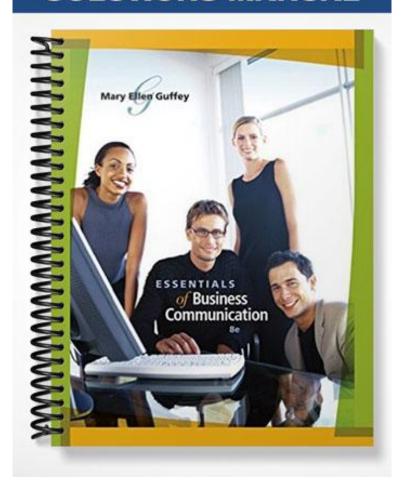
SOLUTIONS MANUAL





FOREST COMMUNICATION SERVICES

259 Elm Street, Suite 400 Cambridge, MA 02124 (617) 830-2871 conferencing@forest.com

April 12, 200x

Ms. Rachel M. Fisher Workplace Monthly Magazine 302 Northland Boulevard Cincinnati, OH 45246

Fisher

Dear Ms. Fletcher:

Thank you for giving Forest Communication Services opportunity to contribute to the magazine articled that you are writing about Web conferencing for Workplace Monthly Magazine . My specialty here at Forest Communication is conferencing services for North America.

Online meetings are definitely becomming more frequent. Web conferencing began in the 1990s, but it has grown rapidly in the 2000s. Many companys find that such meeting save time and money. Participants can hold live, interactive meetings and share documents and presentations Without ever leaving their offices or homes. Web conferencing is simply more convenient then having to attend meeting in person. Let me summarize a few Web conferencing feature

- Participant ID. This feature displays on your screen the name of all attendeds and indicates who is talking over the phone line.
- PowerPoints/Document Sharring. Presenters can show batchs of Web-based visuals and describe them by talking on the telephone.
- Polling/Surveys. A virtual "show of hands" can speed consensus and shorten a meeting. Many users consider this feature one of the real luxurys of Web conferencing. Businessmen and businesswoman from country's around the world are turning to Web

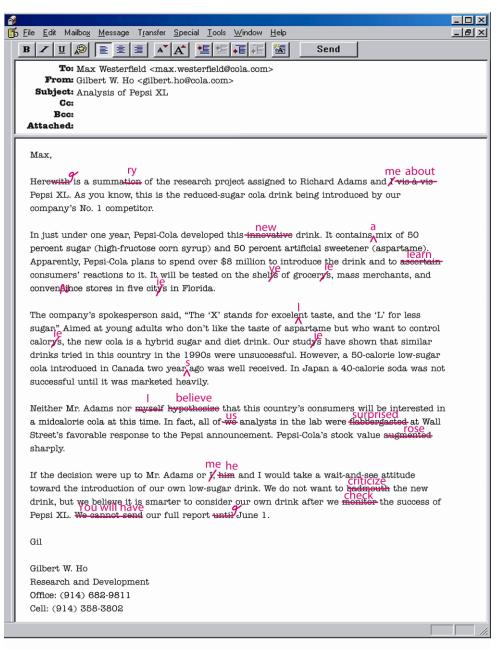
conferances because of the many plus and few minus. Do you plan to discuss the pros and corfs of conferencing in your article? Our Web site has a list of FAOs that you might find interesting. I would be happy to provide more information if you call me at (617) 830-8701.

Cordially,

Tamara Lippman

Tamara Lippman Director, Conferencing Services







Body Fitness

Training Massage Wellness

3392 Econlockhatchee Trail • Orlando, FL 32822 • (407) 551-8791

June 4, 200x

Mr. Allen C. Fineberg 3250 Ponciana Way Palm Beach Gardens, FL 33410

Dear Mr. Finebuyg:

You probably choose Body Fitness because it has became one of the top-rated gyms in the Palm Beach area. Making your work out enjoyable has always been our principal goal. To continue to provide you with the best equipment and programs, your feedback is needed by my partner and myself. need your feedback.

