



THE CONCORD

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DO YOU HAVE A STORY TO TELL OR NEWS TO SHARE? IDEAS OR SUGGESTIONS?

If so, please submit articles, announcements, or issues by fax:(210) 691-5122 or email to: lorraine@omogroup.com
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CORPORATE OATH

Dedicated to providing professional healthcare and administrative services and maintaining close working relationships with our employees.

A special thanks to all employees for your hard work, support, and dedication.

May is Physical Fitness & Sports Medicine Month

Let's face it one of the hardest things about exercising is sticking to it. But if you can keep up your motivation for a couple of weeks, it will become a habit and you'll really see and feel the results.

Here are 5 tips to help you stay the course:

- (1) Timing is everything. Workout at a time that fits your schedule. For most, mornings are the most realistic time. If you can get up an hour earlier for one week, you might find that exercise wakes you up and energizes you for the rest of the day.
- (2) Partner up. Having someone to exercise with provides motivation, support and accountability. However if you can't find a suitable partner don't let that hinder you.
- (3) Plan Ahead. Half the battle is being organized. Pack your gym bag or lay out your clothes the night before so in the morning you can be on your way.
- (4) Seek convenience. If you prefer a gym, pick one that is close by so that swinging by is super easy. If you want privacy and the comfort of home, try a video. If you want an even cheaper way and scenery, then head out into your neighborhood or the local school's track.
- (5) Become an addict. The truth is, the "feel-good chemicals" released during high-intensity workouts can leave you craving exercise. If you can reach the point where you yearn for that fitness "high" the way someone might desire coffee, motivation will no longer be an issue.

There you have it: five helpful tips to get started to a better you.

Human Resources Reminders:

- * All employees of The OMO Group are reminded to promptly notify the corporate office in writing (by sick-slip) when out sick or absent for other *unanticipated* reason for 3 days or longer. Don't wait for time sheet submission. Generally, a doctor's note will be required for sick leave of more than 3 days.
- * Check your pay stubs regularly, even if you are being paid by direct deposit. Sometimes mistakes happen or gremlins get into our system. Help us catch any inadvertent errors in Social Security number, state tax withholding, number of exemptions, etc., early to prevent bigger problems later on!

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Disclaimer:

The Concord is not intended to cure or treat any illness, nor provide professional advice. The objective of THE OMO Group, Inc. is to inform and update employees and others regarding Corporate policies and an array of interesting topics. The Concord is not to be used as a substitute for expert medical advice. **Always consult a physician, or other healthcare professional.** The OMO Group, Inc. assumes no liability for any direct or consequential damages related to *The Concord*.

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essage from the President

Oluagba Omosowofa
President & CEO



WANT TO DO BUSINESS IN DEVELOPING COUNTRIES?

The purpose of this message is to provide information to those who are interested in establishing a manufacturing company in a developing country and are unsure on what to consider before visiting the country of interest. Most developing countries have similar characteristics: inadequate infrastructure, indiscipline, political instability, etc. To assist those who may be interested in doing business in developing countries, particularly in Africa, I will discuss three main factors that should be considered before visiting a country of interest.

Political Stability: It is imperative that a country have political stability, if not, the country's constitution, business policies, international relationships, etc, may change when there is a new government. For example, if the current administration in country X allows exportation of 60% of a firm's revenue and minimum participation of only 10% of indigenes through company ownership, and there happened to be a change of government, this policy may change. Country X, under the new government, may allow a business to export only 40% of its annual revenue and 50% participation of indigenes, or the company may be expelled from the country entirely. Conversely, political stability will not result in a major change in constitution and/or policies.

Security: One will argue that there is no complete security in any country, however there is a level of security tolerance that will allow people to conduct daily businesses. If one has to imprison oneself (by building high walls around his or her compound) in the name of security, hire guards for protection, 24-7, because of economic status, it will be easily perceived that the country has security problems. Further, if law enforcement personnel are no longer trusted, and one finds it difficult to differentiate between real and counterfeit enforcement agents, again, one will say that the country has serious security issues. Insecurity prevents people from enjoying personal freedom and wealth, and may discourage investors from investing in countries with severe security problems.

