

Inside Voices

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Goodwill Dates

Project MOVE Graduation

Thursday, July 31 @ 12 p.m.

Note: Graduation is on Thursday, not the usual Friday.

Cerritos Store Opening

Friday, August 1

BBQ to Celebrate CARF Completion and Store Opening

Friday, August 8

Positive Recruitment

Tuesday, August 12 from 10 a.m. to 1 p.m. @the Multi-Service Center, Long Beach

Yachts Of Fun!

Saturday, August 23

Next Issue, Aug. 1

Next General Assembly
Monday, July 28@ 8:00AM

Mr. Clean Move Over Goodwill's Here



Lt to rt: Walter Castilla and Omar Negrete

In the middle of the roaring 110 freeway, two men are cleaning the floors and benches of a Metropolitan Transportation Authority (MTA or Metro) station.

Walter Castilla and **Omar Negrete** work together at the Metro stations cleaning the elevators, stairways, floors, benches and emptying the trash containers. They make sure the stops are clean and safe, throwing out any garbage and illegal drugs.

Through its custodial contracts with the MTA and the City of Carson, our crew keep the transit's stations and bus stops clean and polished. "We make sure everything is clean," said Walter. He said he has to deal with trash and, which he is now used to, cleaning up human waste.

Omar cleans the same stations and said, he also notes any graffiti on the station's walls to the MTA, who then reports it to the police. Walter enjoys working with MTA providing custodial services because he enjoys being outdoors.

"I like being outside in public, seeing different things and meeting different people." Omar added that he also enjoys his job, and it is the best one he's had.

Their workday begins at 7 a.m. and ends at 3 p.m. Monday through Friday, and starts on the 110 freeway, starting close to PCH and ending on 37th St., near the University of Southern California. They work 30 minutes to an hour on a section of each MTA station, depending on how dirty it is.

One day they work on the top sidewalks and stairs, on the other day they work at the bottom floor, pressure washing the floors and benches, then wiping them. "People depend on us to have their place sanitized" and this gives great motivation to the workers, said Walter.

Next Issue: Working in Carson and cleaning the city's bus stops.

Gerardo Medina and Gloria Compean

Jocelyn Gomez, PR Writer



Job Openings

Goodwill encourages qualified employees to seek promotional opportunities or career changes at Goodwill. Eligible employees may apply for promotion and or transfer to all openings and will be given the same consideration as applicants from outside Goodwill.

To be eligible an employee must have been employed by Goodwill for a minimum of 90 days and have had no disciplinary activity of any kind within the preceding 6 months.

Applications for promotion and or transfer can be obtained from the H.R. Department and must be submitted to the employee's immediate supervisor and sent to the Division Director for approval.

Current Openings

Assistant Store Manager

Sales Associate/

Material Handler

Store Manager

Shopgoodwill Clerk

Employee Referral Program

Employees are encouraged to recommend individuals for employment. Goodwill's "Employee through Employee" Referral program equals \$50 for staff. To learn more contact your HR Dept.

Tell A Friend!

Our Newest Store is Coming to Cerritos

**Goodwill Store
Grand Opening
Friday, Saturday, Sunday
Aug. 1, 2nd & 3rd
Doors Open at 10:00 AM
10745 South St. in Cerritos**

**On Friday & On Saturday,
1,000 items are marked FREE*
Clothing, housewares, furniture**



**Friday, Saturday & Sunday
Enter Drawing for
An iPod Nano**

(No purchase required. Drawing to be held close of business on Sunday, Aug. 3. Winner need not be present to win).

At the corner of South St. & Palo Verde in the shopping center in-between CVS Pharmacy and TJ Maxx
10745 South Street
Cerritos, CA 90703

**One free item per family.*

Wondering What's in A Name?

During Goodwill Industries Week this May, we asked you to help us name our new service, Document Destruction (Shredding). After all the creative submissions were in, we narrowed down the list to seven. We then performed a search to make sure no one else was using those names.

Alas, we discovered that all seven were being used, which means we are on the search once more! We would like you to use your creative powers to submit another round of names for our new service. **If yours is selected, you will receive \$200.**

How to submit your suggestions:

You may drop your ideas in the suggestions box, located across from the cafeteria; or

You may fax your suggestions to my attention @ 562-436-4315; or

You may mail in your suggestions to my attention (address below).

We need submissions on or before August 18, 2008, with your name in PRINT. We want to be certain that the winning check has your name spelled correctly.

Janet McCarthy-Wilson
President & CEO

Goodwill, Serving the People of Southern Los Angeles County
800 W Pacific Coast Hwy
Long Beach CA 90806

Shopping Helps Spread Goodwill

As most of you probably know, Ralphs recently launched its new 'Ralphs Rewards' program. All customers will be completing a new application and receiving a new card the next time they go shopping at Ralphs.

How Does This Affect My Ralphs Card Contribution?

As long as you linked your previously enrolled Ralphs Club Card with your new Ralphs Rewards Card, your participation with GoodwillSolac will continue without change. As a confirmation point, everyone will still see the organization contribution note at the bottom of their receipt.

If you did not link your 2 cards together when you received your new Rewards Card, you will need to go online at www.ralphs.com to enroll your new Ralphs Rewards Card with GoodwillSolac. Our Non-Profit number (NPO) is 83567.

