

On track to eating healthy

> Eat a high-fiber, low-fat breakfast each day. No matter how busy you are, do not skip breakfast. Eating a healthy breakfast helps you eat less throughout the day.

> Make lunch your biggest meal of the day. This gives you the opportunity to burn off the calories and provides an energy boost to get you through the afternoon.

> Snack on fruits, vegetables and high-fiber foods such as nuts and whole grains whenever possible. Fiber fills you up and helps prevent overeating.

> Watch for sodium. Try to keep your sodium intake to 2,300 mg or less. You will obtain less water and reduce your risk of developing hypertension.

> Consume at least 3 servings of low-fat or non-fat dairy products each day. Dairy products provide calcium which is important for maintaining strong bones.

> Limit alcohol consumption. Alcoholic drinks are high in calories and can cause you to make poor food judgments.

> Drink plenty of water. People often mistake thirst for hunger which can lead to overeating.

> Watch your portions. Use a smaller plate. This helps you eat less. Only eat half your meal when you eat out and bring the rest home for later.

> Eat slowly and enjoy your meal. It takes 20 minutes for brain to tell your stomach that it is full.

> Shop the perimeter of the grocery store. The healthiest choices are usually placed in the perimeter such as fruits/vegetables, dairy, meat and bread. The inner aisles contain more processed foods (think boxes and cans.)

current events at the Houston Emergency Center

2008 Holiday Gala Quick Review

The 4th Annual HEC Christmas Gala, held at the Hilton University of Houston, continued to be yearly success.

Bill Waldrop, Master of Ceremonies, hosted the event as the ballroom floor lit up with talented singers, musicians, and, of course, dancing. Photos were taken and the buffet was soon served.



L-R: Donna Paul, Lupe Torres



L-R: Dewayne Wright, Karen Green



Finding the Goove



L-R: Annette Thomas, HFD Chief Kenneth Payne

As the outer fringes of the ballroom was a place to mingle, the inside was a place for music of all kinds which set the mood for the evening. Concluded with a Soul Train dance line led by **Fire Chief Kenneth Payne** that captured everyone's eyes as he danced with Sr. Fire-EMS T/C, **Anna Leal** down the soul train line.

Ticket drawings were done throughout the night and the highly coveted grand prize laptop was rewarded to lucky ticket holder, **Stacey Provost**.

Other notable recognitions:

- Best dressed female was 911 **Nelda Adams**
- Best dressed male was **Captain Michael Coleman**
- Best dressed couple were **Joe Laud** and his wife.

Congratulations to all winners.



Line Dancing Finesse



Prepping for Best Dressed

Special guests who were able to attend included **Harris County Sheriff Adrian Garcia** and his wife. **Sharon Counterman**, former HEC director, also made an appearance at the gala.

The Awards Committee Members would like to thank everyone who participated and worked together as a team for supporting the fund raising and raffle events for the Christmas Gala.

We would like to take a moment to recognize and show our appreciation to: **Gwendolyn Carr**, **HFD Captain Raymond Richardson** and **Director David Cutler**, for their contributions of donations.

Jose Celedon - thank you for taking photos of a memorable night.

Special thanks to our MC, **Bill Waldrop**, the DJ, and all of our talented employees who participated in the HEC talent show.

Navigator 2008 - Conference (Baltimore, Maryland)

During the week of April 19-25, 2008, **Cheryl Murrell, Dyanne Marks, Patricia Curtis, Lettie Preston, Seuwana Allen, and Rudy DeLaFuente** (FIRE/EMS) traveled to Baltimore, Maryland for the Navigator 2008 Conference.

The annual conference is considered one of the premier educational conferences for Police, Fire, Medical Dispatch.

An overview of the classes included Supervisory Progression, Being the Best, and Overcoming Negativity in the Communication Center.

All of these allowed training to support further EFD certification.

Wall of Honor

Veterans Day Military Recognition turned out to be a success.

The Wall of honor was created to show our appreciation of the sacrifices made by the men and women in the military.



