Birthday!

Employee	Department	Birthday
Sonia Towner	Pennsylvania Warehouse	10/1
Donna Guido	Pennsylvania Warehouse	10/3
Nick Plaunt	Pennsylvania Warehouse	10/6
Brandon Malm	Customer Service	10/7
Jahdiel Newry	Florida Warehouse	10/7
Jason MacFarlane	Operations	10/10
Scott Wohlrab	Florida Warehouse	10/11
Ryan Suydam	Customer Service	10/12
Charles Tate	Pennsylvania Warehouse	10/12
John Andrews	Florida Warehouse	10/14
Matt Corvin	Florida Warehouse	10/16
Darlene Otero	Idaho Warehouse	10/18
Quincy Clapier	Idaho Warehouse	10/21
Ron Miller	Pennsylvania Warehouse	10/21
Andrew Braithwaite	Idaho Warehouse	10/22
Mike Bieker	Web Store	10/23
Gordon Crawford	Idaho Warehouse	10/23
Jonathan McCaughan	Florida Warehouse	10/24
Yolanda Moure	Pennsylvania Warehouse	10/24
Ben Hendrix	Idaho Warehouse	10/25
Amity Welker	Pennsylvania Warehouse	10/29

Department Spotlight: Web Development

October MVP Grif Murray



James 'Grif' Murray started at Bodybuilding.com only 6 months ago, in the web content department. Grif has helped take the contest database to a whole new level. As you can probably tell, he has been into bodybuilding since he was a kid, as his mom was a fitness competitor!

In addition to the contest database, Grif has been taking on new roles and responsibilities, such as designing wallpapers, logos and other graphics-related work. When we lost our events manager, Grif stepped up to the plate without even being asked and took on many of the event manager's daily duties. Grif is motivated, dedicated, and committed to helping Bodybuilding.com deliver on our mission statement.

Little Known Fact: Grif moved all the way from Atlanta to work here at Bodybuilding.com (ask him about his journey from Atlanta to Boise when you get a chance!)

Nominated Department MVP's

- Reece Theobald Web Development
- Jordan Ax Customer Service
- Ronda Hammermeister Idaho Warehouse
- Jolie Rosenfield Idaho Warehouse
- Brian Blue Florida Warehouse
- Tony Ryan Pennsylvania WH

Department MVPs are awarded a \$10 gift certificate to an area restaurant.

**Have you ever used Windows XP or Windows Vista?
Ever heard of a Linux Kernel?
Do you know what Office is, and have you ever used it (Microsoft Word for example)?**

If you have, then you know first-hand the benefits of good software; but did you know the same types of things are being built right here at Bodybuilding.com?

Have you ever been to BodySpace, or read a BodyBlog? Chances are good (if you are like all of us here at Bodybuilding.com) that you've spent a good deal of time on our website. Did you know that the type of people that bring Microsoft Word and Windows XP to your home computer are the same type of people that bring you BodySpace and BodyBlog?

Those people are **Software Engineers**, and I'm very proud to say that Bodybuilding.com has the best Software Engineers in the industry - right here in our Boise office - and they are this month's department shout out...the **Web Development Team!** Our team of Software Engineers, testers and taskmasters (aka ScrumMaster) has grown to 17 people in the last year, and the new machine of creativity is winding up to bring our customers some incredible new tools over the coming years!

This has to be one of the most exciting times for our company and our customers, as well as all of our growing teams who have the same mission and vision for our visitors. Please feel free to stop by our new IT area and say hi to the entire team!



Wayne



Debbie



Randy (R1)



Matt



Dustin



Nick



Reece



Cory



Ken



Patrick



Jason



Todd



Gene



Randy (R2)



Eleazar



Manuel



Mike



Kelly (CIO)



CONGRATULATIONS!

On August 23rd, 2008 James Nolen was married to Jenna Hartley in Nampa, Idaho. Sorry ladies, this man's off the market. Congratulations James!



NEW BABY GIRL!

Creative Director Jeran Dahlquist had a new baby girl August 27th. Lora Lu weighed in at 7lbs. 8oz. with a measurement of 20.25". Welcome to the family, Lulu!





• FLORIDA WAREHOUSE NEWS

As the weather is cooling down in the sunshine state, our basketball tourney is heating up! We have a few games left with Scott "Jordan" Wohlrab, "Slamdunk" Stacey McCord, and "Lay-up" Lemark Duke's team favored to take it all! Newly appointed Assistant Warehouse Manager Sean Sullivan bought the staff lunch to keep them fueled up after their TKO on the previous month's operations goals.

Football season is well under way, and Bodybuilding.com FL employees are representing at FSU home games, supporting the Seminoles to a 4-1 record so far (and still unranked)! Thanks to Josh Brouse for pulling through on the tickets!

-The FL Warehouse-

• IDAHO WAREHOUSE NEWS

The Idaho warehouse was proud to present a little feel of Italy during our September luncheon and it was a total success. It started with beautifully decorated tables, candlelight, and plenty of food for everyone. Each employee received a personal thank you for a job well done when they picked up their tableware. Each set of tableware, (although plastic) was wrapped in a napkin with a label and the word "Grazie" printed on it. The meal consisted of spaghetti, salad, and garlic bread. It was a feast fit for kings and queens! Our thanks to Jim and Jackie, and all those who helped make this month's luncheon perfect!



