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## Interns Gain Work Experience While Contributing to Metro

- Program is 'a win for us all,' one supervisor says

By RICH MORALLO

(April 21, 2006) It was 7 p.m. on a Wednesday last November when Kathy Lo arrived at Metro by bus.



Intern Kathy Lo coordinates the Metro Volunteers program.

"I had heard that there was a community meeting at the agency and I was doing research for my urban planning class," said Lo, a junior at the University of Southern California.

The meeting of the Metro Citizens' Advisory Council made Lo interested in the agency and its transit and public service programs. A month later, she applied for a Metro internship.

Today, Lo is one of 60 students who participates in the Metro Internship Program and spends her time working in the area of community outreach. She coordinates the activities of the Metro Volunteers, staff members who promote transit in the neighborhoods on the weekends.

Also contributing to the agency's work is Daniel Garcia, a junior in graphic design at the Art Institute of California - Los Angeles.

"I came to work at Metro to get my feet wet in the art field," said Garcia, who was featured in a recently published pamphlet that outlined the agency's college internship opportunities.

Photos by Kathy Lo



Intern Stacy Zung is a graphic design major assigned to the Metro Design Studio.



Intern Daniel Garcia is assigned to the Metro Art program.

**Regularly ride the subway**

He and fellow intern Stacy Zung have several things in common. They are both graphic design majors and regularly ride the subway.

"I probably use the Red Line more often for work and play," said Zung, who goes to California State University Long Beach.



Intern Peter Watkinson is a photographer assigned to the Metro Design Studio.

Another student at Cal State Long Beach is senior Peter Watkinson, who regularly rides Metro Rail and who, like many of the other Metro interns, has definite opinions on mass transportation.

"Public transit is important because it reduces the amount of automobiles on the freeways," said Watkinson, whose photographs are used to promote the agency. "It's more economic and cleaner than driving, and perhaps more obviously, it allows those without an

automobile a quick mode of transportation."

When Laura Almeda, a former Metro TCAP intern, heard that the late Arthur Winston was visiting the Gateway Building during his last work week at Metro in March, she jumped into action.

**Arthur Winston visit**

By shifting priorities in Customer Communications where she is assigned, Almeda coordinated a 30-minute visit for the 100-year old service attendant leader to talk to 20 interns at the agency.

A sophomore at Pasadena City College, Almeda learned how to handle the realities and challenges of the workplace. She made all the arrangements for the Winston event, including scheduling the visit with the South Bay sector office, and creating and e-mailing a flyer to notify the other students.



Intern Laura Almeda is assigned to Metro Customer Communications.

"I came to Metro to build up the amount of my work experience," said Almeda, who rides both Metro Bus and Metro Rail to get to school and work.

"We are very happy to have interns available to our department," said Almeda's supervisor Edie Howard, a Customer Communications account executive. "They are one of the strong elements that contribute to the daily work production."

Howard is a fan of the intern program. "It would be difficult to meet our deadlines without their hard work," she said. "I view this program as a win for us all."

The Organizational Development & Training department oversees both

the Metro Intern Program and TCAP, the Transportation Career Academy Program.

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