Wall of Honor

The Awards Committee would like to thank you for your support in making November 11 memorable by bringing photos of you and your loved ones who have been a part of our Armed Forces (active and retired).

Special thanks to HPD Operators **Arletha Ford** and **Arnette Tennessee** for volunteering their support for evening and night shift on this great event.

We did a great job to support our troops.

*The Awards Committee thanks Fire-Supervisor **Seuwana Allen** for her heart-felt suggestion on the slogan, wall of honor and **Don McMillin** for the creative efforts in making our wall of honor a success.*

CMC Breast Cancer Awareness

October 2008 was Breast Cancer Awareness month and the Awards Committee sponsored a fund raiser which raised \$1,519.

A donation was made to the Susan G. Komen Foundation on behalf of the Houston Emergency Center.

The Awards Committee would like to thank everyone who participated and worked together as a team for a worthy cause.

Awards Committee Notifications

Congratulations to the following:

- **Elizabeth Boyd** and **Chris Longoria**, winners of the 2008 Christmas Gala Tickets (\$50 value)
- **Wanda Noskrent**, winner of the \$100 visa card
- **Don McMillin**, winner of the Door Decoration Contest
- **Elizabeth Beregszaszy, Pat Brown, Cynthia Wall, M. Marshall, Theresa Morgan, HPD Sgt Singleton, Deborah Dorsey, Karlos Castillo, Lola Purvis and Estelle Hernandez**, winners of the Thanksgiving Cake Raffle
- **Jose Cordova**, winner of the Pumpkin Carving Contest
- **Johnnie Warner**, winner of the Father's Day Basket

Telecommunicator Recognition Week for Fire-EMS



^ L-R: Silent Hero Award winner, **Connie Ethridge**, Asst. Dir., **Barbara Evans**, Outstanding Performance Award winner **Donna Paul**



> **Beatrice Salinas, Lettie Preston and Blanca Medina**

< **Marilyn Wright, Carol Conyers, Julia Young, Courtney Wilkison, Roderick Jackson and Cheryl Murrell**



< Fire-EMS Division Manager-**Cheryl Murrell** cutting the cake while Supervisors **Roderick Jackson** and **Pat Curtis** assisted with the event. Event.



2008 Texas Nena (Austin, Texas)



< Front row: Admin. Assistant to the Asst. Director, **Stacey Prevost**, Fire-EMS, **Donna Paul**, Fire-EMS, **Connie Ethridge**, 911 Supv., **Cathy Garcia**, Fire-EMS Supv., **Larnetta Brown**, HEC Asst. Director, **Barbara Evans**, and 911 Supervisor-**Lupe Torres**

Back row: **Pat Johnson**, 911 Operation Manager-**Gwendolyn Carr**

Not present in the picture is Supervisor-**Lettie Preston** also who attended the 2008 Texas Nena Conference.



*In remembrance of **Tyrona Mitchell***

Bravo Award



^ L-R: Council Member **Wanda Adams**, 911 TC **Pam Wafer**, Mayor **Bill White**

> This past January, **Rafael Calvo, Joseph Gomez, Alfredo Garza, and Juan Perales** (High School for Law Enforcement co-op students) participated in a law enforcement competition in Lake Jackson.

The team brought back a 1st place trophy for crime scene investigation and bike patrol, a 2nd place trophy for building search and misdemeanor traffic stop, and 3rd place for accident investigation.

They also got 1st place for best overall out of 35 teams that competed.

Congratulations to all and we hope this is a preview of the many possible successes that await each of your future!



