



TEXAS TECH UNIVERSITY  
**HEALTH SCIENCES CENTER™**  
*at El Paso*

# Viewbox

## Summer Enrollment

Summer enrollment, for employees who want to update their benefit options, starts July 24 through August 18.

Benefit and vendor representatives will be available Friday, July 21 from 10 a.m. to 3:30 p.m. in the basement of the HSC staff lounge area.

Other informative sessions this week include:

### Wednesday, July 19

\* Conesco Cancer and Heart Protection Benefits, 8:30 a.m. - noon, HR Conference Room; 9 a.m. - 10 a.m., Room 212 HSC Bldg; and 3 - 4 p.m., Room 212, HSC Bldg.

\* Prepaid Legal Services, 10 - 11 a.m., Room 212, HSC Bldg.

### Thursday, July 20

\* Conesco Cancer and Heart Protection Benefits, 8:30 a.m. - noon, HR Conference Room; 3 - 4 p.m., A-3400, Clinic Bldg.

\* ING 403B Retirement Plan Seminar, 1 - 2 p.m., A-3400, Clinic Bldg.

\* AIG/VALIC, 2 - 3 p.m., A-3400, Clinic Bldg.

### Friday, July 21

\* Blue Cross Blue Shield, 8 - 9 a.m., 9 - 10 a.m., A-3400, Clinic Bldg.

\* Chase: TRS and ORP, 10 - 11 a.m., A-3400, Clinic Bldg.

\* Quantum: Professional Portfolio Management, 11 a.m. - noon, A-3400, Clinic Bldg.

Employees Retirement System of Texas website is [www.ers.state.tx.us](http://www.ers.state.tx.us). Also, to access the El Paso HR web-page for more useful employee information or to download important HR forms, go to <http://www.ttuhscc.edu/HR/el Paso/>

## Regional Update Session

Faculty, residents and staff are encouraged to attend the next Regional Dean Update Session, Friday, July 28, Room A 3500 located on the third floor of the clinic building. The meeting will focus on the campus' implementation of the Electronic Medical Records (EMR) System. Lunch will be provided.

## AAP PROS Salutes Dr. Days

The American Academy of Pediatrics salutes Alison Days, M.D., assistant professor in the Department of Pediatrics, for her efforts on behalf of the nation's largest practice-based research network -- Pediatric Research in Office Settings (PROS).

Through Dr. Days' efforts and hard work over the past two years, PROS has been able to continue its work in examining unanswered questions in pediatric primary care. The network has been in existence 20 years and the results of projects have changed policy and the way pediatricians practice.

## July 17 - 21

# 21

### Benefits Fair

10 a.m. - 3 p.m.

Basement of Medical Center Bldg.

## SERVICEplus Training

Registration is underway for July sessions of SERVICEplus training. "Service Within" is a course for employees who have "front-line" contact with customers.

### Service Within - Session I

Thursday, July 20,  
1:30 - 5 p.m.

Faculty Lounge, HSC Bldg.

### Service Within - Session II

Thursday, July 27,  
1 - 5 p.m.

Faculty Lounge, HSC Bldg.

Employees must attend both sessions to receive credit. Supervisors should call 545-6840 with the names of staff that will attend. Employees must be registered to attend.

## Health Tip

### Dangers of Sun Tea

As the weather warms up, people look for ways to cool off. One method is making alterations in their choices of beverage, with most folks tending to reduce their intake of hot drinks in favor of chilled or room temperature drinks.

Interest in “sun tea” grows as the mercury rises, prompting folks to look for less costly hot weather replacements for their more usual coffee and tea.

At first glance, sun tea appears a viable and healthful alternative, harnessing the energy of the sun to produce a zero-calorie drink one would presume contains all the benefits of tea brewed in the more usual fashion.

However, tea made by placing loose or bagged tea leaves in glass jars of water which are then left in direct sunlight can harbor bacteria that can make you ill.

According to the Centers for Disease Control, using the sun’s rays to make tea can facilitate the growth of bacteria. Tea steeped in a jar on your porch won’t get any hotter than 130° Fahrenheit, about the temperature of a really hot bath and not nearly hot enough to kill bacteria lurking in the water or the tea itself. For that, water needs to be heated to 195° for three to five minutes.

It is better to brew tea with boiling water than to risk illness caused by what you drank.

## Mulla Selected to Receive Professional Achievement Award

Zuber D. Mulla, Ph.D., assistant professor, Department of OB/GYN, will receive the Professional Achievement Award from The University of Arizona Alumni Association (UAAA). The National Board of Directors of the UAAA chose Dr. Mulla in part for his epidemiologic research on the antibiotic treatment of necrotizing fasciitis caused by group A Streptococcus, the “flesh-eating” bacterium. The award ceremony takes place in Tucson in November.

## Teens Present Scientific Posters at MSB I

Fourteen El Paso students from Magnet Silva High School for the Health Professions and Chapin High School presented scientific posters to a four-member panel of judges this week at Medical Science Building I.

The students were participants in the Texas Tech University Health Sciences Center Borderlands Health Careers Opportunity Program (HCOP) Summer Research Program.

They also completed a research elective course during the school year and during the summer gained practical research experience working with research scientists from Texas Tech University Health Sciences Center at El Paso, the University of Texas Health Science Center at Houston School of Health, and the Texas A & M University El Paso Research and Extension Center.

The judges graded students for credit and recognition in the EPISD’s Distinguished Achievement Program (DAP).