PENNSYLVANIA WAREHOUSE NEWS

All has been quiet on the PA front... just business as usual. We have been fortunate to have several visitors over the past few months. In August, Jed Reese and Scott Wohlrab spent several days here to work with Jamie Myers on the new QC position. A week later, Ryan, Jeremy, Josh, and Tommy graced us with their presence. The kid in all of them came out at lunch, when they wouldn't leave the Coliseum because they were too busy competing in video games (Jeremy won most of them).

In September, Staci McCulloch and Gary Davis flew across the states to spend a day with us. Who's going visit us this month????



In honor of the upcoming holiday, BuyCostumes.com (one of Liberty's companies) is offering all Bodybuilding.com employees a SPOOK-tacular 20% discount!

Use discount code: **LINTA**

Employment Anniversaries

Thank you for your continued hard work and loyalty!

Matt Biss	Customer Service	1
David Tucker	Customer Service	1
Erin Hogue	Finance	1
Lemark Dukes	Florida Warehouse	1
Alexis McGriff	Florida Warehouse	1
Devon Hall	Florida Warehouse	1
Greg Rodman	Idaho Warehouse	1
Quincy Clapier	Idaho Warehouse	1
Tyson Hunt	Idaho Warehouse	1
Kris Gethin	Web Supersite	1
Justin Podzimek	Web Supersite	1
Princess Akins	Florida Warehouse	2
Todd Rydalch	Idaho Warehouse	2
Richard Barnet	Web Supersite	3

Changing Faces

A warm welcome to our newest employees!!

o Dustin Campbell	Purchasing
o Katie Barnes	Marketing
o Austin Bailes	Customer Service
o Grady Sessions	Customer Service
o Jackson Ball	Customer Service
o Jessica Burch	Idaho Warehouse
o Riley Jarrard	Finance
o Larry Lynch	Pennsylvania Warehouse
o Ronald Miller	Pennsylvania Warehouse
o Mick Skinner	Marketing
o Matt Wilhelm	Web Development
o Patrick Lee	Web Development

This Month's Book Program Beneficiaries

Akins, Princess	Florida Warehouse
Brooks, Leron	Florida Warehouse
Brooks, Leron	Florida Warehouse
Dukes, Lemark	Florida Warehouse
Klein, Linda	Florida Warehouse
McGriff, Alexis	Florida Warehouse
Roberts, Katrina	Florida Warehouse
Sailor, Cotennie	Florida Warehouse
Thompson, Marcus	Florida Warehouse
Walker, Johnny	Florida Warehouse
Williams, Lenore	Florida Warehouse
Zanders, Roderick	Florida Warehouse

Employee Attitude and Organizational Behavior
How Full Is Your Bucket?
Little Gold Book of Yes! Attitude
Fish
Who Moved My Cheese?
The Methuselah Factor
How Full Is Your Bucket?
You Don't Need a Title to be a Leader
Beyond Hello
The Difference Maker
The Janitor
Staying Fit & Loving Life
Little Gold Book of Yes! Attitude
Leadership 101
Beyond Hello

Crawford, Brian	Idaho Warehouse
Miles, Chris	Idaho Warehouse
Olive, Debra	Idaho Warehouse
Olive, Debra	Idaho Warehouse
Cornish, Quinntell	Pennsylvania Warehouse
Eller, Brandi	Pennsylvania Warehouse
Hertzog, Amanda	Pennsylvania Warehouse
Kerry, Ryan	Pennsylvania Warehouse
Kuta, Pete	Pennsylvania Warehouse
Martin, Antonio	Pennsylvania Warehouse
Morrison, Antwan	Pennsylvania Warehouse
Plaunt, Nick	Pennsylvania Warehouse
Pugh, Nick	Pennsylvania Warehouse
Valle-Glaser, Sandra	Pennsylvania Warehouse
Podzimek, Justin	Web Supersite
Biss, Matt	Customer Service
Biss, Matt	Customer Service
Bommarito, Linzi	Customer Service
Ryder, Kelli	Customer Service
Viscetto, Paula	Customer Service
Jones, Sarah	Human Resources
Jones, Sarah	Human Resources

101 Ways To Inspire
Yes! Attitude
Customer Satisfaction is Worthless...
One Minute Manager Team Building
Finding a Way to Win
Fish Sticks
What Your Doctor Looks Like Naked
What Got You Here Won't Get You There
The Five Dysfunctions of a Team
The Winner Within
The 5 Dysfunctions of a Team
Fish
Who's Afraid of the Big Bad Boss
Little Gold Book of YES! Attitude
Tribal Leadership
Better Than Steroids
ROMO--My Life on the Edge
Winning By Losing
Little Red Book of Sales
Secrets of Power & Persuasion
Looking Out Looking In
How To Quit Smoking Without Gaining Weight



Kind words
from our
customers

Bodybuilding.com, has exceeded my expectations time after time. They not only have the best prices and selection on the web and I find myself surprised when I get home from work and find my order at my house the next day! – John in Georgia

This is the only place where I get all my supplements from. The service and availability of all the product that I use and the price cant be beat. Thanks for your support.
Gilbert, from Guam

I am new to body building and with the many options of products, and newest fads, I have a tons of questions on products. Which ones work, how to use them, when do I take them. This website gave me all of the information about a vast number of products and brands! I am now confident in what supplements to take. I know that what I am taking is working with my hard workouts! THANKS so much! - Cindy, Idaho