

# Healthy News

## BILL DAILEY RECIEVES DOCTORAL DEGREE

Faculty, staff, and students of the Department of Public Health would like to congratulate William Dailey in his latest accomplishment. Dailey began working as an educator at CSU, Fresno in 2000. He has held teaching appointments in Social Work, Recreation and Administration, Gerontology, and Public Health.

Bill Dailey earned a Bachelor's degree in Religion from Azusa Pacific College in 1969, and worked for more than twenty years as an entry level cook while furthering his education. Dailey received his dietetic assistant certificate and worked as a food service director for another ten years. Soon after he lost 80 percent of his visual acuity due to bilateral retinal detachments and was forced to become "Mr. Mom." During the next two years he volunteered for several community organizations. Determined to have easier mobility, Dailey attended Guide Dogs of America and received his first guide dog, Ira. He returned to work in 1973 as director of volunteers for Palmdale Hospital Medical Center and also worked as a long term care Ombudsman.

Bill Dailey entered Fielding ELC program in 2003 starting his doctoral journey. In 2006, he had a massive heart attack while attending the faculty retreat as a student leader. As he adjusted to his health issues, he continued to work on his doctoral studies as well as returning to teaching and sharing his passion as a gerontologist.

Bill Dailey successfully completed his doctoral studies in 2010.

Congratulations, Dr. Dailey!!



## PLAGIARISM WORKSHOP

Graduate students in the Department of Public Health are required to complete a plagiarism workshop. Enroll by contacting The Division of Graduate Studies.

### Dates for the Fall 2010 semester include:

Thursday, September 9 from 9:00-9:50 in IT 101  
 Friday, September 10 from 8:00-8:50 in IT 101  
 Monday, October 11 from 8:00-8:50 in IT 101  
 Tuesday, October 12 from 10:00-10:50 in IT 101  
 Wednesday, November 17 from 8:00-8:50 in IT 101  
 Thursday, November 18 from 9:00-9:50 in IT 101



The Department of Public Health has a study room available for students located in McLane Hall J-Wing 15. You can reserve the room by calling the department at 278.4014. In addition, the last 12 issues of the American Journal of Public Health, The Journal of Health Education and The Journal of Behavior Health Promotion Practice, as well as Emerging Infectious Diseases may be reviewed in McLane Hall J-Wing 15.

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### SPECIAL POINTS OF INTEREST

- The Gerontology Department has been relocated to the Social Work Department.

## PUBLIC HEALTH T-SHIRTS

Please come by the office to see an example of the shirt.

Department shirts are still available. The price is \$14 and can be purchased at the Public Health office in McLane Hall 184. Supplies are limited, so hurry!!

*"A foundation of every state is the education of its youth."  
-Diogenes Laertius*

### PURCHASE GRADUATION PHOTOS

If you graduated and participated in our department graduation ceremony for spring 2010, photographs are available to be purchased. Please stop by our office to view and place your order.



### THE NEXT 100 YEARS OF PUBLIC HEALTH



The Next 100 Years of Public Health: Collaborating, Net-working and Making a Difference!

Where is public health going in the next 100 years? What is the impact of the health care reform? Come learn, share and network with public health officials, community leaders, alumni, faculty and friends. Let's celebrate the accomplishments of the past 100 years and celebrate the future of public health! For more information, please contact Carmen Chapman at 559-278-4014.

Date: November 17, 2010

Time: 8:00 am to 1:00 pm

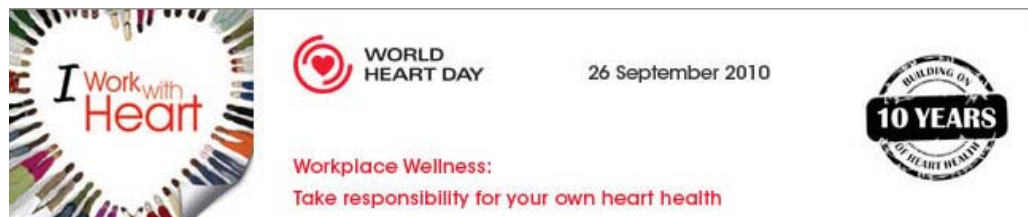
Location: Residence Dining Hall at Fresno State

Students in the Public Health department are invited to participate in a round table discussion with Public Health employers on Wednesday **November 17, 2010** from 2pm to 4pm in the Residence Dining Hall.