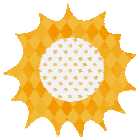
Employees who shop at Food 4 Less, their Food 4 Less community contribution card is not affected and no action is required.



July Focus, Heat Awareness Procedures

Here are some tips to prevent and recognize heat illness.

- ◆ Drink 3-4 cups of water per hour. Keep water jug filled and move it as the work moves.
- ◆ Have lunch in a shaded area.
- ◆ Take frequent breaks to allow time for recovery from the heat.
- ◆ Avoid drinking alcohol/caffeine during periods of extreme heat - both liquids will dehydrate the body.
- ◆ When working in excessive heat, be sure to pay extra attention to your co-workers and know how to call for medical attention.
- ◆ Recognize the hazards of heat stress, and tell everyone to protect themselves from it.
- ◆ Know what to do in an emergency.
- ◆ You will be more sensitive to heat stress if you're coming back from illness or extended time off. It may take 5-7 days for your body to fully adjust.
- ◆ Wear light-colored, loose-fitting clothing that reflects heat.
- ◆ Cotton or cotton-blends allows the body to release heat.
 - ◆ Synthetic materials are designed specifically to cool body.



Recognition of Heat Loading

Clothing can severely restrict heat removal, thus increasing heat gain, water vapor impermeable, air movement impermeable, thermally insulating, and multiple layers of clothing.

Personal Risk Factors

Age, General health, Acclimatization, Water consumption, Alcohol/Caffeine consumption, Use of prescription medications.

Early Warning Signs and Symptoms

Cramps, Lack of Stamina, Headache, General discomfort, Dehydration.

NOTE: Progression to more serious illness can be rapid

More Serious Symptoms

- | | |
|-----------------|----------------------|
| Dizziness | Poor concentration |
| No sweating | Loss of coordination |
| Rapid breathing | High body heat |
| Nausea | Confusion |
| Blurry vision | Irrational actions |
| Fainting | Irritability |
| Exhaustion | Muscle pain |
| Stroke | Rash |
| Unconsciousness | |



Water Provisions:

Sufficient quantity: One quart per employee per hour for their entire shift
 Effective procedures for replenishment of water
 Encourage the frequent drinking of water (cool, close, etc.)

Shade Provisions:

Preventative period required when an employee believes it is needed to recover from the heat to prevent heat illness:

- ◆ Shall be no less than 5 minutes
- ◆ Access to shade shall be permitted at all times
- ◆ Non agricultural employers – cooling measures other than shade

***Adequate Shade:** A blockage of direct sunlight. One indicator that blockage is sufficient is when objects do not cast a shadow in the area of blocked sunlight.



The Employee Assistance Program (EAP) is here for you. You or your family members can use EAP for Grief and Loss, Emotional challenges, Stress management, Marriage and Family conflict services.

It's easy to reach them and it's **Confidential**. Their toll free number is **800-977-7287**. You can also send them an email at :

askaffinity@acieap.com.

Access to a computer? Surf the Net at <http://www.affinity-online.com>. Our user name is: **good** and the password is: **aci**

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"Inside Voices" is a publication produced by the Public Relations & Development Office of Goodwill Serving the People of Southern Los Angeles County. For article submissions or story ideas, please email rguiss@goodwillsolac.org.



What is success? I think it is a mixture of having a flair for the thing that you are doing; knowing that it is not enough, that you have got to have hard work and a certain sense of purpose.

By Margaret Thatcher

Some money makers for Shopgoodwill



Special thanks to the store that gave us all of those wonderful shoe figurines and the Daddy Long Leg Dolls. They did bring in some dough, for example:

Vintage Woman's Sterling Shoe Figurine brought in \$113.00 and that's just one shoe figurine.

Daddy's Long Legs Doll Signed and Dated-Oma & Baby \$90.00 also just one.

Thank you all and keep those eyes peeled!

- Don't Miss Out! 8-Wind Instrument Parts* \$433.00
- Vintage 12-String Eko Electric-Acoustic Guitar-Italy* \$290.00
- Pair Of Capodimonte Lamps/Italy* \$79.00
- Tiffany & Co Sterling Desk Frame* \$90.00
- Dell Latitude CPi Laptop w/Case & Accessories* \$140.00
- Collection Of Proactive Products* \$90.00
- Buffet Crompon Clairinet Made In Germany* \$105.00
- Lmtited Ed Watercolor & Oil Art Signed & No'd* \$70.00
- L@@K! Gorgeous Oriental Cloisonne Cane* \$102.00
- New Like Canon EF 50mm f/1.2L USM Lens* \$877.00
- New Like Canon EF-S 17-55mm F/2.8 IS USM Lens* \$679.00
- Collection Of 1960's Dell & DC Comic Books* \$54.00
- Old 6- Stringed instrument/Glazbala* \$108.00
- Org Oil On Canvas Bird w/Straw Signed & Dated* \$270.00
- Framed Oil Signed By Artist -F. Claude* \$225.00
- Beautiful Tahitian Baroque Pearl Necklace* \$83.00
- White Rabbit Fur Hoodie Sz 3T* \$41.00



Gorgeous Ivory Mink Coat w/Fox Fur Collar

\$330.00

Nice Size-14 Red w/Plaid Burberry Coat

\$144.00

CoCo Chanel Black & Gold Scarf

\$86.00

Teri Leyva, Shopgoodwill.com