We have build an outstanding program with quality equipment, excellent training programs, helpful and our support staff is very helpful. We feel, however, that we could have a more positive effect and give more individual attention if we could extend our peak usage time. You have probable noticed that attendance at the gym raises from 4 p.m. to 8 p.m. We wish it was possible to accommodate all our customers on their favorite equipment during those hours. Although we can't stretch an hour. We would like to make better use of the time between 8 p.m. and 11 p.m. With more members' coming later, we would have less crush from 4 to are 8 p.m. Our exercise machines and strength-training equipment is lying idle later in the evening.

we are considering
To encourage you to stay later, security cameras for our parking area are being considered je by us. Cameras for some inside facilitys may also be added. We have gave this matter a has great deal of thought. Although Body Fitness have never had an incident that endangered a member. We have went to considerable trouble to learn about security cameras. Because we think that you will feel more comfortable with them in action.

Please tell us what you think, fill out the enclosed questionnaire, and drop it the ballot box at the desk during your next visit at the desk. We are asking for your feed back about scheduling your workouts, selecting your equipment, and if you would consider coming later in the evening. If you have any other suggestions for reducing the crush at peak times. Please tell us on the enclosed form.

Cordially,

Nícolas Barajas

Nicolas Barajas, Manager

Enclosure



FIRST FINANCIAL SERVICES

3410 Willow Grove Boulevard Philadelphia,PA 19137 215.593,4400 www. rst nancial.com

June 9, 200x

Ms. Bonnie Jeffers First Trust Guaranty, Inc. 1359 North Grand Avenue Walnut, CA 91790

Dear Ms. Jeffer:

Appreciate
We are in appreciation of the fact that you have shown patience with us during the time of our merger with Capital One.

Pursuant to our telephone conversation this morning, this is to advise that two (2) agenth packages will be delivered to you next week. Due to the fact that new forms had to be printed we do not have them immediately available.

Although we cannot offer a 50/50 commission split, we are able to offer new agents a 60/40 commission split. There are two new agreement forms that show this commission ratio. When you get ready to sign up a new agent, have her fill in these up to date forms.

When you send me all executed agency agreement please make every effort to tell me what agency package was assigned to the agent. On the last form that you sent you everlooked this information. We need this information to distribute commissions in an expeditious manner.

If you have any questions don't hesitate to call on me?

Yours very sincerely,

Brian Simpson

Senior Sales Manager



MEMORANDUM

DATE: April 20, 200x

TO: Department Heads, Managers, and Supervisors FROM: Donna Cooper-Grey, Director, Human Resources SUBJECT: Submitting Appraisals Performance by June 1

This is to inform you that performance appraisals for all you, employees must be submitted by June 1. These appraisal are especially important and essential this year because of job changes, new technology sand because of office reorganization.

To complete your performance appraisals in the most effective way, you should follow the procedures described in our employee handbook let me briefly make a review of those procedures

- Be sure each and every employee has a performance plan with three or # main objective.
- 2. For each objective make arrassessment of the employee on a scale of 5 (consistently exceeds requirements) to 0 (does not meet_requirements? the employee
- You should identify three strengths that he brings to the job.
 Name 3 skills that he can improve. These should pertain to skills such as Time Management rather then to behaviors such as habitual lateness.
- 5. You should meet with the employee to discuss his appraisal.
- 6. Then, be sure to obtain the employees signature on the form.

We look upon appraisals as a tool for helping each worker assess his performance and enhance his output. Please submit and send each employee's performance appraisal to my office by June 1. If you would like to discuss this farther, please do not hesitate to call me.



May 25, 200x

Ms. Breanna Lee, Manager White-Rather Enterprises 1349 Century Boulevard Wichita Falls, TX 76308

Dear My. Lee:

Subject: Your May 20 Inquiry About WorkZone Software

Yes, we do offer personal record-keeping software specially designed for small businesses like yours. Here sanswers to your three questions about this software.