## FAMILY HEALTH & FITNESS DAY USA- SEPTEMBER 25

Family Health & Fitness Day USA is a nationwide health and fitness event for families, always held the last Saturday in September. The 14th Annual Family Health & Fitness Day USA will be held on Saturday September 25, 2010. The purpose of this unique national program—with the participation of local organizations throughout the U.S.—is to increase good health awareness and promote family involvement in physical activity. Family-related health and fitness such as health clubs, schools, houses of worship, park districts, hospitals, YMCAs/YWCAs, malls and other community locations. The event's goal is to promote the importance of regular physical activity for children and their parents. For more details about the day's events and to find out how to organize or participate in an event visit [www.fitnessday.com](http://www.fitnessday.com).



## WORLD HEART DAY- SEPTEMBER 26

World Heart Day was created to inform people around the globe that heart disease and stroke are the world's leading cause of death, claiming 17.1 million lives each year. Together with its members, the World Heart Federation (WHF) spreads the news that at least 80% of premature deaths from heart disease and stroke could be avoided if the main risk factors—tobacco, unhealthy diet and physical inactivity—are controlled.

This year, 10 years after the first World Heart Day—WHF and its members are celebrating progress in heart health. At this 10-year milestone, WHF is urging governments, healthcare professionals, employers, and individuals to reduce the burden of heart disease and stroke. World Heart day calls on everyone to take responsibility for their own heart health. For more information visit the WHF web site, [www.world-heart-federation.org](http://www.world-heart-federation.org)

### STUDYING TIPS

#### Create Mnemonics

Mnemonics are devices that can help you memorize formulas, key concepts, definitions, etc. A really basic example of a mnemonic is "Please excuse my dear Aunt Sally" which stands for parenthesis, exponents, multiplication, division, addition, and subtraction.

#### Get lots of sleep

College Students who get a full night of sleep are usually more alert, more focused and learn things easier than those who are sleep deprived. Try to keep your sleep schedule as consistent as possible. On the weekends avoid sleeping in too late, because it will make it harder to wake up for your first class.

#### Remember to Take Breaks

Studying is hard stuff. You need to take short breaks to allow your brain to process and retain the information. Otherwise, you may confuse yourself or forget something you have already studied. Be sure to take only a short break, otherwise, it may be hard to go back to studying. When you begin studying again, review the material you have already studied, then, move on to something new.

## EDWARD BOYLE– INTERNSHIP EXPERIENCE

Over this past Spring, I was given the opportunity to experience what an internship was like with the American Lung Association of California. I learned how to manage people, coordinate different projects, write grants, and establish a connection with individuals outside of California State University, Fresno. Overtime, many different skills were developed and my knowledge with the field had grown. With each ability obtained, it allowed me to foster a more productive insight toward my future.

Along with the dynamics of the different modalities that you learn to apply, you receive the feeling of fulfillment and accomplishment of being a health educator. As you experience an internship, you come to the conclusion to seek out your colleagues and your mentors for advice of establishing what you have learned. Furthermore, when you receive advice from your department advisor, just as I did from Dr. Zografos, your internship experience can be rewarding. In addition, the internship was also possible through the assistance of professors who go the extra mile for students, such as Dr. Eric Krenz and Dr. Vickie Krenz. I hope other students find the same rewarding experience as I have with seeking out the people who care.



***"To save lives by improving lung health and preventing lung disease."***  
**-Mission Statement of the American Lung Association**

## FOCUS ON OUR PARTNERS:

### AMERICAN LUNG ASSOCIATION

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through Education, Advocacy and Research. With the generous support of the public, we are *"Fighting for Air."* When you join the American Lung Association in the fight for healthy lungs and healthy air, you help save lives today and keep America healthy tomorrow.

Whether it's searching for cures, keeping kids off tobacco or fighting for laws that protect the air we all breathe, the work of the American Lung Association helps to save lives every day.

Tragically, each day approximately 1,100 kids become regular, daily smokers and between one third and one half will eventually die as a result of their addiction. The American Lung Association led the decades-long fight to give the U.S. Food and Drug Administration authority over

the marketing, sale and manufacturing of tobacco products to stop tobacco companies from preying on children and deceiving the American public. This legislation was signed into law in June 2009.

The American Lung Association has a dedicated board of directors and nationwide assembly, volunteers who donate their time to help the organization plan and achieve its goals, which are clearly identified in the Lung Association's five-year strategic plan.

From a governance and oversight perspective, the Lung Association's board and assembly convene regularly in order to monitor progress toward achieving these goals. A performance based management system enables the Lung Association to track and report on progress toward not only meeting its longer-term goals but also shorter-term objectives related to fulfilling the mission of the organization.

