



# THE CONCORD

Official Newsletter of The OMO Group, Inc.

NOVEMBER 2005

Volume 3 Issue IV

Phone: (210) 691-5116

Website: www.omogroup.com

Facsimile: (210) 691-5122

## Inside Information

<b>10 Ways To Get Energy</b>	1
<b>President's Message</b>	2
<b>Recipe from Ann's Kitchen</b>	3
<b>Employee Highlights</b>	3
<b>Health Beat</b>	4

### 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](mailto:lorraine@omogroup.com)  
 You may also send by "snail mail" to:  
 The OMO Group, Inc.  
 Attn: Lorraine Williams  
 8627 Cinnamon Creek Dr.  
 Bldg. 401,  
 San Antonio, TX 78240

### CORPORATE OATH

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

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

### 10 Ways To Get More Energy

What can you do to recharge your battery and sustain increased energy? Try to do as many of the following top 10 things as you can to keep you energetic this winter.

- 1. Physique:** If you're overweight, lose just five percent of your body weight. Health experts tell us that overweight and obesity increase your risk for heart disease, type 2 diabetes and stroke, but forget to emphasize the toll excess weight has on your energy. Lose weight one pound at a time -- not too fast, because gradual weight loss is more likely to be permanent.
- 2. Eat! Don't eat too little!** Poor nutrition decreases your energy, as well as your immunity. Even if you're trying to lose weight, do it in a healthy way, with a balanced meal plan, and sufficient calories to fuel your engine.
- 3. Bad Habits.** Do you drink too much Coffee? Alcohol? Soda? Too much caffeine will keep you up late, and caffeine has a cumulative effect -- the more caffeinated beverages you drink, the stronger the effect. Don't forget the caffeine in soda; some soda has as much caffeine as a cup of coffee. Alcohol also negatively affects sleep. Soda is empty calories.
- 4. Break the fast.** Start your day with breakfast. Studies show that people who eat breakfast have more energy for the rest of the day. People who skip breakfast are not as alert, not as productive, and tend to be more overweight compared to people who eat breakfast.
- 5. Take a multi-vitamin.** Even if you're eating a balanced diet, a multi-daily is dietary insurance that you'll get the minimum requirements you need for energy.
- 6. Switch over to whole.** Whole grains, whole pieces of fruit, salads and vegetables. Your body craves these unrefined foods; they contain the most valuable nutrients and energy imaginable.
- 7. Reduce white sugar.** If you eat sugar when you're feeling "low," you'll create a rebound effect that makes you crave more sugar. The "rush" of sugar is very short-lived, and sugar is essentially just "empty" calories, void of vitamins and minerals. Sweets and treats should be only occasional indulgences; make naturally sweet fruit your healthy dessert choice.
- 8. Sleep.** The average person requires 7.2 hours of sleep to feel rested. There are exceptions: Bill Clinton needs only four to five hours, but Albert Einstein needed about 10 hours. There is something to be said for dreaming! Whatever you need be sure to get it.
- 9. Liquids.** Start NOW and begin to include more water in your daily diet. Fluids are necessary to process foods and to absorb nutrients, to regulate your body temperature, and for elimination. Water is a good habit to learn. Instead of a can of soda, reach for a glass of water. Fruits and vegetables are good water sources too.
- 10. Move.** If you park your engine in the garage and never take it out, it'll rust. Breathe. Your body needs oxygen; you'll be amazed at how energetic you'll feel by doing some deep breathing exercises. Stretch: roll your shoulders, tense your muscles and then relax; this will increase the blood flow and energize you immediately.

#### 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*.

"The Professionals Who Care"

# M

## essage from the President

**Oluagba Omosowofa**  
President & CEO



### A Different Approach to Reducing Terrorism

It seems people are generally becoming less friendly. Most people look very serious and wear their frustrations on their faces. Many people don't practice the simple social etiquette of saying thank you when doors are opened for them. Some will not even open a door for you when entering a store, even if you are only a few feet away from them and have both hands full. Imagine what would happen to a group of people who are already unhappy campers, and also feel that the world is unfair to them. This may lead to terrorist acts.

Before one can determine different approaches for reducing terrorism, it would be important to know the causes of terrorism. Terrorism does not happen overnight. It is caused by certain perceived injustices or unfair actions of dominant groups over weaker, underprivileged, marginalized and poor groups. These oppressive actions are generally practiced or unduly imposed on weaker groups for a long period of time. In due time, the weaker groups will become disillusioned and would prefer to defend their territories, resources or dignity with whatever weapons they possess.