Infrastructure: This is the most important area upon which a country should invest, such as, good roads, electricity, clean water, communication systems, etc. As in everything in life, it is important to do the right things first. If a country has poor and inadequate infrastructure, foreign investors will have to first invest in procuring electrical generators – for power-and possibly water treatment plant – for clean water – before investing in the real business. Such investment will add to the cost of producing a product which would ultimately be too expensive to the final consumer. Good and adequate infrastructure is a catalyst for attracting investors. Therefore a country, if interested in growth and development, should invest in good roads, electricity, clean water, communication systems, etc. Foreign investors will bring to a nation growth, development and ultimately increase the standard of living of the citizens.

So now you have it. Conduct preliminary research about a country of interest to ensure that the three factors discussed above are prevalent, before visiting the country.

Human Resource Reminder Continued:

- * Remember: Notify the company when you move and keep your contact information up to date. It is important we have your correct address for sending checks, pay stubs, W-2s, etc.
- * Employees are subject to charges if there are necessary reproduction and/or repeat mailing costs due to failure to provide accurate current address. In the case of check cancellation fees and other costs associated with re-issuing pay checks, the employee may also be liable.

Job Opportunities

Accepting applications for the following positions:
Pharmacists, Medical/Pharmacy Technicians, General Dentists, Dental Hygienists,
Dental Assistants, Recruiters, and Animal Caretakers nationwide
Contact our recruitment manager today at **1-800-347-2705** to discuss available
opportunities and locations.



“The Professionals Who Care”

THE CONCORD

EMPLOYEE HIGHLIGHTS



NEW EMPLOYEES

SAN ANTONIO, TX CORPORATE OFFICE

RECRUITER-Wanda Hammond,
RECEPTIONIST-Perlesta Martin,
Administrative Assistant-Gina Brewer

NAVAL HOSPITAL NEW ORLEANS

DENTAL ASSISTANT
Torey Guidry

NAVAL HOSPITAL CHARLESTON, SC

DENTAL HYGIENIST
Alison Kendrick

WALTER REED MEDICAL CENTER

PHARMACIST TECHNICIAN
Maranda Harris, Olayinka Majekodunmi,
Courtney Duggar, Sundry Drummond

DOJ FEDERAL BUREAU OF PRISONS

PHLEBOTOMIST
Kasey Cooper

FORT MEADE , MD

PHARMACIST TECH
Hamza-Achang, Omolola Milroe

HAPPY BIRTHDAY!!

May

Sharolyne Mills, Lorraine Williams,
Solange Depenyou, Adrienne Harrington,
Jennifer Cox, Yolanda Washington, Anetra Mikell,
Ingrid Saunders, Anna Thompson, Regina Parker,
Jonah Ejenavi, Hamza Achang, Edefe Omosowofa

June

Patrick Pastrano, Cynthia Sigall, Arthur Trevino
Priscilla Williams, Josephine Celmer, Tiffany Wolfe
Clarence Prevo,

HAPPY ANNIVERSARY

1 Year

Diane Davis, Sharolyne Mills, Cynthia Sigall
Alessandro Miglino

2Years

Kimberly Cuchara, Solange Depenyou, Rebekah Schultz,
Crystal Wild, Jonah Ejenavie,

3 Years

Tandra Jackson, Regina Parker Robert Fournier

4 Years

Beltran Pastran, Yolanda Robinson, Rodger Gurdon

5 Years

John Beagan, Regina Parker

6 Years

Jack Berghuis, Josephine Celmer, Clarence Prevo, Loui-

Recipes from Ann's Kitchen



Lemon-Basil Turkey with Roasted Vegetables

Prep time: 20 min

Vegetable cooking spray

2- medium lemons

8-lb. turkey breast

1 tbsp. butter or margarine, melted

24 baby gold potatoes

1 lb. butternut squash, peeled and cut into 1" cubes

8 medium beets, peeled and cut into 1" cubes

12 small white onions, peeled or cup frozen small whole onions.

1 tbsp. dried basil leaves, crushed

1 cup Swanson chicken broth

Spray 17"x11" roasting pan with vegetable cooking spray.

Cut 1 lemon into thin slices. Squeeze 2 tbsp. juice from remaining lemon. Loosen skin on turkey breast and place lemon slices under skin. Brush turkey with butter. Place turkey and vegetables in prepared pan. Sprinkle with basil. Mix broth and lemon juice. Pour half of broth mixture over all.

Roast at 375°F. for 1hr.

Stir vegetables. Add remaining broth mixture to pan. Roast 30 min. or until done. Serves 8.