-August 2008-

Jerline Mason 8/2
James Chambers 8/2
Shacaydra Francois 8/5
Arnette Tennessee 8/5
Terry Horton 8/5
Jennifer Johnson 8/8
Bob Robertson 8/8
Matthew Hyde 8/14
Sharon Richardson 8/14
Ventra Nelson 8/16
Sharon Blue 8/19
Hermalynda Booker 8/20
Christine Johnson 8/20
Alicia Reza 8/20
Ylonda Washington 8/21
Stephonia Eckford 8/22
Allen Corniac 8/22
Michael Rodriguez 8/23
Martha Diaz 8/25
Sharon Tucker 8/25
Larry Gay 8/26
Nicole Brown 8/26
Helen Bingley 8/26
Elizabeth Padilla 8/27
Richard Delgado 8/27
William Stevenson 8/29
Terry Pierrot 8/31
Maria Ruyvakaba 8/31

- September 2008 -

Amy Chuke 9/1
Tyrona Mitchell 9/3
Ashley Neal 9/3
Helen Woods 9/3
Pat Dubose 9/5
Ashley Lockridge 9/5
Patricia Johnson 9/8
Warren Meeler 9/8
Gregory Myers 9/13
Juanesa Epps 9/14
Hilda Yarn 9/15
Seuwana Allen 9/16
Kevin Sodowsky 9/17
Connie Baker 9/18
Phyllis Maxwell 9/19
Tona Johnson 9/20
Jennifer Strickland 9/20
Jose Limon 9/22
Robert Taylor 9/22
Gemar Burnom 9/29
Veronica Whittaker 9/29

-October 2008-

Brandie Stinson 10/2
Thelma Yancy 10/2
Jose Cordova 10/3

Jane Nyambura 10/3
Leonel Avila 10/4
Vanessa Staggers 10/5
Lyndsey Barrera 10/6
Thelma Flake 10/6
Tonyel Tibbs 10/6
Cynthia James 10/7
Jane Stagnitta 10/7
Shantrielle Scott 10/8
Darlene Dawson 10/9
Eric Avie 10/10
Andrea Gonzales 10/10
Shirley Yanez 10/11
Kristina Tuey 10/12
Soraya Arias 10/13
Blanca Medina 10/14
Laurie Wanza 10/19
Vanessa Moore 10/22
Sheila Bell 10/23
Ruth Jackson 1/25
Roland Carter 10/31

-November 2008-

Kemmie Estes 11/1
Donna Paul 11/1
Gisele Vaughn 11/3
Shequania Thompson 11/5
Nelda Adams 11/7
Kathy Armstrong 11/7
Dexter Brooks 11/7
Corey Booker 11/8
Steven Theis 11/10
My Trang 11/10
Pamela Wafer 11/11
Yolanda Mingo 11/12
Kimberly Vega 11/13
Edward Kolczynski 11/15
Jose Celedon 11/16
Adele Gottlieb 11/19
Angelica Castoreno 11/19
Gilbert Keery 11/20
Donald McMillin II 11/20
Julian Zamora 11/25
Irma Munoz 11/25
Kenneth Robinson 11/26

-December 2008-

Verna Bolden 12/1
Colleen Bush 12/3
Deanna Tennyson 12/4
Janie Waters 12/5
Steven Mirada 12/11
Grace Udofia 12/12
Euradell Butler 12/13
LaToya Davis 12/13
Lynne Horn 12/14
Laura Trevino 12/14
Christopher Taylor 12/16
Blanca Thomas 12/16
Brenda Grundy 12/19
Ruben Loreto 12/19
Carol Conyers 12/20
Teresa Holmes 12/22

Gwendolyn Carr 12/22
Cheryl Murrell 12/22
Rudy De La Fuente 12/27
Hada Hernandez 12/29
Irving Lira 12/30
Judy Stegall 12/31

-January 2009-

Priscilla Destin 1/2
Michelle Allen 1/2
Charmaine Murray 1/4
Daniel Mott 1/8
Courtney Wilkinson 1/8
Angela Campbell 1/10
Sara Jermany 1/10
Deborah Hardy 1/13
Estela Rostro 1/15
Fernanya Winston 1/18
Barbara Montford 1/17
Kenneth Karm 1/20
Erika Barnes 1/22
Joyelle Green-Mayes 1/23
Monica Lenzy 1/23
Barbara Evans 1/25
Kathleen Yzaguirre 1/25
Robert Molina 1/26
Jean Silva 1/28
Karla Vaughan 1/28
Oscar Calderon 1/29
LaTonya Green 1/29
Delores Marin 1/30
Lola Purvis 1/30
Donna Wells 1/30
Nicole Flores 1/30
David Cutler 1/31
Walter Letien 1/31

