

## SEREC Celebrates New FTZ with Ribbon Cutting

SEREC of California, located at 15351 E. Stafford Street, City of Industry, celebrated their new designation as a Foreign Trade Zone (FTZ) with a ribbon cutting on April 20, 2011.

SEREC, a third party logistics company, provides an exceptional array of fulfillment, retail compliance, import distribution, and warehousing services in their 100,000 sq. ft. state-of-the-art City of Industry facility. Through the authorization of the FTZ Program, SEREC offers financial and logistical benefits to exceed their clients'

expectation as a "One Stop Shop" according to Jimmy Duggan, Director of Sales.

President Tom Farrell said, "We're more than just a warehouse or fulfillment center. We partner with our clients to maximize their satisfaction. Our customer relationships have always been, and will always be, our no. 1 priority."

SEREC is compliant with the following retailers: Sears, Target, Longs Drugs, Wal-Mart, Saks Fifth Avenue, Walgreens, Williams-Sonoma, JCPenny, Marshalls, T J Maxx, and CVS Pharmacy. ☞



*Pictured at the ribbon cutting are: Ken Bryan (IMC), Summer Strange (ITC), Edward Nelsas (SEREC), Leon Garcia, Linda Henderson (ITC), Jimmy Duggan (SEREC), Tim Spohn (City of Industry), Tom Farrell (SEREC), David Harlow (ITC), Robin Hu (IMC), Surik Safarian (SEREC), and Don Sachs (IMC).*

## Taking Care on the Road

At times on the road, it's tough to maintain a positive attitude and keep your energy level high. After all, you're always the new kid on the block who has to prove yourself, and you're far from your support network of family and friends. Try these tips for how you can take care of yourself emotionally and physically while traveling for work.

### Make Yourself Comfortable

You can't create a permanent "nest" when you're traveling, but you can carry items or symbols with you that make you feel at home anywhere. A concrete item, like your favorite bathrobe, could address your nest-building needs while you're away from home. So could colors, tastes or smells, says John-Henry Pfifferling, director of the Center for Professional Well-Being, a Durham, North Carolina, nonprofit educational organization devoted to promoting well-being among healthcare professionals.

### Make Connections

Don't be a hermit outside of work. "Because you're in an isolating situation, you have to reach out more," Pfifferling says. Visiting a church, hooking up with your college's alumni association or meeting fellow fans of your favorite sports team will bind you with an "extended family," Pfifferling says.

### Take Advantage of Your Free Time

Don't lose sight of the reason you chose to travel. During her years as a traveler,

Lynn Blissard, an ICU nurse who has done a lot of traveling for work assignments, has explored South Carolina, Arizona, California and Illinois. Your days off can also be used to cultivate your hobbies. Blissard scuba dives and takes piloting lessons.

### Stay Active and Eat Right

The more fit you are, the better able you'll be to handle the stress of your job on the road, Pfifferling says. Exercise regularly, avoid too much caffeine and eat nutritiously. Shift workers should take special care to prepare healthy meals rather than indulge in readily available junk food. Try to eat with others, as people who eat alone are more vulnerable to overeating, Pfifferling says.

### Stay in Touch

Call and email your family and friends regularly. If you're on an extended business trip, plan to visit or host your loved ones, even if only for a few days. The holidays could be an especially rough time for novice travelers, so plan ahead for them. Pfifferling recommends sending cards, letters and emails well in advance of the holidays, guaranteeing you'll receive more correspondence the week of the actual event. If rituals are important to you, make sure you observe them by decorating, worshipping or building a shrine, for example. ☞

## Welcome to Brigadier General Mark A. Kyle



*General Kyle*

Brig. Gen. Mark A. Kyle is the new Commander of the 4th Air Force, Air Force Reserve Command, March Air Reserve Base. The Fourth Air Force has command supervision of the Reserve's long-range airlift and air-refueling units located throughout the continental United States, Hawaii and Guam. The approximately 200-member staff of 4th Air Force is dedicated to ensuring assigned units and personnel are properly organized, trained, equipped and ready to support

national security requirements across a full spectrum of operations from war to contingency situations. Fourth Air Force provides leadership, management and oversight to 11 flying wings, one flying group and two regional support groups which provide strategic airlift, airdrop, aero-medical, air refueling and associated expeditionary support activities. Fourth Air Force responsibilities encompass 300 units and more than 21,000 personnel. A City of Industry welcome to the General. ☞

## Five Steps to a Healthier Heart

Five simple steps can help lower your risk of heart disease, says a leading expert on preventive cardiology. About 58 million Americans have heart disease and more needs to be done to educate people about risk factors and prevention, said Dr. Holly Anderson, director of education and outreach at the Ronald O. Perelman Heart Institute of New York-Presbyterian Hospital/Weill Cornell Medical Center.

She offered the following heart health tips:

- Know your numbers. Ask your doctor about what are considered normal numbers for blood pressure, cholesterol and triglycerides.

- Start exercising. Walking for just 20 to 30 minutes a few days a week can reduce the risk of premature death by more than 50 percent. Physical activity reduces blood pressure, improves cholesterol, reduces stress, improves sleep, boosts mood,

improves cognition and prevents memory loss.

- Laugh. Just 15 minutes of laughter equals about 30 minutes of aerobic exercise in terms of cardiovascular health. Research has also linked laughter with reductions in pain and anxiety, health function of blood vessels, and increased levels of brain hormones that improve your mood.

- Pay more attention to your waistline than your weight. The waistline is a better measurement of overall health than weight because the amount of fat around your waist is directly linked to high blood pressure and high cholesterol and can increase your risk of diabetes.

- Get adequate sleep. Lack of sleep boosts blood pressure, induces stress, increases your appetite, slows your metabolism, dampens your mood and decreases cognition. ☞