- 1. Our Work Zone software provide standard employee forms so you are all ways in compliance with current government regulations.
- You receive an interviewer's guide for structured employee interviews and you also receive a scripted format for checking references by telephone.
- 3. Yes you can up date your employees records easy with out the need for additional software, hardware or training.

Our WorkZone software was specially designed to provide you with expert forms for interviewing, verifying references, recording attendance, evaluating performance and tracking the status of your employees. We even provide you with step step instructions and suggested procedures. You can treat your employees as if you had a Professional Human Resources Specialist on your staff.

On page 6 of the enclosed pamphlet you can read about our WorkZone software. to receive a preview copy or to ask questions about it's use just call 1-800-354-5500. Our specialists are eager to help you week days from 8 to 5 PST. If you prefer visit our Web site at www.workzone.com for more information or to place an order.

Sincerely,

Jacob Scott

Jacob Scott

Senior Marketing Representative

Enclosure



Current date

Mr. John Brumfield Human Resources Development Gulfport Energy Enterprises 1400 Longhorn Blvd. Houston, TX 76400

Dear Mr. Bumfield:

Did you know about the direct link between the health of your employes, and the health of your profits? Because we in the midst of tough economic times, you are in all probability looking for benefits to offer your employees that help both you and them.

The benefits of health er employees includes lower health care costs, fewer medical claims, improved productivity, better morale and absenteeism is reduced. Here is how you can help your employees to have sound bodies and also improve your company's profits:

- Provide them with Galaxy Fitness health club discounts.
- Bring our aerobics, massage, weight loss, and educational programs on-site.
- You should have us manage your on-site fitness center.

Business Fortune magazine recently reported the following: "After a prevention and early intervention health program was implemented at L. L. Bean loss claims dropped by approximately 40 percent."

Please call (713) 839-2300 and speak to Jan Novak who is our corporate fitness expert to learn how you can add to the health of each and every employee and also to you are bottom line.

Sincerely, GALAXY FITNESS

Missy Mischke

Senior Marketing Manager

Missy Mischke



Current date Mrs. E. R. Churchill 224 Oak Grove Avenue Chapel Hill, NC 27514

Dear Mrs. Churchell:

This message is to inform you that we appreciate receiving your recent letter requesting that a curve in Highway 35 be rebuilt. The Department of Transportation shares your concern about the safety of the stretch between Mount Vernon and Pittsboro which is near your home.

Highway 35, as you mentioned has many hills curves, and blind spots. However, it's accident rate, which is 4.05 per million vehicle miles, is far from the worse in the state. In fact, at least 49 other state highways have worse safety records.

At this point in time I want you to know that we do have studies under way that will result in the relocation of sections of highway 35 to terrain that will provide safer driving conditions. As you are aware such changes take time. We must coordinate our plans with town county state and federal authorities. Money is assigned to these projects by priority and Highway 35 does not have top priority. In addition accidents along Highway 35 are not concentrated at any one curve they are spread out over the entire highway.

For all of the above reasons we do not anticipate immediately rebuilding any curves on Highway 35. In the near future we plan to install guardrails and we will be certain to place a guardrail at the curve that concerns you.

We appreciate your concern for safety, Mrs. Churchill. Please write to us again if you have other ideas for reducing accidents.

Sincerely,

Mitchell M. Overton

Mitchell M. Overton
Office of Safety and Speed Management



Date: November 9, 200x **To:** Eric Sternlicht, President

From: Durene Washington, Development Officer

Subject: Progress Report on Construction of Seattle Branch Office

Construction of Apex Realty's Portland Branch Office has entered Phase three. Although we are week behind the contractors original schedule the building should be aready for occupance on March 10.

Past Progress

Phaze one involved development of the architects plans, this process was completed on June 5. Phaze two involved submission of the plans for county building department approval. Each of the plans were then given to the following 2 contractors for the purpose of eliciting estimates; Steven Duffy Construction and Titan Builders. The lowest bidder was Steven Duffy Construction; consequently, this firm began construction on July 15.