-February 2009-

Stephanie Barefield 2/1
Eloisa Chavez 2/4
Raymond Morris 2/4
Patrick Bradley 2/5
Gloria Collins 2/5
Bretah Menifee 2/7
Kimberly Butcher 2/8
Jonathan Titus 2/10
Donald Elder 2/10
Lance Johnson 2/10
Willie Holcombe 2/11
LaTonya Moutra 2/11
Cynthia Wall 2/12
Elizabeth Boyd 2/14
Shirley Blackshear 2/15
Kim Petty 2/16
Latonya Bigger 2/16
Linda Giles-Terrell 2/18
Christopher Boone 2/19
Lupe Torres 2/20
Robert Scott 2/24
Cathy Garcia 2/27

Esteban Ortega 2/28
Marilyn Richards 2/28

-March 2009-

Sonia Reid 3/1
Deborah Dorsey 3/2
Joel Avery 3/3
Christopher Maxie 3/5
Gregory A. Edwards 3/7
Darlene Brown Keller 3/9
Patrick Brown 3/9
Disira Thomas 3/9
Erika Sandoval 3/10
Karlos Castillo 3/17
Arletha Ford 3/17
Lisa Maldonado 3/17
Josephine Panares 3/19
Dale Bobb 3/20
Grace Santantonio 3/21
Valerie Ricks 3/23
Beatrice Salinas 3/24
Elizabeth Beregszaszy 3/25
Fujie Sheng 3/30

Anniversaries

4-yrs for Frank and Latonia Moutra, 1/8

35-yrs for Mel and Adele Gottlieb, 1/25

12-yrs for Joe and My-Linh Laud, 1/25

13-yrs for Clarence and Kemmie Estes, 1/28

14-yrs for Felix and Linda Terrell, 2/25

20-yrs for Roz and Robin Bulman 3/18

New Births

Cori Lynne Dozier, daughter of Blanca Medina 2/2

Joshua Reynolds Sneed, grandson of Supervisor Trish Sneed 12/17

Nehemiah Raemond Grier, son of Supervisor Lametta Brown 10/22

Retirements

HPD 911 Supervisor Walter Letien 29-yrs

Condolences

Therman Terrell, Father-in-law, Roy Jackson, Brother-in-law, Felix Long, Uncle and Sheila Arceneaux, close cousin of Fire-EMS Sr. 9-1-1 Telecommunicator, Linda Giles Terrell.

Ronald Simpson, uncle of FIRE-EMS Sr. 9-1-1 Tecomunicator, Connie Ethridge.

Maud Robertson and Sheila Espinoza, aunts of Yokisia Johnson.

Cecilia Barta, mother of Sr. Communication HFD Captain Thomas Barta

Bill White, Mayor
David Cutler, HEC Director
Barbara Evans, 9-1-1 HEC Asst. Dir.
Jon Titus, IT HEC Asst. Dir.
Joe Laud, PIO / Editor
Connie Ethridge, Sr. 9-1-1 TC / Asst. Editor

Employee Awards Committee/

Editorial Board:

Felicia Buckner, 9-1-1 TC

Amanda Cinco, Police TC

Lee Mays, IT

Ronda McAfee, HPD Dispatcher

Elizabeth Padilla, PSAP Supv.

Donna Paul, Fire/EMS TC

Grace Santantonio, Police TC

Robert L. Taylor, Employee Relations Mgr.

Tonyel Tibbs, 9-1-1 TC

Cynthia Wall, Administrative Coordinator

Kathleen Yzaguirre, HPD Dispatchcer

