

THE RAPID PULSE

August 2005

Faces and
Places

WELCOME

El Centro, CA:
LT Candace Been

Pearsall, TX:
LT Maria Tovar

San Diego, CA:
LT Anne Nordquist

Tacoma, WA:
LT Ben Brahim

Washington, DC:
LT Allen Magtibay

FAREWELL

Port Isabel, TX:
LT Jack Sibal

THE DIRECTOR'S PERSPECTIVE

By Dr. Gene Migliaccio

Welcome to another issue of *The Rapid Pulse*! I want to take the opportunity to extend my sincere congratulations to each and every officer within DIHS that was recently promoted.

In total, we had 32 of our very own officers promoted—a stellar accomplishment! These officers have demonstrated a consistent dedication to duty and the mission of the Division and this serves as an example for all of us.

Dr. Elizabeth Duke, HRSA Administrator, hosted the ceremony, along with RADM Williams as representation for the Surgeon General. Also in attendance for this momentous event was RADM Donald L. Weaver, M.D., Deputy Associate Administrator for Primary Health Care. I had the pleasure, along with some of the aforementioned dignitaries, to pin-on some of our officers to their new rank. I had an opportunity to meet very proud family members and express my gratitude for their continuous support of our officers and our daily mission.

The success of our Division rests on the success of our workforce. “People,” being one of the three facets of “quality, cost and people” continues to be one of those high priority items on my agenda. Part of my agenda is bringing focus back to career progression by helping our officers, civil service and contract employees prepare for upcoming promotion by ensuring that they have the tools to excel in their jobs.

A common thread found across our promotees is the completion of their readiness requirements. Meeting these requirements is a vital aspect of the promotion package, as reiterated by VADM Carmona’s recent memo (8/15/2005) on meeting the SG goal by 1 October 2005, especially for those officers on the next promotion cycle.

I highly recommend all officers eligible during the next promotion cycle review their Official Personnel File (OPF), update their CV according to their category’s template and contact their category liaison. We have an internal wealth of expertise, so please ensure you are maintaining communication with your peers and leadership on the topic; we are all here to support each other’s efforts and career progression.

Again, my heartfelt congratulations to our recently promoted officers. Thank you for a job very well done! I look forward to your continued accomplishments.

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FOOD AND NUTRITION TIPS

By Dr. Luzviminda Peredo-Berger

Our Mission:

We protect America by providing health care and public health services in support of immigration law enforcement.

1. To cut down on cholesterol, try egg substitutes. Frozen or powdered, these products are cholesterol free. However, many may contain artificial coloring or flavorings.

2. Another cholesterol lowering tip is to substitute two egg whites for every whole egg. Omelets can be made with whites, nonfat dry milk, and skim milk. You can also substitute two egg whites plus one whole egg for two eggs.

3. To test how much fat is in a cracker, rub it with a paper napkin. If it leaves a grease mark, there's a lot of fat in it, even if the fat in the cracker comes from highly unsaturated vegetable oil.

4. For juice that's high in iron, choose prune juice. One cup provides 30% of the RDA for men; 17% for women. Prunes are also a rich source for potassium.

5. If you're susceptible to urinary tract infections, try cranberry juice. A Harvard study found women who drank cranberry juice daily (10 ounces) significantly reduced infection rates over a six-month period. Cranberry juice is an adjunct to medical treatment, not a substitute for it.

6. If you experience frequent headaches, consider the foods you eat. Foods and beverages may contribute to some headaches, especially migraines. Most of the culprits are chocolate, ripe cheeses, and freshly baked yeast products. These products contain a natu-

rally occurring chemical called tyramine, which effects the blood vessels in the brain.



7. Keep bacteria out of your food. Wash your hands before preparing food. Wash all equipment that comes in contact with food (especially raw meats), including the cutting board and countertop. Please don't let cooked or refrigerated foods sit at room temperature or assume room temperature. Reheat foods to at least 165 ° F to be sure that harmful bacteria are destroyed. Thaw frozen foods in the refrigerator, in cold running water, or in a microwave oven.