In most cases, a weaker group may not directly confront a dominant group, but would rather attack soft, vulnerable and innocent spots. For example, if a country has great reserve of crude oil which is being exploited by a foreign company, from a developed and powerful country, without commensurable investments in the country from which crude oil is exploited, there could be resentment from those exploited. If the exploitation continues, frustration and resentment from the people will increase.

The situation in the exploited country may even become more volatile, if a few members of a group, controlling the reign of power in the exploited country, are perceived to be puppets of the exploiting country. This may result in the creation of small groups or factions under the auspices of freedom fighters or liberators. In most cases these groups are small and lack big weapons that can withstand the countervailing powers of the exploiting country. Therefore, they will resort to disrupting the fabric of their own economic systems or those of the exploiting country by attacking vulnerable areas, such as, refineries, transportation systems, areas visited by tourist, etc.

Solution: If we, as a world body, are genuinely interested in reducing or eliminating terrorism, we must tackle the problem and not the symptoms.

The symptoms are those groups actually masterminding and carrying out the attacks. Going after them will only temporarily stop terrorism, because the terrorist will hide or temporarily stop their terrorist activities. Since terrorism is the state of mind, in due time, more groups will emerge, if the conditions of perceived oppression are not eliminated.

The problem is the perceived injustice. If we, as a world body, can directly confront this problem through geopolitical involvement rather than exclusion in world economic matters and relationships, we will be able to devise long lasting solutions to reduce or eliminate terrorism.

Solutions for eradicating or at least reducing terrorism will be discussed in our next issue of *The Concord*.

### 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.



# HAPPY THANKSGIVING

*"The Professionals Who Care"*

## THE CONCORD

### EMPLOYEE HIGHLIGHTS



#### NEW EMPLOYEES

##### **Veterans Administration – General Clerk II**

Kayla Hawkins, Grace Robinson, Judy Regalado  
Brandon Benito, Yvonne Campos, Andrea Cyphers  
Rebecca Santiago, Edward Arguello, Lisa Salazar  
Donna Ramirez, Shannon Harris, Tracy Rivas  
Anita Ramirez, Hugo Ochoa-Cruz

##### **Naval Hospital Jacksonville – Dental Hygienist**

Claudia Waidelich, Alan Blanchard, Betty Winiski  
Jill Burnsed, Sara Barnes

##### **Kenner Army Health Clinic – Pharmacist Technicians**

Darryl Sharkey, Denise Costley

##### **Naval Hospital Charleston**

Sheri Wheatley

##### **Brooks Air force Base– Animal Caretaker**

Arnold Martinez

#### HAPPY BIRTHDAY!!

##### October

Andrea Cyphers, Robert Fournier, Cheryl Morris  
Gayle Paul, Charita Rodgers

##### November

Claudia Waidelich, Arnold Martinez, Fumie Gage  
Donna Ramirez, Kristin Quinonez, Rebecca Santiago  
Ann Omosowofa, Connie Carvalho, Perlesta Martin

##### December

Keith Walter, Shirley Martinez, Leola Masters  
Lisa Gutierrez, Edward Arguello, Shirley Martinez

#### HAPPY ANNIVERSARY

##### 1 Year

Maryann McNeil, Melissa Maldonado, Shirley Martinez,  
Judith Peacock, Jimmy Holloway, Deborah Mamon,  
Rachel Willings, Pricilla Williams

##### 3 Years

John Cantu, Patrick Pastrano, Richard Goldman

##### 4 Years

Lorraine Williams

##### 5 Years

Judith Rappl

##### 6 Years

Arthur Trevino, Romualdo Gamez, Rudolpho Moya,  
Ingrid Saunders



### Recipes from Ann's Kitchen

#### **African Beef Peanut Butter Stew**

In Senegal this popular stew is called Mafe, and can be made with beef, lamb, chicken or vegetables.

1/2 Jif Creamy Peanut Butter  
2 cups beef broth  
2 tablespoons Crisco Canola Oil  
1 cup chopped onion  
3-4 cloves minced garlic  
1 cup chopped green bell pepper  
1 cup chopped carrots  
Salt and pepper  
14 1/2 ounce can diced tomatoes and the liquid  
1/2 teaspoon dried thyme  
1 bay leaf

I. In a medium bowl, whisk together the Jif Creamy Peanut Butter and the beef broth until well blended. Set aside.

II. Season the meat with salt and pepper. In a large saucepan or stew pot, heat the Crisco Canola Oil over medium heat.

III. Add the onion, garlic, bell pepper, and carrots. Sauté until the onions are translucent. Add the meat and continue to cook stirring often, until it is browned on all sides.

IV. Add the peanut butter and broth mixture, tomatoes and liquid, thyme, and bay leaf. Stir well and bring to a boil. Reduce heat to low and simmer, stirring often for about 1 hour or until the meat is tender.