Present Status

Phase three includes initial construction processes. We have completed the following steps as of November 9:

- Demolition of existing building at 11485 North 27 Avenue
- Excavation of foundation footings for the building and for the surrounding wall
- A Steel reinforcing rods installed in building pad and wall
- Pouring of concrete foundation

Steven Duffy Construction indicated that he was week behind schedule for these reasons. The building inspectors required more steel reinforcement then was showed on the architects blueprints. In addition excavation of the footings required more time then the contractor anticipated because the 18 inch footings were all below grade.

Future Schedule

In spite of the fact that we lost time in Phase 3, we are substantially on target for the completion of this office building by March 1. Phase 4 include the following activities; framing drywalling and installation of plumbing.



HOW PURE IS BOTTLED WATER?

EXECUTIVE SUMMARY

Problem

Bottled water has become a \$4 billion-a-year business in the United states. Millions of consumers use bottled water as there primary source of drinking water. Although most bottled water is of good quality some bottled water contains bacterial contaminants. Reassurances from the water industry's executives that bottled water is totally safe false.

Summary of Findings

Commissioned by the National Resource's Defense Commission, this report analyzes tests of bottled water. The tests showed that most bottled water is not contaminated, however, after testing more then 1,000 bottles, we found that about one fourth were contaminated at levels violating many states limits. Bottled water contaminated with microbes may raise public health issues, and today's consumers are rightfully concerned.

There are government bottled water regulations and programs that have serious deficiences. Under the FDA's control, the regulation of most bottled water is left to ill-equipped and understaffed state governments. In spite of the fact that voluntary bottled water industry controls are commendable, they are an inadequate substitute for strong government rules. FDA officials have stated that bottled water regulation carries a low priority. In addition, the marketing of bottled water can be misleading. However, the long-term solution to drinking water problems are to fix tap water rather than switching to bottled water.

Recommendations

Based on our tests and analysis we submit the following recommendations:

- 1. Fix tap water quality so that consumers will not resort to bottled water.
- Establish the publics right to know about the contents of bottled water.
- Require FDA inspections of all bottling facilities and there water sources.
- Astanstitute a penny per pottle fee to ensure bottled water safety.
- 5. Bottled water certification should be established.



Honolulu-Pacific Federal Interagency Board
Policy Board Committee
Room 25, 310 Ala Moana Boulevard, Honolulu
February 4, 200x

Present: Debra Chinnapongse, Tweet Jackson, Irene Kishita, Barry Knaggs, Kevin

Poepoe, and Ralph Mason

Absent: Alex Watanabe

The meeting was call to order by Chair Kevin Poepo at 9:02 a.m. in the morning.

Minutes from the January 6th meeting was read and approve.

Old Business

Debra Chinnapongse discussed the cost of the annual awards luncheon that honors outstanding employees. The ticket price ticket does not cover all the expenses incured. Major expenses included awards, leis, and complementary lunches for the judges, VIP guests, and volunteers. Honolulu-Pacific Federal Interagency Board can not continue to make up the difference between income from tickets and costs for the luncheon.

Ms. Chinnapongse reported that it had come to her attention that other interagency boards relied on members contributions for their awards programs.

MOTION: To send a Letter to board members asking for there contributions to support the annual awards luncheon. (Chinapongse/Kishita). PASSED 6-0.

Reports

Barry Knaggs reported that the homeland defense committee sponsored a get acquainted meeting in November. More than eighty people from various agencys attended.

The Outreach Committee reports that they have been asked to assist the Partnership for Public Service, a non profit main and organization in establishing a speakers bureau of Hawaiian Federal employees. It would be available to speak at schools and colleges about Federal jobs and employment.

New Business

The chair announced a planning Meeting to be held in March regarding revising the emergency dismissal plan. In other New Business Ralph Mason reported that the staff had purchased fifty tickets for members and our committees to attend the Zig Ziglar seminar in the month of March.

