

## Avoiding the Pitfalls of *Office Gossip*

This is a  
regular  
column on  
issues in the  
workplace.

It's a typical scene: an office cubicle on a Monday morning. Some staff members are dishing about the weekend, when you overhear intriguing information about a colleague. Your appetite is whetted and your ears perk up. You crave details.



The *grapevine* is an informal network through which communication occurs in a company and often includes half-truths and rumors. For example, grapevine chitchat could center around a hiring, promotion or firing.

*Gossip* or "idle talk," which is usually part rumor and part truth, is not uncommon at the office. Some people enjoy spreading gossip because it can serve to increase their sense of self-importance, promote self-interests or build the person's perception of bonding with colleagues.

Workplace *gossip* or rumor, however, often drifts into the personal affairs of others and can be a destructive time-waster and morale-sinker. The act of spreading rumors is hurtful, divisive and can also damage the credibility and professional reputation of the gossiper. As tempting as it may be to get the skinny on a colleague, perpetuating a rumor is a no-win situation for all parties.

Gossip should not be confused with the office grapevine.

### *Steps to Stamping Out Workplace Gossip:*

- Walk away
- Do not respond
- Deflect the comment by changing the topic, i.e., "So, can you believe what's happening to our economy?"
- Establish clear boundaries of what you will and will not discuss, i.e., "I'm really not comfortable discussing this."

## The Robert J. Hochstim School of Radiography's Class of 2008 Graduates

On Wednesday, August 6, South Nassau saluted the graduates of the class of 2008 of the Robert J. Hochstim School of Radiography. Standing, from left, are Richard DiPietro, adjunct professor; Gina Collins, program director, James Choizez, graduate; Burhan Haider, graduate, Susan DeStefani, graduate; Suzi Blaufarb, clinical instructor; Stephen Worth, graduate; Joseph Leszczynski, graduate; Christopher Nastri, graduate; Trinity Saber, graduate; Jason Tavel, adjunct professor; Stephen Lastig, M.D., chairman of



radiology; and Joseph Lamantia, executive vice president and chief operating officer. Seated, from left, are graduates Abigail Maraglio; Christine McGinty; Valerie Reggio; and Marlene Sostre. They are joined by clinical instructor Trisha Mikes.

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