Taste and add salt and pepper if desired. Remove the bay leaf and discard. Serve hot over rice.

# THE HEALTH BEAT

## The Holidays are Upon Us, So Beware!

As we approach the Thanksgiving and Christmas holiday season some particular health and pet related warnings come to mind. This **Health Beat** column will concentrate on key Holiday Dos and Don'ts. So here we go:

**Eating/Drinking Alerts:** It's really easy to gain weight over the holidays. Holiday festivities typically encourage people to indulge in high calorie foods that are low in nutrients and high in sugar. Binging on sugar makes you crave more and more and makes your body slow down via a drop in serotonin. To help boost serotonin naturally, it's a good idea to eat small frequent meals that include complex carbohydrates in starchy vegetables. Or eat small quantities of protein three times a day. People are more likely to make excuses for skipping exercise, but keep up your regular exercise routine during the holidays and accept no excuses—because when endorphins are high, you will cope with stress better. Continue to eat fats in moderate amounts as it will help cause satiety and help prevent overeating of carbs. Don't totally skip meals because hunger and low blood sugar lead to overeating. Enjoy the main holidays-let yourself eat what you want (within reason) on the main holiday but then return to your regular plan the next day.

Hints when going to a party: Don't go starving - before you leave the house, eat something light like a protein shake and also drink a great deal of water (64 oz) the day of the party. But eat lightly at other meals that day. When you arrive don't park yourself near the buffet table. Make a point of socializing away from the serving table. Indulge on fresh veggies and fruits. Alcoholic beverages can pack in the calories. Decide before the party how many hors d'oeuvres you will have, and stick to it. Go easy on seconds—savor the food and eat it slowly.

Also, plan activities at which food is not the primary focus. Remember to include exercise during the holidays to help diminish stress. And by all means, enjoy the season, not only the food!

**Thanksgiving Turkey Cooking Tips:** Store **fresh** turkeys in the refrigerator only 1-2 days before cooking. Thaw **frozen** turkeys in the refrigerator or defrost the turkey by the cold water method, but one so thawed should be cooked right away.

Cook the turkey at 325°F and rely on a meat thermometer even in those turkeys with a "pop-up" temperature indicator. The internal temperature of the turkey must reach 180°F in the thigh, which is the best place to test temperature because when the thigh reaches 180°F, most other parts of the bird have reached the proper cooking temperature of 160°F. The stuffing must reach 165°F. (Do not buy a pre-stuffed turkey.)

Do not partially cook your turkey in advance of transporting it to your host's house-very dangerous! You set yourself up for food poisoning.

The effects of food borne illness range from upset stomach to severe diarrhea. For most healthy adults, this isn't long lasting or life threatening, but for infants, the elderly, chronically ill and pregnant, the effects can be severe or fatal.

A good rule of thumb: Keep hot foods **hot** and cold foods **cold**.

It is safe to freeze leftover turkey and trimmings, even if you purchased them frozen.

Use soap and warm water to wash all surfaces, cutting boards etc. that have had raw meat, poultry or eggs.

**Some Pet Advice:** People want to share the spirit of the holidays with their pets but there can be dangers. Pets can be at risk during the holidays. Don't share your holiday meal with him. Dogs can be at risk for pancreatitis when over eating on high fat unhealthy diets. And pancreatitis can be very serious or even fatal.

Make sure the pet has no access to food left on the counter or tabletops.

Turkey bones are dangerous for pets- they are hollow and break and splinter easily. Dogs can choke on them or the bones can cause intestinal blockage or perforation. Symptoms may not become evident for several days. Chocolate is a definite danger because it contains a xanthine compound called theobromine, which can be fatal to dogs. Bowls of candy or pieces dropped by guests may go unnoticed but they pose a real risk to pets.

Be alert to noise makers and confetti which can undermine the pet's sense of wellbeing. The noisemakers can frighten the pet and cause him to bolt out an open door or window. Confetti can be ingested and cause serious digestive difficulties. Keep pets indoors during firework displays—the noise and danger of the exploding fireworks are hazardous.

If rubber bands that are part of pet costumes are ingested they can cause choking or intestinal problems. Keep pets away from candles as they can be burned or overturn them and start fires.

Don't feed pets while you are cooking. Look out for those hot containers filled with turkey drippings. They can tip over and scald the pooch. Don't give them the drippings when they cool either, as the seasonings can upset their digestive tract.

Don't be tempted to give them large quantities of people food like turkey—human food is too rich. And feeding them too much from the table can result in pitiful begging which is an annoying habit that is hard to break when the family is at the dinner table.

Be wary of a number of Christmas season plants that are poisonous to pets if eaten or nibbled: ivy, holly, mistletoe, and even poinsettias.