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Jay Bernhardt

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Networking Tips

*by Heather Young, MPH
George Washington University*

*As students and professionals, many of us rely on the relationships and contacts we make in order to advance both personally and professionally. The following is some advice on networking, reprinted from *News and Views*, Vol. 2, No. 2.*

Networking is one of the most important parts of starting the job search and begins far in advance of actually starting to look for a job. According to a study done by the Stanford Research Institute, Harvard University and the Carnegie Foundation, technical skills and knowledge account for only 15% of the reason a person gets a job. The remaining 85% is dependent on people skills.

Networking does not only mean meeting people at receptions and chatting for a few moments. Working on a committee, a project, or in a volunteer organization with someone is the best type of networking. Future employers and co-workers are more likely to remember you and be familiar with your skills and work ethic if you have served on a committee or worked on a volunteer project with them. Alumni have reported that a former classmate's overly competitive attitude, lack of cultural sensitivity, or lack of co-

operation on a group project actually prompted them to step forward and give an unsolicited negative reference when a former classmate applied for a position in the organization where the alumni worked.

Fellow students also are great sources of networking. Make an effort to introduce yourself to classmates and faculty because many friendships and professional contacts develop during the course of a graduate school program. Classmates are your future co-workers, employers, and employees. It is important that you use a positive, professional manner in dealing with fellow students as well as with faculty and guests. If you always act and dress extremely casually, you may be dismissed in the minds of older, experienced students and faculty.

If you are hoping to go to medical school, keep it to yourself until your plans are definite. It is unwise to alienate faculty, guests, or fellow students with statements about choosing public health because you did not get into medical school or because you hope it will improve your chances of getting into medical school. If you are not accepted, you do not want to be remembered as the person who failed to get into medical school.

Circulating business cards is the standard way professionals exchange

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PRESIDENT'S PEN

“Public Health Student Caucus? This sounds interesting... affiliated with APHA... advocate for public health student issues... I'll e-mail the contact, Jay Bernhardt, and see what I can do to help.”

I never thought I would be where I am now. All I wanted to do was be a member and have others at my school get involved, too. But one fateful day in 1996, with the support of my colleagues and friends at the University of Illinois at Chicago, I was nominated for President-elect.

The experience has surpassed all that I expected it to be. That first year as President-elect, there were many uncertainties and infinite questions. We were new and had much growing to do.

Upon becoming President, we had a fair amount of security. We had about 600 members and tremendous support from APHA and other professionals in the field. Still, the uncertainties remained. Did we even imagine that we would become the organization that we are now?

It has been an unbelievable year! PHSC is 1000+ strong, making us one of the largest entities at APHA. Financially, we are running in the black: an accomplishment never thought to be achieved. We are well represented throughout APHA and the public health field, and will continue to be the ones to watch in the future.

I cannot take all the credit for all our accomplishments. They could have never been done alone. The energy put forth to make the Public Health Student Caucus a success has been one of great collaboration, drive and determination. Many should be given credit, but proper honor would take the entirety of the newsletter. A few must be especially recognized, because without them, we definitely would not be who we are today:

- APHA has been such a great supporter of our organization, especially Quentin Young, Barry Levy, Barbara Reck and Michelle Horton.
- Jay Bernhardt, our Immediate-Past President, laid the foundation for PHSC.
- Stuart Usdan, our President-elect, provided a balance

in a dynamic time and built a hope for the future of PHSC.

- Jeanne Alongi showed great poise and composure, giving me the faith to do the same.
- France Nguyen exhibited levels of enthusiasm and effort that I never knew could exist.
- Trong Nguyen, whose extraordinary talent catapulted the Caucus to technological awe from many in APHA.
- Heather Young, our Secretary, whose boundless energy and her ability to accomplish a multitude of feats in a timely manner, still amazes me to this day.
- Ponn Mahayosnand gave herself entirely to our one of our most exalted achievements, the Mentoring Program. Her endeavors for the Caucus are unsurpassed.
- Maryanne Maliwat whose relentless pursuit of conquering our membership “challenges”, but more so, personally, for being my rock, I am forever grateful.
- Lastly, my friends at UIC, especially Karen Peters, who has believed in me and has been an influential role model, and Wayne Smith-McKenzie, for giving me inspiring words and faith in my personal efforts for the caucus.