8. Most of a potato's nutrients are in the skin. Ounce for ounce, the skin has far more fiber, iron, potassium, and B vitamins than the flesh. The only reason to avoid the skin is if the potato has a greenish tinge. That means that there is a lot of chlorophyll and a sign that the potato has been exposed to too

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much light after the harvest. It's a indication that solanine (a naturally occurring toxin) may be present in increased amounts that can cause cramps and diarrhea.

9. Eat more broccoli. One cup of chopped broccoli supplies 90% of the daily RDA for Vitamin A in the form of beta carotene, 200 % of the RDA for Vitamin C, significant amounts of calcium, niacin, thiamin, phosphorus and 25% of your daily fiber requirements. Other substances such as sulforaphane may also protect against cancer. Remember it's only 45 calories in a cup.

10. Eat more beans and legumes. Beans, lentils, and dried peas are very good sources for soluble fiber, and if eaten regularly may help lower blood cholesterol.

DIHS OFFICERS PROMOTED

Congratulations to the following DIHS Officers on their recent promotions. Thank you for a job well done, and representing the Division so well.

- ◆ CAPT Janice Bennett (San Diego)
- ◆ CAPT Jacinto Garrido (Krome)
- ◆ CAPT Bujean Jenkins (Pearsall)
- ◆ CAPT (Sel) Abelardo Montalvo (Krome)
- ◆ CDR (Sel) Reginald Ballard (Buffalo)
- ◆ CDR Cheryl Carter (Florence)
- ◆ CDR Chae Chong (Elizabeth)
- ◆ CDR John Golden (Port Isabel)
- ◆ CDR Nathan Quiring (HQ)
- ◆ CDR Dennis Slate (Houston)
- ◆ CDR Edwin Vazquez (HQ)
- ◆ LCDR Karen Munoz-Nero (El Paso)
- ◆ LCDR (Sel) Kelly Brown (HQ)
- ◆ LCDR (Sel) Eiginia Chacon (Pearsall)
- ◆ LCDR (Sel) JeanPierre Debarros (HQ)
- ◆ LCDR Guadalupe Demske (El Centro)
- ◆ LCDR Forest Ford (El Paso)
- ◆ LCDR (Sel) Suzie Garza (Pearsall)
- ◆ LCDR (Sel) Cheryl Garza (Port Isabel)
- ◆ LCDR (Sel) Stephen Gonsalves (San Diego)
- ◆ LCDR Erica Graham (San Diego)
- ◆ LCDR Lisa Lagowski (Tacoma)
- ◆ LCDR (Sel) Steve Morin (Florence)
- ◆ LCDR (Sel) Martin Newton (Houston)
- ◆ LCDR Danisha Robbins (Krome)
- ◆ LCDR (Sel) Abelardo Roman (Krome)
- ◆ LCDR Martin Ruiz-Beltran (HQ)
- ◆ LCDR Ralph Smith (Tacoma)
- ◆ LCDR Dale Thompson (Pearsall)
- ◆ LCDR Tonya Toussaint (Florence)
- ◆ LCDR William Waldron (Elizabeth)
- ◆ LCDR (Sel) Elizabeth Zamora (El Paso)

Editor's Note: See page 4 for pictures from the promotion ceremony.

Our Spirit.

We add dignity to a necessary process of alien detention, serving without fanfare at the forefront of public health protection for the American populace.

PROMOTION CEREMONY- IN PICTURES

Our Vision:

By 2008, we will be the benchmark for detention health care systems and will be recognized as having the most prestigious, dynamic and rewarding workplace within the United States Government.



LCDR (Sel) Kelly Brown poses with (l-r) RADM Williams (Chief of Staff to the Surgeon General, Dr. Duke (HRSA Administrator), her husband, father and mother, Dr. Migliaccio, and RADM Don Weaver (back)



CAPT Bujean Jenkins is pinned as she poses with RADM Williams, Dr. Duke, Dr. Migliaccio and RADM Weaver



CDR Edwin Vazquez poses with RADM Williams, Dr. Duke, his daughter and wife, RADM Weaver, and Dr. Migliaccio