Next Meeting

The next meeting of the Policy Board Committee will be held in early April at the Fleet and Industrial Supply Center, Pearl harbor. At that time the meeting will include a tour of the Red Hill under ground fuel storage facility.

The meeting adjourned at 10:25 am by Keven Poepoe.
Respectfully submitted,



EXECUTIVE SUMMARY

Purpose of Report

The purposes of this report is (1) To determine the Sun coast university campus community's awareness of the campus recycling program and (2) To recommend ways to increase participation. Sun Coasts recycling program was intended to respond to the increasing problem of waste disposal, to fulfil it's social responsibility as an educational institution, and to meet the demands of legislation that made it a requirement for individuals and organizations to recycle.

A Survey was conducted in an effort to learn about the campus communities recycling habits and to make an assessment of the participation in the recycling program that is—current. 220 individuals responded to the Survey but twenty seven Surveys could not be used. Since Sun coast universitys recycling program include only aluminum, glass, paper and plastic at this point in time these were the only materials considered in this Study.

Recycling at Sun coast

Most Survey respondants recognized the importance of recycling, they stated that they do recycle aluminum, glass, paper and plastic on a regular basis either at home or at work. However most respondants displayed a low-level of awareness, and use of the on campus program. Many of the respondants was unfamiliar with the location of the bins around campus; and therefore had not participated in the Recycling Program. Other responses indicated that the bins were not located in convenent locations.

Recommendations for increasing recycling participation

Recommendations for increasing participation in the Program include the following;

- 1. relocating the recycling bins for greater visability
- development of incentive programs to gain the participation of on campus groups
- 3. training student volunteers to give on campus presentations that give an explanation of the need for recycling, and the benefits of using the Recycling Program
- 4. we should increase Advertising in regard to the Program



JONATHAN M. DEMPSEY 2259 7th Avenue Tucson, Ariz. 85021

Summary of qualifications

- Over two years experience in Office Administration interacting with customers
- Ability to keyboard (fifty-five wpm) and proficient with 10-key
- Proficient with MS Word, Excel Powerpoint, and the internet
- Enjoy working with colleagues and customers

Office Assistant (part time), Western mineral resources, Tucson, Arizona June 2009 to present

- Gather and distribute data for minerals related reports
- Keyboard and format Letters, Memos and Reports in MS Word
- Respond to inquires from the public, industry and government agencys

Assistant Manger, Southwest Housewares, Tucson, Arizona July 2008 to May 2009

- Managed store in managers absence two
- Ordered merchandise and supervised 2 employees; earned rapid promotion
- Assisted manger in opening and closing registers; balanced daily recipots

Education

Mesa community college, Mesa, Arizona Major: organizational leadership

Aa degree expected June 2010. GPA in major: 3.7 (4.0 = A)



842 New Durham Rd. Edison, NJ 08817 June 4, 200x

Mr. Frederick M. Eadgar Human Resources Department Marketing and Sales Pros 1050 Avenue of the Americas New York, NY 10036

Dear Mr. Edgar:

I would really well-come the opportunity to work for you. I appriciated the interview yesterday for the newly-listed Position of Sales Trainee. It was really a pleasure meeting yourself and learning more about Marketing and Sales Pros you have a fine staff and a sophisticated approach to marketing.

You granization appears to be growing in a directional manner that partalels my interests and career goals. The interview with yourself and your staff yesterday confirmed my initial positive impressions of Marketing and Sales Pros and I want to reiterate my strong interest in working with and for you. My prior Fetail sales experience as a sales associate with The Gap plus my recent training in Microsoft Word and Excel would enable me to make progress steadily through your programs of training and become a productive member of your sales team in no time at all.

Again, thank you for your kind and gracius consideration. In the event that you need any additional information, from me, all you have to do is give me a jingle at (732) 598-3557.

Sincerly yours,