It may be the end of my presidential term, but it is a start of different goals for me in PHSC. As Immediate Past President, my action plan for next year will be to uphold our achievements, promote our Caucus internationally, and support our new president, Stuart Usdan, in his vision for our success. We are still in the beginning stages of growth with only more excitement to come. I plan to be there as it all happens. I hope you all will be there too.

Maria S. Cervania
University of Illinois at Chicago

Caucus updates, membership information, available opportunities, and more are on the World Wide Web!
Check out the PHSC *on-line!*
<http://www.sph.unc.edu/caucus/>

LETTER FROM THE INCOMING PRESIDENT

The Public Health Student Caucus is the only such organization within APHA whose main concern is the needs and welfare of its students. Ours is a unique organization in that we as members of the student caucus are only students for a brief period during our public health careers. We must recognize that the policies and recommendations that we put forth now will be more beneficial for future students, and not just ourselves.

One of the primary objectives of the PHSC is to encourage the exchange of ideas and information among its student members. This objective is met by the caucus through the various networking opportunities among students representing schools from across the country. As we all know, there are many fields of study within the Public Health arena, which makes collaboration among health practitioners both necessary and important. Our membership includes students who are studying to become professionals in all aspects of public health. Future collaborations can be established through contacts made via the student caucus which will be a contributing factor to us as future professionals in order to meet the needs of the public's health and

welfare.

As an organization concerned with student needs and interests, one of the most attractive components provided by the PHSC is the networking for future employment opportunities. As students, we are obviously hoping to graduate and eventually obtain employment within the field of public health, be it in a university, government, or private setting.

Organizations such as the PHSC are necessary in the pursuit of advancing our profession. The student caucus provides an excellent opportunity to establish contacts and develop relationships with other Public Health students and schools from across the country. As we approach the year 2000, our country will rely more and more on primary and secondary prevention methods as a means to improve the nation's health. Through collaboration with our future colleagues, we as health professionals will be better able to contribute to this goal.

Stuart L. Usdan, M.Ed., CHES
University of Alabama at Birmingham

CAUCUS BRIEFS

PHSC Past President Awarded the Drotman

(portions reprinted from *The Nation's Health*)

Jay M. Bernhardt, MPH, will receive the 1998 Jay S. Drotman Memorial Award for his efforts in organizing the Public Health Student Caucus and serving as its first president from 1996-1997. Under his leadership, membership grew to more than 600 students representing more than 100 colleges and universities in seven countries. The PHSC has become a vital part of APHA. "Its efforts, which include highly effective advocacy for a wide range of major public health issues, have given students of public health inspiration and encouragement," said APHA Executive Director Mohammad Akhter, MD, MPH.

Jay has also served on APHA's strategic planning and development committees. He currently serves on the newsletter committee of the APHA's Public Health Education and Health Promotion Section. Bernhardt holds a BA in sociology from Rutgers University and an MPH in health education and behavioral sciences from the New Jersey Graduate Program in Public Health. He is currently a doctoral candidate in the department of health behavior and health education at the University of North Carolina School of Public Health.

The Drotman Award was established to recognize a health

worker or student, age 30 or younger, who has demonstrated potential in the health field by challenging traditional public health policy or practice in a creative and positive manner. The award was named for a health planning consultant who died at age 27 in a 1978 plane crash.

Without Jay's hard work and dedicated contributions, the Public Health Student Caucus would not have achieved its current status and recognition within APHA. The current PHSC leadership and members congratulate and thank Jay for his commitment to public health student issues.

Interview with Dr. Quentin Young

by McKenzie

University of Illinois at Chicago

This summer, *News and Views* had the fortune of speaking with Dr. Quentin Young, President of APHA to discuss his views on the organization, Public Health and their future.

N&V: What were your goals when you sought election for APHA?

Young: There were several issues I felt were related to the organization. One was to make sure that the affiliates were adequately supported. The majority of affiliates are not a vigorous voice in most states. I wanted to work hard to get some sustaining funds for them. Another was to enhance the students participation in the governance of the organization. A huge fraction of our membership is students. We were not wise enough in making students welcome and learning from them. They are the future of the organization. We've worked hard to get students elected to the board and we want them to work with us on the burning issues because they represent enormous vigor and the live time ahead.

