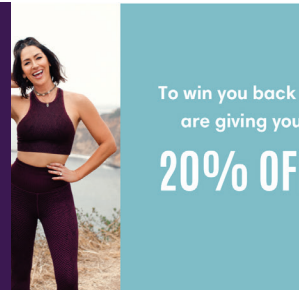
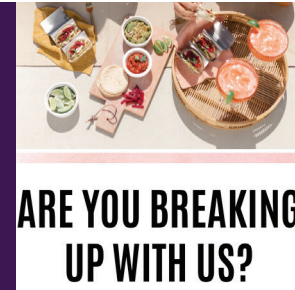
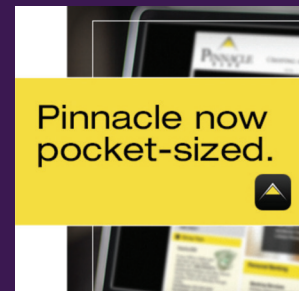
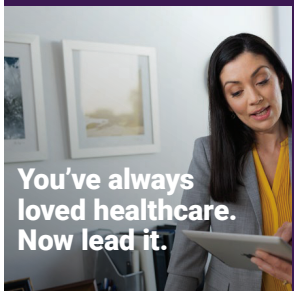


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SPRING CLEANING

BLOSSOM!

Ready to roll up your sleeves and do some spring cleaning? One of the most common dilemmas for spring cleaners is [what to do with all that stuff](#). At Goodwill, your donations support job training programs that lead to fresh starts for the unemployed.

To get your spring cleaning off to great start, we've compiled a guide: [Spring Cleaning in Seven Simple Steps](#), offering an easy-to-follow plan of attack. You can even [Measure It](#) - and calculate your donation to see how much of an impact it will have.

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TIP

Every day at Goodwill you get **50% off special color tag items**. Check with a store associate to see which color tag is on sale at your nearest Goodwill.

GOODWILL 9

of Central Arizona

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One coupon per person per day. 20% off your purchase of \$10 or more. Must present printed coupon or display coupon on mobile device at time of purchase. Not valid on: seasonal merchandise, food or drink items, wedding or new merchandise, at the Goodwill Clearance Center, or with any other coupons or discounts. Good on used merchandise only. No cash value. Valid March 1 - March 31. Coupon code: 514775.

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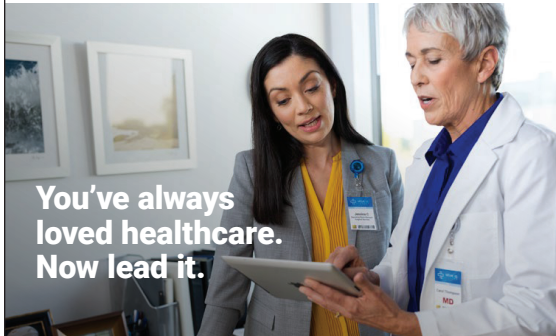
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UNIVERSITY NEWS

Honor Their Sacrifice

University of Phoenix has honored military men and women who died in service to the nation each Memorial Day for the past 10 years through a poignant flag tribute on the Phoenix Campus. This year, COVID-19 restrictions prevent us from gathering together, but that won't stop us from remembering our fallen heroes at our Honor Their Sacrifice event. Join us at 8 a.m. PST, Tuesday, May 19, on the [University of Phoenix Facebook page](#) for our first-ever virtual tribute.



44%
of Americans are lonelier now
than ever before, as a result
of the coronavirus pandemic



CONNECT WITH US

Why so distant?

A new University of Phoenix survey found that 4 in 10 Americans were lonelier now than ever before as a result of stay-at-home

CONTINUED

Why so distant?

A new University of Phoenix survey found that 4 in 10 Americans were lonelier now than ever before as a result of stay-at-home mandates during the COVID-19 crisis. On the bright side, some respondents said they were taking steps to maintain or even improve their mental health: 6 in 10 have checked in with a loved one, while 35% were exercising more. Show us how you're staying social by sharing an image and tagging @UOPX on Instagram for a chance to be featured in future content.

[View the infographic](#) →

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FEATURE

Setting the family up for summertime success

Time at home can be productive for the whole family. Keep days fun, organized and not so lazy.

[Read more —>](#)

SPOTLIGHT

Alum Dr. Medgar Roberts inspires others to recognize the importance of representation in education

In honor of Teacher Appreciation Week (May 4–8) University of Phoenix celebrates the achievements of alum Dr. Medgar Roberts, whose work promotes representation, diversity, equity and inclusion in the teaching profession.

[Read more —>](#)

CAREER CORNER 2.0

Q&A with Career Coach Steven Starks

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