

Cerritos College Offers Retail Management FastTrack Program for the Supermarket Industry

Program is Designed with Experienced Managers in Mind

The Cerritos College Business Division is pleased to announce that it now offers a "Retail Management Certificate FastTrack program" (RMCFastTrack) for the supermarket industry. The program is being piloted at Ralphs/Food4Less this semester and enrollment is bursting at the seams.

"An accelerated program is perfect for our managers who are willing to put in extra effort to complete these classes more quickly," says Rhonda Brown-Palacios, training specialist at Ralphs/Food4Less.

"The industry demand is fast-growing and the program is moving with the industry," added Dean of the Business Division Rachel Mason. "The industry approaches us with their specific needs and we answer them by providing customized programs. It's an ideal partnership between industry and academic institutions."

"We have a fantastic relationship with Cerritos," says Cherie Phipps, education director for the Western Association of Food Chains (WAFC). "We are very excited about this new FastTrack approach and what it might mean to managers who are very capable but often time-starved and not very 'available' to attend traditional college classes."

Fifty-nine California Community Colleges participate in the WAFC program, and the program at Cerritos College is one of the largest. These programs are endorsed by the WAFC and prepare retail food industry personnel for the fast-paced challenges prevalent in the food industry.

"Since Cerritos College began offering the ten-course WAFC Retail Management Certificate program in 1999, the Business Administration Department has almost tripled in size," said Business Administration Department Chair Hy Finkelstein.

Bob Livingston, coordinator of the Retail Management Program explains, "Cerritos College is an 'educational partner' for many of the WAFC member companies. Among our 'industry partners' are Ralphs/Food4Less, Albertsons, Northgate Gonzalez, StaterBros, Whole Foods, and Costco. Classes are held on campus, at convenient retail locations, and online for WAFC students throughout the state."

In addition to the Retail Management certificate, Cerritos College offers an A.A. degree in Retail Management, a certificate/A.A. degree in Human Resource Management, and curriculum is being written for a new certificate/A.A. degree in Training & Development.

Many of the Retail Management students who complete A.A. degrees at Cerritos College move on to earn bachelor's degrees from Northwood University online and on the Cerritos College campus (www.cerritos.edu/northwood).

These programs give retail manager students an understanding of the basic requirements for success in the future. Most coursework is transferable to CSUs and UCs, and certificates, A.A. degrees, and B.A. degrees help students to further enhance their careers.

Keeping Quiet Can Keep You Out of the Game

Parents and coaches can protect the children in their charge from the dangers of concussion.

Concussion is caused by a bump, blow or jolt to the head or body that causes the brain to move rapidly inside the skull. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious.

Consider the case of Tracy. Her eyes focused on reaching for the rebound, she didn't see the other player before she collided with her and hit her head. "I went to school the next day after the game, but I felt really sick." The feelings of nausea, dizziness and blurred vision were all too familiar. When she was a 7th-grader, she had had a concussion and felt the same way.

When a key game came up two days later, Tracy felt dizzy and nauseous and she thought she had a concussion. "The coach told me to tell the trainer. I didn't want to tell the trainer 'cause he would sit me out of the game. So I kept quiet

but I shouldn't have played." As a starter for her high school basketball team, Tracy played hard to win the game but after the game she passed out in the locker room.

"They took me to the hospital and told me I had a concussion, which I knew but I didn't know that my life was about to change." Tracy continued to feel nauseated and had headaches, balance problems and difficulty concentrating and reading. "We had to put sheets on the windows to block out the light and I couldn't watch TV because the lights and noise would make me feel sick. My mom also had to help me walk 'cause my vision was blurry and I felt so dizzy all of the time. But the hardest part was not being able to go to school and missing most of my junior and senior years of high school."

Symptoms from the concussion forced Tracy to stay at home. She visits the doctor every month and had to learn how to walk again because of her problems with balance. Three years

after the injury, Tracy is beginning to feel better, but she still struggles with symptoms from the concussion. "I am 19 years old but I am living the life a teenager shouldn't be living."

According to researchers at the Centers for Disease Control and Prevention (CDC), each year, U.S. emergency departments treat an estimated 135,000 sports- and recreation-related traumatic brain injuries, including concussions, among children ages 5 to 18. While most people will recover fully, some, like Tracy, will continue to have problems that can affect the way they think, learn, feel and act.

A concussion is a serious injury. If you think you have a concussion, don't hide it, report it. Take time to recover. It's better to miss one game than the whole season.

To learn more about concussion and to watch a video about Tracy's story, contact CDC at 1-800-CDC-INFO or visit CDC on the Web at www.cdc.gov/concussion.

Timely Screening Can Lead to a Healthier You

Here's a tip for a healthier year: Timely medical screening can help prevent a number of diseases.

Unfortunately, according to a new report by AARP, the American Medical Association and the Centers for Disease Control and Prevention, fewer than one in four adults aged 50 to 64 get recommended health screenings designed to detect and prevent disease. The good news is that changing that is as easy as scheduling a screening and going.

"The current gap in the delivery of preventive services to this age group represents one of the most serious challenges for the health of our nation," said geriatric specialist Dr. William J. Hall, AARP board member.

That is why AARP has teamed up with the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality (AHRQ) to create easy-to-use health checklists for men and women over 50.

The checklists give you the latest evidence-based recommendations on how to detect a wide range of conditions that

impact older Americans, such as breast, cervical and colorectal cancer; depression; diabetes; high blood pressure and high cholesterol; and obesity.

The checklists also provide a screening test record, a form you can use to keep track of the date and results of your last screening tests, when you should have the test next, and questions you have for your next doctor visit.

AARP also recommends creating a personal medication record, a list of all the medicines you take, including over-the-counter drugs and herbal supplements, the doses and how you take them.

While your doctor may have a list of his own, you may be seeing more than one doctor. That's why, experts say, it can be very important to reduce medication risks and bring your updated personal record to all your appointments and even provide a copy to the pharmacies you use.

To obtain a health checklist, go to www.aarp.org/menchecklist or www.aarp.org/womenchecklist. To obtain a guide for creating a personal medication record, go to www.aarp.org/medicationrecord.



Health checklists can help a doctor to identify a range of conditions, such as diabetes, depression and different types of cancer. To obtain a health checklist, go to www.aarp.org/menchecklist or www.aarp.org/womenchecklist

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