Third was regard to labor. I feel the labor movement is a natural ally of the public health movement and vice versa. We overlap on almost every issue. We wanted to formalize and make closer those bonds. We are working out collaborative efforts more and more. I hope seeds are being planted that will bear a lot of fruit.

Recently coming to fruition the notion of involving the lay public in the mission of public health under the concept of public health citizen or advocate. We rely on pub-

lic support for what we do. Public health is best exemplified by this factor. Studies show that 90% of the people love what public health does whether it be immunizations, nutrition for prenatal women or the control of air quality by regulation, but less than one percent can define public health.

This is our peril. We need to translate this enthusiasm for public health intervention into genuine awareness, support and advocacy for the public health mission across the country down and to our local health department. The layman's voice is stifled and the energies are constricted. I feel the board is moving in the direction that we foster and support the coming into being an independent public health advocacy group. Which is needed desperately as we go into the next millennium. Assuring the health of the public is at the heart of the mission. We need a mammoth public health initiative with membership ready to respond to the issues as they come up.

N&V: What is the future direction of APHA and how do you propose defragmenting APHA so we all work towards a common goal?

Young: We are the oldest and largest public health institution in the world. We grew as each discipline came on line. We offer a home where they can have educational, legal, professional and economical issues addressed. If all we are is a collection of disciplines and specialties, that themselves do not talk to each other, we are not that powerful. Increasingly, we need to create a big united presence among the public and public health workers along the lines I previously mentioned.

This is needed for survival, not just of the mission, but for the

larger issue of the health and quality of life of the nation. The support system for public health is less than two percent of the trillions of dollars spent on health care. Imagine an America where we spent twice as much or even six percent, in league with other countries. This would give total immunization of the country, genuine water control, a much improved environmental situation and much, much more.

N&V: What are your suggestions and/or comments for students regarding their involvement and outreach?

Young: We are in a very important, critical struggle and the public health profession is in the unique position and entitled to lead in the ethical issues out there. We have to become much more controlled and write a new social contract, whether physically or figuratively, which would include, first, universal health care. I can not think of any wholesome, legitimate, ethical health system that does not have health care as a human right as a part of its credo.

Second, we should recognize that it is incompatible to have risk venture capital as the engine in a market driven system. This experiment in venture capital claims to give access, provide quality and contain costs. Access has gotten worse. Every month, over 100,000 more Americans go uninsured. Quality, while we are capable of it, has been compromised and cost speaks for itself. In the best of circumstances, providing the best care and making the maximum profit are contradictory goals. We deny care in order to maximize profit. Finally, we need to upgrade support of public health.

1998 APHA CAREER MART

The CareerMart is designed to help individuals focus on career planning in the field of public health. APHA will be providing lists of available employment opportunities, while providing a forum to present resumes to employers who are seeking qualified applicants. The CareerMart also provides excellent networking opportunities. A series of free seminars are scheduled on career issues such as resume writing, career pathing and network development.

During the hours of operation, the applicant "Qualification Statements" and employer "Employment Opportunity" forms are displayed in binders according to ten categories of public health disciplines. Applicants who are interested in a listed position may write to the employer or leave a message using the Message Center. On-site interviews will be arranged at the employer's request.

Important Tips and Guidelines

- To participate, you must fill out the "Qualification Statement" (condensed resume) forms. These forms may be reviewed daily by recruiters. Resumes are not accepted, although you may wish

to bring some to give to recruiters directly.

- Go Early!! The lines to enter your "Qualification Statement" get very long. If you did not submit your statement before the meeting, you will want to do this as soon as possible.
- There is no charge to participate, but you must be registered for the Annual Meeting to view binders and arrange interviews.
- Advance registration is strongly recommended. Early registration will increase exposure since pre-registered enrollment applications are mailed to recruiters prior to the Meeting.
- Check your messages often. Last year, several people missed interviews that were scheduled with only a few hours' warning.
- You can get copies of the forms from APHA's Fax-On-Demand Line at (703) 531-0894

Hours of operation:

Sunday, 11/15	12:30 - 6:00pm
Monday, 11/16	8:30am - 6:00pm
Tuesday, 11/17	8:30am - 6:00pm
Wednesday, 11/18	8:30am - 12:00pm

....Networking Tips

names and network. Consider having personal business cards created with your address, telephone number, and e-mail address printed on them. If you are a current student, you can include the name of the university and school as long as you clearly identify yourself as a student, for example Mary Jones, MPH Candidate. Get in the habit of writing things down because networking is not helpful if you cannot remember who you have met.

