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Karrie Maeda of the Equal Employment Opportunity Commission L.A. Office is serving as a Facilitator, total annual hours 160, for the Good Shepherd American Catholic Church in Long Beach. She also volunteers for the Family Intervention Center and Services in Lakewood.

Her reasons for volunteering are first to make the world better, second religious, and third to feel good about herself doing it.

Bettie Isiaka, also of the L.A. Office, contributed 104 hours this past year to Project Angel Food in Hollywood. She likes to volunteer because she makes the world better and increases her skills and knowledge.