THE HEALTH BEAT

Seafood: Good or Bad?

Seafood is a wonderful source of nutrients and can be an important part of a healthy diet--high in protein and low in fat and sodium. It has been shown that people who eat more fish or have high levels of omega-3 fatty acids in their blood have a lower incidence of heart disease.

White-fleshed fish, in particular, is lower in fat than any other source of animal protein. And fish does not contain the "bad" fats found in red meat, omega-6 fatty acids. Fish and seafood can be very tasty. But be aware: the unlimited ingestion of fish has its dangers.

The problem is that fish and seafood can pose significant health risks when they are contaminated with potentially toxic substances such as heavy metals (mercury and lead), industrial chemicals (e.g. PCBs) and pesticides.

Contaminants can enter the water in several ways: industrial discharges, agricultural practices and storm water runoff can all cause the flow of harmful substances directly into bodies of water. Mercury is naturally converted by bacteria into methyl mercury, which fish absorb with their food, and also take into their bodies through their gills. The level of fish contamination depends on several factors such as species, size, age and location. Contaminants are concentrated in the fish to levels that exceed the concentration in the water. Larger and older fish have more time to accumulate toxins from food and water than younger/smaller fish. Large predatory fish such as sharks and swordfish near the top of the marine food chains absorb these chemicals from the fish they eat and further concentrate them.

Fish and shellfish also absorb organic chemicals and toxins such as PCBs, dioxins and DDT from the water, suspended sediment and their food and concentrate them. Bottom dwelling fish have high levels in contaminated areas because these substances settle to the bottom of the body of water.

All these heavy metal contaminants, chemicals and pesticides can potentially cause health problems. Mercury poisoning can affect the nervous system evidenced by memory loss, tingling, and unsteady gait and can also affect the liver and kidneys. There is some research associating mercury poisoning with autism. Nearly all fish and shellfish contain at least traces of methylmercury, which is readily absorbed by living organisms and is considered even more hazardous than inorganic mercury. Researchers have found that fish-eaters with high levels of PCBs in their blood have cognitive memory deficits.

Contaminants such as mercury, PCBs and dioxins which build up in fishes' bodies over time concentrate in human bodies also. It can take 5-6 years for women in childbearing age to rid themselves of PCBs and 12-18 months to significantly reduce body levels of mercury. Developing fetuses are exposed to any stored toxins through the placenta. Mothers who eat contaminated fish before becoming pregnant may have children who are slower to develop and learn.

Pregnant women should be more careful about consuming large quantities of fish and shellfish as the fetus can concentrate harmful contaminants and their effects can cause severe problems including birth defects.

In general, fish and shellfish do not contain high enough levels of contaminants to cause a serious health threat after a few meals, but the health risk from contaminants increases for people who regularly consume larger and predatory fish from one area of contaminated water, for a long period of time.

Some fish and shellfish contain higher levels of mercury that may cause harm to a fetus or a child's developing nervous system. Organic chemicals such as DDE, toxaphene, chlordane, dioxin and PCBs readily accumulate in the fat tissue of fish, so potential exposure to these chemicals may be lowered by removing the skin and fatty portions of the fish before cooking.

Advice:

Reduce consumption of fish known to be high in contaminants.

Eat fish from different bodies of water and don't eat the same kind of fish more than once a week.

Prepare fish in a way that cuts down on toxins (remove skin and fat, drain fat away after cooking and avoid frying, which seals in chemical contaminants).

The FDA and the EPA advise women who may become pregnant, pregnant women, nursing mothers and young children to avoid some types of fish. If you are in this category, the FDA advises that you limit the number of times you eat certain high risk fish like shark and swordfish to less than once a month. Some advocacy groups feel that these recommendations are too lenient and that pregnant women should not eat these fish at all. They say: Do not eat shark, swordfish, king mackerel or tilefish because of consistently high mercury levels.

These women and children may eat up to 12 ounces a week of a variety of fish and shellfish that are lower in mercury: shrimp, canned light tuna, salmon, pollock and catfish. (Note: albacore ("white") tuna has more mercury than canned light tuna.) Fish sticks and "fast food" fish sandwiches are usually low in mercury.

So enjoy fish and seafood to a point, but be careful, especially if you are pregnant. And some good news: Some tests on seafood from Alaskan waters have found them to be essentially mercury-free.