Start a Rolodex or notebook to keep track of contacts that may be helpful in your search for future employment. Write iden-

tifying information on the backs of business cards as soon as possible, including the date and where you met the person.

The following are additional helpful hints on introducing yourself to fellow students, faculty and other professionals:

- Always state your name clearly and slowly.
- Starting today, consistently use the name that you want to be addressed by professionally. Young women may find it particularly helpful in future job searches to stop using diminutive nicknames now.
- Don't tell anyone things about

your past or about medical or personal problems that you would not want future employers to know

- Be positive: always talk about what you have done, not what you have not done.
- Be prepared to talk succinctly about your areas of interest.
- Take advantage of professional conferences and trade associations to make contacts.

Once you have started networking, be sure to remember that although "knowing someone may get you in the door, knowing yourself and your focus will keep you there."

**1998 APHA Annual Meeting
Public Health Student Caucus Sponsored Sessions**

DATE	TIME	SESSION#	TITLE	LOCATION
Sunday, Nov. 15	2:00 - 5:00 pm	N/A	PHSC Business Meeting	TBA
Monday, Nov. 16	4:15 - 5:45 pm	1201	Public Health Student Welcome and Orientation	TBA
Tuesday, Nov. 17	12:15 - 1:45 pm	2149	PHSC Poster Session I	TBA
Tuesday, Nov. 17	12:15 - 1:45 pm	2150	PHSC Poster Session II	TBA
Tuesday, Nov. 17	2:15 - 3:45 pm	2216	Insights for Public Health Leadership	TBA
Wednesday, Nov. 18	12:15 - 1:45 pm	3150	Models for Public Health Career Development	TBA
Wednesday, Nov. 18	2:15 - 3:45 pm	3211	Public Health and Medicine Initiative	TBA
Wednesday, Nov. 18	4:00 - 5:30 pm	N/A	PHSC Business Meeting	TBA
Wednesday, Nov. 18	7:00 - 8:30 pm	3228	Presidential Award Session	TBA
Thursday, Nov. 19	8:30 - 10:00 am	4039.1	How to Build a Student Government	TBA

This year, the Public Health Student Caucus and the George Washington University School of Public Health are hosting the "STUDENT CONNECTION". Public health students have the opportunity to network with other students; learn more about APHA and how to get involved; explore careers in public health; and hear from outstanding professionals in the public health field.

PLACES TO EAT AND VISIT WHILE IN WASHINGTON, D.C. FOR APHA

DISCLAIMER: The following viewpoints reflect the personal experiences and interests of the authors. By all means, no compensation or recognition was received from the establishments listed.

PLACES TO EAT

Fasika's Ethiopian Restaurant
2447 18th Street, NW.
(202) 797-7673

A nice and cozy place to be "one" with your food.

Cactus Cantina
330 Wisconsin Avenue, NW.
(202) 686-7222

A casual atmosphere to enjoy "Tex-Mex" cuisine.

Coco Loco
1810 7th Street, NW.
(202) 289-2626

What?!?! A Brazilian restaurant and nightclub in Chinatown?

Full Kee
509 "H" Street, NW.
(202) 371-2233

Excellent Chinese cuisine, especially seafood, at extremely reasonable prices

Spices
3333-A Connecticut Avenue, NW.
(202) 686-3833

If you just love Asian cuisine: Thai, Japanese, Vietnamese, Malay, Chinese

Isabella
809 15th Street, NW.
(202) 408-9500

The atmosphere is a combination of oasis and sultan's palace.

Bombay Club
815 Connecticut Avenue, NW.
(202) 659-3727
A quaint and quiet place to enjoy Indian cuisine.

Cafe Asia
1134 19th Street, NW.
(202) 659-2696
A one-stop Asian restaurant that offers more diversity and selection of dishes.

Cafe Japone
2032 "P" Street, NW.
(202) 223-1573
Do you love sushi and getting applause for singing out of key?

