

# Public Health Graduate Student Organization Newsletter

Semester Review

December 2009

## *December Awareness*

- National Drunk and Drugged Driving Prevention Month
- Seasonal Depression Awareness Month
- AIDS Awareness Month
- Young Children's Safe Toys & Gifts Month
- Day
  - 1st - World Aids Day
  - 3rd - UN International Day of Persons with Disabilities
  - 10th - Human Rights Day
  - 17th - International Volunteer Day
  - 18th - UN International Migrants Day

## **Save the Date!**

**Jan 21: 1st meeting of the Semester**

**Jan 23: Semester Kick-Off Party at Ham's, 8pm-11 pm**

**Feb. 18: PHO Meeting**

**Mar. 18: PHO Meeting**

**April 9: Relay 4 Life**

**May 7 - 8: ECU Commencement**

## **PHO Semester in Review**

The Fall 2009 semester opened up with a great showing of students following orientation on August 24th at PHO's semester kick-off at Logan's Roadhouse.

Our first meeting, September 10, students were registered with the Campus Volunteer Center. The Volunteer center guarantees insurance coverage for participants in the amount of \$1 million for the student's ECU academic career as well as covers car accidents that could occur in route to a volunteer site.

During October, PHO members volunteered at First Born's food bank on October 24th. Each month, First Born delivers food to over 100 low-

income families that are in the Greenville and Grimesland area. PHO members helped to package and distribute food to those in need. Also during the month of October, PHO tailed during homecoming with the Brody School of Medicine.

In November, PHO sponsored a food drive to benefit First Born Community Center. Food items were collected from November 16th to November 20th which box locations at the Hardy Building, Laupus Library, the Life Sciences Building lobby, and outside Brody 2N-86.

In December, PHO will be hosting a student holiday celebration on

Friday, December 4th at David Blackley's home. We would like to think David for allowing us to use his home as our celebration site. The celebration is a pot-luck style dinner for students and faculty to celebrate the upcoming holidays. Spouses and significant others are welcome. We look forward to seeing everyone there!

This semester we saw increasing number of students attending the meeting. Our highest number student attendees was 25, with additional faculty members present. Thanks to everyone who supported us this semester!

## **PHO Relay for Life Team**

PHO is sponsoring a relay to life team this year. Our PHO team's goal is to raise \$1,000 dollars and to recruit 25 team members. Registration is only \$5 and also includes a t-shirt. PHO family members and friends are welcome to join in on the fun.

Here is how to Join:

1. Go to <http://www.piraterelay.com>
2. Click "Sign Up" and then "Join a Team"
3. In the box for Team Name, type "Public Health Organization"

and then click "Search for a Team"

4. Click on the Public Health Organization team and follow instructions to Join Our Team!



PHO Homecoming Tailgate: (Front Row from Left) Melissa DeWolfe, Dr. Novick, Dean Cunningham, Virginia Sutton, Becky Merrick, Lacy Dean, Mrs. Novick (Back Row from left) Chelsea Stowe, Amber Foreman, Dr. Jilcott, Dr. Bethel, Travis Kauffman, Brian Loveland



Relay 4 Life: Becky Merrick, Chris Green, Leisha Johnson, Elizabeth Backer, Tandra Hillard



PHO sponsored six students in attending the American Public Health Conference in Philadelphia, PA. This year's theme was "Water and Public Health".

PHO also sponsored five students in attending the North Carolina Public Health Association Conference.

## Intramural Sports Teams Results

Our Fall 2009 Intramural Flag Football team consisted of Kyle Wilson, Dr. Bethel, David Blackley, Allen Cameron, Sean Gasperon, Travis Kauffman, Brian Loveland, Jared McGuirt, and Benjamin Smith. We thank all those who participated and supported our team this season. Our team, *Public Health*, finished the season 3-4 as well as winning our first round play-off bracket. Great Job Guys!

We would also like to thank those who played on our Intramural Co-Rec Soccer team, *The Public Option*. These members were Brian Loveland, David Blackley, Rachel Ward, Lacy Dean, Chelsea Stowe, Amber Foreman, and Alex Jiamachello. The team ended the season 3-3 and made it to the play-offs.

*If you wish to play a particular sport please contact Brian Loveland.*

*If you cannot play we welcome you to come cheer our teams to victory.*



**DEPARTMENT OF PUBLIC HEALTH  
BRODY SCHOOL OF MEDICINE**

Masters of Public Health  
East Carolina University  
1709 West Sixth Street  
Greenville, NC 27834-2803

**Officer contact information:**

President Becky Merrick

rlm0120@ecu.edu

Vice President Brian Loveland

bhl0310@ecu.edu

Treasurer Chris Green

ccg1222@ecu.edu

Secretary Trey Wright

few1222@ecu.edu

Parliamentarian Chelsea Stowe

cls0830d1@ecu.edu

**Our Mission**

The purpose of the Public Health Graduate Student Organization is to serve as the unified voice of the Department of Public Health's graduate student body of East Carolina University. The PHO also promotes and supports the Department of Public Health in the continuous advancement of its standards. In addition, if funds permit, PHO will aid in the advancement of students studies through sponsorship of educational conferences. Lastly, the PHO will facilitate camaraderie and unity among students through organized events



*Everyday. Everyone. Everywhere.*

## Flu Protection Tips

1. Take time to get a flu vaccine.
  - The CDC recommends a yearly seasonal flu vaccination.
2. Take everyday preventive actions.
  - Cover your nose and mouth when you cough or sneeze.
  - Wash your hands often with soap and water, and also avoid touching your eyes nose and mouth.
3. Take flu antiviral drugs if your doctor recommends them.
  - Antiviral drugs can make illness milder and shorten the duration of being sick.