Odeon Café
1714 Connecticut Avenue, NW.
(202) 328-6228
An Italian Bistro offering a unique "nosh" of olives, pepperoni, and Italian rolls.

Hibiscus Café
3401 "K" Street, NW.
(202) 965-7170
This pricey restaurant offers delectable Caribbean food and Island concoctions.

B Smith's
Union Station
(202) 289-6188
Lovely atmosphere and terrific southern food. Save room for the Pecan Pie.

Le Rivage
1000 Water Street, SW.
(202) 488-8111
Looking for quality French seafood, then try this small and pleasant surprise.

City Blues
2651 Connecticut Avenue, NW.
(202) 232-2300
Live blues, jazz and casual atmosphere filled with Cajun and southern cooking.

Lebanese Taverna
2641 Connecticut Avenue, NW.
(202) 265-8681
having difficulty, then try ordering several of their appetizer variety platters.

PLACES TO VISIT

Georgetown Union Station

Adams Morgan Dupont Circle

The Holocaust Museum
Entries at 14th Street, SW.
or 100 Raoul Wallenberg Place, SW.
(202) 488-0400
The permanent collection is a "must see." Free same-day tickets are available only for specific timed periods.

Millennium Stage Foggy Bottom
JFK Center for Performing Arts
FREE performances every evening starting at 6 p.m. No tickets are required, just show up and find a seat. Performances include instrumental, short-plays, and vocals.

Smithsonian
National Museum of African Art
950 Independence Avenue, SW.

Arthur M. Sackler Gallery (Asian Arts)
1050 Independence Avenue, SW.

Okay you're in D.C. for only a week and have a couple of hours to spare, but can't decide which of the Smithsonian Museums to visit. For an interesting view of other cultures, these two museums are conveniently located next to one another and an underground passage connects them. You can see all of the exhibits in one visit without being overwhelmed.

NIGHTLIFE

18th Street Lounge
1212 18th Street, NW.
(202) 466-3922

The Ritz
919 E St NW
(202) 638-club

Spy Club
805 15th St., NW
(202) 289-1779

The Insect Club
625 E St., NW
(202) 347-8884

Club Asylum
1940 9th St., NW
(202) 232-9354

The Coliseum
2122 24th Pl, NE
(202) 635-4162

Blues Alley
1073 Wisconsin Ave., NW
(202) 337-4141

Red
1802 Jefferson Place, NW.
(202) 466-3475

Republic Garden
1346 U St, NW
(202) 232 2710

Remember to also check "The Official Tourism Website of Washington, D.C." at <http://www.washington.org> to learn more about the city and to obtain other suggestions for a memorable visit.

Feedback on this edition? Suggestions? Comments? Ideas for Articles or Spotlights? Issues for Perspectives? Send them to the *PHSC News and Views* Editor, by e-mail at wsmith@uic.edu, or by regular mail at *PHSC News & Views*, Editor, P. O. Box 9313, Chapel Hill, NC 27515.

PHSC

News & Views

P.O. Box 9313

Chapel Hill, NC 27515

The PHSC needs your help!

Please give what you can to help us continue to serve and represent the student members of APHA. Make checks and money orders payable to:

PHSC

P. O. Box 9313

Chapel Hill, NC 27515

Name: _____

Address: _____

Phone: _____

E-mail: _____

Amount of Donation: _____

Thank you for support!

JOIN THE PHSC TODAY!!!

Membership Form

Caucus membership is available to all APHA members. To join, please complete and return the following form with your \$5 dues or join via the Web site and mail in your dues. Membership forms and dues should be mailed to *PHSC, P. O. Box 9313, Chapel Hill, NC 27515*. If you are not a member of APHA, you need to join before you can join the Caucus. APHA offers discounted rates for students that are 60% off the regular membership price. All APHA student members receive subscriptions to the *American Journal of Public Health* and *The Nation's Health*, and discounted registration fees for the Annual Meeting for only \$50 a year. For APHA membership information, call Membership Information at (202)789-5674 or visit their Web site at <http://www.apha.org>.

Name: _____ APHA member #: _____

Phone: _____ E-mail: _____

Address: _____

City: _____ State/Province: _____ Postal Code: _____

University/Affiliation: _____

I would like to be included in:

PHSC listserv _____ Network Database _____ Mentoring Program _____